



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

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April is Championships Month!

If it's April, it must be time for championships. Our OMS Association Championship meet was held April 4th-6th at Mt. Hood CC Aquatic Center. Host team, Oregon Reign, had another great effort as our hosts and the competitive spirit was everywhere. The Saturday night awards banquet was also a lot of fun, as we got to see which swimmers excelled during the year, who won some well-deserved awards, plus we had a great guest speaker in 2000 Olympic double-gold medalist and 2008 silver medalist, Megan (Quann) Jendrick. Megan gave a great talk about her career, answered our questions, and graciously posed for photos and autographs afterwards.



Around 275 swimmers signed up for the big meet and there was plenty of team spirit and friendly rivalries all over the aquatic center. Several teams were able to coax members to attend that we haven't seen for awhile, plus the veterans were primed and ready. There always seemed to be some good match-ups in each of the heats, so the spectators were kept entertained. As usual, the "no wagering on the heats" rule was strictly enforced. A few records were broken, and you always knew when the relays were being raced as the volume of the fans went up a few notches. That quiet team from Oregon City won the team spirit award again, and you knew when one of their swimmers was up because the "tank tank" cheer was drifting around the pool. When the three days were over, the host team Oregon Reign had won the large team title, followed by MAC, who repeated as the medium team champs, and PCC Masters won the small team title. A small bonus that many of us have enjoyed is that Brad Bachulis spent the weekend taking photos (like 1500 or so) of everyone and shared them on the OMS website and on Facebook. Thanks Brad!

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Oregon Masters Swimming, Inc. Board Members

Chairman of the Board
Jeanne Teisher
jeanne.teisher@gmail.com 503-574-4557

Vice Chairman - Sanctions
Wes Edwards
wesnad@comcast.net 360-896-8806

Secretary
Mechelle Jacobs-Brown
Goblin34.mjb@gmail.com 360-601-8132

Treasurer
Kermit Yensen
kermit.yensen@gmail.com 503-704-1382

Registrar
Susie Young
swim.pdx@gmail.com 503-475-8004

Aqua Master Editor Alice Zabudsky
azabudsky@msn.com 503-630-7499

Awards (Annual) Ginger Pierson
gingerpierson3946@gmail.com 360-253-5712

Coaches Dennis Baker
bakeswim@yahoo.com 503-679-4601

Data Manager (swim meets) Gary Whitman
all5reds@comcast.net 360-896-6818

Fitness Chair Aubree Gustafson
aubree.gustafson@gmail.com 971-404-6968

HOST/Social Ginger Pierson
gingerp@qwest.net 360-253-5712

Long Distance Bob Bruce
coachbob@bendbroadband.com 541-317-4851

Membership
Database Christina Fox
foxkohnert@peak.org 541-929-5991
Promotion Jackie Parker
parkerjacqueline@yahoo.com 503-774-3592

Officials (swim meets) Jacki Allender
seewun@proaxis.com 541-753-5681

OMS email Group Maintenance Susie Young
swim.pdx@gmail.com 503-475-8004

Records Stephen Darnell
financialwizard2@comcast.net 360-834-6020

Safety Joy Ward
silenteclipse1210@hotmail.com 503-777-5514

Souvenirs Tim Waud
twaud@aol.com 503-341-3152

Sunshine Lynn Thompson
lthompsonata@yahoo.com 503-667-5094

Team Reps
OREG Bruce Andrus-Hughes
blueheron83@comcast.net
DUCK Tyler Jessop
uoswim@uoregon.edu
NW Zone Tim Waud
northwest@usms.org 503-341-3152
USMS Sandi Rousseau
swim@gorge.net 541-354-2580

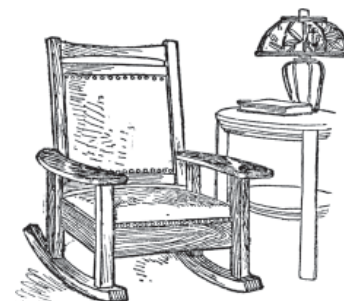
Top Ten MJ Caswell
mjcaswell@earthlink.net 541-478-0437

Web Master Bonnie Edwards
pxdxbon@comcast.net 503-288-5140

Principal Founders of OMS:
Connie Wilson
Earl Walter

Chair's Corner

Jeanne Teisher



THANK YOU — OREGON REIGN MASTERS

Were you able to be part of this year's Association SCY Championship meet at Mt. Hood Community College, April 4-7? If you were you know how well organized and efficient every aspect of the meet was. Not only were there some incredible swims, the meet was fun for swimmers, families, and spectators.

I know from experience organizing a meet of this caliber is not easy. As anyone who has organized a swim meet, particularly an Association Championship meet, will attest it takes a good deal of time before, during, and after the event and lots of volunteers. Having a bit of patience is also helpful.

On behalf of all of us Oregon Masters swimmers, a big thank you to the below key individuals who were instrumental in making this year's Association SCY Championship meet at Mt. Hood Community College a tremendous success. Please note that this is just a few of the volunteers that contributed their time and energy to organizing and running the event. A meet of this size requires many, many volunteers – too many to name but their time was also very, very much appreciated.

- Aubree Gustafson — Meet Director
- Dennis Baker — Meet Director
- Sandy Gustafson
- Tam Jenkins
- Carole Miles
- Ginger Pierson
- Roxanne Redwine-Baker
- Dianne Viales
- Bonnie Edwards
- A ton of timers for 3 days
- Officials for 3 days
- MHAC Staff

Again, THANK YOU!

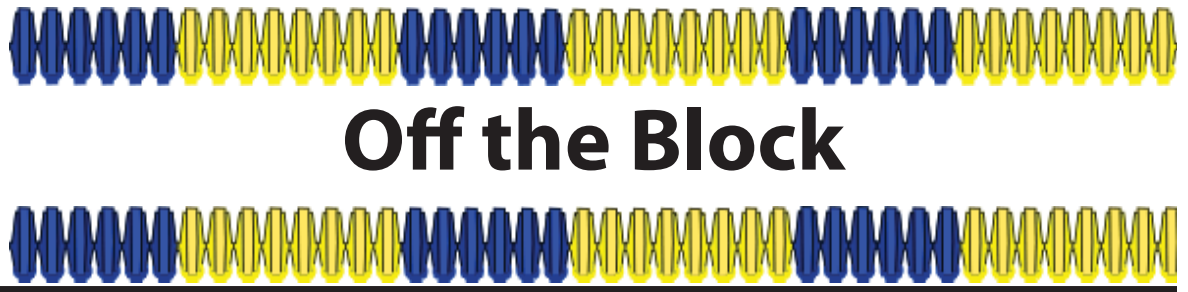
Jeanne

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

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Off the Block

Why I Love Swimming

It's an anti-aging miracle for this 60 year old

Robert Singer

Before the Start

I was 60 years old, 5'-10", and pushing 200 pounds a year ago. My blood pressure was 140/90, and my physician said we'd watch it for six months and put me on medication if it stayed elevated. I had been an avid cyclist and runner, but had to give them up about 12 years ago because of arthritis that resulted in a total hip replacement five years previously. I tried swimming with the local Masters group but the coach focused on the triathletes who had bad strokes and high fitness. I had a good stroke and low fitness, and I found all the drills to be boring and I wanted to spend the time I had allocated to fitness actually swimming. I had been swimming twice a week with my wife, 2,000 yards per workout, and gradually getting slower as I gained weight and aged. My body mass index put me squarely in the "overweight" category. I was depressed about aging and my growing gut. My future looked like a steady decline into heart disease and obesity.

The Start

During our twice-weekly swims a year ago, we noticed a new Masters coach arrived. We met her and she encouraged us to join. She seemed young (everybody was starting to seem young) and she lacked formal coaching experience, so we did not jump into the program. At the end of the summer all the triathletes started to fill up the pool again and it was getting hard to find pool time, so we reluctantly joined the Masters group just to be able to count on part of a lane. The coach, Dennie Swan-Scott, created different workouts for each group of swimmers, and we found the workouts were just right for us. She had a perfect balance of encouragement and ruthless-

ness that got us to work far harder than we ever did on our own.

At first I would be dead on the couch for the rest of a day after a workout. Dennie's infectious smile and attitude



that it "would be fun" made it impossible to say, "I can't do that." She somehow knew just what we could accomplish, and gradually my repeat hundreds on 2:00 minutes went to 1:45, even when I insisted at first I couldn't repeat on that interval. The workouts crept past 3,000 yards each. That fall I went from twice a week to three times, and then four times a week by adding swims when I traveled for business. Dennie talked us into going to meets, which were intimidating at first but strangely not depressing, even though I wasn't winning anything. She organized water polo games, silly relays, and several social gatherings at our houses. We had become a group who encouraged each other and it really was fun. Swimming had become our major leisure and social activity. Our other friends were convinced we'd been taken up by aliens or joined a cult, which was not too far from the truth.

The Middle

I was feeling more energy after the practices, and the weight started to come off. I looked at my daily bowl of ice cream as requiring 3,500 yards of swimming to burn off, and it just wasn't worth it, so I stopped eating deserts without a lot of disappointment. My diet improved because fitness was on my mind all the time, and more weight came off. Within four months I lost 20 pounds, and within eight months my weight was down over 25 pounds and under 170 for the first time in twenty years.

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Fit to Swim

Reducing Your Carbon Footprint

Coach Aubree Gustafson

In honor of Earth Day, April 22nd, 2014, I wanted to share some ideas on how to reduce your carbon footprint. You might be asking just what is a “carbon footprint” and why is it important? So we’ll start with the basic definition from the Merriam-Webster Dictionary. A carbon footprint is defined as “the amount of greenhouse gases, specifically carbon dioxide, emitted by something (such as a person’s activities or a product’s manufacture and transport) during a given period”. Carbon dioxide (CO₂) is the primary greenhouse gas in our atmosphere, and the amount of CO₂ in the atmosphere directly influences how much of the sun’s heat stays in the atmosphere; this is a key factor in climate change. According to The Nature Conservancy, one ton of carbon dioxide is released into the atmosphere when someone travels 5,000 miles in an airplane, drives 2,500 miles in a mid-sized car, or when a tree approximately 40 feet tall and 1 foot in diameter is cut down and burned. And now you’re asking, what does this have to do with me? Below are a list of ideas on how we can all reduce our carbon footprint while living our day to day lives thus helping ourselves, and the planet, live healthier lives.

- ◆ Use your commute as your workout; bike, walk or run to work.
- ◆ If work is too far for a bike ride, take public transit or carpool whenever possible.
- ◆ Always bring your own water bottle with you; this cuts down on plastic waste.
- ◆ Buy less! Replace items only when you really need to.
- ◆ Purchase products and foods with less packaging to reduce waste.
- ◆ Take shorter showers to conserve water and only run the dishwasher and washing machine when they are full.
- ◆ Purchase energy efficient appliances whenever possible.
- ◆ Eat local and organic foods.
- ◆ Choosing in season foods from a local farmers’ market are great since they haven’t traveled far from farm to table.
- ◆ Recycle everything you can, and purchase recycled products whenever possible.
- ◆ Plant a garden and compost food waste to use in it.
- ◆ Unplug your electronics when not in use.
- ◆ Don’t use the garbage disposal and compost instead.
- ◆ Weather-proof your home to avoid increased heating bills in the cooler months and the need for air conditioning in the warmer months.

These are only a few ideas on how to reduce your carbon footprint, and there are many others. If you think you are already doing a pretty good job, you can always see if there is anything more you could do; consider using the “What’s My Carbon Footprint?” calculator on The Nature Conservancy website, where you can also learn what you can do to offset your carbon footprint.

Reminder-The 5K and 10K Postal National Championships can be completed starting May 15th – September 15th in LCM pools. Start planning for your postal swims with a visit to www.USMS.org for more information, and don’t forget open water season is right around the corner!

Shake and Swim with “Bake”

Old Mo

Coach Dennis Baker



It helps some people I teach to swim to think in different ways about their swimming. Momentum is a theory we don't think about a lot when we are swimming. Momentum is so important to being a better swimmer. Let's look at some ideas and tips for Freestyle to maybe shed some new light on your activities in the water.

1. You are never going faster than when you dive in or are pushing off the wall. Try to hold on to that momentum as long as you can by having a good streamline and breakout.
2. Be wary of hitches in your strokes. These are dead spots that almost completely stop you in the water and you don't even realize you're doing it. In Freestyle the most common mistake I see is not keeping your anchor arm up long enough when you're breathing. Also if your legs are too

far apart it acts as kind of a parachute and creates resistance which is a big momentum killer. Lastly in Freestyle, if your head is too high or you are looking forward underwater it will hurt your momentum.

3. Make sure your hands are acting like paddles for you. Keep at least 3 fingers together so you make a pocket in your hand to grab and catch the water to keep your momentum going.
4. Lastly, make sure your body is at attention when you swim. Good posture and a nice a-line, very still body, is a key to keeping up your speed.

Try these tips and think about your body in relation to momentum. If you can keep “Old Mo” going longer you will be well on your way to being a better Freestyler.

APRIL IS CHAMPIONSHIP MONTH

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The following weekend, 20 OMS swimmers signed up for the PNA & NW Zone Championship meet in Federal Way, WA. Nearly 350 swimmers signed up for this meet, at what most of us simply call the best pool in the Northwest. This was also a very fun meet as you had all the team spirit of the PNA Championship, plus, all of our Oregon swimmers were fresh off our big meet and ready to continue our efforts at a world class, fast pool. Several Zone records were broken at this meet and it seemed everyone from OMS improved their times from the prior week. We also supported each other and offered encouragement and feedback throughout the weekend. Many of us who had great swims and times at our OMS meet the week before were very surprised to improve even more at the Zone meet. If you've never swam at Federal Way before, you don't know what you're missing—a great pool and fast times, plus great hosts.

See you next time at the pool!



Long Distance Swimming

Coach Bob Bruce



The Oregon Club had a jump in participation and a strong performance in the 2014 USMS One-Hour Postal National Championships, held in January in your local pool. Our overall participation was short of our record, but there were many good swims, and the Oregon Club was runner-up in the Extra-Large Club category.

Oregon Participation summary:

- 176 Oregon swimmers entered the event, up from our 2013 level but not to our 2012 standard.
- 95 women & 81 men swam and entered; once again, the gals slightly outpaced the guys.
- 17 Oregon local teams were represented. Well done, teams, but we're still missing participation from a few of you, and we're still missing representative participation from many of you.
- Our ONE Oregon Individual Record breaker—Jayna Tomac;
- Our FOUR relay teams that smashed Oregon One-Hour Relay Records;
- Our TWO swimmers, Jayna Tomac (4870 yards) and Hardy Lussier (5405 yards), who topped the Oregon women's and men's categories respectively, Hardy for the third consecutive year;
- Our 23 swimmers whose performances qualified or moved them up on the Oregon All-Time Top Twelve list for the One-Hour Swim, a very challenging list to make;
- Our Oregon Club, who placed SECOND in the Extra Large Club & Overall category behind New England Masters;
- Everyone who participated!

Congratulations to...

- Our TWO individual National Champions (USMS Long Distance All-American)—Dave Radcliff & Charles Bushey;
- Our EIGHTEEN other individual swimmers who made the top ten (and thus received medals).
- Our SIX relay team National Champions (USMS Long Distance Relay All-Americans);
- Our TWELVE other relay teams who made the top six (and thus received medals—note that all 18 Oregon Club relays made the top 6!);
- Our ONE USMS Relay Record breaking team—the Men's 65+ relay of Bob Bruce, Jed Cronin, & Steve Johnson, who broke the old record held by Oregonians Ralph Mohr, Tom Landis, & Dave Radcliff by just thirty yards.

There's a bonus—176 Oregon-registered swimmers have completed the first of the three legs of the Oregon Postal Participation Award. These swimmers just have to swim & enter both the 5 or 10-km postal and the 3000 or 6000-yard postal later this year to snag this award. You've seen the patches—now you can earn your own. Of course, the truly compulsive swimmers (I speak only for myself) plan to complete all four remaining postal swims this year to earn the National Participation Award.

Where do we go from here? Keep on swimming—the essence of the postal events is to do them. Next up are the 5 & 10-km postal national championships, to be done between May 15 and September 15 in a long course pool. This postal event is hosted this year by Rogue Valley Masters, so your entry goes to help one of our own local teams!

Look for the full 2014 Oregon LMSC results in this *Aqua Master*.

Good luck and good swimming!

Oregon Association Meet — SCY

April 4-6, 2014; Gresham, Oregon

O = Oregon Record **N** = National Record (includes Oregon & Zone Records)
Z = Zone Record (includes Oregon Record) **W** = World Record (includes Oregon, Zone, and National Records)
***** = Splits **X** = Non-OMS member — can't win points for team in this meet

Women 18-24

50 Yard Freestyle

| | | |
|---------------------|---------|----------------|
| 1 Miller, Laura | 22 ORM | 25.64 O |
| 2 Stacy, Jessica | 24 MAC | 26.39 |
| 3 Miller, Lindsay | 21 DUCK | 26.62 |
| 4 Sinclair, Katelyn | 19 DUCK | 28.79 |
| 5 Beech, Emma | 18 DUCK | 31.86 |
| 6 Mccombs, Amanda | 24 ORM | 34.90 |
| 7 Mawson, Delaney | 19 ORM | 51.48 |



100 Yard Freestyle

| | | |
|------------------------|---------|---------|
| 1 Foley, Megan | 23 MAC | 56.31 |
| 2 Miller, Lindsay | 21 DUCK | 59.37 |
| 3 Wellington, Samantha | 19 DUCK | 1:04.49 |
| 4 Shepherd, Bridget | 20 DUCK | 1:05.60 |
| 5 Beech, Emma | 18 DUCK | 1:10.05 |
| 6 Mccombs, Amanda | 24 ORM | 1:14.39 |

200 Yard Freestyle

| | | |
|-------------------|--------|---------|
| 1 Stacy, Jessica | 24 MAC | 2:06.97 |
| 2 Schmidt, Olivia | 20 ORM | 2:30.97 |

500 Yard Freestyle

| | | |
|------------------------|---------|---------|
| 1 Larsen, Meagan | 22 PCCM | 6:39.23 |
| 2 Schmidt, Olivia | 20 ORM | 6:44.75 |
| 3 Wellington, Samantha | 19 DUCK | 6:55.26 |
| 4 Mccombs, Amanda | 24 ORM | 7:04.04 |

1000 Yard Freestyle

| | | |
|-------------------|--------|----------|
| 1 Schmidt, Olivia | 20 ORM | 14:17.73 |
|-------------------|--------|----------|

50 Yard Backstroke

| | | |
|---------------------|---------|---------|
| 1 Miller, Laura | 22 ORM | 28.86 |
| 2 Shepherd, Bridget | 20 DUCK | 33.38 |
| 3 Larsen, Meagan | 22 PCCM | 36.27 |
| 4 Mccombs, Amanda | 24 ORM | 37.73 |
| 5 Mawson, Delaney | 19 ORM | 1:13.48 |

50 Yard Breaststroke

| | | |
|------------------------|---------|-------|
| 1 Miller, Laura | 22 ORM | 33.73 |
| 2 Stacy, Jessica | 24 MAC | 33.94 |
| 3 Miller, Lindsay | 21 DUCK | 35.31 |
| 4 Larsen, Meagan | 22 PCCM | 36.35 |
| 5 Sinclair, Katelyn | 19 DUCK | 37.12 |
| 6 Shepherd, Bridget | 20 DUCK | 39.38 |
| 7 Wellington, Samantha | 19 DUCK | 39.51 |
| 8 Beech, Emma | 18 DUCK | 44.49 |

