

SplashMaster

VOLUME 13, ISSUE 2

JUNE 2010

A Message from the LMSC Chair

Greetings Swimmers!

Now that I have a year under my belt as the Inland NW LMSC chair I feel capable of deciphering and communicating what we on the Inland Northwest LMSC Board are proud of having done and what we're working on to improve your Master's swimming experience.

We closed out 2009 having 331 swimmers registered with USMS in the Inland Northwest LMSC. That was an increase of 36% over our 2008 registrations. At this point, 2010 looks on par with last year. We also added two "workout groups" to the Hydropower Masters Swim Club (our regional club): Ellensburg Windy City Masters and 3 Rivers Masters Swimming in the Tri-Cities.

There were significant changes to the structure of USMS coming out of USMS convention as the organization shifts from being managed by a primarily volunteer base to a more coordinated team of dedicated employees. You've probably noticed the result of that in your email inbox with monthly communications called "Streamlines" and the growing number of USMS sponsors who are advertising in the USMS *Swimmer* magazine. What you haven't noticed is the \$2/member increase that went into effect in 2010 and is scheduled to increase fees each year through 2014. That's because the IWMSC Board of

Managers voted to "eat" the increase this year and keep our USMS membership fee at \$35. However, I have formed a Fees Task Force to look at all the fees we charge in our LMSC and make sure that we are generating the right income to cover our expenses in our all-volunteer LMSC. Membership fees will need to increase in 2011 since the USMS National portion will have increased \$4. Details will be published after the board votes, likely in the September Splashmaster.

We had a nice four-meet season last winter, but I'm hoping we can get back to holding five or six during September to April. Meets are aptly named since they're a great way to meet



Paige Buehler gasping for air during the 200Y Fly at the 2009 NW Zone meet in Boise. Great first year, Paige.

© Thomas Oetzell

other swimmers from around the region while using controlled conditions to measure yourself against your goals. I found that there is some low-hanging fruit on Top 10 times in the short course meters (SCM) events, especially if you are swimming a 200 M fly with Eric Ridgway and

James Adams, so be sure to check out Sandpoint's meet in November. Tri-City Atomic Sturgeons are also planning a fun meet timed to coincide with the area's wineries' "crush" events that will appeal to oenologically-inclined swimmers and fans.

I'm glad to see that Lewis Clark Neptunes Masters is repeating their Snake River Challenge in Lewiston on the 3rd of July and that the Coeur d'Alene Area Swim Team has gotten a USMS-sanction from us to hold the CAST Classic, a *LONG* distance open water race in Lake Coeur d'Alene on August 14.

Finally, thanks to Alan Kirpes, the LMSC treasurer, who has spent the last year working on understanding and sorting out the LMSC

finances and separating them from those of Hydro-power Club. We are well on our way to being on the USMS "nice" list, and for that he was recognized with this year's Most Dedicated award.

Yours in service,
Paige Buehler

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Lincoln Djang set National record at PNA Champs in Federal Way in April. He swam the 200 back in 2:01.39

DATES TO REMEMBER

- July 3 Snake River Challenge—Lewiston, ID
- July 10-11 NW Zone LCM Champs—Port Orchard, WA
- July 18 Steve Omi Swim—Lake Coeur d'Alene, ID
www.steveomi.org
- Aug. 7 Long Bridge Swim—Sandpoint, ID
www.longbridgeswim.com
- Aug. 14 CAST Classic—Lake Coeur d'Alene, ID
- Sept. 1—Deadline for SplashMaster
- Sept. 25—TCAS Wine Barrel Blast—Richland, WA

Swimmer Highlight

James Adams (WVM)

James Adams (WVM) (32) has come onto the Masters scene in full force this year. He has participated in all of our associations meets, and in so doing he was the high point male swimmer of the year, setting several records in the process. He has also looked for every meet in the area that he could possibly attend, including several PNA meets as well as some in Oregon. He has been an inspiration to our entire team. He continually has his eye on the record book and I know many more will fall as a result of his hard work.

James started swimming in Wenatchee at the age of 7. He swam through high school and college at Linfield in McMinnville, OR. After college he swam and coached for the Canby Swim Club in Oregon. After a 7 year layoff we are glad to have him back in the pool. So far he has set SCM records in the 200 and 400 free and the 100 and 200 fly. In LCM he recently got the records in the 50, 100, and 200 fly as well as the 200 back and 200 breast. James said his favorite event right now is the 200 free. James is married and has 3 children.



Inland Northwest Masters Board of Managers

Inland Northwest Masters www.InlandNWMasters.org	Registrar Mark Taylor(MCM)	Webmaster Ben Walden	Ellensburg Windy City Masters Candi Eslinger
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			Wenatchee Valley Masters Shirley Schreiber 509-884-4540 canineheaven@charter.net

Inland NW Masters 2010 Championship Meet

Results included

Kudos to the Moscow team for hosting a great championship meet. A fun time was had by all.

Seasonal Awards were given at the banquet. Everyone shared good food with good friends after a day of hard swimming.

Waterlog swimmers for attending every inland nw meet—Paige Buehler, Cindy Clutter, Margaret Hair, James Adams, and Bill Bresko

SEASONAL AWARDS

High Point Female:

Margaret Hair

High Point Male:

James Adams

High Point Team

Wenatchee Valley Masters



Margaret Hair & Cindy Clutter (both representing Lake City Masters) Joint recipients of Most Inspirational. Margaret set every record in every course in 50-54 age group. Upon turning 55 she set 6 records in 6 events at the champs meet. She recently attended Canadian Nationals while Cindy will be headed to the Worlds in Sweden. They also attended every meet this year. Great job, ladies.



Alan Kirpes (WVM) was selected Most Dedicated for the countless hours he has put in as our new treasurer. We now have 2 separate accounts, as required by USMS, checks are cashed quickly and every penny is accounted for. Thanks, Alan.



Eric Ridgeway (SWAC), Paige Buehler (MCM), Stephen Harger (MLMR) & Matt Bronson (FAF) at the Champs social.



Jean Rudolph (88) oldest swimmer at the meet with Jessica Lopez (18) the youngest participant. Both from Moscow Chinooks Masters.



Jean swimming 100 back

Thoughts from My Journal After the Championship Meet

By Theresa Wendell (WVM)

"You're going to embarrass yourself at the meet if you don't push yourself harder during practice," my husband Kurt warned me several weeks before the champs meet in Moscow.

If you look at my times, you'll agree that I'm the type of swimmer who takes neither practice nor competition too seriously. So, no...I won't be embarrassed. I'd just embarrass Kurt.

As it turned out, he got DQed in the 100 IM.

"Think of your yellow slip as a badge of honor," I told him. "You can't consider yourself a swimmer until you get one."

And as for me...I got lots of applause every time I came in last in my heat.

At the annual Masters banquet and meeting on Saturday night, one of the subjects discussed was the possibility of sponsoring swimmers who can't afford the annual fee that's required to join Masters. The suggestion raised a few questions—mainly because there are so many expenses involved with being a competitive swimmer.

"If we pay their dues, should we buy them a Speedo too?" someone asked.

"Well, we could make swimsuits optional," Paige Buehler said, smiling.

That perked my husband right up, "Starting tomorrow?" he asked.



SWAC Coach Mike Brosnahan proudly displaying his DQ slip.



MCM Coach Matt Edde joining in the DQ slip walk of shame.

