



Aqua Master

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O.C. Dual Meet Fun Again

Tim Waud and his Oregon City Tankers hosted their dual sanction meet again the weekend of March 8th and 9th, and for the second year in a row it was a fun and enjoyable meet. The 13-18 year olds swam first in each heat before the Masters had their turn. Like last year, several of our Masters swimmers had their children also swimming in the same meet and it was fun to check out whether the parent or the offspring had the better technique.

Many of us also liked the change of competing in a short course meters pool rather than our normal yards pool most of us train in. We had several Masters come from out of state to join us for this meet, which added to the flavor of the event. Tim and his Tankers also got



Timers at the Oregon City Dual Meet

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the crowd warmed up with their boisterous team cheer, which may have been their warm up as they aim for another team spirit award at next month's Association Championships. A lot of our regulars attended, as well as a few Masters we don't see that often. Willard "Wink" Lamb continued to show he has got game at age 92, and on Sunday, David Radcliff made his first appearance as an 80 year old and set 2 unofficial world and national records with his 200 split and his final 400 free time. Many other swimmers also were happy with their results in the longer pool as they fine tune for next month. Sadly, I missed Sunday's events as the illness bug hit me late Friday and after struggling Saturday, my body told me to rest at home on Sunday. Sorry to everyone who was waiting to whoop on the Charlie that day! It was a good weekend at the pool, especially since the weather outside was rather nasty. See you at our Association Championships next month at Mt. Hood.

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Chair's Corner

Jeanne Teisher



2014 OMS Annual Membership Meeting

April 5, 5:00

Mount Hood Community College

On Saturday, April 5, at 5:00 PM, will be the OMS Annual Membership meeting in which OMS members are invited and encouraged to attend and participate. The meeting will only be an hour, at the most. This is a great opportunity for the OMS board to hear from the membership their ideas, suggestions, concerns, questions, comments, etc. It is also our opportunity to share with the membership what we've been working on as well as present some of the short and long term goals and plans we have been discussing. Please plan to attend the meeting as your input is very important to your board of directors. Your input to the organization is invaluable. The meeting location will be at the same location as the banquet, which I am hoping you are planning to attend.

See you at the Association Meet, Annual Membership meeting and banquet.
Jeanne



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Aqua-Master is the official publication of Oregon Masters Swimming. It is a source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. A subscription is part of membership in OMS. Contact Susie Young or Jackie Parker for membership information. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming, Inc. Information is also available on line at www.swimoregon.org.

Send address changes to Susie Young all other questions to Jackie Parker

Volume 41, Number 4, April 2014



Off the Block

Tech Suit 101

It might be tricky to don, but a properly fitted tech suit will help you swim your best

The Professionals at the Swim Team Store

We get up early, work hard all season, put in the yardage, book our tickets, pay our meet fees, and schedule our "vacation" around swim meets. With varying degrees of confidence, we're committed and we're ready to go fast. When it comes time to put some serious cash down on a new technical suit, it almost feels like all that preparation hinges on the right suit choice at the checkout line.

Simply put: it kinda does! Making a great decision about a technical suit isn't just about adding another zero to the sales total to ensure that extra tenth of a second drop. It's all about fit, and it doesn't have to break your budget.

Tech Talk

All major companies have their own version of the greatest technical suit fabrics, which are woven polyester blended micro fiber. For those of us who've been around the deck for a few decades, the new tech suits feel a lot like the old paper suits. And there is a big similarity; the construction is very similar to the old paper suits, but the new fiber is much more advanced. The woven aspect of the suits allows it to be strong, yet very thin. The unique blend of materials combined with advanced hydrophobic coatings makes the fit and function of these new suits far superior to the paper suits of yore.

Today's suits feature advanced adhesives and bonding agents instead of stitching. These materials improve the streamline of the suit and provide a snug yet comfortable fit. Bonded seams decrease the overall drag a suit produces and makes for a flatter and more conforming fit. The Speedo LZR Elite, TYR Tracer AP12, and Arena Car-

bon Pro Mark 2 all use bonded seams to improve fit and reduce drag. Bonded seams, however, make a suit more expensive.

Men's Fitting Tips

For guys, it's simple: you're going to get a jammer: a suit that covers from the hips to just above the knees. Men's tech suit fitting is simpler than for women; if you can get the suit on, then that's probably a good fit. However, there are a few additional tips to keep in mind when shopping for a new tech suit:

Knees. If the suit touches your knees, then it's too big. The bottom of the suit should ride just above your knees, at the bottom of your thighs. It should be snug without feeling like a sausage casing or like it's cutting off circulation.

Silicone grippers. If your suit has little silicone grippers along the bottom inside of the legs (which help keep the suit legs from riding up), then you should flip those inside out as you're putting the suit on. This will allow the suit to slide over the knee and onto the thigh more easily. Flip those seams back down to lock the leg in place.

Hips. If your, ahem, back crack is showing, it's a little too small. Male tech suits are going longer up on the hips and belly, not shorter. The only rule of thumb is the suit must not go over and above the navel, so you'll have some options on a high-waisted jammer if you prefer that fit. A high-waisted suit allows you to pack a little of your belly into the suit, giving you additional streamlining and connectivity through your torso. Regular tech suit jammers typically ride just above the hips.

Men's tech suits should fit like a tight pair of socks, i.e., holding everything snugly without pinching, throughout the length of the suit.

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Fit to Swim

Increasing Mental Fitness

Coach Aubree Gustafson

After receiving many comments about last month's Fit to Swim article on "*Mental Fitness*", I'd like to share Amy Morin's ideas on ways to increase your mental strength. Amy is a licensed clinical social worker and psychotherapist and has created the following list of "*5 Powerful Exercises to Increase Your Mental Strength*". Take time to think through these suggested exercises in order to increase your own mental fitness.

First she suggests evaluating your core beliefs. Individuals develop core beliefs and ideas about oneself and the world around them over time. These thoughts largely depend upon past experiences and can influence our thoughts, behaviors and emotions. Sometimes these thoughts and ideas can be self-supporting, but they can also be counterproductive. As it's been said before, if you think you can, you're right, and if you think you can't, right again. In this way, your core beliefs can become self-fulfilling, either positively or negatively. Amy suggests identifying and evaluating your core beliefs. It might take some time, but very few things are black and white, and modifying your core beliefs can change your life.

Second, expend your mental energy wisely. Mental energy is drained quickly when focused on things you can't control. The more energy lost to negative thought the less is available for new and creative endeavors. Focusing on the things that are in your control is much more productive, such as solving problems and setting goals. The more you strive to expend your mental energy wisely, the easier it becomes, and eventually a new habit and outlook is formed.

Next, work to replace negative thoughts with productive ones. Increasing your own personal awareness of your thoughts and thought processes will help you build resilience. Awareness of your thinking habits and internal voice will help you to keep internalized negative self-talk to a minimum; keeping it from influencing your outward behaviors. Try to replace negative thoughts with more productive self-talk. Be realistic and work on balanced self-talk. This can take a lot of work and self awareness, but can help you become a better more balanced version of yourself.