100 Yard Breaststroke

| | | |
|---------------------|---------|------------------|
| 1 Foley, Megan | 23 MAC | 1:11.28 O |
| 2 Stacy, Jessica | 24 MAC | 1:13.28 |
| 3 Miller, Lindsay | 21 DUCK | 1:17.59 |
| 4 Larsen, Meagan | 22 PCCM | 1:20.29 |
| 5 Sinclair, Katelyn | 19 DUCK | 1:21.66 |

200 Yard Breaststroke

| | | |
|------------------|---------|---------|
| 1 Foley, Megan | 23 MAC | 2:34.08 |
| 2 Stacy, Jessica | 24 MAC | 2:37.26 |
| 3 Larsen, Meagan | 22 PCCM | 2:57.19 |

50 Yard Butterfly

| | | |
|-------------------|---------|-------|
| 1 Miller, Laura | 22 ORM | 27.46 |
| 2 Miller, Lindsay | 21 DUCK | 29.04 |

100 Yard IM

| | | |
|---------------------|---------|------------------|
| 1 Foley, Megan | 23 MAC | 1:03.43 O |
| 2 Miller, Laura | 22 ORM | 1:04.15 |
| 3 Larsen, Meagan | 22 PCCM | 1:14.95 |
| 4 Sinclair, Katelyn | 19 DUCK | 1:17.79 |
| 5 Schmidt, Olivia | 20 ORM | 1:21.35 |

200 Yard IM

| | | |
|------------------|--------|------------------|
| 1 Foley, Megan | 23 MAC | 2:15.19 O |
| 2 Stacy, Jessica | 24 MAC | 2:21.67 |



| | | |
|-------------------|---------|---------|
| 3 Miller, Lindsay | 21 DUCK | 2:29.12 |
| 4 Schmidt, Olivia | 20 ORM | 2:57.44 |

400 Yard IM

| | | |
|----------------|--------|------------------|
| 1 Foley, Megan | 23 MAC | 4:46.52 Z |
|----------------|--------|------------------|

Women 25-29

50 Yard Freestyle

| | | |
|----------------------|---------|-------|
| 1 Lou, Susan | 26 CGM | 27.92 |
| 2 Eastman, Catherine | 29 MAC | 28.05 |
| 3 Bearden, Amy | 28 PCCM | 28.81 |
| 4 Bowen, Kelsey | 28 MAC | 28.90 |
| 5 Esser, Elizabeth | 27 PCCM | 31.52 |
| 6 Mannebach, Chelsea | 27 RVM | 32.94 |
| 7 Placek, Christine | 29 PCCM | 33.83 |

100 Yard Freestyle

| | | |
|---------------------|---------|---------|
| 1 Somera, Christine | 28 ORM | 58.60 |
| 2 Lou, Susan | 26 CGM | 1:03.67 |
| 3 Bearden, Amy | 28 PCCM | 1:04.32 |
| 4 Esser, Elizabeth | 27 PCCM | 1:08.42 |
| 5 Wihl, Sarah | 28 THB | 1:35.54 |

200 Yard Freestyle

| | | |
|---------------------|---------|---------|
| 1 Somera, Christine | 28 ORM | 2:07.67 |
| 2 Bowen, Kelsey | 28 MAC | 2:15.55 |
| 3 Esser, Elizabeth | 27 PCCM | 2:32.54 |
| 4 Coates, Shannon | 28 THB | 2:33.50 |

500 Yard Freestyle

| | | |
|----------------------|--------|---------|
| 1 Eastman, Catherine | 29 MAC | 5:53.30 |
| 2 Bowen, Kelsey | 28 MAC | 6:05.48 |
| 3 Coates, Shannon | 28 THB | 7:00.92 |

1000 Yard Freestyle



| | | | |
|-----------------------|----|------|----------|
| 1 Eastman, Catherine | 29 | MAC | 12:04.32 |
| 2 Coates, Shannon | 28 | THB | 14:31.90 |
| 1650 Yard Freestyle | | | |
| 1 Bowen, Kelsey | 28 | MAC | 21:30.90 |
| 2 Coates, Shannon | 28 | THB | 25:02.70 |
| 50 Yard Backstroke | | | |
| 1 Rother, Renee | 26 | OCT | 29.91 |
| 2 Eastman, Catherine | 29 | MAC | 32.42 |
| 3 Lou, Susan | 26 | CGM | 32.74 |
| 4 Bearden, Amy | 28 | PCCM | 35.49 |
| 100 Yard Backstroke | | | |
| 1 Rother, Renee | 26 | OCT | 1:04.29 |
| 2 Placek, Christine | 29 | PCCM | 1:21.69 |
| 50 Yard Breaststroke | | | |
| 1 Rother, Renee | 26 | OCT | 32.82 |
| 2 Somera, Christine | 28 | ORM | 37.69 |
| 100 Yard Breaststroke | | | |
| 1 Rother, Renee | 26 | OCT | 1:12.34 |
| 2 Blair, Heather | 28 | ORM | 1:16.20 |
| 3 Mannebach, Chelsea | 27 | RVM | 1:39.69 |
| 50 Yard Butterfly | | | |
| 1 Rother, Renee | 26 | OCT | 28.00 |
| 2 Lou, Susan | 26 | CGM | 31.73 |
| 3 Bearden, Amy | 28 | PCCM | 32.52 |
| 4 Bowen, Kelsey | 28 | MAC | 32.59 |
| 5 Placek, Christine | 29 | PCCM | 40.84 |
| 6 Mannebach, Chelsea | 27 | RVM | 41.37 |
| 100 Yard Butterfly | | | |
| 1 Rother, Renee | 26 | OCT | 1:03.72 |
| 2 Somera, Christine | 28 | ORM | 1:07.05 |
| 3 Lou, Susan | 26 | CGM | 1:18.70 |
| 4 Bearden, Amy | 28 | PCCM | 1:19.07 |
| 200 Yard Butterfly | | | |
| 1 Somera, Christine | 28 | ORM | 2:32.59 |
| 100 Yard IM | | | |
| 1 Blair, Heather | 28 | ORM | 1:10.86 |
| 2 Bowen, Kelsey | 28 | MAC | 1:11.57 |
| 3 Lou, Susan | 26 | CGM | 1:13.62 |
| 4 Bearden, Amy | 28 | PCCM | 1:15.91 |
| 5 Esser, Elizabeth | 27 | PCCM | 1:22.05 |
| 6 Mannebach, Chelsea | 27 | RVM | 1:29.04 |
| 7 Placek, Christine | 29 | PCCM | 1:31.64 |
| 200 Yard IM | | | |
| 1 Esser, Elizabeth | 27 | PCCM | 3:00.82 |
| 400 Yard IM | | | |
| 1 Somera, Christine | 28 | ORM | 5:08.89 |
| 2 Blair, Heather | 28 | ORM | 5:11.36 |

Women 30-34

| | | | |
|---------------------|----|-----|-------|
| 50 Yard Freestyle | | | |
| 1 Gustafson, Aubree | 33 | ORM | 27.41 |

| | | | |
|------------------------|----|------|----------|
| 2 Campbell, Suzanne | 34 | COMA | 28.24 |
| 3 Buelow, Vicky | 32 | ORM | 28.26 |
| 4 Faith, Jennifer | 32 | CAT | 28.66 |
| 5 Stevens, Jessica | 30 | BRSC | 30.06 |
| 6 Hudec, Jessica | 30 | CGM | 34.45 |
| 100 Yard Freestyle | | | |
| 1 Campbell, Suzanne | 34 | COMA | 1:01.97 |
| 2 Stevens, Jessica | 30 | BRSC | 1:08.09 |
| 3 Parker, Phuong | 32 | LHST | 1:42.69 |
| 200 Yard Freestyle | | | |
| 1 Melina, Emily | 34 | WVAC | 2:07.49 |
| 2 Danielsen, Alexandra | 31 | MAC | 2:19.92 |
| 1000 Yard Freestyle | | | |
| 1 Danielsen, Alexandra | 31 | MAC | 13:09.50 |
| 2 Chan, Laura | 31 | ORM | 14:06.98 |
| 1650 Yard Freestyle | | | |
| 1 Hudec, Jessica | 30 | CGM | 26:54.53 |
| 50 Yard Backstroke | | | |
| 1 Buelow, Vicky | 32 | ORM | 32.45 |
| 2 Stevens, Jessica | 30 | BRSC | 36.66 |
| 100 Yard Backstroke | | | |
| 1 Melina, Emily | 34 | WVAC | 1:06.92 |
| 2 Stevens, Jessica | 30 | BRSC | 1:16.95 |
| 3 Hudec, Jessica | 30 | CGM | 1:25.87 |
| 50 Yard Breaststroke | | | |
| 1 Metz, Amanda | 33 | OCT | 34.75 |
| 2 Faith, Jennifer | 32 | CAT | 34.82 |
| 3 Gustafson, Aubree | 33 | ORM | 35.88 |
| 4 Buelow, Vicky | 32 | ORM | 37.62 |
| 5 Chan, Laura | 31 | ORM | 44.84 |
| 100 Yard Breaststroke | | | |
| 1 Metz, Amanda | 33 | OCT | 1:15.31 |
| 2 Faith, Jennifer | 32 | CAT | 1:16.42 |
| 3 Gustafson, Aubree | 33 | ORM | 1:17.94 |
| 200 Yard Breaststroke | | | |
| 1 Metz, Amanda | 33 | OCT | 2:43.18 |
| 2 Faith, Jennifer | 32 | CAT | 2:48.97 |
| 3 Gustafson, Aubree | 33 | ORM | 2:49.73 |
| 50 Yard Butterfly | | | |
| 1 Melina, Emily | 34 | WVAC | 28.14 |
| 2 Buelow, Vicky | 32 | ORM | 29.51 |
| 3 Danielsen, Alexandra | 31 | MAC | 31.17 |
| 4 Metz, Amanda | 33 | OCT | 31.19 |
| 5 Faith, Jennifer | 32 | CAT | 32.25 |



| | | | |
|---------------------|----|------|---------|
| 6 Legault, Aubrie | 32 | THB | 32.31 |
| 7 Chan, Laura | 31 | ORM | 35.24 |
| 8 Stevens, Jessica | 30 | BRSC | 35.53 |
| 100 Yard Butterfly | | | |
| 1 Metz, Amanda | 33 | OCT | 1:09.94 |
| 2 Campbell, Suzanne | 34 | COMA | 1:13.71 |
| 3 Chan, Laura | 31 | ORM | 1:19.49 |
| 200 Yard Butterfly | | | |
| 1 Legault, Aubrie | 32 | THB | 3:04.29 |
| 2 Hudec, Jessica | 30 | CGM | 3:30.46 |
| 100 Yard IM | | | |
| 1 Buelow, Vicky | 32 | ORM | 1:10.67 |
| 2 Faith, Jennifer | 32 | CAT | 1:11.56 |
| 3 Metz, Amanda | 33 | OCT | 1:11.60 |
| 4 Campbell, Suzanne | 34 | COMA | 1:12.18 |
| 5 Legault, Aubrie | 32 | THB | 1:18.50 |
| 6 Chan, Laura | 31 | ORM | 1:24.01 |
| 7 Hudec, Jessica | 30 | CGM | 1:25.58 |
| 200 Yard IM | | | |
| 1 Gustafson, Aubree | 33 | ORM | 2:36.05 |
| 2 Campbell, Suzanne | 34 | COMA | 2:39.90 |
| 3 Chan, Laura | 31 | ORM | 2:55.82 |
| 400 Yard IM | | | |
| 1 Gustafson, Aubree | 33 | ORM | 5:36.53 |
| 2 Hudec, Jessica | 30 | CGM | 6:34.18 |

Women 35-39

| | | | |
|--------------------|----|------|---------|
| 50 Yard Freestyle | | | |
| 1 Skinner, Sonja | 37 | OCT | 26.10 |
| 2 Reeves, Tessa | 35 | OCT | 27.23 |
| 3 Kasenga, Amy | 39 | CGM | 27.28 |
| 4 Hanson, Carrie | 39 | RVM | 29.11 |
| 5 McAfee, Carolee | 38 | LHST | 29.17 |
| 6 Woods, Alanna | 39 | THB | 36.55 |
| 7 Grassman, Emily | 37 | OCT | 42.61 |
| 8 Havelka, Julie | 39 | THB | 42.82 |
| 100 Yard Freestyle | | | |
| 1 Skinner, Sonja | 37 | OCT | 57.42 |
| 2 Reeves, Tessa | 35 | OCT | 1:00.13 |
| 3 Kasenga, Amy | 39 | CGM | 1:02.14 |
| 4 McAfee, Carolee | 38 | LHST | 1:04.98 |
| 5 Hanson, Carrie | 39 | RVM | 1:05.71 |
| 6 Knowles, Melynda | 39 | PCCM | 1:09.89 |

| | | |
|-----------------------|---------|----------|
| 7 Harrison, Elizabeth | 39 THB | 1:30.43 |
| 8 Grassman, Emily | 37 OCT | 1:36.23 |
| 200 Yard Freestyle | | |
| 1 Reeves, Tessa | 35 OCT | 2:16.63 |
| 500 Yard Freestyle | | |
| 1 Keegan, Shannon | 39 RVM | 6:31.90 |
| 2 Harrison, Elizabeth | 39 THB | 8:22.44 |
| 3 Woods, Alanna | 39 THB | 9:12.62 |
| 1000 Yard Freestyle | | |
| 1 Keegan, Shannon | 39 RVM | 13:20.61 |
| 2 Knowles, Melynda | 39 PCCM | 16:05.48 |
| 1650 Yard Freestyle | | |
| 1 Keegan, Shannon | 39 RVM | 22:10.14 |
| 50 Yard Backstroke | | |
| 1 McAfee, Carolee | 38 LHST | 32.75 |
| 2 Tilton, Katherine | 35 OCT | 33.27 |
| 3 Hanson, Carrie | 39 RVM | 34.02 |
| 4 Kasenga, Amy | 39 CGM | 34.54 |
| 5 Knowles, Melynda | 39 PCCM | 38.60 |
| 6 Grassman, Emily | 37 OCT | 49.70 |
| 100 Yard Backstroke | | |
| 1 Tilton, Katherine | 35 OCT | 1:10.54 |
| 2 McAfee, Carolee | 38 LHST | 1:11.46 |
| 3 Hanson, Carrie | 39 RVM | 1:11.87 |
| 4 Arata, Melissa | 37 OCT | 1:12.58 |
| 5 Grassman, Emily | 37 OCT | 1:51.11 |
| 200 Yard Backstroke | | |
| 1 Arata, Melissa | 37 OCT | 2:37.23 |
| 50 Yard Breaststroke | | |
| 1 Kasenga, Amy | 39 CGM | 35.68 |
| 2 Knowles, Melynda | 39 PCCM | 36.97 |
| 3 Reeves, Tessa | 35 OCT | 37.32 |
| 4 Grassman, Emily | 37 OCT | 53.43 |
| 100 Yard Breaststroke | | |
| 1 Keegan, Shannon | 39 RVM | 1:26.83 |
| 200 Yard Breaststroke | | |
| 1 Knowles, Melynda | 39 PCCM | 2:59.36 |
| 2 Keegan, Shannon | 39 RVM | 3:03.88 |
| 50 Yard Butterfly | | |
| 1 Skinner, Sonja | 37 OCT | 28.76 |
| 2 Kasenga, Amy | 39 CGM | 29.50 |
| 3 Reeves, Tessa | 35 OCT | 31.07 |
| 4 McAfee, Carolee | 38 LHST | 31.90 |
| 5 Arata, Melissa | 37 OCT | 34.28 |
| 6 Hanson, Carrie | 39 RVM | 35.31 |



| | | |
|-----------------------|---------|---------|
| 100 Yard Butterfly | | |
| 1 Skinner, Sonja | 37 OCT | 1:03.36 |
| 2 Reeves, Tessa | 35 OCT | 1:11.78 |
| 3 Arata, Melissa | 37 OCT | 1:18.67 |
| 4 Harrison, Elizabeth | 39 THB | 1:45.33 |
| 100 Yard IM | | |
| 1 Skinner, Sonja | 37 OCT | 1:07.27 |
| 2 Kasenga, Amy | 39 CGM | 1:10.52 |
| 3 McAfee, Carolee | 38 LHST | 1:13.45 |
| 4 Hanson, Carrie | 39 RVM | 1:15.45 |
| 5 Grassman, Emily | 37 OCT | 1:55.60 |
| 6 Harrison, Elizabeth | 39 THB | 2:00.97 |
| 200 Yard IM | | |
| 1 Skinner, Sonja | 37 OCT | 2:24.67 |
| 2 Arata, Melissa | 37 OCT | 2:40.43 |
| 3 Keegan, Shannon | 39 RVM | 2:49.39 |
| 4 Harrison, Elizabeth | 39 THB | 4:09.59 |

Women 40-44

| | | |
|-----------------------|---------|----------|
| 50 Yard Freestyle | | |
| 1 Collins, Kathleen | 42 CGM | 26.08 |
| 2 Pettit, Susan | 42 THB | 27.48 |
| 3 Wily, Marcie | 40 CGM | 28.05 |
| 4 McClafferty, C. | 40 VSC | 28.74 |
| 5 Dean, Kelly | 42 LHST | 28.99 |
| 6 Cooper, Cheryl | 42 BRSC | 31.47 |
| 7 Ready, Jodi | 42 CGM | 32.12 |
| 8 Gonzalez, Shirlene | 44 BRSC | 33.20 |
| 100 Yard Freestyle | | |
| 1 Pettit, Susan | 42 THB | 59.89 |
| 2 McClafferty, C. | 40 VSC | 1:03.07 |
| 3 Cooper, Cheryl | 42 BRSC | 1:10.80 |
| 4 Edwards, Bonnie | 42 ORM | 1:12.04 |
| 5 Hirsch, Christine | 44 CAT | 1:15.15 |
| 6 Ready, Jodi | 42 CGM | 1:15.73 |
| 200 Yard Freestyle | | |
| 1 Collins, Kathleen | 42 CGM | 2:09.29 |
| 2 Edwards, Bonnie | 42 ORM | 2:36.46 |
| 3 Werthaiser, Wendy | 44 RVM | 2:41.34 |
| 4 Gonzalez, Shirlene | 44 BRSC | 2:53.16 |
| 500 Yard Freestyle | | |
| 1 Tomac, Jayna | 42 COMA | 5:37.32 |
| 2 Edwards, Bonnie | 42 ORM | 6:42.41 |
| 1000 Yard Freestyle | | |
| 1 Edwards, Bonnie | 42 ORM | 13:39.77 |
| 2 Hirsch, Christine | 44 CAT | 14:12.43 |
| 3 Gonzalez, Shirlene | 44 BRSC | 16:31.54 |
| 1650 Yard Freestyle | | |
| 1 Tomac, Jayna | 42 COMA | 19:25.60 |
| 2 Edwards, Bonnie | 42 ORM | 22:48.08 |
| 50 Yard Backstroke | | |
| 1 Dean, Kelly | 42 LHST | 33.03 |
| 2 Pettit, Susan | 42 THB | 33.17 |
| 3 Gonzalez, Shirlene | 44 BRSC | 42.52 |
| 4 Ready, Jodi | 42 CGM | 43.21 |
| 100 Yard Backstroke | | |
| 1 Collins, Kathleen | 42 CGM | 1:03.66 |
| 2 Pettit, Susan | 42 THB | 1:09.79 |
| 3 Wily, Marcie | 40 CGM | 1:10.32 |
| 4 Dean, Kelly | 42 LHST | 1:11.05 |
| 5 Sandoval, Lisa | 42 CGM | 1:17.14 |
| 6 Frieder, Marisa | 44 THB | 1:25.66 |
| 200 Yard Backstroke | | |
| 1 Dean, Kelly | 42 LHST | 2:43.01 |
| 2 Criscione, Anicia | 40 CAT | 2:45.20 |
| 50 Yard Breaststroke | | |
| 1 Tomac, Jayna | 42 COMA | 32.59 |
| 2 Frieder, Marisa | 44 THB | 39.14 |
| 3 Sandoval, Lisa | 42 CGM | 40.34 |
| 4 Cooper, Cheryl | 42 BRSC | 41.09 |
| 5 Ready, Jodi | 42 CGM | 43.38 |
| 6 Gonzalez, Shirlene | 44 BRSC | 45.42 |
| 100 Yard Breaststroke | | |
| 1 Frieder, Marisa | 44 THB | 1:23.00 |
| 2 Sandoval, Lisa | 42 CGM | 1:27.11 |
| 200 Yard Breaststroke | | |
| 1 Tomac, Jayna | 42 COMA | 2:35.19 |
| 2 Frieder, Marisa | 44 THB | 3:01.36 |
| 3 Criscione, Anicia | 40 CAT | 3:05.15 |
| 4 Sandoval, Lisa | 42 CGM | 3:07.75 |
| 50 Yard Butterfly | | |
| 1 Wily, Marcie | 40 CGM | 29.86 |
| 2 McClafferty, C. | 40 VSC | 30.02 |
| 3 Pettit, Susan | 42 THB | 30.46 |
| 4 Dean, Kelly | 42 LHST | 31.49 |
| 100 Yard Butterfly | | |
| 1 McClafferty, C. | 40 VSC | 1:09.09 |
| 2 Dean, Kelly | 42 LHST | 1:17.74 |
| 3 Werthaiser, Wendy | 44 RVM | 1:24.98 |
| 4 Ready, Jodi | 42 CGM | 1:32.79 |
| 200 Yard Butterfly | | |
| 1 McClafferty, C. | 40 VSC | 2:38.96 |
| 100 Yard IM | | |
| 1 Collins, Kathleen | 42 CGM | 1:07.45 |
| 2 Wily, Marcie | 40 CGM | 1:10.40 |
| 3 Sandoval, Lisa | 42 CGM | 1:18.09 |
| 4 Frieder, Marisa | 44 THB | 1:21.15 |
| 5 Cooper, Cheryl | 42 BRSC | 1:23.15 |
| 6 Werthaiser, Wendy | 44 RVM | 1:23.61 |
| 7 Gonzalez, Shirlene | 44 BRSC | 1:28.04 |
| 200 Yard IM | | |



| | | | |
|---------------------|---------|---------|----------|
| 1 Tomac, Jayna | 42 COMA | 2:23.60 | O |
| 2 Pettit, Susan | 42 THB | 2:28.44 | |
| 3 Criscione, Anicia | 40 CAT | 2:48.66 | |
| 4 Sandoval, Lisa | 42 CGM | 2:50.57 | |
| 5 Frieder, Marisa | 44 THB | 2:57.65 | |
| 6 Werthaiser, Wendy | 44 RVM | 3:01.32 | |
| 7 Ready, Jodi | 42 CGM | 3:03.32 | |