Inland NW Masters Championships - 3/27/2010 to 3/28/2010**Results****Women 18-24 100 Yard Free**

1 Jessica Lopez 18 MCM 1:09.49

Women 18-24 500 Yard Free

1 Jessica Lopez 18 MCM 7:00.94

Women 18-24 100 Yard Fly

1 Jessica Lopez 18 MCM 1:22.75

Women 18-24 200 Yard IM

1 Jessica Lopez 18 MCM 2:53.73

Women 25-29 50 Yard Free

1 Kristen Heath 27 WVM 30.07

Women 25-29 100 Yard Free

1 Kristen Heath 27 WVM 1:05.41

Women 25-29 1650 Yard Free

1 Kristen Heath 27 WVM 23:41.70

Women 25-29 50 Yard Back

1 Kristen Heath 27 WVM 39.54

Women 25-29 50 Yard Breast

1 Kristen Heath 27 WVM 39.01

Women 25-29 200 Yard Breast

1 Kristen Heath 27 WVM 3:15.70

Women 35-39 50 Yard Free

1 Jodi McCray 35 SWAC 29.53

Women 35-39 100 Yard Free

1 Jodi McCray 35 SWAC 1:06.56

Women 35-39 200 Yard Free

1 Jodi McCray 35 SWAC 2:28.64

Women 35-39 500 Yard Free

1 Anne Taunton 35 MCM 7:54.37

Women 35-39 1000 Yard Free

1 Anne Taunton 35 MCM 16:10.26

Women 35-39 1650 Yard Free

1 Anne Taunton 35 MCM 27:01.82

Women 35-39 50 Yard Breast

1 Jodi McCray 35 SWAC 40.97

Women 35-39 50 Yard Fly

1 Jodi McCray 35 SWAC 32.32

Women 35-39 100 Yard IM

1 Jodi McCray 35 SWAC 1:17.72

2 Anne Taunton 35 MCM 1:31.74

Women 35-39 200 Yard IM

1 Anne Taunton 35 MCM 3:28.69

Women 40-44 50 Yard Free

1 Paige Buehler 41 MCM 29.48

Women 40-44 500 Yard Free

1 Paige Buehler 41 MCM 6:52.68

2 Marie Eriksson 40 MCM 7:24.83

Women 40-44 50 Yard Back

1 Paige Buehler 41 MCM 36.38

2 Lauren Torok 44 MCM 36.68

Women 40-44 100 Yard Back

1 Lauren Torok 44 MCM 1:18.02

Women 40-44 200 Yard Back

1 Lauren Torok 44 MCM 3:00.30

Women 40-44 50 Yard Breast

1 Lauren Torok 44 MCM 41.78

Women 40-44 100 Yard Breast

1 Lauren Torok 44 MCM 1:31.94

Women 40-44 50 Yard Fly

1 Paige Buehler 41 MCM 34.50

Women 40-44 100 Yard IM

1 Paige Buehler 41 MCM 1:18.85

2 Marie Eriksson 40 MCM 1:23.24

Women 40-44 200 Yard IM

1 Lauren Torok 44 MCM 2:57.22

Women 45-49 50 Yard Free

1 Valeri Schillberg 48 MCM 30.99

2 TinaMarie Bell 45 LCM 38.08

Women 45-49 100 Yard Free

1 Valeri Schillberg 48 MCM 1:09.51

Women 45-49 200 Yard Free

1 Valeri Schillberg 48 MCM 2:37.34

Women 45-49 1000 Yard Free

1 TinaMarie Bell 45 LCM 17:49.54

Women 45-49 1650 Yard Free

1 TinaMarie Bell 45 LCM 29:23.38

Women 45-49 50 Yard Breast

1 TinaMarie Bell 45 LCM 50.59

Women 45-49 50 Yard Fly

1 Valeri Schillberg 48 MCM 33.60

Women 45-49 100 Yard IM

1 Valeri Schillberg 48 MCM 1:21.92

Women 50-54 500 Yard Free

1 Cynthia Clutter 50 LCM 6:55.12

Women 50-54 1000 Yard Free

1 Cynthia Clutter 50 LCM 14:13.46

Women 50-54 1650 Yard Free

1 Cynthia Clutter 50 LCM 23:42.80

Women 50-54 50 Yard Back

1 Robin Helm 53 SWAC 52.97

Women 50-54 50 Yard Breast

1 Cynthia Clutter 50 LCM 44.36

2 Robin Helm 53 SWAC 49.71

Women 50-54 100 Yard Breast

1 Cynthia Clutter 50 LCM 1:39.05

2 Robin Helm 53 SWAC 1:52.21

Women 50-54 50 Yard Fly

1 Robin Helm 53 SWAC 45.60

Women 50-54 100 Yard IM

1 Robin Helm 53 SWAC 1:46.57

Women 55-59 50 Yard Free

1 Teresa Wendel 57 WVM 39.93

2 Mary Adams 55 LCM 40.91

3 Jeanne Leffingwell 55 MCM 44.40

Women 55-59 100 Yard Free

1 Margaret Hair 55 LCM 1:09.05(I)

2 Mary Adams 55 LCM 1:31.22

3 Teresa Wendel 57 WVM 1:37.87

Women 55-59 200 Yard Free

1 Teresa Wendel 57 WVM 3:39.33

Women 55-59 1650 Yard Free

1 Deborah Bell 57 MCM 26:43.94

Women 55-59 50 Yard Back

1 Mary Adams 55 LCM 52.28

2 Teresa Wendel 57 WVM 53.42

Women 55-59 100 Yard Back

1 Margaret Hair 55 LCM 1:23.62(I)

2 Mary Adams 55 LCM 1:48.12

--- Deborah Bell 57 MCM DQ

Women 55-59 200 Yard Back

1 Margaret Hair 55 LCM 3:10.66(I)

Women 55-59 100 Yard Breast

1 Margaret Hair 55 LCM 1:25.11(I)

2 Jeanne Leffingwell 55 MCM 1:52.62

Women 55-59 100 Yard Fly

1 Margaret Hair 55 LCM 1:20.84(I)

Women 55-59 200 Yard Fly

1 Margaret Hair 55 LCM 3:03.94(I)

Women 55-59 100 Yard IM

1 Deborah Bell 57 MCM 1:35.52

2 Mary Adams 55 LCM 1:44.06

Women 55-59 200 Yard IM

1 Mary Adams 55 LCM 3:49.19

2 Teresa Wendel 57 WVM 4:31.70

Women 60-64 50 Yard Free

1 Gloria Waggoner 62 LCM 37.17

2 Jett Vallandigham 63 MCM 52.60

Women 60-64 100 Yard Free

1 Jett Vallandigham 63 MCM 1:59.66

Women 60-64 200 Yard Free

1 Suzanne Dills 64 PNA 2:33.07

2 Jett Vallandigham 63 MCM 4:32.75

Women 60-64 50 Yard Back

1 Gloria Waggoner 62 LCM 45.40

2 Carolyn Magee 64 WVM 49.16

Women 60-64 100 Yard Back

1 Carolyn Magee 64 WVM 1:42.83

Women 60-64 50 Yard Breast

1 Gloria Waggoner 62 LCM 45.62(I)

2 Jett Vallandigham 63 MCM 55.28

Women 60-64 100 Yard Breast

1 Gloria Waggoner 62 LCM 1:39.38(I)

2 Carolyn Magee 64 WVM 1:52.10

3 Jett Vallandigham 63 MCM 2:13.51

Women 60-64 200 Yard Breast

1 Gloria Waggoner 62 LCM 3:41.35(I)

2 Jett Vallandigham 63 MCM 5:11.60

Women 60-64 100 Yard Fly

1 Carolyn Magee 64 WVM 1:47.49

Women 60-64 100 Yard IM

1 Suzanne Dills 64 PNA 1:23.06

2 Gloria Waggoner 62 LCM 1:33.61

Women 60-64 200 Yard IM

1 Carolyn Magee 64 WVM 3:34.11

Women 60-64 400 Yard IM

1 Suzanne Dills 64 PNA 6:21.08

2 Carolyn Magee 64 WVM 7:24.84

Women 75-79 200 Yard Free

1 Madonna Buder 79 UNAT 4:23.87

Women 75-79 1650 Yard Free

1 Madonna Buder 79 UNAT 37:33.97

Women 75-79 100 Yard Back

1 Madonna Buder 79 UNAT 2:40.15

Women 75-79 50 Yard Breast

1 Madonna Buder 79 UNAT 1:20.20

Women 75-79 100 Yard Breast

1 Peony Munger 75 WVM 2:35.46

2 Madonna Buder 79 UNAT 2:46.16

Women 75-79 200 Yard Breast

1 Peony Munger 75 WVM 5:19.73

Women 75-79 100 Yard Fly

1 Peony Munger 75 WVM 3:02.90

Women 75-79 200 Yard Fly

1 Peony Munger 75 WVM 6:13.77

Women 75-79 200 Yard IM

1 Peony Munger 75 WVM 5:14.43

Women 75-79 400 Yard IM

1 Peony Munger 75 WVM 10:40.12

Women 85-89 50 Yard Free

1 Jean Rudolph 88 MCM 1:14.37

Women 85-89 100 Yard Free

1 Jean Rudolph 88 MCM 2:58.92

Women 85-89 50 Yard Back

1 Jean Rudolph 88 MCM 1:20.11

Women 85-89 100 Yard Back

1 Jean Rudolph 88 MCM 2:50.02

Women 85-89 50 Yard Breast

1 Jean Rudolph 88 MCM 2:04.34

Women 85-89 100 Yard Breast

1 Jean Rudolph 88 MCM 4:04.77

(I) Inland Northwest Record

(Z) Northwest Zone Record

(U) Unofficial Time

(Continued on page 5)

Men 18-24 50 Yard Free

1 Anthony Tappin 20 3RMS 23.37
2 Matthew Edde 20 MCM 24.65

Men 18-24 100 Yard Free

1 Anthony Tappin 20 3RMS 52.12
2 Matthew Edde 20 MCM 56.09

Men 18-24 200 Yard Free

1 Anthony Tappin 20 3RMS 2:06.28

Men 18-24 50 Yard Back

1 Anthony Tappin 20 3RMS 27.15

Men 18-24 100 Yard Back

1 Anthony Tappin 20 3RMS 58.12(I)

Men 18-24 50 Yard Fly

1 Anthony Tappin 20 3RMS 25.53

Men 25-29 50 Yard Free

1 Ben Walden 29 MCM 34.59

Men 25-29 100 Yard Free

1 Ben Walden 29 MCM 1:19.71

Men 25-29 200 Yard Free

1 Ben Walden 29 MCM 2:59.21

Men 25-29 50 Yard Breast

1 Ben Walden 29 MCM 49.24

Men 25-29 50 Yard Fly

1 Ben Walden 29 MCM 43.36

Men 25-29 100 Yard IM

1 Ben Walden 29 MCM 1:36.02

Men 30-34 100 Yard Free

1 James Adams 32 WVM 52.09

Men 30-34 200 Yard Free

1 James Adams 32 WVM 1:54.52

Men 30-34 500 Yard Free

1 James Adams 32 WVM 5:26.40

Men 30-34 1000 Yard Free

1 James Adams 32 WVM 11:23.65

Men 30-34 100 Yard Fly

1 James Adams 32 WVM 58.35

Men 30-34 200 Yard Fly

1 James Adams 32 WVM 2:10.61

Men 35-39 50 Yard Free

1 Ted Beatty 38 TCAS 24.19
2 David Wilder 39 MCM 27.91
3 Asaph Cousins 37 MCM 28.55
4 Jake Weaver 37 MCM 30.87
5 Mark Taylor 36 MCM 36.90

Men 35-39 100 Yard Free

1 Ted Beatty 38 TCAS 53.65
2 David Wilder 39 MCM 1:01.79
3 Asaph Cousins 37 MCM 1:06.30

Men 35-39 200 Yard Free

1 David Wilder 39 MCM 2:20.93
2 Asaph Cousins 37 MCM 2:32.34
3 Jake Weaver 37 MCM 2:44.24

Men 35-39 500 Yard Free

1 David Wilder 39 MCM 6:36.27

Men 35-39 50 Yard Back

1 Ted Beatty 38 TCAS 28.35

Men 35-39 100 Yard Back

--- Mark Taylor 36 MCM DQ

Men 35-39 50 Yard Breast

1 Mark Taylor 36 MCM 43.77

Men 35-39 50 Yard Fly

1 Ted Beatty 38 TCAS 26.32

Men 35-39 100 Yard IM

1 Ted Beatty 38 TCAS 1:01.14

Men 40-44 50 Yard Free

1 Jamie Huminsky 42 LCNM 26.36
2 Steffen Werner 43 MCM 27.54
3 Harm-Jan Steenhuis 42 SWAT 28.26
4 Matthew Bronson 44 FAF 31.55