Practice tolerating discomfort. Being mentally strong does not mean you have to ignore your emotions or discount them. Being mentally strong can make you more aware of your emotions and how to handle them. Mental strength can also involve understanding how to act contrary to your emotions. For instance, if experiencing anxiety in new situations keeps you from trying new things, try stepping out of your comfort zone. This can be very challenging, even uncomfortable, and tolerating these and other emotions takes practice and a lot of strength. It may seem silly, but behaving like the person you would like to become can actually help you get there.

Lastly, Amy says you should reflect on your progress daily. Life is noisy, and it is important to find time for quiet self reflection. She suggests asking yourself what you have learned about your own thoughts and thought processes, your emotions, and behaviors; then plan ahead to what you can work on next. Developing mental strength takes time and patience, and there is always room for self improvement.

Shake and Swim with “Bake”

Take a Breath

Coach Dennis Baker



We all know that if we could swim Freestyle and not take a breath we would be way faster. Unfortunately we need air. Air is a good thing. If you're swimming over 100 meters you need a certain amount of oxygen to maintain a desired pace. So let's look at some tips and facts about breathing to help you swim better.

1. Anchor arm is a huge key. The anchor arm is the arm that is opposite of the side you're breathing. As you enter the anchor arm you must turn your head to breathe early, before or just as the hand plants to anchor. The anchor arm must be barely under the surface and very still and strong. Any movement here will cause resistance and an unstable breath. We often see a breath that turns too far in this case. Having a stable strong and still anchor arm will allow you to have a minimal head turn and you will be able to get your head down sooner to drive you forward efficiently. Some

swimmers like Michael Phelps breathe all the time. How do they do this? It's because they're very efficient and have a great anchor arm.

2. Breathe like you're ahead in the race not behind. Minimal head turn is the main point here. If you breathe looking forwards it will take your body out of alignment and cause a wiggle. Think of breathing into your arm pit more.
3. Don't expel all of your air as soon as your face comes down into the water. Hold your air for just a split second, and then start to let it out steadily until your face comes out on the next breath. This will put you in control of your breathing and control is a great thing in a race and training.

Try these breathing tips and work on your anchor arm, and hey, take a breath.



Amanda Metz



Arlene Delmadge



O = Oregon Record Z = Zone Record (includes Oregon) * = Splits N = National Record (includes Oregon & Zone) W = World Record (includes Oregon, Zone, National)

Code to Teams

NCMJ = North County Masters of Jupiter

OREG = Oregon Masters SFTL = Swim Fort Lauderdale

STAN = Stanford Masters Swimming VCM = Ventura County Masters

Table with columns: PI, Name, Age, Team, Time. Includes sections for Women 30-34, Women 35-39, Women 40-44, Women 45-49, Women 50-54, Women 55-59, Women 60-64, and Women 65-69. Lists various swimming events and results.

1 Harris, Monique	65	OREG	1:12.74	200 Meter Breast				50 Meter Free			
200 Meter Free				1 Yelin, Matt	25	OREG	3:00.85	1 Watt, Bryan C	49	OREG	28.12
1 Gettling, Janet	66	OREG	3:12.15	Men 35-39				2 Thessin, Tyler	49	OREG	31.49
400 Meter Free				50 Meter Free				100 Meter Free			
1 Gettling, Janet	66	OREG	6:30.11	1 Olsen, Byron	36	OREG	27.45	1 McComish, John H	48	OREG	58.96
2 Pierson, Ginger	68	OREG	7:56.33	2 Crooks, Alex	39	OREG	29.68	2 Watt, Bryan C	49	OREG	1:03.90
50 Meter Back				100 Meter Free				3 Thessin, Tyler	49	OREG	1:15.76
1 Rousseau, Sandi	67	OREG	47.34	1 Crooks, Alex	39	OREG	1:05.58	200 Meter Free			
2 Harris, Monique	65	OREG	1:17.21	2 Hawkins, Nathaniel	36	OREG	1:06.08	1 Thessin, Tyler	49	OREG	3:02.78
100 Meter Back				200 Meter Free				400 Meter Free			
1 Rousseau, Sandi	67	OREG	1:42.25	1 Hawkins, Nathaniel	36	OREG	2:25.48	1 Sullivan, Scot A	48	OREG	4:45.35
2 Pierson, Ginger	68	OREG	1:44.18	400 Meter Free				50 Meter Back			
200 Meter Back				1 Miller, Matt	37	OREG	4:48.02	1 Sullivan, Scot A	48	OREG	31.58
1 Pierson, Ginger	68	OREG	3:48.12	2 Hawkins, Nathaniel	36	OREG	5:11.28	100 Meter Back			
50 Meter Breast				50 Meter Back				1 Sullivan, Scot A	48	OREG	1:07.84
1 Gettling, Janet	66	OREG	44.20	1 Crews, Jeffrey T	35	OREG	30.35	50 Meter Breast			
2 Pierson, Ginger	68	OREG	47.34	2 Olsen, Byron	36	OREG	31.86	1 Sullivan, Scot A	48	OREG	34.50
100 Meter Breast				3 Crooks, Alex	39	OREG	35.87	2 Thessin, Tyler	49	OREG	37.38
1 Pierson, Ginger	68	OREG	1:39.94	4 Eagle, Daniel	37	OREG	36.85	3 Waud, Timothy	47	OREG	37.97
2 Gettling, Janet	66	OREG	1:40.65	100 Meter Back				100 Meter Breast			
200 Meter Breast				1 Crews, Jeffrey T	35	OREG	1:06.17	1 Sullivan, Scot A	48	OREG	1:16.30
1 Pierson, Ginger	68	OREG	3:39.15	2 Olsen, Byron	36	OREG	1:10.45	2 Waud, Timothy	47	OREG	1:25.68
2 Gettling, Janet	66	OREG	3:45.38	3 Crooks, Alex	39	OREG	1:18.28	3 Thessin, Tyler	49	OREG	1:27.31
50 Meter Fly				---Eagle, Daniel	37	OREG	DQ	200 Meter Breast			
1 Rousseau, Sandi	67	OREG	42.62	50 Meter Fly				1 Waud, Timothy	47	OREG	3:00.32
400 Meter IM				1 Olsen, Byron	36	OREG	29.67	2 Thessin, Tyler	49	OREG	3:16.93
1 Gettling, Janet	66	OREG	7:27.87	200 Meter Fly				50 Meter Fly			
Women 70-74				1 Miller, Matt	37	OREG	2:46.75	1 Sullivan, Scot A	48	OREG	29.56
50 Meter Free				200 Meter IM				2 McComish, John H	48	OREG	30.79
1 Ward, Joy	72	OREG	40.07	1 Olsen, Byron	36	OREG	2:37.13	100 Meter Fly			
50 Meter Back				2 Crooks, Alex	39	OREG	2:50.44	1 McComish, John H	48	OREG	1:06.40
1 Ward, Joy	72	OREG	43.74	400 Meter IM				2 Waud, Timothy	47	OREG	1:20.60
100 Meter Back				1 Miller, Matt	37	OREG	5:39.83	200 Meter IM			
1 Ward, Joy	72	OREG	1:33.49	Men 40-44				1 Waud, Timothy	47	OREG	2:50.42
200 Meter Back				50 Meter Free				400 Meter IM			
1 Ward, Joy	72	OREG	3:23.65	1 Bolivar, Jose	44	OREG	27.82	1 Waud, Timothy	47	OREG	6:09.75
50 Meter Fly				2 Muessig, Dirk	44	OREG	29.23	Men 50-54			
1 Ward, Joy	72	OREG	43.96	100 Meter Free				50 Meter Free			
				1 Bolivar, Jose	44	OREG	59.33	1 Saltenberger, John	51	OREG	35.15
				2 Muessig, Dirk	44	OREG	1:05.76	100 Meter Free			
				200 Meter Free				1 Baele, Michael D	50	OREG	58.68
				1 Van Andel, Robbert	40	OREG	2:17.46	2 Washburne, Brent	53	OREG	1:00.71
				2 Tujo, Christian	43	OREG	2:21.02	3 Saltenberger, John	51	OREG	1:18.06
				400 Meter Free				4 Bridgnell, Neal	50	OREG	1:21.64
				1 Van Andel, Robbert	40	OREG	4:49.99	200 Meter Free			
				2 Tujo, Christian	43	OREG	5:08.33	1 Phelan, Darren D	51	STAN	2:05.03
				50 Meter Back				2 Bridgnell, Neal	50	OREG	3:06.97
				1 Muessig, Dirk	44	OREG	34.35	400 Meter Free			
				100 Meter Back				1 Hathaway, David	54	OREG	4:54.90
				---Muessig, Dirk	44	OREG	DQ	50 Meter Back			
				200 Meter Back				1 Bridgnell, Neal	50	OREG	47.65
				1 Van Andel, Robbert	40	OREG	2:36.24	100 Meter Back			
				2 Muessig, Dirk	44	OREG	2:59.90	1 Hathaway, David	54	OREG	1:14.56
				200 Meter Breast				200 Meter Back			
				1 Van Andel, Robbert	40	OREG	2:47.09	1 Phelan, Darren D	51	STAN	2:23.79
				50 Meter Fly				50 Meter Breast			
				1 Bolivar, Jose	44	OREG	30.77	1 Cozart, Steven J	51	OREG	42.86
				2 Tujo, Christian	43	OREG	31.82	2 Bridgnell, Neal	50	OREG	46.33
				200 Meter Fly				3 Saltenberger, John	51	OREG	46.78
				1 Van Andel, Robbert	40	OREG	2:49.30	100 Meter Breast			
				200 Meter IM				1 Hathaway, David	54	OREG	1:25.56
				1 Tujo, Christian	43	OREG	2:41.85	2 Cozart, Steven J	51	OREG	1:34.02
				2 Muessig, Dirk	44	OREG	2:46.73	200 Meter Breast			
				400 Meter IM				1 Hathaway, David	54	OREG	3:08.89
				1 Van Andel, Robbert	40	OREG	5:25.25	50 Meter Fly			
				2 Tujo, Christian	43	OREG	5:53.18	1 Phelan, Darren D	51	STAN	28.05
				Men 45-49				2 Baele, Michael D	50	OREG	30.88