Women 45-49

50 Yard Freestyle

| | | | |
|-----------------------|--------|-------|--|
| 1 Asch, Jill | 47 MAC | 26.31 | |
| 2 Phillips, Sue | 49 CAT | 28.98 | |
| 3 Glaeser, Sharon | 49 ORM | 29.79 | |
| 4 Starr, Sarah | 46 OCT | 33.73 | |
| 5 Welty-Fick, Carolyn | 49 CGM | 34.73 | |
| * Asch, Jill | 47 MAC | 26.45 | |

100 Yard Freestyle

| | | | |
|-----------------------|---------|---------|--|
| 1 Asch, Jill | 47 MAC | 59.16 | |
| 2 Phillips, Sue | 49 CAT | 1:02.55 | |
| 3 Davitt, Karen | 45 TCSO | 1:09.07 | |
| 4 Starr, Sarah | 46 OCT | 1:15.41 | |
| 5 Welty-Fick, Carolyn | 49 CGM | 1:19.13 | |

200 Yard Freestyle

| | | | |
|-------------------|--------|---------|--|
| 1 Phillips, Sue | 49 CAT | 2:14.69 | |
| 2 Frewing, Louise | 46 THB | 2:39.52 | |

500 Yard Freestyle

| | | | |
|-------------------|--------|---------|--|
| 1 Phillips, Sue | 49 CAT | 6:04.28 | |
| 2 Frewing, Louise | 46 THB | 6:59.99 | |

1000 Yard Freestyle

| | | | |
|-----------------|--------|----------|--|
| 1 Phillips, Sue | 49 CAT | 12:46.52 | |
|-----------------|--------|----------|--|

50 Yard Backstroke

| | | | |
|-----------------------|---------|-------|--|
| 1 Asch, Jill | 47 MAC | 31.70 | |
| 2 Daubersmith, Britta | 48 OCT | 34.93 | |
| 3 Davitt, Karen | 45 TCSO | 36.34 | |
| 4 Welty-Fick, Carolyn | 49 CGM | 42.42 | |



100 Yard Backstroke

| | | | |
|-----------------------|--------|---------|--|
| 1 Daubersmith, Britta | 48 OCT | 1:17.37 | |
| 2 Frewing, Louise | 46 THB | 1:17.74 | |

200 Yard Backstroke

| | | | |
|-----------------------|--------|---------|--|
| 1 Daubersmith, Britta | 48 OCT | 2:43.35 | |
| 2 Frewing, Louise | 46 THB | 2:47.53 | |

50 Yard Breaststroke

| | | | |
|-----------------------|--------|-------|--|
| 1 Asch, Jill | 47 MAC | 35.44 | |
| 2 Welty-Fick, Carolyn | 49 CGM | 40.12 | |

| | | | |
|----------------|--------|-------|--|
| 3 Starr, Sarah | 46 OCT | 43.48 | |
|----------------|--------|-------|--|

100 Yard Breaststroke

| | | | |
|-----------------------|--------|---------|--|
| 1 Welty-Fick, Carolyn | 49 CGM | 1:30.56 | |
| 2 Starr, Sarah | 46 OCT | 1:34.71 | |

200 Yard Breaststroke

| | | | |
|-------------------|--------|---------|--|
| 1 Glaeser, Sharon | 49 ORM | 3:14.99 | |
|-------------------|--------|---------|--|

50 Yard Butterfly

| | | | |
|-----------------------|--------|-------|--|
| 1 Asch, Jill | 47 MAC | 29.66 | |
| 2 Daubersmith, Britta | 48 OCT | 34.24 | |
| 3 Starr, Sarah | 46 OCT | 40.47 | |

100 Yard IM

| | | | |
|-----------------------|--------|---------|--|
| 1 Asch, Jill | 47 MAC | 1:10.64 | |
| 2 Daubersmith, Britta | 48 OCT | 1:16.15 | |
| 3 Frewing, Louise | 46 THB | 1:23.14 | |
| 4 Welty-Fick, Carolyn | 49 CGM | 1:28.20 | |

200 Yard IM

| | | | |
|-------------------|--------|---------|--|
| 1 Frewing, Louise | 46 THB | 3:00.68 | |
|-------------------|--------|---------|--|

400 Yard IM

| | | | |
|-----------------|---------|---------|--|
| 1 Davitt, Karen | 45 TCSO | 6:17.40 | |
|-----------------|---------|---------|--|

Women 50-54

50 Yard Freestyle

| | | | |
|----------------------|---------|-------|--|
| 1 Ferguson, Ellen | 51 MAC | 27.44 | |
| 2 Jenkins, Valerie | 50 ORM | 28.26 | |
| 3 Viales, Dianne | 52 ORM | 29.50 | |
| 4 Lamoureux, Lori | 54 TCSO | 29.55 | |
| 5 Vincent, Nancy | 54 LHST | 30.50 | |
| 6 Tyynismaa, Terri | 51 CGM | 30.77 | |
| 7 Balderston, Leslie | 53 ORM | 31.16 | |
| 8 Andrade, Julie | 53 THB | 32.96 | |
| 9 Squier, Renata | 53 OCT | 34.60 | |
| 10 Fox, Christina | 53 CAT | 36.11 | |

100 Yard Freestyle

| | | | |
|----------------------|---------|---------|--|
| 1 Squires, Lynn | 50 TCSO | 1:01.76 | |
| 2 Jenkins, Valerie | 50 ORM | 1:03.13 | |
| 3 Tyynismaa, Terri | 51 CGM | 1:07.75 | |
| 4 Balderston, Leslie | 53 ORM | 1:10.10 | |
| 5 Fox, Christina | 53 CAT | 1:15.48 | |
| 6 Andrade, Julie | 53 THB | 1:15.56 | |
| 7 Croucher, Denise | 50 LHST | 1:20.11 | |

200 Yard Freestyle

| | | | |
|----------------------|---------|---------|----------|
| 1 Ferguson, Ellen | 51 MAC | 2:10.55 | O |
| 2 Tyynismaa, Terri | 51 CGM | 2:30.10 | |
| 3 Lamoureux, Lori | 54 TCSO | 2:30.46 | |
| 4 Balderston, Leslie | 53 ORM | 2:35.77 | |
| 5 Squier, Renata | 53 OCT | 2:45.31 | |

500 Yard Freestyle

| | | | |
|----------------------|---------|---------|--|
| 1 Lamoureux, Lori | 54 TCSO | 6:47.94 | |
| 2 Vincent, Nancy | 54 LHST | 6:50.81 | |
| 3 Rakoz, Karon | 53 ORM | 8:09.86 | |
| 4 Dittebrandt, Ellen | 52 CGM | 8:12.64 | |

1000 Yard Freestyle

| | | | |
|--------------------|---------|----------|--|
| 1 Malloy, Janie | 52 PCCM | 14:56.38 | |
| 2 Croucher, Denise | 50 LHST | 15:20.42 | |
| 3 Rakoz, Karon | 53 ORM | 17:16.13 | |

1650 Yard Freestyle

| | | | |
|----------------------|---------|----------|--|
| 1 Squires, Lynn | 50 TCSO | 21:01.32 | |
| 2 Lamoureux, Lori | 54 TCSO | 23:46.97 | |
| 3 Cutz, Terri | 50 ORM | 26:25.79 | |
| 4 Dittebrandt, Ellen | 52 CGM | 28:26.54 | |
| 5 Rakoz, Karon | 53 ORM | 28:35.96 | |

50 Yard Backstroke

| | | | |
|---------------------|---------|-------|--|
| 1 Jenkins, Valerie | 50 ORM | 32.07 | |
| 2 Squires, Lynn | 50 TCSO | 38.21 | |
| 3 Redwine-Baker, R. | 54 ORM | 39.95 | |



| | | | |
|------------------|--------|-------|--|
| 4 Andrade, Julie | 53 THB | 42.02 | |
| 5 Squier, Renata | 53 OCT | 46.88 | |

100 Yard Backstroke

| | | | |
|--------------------|--------|---------|--|
| 1 Jenkins, Valerie | 50 ORM | 1:10.88 | |
| 2 Viales, Dianne | 52 ORM | 1:19.33 | |
| 3 Fox, Christina | 53 CAT | 1:29.37 | |

200 Yard Backstroke

| | | | |
|------------------|--------|---------|--|
| 1 Goodman, Ann | 54 CGM | 2:44.30 | |
| 2 Fox, Christina | 53 CAT | 3:06.87 | |

50 Yard Breaststroke

| | | | |
|---------------------|---------|-------|--|
| 1 Jenkins, Valerie | 50 ORM | 37.19 | |
| 2 Vincent, Nancy | 54 LHST | 38.34 | |
| 3 Lamoureux, Lori | 54 TCSO | 38.80 | |
| 4 Squires, Lynn | 50 TCSO | 39.30 | |
| 5 Andrade, Julie | 53 THB | 42.25 | |
| 6 Redwine-Baker, R. | 54 ORM | 42.35 | |
| 7 Malloy, Janie | 52 PCCM | 43.87 | |
| 8 Croucher, Denise | 50 LHST | 45.41 | |
| 9 Tyynismaa, Terri | 51 CGM | 45.57 | |

100 Yard Breaststroke

| | | | |
|----------------------|---------|---------|--|
| 1 Ferguson, Ellen | 51 MAC | 1:18.37 | |
| 2 Vincent, Nancy | 54 LHST | 1:25.18 | |
| 3 Caswell, Mj | 53 CGM | 1:28.21 | |
| 4 O'Connell, Anne | 53 EA | 1:30.88 | |
| 5 Fox, Christina | 53 CAT | 1:32.53 | |
| 6 Malloy, Janie | 52 PCCM | 1:35.05 | |
| 7 Croucher, Denise | 50 LHST | 1:38.13 | |
| 8 Dittebrandt, Ellen | 52 CGM | 1:42.59 | |

200 Yard Breaststroke

| | | | |
|------------------|---------|---------|--|
| 1 Vincent, Nancy | 54 LHST | 3:02.82 | |
| 2 Caswell, Mj | 53 CGM | 3:03.83 | |



| | | |
|----------------------|---------|---------|
| 3 Fox, Christina | 53 CAT | 3:20.62 |
| 50 Yard Butterfly | | |
| 1 Jenkins, Valerie | 50 ORM | 30.89 |
| 2 Caswell, Mj | 53 CGM | 32.23 |
| 3 Tynnismaa, Terri | 51 CGM | 35.00 |
| 4 Balderston, Leslie | 53 ORM | 35.57 |
| 5 Malloy, Janie | 52 PCCM | 39.38 |
| 6 Andrade, Julie | 53 THB | 39.51 |
| 7 Rakoz, Karon | 53 ORM | 39.93 |
| 8 Squier, Renata | 53 OCT | 40.07 |
| 9 O'Connell, Anne | 53 EA | 40.09 |
| 100 Yard Butterfly | | |
| 1 Caswell, Mj | 53 CGM | 1:13.29 |
| 2 Balderston, Leslie | 53 ORM | 1:24.16 |
| 3 Lamoureux, Lori | 54 TCSO | 1:24.61 |
| 4 Malloy, Janie | 52 PCCM | 1:35.18 |
| 5 Bowman, Marcie | 50 OMVM | 1:51.78 |



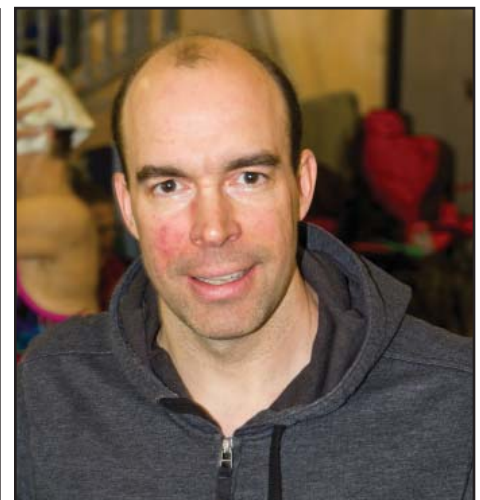
| | | |
|--------------------|---------|---------|
| 100 Yard IM | | |
| 1 Ferguson, Ellen | 51 MAC | 1:11.91 |
| 2 Viales, Dianne | 52 ORM | 1:19.20 |
| 3 Tynnismaa, Terri | 51 CGM | 1:23.31 |
| 4 Malloy, Janie | 52 PCCM | 1:27.13 |
| 5 Andrade, Julie | 53 THB | 1:27.83 |
| 6 O'Connell, Anne | 53 EA | 1:27.95 |
| 7 Rakoz, Karon | 53 ORM | 1:31.56 |
| 8 Squier, Renata | 53 OCT | 1:35.67 |
| 9 Croucher, Denise | 50 LHST | 1:37.28 |
| 200 Yard IM | | |
| 1 Caswell, Mj | 53 CGM | 2:44.98 |
| 2 Viales, Dianne | 52 ORM | 2:45.58 |
| 3 Vincent, Nancy | 54 LHST | 2:56.40 |
| 4 Rakoz, Karon | 53 ORM | 3:28.92 |
| 5 Bowman, Marcie | 50 OMVM | 3:56.51 |
| 400 Yard IM | | |
| 1 Caswell, Mj | 53 CGM | 6:06.66 |

Women 55-59

| | | |
|------------------------|---------|---------|
| 50 Yard Freestyle | | |
| 1 Andrus-Hughes, Karen | 56 TCSO | 26.86 |
| 2 Dewolf, Mj | 55 COMA | 31.14 |
| 3 Marsh, Debra | 59 LHST | 41.97 |
| 100 Yard Freestyle | | |
| 1 Andrus-Hughes, Karen | 56 TCSO | 1:00.39 |
| 2 Marsh, Debra | 59 LHST | 1:35.01 |
| 200 Yard Freestyle | | |

| | | |
|------------------------|---------|------------|
| 1 Harrington, Sue | 56 CGM | 2:44.63 |
| 2 Shuman, Connie | 59 COMA | 3:39.48 |
| 500 Yard Freestyle | | |
| 1 Sweat, Mary | 56 OREG | 5:55.26O |
| 2 Shuman, Connie | 59 COMA | 9:13.41 |
| X Marsh, Debra | 59 LHST | 9:16.97 |
| 1000 Yard Freestyle | | |
| 1 Sweat, Mary | 56 OREG | 12:06.03 |
| 2 Harrington, Sue | 56 CGM | 14:56.90 |
| 3 Shuman, Connie | 59 COMA | 18:55.02 |
| * Sweat, Mary | 56 OREG | 12:00.51 Z |
| 1650 Yard Freestyle | | |
| 1 Sweat, Mary | 56 OREG | 19:48.78 Z |
| 2 Kitch, Carol | 58 BASS | 25:36.46 |
| 3 Shuman, Connie | 59 COMA | 31:06.38 |
| 50 Yard Backstroke | | |
| 1 Andrus-Hughes, Karen | 56 TCSO | 31.06 |
| 2 Worden, Laura | 56 CAT | 36.81 |
| 3 Marsh, Debra | 59 LHST | 51.92 |
| 100 Yard Backstroke | | |
| 1 Andrus-Hughes, Karen | 56 TCSO | 1:07.21 |
| 200 Yard Backstroke | | |
| 1 Andrus-Hughes, Karen | 56 TCSO | 2:34.89 |
| 2 Worden, Laura | 56 CAT | 2:50.15 |
| 50 Yard Breaststroke | | |
| 1 Crabbe, Colette | 57 ORM | 35.13 |
| 2 Dewolf, Mj | 55 COMA | 39.38 |
| 3 Harrington, Sue | 56 CGM | 43.62 |
| 4 Shuman, Connie | 59 COMA | 56.33 |
| 100 Yard Breaststroke | | |
| 1 Crabbe, Colette | 57 ORM | 1:15.68 Z |
| 2 Dewolf, Mj | 55 COMA | 1:28.87 |
| 3 Harrington, Sue | 56 CGM | 1:33.67 |
| 200 Yard Breaststroke | | |
| 1 Crabbe, Colette | 57 ORM | 2:45.46 Z |
| 2 Harrington, Sue | 56 CGM | 3:25.58 |
| 100 Yard Butterfly | | |
| 1 Worden, Laura | 56 CAT | 1:12.33 |
| 100 Yard IM | | |
| 1 Andrus-Hughes, Karen | 56 TCSO | 1:09.04O |
| 200 Yard IM | | |
| 1 Crabbe, Colette | 57 ORM | 2:26.19 Z |
| 2 Worden, Laura | 56 CAT | 2:50.37 |
| 3 Harrington, Sue | 56 CGM | 3:11.07 |
| 4 Shuman, Connie | 59 COMA | 4:08.08 |
| 400 Yard IM | | |
| 1 Crabbe, Colette | 57 ORM | 5:14.93 Z |
| 2 Worden, Laura | 56 CAT | 5:58.90 |