Men 40-44 100 Yard Free

1 Steffen Werner 43 MCM 1:03.92

Men 40-44 200 Yard Free

1 Jamie Huminsky 42 LCNM 2:16.93
2 Steffen Werner 43 MCM 2:26.29
3 Matthew Bronson 44 FAF 2:39.84

Men 40-44 1000 Yard Free

1 Steffen Werner 43 MCM 14:42.51

Men 40-44 100 Yard Back

1 Jamie Huminsky 42 LCNM 1:15.09

Men 40-44 50 Yard Breast

1 Harm-Jan Steenhuis 42 SWAT 33.30
2 Matthew Bronson 44 FAF 43.16

Men 40-44 100 Yard Breast

1 Harm-Jan Steenhuis 42 SWAT 1:12.40

Men 40-44 100 Yard IM

1 Matthew Bronson 44 FAF 1:27.90

Men 45-49 50 Yard Free

1 Tom Lamar 49 MCM 28.60
2 Tim Trese 45 MCM 29.09
3 Michael Brosnahan 46 SWAC 29.78

Men 45-49 100 Yard Free

1 Tom Lamar 49 MCM 1:02.32
2 Eric Ridgway 49 SWAC 1:07.78

Men 45-49 200 Yard Free

1 Wes Bratton 45 TCAS 1:57.00
2 Eric Doering 48 HMS 2:05.86
3 Tim Trese 45 MCM 2:33.13

Men 45-49 500 Yard Free

1 Wes Bratton 45 TCAS 5:27.17
2 Tim Trese 45 MCM 6:42.56

Men 45-49 50 Yard Back

1 Wes Bratton 45 TCAS 28.67
2 Brian Johnson 48 MCM 29.02

Men 45-49 100 Yard Back

1 Brian Johnson 48 MCM 1:04.37
2 Eric Doering 48 HMS 1:09.51

Men 45-49 200 Yard Back

1 Wes Bratton 45 TCAS 2:10.98

Men 45-49 50 Yard Breast

1 Eric Ridgway 49 SWAC 36.18
2 Tom Lamar 49 MCM 38.31
3 Michael Brosnahan 46 SWAC 40.04

Men 45-49 100 Yard Breast

1 Eric Ridgway 49 SWAC 1:18.40
2 Michael Brosnahan 46 SWAC 1:28.78

Men 45-49 200 Yard Breast

1 Eric Ridgway 49 SWAC 2:58.13
--- Michael Brosnahan 46 SWAC DQ

Men 45-49 50 Yard Fly

1 Tom Lamar 49 MCM 31.10
2 Michael Brosnahan 46 SWAC 33.71

Men 45-49 100 Yard IM

1 Brian Johnson 48 MCM 1:05.98
2 Tom Lamar 49 MCM 1:13.24

--- Wes Bratton 45 TCAS DQ

Men 45-49 200 Yard IM

1 Brian Johnson 48 MCM 2:27.87
2 Eric Ridgway 49 SWAC 2:48.73

Men 45-49 400 Yard IM

1 Eric Ridgway 49 SWAC 6:07.28

Men 50-54 50 Yard Free

1 Stephen Harger 50 MLMR 27.00
2 Charles Gerke 50 MCM 29.71
3 Kevin Brackney 54 MCM 33.09

Men 50-54 100 Yard Free

1 Stephen Harger 50 MLMR 59.48
2 Charles Gerke 50 MCM 1:06.06

Men 50-54 200 Yard Free

1 Stephen Harger 50 MLMR 2:15.93

Men 50-54 1000 Yard Free

1 Stephen Harger 50 MLMR 13:42.76
2 Charles Gerke 50 MCM 14:24.83

Men 50-54 1650 Yard Free

1 Steven McGeehan 54 MCM 27:00.79

Men 50-54 50 Yard Back

1 Michael Hamm 52 LCM 31.17

Men 50-54 100 Yard Back

1 Kevin Brackney 54 MCM 1:37.57

Men 50-54 200 Yard Back

1 Michael Hamm 52 LCM 2:29.69

Men 50-54 50 Yard Breast

1 Charles Gerke 50 MCM 34.85

Men 50-54 200 Yard Breast

1 Michael Hamm 52 LCM 2:28.47(I)

Men 50-54 100 Yard Fly

1 Steven McGeehan 54 MCM 1:45.12

Men 50-54 100 Yard IM

1 Stephen Harger 50 MLMR 1:11.07
2 Charles Gerke 50 MCM 1:18.52

3 Kevin Brackney 54 MCM 1:34.75

Men 50-54 200 Yard IM

1 Michael Hamm 52 LCM 2:17.66

Men 55-59 50 Yard Free

1 Larry Krauser 56 SCM 23.82
2 Kurt Wendel 56 WVM 34.18

Men 55-59 100 Yard Free

1 Larry Krauser 56 SCM 52.84
2 Stephen Tanner 56 LCM 1:11.70
3 Kurt Wendel 56 WVM 1:15.44

Men 55-59 200 Yard Free

1 Larry Krauser 56 SCM 1:57.05
2 Kurt Wendel 56 WVM 2:53.99

Men 55-59 500 Yard Free

1 Larry Krauser 56 SCM 5:39.40
2 Stephen Tanner 56 LCM 7:27.36
3 Kurt Wendel 56 WVM 8:00.48

Men 55-59 1000 Yard Free

1 Larry Krauser 56 SCM 11:22.48

Men 55-59 1650 Yard Free

1 Larry Krauser 56 SCM 18:52.27
2 Stephen Tanner 56 LCM 24:48.58

Men 55-59 50 Yard Back

1 Stephen Tanner 56 LCM 38.18
2 Robert Henager 59 MCM 47.03

Men 55-59 100 Yard Back

1 Robert Henager 59 MCM 1:49.40

Men 55-59 200 Yard Back

1 Robert Henager 59 MCM 4:03.89

Men 55-59 50 Yard Breast

1 Stephen Tanner 56 LCM 41.16
2 Robert Henager 59 MCM 41.95
3 Kurt Wendel 56 WVM 47.96

Men 55-59 100 Yard Breast

1 Robert Henager 59 MCM 1:38.53

Men 55-59 200 Yard Breast

1 Robert Henager 59 MCM 4:03.06

Men 55-59 100 Yard IM

1 Stephen Tanner 56 LCM 1:22.01
--- Kurt Wendel 56 WVM DQ

Men 65-69 50 Yard Free

1 Wayne Brown 67 WVM 30.27

Men 65-69 100 Yard Free

1 Wayne Brown 67 WVM 1:07.83

Men 65-69 200 Yard Free

1 Wayne Brown 67 WVM 2:39.17

Men 65-69 500 Yard Free

1 Wayne Brown 67 WVM 7:27.78

Men 65-69 50 Yard Fly

1 Wayne Brown 67 WVM 37.33

Men 65-69 100 Yard IM

1 Wayne Brown 67 WVM 1:17.70

(Continued on page 7)

Moscow Masters Swim the Ironman

by Lauren Torok

It was the dead of winter, the Moscow Chinooks Masters were between coaches and I, as Team Rep, figured I had to do *something* to keep the team spirit intact. I decided a long team swim event was the ticket. I had started with the team after Coach Tara's tenure, but I had heard about her annual teambuilding "events." For example, she took the Candyland game and turned it into a long team swim event. Not wanting to exactly duplicate her style, I decided a different course of action – to swim the entire distance of an Ironman triathlon. I took the distances of each leg and increased them to be a multiple of 25, so that we had an exact number of lengths needed to complete a leg. This meant the "Swim" leg was 4225 yards, the "Bike" leg was 197,125 yards and the "Run" leg was 46,150 yards. Like an actual triathlon, between each leg there was a "transition," which translated as a practice in which no yardage counted. I divided the Chinooks into eight teams of four swimmers pulling from different lanes. The remaining Chinooks and those who joined the game mid-stream were put on the "support crew."

The Rules were:

Each person is responsible for reporting their yardage.

Daily yardage only applies to one leg of the race.

Yardage is on an honor system, therefore any additional yardage can be reported (swim meets, Saturday workouts, etc).

Each transition is an "off" day for your entire Ironman team.

Hitting the transition EXACTLY allows your team to bypass the "transition" day off.

Showing up for practice gives you a minimum 1000 yards.

Support crew can "substitute" for team members who are sick/out of town/etc - arrange ahead of time.

We started on January 13th and the winners finished just before the Inland NW Champs Meet on March 28th. The lead changed hands many times throughout the course of this game which we tracked on a bar graph posted in the swim center. The winning team consisted of David Wilder, Trent Bice, Mark Allen and Charlie Gerke. For winning the Ironman each member received a gift card to One World Café (a local coffee shop owned by one of our members). Second place went to Tom Lamar, Stephan Flores, Anne Taunton, and Jake Weaver and third place went to Valeri Schillberg, Ben Walden, Debbie Bell, and Asaph Cousins.

Every member who participated during the Ironman had their name entered into a raffle. However, each member of the first place team got four chances, the second place team got three chances each and the third place team got two chances each. The winner of the raffle was Asaph Cousins and for winning the raffle he got to be 'King of the Day.' Teammates were to bring "offerings to the king," Asaph was in charge of practice that day and the team took him out to breakfast.

It was a fun event that allowed the team a little competition, a task for working together with members from other lanes and a chance for different team members to lead the team during practices. Also, by the end of the event we had a new coach, Matt Edde. But that, friends, is another article...

Are you using the web?

USMS and Inland Northwest Masters have great websites that can enhance your swimming experience.

www.usms.org

Get ideas for workouts, swimming skills and techniques, check on your times, fitness challenges and much more.

www.inlandnwmasters.org

Check results or meets and get entries for upcoming events.

"Go the Distance"

www.usms.org

The website for Masters Swimming offers many incredible aids to encourage us to stay fit through swimming. All of our groups have the gung-ho competitive meet swimmers, the triathletes, and those who don't want to compete at all. Whatever group you are in, all of us are using swimming as a source of fitness. The website has great programs to help encourage us in our quest for fitness. Take advantage of these great programs on the web. Go the Distance is one such program and is listed here. Check it out and see if you want to get involved. Keep swimming.

Go the Distance in 2010!

In the past three years, GTD has become the fastest growing USMS program. More than 1,000 members participated in this USMS fitness event in 2009. GTD is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. There is no time limit for the distance milestones, except that they must be achieved in the calendar year 2010. Speed does not count - just the effort to attain whatever goal you set for yourself.

GTD is on the honor system - you track the distance you swim. Daily, weekly, or monthly, you enter that information into your online Fitness Log (FLOG). When you achieve certain milestones, ranging from 50 miles through 1500 miles, you will be recognized on the U.S. Masters Swimming website, in the monthly e-newsletter STREAMLINES, and receive special prizes from our new title sponsor for the event, Nike Swim.

There is no cost to enter GTD. You may register for GTD through your FLOG in the [My USMS](http://www.usms.org/myusms) (www.usms.org/myusms) section of the website. Your FLOG allows you to track all your fitness activity, not just swimming, while simultaneously participating in GTD. Once you've entered GTD, your results are automatically included in the daily summary reports, and your milestone awards are sent directly to you.

[Enter Go The Distance Now! www.usms.org/fitness](http://www.usms.org/fitness)

FROM THE EDITOR

It is my desire to publish the Splashmaster 4 times each year. There will be a summer, fall, winter, and spring publication. It will be sent out by email and snail mail to those who prefer in June, Sept., Dec., and March. In order to accomplish this goal, if you have something that needs to be published, ie. entry form for your meet, please have it to me by the first of the publication month. Then I can get everything put together and have it sent out by the middle of the month.

Also, I would love input from people or teams **throughout the association so I don't have to utilize Wenatchee Valley Masters so much.** Thank you Lauren for your great team building idea included in this newsletter. Please let me know if your team is doing some fun event or if one of your swimmers should be highlighted.

All would be greatly appreciated. -Carolyn MaGee

(Continued from page 5)

Men 70-74 50 Yard Free

1 Dennis Osier 71 WVM 39.33
 2 Guy Thomas 72 SWAC 39.43
 3 Glen Murray 71 MCM 43.99

Men 70-74 100 Yard Free

1 Guy Thomas 72 SWAC 1:30.99
 2 Dennis Osier 71 WVM 1:32.37

Men 70-74 200 Yard Free

1 Dennis Osier 71 WVM 3:27.61

Men 70-74 500 Yard Free

1 Dennis Osier 71 WVM 9:53.71

Men 70-74 1000 Yard Free

1 Dennis Osier 71 WVM 20:23.24

Men 70-74 1650 Yard Free

1 Dennis Osier 71 WVM 32:06.31

Men 70-74 50 Yard Breast

1 Glen Murray 71 MCM 45.37(I)

Men 70-74 100 Yard Breast

1 Glen Murray 71 MCM 1:43.47

Men 70-74 200 Yard Breast

1 Glen Murray 71 MCM 3:44.78

Men 75-79 50 Yard Free

1 Jack Bevier 77 WVM 35.81

Men 75-79 100 Yard Free

1 Jack Bevier 77 WVM 1:24.81

Men 75-79 200 Yard Free

1 Jack Bevier 77 WVM 3:08.76

Men 75-79 500 Yard Free

1 Jack Bevier 77 WVM 8:38.70

Men 75-79 1000 Yard Free

1 Jack Bevier 77 WVM 17:30.91

Men 75-79 200 Yard Fly

1 Jack Bevier 77 WVM 5:05.08

Men 80-84 50 Yard Free

1 William Bresko 82 FAF 51.89

Men 80-84 50 Yard Back

1 William Bresko 82 FAF 1:12.78

Men 80-84 100 Yard Back

1 William Bresko 82 FAF 2:51.02

Men 80-84 50 Yard Breast

1 William Bresko 82 FAF 1:00.24

Men 80-84 50 Yard Fly

1 William Bresko 82 FAF 1:12.15

Men 80-84 100 Yard IM

1 William Bresko 82 FAF 2:27.05

Women 25+ 200 Yard Free Relay

1 WVM A 2:52.23
 Kristen Heath W27 Carolyn Magee W64
 Teresa Wendel W57 Peony Munger W75

Women 25+ 800 Yard Free Relay

1 WVM A 15:37.64
 Kristen Heath W27 Carolyn Magee W64
 Teresa Wendel W57 Peony Munger W75

Women 35+ 200 Yard Free Relay

1 MCM A 2:45.24
 Jett Vallandigham W63 Deborah Bell W57
 Jeanne Leffingwell W55 Marie Eriksson W40

Women 35+ 400 Yard Free Relay

1 MCM A 4:53.14
 Valeri Schillberg W48 Anne Taunton W35
 Paige Buehler W41 Lauren Torok W44

Women 35+ 200 Yard Medley Relay

1 MCM A 2:29.51
 Lauren Torok W44 Marie Eriksson W40
 Paige Buehler W41 Anne Taunton W35

Women 45+ 800 Yard Free Relay

1 LCM A 13:05.20(I)
 TinaMarie Bell W45 Mary Adams W55
 Gloria Waggoner W62 Margaret Hair W55

Men 18+ 200 Yard Free Relay

1 MCM B 1:49.49
 Matthew Edde M20 David Wilder M39
 Tim Trese M45 Brian Johnson M48

Men 18+ 800 Yard Free Relay

1 MCM A 10:48.86
 Ben Walden M29 Asaph Cousins M37
 Jake Weaver M37 Matthew Edde M20

Men 18+ 200 Yard Medley Relay

--- MCM A DQ
 David Wilder M39 Ben Walden M29
 Matthew Edde M20 Asaph Cousins M37

Men 25+ 800 Yard Free Relay

1 WVM A 12:35.26
 James Adams M32 Kurt Wendel M56
 Dennis Osier M71 Jack Bevier M77

Men 35+ 200 Yard Free Relay

1 MCM A 2:08.83
 Robert Henager M59 Steven McGeehan M54
 Kevin Brackney M54 Asaph Cousins M37

Men 35+ 400 Yard Free Relay

1 MCM B 4:31.68
 David Wilder M39 Tim Trese M45
 Steven McGeehan M54 Brian Johnson M48

2 MCM A 5:12.32
 Mark Taylor M36 Glen Murray M71
 Steffen Werner M43 Tom Lamar M49

Men 35+ 800 Yard Free Relay

1 MCM B 10:14.59
 Charles Gerke M50 Tom Lamar M49
 Steffen Werner M43 Brian Johnson M48

Men 45+ 200 Yard Medley Relay

1 MCM A 2:42.30
 Tom Lamar M49 Robert Henager M59
 Steven McGeehan M54 Glen Murray M71

Men 45+ 400 Yard Medley Relay

--- MCM A DQ
 Tim Trese M45 Charles Gerke M50
 Steven McGeehan M54 Brian Johnson M48

Men 55+ 200 Yard Free Relay

1 WVM A 2:22.25
 Wayne Brown M67 Dennis Osier M71
 Kurt Wendel M56 Jack Bevier M77

Mixed 18+ 200 Yard Free Relay

1 MCM A 2:15.74
 Marie Eriksson W40 Ben Walden M29
 Jake Weaver M37 Jessica Lopez W18

Mixed 18+ 400 Yard Free Relay

1 MCM A 4:29.57
 Matthew Edde M20 Anne Taunton W35
 Valeri Schillberg W48 Tim Trese M45

Mixed 18+ 800 Yard Free Relay

1 MCM A 11:55.67
 Ben Walden M29 Jessica Lopez W18
 Lauren Torok W44 Steffen Werner M43

Mixed 25+ 200 Yard Free Relay

1 WVM A 2:08.77
 Kristen Heath W27 Wayne Brown M67
 Carolyn Magee W64 James Adams M32

Mixed 25+ 400 Yard Free Relay

1 WVM A 5:18.90
 Kristen Heath W27 Wayne Brown M67
 Carolyn Magee W64 James Adams M32

Mixed 35+ 200 Yard Free Relay

1 SWAC A 2:23.57
 Guy Thomas M72 Robin Helm W53
 Eric Ridgway M49 Jodi McCray W35

Mixed 35+ 400 Yard Free Relay

1 MCM A 4:40.02
 Steffen Werner M43 Paige Buehler W41
 Marie Eriksson W40 David Wilder M39

Mixed 35+ 200 Yard Medley Relay

1 MCM A 2:39.90
 Kevin Brackney M54 Lauren Torok W44
 Charles Gerke M50 Jeanne Leffingwell W55

2 SWAC A 2:47.38
 Robin Helm W53 Michael Brosnahan M46
 Jodi McCray W35 Guy Thomas M72

Mixed 35+ 400 Yard Medley Relay

1 MCM A 6:15.04
 Steven McGeehan M54 Glen Murray M71
 Paige Buehler W41 Deborah Bell W57

Mixed 45+ 200 Yard Free Relay

1 MCM B 2:35.43
 Jett Vallandigham W63 Glen Murray M71
 Valeri Schillberg W48 Charles Gerke M50

Mixed 45+ 400 Yard Free Relay

1 LCM A 4:54.75(I)
 Gloria Waggoner W62 Stephen Tanner M56
 Cynthia Clutter W50 Michael Hamm M52

Mixed 55+ 200 Yard Free Relay

1 WVM A 2:56.22
 Kurt Wendel M56 Teresa Wendel W57
 Peony Munger W75 Dennis Osier M71

Mixed 55+ 400 Yard Free Relay

1 WVM A 6:49.48
 Jack Bevier M77 Teresa Wendel W57
 Peony Munger W75 Kurt Wendel M56

(I) Inland Northwest Record

(Z) Northwest Zone Record

(U) Unofficial Time



2010 Snake River Challenge

3/4 Mile Open Water Swim

Clarkston, Washington

July 3, 2010

Sponsored by: Lewis Clark Neptune Swimming and Lewis Clark Neptune Masters Swimming

USMS Sanction: #035100703

USA Swimming Sanction: # IE1012

Race Day Entry: 6:15 – 7:00 a.m.

8:00 a.m. there will be mandatory race briefing

Start: 8:15 a.m. USMS Swimmers

9:15 a.m. USA Swimmers

All swims start and finish on the beach

**athletes must declare USAS or USMS affiliation*

Entry Fee: Early entry fee for pre-registered athletes before 06/18/09 \$35.00. Late entry fee for after 06/19/09 & including race day registration is \$45.00.

All participants who will receive a bright colored cap that will be mandatory to wear during the race.

Participants will also receive a t-shirt. For those who are not pre-registered, t-shirts are not guaranteed, first come first serve basis.

The event will be limited to the first 1,000 entries.

Make check payable to: LCN

Mail to: 20228 Clearwater Dr., Lewiston, ID 83501

For More Information Contact:

Chris & Nicole Engledow, Race Directors

nmcrafft@aol.com (208) 843-2768

www.lcneptunes.com

Confirmation will be sent if you provide a legible

e-mail address or stamped self-addressed

envelope. This is a rain or shine event. The event

may be delayed or cancelled due to water or weather conditions. Every effort will be made to continue the event.

Swimmers are responsible for the safety and storage of their own belongings at all times.

All entry fees are non-refundable.

Eligibility: Open to all USMS registered swimmers 18 & over as of July 3, 2010. You must submit a copy of your 2010 registration card. Open to USAS registered athletes who submit a current card. 2009 USMS & USAS Swimming rules will govern this race. Annual USMS Registration can be found at <http://www.usms.org/reg/>

***One Day Event Registration will be Available @ the race.

Equipment: Use of neoprene swimsuits, wetsuits, or other non-porous attire shall result in that swimmer being ineligible for awards or place points. The use of fins, pull buoys, or other swimming devices will result in disqualification.

Awards: awards will be given to the first place finisher in each of the following age groups: 12 & under boys, 12 & under girls, 13-17 Boys, 13-17 girls, 18-25 women, 18-25 men, 26-35 women, 26-35 men, 36-45 women, 36-45 men, 46-55 women, 46-55 men, 56 & over women, 56 & over men

Meet Referee: Ken Schuh, kdschuhmeister@aol.com

Timing: Timing will be conducted manually by assigned timers with stop watches. Timers will be stationed at the finish line and will be started via radio.

Meet Package Pick Up: Package pick up will be race day for everyone. Swimmers are required to check in and pick up their package between 7:00 a.m. and 7:45 a.m. on race day. You must be marked, checked in, and receive your bag before the race briefing. Swimmers will be transported to the start at Chestnut Beach.

Late entries: *MUST be at check in by 6:15 am*

Course & Water Temperature: The course is $\frac{3}{4}$ of a mile. It will begin at Chestnut Beach in Clarkston and end at the Green Belt Boat ramp in Clarkston. Swimmers will start and fish out of the water. It is suggested that you bring comfortable shoes to walk to the race start as the surface will have sand and some rocks. The expected surface temperature in July on the Snake River is between 67-71 degrees. Fingernail and toe nail length will be inspected by the meet referee or designee. Nails must be trimmed close or the swimmer will be disqualified. Water Safety: Brightly colored swim caps will be provided to all swimmers & will be mandatory for the swim. The course will be monitored by safety boats and paddlers. For safety reasons, swimmers who cannot complete the $\frac{3}{4}$ mile course in 1 hour are advised not to enter.

Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. All swimmers will be body marked. Local EMT/ ambulance and law enforcement will be present.

Where: Snake River, Clarkston, Washington

Directions: From West: take Hwy 12 East, will turn into Bridge St., Left at Riverview Dr. (just before the blue bridge). From East: Hwy 12 West, though Main St., right at end blue bridge

Places to Stay:

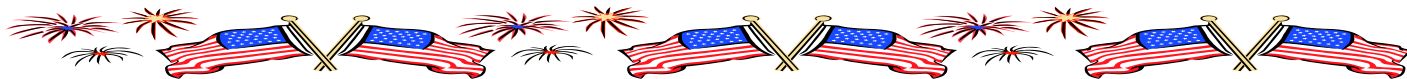
Quality Inn, Clarkston: (509) 758-9500

Motel 6 Clarkston: (509) 758-1631

Hells Gate State Park: (camping) (208) 799-5015

Hells Canyon RV Park: (509) 758-6963

Comfort Inn, Lewiston: (208) 798-8090



2010 Snake River Challenge—Entry Form

hosted by Lewis Clark Neptune Swimming

Saturday July 3, 2010

Staple legible copy of USMS or USA 2010 card here & complete the follow information:

Name: _____ Phone: _() _____

Address: _____

E-mail: _____ Email Confirmation: check here _____

Emergency Contact: _____ Team: _____

Name: _____ Attach Card Here:

Phone: _____

USA Swimming Member: _____

OR (can't be both for competition)

USMS Swimming Member: _____ (One Day USAS (\$10) or USMS (\$13)

registration will be available at the race if you are not currently a member of either.)

CHECK
HERE

Early Entry Fee (must be received by 06/18/10)	\$35.00	Complete Entry Form	
Late Entry Fee (received 06/20/10-07/04/10)	\$45.00	Signed Release	
T-Shirt Size: (adult sizes only) Cirlce: S M L XL XXL	Included in early registration	Copy of USMS card or USA Swimming Card	
Total Enclosed: (check payable to LCN)			

Mail complete entry with check payable to:

Lewis Clark Neptunes or LCN

20228 Clearwater Dr., Lewiston, ID 83501

*****Don't forget to attach a copy of your USA Swimming or USMS card**

RELEASE OF LIABILITY BY PARTICIPANT: 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 of the risks inherent in Masters and USA swimming (training & 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 and/or USA Swimming or any other 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., United States 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 and USA Swimming. In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. Finally, I specifically acknowledge that I am aware of all the risks in open water swimming and agree to assume those risks.

Date: _____ Signature: _____

Printed Name: _____

CAST CLASSIC Open Water Swim

Coeur d'Alene, Idaho

August 14, 2010

Location: **Lake Coeur d'Alene Idaho**, starting at Independence Point, Coeur d'Alene Public Beach, adjacent to City Park and the Coeur d'Alene resort.

Events: Athletes can participate in one (1) of the 2.5k (developmental only), the 5k, or the 10k Open Water race. Each race will be scored separately in USAS and USMS divisions separated by ages and/or gender as outlined in the award section and by the race committee. All races will be swum concurrently with separate starts by division. Final start information will be outlined in the Pre-Race Technical Briefing.

Start time and Swimwear:

Swimmers are responsible for the safety and storage of their own belongings at all times.

Registered swimmers must check-in at Clerk-of-Course beginning at 6:00 am and must be completed by 7:15 am. Day of Meet registration athletes must be in line no later than 6:30 and registration will close at 7:00 am. Each participant will receive their meet package and be numbered. Please note: Fingernail and Toenail length will be inspected by the meet referee or designee during check-in. Nails must be trimmed close or the swimmer will be disqualified. Please bring your own clippers. Numbered caps will be provided and MUST be worn. Use of neoprene swimsuits, wetsuits, or other non-porous attire shall result in that swimmer being ineligible for awards or place points. The use of fins, pull buoys, or other swimming devices will result in disqualification. A mandatory Pre-Race Technical Briefing will take place at 7:30 am. The races will start shortly after the conclusion of the Pre-Race Technical Briefing (appx 8 am). Starting procedures, assignments, and order will be described in the briefing. Be ready to swim before the briefing begins.

The Course: The course will be a 2.5 kilometer rectangle marked by buoys; the start and finish will take place in the water. 2.5k participants will make one loop, 5k participants 2 loops, and 10k participants 4 loops of the course. 10k participants must finish the course in less than 3 hours and 30 minutes; 5k participants in 2 hours and 30 minutes and 2.5k participants must finish in less than 1 hour and 30 minutes. Any swimmers failing to finish under the allotted time will be stopped and listed as DNF. The course will be monitored by safety boats and paddlers. Paramedics and Law Enforcement will be present.

These events are unescorted swims. No escort crafts will be allowed. Swimmers may opt to feed only in the 10K race. A common area for a feeding station will be provided and officiated. All feeding station equipment must fall within standards identified in the USAS rules and USAS Meet Directors Handbook. Final determination will be made by the Meet Referee.

Water temperature in Lake Coeur d'Alene is expected to be approx 70 F.

Eligibility: Athletes must be registered with either USA swimming or USMS to be eligible. Day of meet temporary Event registration (through Inland Empire Swimming/USAS and Inland NW Masters/USMS) will be available at the Clerk of Course for an additional fee. Same day registration will be allowed only if the event does not reach its capacity of 200 swimmers prior to race day. Athletes registering at the meet must present their USA or USMS membership cards the day of the race. Pre-race day registrants must supply a copy of their USAS/USMS card with hard copy or online registration. You cannot swim without proof of eligibility, please bring your card with you! Athletes swimming the 5K or 10K must be a mini-

imum of 14 years of age on the day of the race.

Cost: \$40 for early registration which must be postmarked by July 23rd. \$50 for late registration (postmarked by August 6) and same day registration. Late and same day registrations will not receive a t-shirt.

Timing and Results: Timing will be conducted manually with stopwatches. Results will be made available as quickly as possible after the conclusion of the events.

Awards: There will be two divisions for the 5K and 10K distance; USMS and USAS. Other age divisions within each distance/category may be awarded at the discretion of the race committee. The top three male and female finishers in each category for each distance will receive medals.

Entries: Entries will be limited to the first 200 received. Online entries can be filled out at www.swimcast.net or use the registration sheet. All fees are non-refundable. **A copy of each swimmer's current USAS or USMS must be sent with the registration.**

Safety and Rules: Safety will be of paramount consideration during this competition. Safety provisions contained in the USA Swimming Open Water Meet Directors Guidelines shall be followed. All applicable USAS and USMS rules, regulations and safety requirements will be enforced for the well being of the swimmers. The event will be held rain or shine, and delays for lightning will be accommodated as much as possible. The Meet Referee will be the final authority on cancellation or postponement. If the races are stopped during competition they will be either re-ran in their entirety or abandoned outright, determined separately for each distance. No refunds will be available in the event of cancellation or postponement.

Meet Referee: Ken Schuh kdschuhmeister@aol.com

Meet Directors: Bob Wood and Jean Seymour castclassic@gmail.com

Directions: Coming from Spokane or Missoula on I -90 take exit 11 for Northwest Blvd. Turn south onto Northwest Boulevard towards Coeur d'Alene city center for about 2 miles. City Park, LAKE and Beach will be on your right.

Coming from Moscow: Take Highway 95 north and turn right on I -90 Business S/Northwest Blvd. Continue on Northwest Blvd south for approx 1 mile, City Park, LAKE and beach will be on your right.

Additional updates, parking, lodging and additional area information is available on the CAST website, www.swimcast.net

The CAST Classic is sponsored by the Coeur d'Alene Area Swim Team

Event held under the sanction of USA Swimming, Inc. and Inland Empire Swimming, Inc. USAS Inland Empire Swimming Sanction # IE1023.

Event held under the sanction of US Masters Swimming, Inc. and Inland Northwest Masters Swimming, Inc. USMS (Inland Northwest Masters) Sanction # 03500814

In granting this sanction it is understood and agreed that USA Swimming, Inland Empire Swimming, US Masters Swimming, and Inland NW Masters Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

CAST CLASSIC Course Outline: 2.5 K (one lap), 5K (two laps), 10K (four laps)



2010 CAST CLASSIC



Name _____ Phone _____

Address _____

Email _____ Team _____

USA/USMS card # (required) _____

A copy of each swimmer's current USAS or USMS must be sent with the registration.

T-shirt Size: (Adult Only) S M L XL XXL (Circle One)

Please indicate the number of participants for each Event:

Open water 2.5K swim _____

Open water 5K Swim _____ (14 and older only)

Open water 10K swim _____ (14 and older only)

of entry fees (postmarked by July 23, 2010) of \$40 enclosed _____

of late entry fees (postmarked after July 23, 2010) of \$50 enclosed _____

Temporary USA/USMS registration of \$10 _____

Total amount enclosed _____

Mail entry with check payable to CAST to:

CAST

PO Box 846

Post Falls, ID 83877

RELEASE OF LIABILITY BY PARTICIPANT: 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 of the risks inherent in swimming (training & competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE SWIMMING PROGRAM OR ANY OTHER ACTIVITY INCIDENT THERETO, I HEREBY WAIVE ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., USA Swimming, Inc., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE 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 Swimming. Finally, I specifically acknowledge that I am aware of all the risks in open water swimming and agree to assume those risks.

In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Signature: _____ Date: _____

Printed Name: _____

United States Masters Swimming & Inland Northwest LMSC

Member Registration



2010

New Registration Renewal
USMS # _____

Last Name First Name Middle Initial

Mailing Address Apt #

City State Zip

Home Phone Cell Phone Email Address (*internal use only*)

Date of Birth Age Male/Female

Please check if you are a...
 Masters swim coach
 Certified swim official

Are you a member of...
 YMCA
 USA Triathlon

Inland NW LMSC's
SplashMaster newsletter
is sent by email. Do you
want a paper copy mailed
to you?
 YES NO

Waiver

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

Use of Image/Likeness: I grant permission to US Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose

Signature _____

Club Affiliation

- Unattached Club (no participation in USMS relays)
- Spokane Waves Aquatic Masters (SWAT)
- Lewis-Clark Neptunes Masters Club (LCNM)

Date _____

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

Hydropower Masters Swim Club (HMS) - select a workout group/team within the club

- Lake City Masters Moscow Chinooks Masters Sandpoint West Athletic Club Fairchild AFB Masters
- Spokane Club Masters Spokane Masters Swim & Tri Tri-Cities Atomic Sturgeons 3 Rivers Masters Swimming
- Moses Lake Manta Rays Ellensburg Windy City Masters Wenatchee Valley Masters Unattached team (relays at zone/natl meets, none at Inland NW meets)

Fees	Total
<input type="checkbox"/> Individual	\$35.00
<input type="checkbox"/> Senior (age 60+)	\$32.50
<input type="checkbox"/> Couples registering together (both sign)	\$60.00
<input type="checkbox"/> Late Year (Sept & Oct)	\$23.00
USMS Endowment	\$
ISHOF Endowment	\$
Total Enclosed	\$

Benefits of Membership

- ⇒ ⇒ *USMS Swimmer Magazine* subscription
- ⇒ ⇒ *Splashmaster* newsletter and communications from the Inland NW Masters Swimming Committee
- ⇒ ⇒ Secondary accident insurance
- ⇒ ⇒ Coached workouts in locations nationwide
- ⇒ ⇒ Avenues for competition and fitness events

Make check payable to: IWMSC
Mail check & form to: Mark Taylor, Registrar
714 Mabelle St.
Moscow, ID 83843

Questions? Email mabelleray@yahoo.com

2010 NORTHWEST ZONE LONG COURSE CHAMPIONSHIP MEET

Hosted by the Pacific Northwest Association of Masters Swimmers

Sanctioned by PNA for USMS, Inc. Sanction # 360-07

DATES & Saturday, July 10 Warm-up: 11:00 – 11:50 AM Meet starts: 12:00 PM

TIMES: Sunday, July 11 Warm-up: 8:00 – 8:50 AM Meet starts: 9:00 AM

PLACE: South Kitsap High School pool (360-874-5741)

425 Mitchell Avenue, Port Orchard, WA 98366-4114

MEET DIRECTORS: Lisa Dahl lisaisswimming@hotmail.com or 206-251-1278

Sarah Welch sarahwelch@comcast.net or 206-359-2588

FACILITY: The venue is an indoor facility with spectator seating for 200+ people.

(Bring your chair!) The six-lane 50-meter pool's adjustable floor and bulkhead will be set to provide competition water depth of seven to thirteen feet. One lane will be available continuously for warm-up and warm-down.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2010 USMS or MSC registered swimmers age 18 and above as of

July 9, 2010. Age groups determined by age as of December 31, 2010.

DIRECTIONS: From I-5 take Highway 16 toward Bremerton. Take the **Sedgwick** exit (19 miles from the bridge.) Turn right onto Sedgwick, head east. Turn left at Bethel Rd (stop light). Bear right at "Y" onto Mitchell Road which becomes Mitchell Avenue. Watch for pool sign after approximately 1 mile.

From Bremerton: Take Highway 16 toward Tacoma. Take the **Tremont** exit, head east. Continue as Tremont becomes Lund Avenue. Turn left at Bethel Rd (stop light). Bear right at "Y" onto Mitchell Road which becomes Mitchell Avenue. Watch for small pool sign after approximately 1 mile.

ORDER OF EVENTS (NW Zone #BB) Seeding slow to fast. Deck enter relays at the meet.

CHECK-IN: Check-in is required for the **400 IM** (Deadline: 11:30 AM Saturday), **1500 Free** (Deadline: 1:30 PM Saturday), **400 Free** (Deadline: 8:30 AM Sunday) and **800 Free** (Deadline: 11:30 AM Sunday).

Swimmers who do not check in by the deadline may be scratched from the event. **WEBSITE:** Visit www.swimprna.org for link to **ENTER ONLINE (preferred)** and any updated information.

Entry Confirmation: Online entries provide entry confirmation. For confirmation of a mailed entry, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.

Saturday and Sunday, July 10 – 11, 2010

NAME: _____ **M F AGE*:** _____

*** as of December 31, 2010.**

ADDRESS: _____

PHONE _____ **EMAIL** _____

BIRTHDATE: _____ **USMS #:** _____

CLUB _____ or **UNATTACHED** _____ **LMSC** _____

ENTRY LIMIT: 5 INDIVIDUAL EVENTS PER DAY PLUS RELAYS

EVENT NUMBER EVENT SEED TIME (Long Course Meters)

Emergency Contact: _____ **Phone:** _____

ENTRY FEE: \$ 22.00 Surcharge (Includes \$1.50 Northwest Zone meet surcharge)

Individual Events: + _____ \$2 per event. No charge for relays.

Optional for age 65 and over and needs-based swimmers.

Total: \$ _____

If you do not have Internet access, Lisa Dahl

mail this entry form and fees to: 4742 42ND AVE SW # 151

(make checks payable to **PNA**) SEATTLE WA 98116-4553

Include a copy of your Masters registration card if you are not a PNA member.

You must have a valid 2010 USMS or foreign registration prior to meet entry or must submit an application accompanying your entry.

PLEASE ENTER ONLINE: www.clubassistant.com/club/meet_information.cfm?c=1534&smid=2320

Questions? Email lisaisswimming@hotmail.com or sarahwelch@comcast.net

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.

SIGNED: _____ **DATE:** _____

SAFETY FIRST: NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES!

Wine Crush barrel blast NOT YOUR KIDS' SWIM MEET

Saturday, September 25th, 2010

Date/Times: Saturday, September 25th, 2010 at the George Prout Outdoor Pool in Richland, WA. Warm-up at 10:00 am, Meet starts at 10:30 for the 1000 Free. Rest of the meet will not start before 12:00 noon.

Sponsor: Tri-City Atomic Sturgeons of the Hydropower Masters Swim Club. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number TBD.

Eligibility: All swimmers must be currently registered Masters Swimmers. To register/renew with USMS visit www.usms.org/reg or www.InlandNWMasters.org for the form. You may also register at the meet. Include a copy of your registration card if from outside Inland NW Masters.

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

Deadline: All entries must be postmarked by September 16, 2010 to qualify for the early bird entry fee. Incomplete or late entries will be treated as "deck entries."

Conduct of the Meet: Participants are limited to five individual events and two relay events.

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

Fees: \$TBD for entries postmarked by September 16, \$TBD for "deck entries." Make checks payable to: IWMSC, **cash will not be accepted with entry forms or at the meet.** (Check www.InlandNWMasters.org for final entry fees)

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

Directions to Pool: From I-182 take the George Washington Way exit heading north. Make a left on Swift Ave. Pool is on the left after the 2nd Light.

Questions: can be answered by Jennifer 509-783-9612 or Wes 509-628-8190

Wine Tasting: Several of us are planning a wine tasting trip after the meet. Please let us know if you are interested in joining us. Also see attached link for list of nearby wineries. <http://www.gotastewine.com/red-mountain-wineries.php>

Postmarked by:	September 16, 2010 for early bird discount
Mail Entries to:	Wes Bratton 1714 Darby Place Richland, WA 99352
Entry Fee:	\$TBD prior to September 16 \$TBD for Deck Entries
Checks Payable to:	IWMSC

Name _____ Male Female Birthdate _____ Age _____

Address _____

Phone _____ USMS # _____ Inland NW Team _____ email _____

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

- | | | |
|-------------------------------|---------------------------------|--------------------------------|
| 1. 1000 Freestyle _____ | 8. 200 Mixed Medley Relay _____ | 13. 200 Mixed Free Relay _____ |
| <i>Second Warm-up</i> | 9. 50 Butterfly _____ | 14. 200 Backstroke _____ |
| 2. 200 Mixed Free Relay _____ | 12. 200 Breaststroke _____ | 15. 100 Butterfly _____ |
| 3. 50 Backstroke _____ | 10. 100 Backstroke _____ | 17. 50 Breaststroke _____ |
| 4. 100 Breaststroke _____ | 11. 50 Freestyle _____ | 16. 200 Freestyle _____ |
| 5. 200 Butterfly _____ | <i>10 Minute Break</i> | <i>10 Minute Break</i> |
| 6. 100 Freestyle _____ | | 18. 100 Indiv. Medley _____ |
| 7. 200 Indiv. Medley _____ | | 19. 500 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 _____

SplashMaster

714 Mabelle St.

Moscow, ID 83843

To the Swimming Household of