3 Saltenberger, John	51	OREG	42.83
100 Meter Fly			
1 Phelan, Darren D	51	STAN	1:02.54
2 Washburne, Brent	53	OREG	1:13.06
200 Meter Fly			
1 Phelan, Darren D	51	STAN	2:21.84
200 Meter IM			
1 Phelan, Darren D	51	STAN	2:22.32
2 Washburne, Brent	53	OREG	2:40.21
3 Hathaway, David	54	OREG	2:40.83
4 Saltenberger, John	51	OREG	3:29.66

Men 55-59

50 Meter Free			
1 Norville, Kent W	55	OREG	37.82
100 Meter Free			
1 Norville, Kent W	55	OREG	1:27.66
2 Helm, Charlie	58	OREG	1:37.51
50 Meter Back			
1 Norville, Kent W	55	OREG	55.27
2 Helm, Charlie	58	OREG	1:01.20
50 Meter Breast			
1 Howell, Richard	55	OREG	34.62
2 Norville, Kent W	55	OREG	48.53
100 Meter Breast			
1 Howell, Richard	55	OREG	1:17.96
200 Meter Breast			
1 Howell, Richard	55	OREG	2:50.74
50 Meter Fly			
1 Norville, Kent W	55	OREG	50.07

Men 60-64

100 Meter Free			
1 Larson, Allen	61	OREG	1:11.97
200 Meter Free			
1 Larson, Allen	61	OREG	2:45.87
400 Meter Free			
1 Phipps, Tom	61	OREG	5:31.11
2 Larson, Allen	61	OREG	6:05.55
100 Meter Breast			
1 Larson, Allen	61	OREG	1:52.72
100 Meter Fly			
1 Phipps, Tom	61	OREG	1:21.66
2 Larson, Allen	61	OREG	1:39.83
200 Meter Fly			
1 Phipps, Tom	61	OREG	3:14.45
200 Meter IM			
1 Larson, Allen	61	OREG	3:35.62
400 Meter IM			
1 Phipps, Tom	61	OREG	6:34.23
Men 65-69			
50 Meter Free			
1 Gruber, Glenn	65	VCM	28.03
100 Meter Free			
1 Gruber, Glenn	65	VCM	1:02.25
200 Meter Free			
1 Gruber, Glenn	65	VCM	2:17.79
400 Meter Free			
1 Gruber, Glenn	65	VCM	4:55.10W
50 Meter Back			
1 Kerns, Hubie	65	VCM	34.46
100 Meter Back			

1 Kerns, Hubie	65	VCM	1:15.27
200 Meter Back			
1 Kerns, Hubie	65	VCM	2:42.87
50 Meter Fly			
1 Kerns, Hubie	65	VCM	31.44
200 Meter IM			
1 Kerns, Hubie	65	VCM	2:35.67W
Men 75-79			
50 Meter Back			
1 Thayer, George	78	OREG	45.66
100 Meter Back			
1 Thayer, George D	78	OREG	1:43.44
Men 80-84			
200 Meter Free			
1 Radcliff, David	80	OREG	2:48.49N
400 Meter Free			
1 Radcliff, David	80	OREG	5:39.27W
Men 90-94			
50 Meter Free			
1 Lamb, Willard J	92	OREG	42.91 Z
100 Meter Free			
1 Lamb, Willard J	92	OREG	1:39.27
400 Meter Free			
1 Lamb, Willard J	92	OREG-	7:46.30W
50 Meter Back			
1 Lamb, Willard J	92	OREG	58.33
100 Meter Back			
1 Lamb, Willard J	92	OREG	2:03.11
200 Meter Back			
1 Lamb, Willard J	92	OREG	4:17.86N

**George Thayer****RELAYS — Women**

Women 120-159 200 Meter Medley Relay			
1	OREG A		2:19.09
Tilton, Katherine 36		Metz, Amanda 34	
Reeves, Tessa 36		Skinner, Sonja 38	

Women 160-199 200 Meter Medley Relay			
1	OREG A		2:57.55
Frewing, Louise 47		Andrade, Julie 53	
Winter, Neva J 41		Squier, Renata 54	

RELAYS — Men

Men 120-159 200 Meter Medley Relay			
1	OREG A		2:11.62
Van Andel, Robbert 40		Olsen, Byron 36	
Watt, Bryan C 49		Estep, Aeric 28	

Men 160-199 200 Meter Medley Relay			
1	OREG A		2:42.16
Crooks, Alex 39		Norville, Kent W 55	
Saltenberger, John 51		Bridgnell, Neal 50	

From SwimmingWorld.com; used by permission

Hubie Kerns, Glenn Gruber, Willard Lamb and David Radcliff Set Masters World Records in Oregon

OREGON CITY, Oregon, March 11. FOUR Masters short course meters world records fell last weekend at a three-day short course meters meet in Oregon in the middle of the short course yards season.