Women 60-64



| | | |
|----------------------|---------|----------|
| 50 Yard Freestyle | | |
| 1 Royle, Mary Anne | 61 ORM | 32.42 |
| 100 Yard Freestyle | | |
| 1 Royle, Mary Anne | 61 ORM | 1:11.76 |
| 2 Summers, Jeanna | 60 ORM | 1:14.09 |
| 3 Teisher, Jeanne | 62 THB | 1:17.75 |
| 200 Yard Freestyle | | |
| 1 Royle, Mary Anne | 61 ORM | 2:43.20 |
| 2 Asleson, Elke | 62 OMVM | 3:07.46 |
| 500 Yard Freestyle | | |
| 1 Summers, Jeanna | 60 ORM | 6:56.55 |
| 1000 Yard Freestyle | | |
| 1 Teisher, Jeanne | 62 THB | 15:49.19 |
| 1650 Yard Freestyle | | |
| 1 Milner, Nancy | 62 ORM | 32:09.74 |
| 50 Yard Backstroke | | |
| 1 Summers, Jeanna | 60 ORM | 38.27 |
| 2 Royle, Mary Anne | 61 ORM | 38.60 |
| 3 Coffeen, Linda | 62 ORM | 58.65 |
| 100 Yard Backstroke | | |
| 1 Royle, Mary Anne | 61 ORM | 1:25.96 |
| 200 Yard Backstroke | | |
| 1 Summers, Jeanna | 60 ORM | 2:53.87 |
| 2 Royle, Mary Anne | 61 ORM | 3:15.09 |
| 3 Asleson, Elke | 62 OMVM | 3:30.92 |
| 4 Coffeen, Linda | 62 ORM | 4:23.65 |
| 50 Yard Breaststroke | | |
| 1 Hartman, Christy | 61 COMA | 38.84 |
| 100 Yard Butterfly | | |
| 1 Asleson, Elke | 62 OMVM | 1:38.16 |
| 200 Yard Butterfly | | |
| 1 Asleson, Elke | 62 OMVM | 3:41.29 |
| 100 Yard IM | | |
| 1 Summers, Jeanna | 60 ORM | 1:25.28 |
| 200 Yard IM | | |
| 1 Summers, Jeanna | 60 ORM | 3:03.68 |
| 2 Asleson, Elke | 62 OMVM | 3:33.89 |
| 400 Yard IM | | |
| 1 Asleson, Elke | 62 OMVM | 7:18.48 |
| Women 65-69 | | |
| 50 Yard Freestyle | | |
| 1 Rousseau, Sandi | 66 CGM | 34.32 |
| 2 Kay, Rebecca | 67 RVM | 35.70 |
| 3 Binder, Lauren | 66 MAC | 37.49 |
| * Gettling, Janet | 65 COMA | 31.55 |



| | | | |
|-----------------------|----|------|------------------|
| 100 Yard Freestyle | | | |
| 1 Rousseau, Sandi | 66 | CGM | 1:19.82 |
| 2 Binder, Lauren | 66 | MAC | 1:22.92 |
| 3 Kay, Rebecca | 67 | RVM | 1:23.56 |
| 200 Yard Freestyle | | | |
| 1 Binder, Lauren | 66 | MAC | 3:00.22 |
| 500 Yard Freestyle | | | |
| 1 Binder, Lauren | 66 | MAC | 7:54.92 |
| 2 Mathewson, Geri | 65 | RVM | 8:15.67 |
| 1000 Yard Freestyle | | | |
| 1 Mathewson, Geri | 65 | RVM | 16:54.11 |
| 1650 Yard Freestyle | | | |
| 1 Binder, Lauren | 66 | MAC | 26:36.10 |
| 2 Mathewson, Geri | 65 | RVM | 28:13.05 |
| 50 Yard Backstroke | | | |
| 1 Gettling, Janet | 65 | COMA | 38.82 |
| 2 Rousseau, Sandi | 66 | CGM | 41.79 |
| 100 Yard Backstroke | | | |
| 1 Rousseau, Sandi | 66 | CGM | 1:30.36 |
| 2 Pierson, Ginger | 68 | ORM | 1:31.94 |
| 200 Yard Backstroke | | | |
| 1 Pierson, Ginger | 68 | ORM | 3:14.57 |
| 2 Rousseau, Sandi | 66 | CGM | 3:16.45 |
| 50 Yard Breaststroke | | | |
| 1 Gettling, Janet | 65 | COMA | 39.68 Z |
| 2 Pierson, Ginger | 68 | ORM | 40.79 |
| 100 Yard Breaststroke | | | |
| 1 Pierson, Ginger | 68 | ORM | 1:27.95 |
| 2 Gettling, Janet | 65 | COMA | 1:28.34 |
| 3 Kay, Rebecca | 67 | RVM | 1:39.25 |
| 200 Yard Breaststroke | | | |
| 1 Pierson, Ginger | 68 | ORM | 3:12.61 |
| 50 Yard Butterfly | | | |
| 1 Rousseau, Sandi | 66 | CGM | 36.77 |
| 100 Yard Butterfly | | | |
| 1 Gettling, Janet | 65 | COMA | 1:27.31 |
| 200 Yard Butterfly | | | |
| 1 Gettling, Janet | 65 | COMA | 3:14.31 O |
| 400 Yard IM | | | |
| 1 Gettling, Janet | 65 | COMA | 6:39.97 O |
| Women 70-74 | | | |
| 50 Yard Freestyle | | | |
| 1 Ward, Joy | 71 | ORM | 35.29 |
| 2 Calnek-Morris, Sue | 70 | ORM | 35.84 |

| | | | |
|----------------------|----|------|----------|
| 3 Whiter, Peggy | 70 | COMA | 42.60 |
| 100 Yard Freestyle | | | |
| 1 Calnek-Morris, Sue | 70 | ORM | 1:19.85 |
| 2 Whiter, Peggy | 70 | COMA | 1:34.76 |
| 3 Ellingson, Ethel | 70 | OMVM | 2:53.68 |
| 200 Yard Freestyle | | | |
| 1 Calnek-Morris, Sue | 70 | ORM | 3:05.97 |
| 2 Whiter, Peggy | 70 | COMA | 3:38.65 |
| 500 Yard Freestyle | | | |
| 1 Calnek-Morris, Sue | 70 | ORM | 7:55.53 |
| 1000 Yard Freestyle | | | |
| 1 Calnek-Morris, Sue | 70 | ORM | 15:55.97 |
| 2 Whiter, Peggy | 70 | COMA | 18:51.69 |
| 1650 Yard Freestyle | | | |
| 1 Calnek-Morris, Sue | 70 | ORM | 26:19.84 |
| 50 Yard Backstroke | | | |
| 1 Ward, Joy | 71 | ORM | 39.78 |
| 2 Whiter, Peggy | 70 | COMA | 55.55 |
| 3 Ellingson, Ethel | 70 | OMVM | 1:10.55 |
| 100 Yard Backstroke | | | |
| 1 Ward, Joy | 71 | ORM | 1:25.90 |
| 200 Yard Backstroke | | | |
| 1 Ward, Joy | 71 | ORM | 3:05.78 |
| 50 Yard Breaststroke | | | |
| 1 Whiter, Peggy | 70 | COMA | 56.22 |
| 2 Ellingson, Ethel | 70 | OMVM | 1:53.49 |
| 50 Yard Butterfly | | | |
| 1 Ward, Joy | 71 | ORM | 41.03 |
| 100 Yard Butterfly | | | |
| 1 Ward, Joy | 71 | ORM | 1:39.17 |



Women 80-84

| | | | |
|-----------------------|----|------|----------|
| 200 Yard Freestyle | | | |
| 1 Speer, Bonnie | 80 | LHST | 4:45.38 |
| 500 Yard Freestyle | | | |
| 1 Speer, Bonnie | 80 | LHST | 12:30.50 |
| 1000 Yard Freestyle | | | |
| 1 Speer, Bonnie | 80 | LHST | 25:39.65 |
| 1650 Yard Freestyle | | | |
| 1 Speer, Bonnie | 80 | LHST | 41:53.04 |
| 100 Yard Breaststroke | | | |
| 1 Speer, Bonnie | 80 | LHST | 3:27.81 |
| 200 Yard Breaststroke | | | |
| 1 Speer, Bonnie | 80 | LHST | 6:59.94 |

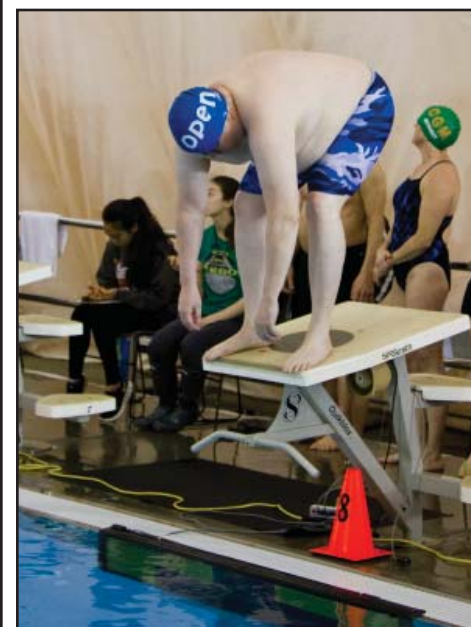
Men 18-24

| | | | |
|----------------------|----|------|-------|
| 50 Yard Freestyle | | | |
| 1 Oreizi, Justin | 24 | DUCK | 24.89 |
| 2 Lawrence, Henry | 19 | DUCK | 25.78 |
| 3 Castellanos, Eddie | 20 | PCCM | 26.61 |
| 100 Yard Freestyle | | | |

| | | | |
|-----------------------|----|------|----------|
| 1 Jessop, Tyler | 21 | DUCK | 51.19 |
| 2 Oreizi, Justin | 24 | DUCK | 55.44 |
| 3 Castellanos, Eddie | 20 | PCCM | 59.60 |
| 200 Yard Freestyle | | | |
| 1 Oreizi, Justin | 24 | DUCK | 2:05.82 |
| 1000 Yard Freestyle | | | |
| 1 Aldred, Grant | 20 | OMVM | 12:15.74 |
| 1650 Yard Freestyle | | | |
| 1 Aldred, Grant | 20 | OMVM | 20:32.10 |
| 50 Yard Backstroke | | | |
| 1 Castellanos, Eddie | 20 | PCCM | 36.01 |
| 100 Yard Backstroke | | | |
| 1 Castellanos, Eddie | 20 | PCCM | 1:28.34 |
| 50 Yard Breaststroke | | | |
| 1 Lawrence, Henry | 19 | DUCK | 30.13 |
| 2 Rhodes, Kevin | 21 | DUCK | 35.12 |
| 100 Yard Breaststroke | | | |
| 1 Lawrence, Henry | 19 | DUCK | 1:09.71 |
| 200 Yard Breaststroke | | | |
| 1 Lawrence, Henry | 19 | DUCK | 2:30.19 |
| 2 Rhodes, Kevin | 21 | DUCK | 2:46.13 |
| 3 Aldred, Grant | 20 | OMVM | 3:17.23 |
| 50 Yard Butterfly | | | |
| 1 Lawrence, Henry | 19 | DUCK | 26.97 |
| 2 Castellanos, Eddie | 20 | PCCM | 31.97 |
| 100 Yard Butterfly | | | |
| 1 Jessop, Tyler | 21 | DUCK | 57.88 |
| 2 Lawrence, Henry | 19 | DUCK | 1:01.15 |
| 3 Aldred, Grant | 20 | OMVM | 1:03.53 |
| 4 Bowman, Scotty | 19 | OMVM | 1:20.18 |
| 100 Yard IM | | | |
| 1 Castellanos, Eddie | 20 | PCCM | 1:14.48 |
| 200 Yard IM | | | |
| 1 Jessop, Tyler | 21 | DUCK | 2:07.90 |
| 2 Aldred, Grant | 20 | OMVM | 2:31.04 |
| 3 Bowman, Scotty | 19 | OMVM | 2:54.72 |

Men 25-29

| | | | |
|-------------------|----|------|-------|
| 50 Yard Freestyle | | | |
| 1 Bonus, Ted | 25 | MAC | 23.14 |
| 2 Foley, Patrick | 25 | MAC | 23.81 |
| 3 Esser, Thomas | 25 | PCCM | 26.77 |





| | | | |
|-----------------------|----|------|---------|
| 4 Estep, Aeris | 27 | OCT | 27.90 |
| 100 Yard Freestyle | | | |
| 1 Bonus, Ted | 25 | MAC | 52.01 |
| 2 Foley, Patrick | 25 | MAC | 52.70 |
| 3 Esser, Thomas | 25 | PCCM | 1:00.74 |
| 4 Estep, Aeris | 27 | OCT | 1:01.36 |
| 50 Yard Backstroke | | | |
| 1 Esser, Thomas | 25 | PCCM | 35.62 |
| 2 Estep, Aeris | 27 | OCT | 36.54 |
| 50 Yard Breaststroke | | | |
| 1 Wood, Nick | 25 | MAC | 32.09 |
| 2 Estep, Aeris | 27 | OCT | 34.16 |
| 3 Esser, Thomas | 25 | PCCM | 35.50 |
| 100 Yard Breaststroke | | | |
| 1 Wood, Nick | 25 | MAC | 1:10.70 |
| 2 Estep, Aeris | 27 | OCT | 1:14.65 |
| 200 Yard Breaststroke | | | |
| 1 Wood, Nick | 25 | MAC | 2:34.10 |
| 50 Yard Butterfly | | | |
| 1 Bonus, Ted | 25 | MAC | 25.36 |
| 2 Esser, Thomas | 25 | PCCM | 29.81 |
| 100 Yard Butterfly | | | |
| 1 Foley, Patrick | 25 | MAC | 59.19 |
| 2 Bonus, Ted | 25 | MAC | 59.23 |
| 200 Yard Butterfly | | | |
| 1 Foley, Patrick | 25 | MAC | 2:19.26 |
| 2 Wood, Nick | 25 | MAC | 2:27.65 |
| 100 Yard IM | | | |
| 1 Bonus, Ted | 25 | MAC | 1:00.39 |
| 2 Esser, Thomas | 25 | PCCM | 1:09.76 |
| 3 Estep, Aeris | 27 | OCT | 1:12.70 |
| 200 Yard IM | | | |
| 1 Foley, Patrick | 25 | MAC | 2:11.53 |
| 2 Bonus, Ted | 25 | MAC | 2:13.74 |
| 400 Yard IM | | | |
| 1 Wood, Nick | 25 | MAC | 4:55.78 |

Men 30-34

| | | | |
|----------------------|----|------|---------|
| 50 Yard Freestyle | | | |
| 1 Pearson, Kevin | 31 | BRSC | 23.97 |
| 500 Yard Freestyle | | | |
| 1 Cleary, Kevin | 30 | THB | 7:22.56 |
| 50 Yard Backstroke | | | |
| 1 Pearson, Kevin | 31 | BRSC | 29.61 |
| 100 Yard Backstroke | | | |
| 1 Pearson, Kevin | 31 | BRSC | 1:03.06 |
| 50 Yard Breaststroke | | | |
| 1 Pearson, Kevin | 31 | BRSC | 34.16 |
| 50 Yard Butterfly | | | |
| 1 Pearson, Kevin | 31 | BRSC | 27.82 |
| 100 Yard IM | | | |
| 1 Pearson, Kevin | 31 | BRSC | 1:03.23 |

Men 35-39

| | | | |
|----------------------|----|------|---------|
| 50 Yard Freestyle | | | |
| 1 Slotemaker, Paul | 39 | THB | 23.93 |
| 2 Raleigh, Jim | 39 | TCSO | 24.02 |
| 3 Olsen, Byron | 35 | OCT | 24.12 |
| 4 Dean, Casey | 36 | LHST | 24.73 |
| 5 Crooks, Alex | 38 | OCT | 26.28 |
| 6 Odegard, Kyle | 39 | OMVM | 28.21 |
| X Kilburn, David | 36 | UC37 | 25.26 |
| X Rasmussen, John | 39 | UC37 | 22.49 |
| 100 Yard Freestyle | | | |
| 1 Raleigh, Jim | 39 | TCSO | 52.18 |
| 2 Slotemaker, Paul | 39 | THB | 53.00 |
| 3 Olsen, Byron | 35 | OCT | 53.73 |
| 4 Matthews, Jonathan | 35 | ORM | 54.74 |
| 5 Crooks, Alex | 38 | OCT | 58.15 |
| 6 Hawkins, Nathaniel | 35 | OCT | 58.81 |
| X Kilburn, David | 36 | UC37 | 57.15 |
| 200 Yard Freestyle | | | |
| 1 Nason, Jeffrey | 39 | CAT | 1:56.22 |
| 2 Slotemaker, Paul | 39 | THB | 1:56.41 |
| 3 Trexler, Adam | 35 | ORM | 1:59.65 |
| 4 Raleigh, Jim | 39 | TCSO | 1:59.68 |
| 5 Miller, Matt | 36 | RVM | 2:04.72 |



| | | | |
|----------------------|----|------|----------|
| 500 Yard Freestyle | | | |
| 1 Van Andel, Robbert | 39 | OCT | 5:14.13 |
| 2 Trexler, Adam | 35 | ORM | 5:15.63 |
| 3 Nason, Jeffrey | 39 | CAT | 5:15.79 |
| 4 Lantry, Todd | 38 | RVM | 5:32.61 |
| 5 Miller, Matt | 36 | RVM | 5:33.96 |
| 6 Hawkins, Nathaniel | 35 | OCT | 5:49.86 |
| 1000 Yard Freestyle | | | |
| 1 Van Andel, Robbert | 39 | OCT | 10:51.99 |
| 2 Nason, Jeffrey | 39 | CAT | 10:52.53 |
| 3 Trexler, Adam | 35 | ORM | 11:09.27 |
| 4 Miller, Matt | 36 | RVM | 11:48.71 |
| 5 Hawkins, Nathaniel | 35 | OCT | 12:10.72 |
| 6 Crooks, Alex | 38 | OCT | 12:21.38 |
| 1650 Yard Freestyle | | | |
| 1 Van Andel, Robbert | 39 | OCT | 18:14.82 |
| 2 Trexler, Adam | 35 | ORM | 18:30.63 |
| 3 Miller, Matt | 36 | RVM | 19:19.34 |
| 4 Hawkins, Nathaniel | 35 | OCT | 20:41.35 |
| 5 Matthews, Jonathan | 35 | ORM | 21:34.25 |
| 50 Yard Backstroke | | | |
| 1 Nason, Jeffrey | 39 | CAT | 29.01 |
| 2 Dean, Casey | 36 | LHST | 31.15 |
| 3 Hawkins, Nathaniel | 35 | OCT | 33.40 |
| X Kilburn, David | 36 | UC37 | 30.86 |
| 100 Yard Backstroke | | | |

