



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

## "Swimming for Life"

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### Animals End 2013 in Canby

Charlie Helm

The 2013 year ended with swim animals competing at the 10<sup>th</sup> Annual Canby Animal Meet. The format of this unique meet is those competing in the animal events start with an I.M. (100, 200, or 400), followed by a Fly (50, 100, or 200), and finishing with a freestyle (200, 500, or 1000). The Sprint Animals do the shorter distance, the Animal category does the middle distance, and the Grand Animals do the longer distance of each stroke. For the second year in a row, the men and women winners of each category received the unique and popular gargoyle trophies for their animal efforts. Many swimmers also attend the meet but just do their favorite events only and avoid the animals. Several swimmers came down from PSM to try out our OMS animals as well.

All animal categories were competitive and none of last year's champions repeated this year. The majority of the animals competed in the sprint distances, with the middle and grand having fewer but very competitive



**Gargoyle Trophies**

#### What's Inside

Chair's Corner.....	2
Off the Block.....	3
Fit to Swim .....	4
Shake and Swim with "Bake" .....	5
Long Distance Swimming .....	6
Results	
Canby Animal Meet — SCY .....	7
USMS Postal Championship.....	9
OMS Postal Series Results .....	11
Articles/Announcements	
San Pedro Woman.....	13
THE TIME IS NOW... ..	14
Forms	
2014 Membership Application.....	15
Schedule of Events.....	Back Page

animals in those events. When the growling and clawing was over, the champions for the Sprint Animal category was Emily Melina and Adam Arzner. The Animal winners were Kayla Scheafer and Scott Sullivan. The Grand Animal champs were Elizabeth Kassen (from PSM) and Chris Tujo. Chris had a tough battle with Matt Miller (who came up for this meet from Ashland) all day long, but a DQ and resulting time penalty in the 400 IM cost Matt the title and gave Chris the big win. It was also an animal day for the MAC as Chris and Scott Sullivan represented their team well and brought home the trophies. It was another fun day in Canby with great hosts and volunteers putting up with all the animals. See you at the pool!

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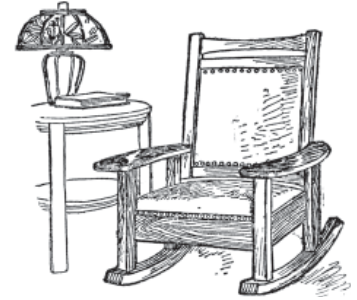
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# Chair's Corner

## Jeanne Teisher



## February Fitness Challenge – Get Involved

This month I decided to recycle one of my articles. With February being 'February Fitness Challenge' I wanted to re-run this piece that Dave Radcliff wrote a couple of years ago.

### 10 Reasons for Accepting the February Fitness Challenge on February 1<sup>st</sup> (These 10 reasons will become evident on March 1<sup>st</sup>)

By Dave Radcliff

1. You will be healthier.
2. You will be a stronger swimmer.
3. You will have kept your New Year's Resolution going.
4. You will be proud of your accomplishments.
5. You will have a good base of swimming for this year's Association Meet.
6. You will have a good base of swimming for Triathlons and Open Water swimming during the summer.
7. You will be more consistent in your training and fitness level.
8. You will have that wonderful chlorine smell of a dedicated swimmer.
9. You will be proud of your accomplishments.
10. You will be a true February Fitness Frog.

Please be sure to participate in this year's February Fitness Challenge. You won't regret it. At the end of the month, don't forget to send in your form. You definitely want to get credit for all your hard work.

Happy swimming.

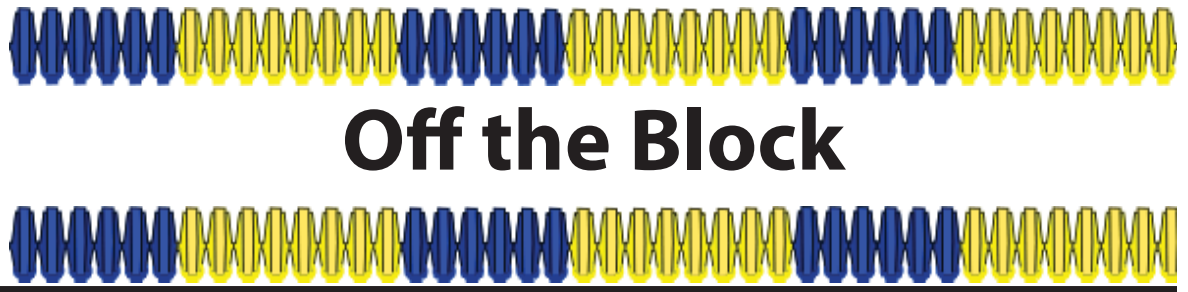
Jeanne

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## Off the Block

**About the Author**—Chris Ritter, author and swimmer, has a degree in kinesiology and exercise science and specializes in training athletes of diverse abilities, ranging from beginners to Olympians.

# Determining Your 'Swimming Age' Could Hold the Key to Improvement

Chris Ritter

Unlike many other sports, swimming requires participants to operate in an unusual environment. Free from worries of sweating or gravity, swimmers can enjoy swimming at some level throughout their entire life. Not many other sports can offer that sort of longevity to its athletes.

Because of this long-term participation, a key training component swimmers should determine is how "old" they really are in relation to the sport. Determining your "swimming age" can improve your training, performance, and ultimately your enjoyment of swimming over the long haul.

So what do I mean when I say "swimming age?" I'm not talking about your age bracket for the next meet. Rather, I'm referring to how long you've been training and competing in swimming. For example, two, 50-year olds are standing behind the blocks at a meet. They should be treated the same in training, right? Not necessarily. Just looking at their age doesn't really tell you anything about how they should be training compared to each other.

One of them might have grown up in the sport, had a lot of success, and a few injuries along the way. The other swimmer might be in his first few years of discovering the sport and have less experience in both training and racing. Despite that, he may swim just as quickly as the lifer on the blocks next to him. Therefore, determining the difference in swimming or training age is as important in designing an appropriate training program as your biological age is.