Willard Lamb, who already has six short course meters world records in the 85-89 and 90-94 age groups, broke his own mark in the 400 freestyle in the 90-94 age group with a 7:46.30. Lamb, 92 years old and representing Oregon Masters, previously swam a 7:51.96 at the same meet last year. Though he was far off the world record of 3:59.25 by Japan's Goro Kobayashi in the 200 backstroke, he set a new U.S. Masters Swimming record of 4:29.29 last weekend.

David Radcliff just turned 80 and wasted no time in obliterating a world record in the 80-84 age group in the 400 free. Swimming for Oregon Masters, Radcliff posted a 5:39.27 to take down the 5:56.77 swum in 2011 by Spain's Roberto Alberiche. Radcliff also took aim at Alberiche's 200 free world record of 2:45.24 but fell short with a 2:48.49. Radcliff's time was a USMS record, shattering Graham Johnston's mark by nine seconds. This is Radcliff's first short course meters world record in the 80-84 age group, though he leaves behind six in the 75-79 age group.

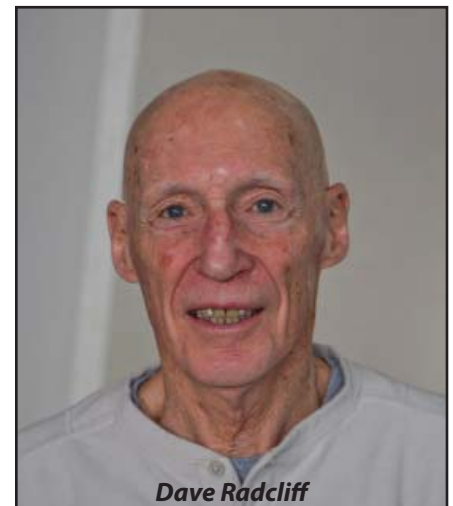
Two swimmers from Ventura County Masters in southern California made the trip north and were rewarded with one world record each. Hubie Kerns, 65, posted a 2:35.67 in the 200 IM to beat Richard Burns' 2:38.42 that had stood as the world and USMS record since 2009 in the 65-69 age group. Kerns has been a part of world record-setting relays for Ventura County Masters, but this marks his first individual world record.

Glenn Gruber also set his first individual world record with a 4:55.10 in the 400 freestyle in the 65-69 age group. Gruber shaved a few tenths off Tom Landis' seven-year-old world record of 4:55.56 in the process.

Gruber, 65, told *Swimming World* that he began using the Ultra-Short Race Pace Training program in September with the explicit goal of breaking the record.

"USRPT is all about race pace," Gruber said. "It makes sense to me to train at the speed you are going to race. All I kept saying behind the blocks before the race was, 'Do what you do every day in practice.'"

The result was not only a world record, but Gruber's fastest swim in the 400 free since 2010.



The Monster Under the Starting Block

Facing the darkness within and moving forward

Chris Campbell

I'm a culinary school washout. However, that hasn't stopped me from diving headfirst into all things foodie. I really enjoy the postings on the [Eatocracy](#) blog on the CNN website. When Kat Kinsman, the blog's Managing Editor, gets posted on the CNN front page, I take notice, because her topic in those cases isn't always food.

Kat Kinsman suffers from what is dryly called generalized anxiety syndrome (300.02 in the *Diagnostic and Statistical Manual of Mental Disorders*), and a recent article she posted graphically described an anxiety attack she had while out Christmas shopping with her husband. The flash of empathy knocked me back a few paces. You see, back in the early 90s, I was going through that same thing myself. I remember the feeling well—the shortness of breath, the racing heart, the cold sweat, the nausea, the panic, and worst of all, that feeling of hopelessness and shame that followed.

Winston Churchill famously described depression as a big black dog that follows the sufferer around. Truman Capote contrasted the onset of the blues with an attack of the reds, and Kat Kinsman described her anxiety as a feral cat that just randomly jumps up and starts clawing away. In my case, I'd wrestled with crises of confidence my entire life, but it seemed normal enough. And I found certain things that would keep the wolves at bay. First and foremost among these was my swimming.

It was not an easy start. I was not nearly as athletic as my peers, but with a little prodding, I stayed with it and caught the bug, eventually earning myself a Big Ten letter jacket ten years later. After the requisite few years of drying off after college, I found my way back to the pool and hitched up with a Masters club. I was having the time of my life for a couple of years, and then in the early 90s, it was as if someone had flipped a switch.

The catalyst was a set of unrealistic expectations at a meet in 1991. The disappointment in my performance coupled with some really tough weather conditions—and my lack of preparation for them—hardcoded a level of anxiety in me, both mental and physical. My mind was quick to associate that anxiety with racing, something that I'd been doing fearlessly for years. The effect was

devastating, all the more so because I could eventually set my watch by it. If the meet were on a Saturday, the panic attack would come Thursday evening, and I would spend all day Friday nursing myself back into a condition where I could at least race the next day, albeit poorly. My self-recriminations were vicious.

And then it got worse. My monster under the starting blocks followed me home from the pool.

It was bad enough that my swimming, something in which I had taken such great pride, was suffering. But now, my relationships with my family, my friends, my teammates, and my coworkers were suffering as well. It seemed as if everything fun in my life fell prey to that beast. And all the while, I grew angrier and angrier with myself. The rage built until one day I found myself standing at the edge, gazing down into the abyss. That's when I remembered an offhand remark that a high school teacher of mine, Bob Doran, made to our psychology class in 1979. He said, "Mental health is a lot like drinking. If you think you have a problem, you probably do, and you should go talk to someone about it."

It is the greatest bit of advice I've ever received. It saved my life. There was no denying that there was something far more serious about this than a few bad meets. I turned back and went to see my doctor, who got me into therapy.

That was more than 20 years ago, and I still go see my psychiatrist regularly. I suffer from a kind of clinical depression (309.28 in the *DSM*, for those of you keeping score at home), but I am coping with it very well, all things considered.

The path that so many of us walk is not an easy one. There is tremendous stigma attached to us by society in general, and sometimes, those closest to us seem to be the least capable of understanding or even accepting and acknowledging the problem.

continued on next page



To make things even more difficult, every case is as unique as the person it afflicts. In my case, it's not something where I can pop a pill and forget it. It's a battle I will fight every day for the rest of my life. I am a survivor, and one of the things I have learned is that survival takes great courage. And that commands respect, if from no one else but yourself.

Think about that for a moment. Courage doesn't mean fearlessness; I have lots of fear. Courage is a skill that I've developed—and it means putting fear into a more reasonable perspective and then moving onwards in spite of it. Recognition of the problem and diagnosis are the first steps. And those are big steps. Realize just how much courage it takes to back away from the abyss and go get help. By yourself. Treatment then helps to build that framework of perspective needed to help manage fear.

Once I was able to take those first steps and start developing that sense of perspective, my courage grew. I still have plenty of fear, but it doesn't seem to stop me in my tracks anymore. Racing has become fun again. And functional. Every time I step up on the blocks, whether my race is fast or slow, whether I come in first or last, my courage grows and my fear diminishes.

Where once I had panic attacks before a meet, now my mantra is, "So many meets; so little money and vacation time."

Some might consider that approach pathological. But the fringe benefits that I've enjoyed as a result say otherwise. Not only does every race make me a better swimmer—smarter technically and stronger mentally—it makes me a better person as well. I respect the courage it takes not only to race, but to train, prepare, and set goals. Not just in me, but in all athletes.

We now have something in common, and from that common ground, I've built countless wonderful and supportive friendships in the water and on the deck. These are the building blocks of a sense of community, a sense of belonging in a positive place. And that, in turn, brings out what Abe Lincoln called, "the better angels of our nature."

I have decided that one of the best ways to help myself is to help others. It's my good fortune to be part of the Masters Swimming community, where such opportunities abound. I coach locally, and I volunteer at the LMSC and USMS levels. I draw inspiration from those around me, and I hope to be able to pass that inspiration on to someone else.

Kat Kinsman, I salute you. I enjoy your work on the Eatocracy blog, I appreciate your openness about your struggles with depression and anxiety, and I have complete empathy for you when the clouds roll in. On days like that, remember what Stephen Fry says—it may be raining now, but it will not rain forever, and the sun will come out. And if it takes too long, go for a swim. I hear feral cats hate the water.

Though I'm not an expert, I am a survivor. These 10 suggestions that may or may not work for you, but I've applied these "Pool Rules" to other aspects of my life with great effect.

10 Pool Rules to Live By

1. **Be you. Not somebody else.** Maybe you're a short axis guy, or a drop-dead sprinter. You are unique, and there's something special about you. It might not be easy to find, but it's worth a lifetime of searching.
2. **It takes four people to swim a relay.** I learned this one growing up with two brothers and a friend in my age group who were faster than I was. Together, we won a conference championship. Everyone around you has value. Be grateful for them. Especially when times are tough.
3. **You're not the Lone Ranger.** If you're suffering, you're not alone. There is support out there. Think about building bridges in your life, not walls. When the heat is on, you'll be glad you did, because some burdens are not meant to be shouldered alone. That's what teammates and friends are for. That's why there are mental health care providers, should the situation require it. But be fair. If someone helps you, return the favor.
4. **Swim in your own lane.** This one is from noted sports psychologist Alan Goldberg. If you're going to worry, worry about those things under your control. Worrying about things that are not (under your control) will wear you out. You can't control whether or not that guy in the lane next to you is going to have the best or worst race of his life. That's not something that should concern you.
5. **Every swim comes in a context.** Judge your success not by where you finish, but by what you had to overcome to get there. Jeff Commings told me that one of his measures of success is swimming a race the way he trained for it. Sometimes, just making it to the pool is a miracle. As Mo Chambers once told me, "It's

continued on next page

a stopwatch. Not a judge of character.”

6. **Sometimes, “Perfect” is the enemy of “Good Enough”.** 99% of the time, you don’t have your best stuff. If you wait for perfect conditions, chances are you’ll never get started. Sometimes, we need to pick our battles, because we’re not going to win every one.
7. **The water is your friend.** Alexander Popov means that you should work with your environment, not fight against it. Learn when to go with the flow, and when to buck the tide.
8. **If something’s worth doing, it’s worth doing well.** More mindless yardage doesn’t make you a better swimmer. Every stroke has a purpose. Have a goal, an intelligent and thoughtful one. If you’re just marking time, you’ll accomplish nothing.
9. **While you may be one workout away from a better day, know the difference between a good workout and just beating yourself up.** If you’re using your workout to punish yourself, it’s time to get out of the water.
10. **RESPECT.** Have respect for the sport, have respect for your competitors and teammates, but most importantly, have respect for yourself. If you can’t love and respect that person in the mirror who stares back at you when you brush your teeth, you’re not going to be able to love and respect anyone else. Once you have that respect, that belief in yourself, you’ll find that you can achieve amazing things.

About the Author—Chris Campbell

Chris Campbell is a long time swimmer and coach with Mountain View Masters. A veteran of psychic wars, he loves swim meets, is a shameless foodie, and takes forever to walk from one end of the pool to the other because he has to stop and chat with so many people.

FROM USMS

Open Water National Championships

Registration now open for several open water events

Registration is still open for the **2014 USMS 2.4-Mile Open Water National Championship**. Hosted by the Chattanooga Open Water Swimmers and Outdoor Chattanooga, the event will be held in Chattanooga in the Tennessee River on May 17.

Registration is also open for the **2014 USMS 1-Mile Open Water National Championship** hosted by Davis Aquatic Masters. The event will be held on June 7 in Lake Berryessa in Napa, Calif.

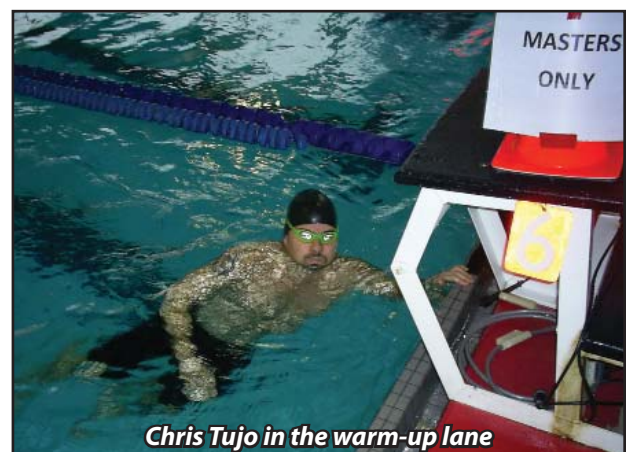
On August 3, join us for the **5K Open Water National Championship**, part of the Cascade Lakes Swim Series and Festival. Hosted by Central Oregon Masters Aquatics, this event will be held in Elk Lake in Bend, Ore. Registration to open soon.

August 16 brings the **2-mile Cable Swim Open Water National Championship** hosted by Adirondack Masters in Mirror Lake in Lake Placid, N.Y.

One week later, Lake George will be the site of the **10K Open Water National Championship** hosted by Green Leaf Racing in Hague, N.Y. Registration opening soon.



Father/daughter got to swim in the Oregon City dual meet



Chris Tujo in the warm-up lane

TECH SUIT 101

continued from page 3

CAUTION: Make sure you've got plenty of string exposed for tying the suit down after you get it on. A classic rookie mistake is to just throw the suit on without checking the string, only to find you've lost an end somewhere in the waistline.