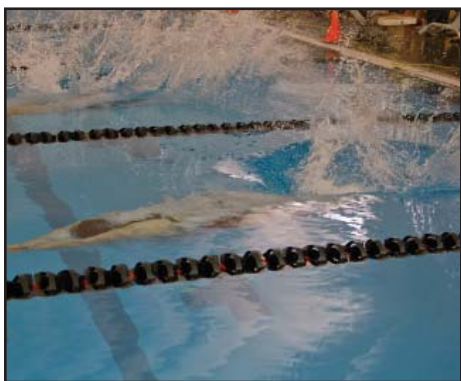
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|-----------------------|----|------|---------|
| 1 Polito, Chip | 37 | ORM | 57.20 |
| 2 Nason, Jeffrey | 39 | CAT | 1:01.32 |
| 3 Crooks, Alex | 38 | OCT | 1:10.31 |
| 200 Yard Backstroke | | | |
| 1 Polito, Chip | 37 | ORM | 2:04.66 |
| 2 Nason, Jeffrey | 39 | CAT | 2:10.98 |
| 3 Hawkins, Nathaniel | 35 | OCT | 2:33.24 |
| 50 Yard Breaststroke | | | |
| 1 Van Andel, Robbert | 39 | OCT | 30.70 |
| 2 Raleigh, Jim | 39 | TCSO | 30.84 |
| 3 Lantry, Todd | 38 | RVM | 32.08 |
| X Rasmussen, John | 39 | UC37 | 27.35 |
| 100 Yard Breaststroke | | | |
| 1 Van Andel, Robbert | 39 | OCT | 1:06.93 |
| 2 Lantry, Todd | 38 | RVM | 1:09.03 |
| 3 Odegard, Kyle | 39 | OMVM | 1:29.06 |
| X Rasmussen, John | 39 | UC37 | 1:00.88 |
| 200 Yard Breaststroke | | | |
| 1 Van Andel, Robbert | 39 | OCT | 2:23.81 |
| 2 Lantry, Todd | 38 | RVM | 2:34.37 |
| X Rasmussen, John | 39 | UC37 | 2:12.76 |
| 50 Yard Butterfly | | | |
| 1 Polito, Chip | 37 | ORM | 25.87 |
| 2 Olsen, Byron | 35 | OCT | 26.15 |
| 3 Dean, Casey | 36 | LHST | 26.50 |
| 4 Slotemaker, Paul | 39 | THB | 28.20 |
| 5 Odegard, Kyle | 39 | OMVM | 31.29 |
| X Kilburn, David | 36 | UC37 | 29.13 |
| 100 Yard Butterfly | | | |
| 1 Polito, Chip | 37 | ORM | 57.19 |
| 2 Trexler, Adam | 35 | ORM | 57.21 |
| 3 Dean, Casey | 36 | LHST | 1:00.69 |
| 4 Olsen, Byron | 35 | OCT | 1:00.81 |
| 5 Matthews, Jonathan | 35 | ORM | 1:00.94 |
| 200 Yard Butterfly | | | |
| 1 Trexler, Adam | 35 | ORM | 2:12.87 |
| 2 Miller, Matt | 36 | RVM | 2:39.14 |
| 3 Odegard, Kyle | 39 | OMVM | 3:02.49 |
| 100 Yard IM | | | |
| 1 Raleigh, Jim | 39 | TCSO | 1:00.28 |
| 2 Olsen, Byron | 35 | OCT | 1:00.66 |
| 3 Lantry, Todd | 38 | RVM | 1:01.55 |
| 4 Dean, Casey | 36 | LHST | 1:04.73 |
| 5 Crooks, Alex | 38 | OCT | 1:08.50 |



| | | |
|----------------------|---------|---------|
| 6 Odegard, Kyle | 39 OMVM | 1:18.56 |
| X Rasmussen, John | 39 UC37 | 56.91 |
| 200 Yard IM | | |
| 1 Raleigh, Jim | 39 TCSO | 2:14.00 |
| 2 Lantry, Todd | 38 RVM | 2:16.55 |
| 3 Olsen, Byron | 35 OCT | 2:17.25 |
| 4 Slotemaker, Paul | 39 THB | 2:18.46 |
| 5 Matthews, Jonathan | 35 ORM | 2:30.99 |
| 6 Crooks, Alex | 38 OCT | 2:31.64 |
| 400 Yard IM | | |
| 1 Polito, Chip | 37 ORM | 4:29.76 |
| 2 Miller, Matt | 36 RVM | 5:22.02 |

Men 40-44

| | | |
|------------------------|---------|----------|
| 50 Yard Freestyle | | |
| 1 Self, Mike | 43 TCSO | 22.05 O |
| 2 Slade, Justin | 41 LHST | 23.37 |
| 3 Servant, Mike | 43 RVM | 23.54 |
| 4 Bolivar, Jose | 43 OCT | 23.98 |
| 5 Berg, Matt | 41 ORM | 24.74 |
| 6 Vanegas, Fidel | 43 LHST | 25.14 |
| 7 Sanford, Nathan | 44 RVM | 25.21 |
| 8 Muessig, Dirk | 44 OCT | 26.24 |
| 100 Yard Freestyle | | |
| 1 Self, Mike | 43 TCSO | 48.57 |
| 2 Ergenekan, Can (Jon) | 41 MAC | 52.82 |
| 3 Bolivar, Jose | 43 OCT | 53.11 |
| 4 Berg, Matt | 41 ORM | 55.80 |
| 5 Sanford, Nathan | 44 RVM | 56.00 |
| 6 Muessig, Dirk | 44 OCT | 58.55 |
| 200 Yard Freestyle | | |
| 1 Self, Mike | 43 TCSO | 1:48.04 |
| 2 Ergenekan, Can (Jon) | 41 MAC | 2:00.86 |
| X Noah, Kevin | 42 PSM | 2:04.92 |
| 500 Yard Freestyle | | |
| 1 Tujo, Christian | 42 MAC | 5:39.94 |
| X Noah, Kevin | 42 PSM | 5:40.22 |
| 1000 Yard Freestyle | | |
| 1 Ergenekan, Can (Jon) | 41 MAC | 11:19.86 |
| 2 Tujo, Christian | 42 MAC | 12:12.41 |
| 1650 Yard Freestyle | | |
| 1 Tujo, Christian | 42 MAC | 20:30.82 |
| 50 Yard Backstroke | | |
| 1 Self, Mike | 43 TCSO | 25.37 |
| 2 Duus, Gabe | 43 ORM | 27.57 |
| 3 Muessig, Dirk | 44 OCT | 30.62 |
| 100 Yard Backstroke | | |
| 1 Self, Mike | 43 TCSO | 54.55 |
| 2 Servant, Mike | 43 RVM | 1:01.05 |
| X Noah, Kevin | 42 PSM | 1:09.28 |



| | | |
|----------------------|---------|---------|
| 200 Yard Backstroke | | |
| 1 Self, Mike | 43 TCSO | 2:01.43 |
| 2 Servant, Mike | 43 RVM | 2:17.60 |
| 3 Muessig, Dirk | 44 OCT | 2:39.45 |
| 50 Yard Breaststroke | | |
| 1 Slade, Justin | 41 LHST | 28.96 |
| 2 Berg, Matt | 41 ORM | 33.76 |



| | | |
|------------------------|---------|---------|
| 50 Yard Butterfly | | |
| 1 Slade, Justin | 41 LHST | 24.68 |
| 2 Ergenekan, Can (Jon) | 41 MAC | 25.73 |
| 3 Bolivar, Jose | 43 OCT | 26.12 |
| 4 Servant, Mike | 43 RVM | 26.55 |
| 5 Vanegas, Fidel | 43 LHST | 28.30 |
| 6 Muessig, Dirk | 44 OCT | 29.73 |
| 100 Yard Butterfly | | |
| 1 Ergenekan, Can (Jon) | 41 MAC | 56.15 |
| 2 Duus, Gabe | 43 ORM | 56.80 |
| 3 Bolivar, Jose | 43 OCT | 59.04 |
| 4 Vanegas, Fidel | 43 LHST | 1:04.61 |
| 5 Berg, Matt | 41 ORM | 1:08.83 |
| 200 Yard Butterfly | | |
| 1 Ergenekan, Can (Jon) | 41 MAC | 2:11.58 |
| 2 Tujo, Christian | 42 MAC | 2:29.13 |
| 100 Yard IM | | |
| 1 Servant, Mike | 43 RVM | 1:00.25 |
| 2 Bolivar, Jose | 43 OCT | 1:02.25 |
| 3 Muessig, Dirk | 44 OCT | 1:05.89 |
| 4 Sanford, Nathan | 44 RVM | 1:06.06 |
| 5 Vanegas, Fidel | 43 LHST | 1:07.42 |
| 200 Yard IM | | |
| 1 Servant, Mike | 43 RVM | 2:13.62 |
| 2 Tujo, Christian | 42 MAC | 2:20.56 |
| 3 Bolivar, Jose | 43 OCT | 2:20.60 |
| 4 Vanegas, Fidel | 43 LHST | 2:31.03 |
| 400 Yard IM | | |
| 1 Duus, Gabe | 43 ORM | 4:52.08 |
| 2 Tujo, Christian | 42 MAC | 5:02.82 |
| 3 Vanegas, Fidel | 43 LHST | 5:28.72 |

Men 45-49

| | | |
|--------------------|---------|-------|
| 50 Yard Freestyle | | |
| 1 Baele, Michael | 49 THB | 23.04 |
| 2 Wan, Eric | 47 MAC | 23.60 |
| 3 Clydesdale, Bill | 46 ORM | 24.91 |
| 4 Frost, Mark | 46 CGM | 25.05 |
| 5 Witzke, Douglas | 45 CAT | 26.23 |
| 6 Nyhus, Greg | 48 THB | 27.58 |
| 7 Thessin, Tyler | 48 OREG | 28.68 |
| 8 Myers, Ken | 45 ORM | 29.04 |

| | | |
|----------------------|---------|----------|
| 9 Karyukin, Andrei | 48 THB | 30.06 |
| 10 Donahue, Matthew | 47 VSC | 30.74 |
| 100 Yard Freestyle | | |
| 1 Baele, Michael | 49 THB | 50.11 |
| 2 Wan, Eric | 47 MAC | 51.45 |
| 3 Rodgers, Jeff | 47 OREG | 52.49 |
| 4 Frost, Mark | 46 CGM | 53.62 |
| 5 Moore, Eric | 45 MAC | 54.03 |
| 6 Witzke, Douglas | 45 CAT | 58.09 |
| 7 Karyukin, Andrei | 48 THB | 1:06.41 |
| 8 Myers, Ken | 45 ORM | 1:06.71 |
| 9 Thessin, Tyler | 48 OREG | 1:07.59 |
| 10 Bogard, Clint | 47 CGM | 1:12.58 |
| 200 Yard Freestyle | | |
| 1 Wan, Eric | 47 MAC | 1:56.49 |
| 2 Frost, Mark | 46 CGM | 1:59.41 |
| 3 Thessin, Tyler | 48 OREG | 2:38.35 |
| 4 Bogard, Clint | 47 CGM | 2:44.18 |
| 500 Yard Freestyle | | |
| 1 Frost, Mark | 46 CGM | 5:26.57 |
| 2 Nyhus, Greg | 48 THB | 6:34.87 |
| 3 Bogard, Clint | 47 CGM | 7:37.00 |
| 1000 Yard Freestyle | | |
| 1 Frost, Mark | 46 CGM | 11:20.99 |
| 2 King, Phillip | 47 ORM | 11:54.66 |
| 1650 Yard Freestyle | | |
| 1 Long, Matthew | 46 WVAC | 23:41.14 |
| 2 Bogard, Clint | 47 CGM | 26:51.52 |
| 50 Yard Backstroke | | |
| 1 Sullivan, Scot | 47 MAC | 27.63 |
| 2 Moore, Eric | 45 MAC | 28.19 |
| 3 King, Phillip | 47 ORM | 28.97 |
| 4 Clydesdale, Bill | 46 ORM | 31.16 |
| 100 Yard Backstroke | | |
| 1 Sullivan, Scot | 47 MAC | 59.51 |
| 2 Peters, Keith | 48 ORM | 1:00.33 |
| 3 Moore, Eric | 45 MAC | 1:00.59 |
| 200 Yard Backstroke | | |
| 1 Peters, Keith | 48 ORM | 2:10.27 |
| 2 Moore, Eric | 45 MAC | 2:11.75 |
| 50 Yard Breaststroke | | |
| 1 Sullivan, Scot | 47 MAC | 30.55 |
| 2 Clydesdale, Bill | 46 ORM | 31.26 |
| 3 Waud, Timothy | 46 OCT | 31.51 |
| 4 Frost, Mark | 46 CGM | 32.27 |





| | | |
|-----------------------|---------|---------|
| 5 Thessin, Tyler | 48 OREG | 33.76 |
| 6 Watt, Bryan | 48 OCT | 36.67 |
| 7 Karyukin, Andrei | 48 THB | 38.46 |
| 8 Donahue, Matthew | 47 VSC | 39.43 |
| 9 Bogard, Clint | 47 CGM | 39.92 |
| 100 Yard Breaststroke | | |
| 1 Sullivan, Scot | 47 MAC | 1:06.04 |
| 2 Waud, Timothy | 46 OCT | 1:10.21 |
| 3 Thessin, Tyler | 48 OREG | 1:15.77 |
| 4 Bogard, Clint | 47 CGM | 1:28.43 |
| 5 Donahue, Matthew | 47 VSC | 1:33.72 |
| 200 Yard Breaststroke | | |
| 1 Sullivan, Scot | 47 MAC | 2:27.57 |
| 2 Waud, Timothy | 46 OCT | 2:34.66 |
| 3 Thessin, Tyler | 48 OREG | 2:51.88 |
| 50 Yard Butterfly | | |
| 1 Baele, Michael | 49 THB | 25.03 |
| 2 Clydesdale, Bill | 46 ORM | 27.41 |
| 3 Moore, Eric | 45 MAC | 28.23 |
| 4 Witzke, Douglas | 45 CAT | 28.44 |
| 5 Myers, Ken | 45 ORM | 31.26 |
| 6 Karyukin, Andrei | 48 THB | 33.11 |
| 7 Donahue, Matthew | 47 VSC | 34.80 |
| 100 Yard Butterfly | | |
| 1 Baele, Michael | 49 THB | 55.33 |
| 2 Wan, Eric | 47 MAC | 1:05.10 |
| 3 Witzke, Douglas | 45 CAT | 1:08.67 |
| 4 Myers, Ken | 45 ORM | 1:18.49 |
| 100 Yard IM | | |
| 1 Baele, Michael | 49 THB | 57.75 |
| 2 Sullivan, Scot | 47 MAC | 59.01 |
| 3 Peters, Keith | 48 ORM | 59.04 |
| 4 Moore, Eric | 45 MAC | 1:02.25 |
| 5 Waud, Timothy | 46 OCT | 1:03.36 |
| 6 Clydesdale, Bill | 46 ORM | 1:04.49 |
| 7 Watt, Bryan | 48 OCT | 1:06.00 |
| 8 Witzke, Douglas | 45 CAT | 1:08.09 |
| 9 Karyukin, Andrei | 48 THB | 1:16.71 |
| 10 Myers, Ken | 45 ORM | 1:18.35 |
| 200 Yard IM | | |
| 1 Peters, Keith | 48 ORM | 2:09.30 |
| 2 Waud, Timothy | 46 OCT | 2:17.27 |
| 3 Watt, Bryan | 48 OCT | 2:32.86 |
| 400 Yard IM | | |
| 1 Waud, Timothy | 46 OCT | 5:04.43 |
| 2 Watt, Bryan | 48 OCT | 5:46.21 |

Men 50-54

| | | |
|--------------------|--------|-------|
| 50 Yard Freestyle | | |
| 1 Washburne, Brent | 52 MAC | 24.39 |
| 2 Boone, Lou | 52 ORM | 25.89 |
| 3 Mcnulty, Osh | 52 CGM | 25.99 |

| | | |
|----------------------|---------|----------|
| 4 Sumerfield, Bill | 53 CGM | 26.39 |
| 5 Howell, Richard | 54 LHST | 26.76 |
| 6 Anastas, Daemon | 50 MAC | 26.94 |
| 7 Gilbreath, Don | 52 ORM | 27.35 |
| 8 Stelzer, Keith | 54 CGM | 27.40 |
| 9 Westlake, Robert | 51 MAC | 27.55 |
| 10 Pasternack, Alan | 53 ORM | 29.51 |
| 11 Bridgnell, Neal | 50 OCT | 30.89 |
| 12 Huang, Allen | 50 VSC | 32.56 |
| 13 Norville, Kent | 54 OCT | 32.74 |
| 14 Achilles, Stephen | 52 ORM | 37.04 |
| X Rash, Timothy | 54 UC37 | 28.63 |
| 100 Yard Freestyle | | |
| 1 Washburne, Brent | 52 MAC | 53.91 |
| 2 Mcnulty, Osh | 52 CGM | 56.89 |
| 3 Anastas, Daemon | 50 MAC | 58.99 |
| 4 Sumerfield, Bill | 53 CGM | 59.02 |
| 5 Mcallister, Mark | 51 LSC | 59.36 |
| 6 Chalmers, John | 51 EA | 59.47 |
| 7 Gilbreath, Don | 52 ORM | 1:00.89 |
| 8 Stelzer, Keith | 54 CGM | 1:05.56 |
| 9 Pasternack, Alan | 53 ORM | 1:08.11 |
| 10 Norville, Kent | 54 OCT | 1:17.13 |
| 11 Huang, Allen | 50 VSC | 1:20.68 |
| 12 Achilles, Stephen | 52 ORM | 1:28.40 |
| X Rash, Timothy | 54 UC37 | 1:02.74 |
| 200 Yard Freestyle | | |
| 1 Croucher, Robert | 50 LHST | 2:43.83 |
| 2 Bridgnell, Neal | 50 OCT | 2:51.15 |
| X Rash, Timothy | 54 UC37 | 2:33.75 |
| 500 Yard Freestyle | | |
| 1 Hathaway, David | 53 ORM | 5:45.15 |
| 2 Sumerfield, Bill | 53 CGM | 6:18.77 |
| 3 Croucher, Robert | 50 LHST | 7:28.72 |
| 4 Bragg, Robin | 54 OPEN | 7:57.25 |
| 5 Achilles, Stephen | 52 ORM | 9:43.29 |
| 1000 Yard Freestyle | | |
| 1 Hathaway, David | 53 ORM | 11:50.48 |
| 2 Mcallister, Mark | 51 LSC | 12:59.20 |
| 3 Croucher, Robert | 50 LHST | 15:35.75 |
| 1650 Yard Freestyle | | |
| 1 Hathaway, David | 53 ORM | 19:39.87 |
| 2 Baker, Dennis | 52 ORM | 19:44.08 |
| 3 Mcallister, Mark | 51 LSC | 21:23.40 |



| | | |
|-----------------------|---------|----------|
| 4 Achilles, Stephen | 52 ORM | 34:43.69 |
| X Wilwerding, Geoff | 52 PSM | 19:52.50 |
| 50 Yard Backstroke | | |
| 1 Washburne, Brent | 52 MAC | 29.05 |
| 2 Anastas, Daemon | 50 MAC | 33.73 |
| 3 Gilbreath, Don | 52 ORM | 34.14 |
| 4 Stelzer, Keith | 54 CGM | 38.70 |
| 5 Bridgnell, Neal | 50 OCT | 41.09 |
| 6 Norville, Kent | 54 OCT | 45.74 |
| X Rash, Timothy | 54 UC37 | 40.14 |
| 100 Yard Backstroke | | |
| 1 Mcnulty, Osh | 52 CGM | 1:08.57 |
| 2 Bridgnell, Neal | 50 OCT | 1:31.17 |
| 3 Bragg, Robin | 54 OPEN | 1:53.16 |
| 200 Yard Backstroke | | |
| 1 Hathaway, David | 53 ORM | 2:28.05 |
| 2 Croucher, Robert | 50 LHST | 4:03.15 |
| 50 Yard Breaststroke | | |
| 1 Washburne, Brent | 52 MAC | 32.31 |
| 2 Sumerfield, Bill | 53 CGM | 33.24 |
| 3 Anastas, Daemon | 50 MAC | 36.55 |
| 4 Chalmers, John | 51 EA | 38.21 |
| 5 Huang, Allen | 50 VSC | 42.22 |
| 6 Norville, Kent | 54 OCT | 43.95 |
| 7 Stelzer, Keith | 54 CGM | 45.50 |
| X Rash, Timothy | 54 UC37 | 42.79 |
| 100 Yard Breaststroke | | |
| 1 Howell, Richard | 54 LHST | 1:09.71 |
| 2 Boone, Lou | 52 ORM | 1:13.87 |
| 3 Hathaway, David | 53 ORM | 1:14.97 |
| 4 Mcnulty, Osh | 52 CGM | 1:19.61 |
| 5 Westlake, Robert | 51 MAC | 1:24.20 |
| 6 Huang, Allen | 50 VSC | 1:34.79 |
| 7 Achilles, Stephen | 52 ORM | 1:40.17 |
| 200 Yard Breaststroke | | |
| 1 Sumerfield, Bill | 53 CGM | 2:47.17 |
| 2 Croucher, Robert | 50 LHST | 3:46.66 |