Successful training boils down to the dose and response relationship. Do "X" in training and your body will

respond with "Y." It's why you train in the first place—to compel your body to change, to compensate, and improve for next time.

A quality training program strikes an appropriate balance between the need for steady progression with variety. The "younger" or newer you are to the sport, the more your program should focus on constant and methodical progressions. For example, today you may swim 6 x 100 on a 1:30 interval while holding a certain pace with good technique. In a week, you may increase this set to hold the same pace and technique, but swim 8 x 100 instead of six. And in a few more weeks you increase the length of the set again to 10 x 100. This steady progress changes just one training variable at a time so that most of the training is still familiar, but there is some change in your program, thereby allowing your body to slowly adapt.

However, the "older" you are within the sport—you've been swimming and training for many years—the more you should trend to the other end of the spectrum, the end that holds more variety. For a more seasoned swimmer, a three-phase progression of that same set might look like this:

6 x 100 @ 1:30 holding a specific pace and good technique  
 16 x 50 @ :45 holding half of the previous pace  
 5 x 200 @ 3:00 holding double the pace of the 100s

Although exactly the same yardage, this version changes multiple variables at once; but an "older" or

Continued on page 5



# Fit to Swim

## Going Postal

***Coach Aubree Gustafson***



Welcome to 2014! As we are all getting settled into the new training year, revisiting our goals and resolving to try new things, I have a challenge for everyone reading this; I challenge you to go postal with me! No I'm not suggesting we all go crazy together...although that could be entertaining...I'm challenging you to try one or more of the five Postal National Championships put on by USMS this year. For those of you who are new to Masters Swimming, don't let the words "National Championship" intimidate you. These events are for everyone, fitness swimmers, new swimmers and veterans alike, and each event is an accomplishment in and of itself.

So what is a Postal? A Postal is a pool event where either the distance you swim in a certain time frame, or the time frame in which you complete a set distance, is measured.

Postals are fun and challenging events where all that matters is you and the clock. There are no blocks or starters, no officials or special gear needed. You don't have to worry about beating the person next to you, unless you want to race them, or pace your swim with someone else. The only thing you will need is a willing individual to be your counter and keep track of how many laps you have swum, and what split and overall time you took to swim those laps.

There are five Postal National Championship events each year. Right now we are in the middle of the time frame (January 1<sup>st</sup>-31<sup>st</sup>, 2014) in which to complete the 1 hour Postal. For this event, swim as many laps as you can in 60 minutes in a 25 yard, 25 meter or 50 meter pool. In the spring and summer, May 15<sup>th</sup>-September 15<sup>th</sup> 2014, is the time frame to complete the 5K and 10K Postal National Championships in a 50 meter pool. To round out the year, from September 15<sup>th</sup>-November 15<sup>th</sup> 2014 is the time to complete the 3000 and 6000 Postals in either a 25 yard or meter venue.

These events are a great time to set S.M.A.R.T. goals for yourself and see what you can do. You can work on pacing; how many hundreds can you hold on the 1:30

SCY before your pace starts to wane and you need to take a break? You can work on negative splitting parts of your swim; when the back half of a certain distance is faster than the first half. You can check in with your lap counter to see if you are meeting this goal. If you are planning on swimming longer distances for a triathlon or open water event, you can work on what you are eating and drinking and when in the swim to be sure you are feeding and hydrating at the right times and eating/drinking the right things so that you don't feel hungry or ill. Everyone should bring some type of quick to eat and easily digestible food source and something to drink to each Postal even if you aren't trying to work out nourishment for a longer event; some of these Postals are very time consuming and you don't want to be hungry or thirsty, you want to be prepared.

So now that you're convinced that you want to go postal with me, where do you find the information and materials you need to swim one or more of these events? Go to the Events and Results tab on the main page at [usms.org](http://usms.org), under Open Water & Postals, click on National Championships. On the top of this page you will find the link "2014 Championships" where you can fill out an online entry form to join each Postal event as they become available. The cost of participating in these events is very affordable; the fee is only \$7.00 to compete in the 1 hour Postal. Towards the bottom of the page under Swimmer Information you will find Pace Charts that can help you figure out what pace you will need to hold in order to swim a Postal in a given time. There are three different charts provided; an all event pace chart for use with all five Postal events, an interval pace chart and a one hour pace chart. Below these pace charts you will find the Postal Split Sheets; one for use with the 1 hour and 3/6000 swims and one for use with the 5K and/or 10K. These sheets are your official documentation of how much you swam in what amount of time, to be filled in by your lap counter while you swim. You will plug the information from the split sheet (splits/distance/time/etc) into your entry form when you register for the Postal event online. Good luck to all and GO POSTAL!!

# Shake and Swim with “Bake”

*Get There — Stay In*

**Coach Dennis Baker**



Masters swimming, open water swimming, triathlon swimming, all of these aren't an everyday or twice a day workout schedule like younger age-group team swimming. Herein lies my annual "life stuff gets in the way" article.

Master swimmers have jobs, families, and just a lot of "life stuff" that gets in the way of their training. Many open water swimmers have to wait to train in warmer weather which in many areas is not a lot of time to specifically train in a non-pool environment. Triathletes have to train for running and biking along with their swimming.

The key to being successful or happy with your swimming performance has many parts. Find a good coach. Find the time to swim, and what I feel is most important, STAY in the pool even if you don't feel great. I see many swimmers cut out early during practice because they are just not feeling it that day. Here are some options if you are in the water and the thought of getting out enters your mind.

1. Talk to the coach. Many times just expressing how you feel will make you feel better. The coach can modify what you are doing and change your mind-set to help you finish the practice.
2. Slow down. Many swimmers do what I call "mindless" swimming. They have one speed and go too fast all the time until they don't feel good.
3. Work on your stroke. If you don't feel good just say to yourself that I'm just going to work on my stroke today and just concentrate on that.
4. Kick. Finish the practice just kicking with fins or without fins. We always need to work our legs more than we do. It is a nice mental change up and a great way to feel like you have accomplished something for the day.

Make a plan, stick to that plan. Get there, stay in, and you will be well on your way to better swimming.

## SWIMMING AGE

continued from page 3

more seasoned swimmer wouldn't have any problems completing this correctly. Pacing, in particular, is a skill that comes with a lot of time and practice in the water, a "younger" swimmer may not be able to complete the second set properly, simply due to lack of experience.

Still, no matter who you are, your body is incredibly adaptable. This means beginners to swimming can, and really do, make a lot of progress in the sport quickly. At the same time, if you've been around for a while, you need to constantly change your training so that your body will continually adapt.

From Olympians to beginners across all ages, no matter your goal, determining your swimming age will help you focus on training for the best results for *you*.

## Results: Southern Pacific Masters

### Swimming SCM

Zone Championship

Commerce, CA, December 6-8

#### Allen Stark(60-64)

1st.....	50M Breast .....	35:22
1st.....	100M Breast.....	1:18:07
1st.....	200M Breast.....	2:55:12

#### Carol Stark(65-69)

3rd.....	1500M Free .....	34:51.20
3rd.....	50M Back .....	:56.81
3rd.....	100M Back.....	2:14.94
2nd.....	200M Back.....	4:46.28

#### Kevin Cleary(30-34)

5th.....	100M Fly .....	1:04.40
2nd.....	200M Fly .....	2:27.26
2nd.....	100M IM.....	1:09.55

# Long Distance Swimming

**Coach Bob Bruce**



Wrapping up the 2013 USMS Postal Championships, the Oregon LMSC capped another fine year with a strong showing in the USMS 3000-yard and 6000-yard Postal National Championships. Here's a quick summary:

**3000-yard:** 67 Oregon swimmers (32 women & 35 men) entered. Jayna Tomac, Mary Sweat, Jeff Nason, Can Ergenekan, Steve Johnson, Tom Landis, and Dave Radcliff each won the national title in their respective age groups. Eleven Oregon Club Relay teams won their events. In club scoring, Oregon won the championship for the sixth consecutive year.

**6000-yard:** 28 Oregon swimmers (11 women & 17 men) entered. Jayna Tomac, Mary Sweat, Matt Miller, Steve Johnson, and Dave Radcliff won national titles. Eight Oregon Club relay teams won their events. In club scoring, the Oregon Club won the championship title for the sixth consecutive year.

Congratulations to...

- Our 8 individual National Champions (USMS Long Distance All-Americans!);
- Jayna Tomac, Mary Sweat, Steve Johnson, and Dave Radcliff, our double National Champions;
- Our 19 (!) relay team National Champions (USMS Long Distance Relay All-Americans);
- Our 6 Oregon Individual Record breakers—Jayna Tomac (2x), Mary Sweat (2x), Travis Smith, Serena Johnson, Matt Miller, and Hardy Lussier.
- Our 4 National Relay Record teams:
  - Men's 65+ 3 x 3000 relay of Bob Bruce, Tom Landis, and Steve Johnson (time: 2:02:13.19).
  - Women' 35+ 3 x 6000 relay of Serena Johnson, Mary Sweat, and Jayna Tomac (time: 3:52:49.01).
  - Men's 65+ 3 x 6000 relay of Dave Radcliff, Bob Bruce, and Steve Johnson (time: 4:17:09.03).
  - Mixed 35+ 4 x 6000 relay of Serena Johnson, Jayna Tomac, Matt Miller, and Hardy Lussier (time:

4:55:13.39).

- Our 10 Oregon Relay Record teams;
- Those swimmers who accounted for 53 new listings on the All-Time Oregon Top Twelve in these events.
- Everyone who participated. The Oregon LMSC continues to improve in overall participation, which is ultimately the bottom line in these excellent fitness events.

Look for the full Oregon results in this *Aqua Master*. They are impressive! What is even more impressive is the fact that we continue to lead the nation so consistently in the postal swims—apart from the One-Hour Swim, the Oregon Club has won 22 of the last 24 national postal club titles!

**2013 Oregon Postal Series:** Twenty-seven Oregon LMSC swimmers qualified for the Oregon Postal Series by swimming in three or more of the USMS Postal Championship Swims during the year. Twenty-four of those swimmers qualified for the Oregon Postal Participation Award by swimming at least one of these swims in each of the three postal seasons. And SEVENTEEN swimmers (three more than last year) swam all five events, thus qualifying for the USMS Postal Participation Award, an achievement that only 60 swimmers in the nation won last year. I'll send Oregon Postal Participation patches in February! See the results in this *Aqua Master*.

**2013 Postal Swims in Very Brief Review:** 152 Oregon swimmers from 17 local teams (257 swims overall) participated in at least one National Postal Swim. COMA again led the way with 44 swimmers, 92 swims, and 12 Oregon Series qualifiers. CGM had 28 swimmers participate in the One-Hour Swim. EA, LHST, NCMS, OCT, and RVM each also had 8 swimmers participate in at least one postal event. The Oregon Club won 4 (of 5) USMS Club Championships!

Good luck and good swimming in 2014!

# Canby Animal Meet — SCY

December 29, 2013; Canby, Oregon

There were no Oregon, Zone, National or World Records Set

Women 18-24				2 Squier, Renata	53 OREG	41.95	100 Yard IM			
500 Yard Freestyle				3 Leinwebber, Janice	53 OREG	54.63	1 Muessig, Dirk	43 OREG	1:07.43	
1 Storlie, Kristiana	21 OREG	8:49.96		100 Yard Butterfly			2 Simpson, Jim	43 OREG	1:08.81	
100 Yard Butterfly				1 Malloy, Janie	51 OREG	1:34.82	400 Yard IM			
1 Storlie, Kristiana	21 OREG	2:05.27		1 O'Connell, Anne	53 OREG	1:34.82	1 Tujo, Christian	42 OREG	5:13.07	
200 Yard IM				100 Yard IM			Men 45-49			
1 Storlie, Kristiana	21 OREG	3:44.02		1 Andrade, Julie	52 OREG	1:28.41	200 Yard Freestyle			
Women 25-29				2 Squier, Renata	53 OREG	1:38.37	1 Waud, Timothy	46 OREG	2:12.22	
200 Yard Freestyle				3 Leinwebber, Janice	53 OREG	1:57.92	2 Scott, Andrew	48 OREG	2:17.37	
1 Christensen, Sara	25 UC37	2:23.24		200 Yard IM			500 Yard Freestyle			
500 Yard Freestyle				1 Malloy, Janie	51 OREG	3:16.72	1 Sullivan, Scot	47 OREG	5:22.72	
1 Scheafer, Kayla	27 OREG	6:51.07		2 O'Connell, Anne	53 OREG	3:17.35	50 Yard Butterfly			
50 Yard Butterfly				Women 60-64			1 Waud, Timothy	46 OREG	28.99	
1 Christensen, Sara	25 UC37	28.83		1000 Yard Freestyle			2 Scott, Andrew	48 OREG	30.58	
100 Yard Butterfly				1 Kassen, Elizabeth	61 PSM	13:50.49	100 Yard Butterfly			
1 Scheafer, Kayla	27 OREG	1:29.41		2 Asleson, Elke	61 OREG	17:22.07	1 Sullivan, Scot	47 OREG	59.31	
100 Yard IM				200 Yard Butterfly			100 Yard IM			
1 Christensen, Sara	25 UC37	1:07.25		1 Kassen, Elizabeth	61 PSM	3:24.69	1 Waud, Timothy	46 OREG	1:04.64	
200 Yard IM				2 Asleson, Elke	61 OREG	3:42.18	2 Scott, Andrew	48 OREG	1:09.55	
1 Scheafer, Kayla	27 OREG	3:00.25		400 Yard IM			200 Yard IM			
Women 30-34				1 Kassen, Elizabeth	61 PSM	6:33.21	1 Sullivan, Scot	47 OREG	2:12.92	
200 Yard Freestyle				2 Asleson, Elke	61 OREG	7:25.82	Men 55-59			
1 Melina, Emily	33 OREG	2:07.14		Women 70-74			200 Yard Freestyle			
50 Yard Butterfly				50 Yard Butterfly			1 Mcvay, Bert	56 OREG	2:21.02	
1 Melina, Emily	33 OREG	28.19		1 Ward, Joy	71 OREG	40.25	2 Helm, Charlie	57 OREG	3:23.50	
100 Yard IM				100 Yard IM			50 Yard Butterfly			
1 Melina, Emily	33 OREG	1:06.31		1 Ward, Joy	71 OREG	1:30.52	1 Mcvay, Bert	56 OREG	32.21	
Women 35-39				Men 25-29			2 Helm, Charlie	57 OREG	50.08	
500 Yard Freestyle				200 Yard Freestyle			100 Yard IM			
1 Harrison, Elizabeth	39 OREG	8:35.84		1 Arzner, Adam	27 UC37	1:55.59	1 Mcvay, Bert	56 OREG	1:15.08	
100 Yard Butterfly				50 Yard Butterfly			2 Helm, Charlie	57 OREG	1:50.74	
1 Harrison, Elizabeth	39 OREG	1:49.16		1 Arzner, Adam	27 UC37	25.61	Men 60-64			
200 Yard IM				100 Yard IM			200 Yard Freestyle			
1 Harrison, Elizabeth	39 OREG	4:10.56		1 Arzner, Adam	27 UC37	56.86	1 Brockbank, Doug	60 OREG	2:13.13	
Women 40-44				Men 35-39			2 Philbrick, Larry	61 OREG	2:14.09	
200 Yard Freestyle				200 Yard Freestyle			1000 Yard Freestyle			
1 Winter, Neva	40 OREG	3:07.47		1 Mcclaugherty, Nick	39 OREG	2:37.86	1 Phipps, Tom	60 OREG	13:26.00	
50 Yard Butterfly				1000 Yard Freestyle			2 Kravolec, Charles	61 OREG	17:56.01	
1 Winter, Neva	40 OREG	44.03		1 Miller, Matt	36 OREG	11:35.25	50 Yard Butterfly			
100 Yard IM				50 Yard Butterfly			1 Brockbank, Doug	60 OREG	29.26	
1 Winter, Neva	40 OREG	1:37.45		1 Mcclaugherty, Nick	39 OREG	37.82	2 Philbrick, Larry	61 OREG	29.55	
Women 45-49				200 Yard Butterfly			200 Yard Butterfly			
1000 Yard Freestyle				1 Miller, Matt	36 OREG	2:35.18	1 Phipps, Tom	60 OREG	2:53.50	
1 Bowman, Marcie	49 OREG	19:34.58		100 Yard IM			2 Kravolec, Charles	61 OREG	4:04.30	
200 Yard Butterfly				1 Mcclaugherty, Nick	39 OREG	1:19.73	100 Yard IM			
1 Bowman, Marcie	49 OREG	4:24.47		400 Yard IM			1 Philbrick, Larry	61 OREG	1:05.69	
400 Yard IM				X Miller, Matt	36 OREG	9:16.63	2 Brockbank, Doug	60 OREG	1:06.99	
1 Bowman, Marcie	49 OREG	8:16.05		Men 40-44			400 Yard IM			
Women 50-54				200 Yard Freestyle			1 Phipps, Tom	60 OREG	5:56.05	
200 Yard Freestyle				1 Simpson, Jim	43 OREG	2:15.65	2 Kravolec, Charles	61 OREG	7:56.57	
1 Squier, Renata	53 OREG	2:54.13		2 Muessig, Dirk	43 OREG	2:23.75	Men 65-69			
2 Andrade, Julie	52 OREG	2:58.59		1000 Yard Freestyle			1000 Yard Freestyle			
3 Leinwebber, Janice	53 OREG	3:56.69		1 Tujo, Christian	42 OREG	12:36.24	1 Walker, Thomas	66 PSM	19:51.59	
500 Yard Freestyle				50 Yard Butterfly			200 Yard Butterfly			
1 Malloy, Janie	51 OREG	7:22.00		1 Simpson, Jim	43 OREG	28.73	1 Walker, Thomas	66 PSM	5:19.73	
2 O'Connell, Anne	53 OREG	8:12.68		2 Muessig, Dirk	43 OREG	30.39	400 Yard IM			
50 Yard Butterfly				200 Yard Butterfly			1 Walker, Thomas	66 PSM	8:46.63	
1 Andrade, Julie	52 OREG	40.65		1 Tujo, Christian	42 OREG	2:36.11				



# Tenth Annual Canby Animal Meet

12/29/2013

## Sprint Distance

Place	Name	Age	Team	Total	100IM	50FLY	200FR
<b>Women</b>							
1	Melina, Emily	33	OREG	3:41.64	1:06.31	28.19	2:07.14
2	Christensen, Sara	25	UC	3:59.32	1:07.25	28.83	2:23.24
3	Andrade, Julie	52	OREG	5:07.65	1:28.41	40.65	2:58.59
4	Squier, Renata	53	OREG	5:14.45	1:38.37	41.95	2:54.13
5	Winter, Neva	40	OREG	5:28.95	1:37.45	44.03	3:07.47
6	Leinwebber, Janice	53	OREG	6:49.24	1:57.92	54.63	3:56.69
<b>Men</b>							
1	Arzner, Adam	27	UC	3:18.06	56.86	25.61	1:55.59
2	Waud, Timothy	46	OREG	3:45.85	1:04.64	28.99	2:12.22
3	Philbrick, Larry	61	OREG	3:49.33	1:05.69	29.55	2:14.09
4	Brockbank, Doug	60	OREG	3:49.38	1:06.99	29.26	2:13.13
5	Simpson, Jim	43	OREG	3:53.19	1:08.81	28.73	2:15.65
6	Scott, Andrew	48	OREG	3:57.50	1:09.55	30.58	2:17.37
7	Muessig, Dirk	43	OREG	4:01.57	1:07.43	30.39	2:23.75
8	McVay, Bert	56	OREG	4:08.31	1:15.08	32.21	2:21.02
9	McClagherty, Nick	39	OREG	4:35.41	1:19.73	37.82	2:37.86
10	Helm, Charlie	57	OREG	6:04.32	1:50.74	50.08	3:23.50

## Middle Distance

Place	Name	Age	Team	Total	200IM	100FLY	500FR
<b>Women</b>							
1	Scheafer, Kayla	27	OREG	11:20.73	3:00.25	1:29.41	6:51.07
2	Malloy, Janie	51	OREG	12:13.54	3:16.72	1:34.82	7:22.00
3	O'Connell, Anne	53	OREG	13:04.85	3:17.35	1:34.82	8:12.68
4	Harrison, Elizabeth	39	OREG	14:35.56	4:10.56	1:49.16	8:35.84
5	Storlie, Kristiana	21	OREG	14:39.25	3:44.02	2:05.27	8:49.96
<b>Men</b>							
1	Sullivan, Scot	47	OREG	8:34.95	2:12.92	59.31	5:22.72

## Grand Distance

Place	Name	Age	Team	Total	400IM	200FLY	1000FR
<b>Women</b>							
1	Kassen, Elizabeth	61	PSM	23:48.39	6:33.21	3:24.69	13:50.49
2	Asleson, Elke	61	OREG	28:30.07	7:25.82	3:42.18	17:22.07
3	Bowman, Marcie	49	OREG	32:15.10	8:16.05	4:24.47	19:34.58
<b>Men</b>							
1	Tujo, Christian	42	OREG	20:25.42	5:13.07	2:36.11	12:36.24
2	Phipps, Tom	60	OREG	22:15.55	5:56.05	2:53.50	13:26.00
3	Kravolec, Charles	61	OREG	29:56.88	7:56.57	4:04.30	17:56.01
4	Walker, Thomas	66	PSM	33:57.95	8:46.63	5:19.73	19:51.59





# USMS 6000 Yard Postal Championship 2013

**O** = Oregon Record  
**N** = National Record (includes Oregon & Zone)  
**\*** = Oregon All-Time Top Twelve Time

**Women 25-29**

4 Bowen, Kelsey 28 MACO 1:23:55.07\* 836

**Women 35-39**

3 Johnson, Serena 36 LH 1:20:06.40\***O** 864

4 Criscione, Anicia 39 CAT 1:27:26.26\* 791

7 Gaffney, Karen 35 MACO 1:57:10.85\* 590

**Women 40-44**

1 Tomac, Jayna 41 COMA 1:15:32.77\***O** 911

2 Feola, Jen 43 COMA 1:22:49.06\* 831

9 Ashworth, Charity 40 LHST 1:59:38.99\* 575

**Women 50-54**

4 Matson, Karen 50 COMA 1:22:14.53\* 892

**Women 55-59**

1 Sweat, Mary 56 OR-un 1:17:09.84\***O** 961

9 Shuman, Connie 57 COMA 2:04:57.99\* 594

**Women 60-64**

5 Stark, Carol 64 ORM 2:31:28.99 499

**Men 35-39**

1 Miller, Matt 36 RVM 1:12:23.96\***O** 858

5 Reber, Aaron 38 KAM 1:30:24.13\* 687

**Men 40-44**

3 Tujo, Christian 42 MACO 1:19:50.99\* 772

**Men 45-49**

3 Lussier, Hardy 48 COMA 1:07:10.26\***O** 949

4 Frost, Mark 46 CGM 1:13:43.10\* 865

**Men 50-54**

10 Collins, Michael 51 KAM 1:23:09.99\* 783

13 Livengood, David 50 OPEN 1:32:28.99\* 704

**Men 55-59**

8 Carter, Walt 58 COMA 2:08:51.35 519

**Men 60-64**

5 Richardson, Brooks 60 COMA 1:28:04.99\* 788

6 Larson, Allen 60 ORM 1:30:25.89\* 767

9 Carew, Mike 63 COMA 1:36:11.91 721

**Men 65-69**

1 Johnson, Steve 65 EA 1:24:10.04\* 912

2 Bruce, Bob 65 COMA 1:24:43.60\* 906

4 Hirschberg, Bren 67 COMA 1:38:15.99\* 781

6 Foges, John 69 OR-un 1:54:30.85\* 670

**Men 70-74**

3 Mohr, Ralph 72 COMA 1:34:35.19\* 845

**Men 75-79**

1 Radcliff, Dave 79 THB 1:28:15.39 930

**RELAYS**

**Women 25+: 3 x 6000**

1 OREG (Bowen, Feola, Matson) 4:08:58.66

**Women 35+: 3 x 6000**

1 OREG (Johnson, Sweat, Tomac) 3:52:49.01 **N**

**Men 35+: 3 x 6000**

1 OREG (Frost, Miller, Lussier) 3:33:17.32 **O**

**Men 45+: 3 x 6000**

2 OREG (Carew, Livengood, Collins) 4:31:48.91

**Men 55+: 3 x 6000**

1 OREG (Mohr, Larson, Richardson) 4:33:06.07

**Men 65+: 3 x 6000**

1 OREG (Radcliff, Bruce, Johnson) 4:17:09.03 **N**

**Mixed 25+: 4 x 6000**

1 OREG (Bowen, Matson, Tujo, Frost) 5:19:42.70

**Mixed 35+: 4 x 6000**

1 OREG (Johnson, Tomac, Miller, Lussier) 4:55:13.39 **N**

**Mixed 55+: 6 x 6000**

1 OREG (Shuman, Sweat, Bruce, Johnson) 6:11:00.48

**Combined National Club Scores:**

1 **OREGON**..... 21,801

2 Masters of South Texas.....6,755  
 3 Illinois Masters.....6,182

**A note about club scoring:** Club point scoring is calculated based on Quality Points, which is the ratio of each individual time to the current USMS Record for the gender & age group and expressed as the three-digit number that you see following each individual time in the results. The faster the swim the more Quality Points a swimmer earned. Club totals are the sum of the quality points of its swimmers. Since every swimmer receives quality points, every swimmer counts!

To help settle the side wagers concerning who had the best 6000 swim—across gender and age group lines—here is the list of the **Top 12 swimmers by Quality Points:**

- 1 Mary Sweat..... 961
- 2 Hardy Lussier..... 949
- 3 Dave Radcliff..... 930
- 4 Steve Johnson..... 912
- 5 Jayna Tomac..... 911
- 6 Bob Bruce..... 906
- 7 Karen Matson..... 892
- 8 Mark Frost..... 865
- 9 Serena Johnson..... 864
- 10 Matt Miller..... 858
- 11 Ralph Mohr..... 845
- 12 Kelsey Bowen..... 836

## Personals

**To all my friends at Oregon Masters,**

To those of you who know me, my recent absence from meets may seem odd, as I am pretty diligent in swimming in as many meets as possible. Unfortunately, a spate of medical issues has kept me bouncing in and out of St. Vincent Hospital since August, and has prevented me from even entering a pool during that time. I have lost 16 pounds from my target weight, and look a little like a scarecrow. I seem to be making progress in returning to good health, and I look forward to being able to get back to my workout pool in a month or two. If that's the case, I hope that I will be able to work up to a competition stage of fitness sometime this year, and get back to the meets. Only time will tell. Until then, Happy New Year and good splashes to all.



**Milton R. ("Mickey") Marks (ORM)**



**Stephen Darnell just finished the 1-hour postal**

# Oregon Postal Series 2013

## Final Series Summary

1. Scoring through ten places: 11-9-8-7-6-5-4-3-2-1. All five events count.
2. Points advance with swimmer when moving up an age group (indicated by asterisk)
3. Oregon Postal Series: Swim and enter three events in the calendar year.
4. Oregon Participation Award: Swim and enter the One Hour Swim, 5 or 10-km Swim, and the 3000 or 6000-yard Swim in the calendar year.
5. USMS Participation Award: Swim and enter all five events in the calendar year.

Name	Team	1-hr.	5-km	10-km	3000-yd	6000-yd	Points <sup>1</sup>	Swims <sup>3</sup>	Place	OMS <sup>4</sup>	USMS <sup>5</sup>
F 25-29											
Bowen, Kelsey	MACO	11	11	11	11	11	55	5	1	x	x
F 35-39											
Johnson, Serena	LHST	11	11	11	11	11	55	5	1	x	x
Criscione, Anicia	CAT	9	8	9	9	9	44	5	2	x	x
F 40-44											
Tomac, Jayna	COMA	11	11	11	11	11	55	5	1	x	x
Ashworth, Charity*	LHST	6	7	9	7	8	37	5	2	x	x
Feola, Jen	COMA	8	8		8	9	33	4	3	x	
F 45-49											
Salton, Gillian*	COMA	9	9		9		27	3	1	x	
F 50-54											
Matson, Karen*	COMA	11	11	11	9	11	53	5	1	x	x
Stuntzner, Denise	COMA	6	8		8		22	3	2	x	
F 55-59											
Sweat, Mary	OR-Un	11	11	11	11	11	55	5	1	x	x
F 60-64											
Stark, Carol	ORM	6	11	11	9	11	48	5	1	x	x
M 35-39											
Miller, Matt	RVM	11	11	11	9	11	53	5	1	x	x
M 40-44											
Tujo, Christian	MACO	11	9	11	9	11	51	5	1	x	x
M 45-49											
Lussier, Hardy	COMA	11	11	11	11	11	55	5	1	x	x
Frost, Mark	CGM	9	9	9	9	9	45	5	2	x	x
M 55-59											
Carter, Walt	COMA	5		11	8	11	35	4	1	x	
M 60-64											
Richardson, Brooks	COMA	7	9	11	8	11	46	5	1	x	x
Larson, Alan*	ORM	9	8	9	7	9	42	5	2	x	x
Carew, Mike	COMA	6	6	8	5	8	33	5	3	x	x
Swanson, Charlie	EA	11	11		9		31	3	4	x	
M 65-69											
Bruce, Bob*	COMA	8	9	11	9	9	46	5	1	x	x
Johnson, Steve	EA		11		11	11	33	3	2		
Foges, John	OR-Un	8	8		6	7	29	4	3	x	
Hirschberg, Bren	COMA	11			8	8	27	3	4		
M 70-74											
Mohr, Ralph	COMA	9	9	11	9	11	49	5	1	x	x
Landis, Tom	COMA	11	11		11		33	3	2	x	
M 75-79											
Radcliff, Dave	THB	11			11	11	33	3	1		



## Congratulations all Animals



**Emily Melina**  
**Women's Sprint**  
**Animal Champion**

**Kayla Scheafer**  
**Women's Middle**  
**Animal Champion**



**Adam Arzner**  
**Men's Sprint**  
**Animal Champion**

**Elizabeth Kassen**  
**Women's Grand**  
**Animal Champion**



**Chris Tujo**  
**Men's Grand**  
**Animal Champion**



**Scott Sullivan**  
**Men's Middle**  
**Animal Champion**





# San Pedro Woman Shatters World, National Masters Swim Records In Her Mid-50s

By [Sandy Mazza](#), Daily Breeze

Masters division swimmer Traci Granger of San Pedro at 55 is one of the fastest swimmers in the world in her age group. She renewed her interest in the sport and in competitive swimming in her 40s. In 2013, after she underwent hip surgery, she set two national as well as two world records. (Submitted photo)

Traci Granger is out of bed at precisely 4:20 a.m. most days. Even when it's 40 degrees and dark outside, she dons a bathing suit and shows up at the Victor E. Benstead Plunge outdoor pool in Torrance to meet her coach and swim team.

Then, the 55-year-old San Pedro resident and El Camino College professor swims. Not with breast or crawl strokes. She favors the more difficult butterfly stroke, gyrating her arms and legs up and down in unison like a dolphin.



Swimming was a fixture in Granger's childhood and teen years but, as a young adult, she focused on teaching aerobics and pursuing a career as an athletic director. She didn't take it up again until she was in her early 40s, and it wasn't with the intention of competing. But she's put together an impressive collection of medals and set more than a dozen records in her age bracket at United States Masters Swimming meets.

Granger's success is more surprising to her than it is to her husband, friends and co-workers. "I think I've had maybe three or four world records," she said recently. "Maybe 10 national records? They're there to be broken,



so someone's gonna come along and break them."

She set her first USMS national record in 2004 when she won her division in the 50-meter butterfly. She beat that time by nearly four seconds in 2007, setting another record. In her 50s, she continued to shine in butterfly stroke competitions, taking six more titles.

In 2013, even though she turned 55 and was recovering from hip surgery, she claimed two national records in her age bracket. The first was at the short-course nationals in Indianapolis in May, when she finished the 50-yard butterfly in just 27.45 seconds in the 55-59 age bracket. Then, in August, she completed the long-course 50-meter butterfly (LCM) race in 30.97 seconds, winning a world record by besting a 2009 record set by Laura Val, one of the world's top masters swimmers.

Last month, she toppled another world record at a USMS regional meet in Commerce by finishing the 50-meter butterfly (SCM) in 31.13 seconds. She also took home five first-place medals that day.

"She's got really incredible technique," said Tyler Storie, coach of Granger's team, the Los Angeles Peninsula Swimmers. "You can always count on her being there,

continued on page 14

## THE TIME IS NOW...

...to keep your eyes and ears open for nominations for our annual awards to be presented at the Association Meet. When you see or hear of someone that would fit into the following categories, send their name and reason for nomination to Ginger Pierson: [gingerlp@centurylink.net](mailto:gingerlp@centurylink.net) or 8417 NE 16<sup>th</sup> St Vancouver, WA 98664 or (360) 253-5712.

Ol' Barn Award: has shown leadership, dedication, and devotion throughout the year to this organization and to Masters Swimming.

Connie Wilson Award: has made an outstanding, long-term leadership contribution to this organization and to Masters Swimming.

Hazel Bressie Spirit Award: has shown enthusiasm and spirit to his/her team and/or other Masters swimmers during the past year (two awards given – male and female)

Special Service Award: contributes outstanding service to a team or OMS

These nominations should be received by **Sunday March 9**. Thank you for your help with this.

### WOMAN SHATTERS RECORDS

continued from page 13

and that says something because our practice is at 5 a.m. If you're watching her swim, it might look like she's going slow because she doesn't splash or thrash around a lot and she's got this great technique."

Storie calls the butterfly "the most grueling stroke" and said Granger's success is largely due to her drive to always improve herself.

Similarly, Granger's co-workers say she's reliable, hard-working and positive. "She's so exuberant and she portrays that in her classroom, too," said Linda Olson, an administrative assistant at El Camino College who has worked with Granger since she started teaching first aid, CPR, swimming and other classes about a decade ago. "Every morning she's here when I get in at 7."

Granger said her biggest competition is herself, so she doesn't put much stock in winning anything — unless she's competing against her own teammates, in which case she's only slightly bloodthirsty.

"It wasn't my goal (to set records)," she said. The first time she set a record, she remembered hearing the announcement over the loudspeaker at the swim meet. "I said: 'I did?' It was sort of a shock because I didn't expect it."

When she swims, Granger says she focuses on swimming "smart" and executing proper starts, turns and finishes. "I like going first thing in the morning, shutting my brain down about all the stuff I've got to do, and just swimming to make my interval," she said.

As a teacher, she relishes teaching beginning swimmers because it's so new and exciting to them. As a swimmer, she enjoys the camaraderie on her team and the friendly competition.

"People with great technique like her, are typically driven by wanting to better themselves," Storie said. "It's not about how good she is compared to other swimmers, it's how good she is compared to herself. "She's almost embarrassed when she gets these medals. She's trying to improve herself and these meets are a way to test that out."

# 2014 MEMBERSHIP APPLICATION

ALL MEMBERSHIPS EXPIRE ON DECEMBER 31, 2014



\_\_\_ Renewal – my last USMS number was \_\_\_\_\_

\_\_\_ New registration

I do not have access to a computer/email.



You can register online at:  
<http://www.usms.org/reg/>

**Register with the same name you will use for competition. Please print clearly.**

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
Date of Birth (mm/dd/yy)	Age	Sex (circle) M    F	E-mail address	

## RELATED MEMBERSHIPS & CERTIFICATIONS

I am a: \_\_\_ Masters Coach  
\_\_\_ Certified Official

Today's Date (required): \_\_\_\_\_

Please circle **both** the Club and the Workout Group you plan to swim with:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> <b>Oregon Masters (OREG) \$5:</b><br><input type="checkbox"/> AQDK Aquaducks Masters<br><input type="checkbox"/> BASS: Baker Area Seasoned Swimmers<br><input type="checkbox"/> BRSC: Bearcat Swim Club<br><input type="checkbox"/> CMG: Canby Master Gators<br><input type="checkbox"/> COMA: Central Oregon Masters Aquatics<br><input type="checkbox"/> CSTM: Chehalis Swim Team Masters<br><input type="checkbox"/> CBAT: Circumnavigating Beavers Aquatic Team<br><input type="checkbox"/> CGM: Columbia Gorge Masters<br><input type="checkbox"/> CAT: Corvallis Aquatic Team Masters<br><input type="checkbox"/> EA: Emerald Aquatics<br><input type="checkbox"/> KAM: Salem Kroc Masters | <input type="checkbox"/> KBM: Klamath Basin Masters<br><input type="checkbox"/> LHST: LaCamas HeadHunters<br><input type="checkbox"/> LOM: Lake Oswego Masters<br><input type="checkbox"/> LSC: Lebanon Community Swim Club<br><input type="checkbox"/> MAC: Multnomah Athletic Club<br><input type="checkbox"/> MJCC: Mittleman Jewish Community Center<br><input type="checkbox"/> NCMS: North Clackamas Masters Swimming<br><input type="checkbox"/> NCSC: North Coast Swim Club<br><input type="checkbox"/> OPEN: OPEN Narwals<br><input type="checkbox"/> OACM: Oregon Athletic Club Masters<br><input type="checkbox"/> OCT: Oregon City Tankers | <input type="checkbox"/> OMVM: Oregon Mid-Valley Masters<br><input type="checkbox"/> ORM: Oregon Reign Masters<br><input type="checkbox"/> PEND: Pendleton Masters Swim Club<br><input type="checkbox"/> PCCM: Portland Community College Masters<br><input type="checkbox"/> PSM: Portland State Masters<br><input type="checkbox"/> RVM: Rogue Valley Masters<br><input type="checkbox"/> SHRC: SHARC_MASTERS<br><input type="checkbox"/> SYD: Sherwood YMCA Dragons<br><input type="checkbox"/> TCSO: Team Club Sport Oregon<br><input type="checkbox"/> TOR: Tornadoes Swim Team<br><input type="checkbox"/> THB Tualatin Hills Barracudas<br><input type="checkbox"/> VSC: Vancouver Swim Club<br><input type="checkbox"/> WVAC: Willamette Valley Aquatic Club |
|---|--|--|
- University of Oregon Swim Club (DUCK) \$0**
- I am not joining a Club and will be swimming **Unattached \$0** (I realize I cannot swim on Relays)

Full Year Registration Nov. 1, 2013 – Dec. 31, 2014:	Age 25–69 Years Old	Age 18–24 and 70+ Years Old
USMS full-year fee ( <b>\$35</b> ):	<b>\$35</b>	<b>\$35</b>
<b>plus OMS LMSC (local governing body) fee (\$10):</b>	<b>\$10</b>	<b>\$0</b>
<b>plus OREG Club fee (\$5) (if applicable):</b>	<b>\$5</b>	<b>\$5</b>
I wish to contribute this amount to the International Swimming Hall of Fame Foundation:		
I wish to contribute this amount to the USMS "Swimming Saves Lives" Fund:		
I wish to contribute this amount to Oregon Masters Swimming:		
<b>Total:</b>	<b>\$50</b>	<b>\$40</b>

Benefits of Membership include a subscription to USMS's magazine, *SWIMMER*, during the length of the membership year.

USMS Registered swimmers are covered with secondary accident insurance:

1) in practices supervised by a USMS member where all swimmers are USMS registered.

2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

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 (required): \_\_\_\_\_ Date \_\_\_\_\_



Please make check for total fee plus any donation amounts payable to: Oregon Masters Swimming

Mail check and completed form to: Susie Young, OMS Registrar, 3035 NW Rio Vista Terrace, Portland, OR 97210

Questions? Contact Susie at [swim.pdx@gmail.com](mailto:swim.pdx@gmail.com)

# Aqua Master

February 2014

**Results**  
**Canby Animal Meet SCY**  
**USMS Postal Championship**  
**Oregon Postal Series Results**

## Looking Ahead . . .



DATE	COURSE	MEET	LOCATION
March 8-9	SCM	Dual-sanctioned Meet	Oregon City, OR
April 4-6	SCY	OMS Association Meet	Gresham, OR
May 1-4	SCY	USMS Nationals	Santa Clara, CA
May 17	LCM	COMA Pentathlon+ Meet	Bend, OR
May 18	OW	Lake Juniper Pool Swim	Bend, OR
June 21-22	SCY	Oregon Senior Games	Bend, OR
August 3-9	LCM	FINA World Masters Championships	Montreal, Canada
August 10	OW	FINA World Masters Open Water	Montreal, Canada
August 13-17	LCM	USMS Nationals	College Park, MD



### OMS Board Meetings

- |                           |                              |
|---------------------------|------------------------------|
| February 10, 2014         | June 9, 2014                 |
| March 10, 2014            | July 14, 2014                |
| April 5— Association Meet | August 11, 2014              |
| May 12, 2014              | September 27, 2014 — Retreat |

