

# SPLASHMASTER

When you swim, the power that you apply with your arms and legs originates from the body's core. In fact, the core is the only part of your body that is stable when you are swimming. Since you are performing in a fluid environment, there is nothing to hold on to or to plant yourself against, as there is in, say, baseball or golf. So the only place from which you can generate power is the core.

For Masters and adult fitness swimmers, as well as elite swimmers and age groupers, developing and maintaining a powerful core is essential. A strong core will help keep your body flat in the water, eliminating drag and, thus, making you more efficient. It will also help protect you against injury.

Whether you are in elementary school, high school, college, or you are an adult swimmer, you probably have limited time available for working out. However, if you take 5 to 10 minutes a day to do a series of core body exercises, the time spent will pay huge dividends.

## Inland Northwest Masters CALENDAR

The June, July and August *Splashmasters* will be online only, visit [www.InlandNWMasters.org](http://www.InlandNWMasters.org) to download your free copy.

June 8 Walla Walla Sprint Triathlon visit [www.wswy.org](http://www.wswy.org) for details

**Wed. June 18 Inland NW Masters Annual Meeting**, Spokane Club 6:30 pm

July 20 **Steve Omi Memorial Swim**, Lake Coeur d'Alene, Idaho entry form on page 10

Aug. 16 **Long Bridge Swim, Lake Pend Orielle/Sandpoint, Idaho** Entry form on page 8

## HOW YOU CAN BUILD A STRONGER CORE BODY

BY TIM MCCELLAN

You don't need fancy equipment to do most core body exercises. Here are nine exercises of varying degrees of toughness to help get you started. The first six require no equipment at all. The remaining three require the use of a medicine ball.

Start off these exercises slowly and increase number and duration of reps only as you are able:

### 1. Crunches

Lie on your back, with your knees bent, hands behind your head and press your lower back into the floor. Now raise yourself by the shoulders (be sure not to strain your neck). Contract your abdominals as you raise your chest toward your knees. Strengthens the central abdominal muscles.

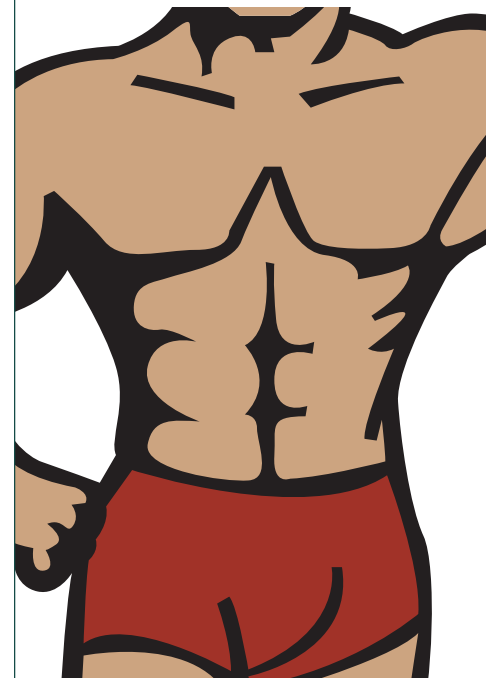
### 2. Twisting Crunches with One Leg Up

Lie on your back with your left foot on the right knee, hands behind your head, lower back pressing into the floor. Now raise yourself up and touch your right elbow to your left knee. Alternate. Strengthens the central abs plus the internal and external oblique muscles.

### 3. Push-Up—Walk

From a push-up position, "walk" your hands three "steps" forward, then return to original position. Strengthens the central abs plus works the obliques a little.

*All of a swimmer's external power is generated from the body's core. That is why having powerful abdominal muscles—abs—as well as powerful oblique and lower back muscles is so important in swimming.*



see CORE BODY on page 2

# Inland Northwest Masters

Local Masters Swimming Committee

Board and Team Representatives  
full contact information available online

## Board

### Chair

Susanne Simpson  
3117 S. Jefferson  
Spokane, WA 99203  
509-458-3982  
SBSBFLY@aol.com

### Vice Chair & North Spokane Masters Rep

Bernard Kingsly  
813 E Percival  
Spokane, WA 99218  
509-218-4709  
cocoloco@aol.com

### Treasurer

Virgil Crampton  
615 E Southview Ave.  
Colfax WA 99111  
509-397-2499  
vec@vetmed.wsu.edu

### Secretary

Larry Krauser  
1111 W 28th Ave  
Spokane, WA 99203  
509-455-7789  
krauser@sowles.com

### Registrar & Spokane Club Rep

Suzanne Dills  
639 N. Riverpoint Blvd.  
#3W  
Spokane, WA 99202  
509-456-7281  
jacksuedills@qwest.net

### Past Chair

Elin Zander  
509-448-5250  
elinswims@usms.org

### Top Ten & Meet Entries

Deborah Snyder  
509-878-1636  
debsnyder@wsu.edu

### Meets/Sanctions

Brian Johnson  
208-883-0170  
johnsonb@uidaho.edu

### Splashmaster Editor & Coaches Rep

Doug Garcia  
509-332-1621  
douggarci@usms.org

### Team Representatives

#### Lake City Masters Rep

Margaret Hair  
208-667-3721  
ramgolf@gocougs.wsu.edu

#### Moscow Chinook Masters

Tom Lamar  
208-883-3741  
tlamar@moscow.com

#### Sandpoint West Athletic Club

Mike Brosnahan  
208-265-8362  
mbroz@televar.com

#### Spokane Masters Swim & Tri

Lynn Reilly  
509-448-1548  
SLPreilly@aol.com

#### WSU Masters

Catherine Albaugh  
509-338-3635  
calbaugh@mail.wsu.edu  
WSUMastersSwimming.org

#### Wenatchee Valley Masters

Carolyn Magee  
509-662-6012  
wenswim@aol.com

#### Yakima Valley Masters

Dave Krueger  
509-966-2361  
krueger@nwinfo.net

CORE BODY from page 1

#### 4. Push-Up—Wave

From a push-up position, balance on one hand, lift the other hand off the floor and rotate your entire body, then wave to the ceiling with the other hand. Alternate sides. Works the obliques and lower back.

#### 5. Tuck-Up

Lie on your back. Raise your upper body while keeping your legs off the floor, then tuck your legs into your chest. Strengthens the central abs.

#### 6. Hip-Up

Lie on your back, with your feet up straight. Raise your butt off the floor a few inches and hold. Works the central abs.

#### 7. Forehand Throw with Medicine Ball

Take the medicine ball in both hands and raise above your shoulders. Then, using a forehand throw, throw the ball against a wall or to a partner. Great for the obliques, as well as the lower back and abs.

#### 8. Backhand Throw with Medicine Ball

Take the medicine ball in both hands and raise above your shoulders. Then, using a backhand throw, throw the ball against a wall or to a partner. Great for the obliques, as well as the lower back and abs.

#### 9. Woodchopper Throw with Medicine Ball

Take the medicine ball in both hands and raise above your shoulders. Then, using a chopping motion, throw the ball down. This exercise is also a terrific way to strengthen you obliques.

*Tim McClellan, a certified strength and conditioning specialist, is the Performance Enhancement Director of Performance Plus in Phoenix and the former strength coach at Arizona State University. He worked with Coach Mike Bottoms to create the World Sprint 2000 dryland training program. This article is reprinted from Swimming Technique by permission from the publisher, Sports Publications. For subscription information: subscriptions@swiminfo.com • www.swiminfo.com (310)607-9956 ext. 104*

## From the Editor

# Splash into Open Water Season

The short course yards season is over until next fall and many are turning their attention to the open water season. There are a number of opportunities in the Inland NW to swim in our local fresh (meaning not chlorinated) water. The Omi Swim on July 20 and the Long Bridge Swim on August 16 are great events, and all swimmers should participate.

In addition to our local swims, there are a number open water swims in western Washington (the Fat Salmon) and in the Bend Oregon area. Look for entries in the next two issues of the *Splashmaster* which will be online issues

As printing and postage costs increase, we will need to rely more on the internet to provide our membership with information about swimming programs. Currently the board has directed me to print all issues that have meet results or entry



forms, so that all of our membership will have access to this information. If you are not wired, doing so will only help your flow of swimming information.