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|---------------------------|---------|---------|
| 50 Yard Butterfly | | |
| 1 Washburne, Brent | 52 MAC | 27.31 |
| 2 Westlake, Robert | 51 MAC | 29.50 |
| 3 Howell, Richard | 54 LHST | 30.15 |
| 4 Palmer, Kevin | 54 COMA | 30.22 |
| 5 Boone, Lou | 52 ORM | 30.55 |
| 6 Anastas, Daemon | 50 MAC | 31.02 |
| 7 Stelzer, Keith | 54 CGM | 33.82 |
| 8 Pasternack, Alan | 53 ORM | 35.62 |
| 9 Norville, Kent | 54 OCT | 38.31 |
| 10Huang, Allen | 50 VSC | 42.41 |
| 100 Yard Butterfly | | |
| 1 Palmer, Kevin | 54 COMA | 1:13.68 |
| 2 Mcallister, Mark | 51 LSC | 1:15.38 |
| 100 Yard IM | | |
| 1 Washburne, Brent | 52 MAC | 1:03.11 |
| 2 McNulty, Osh | 52 CGM | 1:05.64 |
| 3 Boone, Lou | 52 ORM | 1:08.40 |
| 4 Anastas, Daemon | 50 MAC | 1:10.76 |
| 5 Gilbreath, Don | 52 ORM | 1:10.93 |
| 6 Westlake, Robert | 51 MAC | 1:12.07 |
| 7 Palmer, Kevin | 54 COMA | 1:12.86 |
| 8 Stelzer, Keith | 54 CGM | 1:18.04 |
| 9 Pasternack, Alan | 53 ORM | 1:23.32 |
| 10Norville, Kent | 54 OCT | 1:30.09 |
| 200 Yard IM | | |
| 1 Hathaway, David | 53 ORM | 2:21.46 |
| 2 McNulty, Osh | 52 CGM | 2:22.19 |
| 3 Howell, Richard | 54 LHST | 2:26.29 |
| 4 Boone, Lou | 52 ORM | 2:31.65 |
| 5 Mcallister, Mark | 51 LSC | 2:32.11 |
| 400 Yard IM | | |
| 1 Howell, Richard | 54 LHST | 5:19.65 |
| 2 Boone, Lou | 52 ORM | 5:30.34 |
| 3 Mcallister, Mark | 51 LSC | 5:35.21 |

Men 55-59

| | | |
|---------------------------|---------|---------|
| 50 Yard Freestyle | | |
| 1 Richardson, Paul | 59 COMA | 26.97 |
| 2 Metzger, Peter | 58 COMA | 27.06 |
| 3 Dwight, Charles | 59 PCCM | 27.28 |
| 4 Wren, Mark | 55 ORM | 27.44 |
| 5 Shoemaker, John | 56 LHST | 28.78 |
| 6 Lane, Mark | 56 COMA | 35.44 |
| 7 Helm, Charlie | 57 OPEN | 38.56 |
| 100 Yard Freestyle | | |
| 1 Lacount, Curt | 55 PCCM | 56.41 |
| 2 Mcvay, Bert | 56 OCT | 1:01.92 |
| 3 Roberts, Steve | 55 ORM | 1:05.45 |

| | | |
|------------------------------|---------|----------|
| 4 Ramsey, Ed | 57 THB | 1:05.92 |
| 5 Shoemaker, John | 56 LHST | 1:07.02 |
| 6 Moyes, Anthony | 59 LOM | 1:09.41 |
| 7 Pinz, Joe | 58 ORM | 1:14.74 |
| 8 Lane, Mark | 56 COMA | 1:23.27 |
| 200 Yard Freestyle | | |
| 1 Mcvay, Bert | 56 OCT | 2:18.45 |
| 2 Wren, Mark | 55 ORM | 2:19.42 |
| 3 Shoemaker, John | 56 LHST | 2:33.26 |
| 4 Pinz, Joe | 58 ORM | 2:50.66 |
| 5 Lane, Mark | 56 COMA | 3:07.32 |
| 500 Yard Freestyle | | |
| 1 Mcvay, Bert | 56 OCT | 6:17.08 |
| 2 Pinz, Joe | 58 ORM | 7:35.71 |
| 3 Lane, Mark | 56 COMA | 8:31.65 |
| 4 Helm, Charlie | 57 OPEN | 8:55.39 |
| 1000 Yard Freestyle | | |
| 1 Ramsey, Ed | 57 THB | 13:29.09 |
| 2 Roberts, Steve | 55 ORM | 13:49.00 |
| 3 Lane, Mark | 56 COMA | 17:53.40 |
| 4 Helm, Charlie | 57 OPEN | 18:43.90 |
| 1650 Yard Freestyle | | |
| 1 Roberts, Steve | 55 ORM | 22:39.66 |
| 2 Dwight, Charles | 59 PCCM | 24:18.82 |
| 50 Yard Backstroke | | |
| 1 Metzger, Peter | 58 COMA | 28.62 |
| 2 Lacount, Curt | 55 PCCM | 29.11 |
| 3 Dwight, Charles | 59 PCCM | 35.33 |
| 4 Helm, Charlie | 57 OPEN | 52.98 |
| 100 Yard Backstroke | | |
| 1 Metzger, Peter | 58 COMA | 1:03.68 |
| 200 Yard Backstroke | | |
| 1 Metzger, Peter | 58 COMA | 2:22.74 |
| 2 Ramsey, Ed | 57 THB | 2:36.43 |
| 3 Lacount, Curt | 55 PCCM | 2:37.49 |
| 50 Yard Breaststroke | | |
| 1 Allender, Patrick | 55 CAT | 31.22 |
| 2 Dwight, Charles | 59 PCCM | 35.88 |
| 3 Moyes, Anthony | 59 LOM | 36.19 |
| 4 Richardson, Paul | 59 COMA | 38.28 |
| 5 Roberts, Steve | 55 ORM | 39.17 |
| 6 Helm, Charlie | 57 OPEN | 55.26 |
| 100 Yard Breaststroke | | |
| 1 Allender, Patrick | 55 CAT | 1:06.91 |
| 2 Dwight, Charles | 59 PCCM | 1:23.12 |
| 3 Carter, Walter | 58 COMA | 2:02.31 |
| 200 Yard Breaststroke | | |



| | | |
|---------------------------|---------|---------|
| 1 Allender, Patrick | 55 CAT | 2:24.59 |
| 2 Moyes, Anthony | 59 LOM | 3:12.07 |
| 3 Carter, Walter | 58 COMA | 4:22.33 |
| 50 Yard Butterfly | | |
| 1 Metzger, Peter | 58 COMA | 28.12 |
| 2 Richardson, Paul | 59 COMA | 29.57 |
| 3 Dwight, Charles | 59 PCCM | 31.88 |
| 100 Yard Butterfly | | |
| 1 Lacount, Curt | 55 PCCM | 1:00.13 |
| 2 Allender, Patrick | 55 CAT | 1:01.87 |
| 3 Carter, Walter | 58 COMA | 1:44.49 |
| 200 Yard Butterfly | | |
| 1 Allender, Patrick | 55 CAT | 2:26.84 |
| 2 Carter, Walter | 58 COMA | 3:51.98 |
| 100 Yard IM | | |
| 1 Metzger, Peter | 58 COMA | 1:05.18 |
| 2 Richardson, Paul | 59 COMA | 1:10.74 |
| 3 Wren, Mark | 55 ORM | 1:12.18 |
| 4 Helm, Charlie | 57 OPEN | 1:54.66 |
| 200 Yard IM | | |
| 1 Allender, Patrick | 55 CAT | 2:15.03 |
| 2 Lacount, Curt | 55 PCCM | 2:25.42 |
| 3 Mcvay, Bert | 56 OCT | 2:39.46 |
| 4 Roberts, Steve | 55 ORM | 2:51.37 |
| 5 Carter, Walter | 58 COMA | 3:44.14 |
| 400 Yard IM | | |
| 1 Lacount, Curt | 55 PCCM | 5:11.38 |
| 2 Carter, Walter | 58 COMA | 7:49.72 |
| Men 60-64 | | |
| 50 Yard Freestyle | | |
| 1 Tennant, Mike | 60 COMA | 24.29 |
| 2 Edwards, Wes | 60 LHST | 24.60 |
| 3 Bowen, Marc | 60 MAC | 28.99 |
| 4 Mierjeski, Edward | 63 COMA | 32.96 |
| 5 Shuman, Thomas | 60 COMA | 34.90 |
| 6 Roome, Charles | 61 RVM | 39.42 |
| X Tudor, James | 63 UC37 | 32.91 |
| 100 Yard Freestyle | | |
| 1 Tennant, Mike | 60 COMA | 56.41 |
| 2 Yensen, Kermit | 60 COMA | 1:01.04 |
| 3 Larson, Allen | 61 ORM | 1:04.84 |
| 4 Heller, Marc | 64 RVM | 1:13.19 |
| 5 Teisher, Jim | 64 THB | 1:13.54 |
| 6 Mierjeski, Edward | 63 COMA | 1:18.28 |
| 7 Shuman, Thomas | 60 COMA | 1:21.14 |
| X Tudor, James | 63 UC37 | 1:14.31 |
| 200 Yard Freestyle | | |



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|-----------------------|---------------------|----|------|----------|
| 1 | Yensen, Kermit | 60 | COMA | 2:15.60 |
| 2 | Larson, Allen | 61 | ORM | 2:24.13 |
| 3 | Bowen, Marc | 60 | MAC | 2:32.51 |
| 4 | Heller, Marc | 64 | RVM | 2:52.86 |
| 5 | Shuman, Thomas | 60 | COMA | 3:06.20 |
| 6 | Mierjeski, Edward | 63 | COMA | 3:13.21 |
| 7 | Roome, Charles | 61 | RVM | 3:14.24 |
| X | Tudor, James | 63 | UC37 | 2:50.36 |
| 500 Yard Freestyle | | | | |
| 1 | Phipps, Tom | 60 | OCT | 6:05.72 |
| 2 | Larson, Allen | 61 | ORM | 6:44.92 |
| 3 | Shuman, Thomas | 60 | COMA | 8:14.14 |
| 1000 Yard Freestyle | | | | |
| 1 | Phipps, Tom | 60 | OCT | 12:34.31 |
| 2 | Stephenson, Michael | 61 | CGM | 13:02.97 |
| 3 | Larson, Allen | 61 | ORM | 14:10.82 |
| 1650 Yard Freestyle | | | | |
| 1 | Phipps, Tom | 60 | OCT | 20:49.09 |
| 2 | Stephenson, Michael | 61 | CGM | 21:47.39 |
| 3 | Larson, Allen | 61 | ORM | 23:34.96 |
| 50 Yard Backstroke | | | | |
| 1 | Edwards, Wes | 60 | LHST | 30.15 |
| 2 | Darnell, Stephen | 60 | LHST | 40.00 |
| 3 | Sherwood, Reggie | 62 | MAC | 40.66 |
| 4 | Heller, Marc | 64 | RVM | 43.72 |
| 5 | Mierjeski, Edward | 63 | COMA | 44.07 |
| 6 | Shuman, Thomas | 60 | COMA | 44.46 |
| 100 Yard Backstroke | | | | |
| 1 | Edwards, Wes | 60 | LHST | 1:03.27 |
| 2 | Sherwood, Reggie | 62 | MAC | 1:24.98 |
| 3 | Darnell, Stephen | 60 | LHST | 1:28.68 |
| 4 | Mierjeski, Edward | 63 | COMA | 1:44.49 |
| 5 | Shuman, Thomas | 60 | COMA | 1:45.94 |
| 200 Yard Backstroke | | | | |
| 1 | Edwards, Wes | 60 | LHST | 2:23.38 |
| 2 | Sherwood, Reggie | 62 | MAC | 3:21.79 |
| 3 | Darnell, Stephen | 60 | LHST | 3:29.44 |
| 50 Yard Breaststroke | | | | |
| 1 | Brockbank, Doug | 60 | COMA | 35.59 |
| 2 | Sherwood, Reggie | 62 | MAC | 40.12 |
| X | Tudor, James | 63 | UC37 | 44.53 |
| 100 Yard Breaststroke | | | | |
| 1 | Edwards, Wes | 60 | LHST | 1:16.62 |
| 2 | Brockbank, Doug | 60 | COMA | 1:18.05 |
| 3 | Sherwood, Reggie | 62 | MAC | 1:27.37 |
| 4 | Darnell, Stephen | 60 | LHST | 1:44.23 |
| 200 Yard Breaststroke | | | | |
| 1 | Edwards, Wes | 60 | LHST | 2:56.42 |
| 2 | Sherwood, Reggie | 62 | MAC | 3:08.82 |
| 3 | Darnell, Stephen | 60 | LHST | 3:47.22 |
| 50 Yard Butterfly | | | | |

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|---------------------|--------------------|----|------|----------|
| 1 | Tennant, Mike | 60 | COMA | 28.48 |
| 2 | Brockbank, Doug | 60 | COMA | 29.33 |
| 3 | Mierjeski, Edward | 63 | COMA | 41.91 |
| 100 Yard Butterfly | | | | |
| 1 | Tennant, Mike | 60 | COMA | 1:06.65 |
| 2 | Bannan, Charles | 61 | ORM | 1:08.22 |
| 3 | Phipps, Tom | 60 | OCT | 1:10.82 |
| 4 | Yensen, Kermit | 60 | COMA | 1:16.49 |
| 200 Yard Butterfly | | | | |
| 1 | Phipps, Tom | 60 | OCT | 2:49.76 |
| 2 | Yensen, Kermit | 60 | COMA | 2:58.41 |
| 100 Yard IM | | | | |
| 1 | Tennant, Mike | 60 | COMA | 1:03.51 |
| 2 | Darnell, Stephen | 60 | LHST | 1:32.75 |
| 200 Yard IM | | | | |
| 1 | Tennant, Mike | 60 | COMA | 2:27.82 |
| 2 | Yensen, Kermit | 60 | COMA | 2:38.28 |
| 3 | Phipps, Tom | 60 | OCT | 2:39.31 |
| 4 | Larson, Allen | 61 | ORM | 3:12.26 |
| 400 Yard IM | | | | |
| 1 | Yensen, Kermit | 60 | COMA | 5:47.91 |
| Men 65-69 | | | | |
| 50 Yard Freestyle | | | | |
| 1 | Stout, Jon | 67 | RVM | 28.02 |
| 2 | Kehoe, Bob | 67 | ORM | 29.64 |
| 3 | Foges, John | 69 | OREG | 34.43 |
| 4 | Palacios, Rafael | 65 | OMVM | 45.65 |
| 5 | Mawson, Karl | 69 | ORM | 56.25 |
| 100 Yard Freestyle | | | | |
| 1 | Stout, Jon | 67 | RVM | 1:03.05 |
| 2 | Cronin, Jed | 65 | THB | 1:03.67 |
| 3 | Kehoe, Bob | 67 | ORM | 1:04.97 |
| 4 | Garibaldi, Michael | 68 | COMA | 1:08.25 |
| 5 | Carriker, Buz | 66 | ORM | 1:14.94 |
| 6 | Mawson, Karl | 69 | ORM | 2:18.45 |
| 200 Yard Freestyle | | | | |
| 1 | Cronin, Jed | 65 | THB | 2:25.04 |
| 2 | Kehoe, Bob | 67 | ORM | 2:27.33 |
| 500 Yard Freestyle | | | | |
| 1 | Bruce, Bob | 66 | COMA | 6:42.68 |
| 2 | Kehoe, Bob | 67 | ORM | 6:50.94 |
| 3 | Garibaldi, Michael | 68 | COMA | 7:00.32 |
| X | Kirkland, Dan | 65 | UC36 | 5:38.78 |
| 1000 Yard Freestyle | | | | |
| 1 | Johnson, Steve | 66 | EA | 13:00.49 |
| 2 | Cronin, Jed | 65 | THB | 13:03.86 |
| 3 | Garibaldi, Michael | 68 | COMA | 14:34.50 |
| 4 | Foges, John | 69 | OREG | 17:43.97 |
| X | Kirkland, Dan | 65 | UC36 | 11:44.31 |



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|-----------------------|--------------------|----|------|----------|
| 1650 Yard Freestyle | | | | |
| 1 | Cronin, Jed | 65 | THB | 21:37.82 |
| 2 | Garibaldi, Michael | 68 | COMA | 23:55.14 |
| 3 | Carriker, Buz | 66 | ORM | 32:10.35 |
| X | Kirkland, Dan | 65 | UC36 | 19:34.12 |
| 50 Yard Backstroke | | | | |
| 1 | Stout, Jon | 67 | RVM | 34.57 |
| 2 | Palacios, Rafael | 65 | OMVM | 57.80 |
| 100 Yard Backstroke | | | | |
| X | Kirkland, Dan | 65 | UC36 | 1:08.50 |
| 200 Yard Backstroke | | | | |
| 1 | Johnson, Steve | 66 | EA | 2:43.33 |
| X | Kirkland, Dan | 65 | UC36 | 2:26.14 |
| 50 Yard Breaststroke | | | | |
| 1 | Stark, Allen | 65 | ORM | 33.25 |
| 2 | Carriker, Buz | 66 | ORM | 42.15 |
| 3 | Foges, John | 69 | OREG | 45.85 |
| 4 | Palacios, Rafael | 65 | OMVM | 1:03.69 |
| 5 | Mawson, Karl | 69 | ORM | 1:04.76 |
| * | Stark, Allen | 65 | ORM | 33.44 |
| 100 Yard Breaststroke | | | | |
| 1 | Stark, Allen | 65 | ORM | 1:11.39 |
| 2 | Foges, John | 69 | OREG | 1:46.59 |
| 3 | Mawson, Karl | 69 | ORM | 2:28.50 |
| 200 Yard Breaststroke | | | | |
| 1 | Stark, Allen | 65 | ORM | 2:39.80 |
| 2 | Carriker, Buz | 66 | ORM | 3:28.78 |
| 100 Yard IM | | | | |
| 1 | Stout, Jon | 67 | RVM | 1:13.75 |
| Men 70-74 | | | | |
| 50 Yard Freestyle | | | | |
| 1 | Smith, Robert | 70 | OREG | 29.21 |
| 2 | Philipps, Frank | 71 | RVM | 30.62 |
| 3 | Mellow, Bill | 72 | CGM | 37.98 |
| 100 Yard Freestyle | | | | |
| 1 | Smith, Robert | 70 | OREG | 1:08.27 |
| 2 | Philipps, Frank | 71 | RVM | 1:11.47 |
| 3 | Spence, John | 72 | COMA | 1:15.98 |
| 4 | Mohr, Ralph | 72 | COMA | 1:17.27 |
| 200 Yard Freestyle | | | | |
| 1 | Landis, Tom | 71 | COMA | 2:13.71 |
| 2 | Philipps, Frank | 71 | RVM | 2:42.41 |
| 3 | Spence, John | 72 | COMA | 2:57.61 |
| 4 | Mellow, Bill | 72 | CGM | 3:35.03 |
| 500 Yard Freestyle | | | | |
| 1 | Landis, Tom | 71 | COMA | 6:06.60 |
| 2 | Philipps, Frank | 71 | RVM | 7:29.59 |
| 3 | Spence, John | 72 | COMA | 8:32.92 |
| * | Mohr, Ralph | 72 | COMA | 7:25.13 |
| 1000 Yard Freestyle | | | | |
| 1 | Philipps, Frank | 71 | RVM | 15:24.62 |
| * | Mohr, Ralph | 72 | COMA | 15:06.04 |
| 1650 Yard Freestyle | | | | |
| 1 | Landis, Tom | 71 | COMA | 21:02.75 |
| 2 | Mohr, Ralph | 72 | COMA | 25:06.32 |
| 50 Yard Backstroke | | | | |
| 1 | Smith, Robert | 70 | OREG | 33.81 |
| 2 | Juhala, Richard | 70 | ORM | 52.65 |
| 100 Yard Backstroke | | | | |
| 1 | Smith, Robert | 70 | OREG | 1:15.45 |
| 2 | Spence, John | 72 | COMA | 1:37.68 |
| 200 Yard Backstroke | | | | |
| 1 | Smith, Robert | 70 | OREG | 2:52.33 |
| 2 | Juhala, Richard | 70 | ORM | 4:11.03 |