Women's Fitting Tips

Ladies, you've got some serious options and decisions to make when it comes to selecting the right tech suit. Ordering blindly online is a surefire recipe for frustration, but once you find your suit and know it fits, you can order future suits online.

Shoulders. This is the number one area of confusion and range of comfort for a suit that fits. There is no general rule of thumb for how comfortable you should be, but it may be helpful to start with the premise that all areas of the suit should be taut, but not necessarily tight.

If you can get the suit on completely and over the shoulders, then that suit is a candidate for you. You don't have to sacrifice all flesh and feeling to have a good suit. The compression zones and construction pattern of today's technical suits should provide a nice snug fit from

shoulders down, and shouldn't cut into you anywhere. The shoulders will be squeezing down, but you should feel just as much horizontal compression across the chest and torso as you feel down on your shoulders. Ask a friend to slide a couple fingers under the straps and lift up about 2 inches. If they can't, that suit might be too small for you.

Torso. You should feel compression across the chest and belly but still be able to breathe normally. There should be no gaps on the chest letting water in the front or under the armpits. Water's going to get in, but you don't want to give it an easy path.

Knees. Just like with men's suits, if the suit touches your knees, then it's too big. Instead, seek a suit that rests just above your knees, at the bottom of your thighs, with a snug but not-too-tight fit.

Silicone grippers. Again, just like with men's suits, if your suit has little silicone grippers along the bottom inside of the legs flip them inside out to make pulling the suit into position easier. Flip the seams back into place once you've seated the leg properly.

Nothing will replace hard work and the technique you're perfecting every day, but technical suits allow you to maximize your efforts when they're fitted correctly.

The "E" Word

Swimming is so much more than exercise

Linda Shoenberger

Evidently not everyone is as enthralled with exercise as we fitness swimmers are. Take my hairdresser for example. He lives across the street from a beautiful little lake in Reno that was built by the WPA many years ago. I mentioned to him, while he was cutting my hair, that I thought he was lucky to live by such a gorgeous place to walk.

His response was, "I never go over and walk. I'm allergic to the "E" word."

At first it was a little funny that he put it that way. But then I couldn't help thinking how sad it is that he thinks of walking around a beautiful lake as being distasteful exercise.

In fact, people from all over Reno go to Virginia Lake

to walk, jog or run around it. The path around the lake is approximately one mile and the scenery is gorgeous. What an easy way to get exercise and enjoy all the seasons of the year!

Swimming in pools, lakes or the ocean feels like fun to me. Even though every time I get in the water I am exercising, I certainly don't view it as being anything other than completely fun.

So it dawned on me that what makes us so happy (swimming) possibly isn't even seen by swimmers as being exercise. Cerebrally I can make the connection that yes, I am off to exercise when I swim. But emotionally and physically it is a joyful activity that involves social interaction with friends and healthy and playful competition with fellow swimmers in beautiful settings whether they are pools, lakes or oceans.

Perhaps by participating in a sport or activity that brings us joy is a good way to be a role model for our friends who view exercise as just the "E" word.

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2014 (as of 10 Nov 2013)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	Sanction
Sun 18 May	1	Lake Juniper (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	Pool
Sun 15 Jun	1	Hagg Lake	Forest Grove	THB	Mike Healey/ Jim Teisher	800-meter 2000-meter 4000-meter	? ? ?	No No
Sat 28 Jun	1	Foster Lake Cable Swims	Sweet Home	COMA	Bob Bruce	2-mile cable 1-mile cable	Featured Featured	Yes
Sun 13 Jul	1	Willamette River	Portland	THB	Marisa Frieder	17-km downriver	Featured	No
Sat 19 Jul	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Andy Gramley	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter	Qualifying Qualifying Featured	Yes
Sun 20 Jul						1500-meter (Ass'n Champs) 3 x 500-meter Pursuit Relay	Featured Participation	
Fri 1 Aug	3	Cascade Lakes Swim Series & Festival at Elk Lake	Bend	COMA	Bob Bruce	3000-meter 500-meter 1500-meter 5000-meter (National Champs) 1000-meter	Qualifying Qualifying Featured Featured Qualifying	Yes
Sun 3 Aug								

Swimmers must participate at three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all events. Featured events score points by place: 22-18-16-14-12-10-8-6-4-2. Qualifying events score points by place: 11-9-8-7-6-5-4-3-2-1. Participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

Oregon Association Championship — SCY

April 4-6, 2014

OFFICIAL RULES AND GUIDELINES

DISTANCE EVENTS: CHECK-IN DEADLINES

Friday, April 4: **400 IM** – 2:30 PM / **1650 Free** – 3:00 PM

Saturday, April 5: **1000 Free** – Start of the 50 Breast

Sunday, April 6: **500 Free** – 8:30 AM

RELAYS: CHECK-IN DEADLINES

(The 400 and 800 distances of relays will only be offered as time permits, as determined by the Meet Director.)

Saturday, April 5: **Medley Relays** – 9:15 AM / **Mixed Free Relays** - Start of the 50 Breast.

Sunday, April 6: **Free Relays** – Start of the 50 Free / **Mixed Medley Relays** - Start of the 200 Free.

**THE EVENTS LISTED ABOVE WILL BE OFFICIALLY CLOSED AT THE STATED TIMES.
SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY AT THESE TIMES.
THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.**

WORKOUT GROUP SCORING: Only workout groups registered by March 25, 2014, will be able to score points. There will be three workout group categories (Small, Medium, and Large) based upon the number of swimmers entered in the meet for each workout group. There will be a meeting of all the workout group representatives on Saturday, April 5, 2014 at 8:45 a.m. to vote on the breakdown of the groups into these three categories. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the group competition. Full workout group names and their abbreviations are listed below and in the current issue of the Aqua Master. Someone from your workout group must register your team for 2014.

The workout group registration form is on the OMS and USMS websites and in the current Aqua Master issue. Please make sure your group is registered.

Code	Name	Club			
AQDK	Aquaducks Masters	OREG	NCMS	North Clackamas Masters Swimming	OREG
BASS	Baker Area Seasoned Swimmers	OREG	NCSC	North Coast Swim Club	OREG
BRSC	Bearcat Swim Club	OREG	OACM	Oregon Athletic Club Masters	OREG
CAT	Corvallis Aquatic Team Masters	OREG	OCT	Oregon City Tankers	OREG
CBAT	Circumnavigating Beavers Aquatic Team	OREG	OMVM	Oregon Mid-Valley Masters	OREG
CGM	Columbia Gorge Masters	OREG	OPEN	OPEN Narwhals	OREG
CMG	Canby Masters Gators	OREG	ORM	Oregon Reign Masters	OREG
COMA	Central Oregon Masters Aquatics	OREG	PCCM	Portland Community College Masters	OREG
CSTM	Chehalem Swim Team Masters	OREG	PEND	Pendleton Masters Swim Club	OREG
DUCK	University of Oregon Swim Club	DUCK	PSA	Pendleton Swim Association	OREG
EA	Emerald Aquatics	OREG	PSM	Portland State Masters	OREG
FAST	Portland Fast	OREG	RVM	Rogue Valley Masters	OREG
KAM	Salem Kroc Masters	OREG	SHRC	SHARC Masters	OREG
KBM	Klamath Basin Masters	OREG	SYD	Sherwood YMCA Dragons	OREG
LHST	LaCamas Headhunter Swim Team	OREG	TCSO	Team Club Sport Oregon	OREG
LOM	Lake Oswego Masters	OREG	THB	Tualatin Hills Barracudas	OREG
LSC	Lebannon Community Swim Club	OREG	TOR	Tornadoes Swim Club	OREG
MAC	Multnomah Athletic Club Masters	OREG	VSC	Vancouver Swim Club	OREG
MJCC	Mittleman Jewish Community Center	OREG	WVAC	Willamette Valley Aquatic Club	OREG

What you write down on your entry form is your group designation for the meet and no exceptions will be allowed. If you leave this workout group space blank you will be entered as representing the group listed on your 2014 USMS Registration for scoring purposes.