Have a great summer!

—Doug Garcia

## SPLASHMASTER

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Send address changes to: Sue Dills, Registrar

Send editorial comments to: Doug Garcia, Editor  
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# INLAND NW BOARD MEETING MINUTES

Pullman, Washington, March 29, 2003

**Attending**—Larry Krauser, Eric Ridgway (for Mike Brosnahan), Virgil Crampton, Brian Johnson, Margaret Hair, Doug Garcia, Tom Lamar, Bernard Kingsly

**Minutes**—A motion was made to approve the minutes from the February 23, 2003, meeting with the following amendment (Margaret Hair will continue to be Top Ten Chair until the end of short course yards season and an appropriate transition) and was unanimously approved.

**Treasurer's Report**—A verbal treasurer's report was received. The laptop computer has been paid for. \$1,000 has been converted from savings into a CD. A motion was made to approve the Treasurer's Report and was unanimously approved.

**Registrar's Report**—Since the last meeting Spokane Masters Swim & Tri has paid to register. North Spokane Masters paid their registration fee prior to this meeting. Apparently, not all clubs received a re-registration form.

**Newsletter Report**—The April newsletter will be an on-line only newsletter. The Board of Managers agreed that meet results will continue to be in printed newsletters. Results will be available on-line as soon as possible after meets.

**Secretary's Report**—The By-Law survey was briefly discussed. It points out areas that the IWMSC's By-Laws may be deficient. The board made two subcommittees to review and recommend improvements to our governing documents, as follows:

*Meet Package:* Brian Johnson, Doug Garcia, and Margaret Hair.

*Constitution, By-Laws, and Standing Rules and Policies:* Larry Krauser, Bernard Kingsly, and Doug Garcia.

There was discussion that our Annual Meeting might be better attended by having it at the Championships in the future (maybe in conjunction with the banquet).

**Top Ten/Data Entry**—Margaret will complete short course yards top ten and records after the championship meet after which there will be an ongoing transition of the position to Deborah Snyder.

**Equipment**—Margaret indicates that Hy-Tek Meet Manager will be \$149 for an update to our existing dos program. Additionally, the Entry Card add-on is \$49 and the Team Manager add-on is \$69. This will be well under the authorized expenditure of \$400.

**Meets/Sanctions**—A motion was made and unanimously approved to appoint Brian Johnson as the Chair of the Meets, Sanctions and Safety Committee. Doug and Margaret will assist Brian with any questions.

**Clinics**—Doug will try to get Scott Williams (Olympic Club's Masters Coach) or the Stanford Masters Coach for the clinic. The clinic will hopefully be held in October.

**Coaching**—The board discussed and nominated Tara Strand (Moscow Chinook Masters Coach) to be the IWMSC nominated coach for the ASCA Swim Clinic in San Diego.

**New Business**—The officers elected by the registered swimmers to the Board of Managers for the next two years are:

Chair: Susanne Simpson  
Vice-Chair: Bernard Kingsly  
Treasurer: Virgil Crampton  
Secretary: Larry Krauser

**Next Meeting**—Doug and Susanne will discuss the date for the Annual Meeting. The date will be published in the May Newsletter.

## Inland NW Award Recipients Sought

If you have ever received one of the Inland Northwest Masters awards (Most Dedicated, Most Inspirational, High Point Male, and High Point Female) Please let us know, we are trying to get a recorded history of these awards. Please send your name, year of the award (approximate is fine) and the name of the award to:

Doug Garcia  
PO Box 145  
Albion WA 99102-0145  
or better yet, email to:  
dougarcia@usms.org

The following awards have been documented since the Spring of 1999:

### 2002-2003 Season

Female High Point	Madonna Buder
Male High Point	Bill Bresko
Team High Point	Wenatchee Valley Masters
Most Inspirational	CJ Hamilton
Most Dedicated	Margaret Hair

### 2001-2002 Season

Female High Point	Margaret Hair
Male High Point	Bernard Kingsly
Team High Point	WSU Masters
Most Inspirational	Mariana Lopez
Most Dedicated	Doug Garcia

### 2000-2001 Season

Female High Point	Susanne Simpson
Male High Point	Bill Bresko
Team High Point	Sandpoint West Athletic Club
Most Inspirational	Eric Ridgway
Most Dedicated	Elin Zander

### 1999-2000 Season

Female High Point	Elin Zander
Male High Point	Larry Krauser
Team High Point	
Most Inspirational	Susanne Simpson
Most Dedicated	Marie Glynn

### 1998-1999 Season

Female High Point	Cindy Clutter
Male High Point	CJ Hamilton
Team High Point	Lake City Masters
Most Inspirational	Wil Dolphin
Most Dedicated	Doug Garcia

# SWIM MEET RESULTS

MARCH MADNESS MEET

Wenatchee, Washington, March 9, 2003

# WENATCHEE

## WOMEN'S EVENTS

### Women 19-24

<b>200 Yard Backstroke</b>			
Kelly Crandell	22	2:57.43	WSU
<b>200 Yard Breaststroke</b>			
Kelly Crandell	22	3:00.49	WSU
<b>100 Yard Individual Medley</b>			
Kelly Crandell	22	1:16.72	WSU
<b>200 Yard Individual Medley</b>			
Kelly Crandell	22	2:41.81	WSU
<b>400 Yard Individual Medley</b>			
Kelly Crandell	22	5:38.37	WSU

### Women 25-29

<b>50 Yard Freestyle</b>			
Karen Fulton	28	0:33.15	WVM
<b>100 Yard Freestyle</b>			
Karen Fulton	28	1:09.76	WVM
<b>200 Yard Freestyle</b>			
Jennifer Korfiatis	29	2:17.32	WVM
Karen Fulton	28	2:37.77	WVM
<b>500 Yard Freestyle</b>			
Karen Fulton	28	7:07.11	WVM
<b>50 Yard Backstroke</b>			
Jennifer Korfiatis	29	0:32.15	WVM
<b>200 Yard Backstroke</b>			
Jennifer Korfiatis	29	2:26.48	WVM
<b>50 Yard Breaststroke</b>			
Laurilyn Hepler	29	0:39.62	SMT
<b>100 Yard Breaststroke</b>			
Laurilyn Hepler	29	1:24.78	SMT
<b>200 Yard Breaststroke</b>			
Laurilyn Hepler	29	3:04.58	SMT
<b>100 Yard Individual Medley</b>			
Laurilyn Hepler	29	1:23.26	SMT

### Women 30-34

<b>100 Yard Freestyle</b>			
Kathryn Elwyn	34	1:00.64	WVM
<b>1650 Yard Freestyle</b>			
Lynda Finegold	32	23:27.91	WVM
<b>100 Yard Butterfly</b>			
Kathryn Elwyn	34	1:15.53	WVM
<b>100 Yard Individual Medley</b>			
Kathryn Elwyn	34	1:11.96	WVM

### Women 35-39

<b>1650 Yard Freestyle</b>			
Julie Pittsinger	37	18:46.15	WVM
<b>50 Yard Backstroke</b>			
Susan Gambrel	35	0:34.97	SMT
<b>100 Yard Backstroke</b>			
Susan Gambrel	35	1:16.20	SMT
<b>200 Yard Backstroke</b>			
Susan Gambrel	35	2:42.05	SMT
<b>50 Yard Butterfly</b>			
Susan Gambrel	35	0:33.15	SMT

<b>100 Individual Medley</b>			
Susan Gambrel	35	1:18.28	SMT

### Women 40-44

<b>50 Yard Freestyle</b>			
Niki Stewart	43	0:38.70	WVM
<b>500 Yard Freestyle</b>			
Laurie Riegert	44	8:14.00	WVM
<b>50 Yard Breaststroke</b>			
Niki Stewart	43	0:44.50	WVM
<b>100 Yard Breaststroke</b>			
Niki Stewart	43	1:35.24	WVM
<b>200 Yard Individual Medley</b>			
Laurie Riegert	44	3:20.62	WVM

### Women 45-49

<b>1650 Yard Freestyle</b>			
Margaret Hair	48	23:18.02	LCM

### Women 55-59

<b>50 Yard Freestyle</b>			
Shirley Schreiber	55	0:41.53	WVM
<b>100 Yard Freestyle</b>			
Shirley Schreiber	55	1:31.05	WVM
<b>50 Yard Backstroke</b>			
Shirley Schreiber	55	0:46.52	WVM
<b>100 Yard Backstroke</b>			
Shirley Schreiber	55	1:42.79	WVM
<b>50 Yard Breaststroke</b>			
Shirley Schreiber	55	0:48.99	WVM
<b>50 Yard Butterfly</b>			
Carolyn Magee	57	0:37.80I	WVM
<b>100 Yard Butterfly</b>			
Carolyn Magee	57	1:28.99I	WVM
<b>200 Yard Butterfly</b>			
Carolyn Magee	57	3:22.10I	WVM
<b>100 Yard Individual Medley</b>			
Carolyn Magee	57	1:32.14I	WVM
<b>400 Yard Individual Medley</b>			
Carolyn Magee	57	6:36.75I	WVM

### Women 60-64

<b>50 Yard Freestyle</b>			
Suzy Mckinnon	62	0:48.45	MTM
<b>50 Yard Backstroke</b>			
Suzy Mckinnon	62	0:56.65	MTM
<b>100 Yard Backstroke</b>			
Suzy Mckinnon	62	2:06.59	MTM
<b>200 Yard Backstroke</b>			
Suzy Mckinnon	62	4:21.90U	MTM
<b>50 Yard Breaststroke</b>			
Suzy Mckinnon	62	1:10.81	MTM

### Women 65-69

<b>50 Yard Freestyle</b>			
Peony Munger	68	0:45.52	WVM
<b>50 Yard Butterfly</b>			
Peony Munger	68	1:03.88	WVM

<b>200 Yard Butterfly</b>			
Peony Munger	68	5:47.22I	WVM
<b>200 Yard Individual Medley</b>			
Peony Munger	68	4:30.16I	WVM
<b>400 Yard Individual Medley</b>			
Peony Munger	68	9:32.04I	WVM

### Women 70-74

<b>50 Yard Freestyle</b>			
Madonna Buder	72	0:50.15	UNA
<b>100 Yard Freestyle</b>			
Madonna Buder	72	1:49.11	UNA
<b>500 Yard Freestyle</b>			
Madonna Buder	72	9:59.12I	UNA
<b>100 Yard Breaststroke</b>			
Madonna Buder	72	2:26.64	UNA
<b>200 Yard Breaststroke</b>			
Madonna Buder	72	5:08.81	UNA

## MEN'S EVENTS

### Men 35-39

<b>50 Yard Breaststroke</b>			
Ted Finegold	36	0:39.55	WVM
<b>200 Yard Individual Medley</b>			
Ted Finegold	36	2:42.30	WVM
<b>400 Yard Individual Medley</b>			
Ted Finegold	36	5:44.60	WVM

### Men 40-44

<b>50 Yard Freestyle</b>			
Zdenek Otruba	41	0:25.51	WVM
Scott Sinclair	41	0:26.45	WVM
Mathew Seguin	42	0:28.99	WVM
Alan Kirpes	44	0:33.52	WVM
<b>100 Yard Freestyle</b>			
Zdenek Otruba	41	0:58.24	WVM
Scott Sinclair	41	0:59.02	WVM
Mathew Seguin	42	1:08.52	WVM

<b>200 Yard Freestyle</b>			
Zdenek Otruba	41	2:12.71	WVM
Patrick Pleas	43	2:59.21	WVM
<b>500 Yard Freestyle</b>			
Zdenek Otruba	41	6:07.50	WVM
<b>1650 Yard Freestyle</b>			
Patrick Pleas	43	26:49.14	WVM

<b>50 Yard Backstroke</b>			
Alan Kirpes	44	0:40.78	WVM
<b>50 Yard Breaststroke</b>			
Mathew Seguin	42	0:36.24	WVM
Scott Sinclair	41	0:36.77	WVM
Alan Kirpes	44	0:49.69	WVM
<b>100 Yard Breaststroke</b>			
Mathew Seguin	42	1:21.11	WVM

<b>200 Yard Breaststroke</b>			
Patrick Pleas	43	3:08.74	WVM
<b>50 Yard Butterfly</b>			
Zdenek Otruba	41	0:28.64	WVM
Scott Sinclair	41	0:29.38	WVM
Alan Kirpes	44	0:37.17	WVM

<b>100 Yard Individual Medley</b>			
Scott Sinclair	41	1:10.52	WVM
Alan Kirpes	44	1:29.36U	WVM

### Men 45-49

<b>50 Yard Freestyle</b>			
Larry Krauser	49	0:23.65	SCM
<b>1650 Yard Freestyle</b>			
Larry Krauser	49	18:58.87	SCM
<b>100 Yard Backstroke</b>			
Larry Krauser	49	1:09.98	SCM
<b>50 Yard Butterfly</b>			
Larry Krauser	49	0:27.66	SCM
<b>200 Yard Individual Medley</b>			
Larry Krauser	49	2:31.17	SCM

### Men 60-64

<b>50 Yard Freestyle</b>			
Wayne Brown	60	0:28.34I	WVM
<b>100 Yard Freestyle</b>			
Wayne Brown	60	1:09.85	WVM
Patrick Magee	61	1:35.56	WVM

<b>1650 Yard Freestyle</b>			
Patrick Magee	61	35:39.35	WVM
<b>50 Yard Breaststroke</b>			
Wayne Brown	60	0:35.56	WVM
<b>50 Yard Breaststroke</b>			
Patrick Magee	61	0:57.72	WVM
<b>100 Yard Breaststroke</b>			
Wayne Brown	60	1:20.75	WVM
Patrick Magee	61	2:23.60	WVM
<b>100 Yard Individual Medley</b>			
Wayne Brown	60	1:18.53	WVM

### Men 65-69

<b>500 Yard Freestyle</b>			
Robert Mckinnon	65	7:50.66	MTM
<b>50 Yard Backstroke</b>			
Robert Mckinnon	65	0:43.12	MTM
<b>100 Yard Breaststroke</b>			
Robert Mckinnon	65	1:34.28	MTM
<b>200 Yard Butterfly</b>			
Robert Mckinnon	65	3:43.29	MTM
<b>400 Yard Individual Medley</b>			
Robert Mckinnon	65	7:11.11	MTM

### Men 70-74

<b>50 Yard Freestyle</b>			
Clark Thompson	71	0:32.65	YVM
Jack Bevier	70	0:33.32	WVM
<b>100 Yard Freestyle</b>			
Clark Thompson	71	1:16.97	YVM
Jack Bevier	70	1:17.51	WVM
<b>200 Yard Freestyle</b>			
Jack Bevier	70	3:03.82	WVM
<b>500 Yard Freestyle</b>			
Clark Thompson	71	8:24.12	YVM
<b>50 Yard Breaststroke</b>			
Clark Thompson	71	0:48.60	YVM

**Men 75-79**

**50 Yard Breaststroke**

William Bresko 75 0:52.19 UNA

**50 Yard Butterfly**

William Bresko 75 1:11.38U UNA

**100 Yard Butterfly**

William Bresko 75 DQ UNA

**100 Yard Individual Medley**

William Bresko 75 2:14.04 UNA

**200 Yard Individual Medley**

William Bresko 75 4:58.20 UNA

**Men 80-84**

**50 Yard Freestyle**

Richard Munger 80 1:13.62 WVM

**50 Yard Breaststroke**

Richard Munger 80 1:19.88 WVM

**RELAY EVENTS**

**Women's 200 Yard Freestyle Relay**

WVM 25+ 1:57.68

Karen Fulton 28

Jennifer Korfiatis 29

Lynda Finegold 32

Kathryn Elwyn 34

WVM 35+ 2:32.12i

Carolyn Magee 57

Laurie Riegert 44

Shirley Schreiber 55

Niki Stewart 43

**Men's 200 Yard Freestyle Relay**

WVM 35+ 1:53.15

Patrick Pleas 43

Zdenek Otruba 41

Ted Finegold 36

Scott Sinclair 41

WVM 55+ 3:00.04

Patrick Magee 61

Richard Munger 80

Jack Bevier 70

Wayne Brown 60

**Mixed 200 Yard Medley Relay**

WVM 25+ 2:27.02

Lynda Finegold 32

Patrick Pleas 43

Ted Finegold 36

Karen Fulton 28

WVM 25+ 2:05.90

Jennifer Korfiatis 29

Matthew Seguin 42

Zdenek Otruba 41

Kathryn Elwyn 34

**KEY FOR CODES**

- U = Unofficial Time
- I = Inland Northwest Record
- Z = Northwest Zone Record
- N = USMS National Record
- W = World Record
- DQ = Disqualification
- All records are pending verification

*Moscow Chinook Masters*

**New Masters coach has a Masters degree...**

...in environmental engineering, and we knew she had the job when she insisted on conducting her job interview in the deep end at the University of Idaho pool.

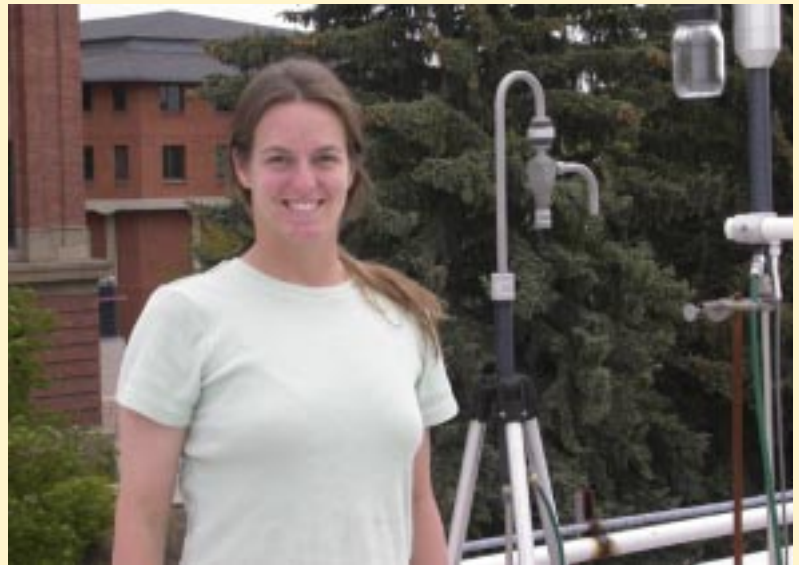
Like many of us, Tara Strand began swimming while still in diapers. Growing up in Edmunds, Washington, Tara balanced her time between swimming and dancing. She swam with several swim clubs, including the Cascade Swim Club and the Meadowdale High School swim team.

Eleven years ago, Tara moved across the state to major in engineering at Washington State University.

As an undergraduate at WSU, Tara began substituting for coaches of the Pullman Swim Club. By 1997, Tara had entered graduate school, and her advisor (who also happened to be involved with the Pullman Swim Club) convinced her to begin coaching full time. That advisor, Brian Lamb, swims with the WSU Masters and currently serves as the Inland Masters Vice Chair. While coaching in Pullman, Tara gained her ability to teach a "feel for the water" from an assistant coach of the WSU women's swim team. Tara also swam with WSU Masters under coach Doug Garcia.

The Moscow Chinook Masters group was thrilled last month when Tara became our coach. During our first week we added new drills, changed our lane assignments, and sang happy birthday for two members. Rumor has it that we will be playing underwater hockey in the near future!

Lucky for us, Tara can't get away from water. After coaching our group early this morning through a series of sprints and drills,



*Tara Strand with atmospheric research equipment on the Washington State University Campus.*

the 28-year-old graduate student hurried off to class for a plunge into an exam on fluid mechanics.

Tara is pursuing her goal of working as a professor in atmospheric physics. She currently spends part of the year studying the pheromone dispersion of the bark beetle in the forests of the University of Michigan biological station.

When not coaching or working to complete her doctorate degree in engineering, Tara stays active with a large variety of sports, including open water swims, off-road triathlons, long runs, adventure races, telemark backcountry skiing, and ultimate Frisbee. Her favorite swimming event is the 500 Freestyle. Those of us swimming on a regular basis can't wait to see Tara back up on the blocks in an upcoming Masters meet!

—Tom Lamar, *Moscow Chinook Masters*

# SWIM MEET RESULTS

INLAND NW MASTERS CHAMPIONSHIPS

Pullman, Washington, March 29 & 30, 2003

# PULLMAN

## WOMEN'S EVENTS

### Women 25-29

#### 50 Yard Freestyle

Tara Strand	28	0:29.89	MCM
Ursel Schuette	27	0:31.12	MCM

#### 100 Yard Freestyle

Tara Strand	28	1:02.93	MCM
Willow Foster	26	1:16.54	WSU

#### 200 Yard Freestyle

Tara Strand	28	2:20.08	MCM
Heather Engelmann	28	3:00.07	MCM
Willow Foster	26	3:01.93	WSU

#### 500 Yard Freestyle

Heather Engelmann	28	8:43.81	MCM
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#### 1650 Yard Freestyle

Heather Engelmann	28	29:56.64	MCM
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#### 50 Yard Backstroke

Tara Strand	28	0:34.76	MCM
Ursel Schuette	27	DQ	MCM

#### 100 Yard Breaststroke

Willow Foster	26	1:41.10	WSU
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#### 200 Yard Breaststroke

Willow Foster	26	3:26.31	WSU
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#### 100 Yard Individual Medley

Willow Foster	26	1:27.10	WSU
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### Women 35-39

#### 500 Yard Freestyle

Deborah Snyder	37	7:04.45	WSU
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#### 200 Yard Backstroke

Deborah Snyder	37	3:05.70	WSU
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#### 100 Yard Breaststroke

Deborah Snyder	37	1:26.08	WSU
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#### 200 Yard Individual Medley

Deborah Snyder	37	2:55.22	WSU
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### Women 40-44

#### 50 Yard Freestyle

Loretta Dragoo	42	0:30.29	WSU
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#### 50 Yard Backstroke

Loretta Dragoo	42	0:35.54	WSU
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#### 100 Yard Individual Medley

Loretta Dragoo	42	1:16.40	WSU
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### Women 45-49

#### 200 Yard Freestyle

Margaret Hair	48	2:35.61	LCM
Candace Chenoweth	48	2:49.60	MCM

#### 500 Yard Freestyle

Mary Adams	48	8:24.80	LCM
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#### 1000 Yard Freestyle

Margaret Hair	48	14:17.51	LCM
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#### 1650 Yard Freestyle

Catherine Murphy	46	24:52.77	WSU
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#### 50 Yard Backstroke

Jema Delistraty	45	0:33.10I	IEY
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#### 100 Yard Backstroke

Jema Delistraty	45	1:10.37I	IEY
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#### 200 Yard Backstroke

Jema Delistraty	45	2:31.34I	IEY
Mary Adams	48	3:35.05	LCM

#### 200 Yard Breaststroke

Margaret Hair	48	3:10.73	LCM
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#### 50 Yard Butterfly

Candace Chenoweth	48	0:39.20	MCM
Mary Adams	48	0:42.71	LCM

#### 200 Yard Butterfly

Margaret Hair	48	3:05.81	LCM
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#### 200 Yard Individual Medley

Margaret Hair	48	2:51.87	LCM
Mary Adams	48	3:28.34	LCM

### Women 50-54

#### 200 Yard Freestyle

Deborah Bell	50	2:57.44	MCM
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#### 500 Yard Freestyle

Deborah Bell	50	8:03.75	MCM
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#### 200 Yard Individual Medley

Deborah Bell	50	3:22.75	MCM
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### Women 55-59

#### 50 Yard Freestyle

Jett Vallandigham	56	0:43.07	UNA
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#### 100 Yard Freestyle

Jett Vallandigham	56	1:42.16	UNA
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#### 200 Yard Freestyle

Jett Vallandigham	56	3:51.82	UNA
Iris Murray	59	4:03.47	MCM

#### 500 Yard Freestyle

Jett Vallandigham	56	10:02.96	UNA
Iris Murray	59	10:39.50	MCM

#### 50 Yard Breaststroke

Jett Vallandigham	56	0:56.25	UNA
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#### 100 Yard Breaststroke

Jett Vallandigham	56	1:57.68	UNA
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### Women 60-64

#### 100 Yard Freestyle

Suzy Mckinnon	62	1:49.39	MTM
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#### 1000 Yard Freestyle

Suzy Mckinnon	62	23:00.32	MTM
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#### 200 Yard Backstroke

Suzy Mckinnon	62	4:23.61	MTM
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#### 100 Yard Breaststroke

Suzy Mckinnon	62	2:28.96	MTM
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#### 100 Yard Individual Medley

Suzy Mckinnon	62	2:10.96	MTM
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### Women 65-69

#### 50 Yard Freestyle

Marvel Kimball	66	0:39.09I	WSU
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#### 200 Yard Freestyle

Marvel Kimball	66	3:13.92I	WSU
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#### 500 Yard Freestyle

Marvel Kimball	66	8:41.01I	WSU
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#### 1000 Yard Freestyle

Marvel Kimball	66	DQ	WSU
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#### 100 Yard Individual Medley

Marvel Kimball	66	1:53.10	WSU
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### Women 70-74

#### 50 Yard Freestyle

Mary Ellen Murray	71	0:44.92	UNA
Madonna Buder	72	0:48.76	UNA

#### 100 Yard Freestyle

Mary Ellen Murray	71	1:44.49	UNA
Madonna Buder	72	1:45.47	UNA

#### 1650 Yard Freestyle

Madonna Buder	72	34:25.07	UNA
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#### 50 Yard Backstroke

Mary Ellen Murray	71	0:56.43	UNA
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#### 100 Yard Backstroke

Mary Ellen Murray	71	2:07.46	UNA
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#### 200 Yard Breaststroke

Madonna Buder	72	5:04.88	UNA
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#### 100 Yard Individual Medley

Mary Ellen Murray	71	2:00.08	UNA
Madonna Buder	72	2:17.62	UNA

### Women 80-84

#### 50 Yard Freestyle

Jean Rudolph	81	1:10.31I	MCM
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#### 100 Yard Freestyle

Jean Rudolph	81	2:20.92I	MCM
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#### 50 Yard Backstroke

Jean Rudolph	81	1:13.07I	MCM
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#### 100 Yard Backstroke

Jean Rudolph	81	2:34.30I	MCM
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#### 50 Yard Breaststroke

Jean Rudolph	81	1:29.27I	MCM
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#### 100 Yard Breaststroke

Jean Rudolph	81	3:15.28I	MCM
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## MEN'S EVENTS

### Men 25-29

#### 50 Yard Freestyle

Felix Bustos	29	0:26.34	UNA
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#### 1650 Yard Freestyle

Felix Bustos	29	24:34.88	UNA
--------------	----	----------	-----

#### 50 Yard Breaststroke

Felix Bustos	29	0:31.83	UNA
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#### 100 Yard Breaststroke

Felix Bustos	29	1:12.08	UNA
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#### 100 Yard Individual Medley

Felix Bustos	29	1:11.59	UNA
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### Men 30-34

#### 50 Yard Freestyle

Mark Engelmann	31	0:24.61	MCM
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#### 100 Yard Freestyle

Mark Engelmann	31	0:55.56	MCM
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#### 100 Yard Freestyle

Brian Hall	32	1:15.34	MCM
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#### 50 Yard Backstroke

Ryan Moore	33	0:31.51	MCM
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#### 100 Yard Backstroke

Ryan Moore	33	1:12.02	MCM
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#### 50 Yard Breaststroke

Ryan Moore	33	0:36.56	MCM
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#### 50 Yard Breaststroke

Brian Hall	32	0:40.84	MCM
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#### 100 Yard Breaststroke

Brian Hall	32	1:32.09	MCM
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#### 200 Yard Breaststroke

Brian Hall	32	2:55.35	MCM
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#### 50 Yard Butterfly

Mark Engelmann	31	0:27.07	MCM
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#### 50 Yard Butterfly

Ryan Moore	33	0:28.33	MCM
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#### 100 Yard Butterfly

Mark Engelmann	31	1:04.30	MCM
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#### 100 Yard Individual Medley

Brian Hall	32	1:26.91	MCM
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#### 200 Yard Individual Medley

Mark Engelmann	31	2:24.72	MCM
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#### 400 Yard Individual Medley

Mark Engelmann	31	5:18.38	MCM
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### Men 40-44

#### 50 Yard Freestyle

Murray Allen	40	0:25.19	UNA
Eric Ridgway	42	0:27.96	SWA

Mike Brosnahan	40	0:28.82	SWA
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#### 100 Yard Freestyle

Murray Allen	40	0:57.68	UNA
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Eric Ridgway	42	1:03.08	SWA
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Mike Brosnahan	40	1:05.69	SWA
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Doug Garcia	41	1:12.43	WSU
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# Bresko, Krauser Battle for High Point Male Award

Inland Northwest Masters held its annual championship meet on March 29-30 at Gibb Pool on the Washington State University campus. There were 48 swimmers who participated in the two day meet, with Moscow Masters bringing a contingent of 17 swimmers to the event. The meet was hosted by the WSU Masters and was enjoyed by everyone with a great pool and wonderful food.

The high point male competition provided one of the highlights of the meet. Bill Bresko (75, UNA) was one point ahead of Larry Krauser (49, SCM) going into championship meet. After swimming Saturday, Larry was ahead by three points. Going into Sunday's events, the tensions were high as Bill had four events that day while Larry only had two.

However, those that know Bill were nervous since he had a reputation of being disqualified in the Butterfly. To give himself an additional edge, Bill spent a few moments with the stroke and turn judges before the start of the meet on Sunday. This was after spending 10 minutes with them on Saturday discussing his Butterfly technique and how to keep a legal stroke.

Bill's first event Sunday was the 50 Butterfly. He had a great start and great pull-down, so good that he came up and swam some Breaststroke. Halfway down the pool, without a pause, he swam under the lane line and continued his Breaststroke to the ladder at the far end.

The stroke and turn officials couldn't overlook this obvious error. He was disqualified for swimming the wrong stroke, Bill's response was a laugh and a "I gave that one to Larry. I wanted the point competition to be close."

Again, those who know him were nervous, because nothing is for sure. He still had three events to Larry's two, however, Bill's last event was the 100 Butterfly. This was the event in which he was disqualified in Wenatchee. Thankfully he broke a record in the 200 Individual Medley that gave him three extra points.

Margaret Hair told him that would put him one point ahead of Larry even without his 100 Butterfly.

With no pressure he finished the 100 Butterfly, setting a new Inland Northwest record. The final score: Bill Bresko 150 points, Larry Krauser 140 points.

Note: In doing the math afterwards, Bill was only tied with Larry after the 200 Individual Medley and needed a legal 100 Butterfly to obtain the high point award for the season.

## *Records Set*

In addition to the male high point drama, a number of Inland NW Masters records were set at the two day meet. Three women set 12 records, including Jean Rudolph (81, MCM), Marvel Kimball (66, WSU), and Jema Delistraty (45, IEY).

On the men's side, eight records were set by three men including Lincoln Djang (43, UNA) who would break the Inland NW record in the 400 Individual Medley, 4:24, as well as breaking the women's pool record, 4:31 (beating out all those younger college women). Djang would also go on to break the 500 Freestyle record. Bill Bresko would break four records in six of the events he swam, which was how he earned the points necessary for the high point male award. Larry Krauser would break the 1650 Freestyle record.

## *Crazy Relays*

Meet director Doug Garcia provided relay opportunities for a number of swimmers who would not have the opportunity to participate in relays by their team affiliation and lack of team mates. Swimmers from all teams were combined into four relay teams to compete two special relays.

Team three which included Robert McKinnon (MTM), Deborah Snyder (WSU), Bryan Johnson (MCM) and Larry Krauser (SCM) were the victors of the first relay. They had to swim 50 yards wearing a large t-shirt and then switching it off to their team mate.

Team four which included Lincoln Djang (UNA), Tom Lamar (MCM), Ryan Moore (MCM) and Jett Vallandigham (UNA) were the victors of the second relay. They had to predict their time for a 4 x 50 relay. Their predicted time was 2:35, and they swam in 2:34, edging out team three who predicted 2:08 and swam in 2:11. Pace clocks were turned off, and only the officials had stop watches for this event.

## *Awards Banquet*

The annual award banquet provided a needed break from the Saturday afternoon competition. Receiving recognition first were Madonna Buder (72, UNA), Bill Bresko, and Larry Krauser who received the waterlog awards for swimming in each of the four Inland NW Masters meets this season. The high point female was awarded to Madonna Buder with 165 points, Carolyn Magee (57, WVM) was second with 150 points. Bill Bresko would receive the high point male award upon the conclusion of the Sunday's competition.

The dinner also highlighted the announcement of the most dedicated and most inspirational swimmer award. Most dedicated was Margaret Hair (48, LCM) for her work in meet entries, meet results, and maintaining the records. "Margaret has attended each of the Inland NW Masters whether she swims or not, for at least the past five years, probably the last 10" said Doug Garcia, *Splashmaster* editor.

C.J. Hamilton (89, LCM) was awarded most inspirational. At 89 years, he is still competing and setting Inland Northwest records in the 85-89 age group. At the Spokane Club meet in February, he swam the 100 Butterfly, turned around and swam the 100 Breaststroke with only two heats of the 50 Backstroke in between—now that's tough. C.J. ages up to the 90-94 age group starting in July.

—Margaret Hair and Doug Garcia

THE 9TH ANNUAL **LAKE PEND OREILLE**  
**LONG BRIDGE SWIM**  
**SANDPOINT, IDAHO**



A 1.76 mile swim from the south end of the Long Bridge to Dog Beach.

IRS Non-Profit  
 Tax ID #82-0484120

**TAKE THE CHALLENGE, TAKE THE PLUNGE!**

**DATE:** Saturday, August 16, 2003

**TIME:** 7:30 a.m. All swimmers must check in and sign liability release. All swimmers under 18 must have parent or guardian present to sign liability release. Pre-swim meeting 8 a.m. • Swim start 9 a.m. • 2.5 hours time limit for swim

**LOCATION:** The north end of the bridge, at the south end of Sandpoint. Park in the lot next to the Texaco station.

**SAFETY:** Safety is our #1 priority. Qualified safety personnel have the authority to pull any swimmer out of the event for safety reasons. Wetsuits are recommended, but not required. It will make you safer and swim faster! The swim will proceed in all but lightning and severe wind/cold. Refunds will not be given if cancelled due to weather or any other reason. Participants wearing fins will not qualify for "speed" awards.

**STICK AROUND AFTER THE SWIM!** Swimmers and volunteers will enjoy food, music, prizes and raffle drawings. Prizes will not be of great material value. The real prize is the satisfaction of participating in the healthful – and somewhat crazy – activity of swimming all the way across Lake Pend Oreille.

For more information or to share your ideas, please contact Eric Ridgway at 208-265-5412  
 or check out past pictures on our website at: [www.sandpoint.org/longbridgeswim](http://www.sandpoint.org/longbridgeswim) • email: [longbridgeswim@yahoo.com](mailto:longbridgeswim@yahoo.com)

**Great spectator viewing along the entire course. Bring friends and cameras!**  
**Spend a weekend of fun in Sandpoint! Call (800) 800-2106 for lodging reservations**

Cut Here

**Early registration - \$12 (postmarked by July 12, 2003)**

**Regular registration -\$16 (postmarked by August 2, 2003) • Late registration -\$20 (no guarantee of T-shirt) • If no T-shirt is wanted subtract \$5**

Name: \_\_\_\_\_ Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Male Female Age (as of 8/16) \_\_\_\_\_ Date of birth: \_\_\_\_\_ Your email, we'll email results \_\_\_\_\_

Address: \_\_\_\_\_

Fun and unusual information: (swimming experience, teams/years, honors/accomplishments, obstacles overcome):

We want to know everything, so please elaborate on back! \_\_\_\_\_

Circle years you've participated in this swim 95 96 97 98 99 00 01 02

T-shirts will be given out before event - circle your size: S M L XL XXL (\$2 additional)

Additional T-shirts available for only \$8, please indicate size & number. \_\_\_\_\_ Total \$ \_\_\_\_\_

Make checks payable to: **Long Bridge Swim • 2023 Sandpoint West Drive • Sandpoint, ID 83864** or register online at: [www.active.com](http://www.active.com)



CHAMPS RESULTS from page 6

<b>200 Yard Breaststroke</b>			
Lincoln Djang	43	2:23.05I	UNA
<b>50 Yard Butterfly</b>			
Bernard Kingsly	44	0:26.79	NSM
Thomas Lamar	42	0:30.58	MCM
Virgil Crampton	42	0:37.85	WSU
<b>100 Yard Butterfly</b>			
Bernard Kingsly	44	1:01.58	NSM
<b>200 Yard Butterfly</b>			
Lincoln Djang	43	2:08.84	UNA
<b>100 Yard Individual Medley</b>			
Bernard Kingsly	44	1:02.34	NSM
Brian Johnson	41	1:03.82	MCM
Eric Ridgway	42	1:09.32	SWA
Thomas Lamar	42	1:11.79	MCM
Mike Brosnahan	40	1:17.77	SWA
Doug Garcia	41	1:25.98	WSU
<b>200 Yard Individual Medley</b>			
Lincoln Djang	43	2:07.03	UNA
Brian Johnson	41	2:25.62	MCM
Thomas Lamar	42	2:33.93	MCM
Doug Garcia	41	3:10.59	WSU
<b>400 Yard Individual Medley</b>			
Lincoln Djang	43	4:25.11I	UNA
Bernard Kingsly	44	5:14.19	NSM
Doug Garcia	41	6:37.12	WSU
<b>Men 45-49</b>			
<b>50 Yard Freestyle</b>			
Larry Krauser	49	0:23.01	SCM
Jack Bell	49	0:29.00	MCM
Steve Mcgeeahan	47	0:30.99	MCM
Keith Hampton	49	0:31.76	UNA
Kevin Brackney	47	0:35.41	MCM
<b>100 Yard Freestyle</b>			
Larry Krauser	49	0:50.51	SCM
Robert Morrison	49	0:58.24	IEY
Jack Bell	49	1:01.40	MCM
Keith Hampton	49	1:03.56	UNA
Kevin Brackney	47	1:21.03	MCM
<b>200 Yard Freestyle</b>			
Larry Krauser	49	1:53.48	SCM
Steve Mcgeeahan	47	2:42.62	MCM
<b>500 Yard Freestyle</b>			
Larry Krauser	49	5:25.49	SCM
Mike Berney	46	6:04.01	WSU
Robert Morrison	49	6:31.75	IEY
<b>1000 Yard Freestyle</b>			
Mike Berney	46	12:33.38	WSU
<b>1650 Yard Freestyle</b>			
Larry Krauser	49	18:23.49I	SCM
<b>50 Yard Backstroke</b>			
Kevin Brackney	47	DQ	MCM
<b>100 Yard Backstroke</b>			
Kevin Brackney	47	1:46.71	
<b>50 Yard Breaststroke</b>			
Robert Morrison	49	0:31.78	IEY
<b>100 Yard Breaststroke</b>			
Robert Morrison	49	1:09.21	IEY
<b>200 Yard Breaststroke</b>			
Robert Morrison	49	2:39.17	IEY
<b>50 Yard Butterfly</b>			
Mike Berney	46	0:30.77	WSU
<b>100 Yard Butterfly</b>			
Mike Berney	46	1:08.24	WSU
<b>100 Yard Individual Medley</b>			
Jack Bell	49	1:12.59	MCM
Keith Hampton	49	1:18.17	UNA

Men 50-54

<b>50 Yard Freestyle</b>			
William Thomson	50	0:28.18	WSU
<b>100 Yard Freestyle</b>			
Richard Green	50	0:56.50	IEY
William Thomson	50	0:59.66	WSU
<b>200 Yard Freestyle</b>			
Richard Green	50	2:05.00	IEY
<b>1650 Yard Freestyle</b>			
William Thomson	50	22:42.51	WSU
<b>50 Yard Backstroke</b>			
Richard Green	50	0:30.16	IEY
<b>100 Yard Backstroke</b>			
Richard Green	50	1:07.23	IEY
<b>200 Yard Backstroke</b>			
Richard Green	50	2:26.01	IEY
<b>100 Yard Individual Medley</b>			
William Thomson	50	1:18.06	WSU

Men 55-59

<b>50 Yard Freestyle</b>			
Steve Wolcott	57	0:27.75	UNA
<b>100 Yard Freestyle</b>			
Steve Wolcott	57	1:02.45	UNA
<b>500 Yard Freestyle</b>			
Steve Wolcott	57	6:40.92	UNA
<b>50 Yard Butterfly</b>			
Steve Wolcott	57	0:31.71	UNA

Men 60-64

<b>50 Yard Freestyle</b>			
Wayne Brown	60	0:28.91	WVM
<b>100 Yard Freestyle</b>			
Wayne Brown	60	1:04.60I	WVM
<b>200 Yard Freestyle</b>			
Glen Murray	64	3:10.54	MCM
<b>500 Yard Freestyle</b>			
Glen Murray	64	8:28.90	MCM
<b>50 Yard Breaststroke</b>			
Wayne Brown	60	0:35.93	WVM
Glen Murray	64	0:46.69	MCM
<b>100 Yard Breaststroke</b>			
Wayne Brown	60	1:22.74	WVM
Glen Murray	64	1:40.15	MCM
<b>100 Yard Individual Medley</b>			
Wayne Brown	60	1:16.71	WVM

Men 65-69

<b>50 Yard Freestyle</b>			
Robert Mckinnon	65	0:31.54	MTM
<b>50 Yard Freestyle</b>			
George Spomer	66	0:39.38	MCM
<b>100 Yard Freestyle</b>			
George Spomer	66	1:35.68	MCM
<b>200 Yard Freestyle</b>			
George Spomer	66	3:36.17	MCM
<b>500 Yard Freestyle</b>			
Robert Mckinnon	65	7:49.86	MTM
George Spomer	66	9:36.06	MCM
<b>1000 Yard Freestyle</b>			
Robert Mckinnon	65	15:44.54	MTM
<b>1650 Yard Freestyle</b>			
George Spomer	66	32:07.67	MCM
<b>50 Yard Breaststroke</b>			
Robert Mckinnon	65	0:42.20	MTM
<b>50 Yard Butterfly</b>			
Robert Mckinnon	65	0:40.03	MTM

100 Yard Individual Medley

Robert Mckinnon	65	1:25.77	MTM
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Men 75-59

<b>50 Yard Freestyle</b>			
William Bresko	75	0:52.91	UNA
<b>50 Yard Butterfly</b>			
William Bresko	75	DQ	UNA
<b>100 Yard Butterfly</b>			
William Bresko	75	2:47.03I	UNA
<b>100 Yard Individual Medley</b>			
William Bresko	75	2:05.77I	UNA
<b>200 Yard Individual Medley</b>			
William Bresko	75	4:54.23I	UNA
<b>400 Yard Individual Medley</b>			
William Bresko	75	11:54.77I	UNA

Men 80-84

<b>50 Yard Freestyle</b>			
Imre Schmidt	82	0:44.83	SWA
<b>100 Yard Freestyle</b>			
Imre Schmidt	82	1:42.24I	SWA
<b>1650 Yard Freestyle</b>			
Imre Schmidt	82	37:53.20	SWA

RELAY EVENTS

Women's 200 Yard Freestyle Relay

WSU	25+	2:20.02
Marvel Kimball	66	
Willow Foster	26	
Catherine Murphy	46	
Deborah Synder	37	
MCM	25+	2:35.16
Iris Murray	59	
Deborah Bell	50	
Heather Engelmann	28	
Candance Chenoweth	48	

Women's 200 Yard Medley Relay

WSU	25+	2:43.29
Loretta Dragoo	42	
Willow Foster	26	
Catherine Murphy	46	
Marvel Kimball	66	
MCM	25+	2:59.41
Jean Rudolph	81	
Ursel Schuette	27	
Tara Strand	28	
Heather Engelmann	28	

Men's 200 Yard Freestyle Relay

MCM	25+	1:59.47
Brian Hall	32	
Ryan Moore	33	
Brian Johnson	41	
Mark Engelmann	31	
MCM	35+	2:23.07
Glen Murray	64	
Steve Mcgeeahan	47	
Thomas Lamar	42	
George Spomer	66	

Men's 200 Yard Medley Relay

MCM	25+	2:14.98
Brian Johnson	41	
Brian Hall	32	
Mark Engelmann	31	
Ryan Moore	33	
MCM	35+	2:47.95
Kevin Brackney	47	
Steve Mcgeeahan	47	
Thomas Lamar	42	
George Spomer	66	

WSU 35+ 2:18.20

Jack Bell	49
Doug Garcia	41
Mike Berney	46
William Thomson	50

Mixed 200 Yard Freestyle Relay

MCM	25+	1:56.44
Brian Johnson	41	
Ursel Schuette	27	
Tara Strand	28	
Ryan Moore	33	

MCM 25+ 2:41.47

Jean Rudolph	81
Heather Engelmann	28
Brian Hall	32
Kevin Brackney	47

WSU 35+ 2:13.94

Virgil Crampton	42
Catherine Murphy	46
Marvel Kimball	66
Jack Bell	49

Mixed 200 Yard Medley Relay

MCM	25+	2:18.46
Tara Strand	28	
Ursel Schuette	27	
Ryan Moore	33	
Brian Hall	32	

MCM 25+ 3:03.12

Jean Rudolph	81
Steve Mcgeeahan	47
Thomas Lamar	42
Heather Engelmann	28

WSU 35+ 2:23.03

Loretta Dragoo	42
Doug Garcia	41
Jack Bell	49
Catherine Murphy	46

Points Earned Inland NW Masters Championships

Moscow Chinook Masters	513
WSU Masters	260
Inland Empire YMCA	95
Montana Masters	80
Lake City Masters	57
Sandpoint West Athletic Club Masters	55
Spokane Club Masters	38
Wenatchee Valley Masters	38
North Spokane Masters	33

Total Points Earned for 2002-2003 Season

Wenatchee Valley Masters	1200
Moscow Chinook Masters	1186
WSU Masters	1106
Sandpoint West Athletic Club Masters	791
Lake City Masters	645
Spokane Club Masters	616
Inland Empire YMCA	321
North Spokane Masters	128
Yakima Valley Masters	106
Spokane Masters & Tri	104

TENTH ANNUAL

# Steve Omi Memorial Open Water Swim

Date: Sunday July 20, 2003  
Time: Check In At 8:45 am  
Place: 12th Street Entrance Sanders Beach Lake Coeur d' Alene  
Course: One Mile, along Sanders Beach Public Swim Area To  
Coeur d' Alene Resort Golf Course  
Fee: \$25 includes cotton beach towel, or \$15 without towel  
*Additional donations to Steve Omi Scholarship accepted*  
*Wet suits permitted*

NAME	AGE	
ADDRESS	EMAIL ADDRESS	
CITY	STATE	ZIP
DAYTIME PHONE	EVENING PHONE	

Make checks payable to: Steve Omi Swim

Mail to: Steve Omi Swim, 408 Vista Drive Coeur d'Alene ID 83815

- Enclosed is my \$25 registration fee. Please have entry postmarked by July 17, 2003
- Enclosed is my \$15 registration fee, no towel.

For more information call 208-667-3721, 208-772-6753 or e-mail: ramgolf@gocougs.wsu.edu

ACCIDENT WAIVER AND RELEASE OF LIABILITY: I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risk include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event and lack of hydration. These risk are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers, in which I may participate and that it may govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs,

next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: STEVE OMI SWIM organizers, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by negligence or releases or otherwise.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns.

The Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document; and, I understand its content.

Print Participant's Name	Age	Signature (If under 18 years old Parent or Guardian must sign)	Date
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PARENT GUARDIAN WAIVER FOR MINOR (Under 18 years old)

The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Print Participant's Name	Age	Signature of Parent or Guardian	Date
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# 2003 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 2003

Date of Birth	Age	Sex
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**Team Affiliation**

<input type="radio"/> Lake City Masters	<input type="radio"/> Moscow Chinook Masters	<input type="radio"/> North Spokane 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 team	<input type="radio"/> Unattached club	

*Unattached team* means you will not be able to participate in relay events at Inland NW Masters meets, but can still participate in relays at zone or national meets as part of the Inland NW Masters club. *Unattached club* means you will not be able to participate in relay events at Inland NW Masters meets, zone or national meets.

I am a certified USA Swimming Official       I am a certified high school swimming official       I coach Masters Swimmers

## B E N E F I T S   O F   M E M B E R S H I P   I N C L U D E :

⇒ *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?**    ⇒ \$20.00 to United States Masters Swimming (\$7.00 for *Swim Magazine*)    ⇒ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

### 2003 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2003)

New Registration       Renewal, my current USMS Number is \_\_\_\_\_

*Please check appropriate level*

Individual Registration \$30.00       Couples Registering together \$55.00       Senior Registration (age 60+) \$27.50

Late Year Registration fees not set (for those registering in September or October)

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

<p><b>United States Masters Swimming Endowment Fund</b></p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the USMS Endowment Fund</p>	<p><b>International Swimming Hall of Fame Endowment Fund</b></p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the International Swimming Hall of Fame Endowment Fund</p>
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Make check payable to: <b>IWMSC</b> Mail check and form to: <b>Sue Dills</b> <b>639 N. Riverpoint Blvd. #3W</b> <b>Spokane, WA 99202</b>	<b>Amount Enclosed</b> _____
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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 641227 • PULLMAN WA 99164-1227

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## Zone and National One Hour Swim Results

Seven Inland NW Masters swimmers participated in the NW Zone short course yards championship meet in Hood River, Oregon. Marvel Kimball of WSU Masters broke six of her own Inland NW Masters records in the 50, 100, 200, 500 and 1000 Freestyle, and the 100 Individual Medley.

### Women 40-44

<b>50 Yard Freestyle</b>			
4	Macias, Melinda	44	33.32 YVM
<b>100 Yard Freestyle</b>			
3	Macias, Melinda	44	1:20.35 YVM
<b>200 Yard Freestyle</b>			
3	Macias, Melinda	44	3:21.31 YVM
<b>50 Yard Breaststroke</b>			
2	Macias, Melinda	44	52.91 YVM
<b>50 Yard Butterfly</b>			
4	Macias, Melinda	44	40.77 YVM
<b>100 Yard IM</b>			
2	Macias, Melinda	44	1:29.05 YVM

### Women 45-49

<b>50 Yard Freestyle</b>			
1	Murphy, Catherine	46	32.67 WSU
<b>100 Yard Freestyle</b>			
1	Murphy, Catherine	46	1:13.15 WSU
<b>200 Yard Freestyle</b>			
1	Murphy, Catherine	46	2:43.79 WSU
<b>500 Yard Freestyle</b>			
3	Murphy, Catherine	46	7:05.26 WSU
<b>1000 Yard Freestyle</b>			
2	Murphy, Catherine	46	14:31.40 WSU
<b>100 Yard Butterfly</b>			
1	Murphy, Catherine	46	1:36.04 WSU

### Women 65-69

<b>50 Yard Freestyle</b>			
1	Kimball, Marvel	66	38.48 WSU
<b>100 Yard Freestyle</b>			
1	Kimball, Marvel	66	1:26.51 WSU

<b>200 Yard Freestyle</b>			
1	Kimball, Marvel	66	3:07.97 WSU
<b>500 Yard Freestyle</b>			
1	Kimball, Marvel	66	8:23.37 WSU
<b>1000 Yard Freestyle</b>			
1	Kimball, Marvel	66	17:27.53 WSU
<b>100 Yard IM</b>			
1	Kimball, Marvel	66	1:51.48 WSU

### Men 40-44

<b>50 Yard Freestyle</b>			
8	Garcia, Doug	41	30.79 WSU
<b>100 Yard Freestyle</b>			
8	Garcia, Doug	41	1:11.10 WSU
<b>200 Yard Freestyle</b>			
6	Garcia, Doug	41	2:42.45 WSU
<b>500 Yard Freestyle</b>			
5	Garcia, Doug	41	7:23.15 WSU
<b>50 Yard Breaststroke</b>			
2	Kingsly, Bernard	44	32.29 NSM
<b>200 Yard IM</b>			
2	Garcia, Doug	41	3:05.62 WSU

### Men 45-49

<b>50 Yard Freestyle</b>			
2	Morrison, Robert	49	25.77 UNA
7	Macias, Jesse	45	52.29 YVM
<b>100 Yard Freestyle</b>			
2	Morrison, Robert	49	58.35 UNA
5	Macias, Jesse	45	1:19.57 YVM
<b>200 Yard Freestyle</b>			
	Macias, Jesse	45	DQ YVM
<b>50 Yard Breaststroke</b>			
1	Morrison, Robert	49	31.49 UNA
7	Macias, Jesse	45	1:16.50 YVM
<b>100 Yard Breaststroke</b>			
1	Morrison, Robert	49	1:10.15 UNA
<b>200 Yard Breaststroke</b>			
1	Morrison, Robert	49	2:39.44 UNA
<b>50 Yard Butterfly</b>			
1	Macias, Jesse	45	1:16.26 YVM
<b>100 Yard IM</b>			
2	Morrison, Robert	49	1:07.23 UNA
4	Macias, Jesse	45	2:46.56 YVM

### Men 55-59

<b>50 Yard Freestyle</b>			
3	Wolcott, Steve	57	27.39 UNA
<b>100 Yard Freestyle</b>			
2	Wolcott, Steve	57	1:02.43 UNA
<b>200 Yard Freestyle</b>			
1	Wolcott, Steve	57	2:19.67 UNA
<b>50 Yard Butterfly</b>			
1	Wolcott, Steve	57	30.33 UNA
<b>100 Yard Butterfly</b>			
1	Wolcott, Steve	57	1:16.04 UNA

## 2003 One Hour Swim

The Tualatin Hills Barracudas from Oregon hosted the annual national championship one hour swim. Participants swam in their home pool, and sent in the distance swam to Oregon for tabulating. Below are results from the Inland NW Masters swimmers who participated in the event. The information (left to right) include: age, team, yards swam, and place in the age group with the number of swimmers in the age group participating.

### Women

Catherine Albaugh	22 (WSU)	3585	55/71
Deborah Snyder	37 (WSU)	3750	72/142
Cathy Murphy	46 (WSU)	3725	64/156
Marvel Kimball	66 (WSU)	3140	10/31

### Men

Dave Peckham	41 (WSU)	4070	90/187
John Schneider	42 (WSU)	4000	97/187
Virgil Crampton	42 (WSU)	3140	168/187
Brian Lamb	51 (WSU)	3605	90/123
Mel Lemons	54 (WSU)	2875	116/123