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|---------------------------------|----|------|--------------------|---------------------------------|---------------------|----------|---------------------------------|-------------------------|--------------------|
| 100 Yard Breaststroke | | | | 1 MAC | 1:59.48 | O | 2 RVM | 2:25.11 | |
| 1 Mellow, Bill | 72 | CGM | 1:47.45 | 1) Eastman, C. 29 | 2) Foley, M. 23 | | 1) Hanson, C. 39 | 2) Kay, R. 67 | |
| 200 Yard Breaststroke | | | | 3) Stacy, J. 24 | 4) Asch, J. 47 | | 3) Werthaiser, W. 44 | 4) Keegan, S. 39 | |
| 1 Juhala, Richard | 70 | ORM | 4:03.51 | 2 ORM | 2:00.29 | | Women 45+ 200 Yard Free Relay | | |
| 50 Yard Butterfly | | | | 1) Miller, L. 22 | 2) Gustafson, A. 33 | | 1 ORM | 1:57.33 | |
| 1 Juhala, Richard | 70 | ORM | 44.52 | 3) Buelow, V. 32 | 4) Somera, C. 28 | | 1) Jenkins, V. 50 | 2) Glaeser, S. 49 | |
| 2 Mellow, Bill | 72 | CGM | 52.31 | 3 DUCK | 2:09.13 | | 3) Viales, D. 52 | 4) Crabbe, C. 57 | |
| 100 Yard Butterfly | | | | 1) Sinclair, K. 19 | 2) Shepherd, B. 20 | | 2 ORM | 2:13.80 | |
| 1 Landis, Tom | 71 | COMA | 1:15.77 Z | 3) Miller, L. 21 | 4) Beech, E. 18 | | 1) Summers, E. 60 | 2) Redwine-Baker, R. 54 | |
| 2 Mohr, Ralph | 72 | COMA | 1:30.36 | 4 PCCM | 2:15.30 | | 3) Rakoz, K. 53 | 4) Royle, M. 61 | |
| 100 Yard IM | | | | 1) Bearden, A. 28 | 2) Larsen, M. 22 | | 3 CGM | 2:13.85 | |
| 1 Smith, Robert | 70 | OREG | 1:17.69 | 3) Esser, E. 27 | 4) Knowles, M. 39 | | 1) Tyynismaa, T. 51 | 2) Dittebrandt, E. 52 | |
| 2 Juhala, Richard | 70 | ORM | 1:42.08 | 5 ORM | 2:27.23 | | 3) Harrington, S. 56 | 4) Caswell, M. 53 | |
| 3 Mellow, Bill | 72 | CGM | 1:49.55 | 1) Mccombs, A. 24 | 2) Schmidt, O. 20 | | Women 45+ 200 Yard Medley Relay | | |
| 200 Yard IM | | | | 3) Chan, L. 31 | 4) Edwards, B. 42 | | 1 ORM | 2:09.67 | |
| 1 Landis, Tom | 71 | COMA | 2:43.58 | Women 25+ 200 Yard Free Relay | | | | 1) Jenkins, V. 50 | 2) Crabbe, C. 57 |
| 2 Mohr, Ralph | 72 | COMA | 3:18.36 | 1 OCT | 1:48.32 | | 3) Viales, D. 52 | 4) Glaeser, S. 49 | |
| 400 Yard IM | | | | 1) Skinner, S. 37 | 2) Reeves, T. 35 | | 2 TCSO | 2:12.31 | |
| 1 Landis, Tom | 71 | COMA | 5:57.43 | 3) Rother, R. 26 | 4) Metz, A. 33 | | 1) Davitt, K. 45 | 2) Lamoureux, L. 54 | |
| 2 Juhala, Richard | 70 | ORM | 8:25.32 | 2 MAC | 1:48.93 | | 3) Andrus-Hughes, K. 56 | 4) Squires, L. 50 | |
| Men 75-79 | | | | 1) Asch, J. 47 | 2) Bowen, K. 28 | | 3 CGM | 2:16.98 | |
| 50 Yard Freestyle | | | | 3) Ferguson, E. 51 | 4) Eastman, C. 29 | | 1) Goodman, A. 54 | 2) Welty-Fick, C. 49 | |
| 1 Thayer, George | 78 | COMA | 34.34 | 3 RVM | 2:06.98 | | 3) Caswell, M. 53 | 4) Tyynismaa, T. 51 | |
| 1000 Yard Freestyle | | | | 1) Hanson, C. 39 | 2) Mannebach, C. 27 | | 4 ORM | 2:29.74 | |
| 1 Radcliff, David | 79 | THB | 13:55.85 | 3) Werthaiser, W. 44 | 4) Keegan, S. 39 | | 1) Balderston, L. 53 | 2) Redwine-Baker, R. 54 | |
| 50 Yard Backstroke | | | | 4 CGM | 2:11.82 | | 3) Rakoz, K. 53 | 4) Royle, M. 61 | |
| 1 Thayer, George | 78 | COMA | 40.03 | 1) Hudec, J. 30 | 2) Ready, J. 42 | | Women 55+ 200 Yard Free Relay | | |
| 100 Yard Backstroke | | | | 3) Welty-Fick, C. 49 | 4) Lou, S. 26 | | 1 COMA | 2:33.09 | |
| 1 Thayer, George | 78 | COMA | 1:30.15 | 5 THB | 2:20.88 | | 1) Gettling, J. 65 | 2) Dewolf, M. 55 | |
| 200 Yard Backstroke | | | | 1) Coates, S. 28 | 2) Harrison, E. 39 | | 3) Whiter, P. 70 | 4) Shuman, C. 59 | |
| 1 Thayer, George | 78 | COMA | 3:27.48 | 3) Woods, A. 39 | 4) Legault, A. 32 | | Women 55+ 200 Yard Medley Relay | | |
| 50 Yard Breaststroke | | | | Women 25+ 200 Yard Medley Relay | | | | 1 ORM | 2:32.50 |
| 1 Thayer, George | 78 | COMA | 46.18 | 1 OCT | 2:02.13 | | 1) Summers, J. 60 | 2) Pierson, G. 68 | |
| 100 Yard IM | | | | 1) Tilton, K. 35 | 2) Metz, A. 33 | | 3) Ward, J. 71 | 4) Calnek-Morris, S. 70 | |
| 1 Thayer, George | 78 | COMA | 1:41.95 | 3) Skinner, S. 37 | 4) Reeves, T. 35 | | 2 COMA | 2:48.40 | |
| Men 90-94 | | | | 2 CAT | 2:12.34 | | 1) Whiter, P. 70 | 2) Hartman, C. 61 | |
| 200 Yard Freestyle | | | | 1) Criscione, A. 40 | 2) Faith, J. 32 | | 3) Gettling, J. 65 | 4) Dewolf, M. 55 | |
| 1 Lamb, Willard | 91 | ORM | 3:19.92 N | 3) Worden, L. 56 | 4) Phillips, S. 49 | | Women 65+ 200 Yard Free Relay | | |
| 500 Yard Freestyle | | | | 3 OCT | 2:14.29 | | 1 ORM | 2:39.18 O | |
| 1 Lamb, Willard | 91 | ORM | 9:06.30 | 1) Daubersmith, B. 48 | 2) Starr, S. 46 | | 1) Ward, J. 71 | 2) Pierson, G. 68 | |
| 1650 Yard Freestyle | | | | 3) Rother, R. 26 | 4) Arata, M. 37 | | 3) Calnek-Morris, S. 70 | 4) Jenkins, T. 65 | |
| 1 Lamb, Willard | 91 | ORM | 30:40.35 | 4 CGM | 2:18.83 | | Men 18+ 200 Yard Free Relay | | |
| 50 Yard Backstroke | | | | 1) Sandoval, L. 42 | 2) Kasenga, A. 39 | | 1 PCCM | 1:47.43 | |
| 1 Lamb, Willard | 91 | ORM | 49.02 N | 3) Ready, J. 42 | 4) Lou, S. 26 | | 1) Esser, T. 25 | 2) Castallanos, E. 20 | |
| 100 Yard Backstroke | | | | 5 THB | 2:20.73 | | 3) Dwight, C. 59 | 4) Lacount, C. 55 | |
| 1 Lamb, Willard | 91 | ORM | 1:48.43 Z | 1) Andrade, J. 53 | 2) Frieder, M. 44 | | Men 18+ 200 Yard Medley Relay | | |
| Relays | | | | 3) Pettit, S. 42 | 4) Coates, S. 28 | | 1 DUCK | 1:54.00 | |
| Women 18+ 200 Yard Free Relay | | | | Women 35+ 200 Yard Free Relay | | | | 1) Jessop, T. 21 | 2) Lawrence, H. 19 |
| 1 ORM | | | 1:48.99 | 1 CGM | 1:52.13 | | 3) Oreizi, J. 24 | 4) Rhodes, K. 21 | |
| 1) Miller, L. 22 | | | 2) Somera, C. 28 | 1) Kasenga, A. 39 | 2) Wily, M. 40 | | 2 PCCM | 2:02.60 | |
| 3) Buelow, V. 32 | | | 4) Blair, H. 28 | 3) Sandoval, L. 42 | 4) Collins, K. 42 | | 1) Lacount, C. 55 | 2) Esser, T. 25 | |
| 2 DUCK | | | 1:56.66 | 2 OCT | 2:03.96 | | 3) Dwight, C. 59 | 4) Castallanos, E. 20 | |
| 1) Beech, E. 18 | | | 2) Sinclair, K. 19 | 1) Daubersmith, B. 48 | 2) Arata, M. 37 | | Men 25+ 200 Yard Free Relay | | |
| 3) Wellington, S. 19 | | | 4) Miller, L. 21 | 3) Tilton, K. 35 | 4) Starr, S. 46 | | 1 MAC | 1:38.73 | |
| 3 MAC | | | 1:57.75 | 3 LHST | 2:05.43 | | 1) Foley, P. 25 | 2) Tujo, C. 42 | |
| 1) Danielsen, A. 31 | | | 2) Foley, M. 23 | 1) Vincent, N. 54 | 2) Croucher, D. 50 | | 3) Wood, N. 25 | 4) Bonus, T. 25 | |
| 3) Stacy, J. 24 | | | 4) Binder, L. 66 | 3) Dean, K. 42 | 4) Mcafee, C. 38 | | 2 THB | 1:42.99 | |
| 4 PCCM | | | 2:04.27 | 4 THB | 2:05.69 | | 1) Cleary, K. 30 | 2) Karyukin, A. 48 | |
| 1) Esser, E. 27 | | | 2) Placek, C. 29 | 1) Frewing, L. 46 | 2) Frieder, M. 44 | | 3) Slotemaker, P. 39 | 4) Baele, M. 49 | |
| 3) Larsen, M. 22 | | | 4) Bearden, A. 28 | 3) Andrade, J. 53 | 4) Pettit, S. 42 | | Men 25+ 200 Yard Medley Relay | | |
| 5 ORM | | | 2:08.74 | Women 35+ 200 Yard Medley Relay | | | | 1 MAC | 1:50.47 |
| 1) Chan, L. 31 | | | 2) Mccombs, A. 24 | 1 LHST | 2:19.13 | | 1) Bonus, T. 25 | 2) Wood, N. 25 | |
| 3) Schmidt, O. 20 | | | 4) Edwards, B. 42 | 1) Mcafee, C. 38 | 2) Vincent, N. 54 | | 3) Foley, P. 25 | 4) Ergenekan, C. 41 | |
| Women 18+ 200 Yard Medley Relay | | | | 3) Dean, K. 42 | 4) Croucher, D. 50 | | 2 OCT | 2:00.41 | |

| | | | | | |
|-------------------------------|----------------------|---------------------------------|-----------------------|---------------------------------|----------------------|
| 1) Muessig, D. 44 | 2) Estep, A. 27 | 1) Mierjeski, E. 63 | 2) Palmer, K. 54 | 1) Van Andel, R. 39 | 2) Rother, R. 26 |
| 3) Crooks, A. 38 | 4) Watt, B. 48 | 3) Richardson, P. 59 | 4) Garibaldi, M. 68 | 3) Metz, A. 33 | 4) Watt, B. 48 |
| Men 35+ 200 Yard Free Relay | | 4) ORM | 2:22.81 | 4) CGM | 1:50.27 |
| 1) MAC | 1:34.86 | 1) Gilbreath, D. 52 | 2) Larson, A. 61 | 1) Lou, S. 26 | 2) Caswell, M. 53 |
| 1) Ergenekan, C. 41 | 2) Sullivan, S. 47 | 3) Myers, K. 45 | 4) Pinz, J. 58 | 3) McNulty, O. 52 | 4) Sumerfield, B. 53 |
| 3) Wan, E. 47 | 4) Washburne, B. 52 | Men 55+ 200 Yard Free Relay | | 5) CAT | 1:52.07 |
| 2) ORM | 1:36.94 | 1) COMA | 1:44.79 | 1) Witzke, D. 45 | 2) Faith, J. 32 |
| 1) Clydesdale, B. 46 | 2) Polito, C. 37 | 1) Metzger, P. 58 | 2) Richardson, P. 59 | 3) Hirsch, C. 44 | 4) Allender, P. 55 |
| 3) Peters, K. 48 | 4) Trexler, A. 35 | 3) Yensen, K. 60 | 4) Tennant, M. 60 | 6) ORM | 1:59.63 |
| 3) OCT | 1:37.39 | 2) RVM | 2:06.75 | 1) Gustafson, A. 33 | 2) Roberts, S. 55 |
| 1) Olsen, B. 35 | 2) Bolivar, J. 43 | 1) Stout, J. 67 | 2) Roome, C. 61 | 3) Chan, L. 31 | 4) Myers, K. 45 |
| 3) Van Andel, R. 39 | 4) Watt, B. 48 | 3) Heller, M. 64 | 4) Philipps, F. 71 | 7) PCCM | 2:01.05 |
| 4) LHST | 1:38.43 | Men 55+ 200 Yard Medley Relay | | 1) Esser, E. 27 | 2) Malloy, J. 52 |
| 1) Vanegas, F. 43 | 2) Edwards, W. 60 | 1) COMA | 1:59.65 | 3) Dwight, C. 59 | 4) Esser, T. 25 |
| 3) Dean, C. 36 | 4) Slade, J. 41 | 1) Metzger, P. 58 | 2) Brockbank, D. 60 | 8) THB | 2:23.67 |
| 5) OCT | 1:46.46 | 3) Yensen, K. 60 | 4) Tennant, M. 60 | 1) Cronin, J. 65 | 2) Harrison, E. 39 |
| 1) Waud, T. 46 | 2) Muessig, D. 44 | Men 65+ 200 Yard Free Relay | | 3) Wihl, S. 28 | 4) Ramsey, E. 57 |
| 3) Mcvay, B. 56 | 4) Crooks, A. 38 | 1) COMA | 1:59.67 | Mixed 25+ 200 Yard Medley Relay | |
| Men 35+ 200 Yard Medley Relay | | 1) Landis, T. 71 | 2) Thayer, G. 78 | 1) OCT | 1:57.30 |
| 1) ORM | 1:48.65 | 3) Garibaldi, M. 68 | 4) Bruce, B. 66 | 1) Rother, R. 26 | 2) Metz, A. 33 |
| 1) Peters, K. 48 | 2) Polito, C. 37 | 2) ORM | 2:27.26 | 3) Van Andel, R. 39 | 4) Watt, B. 48 |
| 3) Duus, G. 43 | 4) Berg, M. 41 | 1) Kehoe, B. 67 | 2) Lamb, W. 91 | 2) CAT | 1:59.46 |
| 2) LHST | 1:49.19 | 3) Juhala, R. 70 | 4) Stark, A. 65 | 1) Nason, J. 39 | 2) Faith, J. 32 |
| 1) Edwards, W. 60 | 2) Slade, J. 41 | Men 65+ 200 Yard Medley Relay | | 3) Witzke, D. 45 | 4) Phillips, S. 49 |
| 3) Dean, C. 36 | 4) Vanegas, F. 43 | 1) COMA | 2:31.56 | 3) MAC | 2:00.33 |
| 3) OCT | 1:50.43 | 1) Thayer, G. 78 | 2) Bruce, B. 66 | 1) Eastman, C. 29 | 2) Foley, P. 25 |
| 1) Olsen, B. 35 | 2) Waud, T. 46 | 3) Landis, T. 71 | 4) Mohr, R. 72 | 3) Bonus, T. 25 | 4) Bowen, K. 28 |
| 3) Bolivar, J. 43 | 4) Van Andel, R. 39 | 2) ORM | 3:09.07 | 4) ORM | 2:04.49 |
| 4) RVM | 1:52.88 | 1) Kehoe, B. 67 | 2) Mawson, K. 69 | 1) Jenkins, V. 50 | 2) Blair, H. 28 |
| 1) Servant, M. 43 | 2) Lantry, T. 38 | 3) Juhala, R. 70 | 4) Stark, A. 65 | 3) Wren, M. 55 | 4) Gilbreath, D. 52 |
| 3) Miller, M. 36 | 4) Sanford, N. 44 | Mixed 18+ 200 Yard Free Relay | | 5) PCCM | 2:13.86 |
| 5) MAC | 2:02.06 | 1) MAC | 1:38.78 | 1) Placek, C. 29 | 2) Dwight, C. 59 |
| 1) Washburne, B. 52 | 2) Sherwood, R. 62 | 1) Foley, M. 23 | 2) Stacy, J. 24 | 3) Lacount, C. 55 | 4) Esser, E. 27 |
| 3) Tujo, C. 42 | 4) Anastas, D. 50 | 3) Wan, E. 47 | 4) Bonus, T. 25 | 6) THB | 2:16.52 |
| 6) THB | 2:03.04 | 2) ORM | 1:41.04 | 1) Legault, A. 32 | 2) Karyukin, A. 48 |
| 1) Ramsey, E. 57 | 2) Karyukin, A. 48 | 1) Miller, L. 22 | 2) Polito, C. 37 | 3) Cleary, K. 30 | 4) Coates, S. 28 |
| 3) Baele, M. 49 | 4) Slotemaker, P. 39 | 3) Berg, M. 41 | 4) Somera, C. 28 | 7) CGM | 2:21.76 |
| 7) OCT | 2:15.54 | 3) DUCK | 1:44.40 | 1) Lou, S. 26 | 2) Mellow, B. 72 |
| 1) Hawkins, N. 35 | 2) Norville, K. 54 | 1) Miller, L. 21 | 2) Oreizi, J. 24 | 3) Wily, M. 40 | 4) Bogard, C. 47 |
| 3) Phipps, T. 60 | 4) Mcvay, B. 56 | 3) Wellington, S. 19 | 4) Jessop, T. 21 | 8) MAC | 2:34.54 |
| Men 45+ 200 Yard Free Relay | | 4) PCCM | 1:55.01 | 1) Binder, L. 66 | 2) Sherwood, R. 62 |
| 1) CGM | 1:44.24 | 1) Larsen, M. 22 | 2) Castellanos, E. 20 | 3) Danielsen, A. 31 | 4) Bowen, M. 60 |
| 1) Sumerfield, B. 53 | 2) Stelzer, K. 54 | 3) Bearden, A. 28 | 4) Lacount, C. 55 | Mixed 35+ 200 Yard Free Relay | |
| 3) McNulty, O. 52 | 4) Frost, M. 46 | Mixed 18+ 200 Yard Medley Relay | | 1) TCSO | 1:39.70 |
| 2) ORM | 1:44.91 | 1) MAC | 1:53.51 | 1) Raleigh, J. 39 | 2) Squires, L. 50 |
| 1) Wren, M. 55 | 2) Boone, L. 52 | 1) Stacy, J. 24 | 2) Wood, N. 25 | 3) Andrus-Hughes, K. 56 | 4) Self, M. 43 |
| 3) Hathaway, D. 53 | 4) Gilbreath, D. 52 | 3) Ergenekan, C. 41 | 4) Foley, M. 23 | 2) OCT | 1:43.43 |
| 3) MAC | 1:48.62 | 2) ORM | 1:54.24 | 1) Bolivar, J. 43 | 2) Olsen, B. 35 |
| 1) Anastas, D. 50 | 2) Moore, E. 45 | 1) Miller, L. 22 | 2) Clydesdale, B. 46 | 3) Reeves, T. 35 | 4) Skinner, S. 37 |
| 3) Sherwood, R. 62 | 4) Westlake, R. 51 | 3) Trexler, A. 35 | 4) Somera, C. 28 | 3) LHST | 1:46.37 |
| 4) LHST | 2:00.88 | 3) DUCK | 2:01.66 | 1) Slade, J. 41 | 2) Dean, C. 36 |
| 1) Howell, R. 54 | 2) Croucher, R. 50 | 1) Sinclair, K. 19 | 2) Lawrence, H. 19 | 3) McAfee, C. 38 | 4) Dean, K. 42 |
| 3) Darnell, S. 60 | 4) Shoemaker, J. 56 | 3) Miller, L. 21 | 4) Oreizi, J. 24 | 4) RVM | 1:49.10 |
| 5) COMA | 2:08.01 | 4) PCCM | 2:11.52 | 1) Servant, M. 43 | 2) Hanson, C. 39 |
| 1) Palmer, K. 54 | 2) Spence, J. 72 | 1) Bearden, A. 28 | 2) Larsen, M. 22 | 3) Keegan, S. 39 | 4) Sanford, N. 44 |
| 3) Mierjeski, E. 63 | 4) Shuman, T. 60 | 3) Castellanos, E. 20 | 4) Esser, T. 25 | 5) OCT | 1:50.85 |
| Men 45+ 200 Yard Medley Relay | | Mixed 25+ 200 Yard Free Relay | | 1) Muessig, D. 44 | 2) Tilton, K. 35 |
| 1) ORM | 1:59.33 | 1) MAC | 1:43.90 | 3) Arata, M. 37 | 4) Crooks, A. 38 |
| 1) Boone, L. 52 | 2) Clydesdale, B. 46 | 1) Danielsen, A. 31 | 2) Ergenekan, C. 41 | 6) CGM | 1:50.86 |
| 3) Hathaway, D. 53 | 4) Roberts, S. 55 | 3) Foley, P. 25 | 4) Eastman, C. 29 | 1) Kasenga, A. 39 | 2) Tynismaa, T. 51 |
| 2) CGM | 2:03.55 | 2) ORM | 1:46.07 | 3) Stelzer, K. 54 | 4) Frost, M. 46 |
| 1) McNulty, O. 52 | 2) Sumerfield, B. 53 | 1) Duus, G. 43 | 2) Jenkins, V. 50 | 7) ORM | 1:57.72 |
| 3) Stelzer, K. 54 | 4) Frost, M. 46 | 3) Trexler, A. 35 | 4) Buelow, V. 32 | 1) Matthews, J. 35 | 2) Rakoz, K. 53 |
| 3) COMA | 2:22.71 | 3) OCT | 1:46.86 | 3) Edwards, B. 42 | 4) Clydesdale, B. 46 |

| | | | | | |
|---------------------------------|----------------------|---------------------------------|----------------------|---------------------------------|--------------------|
| 8 RVM | 2:00.80 | 3) Crooks, A. 38 | 4) Grassman, E. 37 | 5 LHST | 2:35.55 |
| 1) Lantry, T. 38 | 2) Kay, R. 67 | 9 ORM | 2:24.09 | 1) Croucher, R. 50 | 2) Vincent, N. 54 |
| 3) Werthaiser, W. 44 | 4) Miller, M. 36 | 1) Edwards, B. 42 | 2) Viales, D. 52 | 3) Howell, R. 54 | 4) Croucher, D. 50 |
| 9 OCT | 2:14.79 | 3) Myers, K. 45 | 4) Larson, A. 61 | Mixed 55+ 200 Yard Free Relay | |
| 1) Phipps, T. 60 | 2) Grassman, E. 37 | Mixed 45+ 200 Yard Free Relay | | 1 ORM | 2:04.95 |
| 3) Squier, R. 53 | 4) Mcvay, B. 56 | 1) ORM | 1:51.31 | 1) Larson, A. 61 | 2) Royle, M. 61 |
| Mixed 35+ 200 Yard Medley Relay | | 1) Boone, L. 52 | 2) Hathaway, D. 53 | 3) Kehoe, B. 67 | 4) Summers, J. 60 |
| 1 TCSSO | 1:55.75 | 3) Viales, D. 52 | 4) Glaeser, S. 49 | 2 LHST | 2:51.22 |
| 1) Andrus-Hughes, K. 56 | 2) Lamoureux, L. 54 | 2 MAC | 1:51.74 | 1) Marsh, D. 59 | 2) Darnell, S. 60 |
| 3) Raleigh, J. 39 | 4) Self, M. 43 | 1) Asch, J. 47 | 2) Binder, L. 66 | 3) Shoemaker, J. 56 | 4) Speer, B. 80 |
| 2 OCT | 1:57.66 | 3) Sullivan, S. 47 | 4) Washburne, B. 52 | Mixed 55+ 200 Yard Medley Relay | |
| 1) Olsen, B. 35 | 2) Skinner, S. 37 | 3 CGM | 2:07.70 | 1 COMA | 2:23.68 |
| 3) Bolivar, J. 43 | 4) Reeves, T. 35 | 1) Stephenson, M. 61 | 2) Bogard, C. 47 | 1) Metzger, P. 58 | 2) Dewolf, M. 55 |
| 3 LHST | 1:58.50 | 3) Goodman, A. 54 | 4) Harrington, S. 56 | 3) Tennant, M. 60 | 4) Shuman, C. 59 |
| 1) McAfee, C. 38 | 2) Slade, J. 41 | 4 LHST | 2:08.83 | 2 LHST | 3:26.59 |
| 3) Dean, C. 36 | 4) Dean, K. 42 | 1) Croucher, R. 50 | 2) Vincent, N. 54 | 1) Darnell, S. 60 | 2) Speer, B. 80 |
| 4 THB | 1:59.53 | 3) Croucher, D. 50 | 4) Howell, R. 54 | 3) Edwards, W. 60 | 4) Marsh, D. 59 |
| 1) Pettit, S. 42 | 2) Frieder, M. 44 | Mixed 45+ 200 Yard Medley Relay | | Mixed 65+ 200 Yard Free Relay | |
| 3) Baele, M. 49 | 4) Slotemaker, P. 39 | 1 MAC | 1:57.61 | 1 ORM | 2:41.72 |
| 5 RVM | 2:03.03 | 1) Asch, J. 47 | 2) Sullivan, S. 47 | 1) Juhala, R. 70 | 2) Ward, J. 71 |
| 1) Hanson, C. 39 | 2) Lantry, T. 38 | 3) Ferguson, E. 51 | 4) Wan, E. 47 | 3) Pierson, G. 68 | 4) Stark, A. 65 |
| 3) Servant, M. 43 | 4) Keegan, S. 39 | 2 ORM | 2:05.27 | Mixed 65+ 200 Yard Medley Relay | |
| 6 CGM | 2:03.29 | 1) Boone, L. 52 | 2) Crabbe, C. 57 | 1 COMA | 2:29.20 |
| 1) Collins, K. 42 | 2) Kasenga, A. 39 | 3) Hathaway, D. 53 | 4) Glaeser, S. 49 | 1) Bruce, B. 66 | 2) Gettling, J. 65 |
| 3) Stelzer, K. 54 | 4) Frost, M. 46 | 3 CGM | 2:09.65 | 3) Landis, T. 71 | 4) Whiter, P. 70 |
| 7 RVM | 2:17.40 | 1) McNulty, O. 52 | 2) Sumerfield, B. 53 | 2 ORM | 2:37.26 |
| 1) Sanford, N. 44 | 2) Kay, R. 67 | 3) Caswell, M. 53 | 4) Tyynismaa, T. 51 | 1) Pierson, G. 68 | 2) Stark, A. 65 |
| 3) Werthaiser, W. 44 | 4) Miller, M. 36 | 4 OCT | 2:23.44 | 3) Ward, J. 71 | 4) Lamb, W. 91 |
| 8 OCT | 2:23.82 | 1) Daubersmith, B. 48 | 2) Starr, S. 46 | | |
| 1) Muessig, D. 44 | 2) Arata, M. 37 | 3) Mcvay, B. 56 | 4) Norville, K. 54 | | |

Oregon LMSC One-Hour Postal Swim Results

2014

Place numbers are National places

O = Oregon Record N = National Record * = made the Oregon All-Time Top Twelve

Women 25-29

| | | | |
|-----------------------|----|-------|------|
| 12 Blair, Heather | 28 | ORM | 4460 |
| 22 Burgess, Amy | 27 | OR-un | 4100 |
| 56 Mannebach, Chelsea | 26 | RVM | 3190 |
| 59 Alcott, Emily | 28 | CGM | 3155 |

Women 30-34

| | | | |
|-------------------------|----|------|------|
| 18 Binek, Sierra | 30 | CAT | 4340 |
| 22 Gustafson, Aubree | 32 | ORM | 4275 |
| 25 Jackson, Marisa | 34 | LHST | 4250 |
| 33 Danielson, Alexandra | 31 | MACO | 4000 |
| 58 Hudec, Jessica | 30 | CGM | 3345 |
| 78 Callahan, Amanda | 31 | NCMS | 2775 |
| 81 Parker, Phuong | 32 | LHST | 2530 |
| 82 Fox, Sarah | 34 | CGM | 2445 |

Women 35-39

| | | | |
|--------------------|----|------|------|
| 12 Johnson, Serena | 36 | LHST | 4445 |
| 20 Keegan, Shannon | 39 | RVM | 4285 |
| 21 Jajewski, Suzy | 38 | ORM | 4250 |
| 33 Yarris, Lainie | 37 | NCMS | 4050 |
| 41 Hanson, Carrie | 39 | RVM | 3950 |

| | | | |
|---------------------------|----|------|------|
| 51 Lowder, Becky | 39 | LHST | 3770 |
| 59 Bassett, Nicole | 37 | CGM | 3600 |
| 108 Goodson, Tanya | 38 | COMA | 2830 |
| 116 Ayala, Mariana Paloma | 35 | CGM | 2360 |

Women 40-44

| | | | |
|---------------------------|----|------|--------|
| 2 Tomac, Jayna | 41 | COMA | 4870*O |
| 16 Feola, Jen | 43 | COMA | 4470 * |
| 33 Werhane, Cynthia | 44 | ORM | 4175 |
| 35 Criscione, Anicia | 40 | CAT | 4150 |
| 41 Edwards, Bonnie | 41 | ORM | 4050 |
| 41 Hirsch, Christine | 44 | CAT | 4050 |
| 56 Sandoval, Lisa | 41 | CGM | 3925 |
| 62 Ahrendt, Julie | 43 | CAT | 3850 |
| 67 Ready, Jody | 42 | CGM | 3775 |
| 68 Sortor, Rebecca | 41 | COMA | 3770 |
| 71 Werthaiser, Wendy | 44 | RVM | 3735 |
| 79 Gibbs, Jennifer | 42 | RVM | 3650 |
| 79 Jacobs-Brown, Michelle | 42 | LHST | 3650 |
| 81 Chandaria, Sonjia | 43 | LHST | 3645 |
| 125 Danner, Stacey | 42 | CGM | 3235 |

| | | | |
|-------------------------|----|-------|--------|
| 130 Ashworth, Charity | 40 | LHST | 3115 |
| Women 45-49 | | | |
| 20 Phillips, Sue | 49 | CAT | 4365 * |
| 30 Asch, Jill | 47 | MACO | 4175 |
| 36 Sanford, Jocelyn | 48 | RVM | 4155 |
| 43 Salton, Gillian | 45 | COMA | 4060 |
| 64 Norvell, Lisa | 47 | RVM | 3825 |
| 78 Mack, Jaime | 46 | CGM | 3655 |
| 82 Mooney, Susan | 46 | LHST | 3615 |
| 88 Wardell, Jen | 45 | CGM | 3525 |
| 99 Rohlf, Karen | 47 | OR-un | 3450 |
| 102 Welty-Fick, Carolyn | 49 | CGM | 3425 |
| 111 Murphy, Jeannette | 48 | LHST | 3350 |
| 180 Rowlen, Jennifer | 46 | CGM | 2170 |
| 185 Fadlovich, Angela | 47 | LHST | 600 |

Women 50-54

| | | | |
|---------------------|----|------|--------|
| 7 Wheeler, Kendra | 51 | KAM | 4650 * |
| 10 Matson, Karen | 50 | COMA | 4510 * |
| 16 Delmage, Arlene | 51 | ORM | 4475 |
| 24 Tyynismaa, Terri | 51 | CGM | 4295 |

| | | | |
|------------------------|----|-------|--------|
| 45 Caswell, MJ | 52 | CGM | 4015 |
| 51 Goodman, Ann | 54 | CGM | 3965 |
| 66 Holland, Janet | 54 | COMA | 3865 |
| 73 Sutherland, Sue | 51 | CGM | 3800 |
| 80 Vincent, Nancy | 54 | LHST | 3750 |
| 94 Pappa, Debbie | 52 | COMA | 3625 |
| 103 Bender, Sherry | 54 | LHST | 3575 |
| 104 Fox, Christina | 53 | CAT | 3570 |
| 105 Burkard, Anita | 50 | LHST | 3565 |
| 108 Coke, Erin | 54 | RVM | 3530 |
| 120 Dittebrandt, Ellen | 52 | CGM | 3425 |
| 123 Besse, Kate | 52 | MACO | 3415 |
| 138 Foley, Sharon | 53 | MACO | 3295 |
| 154 Haney, Missy | 51 | COMA | 3115 |
| 192 Bowman, Marcie | 50 | OMVM | 2750 |
| 218 Dietz, Helen | 50 | COMA | 1525 |
| Women 55-59 | | | |
| 4 Sweat, Mary | 56 | OR-un | 4715 |
| 16 Cappaert, Marlys | 55 | CBAT | 4100 * |
| 18 Worden, Laura | 56 | CAT | 4090 |
| 31 Harrington, Sue | 56 | CGM | 3930 * |
| 106 White, Sue | 58 | COMA | 3025 |
| 132 Elsten, Laraine | 55 | ORM | 2740 |
| 138 McNutt, Kathe | 59 | COMA | 2690 |
| Women 60-64 | | | |
| 35 Daly, Claudia | 60 | CAT | 3440 * |
| 43 Mather, June | 60 | RVM | 3300 |
| 60 Miller, Jan Irene | 62 | KAM | 3035 |
| 72 Bartosek, Marg | 62 | CAT | 2940 |
| 80 Rabin, Donna | 63 | OR-un | 2690 |
| Women 65-69 | | | |
| 9 Binder, Lauren | 65 | MACO | 3500 |
| 12 Johnson, Monika | 65 | VSC | 3390 * |
| 17 Mathewson, Geri | 65 | RVM | 3315 * |
| 42 Markwardt, Kristen | 67 | NCMS | 2630 |
| 43 Stark, Carol | 65 | ORM | 2550 |
| 53 Mangen, Sylvia | 65 | COMA | 2345 |
| 61 Haynie, Sandra | 68 | CGM | 2140 |
| Women 70-74 | | | |
| 9 Nichols, Jane | 72 | CGM | 3060 * |
| 11 Whiter, Peggy | 70 | COMA | 3025 * |
| 35 Magmer, Jeanne | 74 | NCMS | 2025 |
| Women 75-79 | | | |
| 15 Speer, Bonnie | 79 | LHST | 2230 * |
| Women 80-84 | | | |
| 2 Hunt, Pat | 82 | COMA | 2440 |
| 6 Gee, Nina | 80 | COMA | 2150 * |
| Men 25-29 | | | |
| 14 Wood, Nick | 25 | MACO | 4315 |
| Men 30-34 | | | |
| 37 Van Winkle, Daniel | 31 | BASS | 4000 |
| Men 35-39 | | | |
| 3 Nason, Jeff | 35 | CAT | 5170 * |
| 5 Miller, Matt | 36 | RVM | 5085 |
| 9 Trexler, Adam | 35 | ORM | 4825 |
| 12 Van Andel, Robbert | 39 | OCT | 4685 |
| 13 Raleigh, Jim | 38 | TCSO | 4625 |
| 14 Donnermeyer, Chris | 37 | CGM | 4605 |
| 22 Lantry, Todd | 38 | RVM | 4425 |
| 24 Reber, Aaron | 38 | KAM | 4305 |
| 25 Crooks, Alex | 38 | OCT | 4300 |
| 40 Dean, Casey | 36 | LHST | 3905 |
| 43 Hiller, Patrick | 36 | CGM | 3880 |
| 44 Angstrom, Andy | 37 | CGM | 3790 |

| | | | |
|------------------------|----|-------|--------|
| 46 Johnson, Aaron | 39 | LHST | 3760 |
| 60 Chandaria, Mark | 38 | LHST | 3390 |
| Men 40-44 | | | |
| 2 Self, Mike | 43 | TCSO | 5185 |
| 35 Simpson, Jim | 43 | KAM | 4300 |
| 42 Tujo, Christian | 42 | MACO | 4235 |
| 70 Muessig, Dirk | 43 | OCT | 3760 |
| 72 Bednorz, Mark | 42 | COMA | 3750 |
| 105 Ashworth, Ryan | 40 | LHST | 2785 |
| Men 45-49 | | | |
| 4 Lussier, Hardy | 48 | COMA | 5405 |
| 15 Moore, Eric | 45 | MACO | 4875 * |
| 16 Frost, Mark | 46 | CGM | 4865 * |
| 17 Gramley, Andy | 46 | RVM | 4860 |
| 38 Sullivan, Scot | 47 | MACO | 4480 |
| 48 Waud, Tim | 46 | OCT | 4285 |
| 58 Parmenter, Rod | 48 | CGM | 4060 |
| 71 Engbersen, Rutger | 48 | CGM | 3990 |
| 72 Lounsbury, Robert | 45 | COMA | 3965 |
| 112 Bogard, Clint | 46 | CGM | 3480 |
| 129 Paul, Barry | 48 | CGM | 3215 |
| 138 Norris, Bill | 48 | CGM | 3025 |
| 145 Kersey, Kyle | 49 | OR-un | 2895 |
| Men 50-54 | | | |
| 40 Collins, Michael | 51 | KAM | 4475 |
| 67 McNamara, Tank | 50 | COMA | 4250 |
| 74 Wash, David | 53 | COMA | 4180 |
| 108 Livengood, David | 50 | OR-un | 3925 |
| 111 Palmer, Kevin | 54 | COMA | 3825 |
| 122 Voeller, Jan | 52 | COMA | 3740 |
| 129 Anastas, Daemon | 50 | MACO | 3660 |
| 129 Ribkoff, