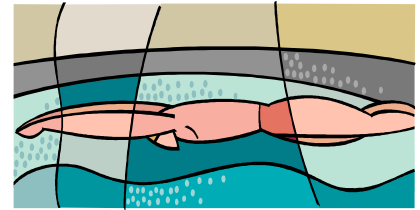




Splashmaster



Welcome and Thanks to Doug

Welcome all water lovers to another year of Masters Swimming. I'm sure everyone is happy to be back indoors as the weather cools down and the days get shorter. We had several fun events over the summer in our association as well as Long Course Nationals being in our Zone. We had several members make the trek to Gresham, OR and Mt. Hood Community College to participate in that event.

The Inland Northwest Masters board had their first meeting last week to plan for the coming year. It will definitely be a year of transition. As most of you probably know, our illustrious leader, Doug Garcia, has made a big move to Colorado. It was a shock (to me anyway). Doug has done so much for our association over the past MANY years. His presence will certainly be missed. Just before announcing this move, Doug made a push to fill the position of vice-chair, which had been empty. He approached Mike Hartley from Wenatchee Valley Masters. As Mike swims with us, he mentioned it to me. I assured Mike that the Vice Chair really didn't do much other than participate in the meetings and that it would be a good way to initially get involved. Little did I know. I have apologized to Mike several times, but he is certainly rising to the occasion. I know that Doug will continue to offer his help and support from afar and Mike is willing and eager to learn the responsibilities of his new position. We also have great members of the board who served with Doug who are also willing to help things move along smoothly.

Doug was also the person who had the Splashmaster printed and mailed from WSU. You can see, he helped in every area. Hopefully we can get this copy out by email as well as snailmail and we will go from here.

I guess it isn't until someone leaves that we really realize just how much he does. Doug has been such a great leader and stalwart in our organization for so many years. He has built the program at WSU as well as lead the association. Doug led by example. I remember him driving all the way to Wenatchee a few years ago in a terrible snow storm just to support our meet. I know he tries his best to support every event we have within our association. He is also involved at the national level which brings recognition to our small LMSC. It was always fun at National meets to see Doug as an on deck National Coach as well as a participant in the meet itself.

We certainly wish Doug well in his new venture in Colorado. I'm sure we will still see him at some National Meets. Hopefully he will come back and visit once in a while. We will miss him greatly and hope to see him upon occasion. Best of luck, Doug in your new ventures. Keep in touch. We will miss you and THANKS DOUG for all you do!

Carolyn MaGee, Wenatchee Valley Masters

Upcoming Events:

Oct 18th

Sink or Swim Meet at Whitworth in Spokane.(entry enclosed) Early entry deadline changed from Oct. 1 to Oct. 8. As always, deck entries will be accepted.

Nov. 23rd

Pentathlon in Wenatchee.
(entry enclosed)

Jan.

TCAS will host a meet in Moses Lake

Feb.

Wenatchee again.

March 28 & 29

Championships in Moscow.

Inside this issue:

Long Bridge Swim	2
No More Excuses!	2
A Nano-Second of Glory	3
Steve Omi Swim	3
2009 USMS Registration	4
Sizzling Fast Results	4
'08 USMS Registration Form	5
Sink or Swim Registration	6
Pentathlon Registration	7
Directory	8

Long Bridge Swim Grows Every Year

Approximately 500 swimmers participated in the Long Bridge Swim in Sandpoint, ID this year on Aug. 2. The event grows in popularity every year as Eric Ridgeway continues to do an outstanding job organizing and running the event. Thanks Eric, for a job well done.



The finish line at the Long Bridge Swim (above). Eric presenting award to Imre Schmidt, oldest competitor at age 87 (upper right) and to age group winner, Larry Krauser (lower right).



Open Water Swimming: No More Excuses!

When I considered swimming across Lake Pend Oreille in the annual Long Bridge Swim, I ticked off the excuses:

Can I, a lackluster swimmer, go the distance?

I'd never pushed myself over 300 yards without stopping, so I determinedly swam lap after lap in the pool and logged in over two miles.

The lake isn't heated, and I hate being cold.

My husband Kurt, a first-timer too, outfitted us in wetsuits.

There's nothing to grab hold of in the middle of the lake-I'll sink if I panic.

When I tested my new suit in the Columbia River, it kept me surprisingly buoyant.

There are no lane lines, and I'm blind without my glasses.

"As long as you can make out the bridge, you'll be okay," a veteran swimmer assured me.

So, throwing caution to the roiling waves, I mailed off our registrations.

As would be expected in early August, the skies were sunny and bright. The water was calm. A light wind blew in our favor. When the race commenced, I briefly lingered on the shore with likeminded initiates to avoid the panic of floundering amongst a swarm of competent swimmers. As our contingent of lollygaggers swam into open water, there still was a little jostling--but I'd been warned about that. Proceeding at a leisurely pace, I passed a few swimmers--then was overtaken by more. With the bridge as a marker, it was easy to stay on-course. I floated on my back if I got anxious--and even then, finished near the middle of the pack. Wading to the shore, I felt empowered.

Even without my glasses, I picked out Kurt. He enticed me across the finish line by holding out my

Page 2 trophy--a huckleberry ice cream cone. *Teresa Wendell, Wenatchee Valley Masters*



Near the start of the Long Bridge Swim

A Nano-Second of Glory

For glory and gold thousands of athletes from around the world competed in the Beijing Olympics. Millions of viewers were enthralled as they watched Michael Phelps make swimming history. For the first time, many came to realize that swimming is a performance of perfection. They saw gold, silver, bronze separated by one-one hundredth of a second. Often the TV commentator would analyze the race and point out where the .01 was gained or lost: at the start, at the turn, at the finish or in the middle of the pool.

Meanwhile, in Gresham, OR I joined over a thousand swimmers, reaching a tidbit of glory, in the US Masters Long Course Nationals. We varied in age from the early twenties to the early nineties, experience from first time competitors to former Olympians, in motivation from must win to there for fun. Most of us are somewhere between the extremes. I swam in high school. I practiced every winter, I practiced every summer, I swam every yard, I competed in every meet, I finished last every time. Even though I didn't get any glory, I always had fun. After 10 years in Masters I still haven't won a race. But I'm still having fun.

Now, I don't usually get nervous before a race, but I was excited before the 1500 meters because former Olympians were in lanes 3 and 4 and I was in lane 5. When the referee said, "take your marks", I was pumped. The gun went off and I took an early lead off the blocks. Then we hit the water. On the first stroke cycle I saw their shoulders, on the second their hips, on the third some bubbles. By the time the race was over I was so far behind I thought I was first. As I climbed out of the pool Carolyn shouted "we took a picture of you in the lead". Actually it was a picture of the scoreboard showing the reaction time off the blocks. At age 76 I had the fastest time off the blocks. My moment of glory had come. At the 2008 Nationals in Gresham, OR, in the 1500 meters, I led the great Graham Johnston for one-one hundredth of a nano-second.

Jack Bevier, Wenatchee Valley Masters

Steve Omi Swim Provides Scholarship Money

The Steve Omi Swim was a great success again this year with record numbers on a beautiful day on Lake Coeur d' Alene. It is a great swim in a relaxed atmosphere that provides scholarship money for local swimmers heading off to college. This years scholarship winners are Jared Grifford who will be swimming for Gannon University in Erie, PA and Jacob Wood,



Duke Breitenback-long time announcer.

headed to Golden West College in Huntington, CA where he also will be swimming. It is great to be able to participate in a fun event that helps others on their way.



Steve Omi Results

This year's winners in broad age divisions were:

17 and under

Female: Anna deTar 23:29

Male: Ryan Nelson 20:37

18-54

Female: Amy Mack 22:11

Male: Ryan Driscoll 20:03

55+

Female: Maily Kress 27:25

Male: Larry Krauser 20:25

Complete results can be found

at www.steveomi.org/

2009 USMS Registration Available Starting November 1

Anyone registering in Sept. or Oct. may do so for the "late year" fee of \$23.00. A registration form is enclosed or you can register directly online at www.usms.org/reg. Once on the web site, follow the link to join USMS, put in your zip code and it will give you our registration form. Affiliating with a team? Select Hydropower as your club first!

Starting Nov. 1, athletes may register for 2009 and be covered for Nov. and Dec. of 2008 through 2009. Also, our Registrar, Paige Buehler will be representing our LMSC at the National Convention. She will bring back all the newest information to pass on to us. Have fun, Paige!

Sizzling Fast at Long Course Nationals

With sizzling temperatures, the competition was hot in the pool at Mt. Hood Community College. Over 1100 athletes throughout the United States gathered in Gresham, Oregon from August 14th through August 17th for the U.S. Masters Swimming (USMS) Long Course Nationals. Sixteen swimmers from Hydropower Masters participated in the sizzling swims, establishing twenty-nine Inland Northwest Masters records and two Northwest Zone records over the four days.

Record holders from the meet:

Women 45-49

Cindy Clutter (LCM) 1500 Freestyle 24:06.04, 100 Breaststroke, 1:44.65

Women 50-54

Margaret Hair (LCM) 800 Freestyle, 12:37.06

Women 60-64

Shirley Schriebier (WVM) 50 Backstroke 53.59, 100 Breaststroke 2:00.22

Jeanette Vallandigham (UNA) 50 Breaststroke 55.92, 200 Breaststroke 4:58.57

Carolyn Magee (WVM) 50 Butterfly 43.66, 100 Butterfly 1:47.95, 200 Butterfly 4:10.56

Women 70-74

Peony Munger (WVM) 100 Breaststroke 2:43.35, 100 Butterfly 3:07.41, 200 Butterfly 6:44.90, 200 Individual Medley 5:37.94, 400 Individual Medley 11:37.44

Men 55-59

Larry Krauser (SCM) 200 Freestyle 2:10.62 (Zone), 1500 Freestyle 19:12.17 (Zone), 200 Backstroke 2:50.25

Men 65-69

Men 70-74

Earl Ellis (UNA) 200 Freestyle 3:04.26, 400 Freestyle 6:39.81, 800 Freestyle 13:19.65

Men 75-79

Jack Bevier (WVM) 200 Freestyle 3:30.37, 400 Freestyle 7:44.49, 1500 Freestyle 30:09.64

Mixed 240-279 200 Freestyle Relay

WVM 2:39.39

1) Magee, Carolyn 2) Bevier, Jack

3) Schreiber, Shirley 4) Brown, Wayne

2007-2008 Short Course Yard Top Ten

Women 60-64: Carolyn MaGee- WVM- 100 Fly (10th-1:32.94), 200 Fly (8th- 3:29.85), 400 IM (8th- 6:55.51)

Women 70-74: Peony Munger- WVM- 200 Fly (10th- 5:50.94)

Women 85-89: Jean Rudolph- MCM- 50 Back (9th- 1:13.99), 100 Back (6th- 2:34.26), 50 Breast (10th- 1:41.21), 100 Breast (6th- 3:41.11);

Men 50-54: David Barnes- LCM- 200 IM (10th- 2:12.01)

Men 75-79 : Jack Bevier- WVM- 1000 Free (5th- 17:26.96), 1650 Free (5th- 29:16.87)

Other participants contributing to points for Hydropower Masters included Heather Colburn (TCAS), Jesse Macias (YVM), Lisa Nuffer (TCAS), Mary Scovazzo (TCAS), Vincent Scovazzo (TCAS) and Melinda Tomlinson-Macias (YVM).

Did you know? USMS maintains a database of meet results from meets all across the country. These meet results are available for members to track your individual results as well as to look up event rankings based on the available results. The results and information can be found at <http://www.usms.org/comp/meets/>

United States Masters Swimming & Hydropower Masters 2008 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)	

Date of Birth	Age	Sex
---------------	-----	-----

Club Affiliation

Hydropower Masters Unattached Club (means you will not be able to participate in relays at any USMS meet.)

Team Affiliation

Lake City Masters
 Moscow Chinook Masters
 Sandpoint West Athletic Club
 WSU Masters
 Spokane Club Masters
 Wenatchee Valley Masters
 Yakima Valley Masters
 Tri Cities Atomic Sturgeons
 Fairchild Masters
 Other team _____
 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.)

Questions about registering with the right group, talk with your local coach, team rep, or contact the Inland NW Masters registrar.

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

Benefits of Membership Include:

⇌ *USMS Swimmer 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? ⇌ \$25.00 to United States Masters Swimming and \$10.00 to the Inland Northwest Masters Local Masters Swimming Committee (LMSC) for local programming and communications.

2008 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2008)

Please check appropriate level • You may start renewing or registering for 2008 memberships on November 1, 2007

Individual Registration \$35.00
 Couples Registering together \$60.00
 Senior Registration (age 60+) \$32.50
 Late Year Registration \$23 (for those registering in September & October 2008, to expire on December 31, 2008)

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

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

Make check payable to: IWMSC Mail check and form to: Paige Buehler 814 Mabelle Street Moscow, ID 83843	Amount Enclosed _____
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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** _____

Spokane Waves Aquatic Team Masters

Sink or Swim

Saturday, October 18th 2008

Date/Times: Saturday, October 18th, 2008. Warm-up starts at 1pm, Meet starts at 1:30 pm, second warm-up at 2:30 pm.

Sponsor: Spokane Waves Aquatic Team. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 03581018.

Eligibility: All swimmers must be currently registered IWMSC/USMS swimmers. New registrations (found in the *Splashmaster*) should be sent to Paige Buehler or can be completed online: www.usms.org/reg.

Rules: All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2008 USMS Rulebook about proper stroke and turn rules, see online at www.usms.org/rules/. Events will be seeded slow to fast.

Deadline: All entries must be postmarked by October 8th, 2008. Incomplete or late entries will be treated as "deck entries".

Fees: \$10 for entries sent before October 1st, \$15 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.

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

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

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

Postmarked by:	October 8, 2008
Mail Entries to:	Susan Pfursich 21 W Elcliff Ave Spokane, WA 99218
Entry fee:	\$10.00 prior to October 1 \$15.00 for Deck Entries
Checks payable to:	IWMSC

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Team _____

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

- | | | |
|-----------------------------------|--------------------------------------|------------------------------|
| 1) 400 Y Ind. Medley _____ | 6) 200 Y Backstroke _____ | 14) 200 Y Medley relay _____ |
| 2) 1000 Y Freestyle _____ | 7) 50 Y Butterfly _____ | 10 Minute Break |
| Second Warm-up at Approx. 2:30 pm | 8) 200 Y Ind. Medley _____ | |
| | 9) 400 Y Mixed Freestyle Relay _____ | |
| 3) 200 Y Freestyle Relay _____ | 10 Minute Break | 15) 200 Y Freestyle _____ |
| 10 Minute Break | 10) 100 Y Freestyle _____ | 16) 50 Y Breaststroke _____ |
| | 11) 200 Y Breaststroke _____ | 17) 100 Y Backstroke _____ |
| 4) 50 Y Freestyle _____ | 12) 50 Y Backstroke _____ | 18) 200 Y Butterfly _____ |
| 5) 100 Y Breaststroke _____ | 13) 100 Y Butterfly _____ | 19) 100 Y Ind. Medley _____ |
| | | 20) 500 Y Freestyle _____ |

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

Your signature _____ Date _____

Wenatchee Valley Masters Pentathlon Swim Meet

Date: Sunday, November 23, 2008 Warm-up 9:00AM, Meet starts at 10:00AM

Sponsor: Wenatchee Valley Masters sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. USMS sanction # 03581123.

Meet director: Matt Bruggman, bruggman.five@verizon.net.

Eligibility: All Swimmers must be currently registered IWMSC/USMS swimmers. New Registrations (found in the Splashmaster) should be sent to Paige Buehler or can be completed online: www.usms.org/reg. You may register 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 2008 USMS Rulebook about proper stroke and turn rules, see online at www.usms.org/rules. Events will be seeded slow to fast.

Deadline: All entries must be postmarked by November 12, 2008. Incomplete or late entries will be treated as "deck entries."

Fees: \$10.00 for entries sent before November 12, \$15.00 for "deck entries." Please 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 5 events. In order to be eligible for pentathlon awards all 5 events must be in the same category: sprint, middle distance, ironman, or freestyle. Electric timing will be used. There will be no relays.

Awards: First-third place ribbons will be provided for placing in each individual event. Team and individual points will be awarded for each

individual event. Special awards to be given for pentathlon winners. Pentathlon winner will be the person in each age group with the lowest total time for all 5 events in their division.

Directions to Wenatchee High School Pool: Off Interstate 90 take Wenatchee exit, traveling through the town of Quincy, turn left at stoplight in Quincy. Stay on highway into East Wenatchee. Follow the signs to Wenatchee taking you across the George Sellar 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.

**WENATCHEE VALLEY MASTERS TO HOST
BUFFET IMMEDIATELY FOLLOWING MEET.
PENTATHLON AWARDS GIVEN AT BUFFET.**

Postmarked by:	Nov. 12, 2008
Mail Entries to:	Carolyn MaGee 1580 S. Miller St. Wenatchee, WA 98801 wenswim@aol.com
Entry Fee:	\$10.00 prior to Nov. 12 \$15.00 for Deck Entries
Checks Payable to:	IWMSC

Anyone needing a place to stay overnight, contact
Carolyn MaGee. 509-662-6012.

Name _____ Email _____ M/F _____ Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS# _____ Inland NW Team _____

ORDER OF EVENTS

- | | |
|--------------|----------------|
| 1. 1000 free | 10. 200 breast |
| Break | 11. 50 breast |
| 2. 50 fly | 12. 100 breast |
| 3. 100 fly | Break |
| 4. 200 fly | 13. 200 free |
| 5. 50 free | 14. 100 IM |
| Break | 15. 200 IM |
| 6. 100 back | 16. 500 free |
| 7. 200 back | 17. 400IM |
| 8. 50 back | |
| 9. 100 free | |
| Break | |

CHECK ONE CATEGORY AND ENTER TIMES

- | | |
|--|------------------------------------|
| SPRINT <input type="checkbox"/> | IRONMAN <input type="checkbox"/> |
| 50 fly _____ | 200 fly _____ |
| 50 free _____ | 200 back _____ |
| 50 back _____ | 200 breast _____ |
| 50 breast _____ | 200 free _____ |
| 100 IM _____ | 400 IM _____ |
| MIDDLE DISTANCE <input type="checkbox"/> | FREESTYLE <input type="checkbox"/> |
| 100 fly _____ | 1000 free _____ |
| 100 back _____ | 50 free _____ |
| 100 free _____ | 100 free _____ |
| 100 breast _____ | 200 free _____ |
| 200 IM _____ | 500 free _____ |

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Your Signature _____ Date _____

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www.InlandNWMasters.org

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