GROUP AWARDS: Awards for First, Second, and Third Place will be awarded for each workout group category.

GROUP SPIRIT AWARD: Awarded to the workout group that demonstrates the most enthusiasm, encouragement, and unity at the OMS Association Championship Meet. All OMS registered workout groups entered in the OMS Association Championships are eligible. Each group represented at the OMS Association Championship Meet shall be afforded one vote. Ballots shall be provided to each group representative on Saturday and must be returned to the Awards Chair no later than Noon on Sunday for tabulation.

IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET,

PLEASE CONTACT: Wes Edwards wesedwards.backstroker@comcast.net (503)460-7989

OREGON MASTERS SWIMMING SHORT COURSE YARD ASSOCIATION CHAMPIONSHIPS

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #374-S003

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit a 2014 registration form and fee with this form.

Hosted by: Mt. Hood Community College
26000 SE Stark
Gresham, Oregon
8 lanes competition, elec. timing.
Separate area for warm-up/down.

DATE: Fri., Sat. & Sun. April 4-6, 2014

FRIDAY: WARM-UPS: 2PM • MEET STARTS: 3PM
SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM
SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM

Meet directors: Dennis Baker • 503-679-4601 • bakeswim@yahoo.com & Aubree Gustafson • 971-404-6968

Directions to the pool: Take I-84. Use Exit 17. Follow Frontage Road to 257th and take a right. Follow 257th past Stark

St. to 17th St. and take a left. Take the first left after the soccer field and left again into the aquatic center parking lot.

ALL ENTRANTS MUST SUBMIT a PHOTOCOPY of THEIR CURRENT USMS REGISTRATION CARD OR 2014 OMS REGISTRATION FORM WITH THIS ENTRY.

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1

ENTRY DEADLINE: POSTMARK NO LATER THAN TUESDAY MARCH 25, 2014

Fill in lower portion completely RETURN LOWER PORTION Fill in lower portion completely

NAME _____ BIRTHDATE _____ AGE _____ SEX _____

ADDRESS _____ 2014 USMS # _____

CITY _____ IF OMS, LOCAL TEAM (SEE LISTINGS ON GUIDELINES PAGE) _____

STATE _____ ZIP _____ USMS CLUB (OREG, PSM DUCK, ETC) _____

PHONE _____

E-MAIL _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+ AND 75+. YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY. ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE COUNTED FOR TEAM POINTS. YOU MAY SWIM THE 200, 400 & 800 YARD DISTANCE OF EACH RELAY ONLY ONCE. THE 400IM, 500, 1000 & 1650 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE POSTED ON-LINE OR IN THIS AQUAMASTER FOR TIMES REGARDING CHECK-IN DEADLINES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDED SLOW TO FAST. SEE GUIDELINES PAGE ON-LINE OR IN THIS AQUAMASTER FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2014 IN ORDER TO SCORE POINTS.

Friday, April 4, 2014

400 IM (1) _____ : _____ . _____

1650 FREE (2) _____ : _____ . _____

Saturday, April 5, 2014

200 IM (3) _____ : _____ . _____

50 BACK (4) _____ : _____ . _____

200 BREAST (5) _____ : _____ . _____

100 FREE (6) _____ : _____ . _____

* break*

MEDLEY RELAYS (7-10)

50 BREAST (11) _____ : _____ . _____

200 BACK (12) _____ : _____ . _____

100 FLY (13) _____ : _____ . _____

* break*

MIXED FREE RELAYS (14-16)

1000 FREE (17) _____ : _____ . _____

ASSOCIATION AWARDS BANQUET - 6PM,
MT. HOOD COMM. COLLEGE

Sunday, April 6, 2014

500 FREE (18) _____ : _____ . _____

Break- 20 minute warm-up, event 20 will not start before 10 am

50 FREE (19) _____ : _____ . _____

200 FLY (20) _____ : _____ . _____

100 BACK (21) _____ : _____ . _____

* break*

FREE RELAYS (22-27)

50 FLY (28) _____ : _____ . _____

200 FREE (29) _____ : _____ . _____

100 BREAST (30) _____ : _____ . _____

100 IM (31) _____ : _____ . _____

* break*

MIXED MEDLEY RELAYS (32-33)

Please plan
to attend the OMS Annual Meeting on Saturday at
5pm - Mt. Hood Comm. College - and be a part of
this great organization!

"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 & 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, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____ DATE _____

Assoc. Awards Banquet • Saturday Evening \$25.00 (all ages) _____ each @ \$25.00 AWARDS BANQUET _____

Vegetarian dinner needed? circle here T-SHIRT _____

Association long sleeve t-shirts S _____ M _____ L _____ XL _____ XXL _____ \$18.00 each MEET ENTRY FEE **28.00**

TOTAL ENCLOSED _____

MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072

**2014 PNA Championship and
Northwest Zone Championship Meet**
Saturday April 12th and Sunday April 13th, 2014
Hosted by Blue Wave Aquatics
Sanctioned by PNA for USMS Inc. #364-xx

LOCATION: Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way, WA 98023 206-296-4444

FACILITY: 50-meter championship pool set up as two 25-yd courses, each with 9-ft wide lanes and a water depth range of 9'-10.5' Continuous warm-up available in 7-lane, 25-yd dive tank.

TIMES: Saturday, Apr 12: Warm-up 9:00-9:50am, meet starts 10 am
Sunday, Apr 13: Warm-up 9:00-9:50am, meet starts 10 am

MEET DIRECTOR: Steve Freeborn, 206-940-7442.
pnachamps@bluewave-aquatics.com

CONCESSIONS: Vendor contracted with KCAC, available in lobby.

RULES: Current USMS rules will govern the meet. Strictly forbidden:
Using hand paddles, fins or kick boards in warm-up areas; Diving in warm-up areas unless in designated sprint lanes.

ELIGIBILITY: Open to all 2014 USMS or foreign registered swimmers 18 and above as of 04/13/2014. Age groups based on the swimmer's age as of 04/13/2014.

ENTRIES: Swimmers may enter up to 6 individual events, 5 individual events/day max. Entries must be **received** by Friday, April 4, 2014 11:59 PM (Pacific Time).

No entries will be accepted after April 4th deadline.

SEEDING: Two courses will be used for the 400 IM, 500 Free, 1000 Free and 1650 Free. A single course will be used for all other events. All events slow to fast. Pre-seeding except for asterisked events, below.

CHECK-IN: 1000 Free – end of Event #6; 500 Free – 9:30am Sunday; 1650 Free – end of Event #18. Swimmers missing the check-in deadline will be scratched from the event.

RELAYS: 18+, 25+ and subsequent ten-year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group. Mixed relays require two men and two women. Relay entries due by noon each day of the meet.

AWARDS: Ribbons for individual places 1 – 6 for both PNA Champs and NW Zones. Medals may be purchased at meet. Plaques for PNA team awards. The top 8 finishers in each event will score team points.

ORDER OF EVENTS:

Saturday, April 12th	Sunday, April 13th
1 400 Individual Medley	13 500 Free *
2 50 Back	14 100 Breast
3 200 Fly	15 50 Fly
4 100 Free	16 200 Free
Break (10 Minute)	Special Awards Presentation
5 100 Back	17 50 Breast
6 50 Free	18 200 Back
7 200 Breast	19 100 Fly
8 100 Individual Medley	20 200 Individual Medley
9 Women's 200 Medley Relay	21 Women's 200 Free Relay
10 Men's 200 Medley Relay	22 Men's 200 Free Relay
11 200 Mixed Free Relay	23 Mixed 200 Medley Relay
12 1000 Free *	24 1650 Free *
	PNA Team Awards

ENTRY FEES: \$34.00 (US or Canadian). includes LMSC and NW Zone surcharges. **PLUS** \$2 per individual event (optional for seniors and needs-based swimmers). No charge for relays. Fees include WA state sales tax.

ONLINE ENTRIES: Enter online at:
https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&SMID=5142

PAPER ENTRIES: Use the Entry Form of the right side of this page.

NOTES: This meet is the NW Zone Championship Meet, as well as the PNA Championship. Individual awards will be presented for both events.

NW Zone Forum Sunday 8:30 am.



DIRECTIONS: From North or South Bound I-5 take exit 142 B. Proceed west on South 348th St for 2 miles. South 348th changes to SW Campus Dr. at 1st Ave. The pool is on the right.

NAME: _____ M F AGE: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 PHONE _____ Email _____
 BIRTHDATE: ____/____/____ USMS #: _____ -

Include a copy of your USMS Registration if not a PNA member

LMSC: (PNA, Oregon, Inland NW, etc.)	PNA Club: (PSM or BWAQ)
PSM Team:	

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

Event #	Event Name	Entry Time

ENTRY FEE: Fees include WA State Sales Tax

SURCHARGE	\$34.00					
INDIVIDUAL EVENTS	+	\$2 Per Event. No charge for relays. No charge for seniors (65+) or need-basis				
T-SHIRTS@ \$20 UNISEX SIZING	+	Small	Med	Lg	XL	XXL
WOMEN'S FIT	+	Small	Med	Lg	XL	XXL
	+	+ \$2 for XXL shirt				
TOTAL	\$	Make checks payable to BWAQ . Mail to: Blue Wave Aquatics, PO Box 24083 Federal Way, WA 98093				

Questions? Email Steve Freeborn at pnachamps@bluewave-aquatics.com
 Paper entries must be **received** by Friday, April 4, 2014. Online entries are due by Midnight (PDT) Friday, April 4, 2014. All swimmers must have a valid 2014 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry. **NO LATE ENTRIES ACCEPTED.**

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the Masters Swimming Program or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages, including all claims for loss or damages caused by the negligence, active or passive, of the following: United States Masters Swimming, INC., the Local Masters Swimming Committees, the Clubs, Host Facilities, Meet Sponsors, Meet Committees, or any individuals officiating at the meets or supervising such activities. In addition, I agree to abide by and be governed by the rules of USMS.

Signature	Date
_____	_____
<input type="checkbox"/> This is my first Masters meet	

TUALATIN HILLS "SIZZLING SUMMER" LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction # 374-S005

Eligibility: Currently registered USMS swimmers, 18 years and older.

Place: Tualatin Hills Aquatic Center Pool
15707 SW Walker Rd.
Beaverton, Oregon

DATE: Saturday, May 31, 2014

50 meters - 6-8 lanes competition-electronic timing
50 meter races will be 3 button timing
Continuous warm-up/down in 1-2 lanes

WARM-UPS: 8AM
MEET STARTS: 9AM

Meet director: Julie Andrade • 503-649-3839 • andradejuliea@yahoo.com

Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

Submit a 2014 registration card or 2014 registration form and fee with this form.

ENTRY DEADLINE: POSTMARK NO LATER THAN TUESDAY MAY 20, 2014



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY



NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____
E-MAIL _____

BIRTHDATE _____ AGE (AS OF 12-31-14) _____ SEX _____
2014 USMS # _____
USMS CLUB (OREG, DUCK, PSM, ETC) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC. 31ST, 2014. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET. 200, 400 AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400 IM AND 1500 FREESTYLE WILL BE DECK SEEDED. CHECK-IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS ARE TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Saturday, May 31, 2014

1500 FREE* (1) _____ : _____ . _____

*** BREAK* (event #2 will not start before 10:30)**

100 BREAST (2) _____ : _____ . _____

200 FREE (3) _____ : _____ . _____

50 FLY (4) _____ : _____ . _____

*** BREAK***

FREE RELAYS (5-10)

100 BACK (11) _____ : _____ . _____

200 BREAST (12) _____ : _____ . _____

50 FREE (13) _____ : _____ . _____

200 IM (14) _____ : _____ . _____

*** BREAK***

MIXED MEDLEY RELAYS (15-16)

100 FLY (17) _____ : _____ . _____

200 BACK (18) _____ : _____ . _____

50 BREAST (19) _____ : _____ . _____

*** BREAK***

MEDLEY RELAYS (20-23)

100 FREE (24) _____ : _____ . _____

200 FLY (25) _____ : _____ . _____

50 BACK (26) _____ : _____ . _____

*** BREAK***

MIXED FREE RELAYS (27-29)

400 IM (30) _____ : _____ . _____

"The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1."

"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 & competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$20.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072

Aqua Master

April 2014

Results

Oregon City Dual Meet SCM

Looking Ahead . . .



DATE	COURSE	MEET	LOCATION
April 4-6	SCY	OMS Association Meet	Gresham, OR
April 12-13	SCY	NW Zone Championship Meet	Federal Way, WA
May 1-4	SCY	USMS Nationals	Santa Clara, CA
May 18	OW*	Lake Juniper Pool Swim	Bend, OR
May 31	LCM	Tualitan Hills Barracudas	Tualatan Hills, OR
June 21-22	SCY	Oregon Senior Games	Bend, OR
July 11-13	LCM	Pendleton Dual Meet	Pendleton, 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
August 22-24	LCM	Gil Young Meet; Oregon & Zone Championships MHCC	Gresham, OR

* Open water events (for the complete open water schedule see page 14)



OMS Board Meetings

April 5— Association Meet
 May 12, 2014
 June 9, 2014

July 14, 2014
 August 11, 2014
 September 27, 2014 — Retreat

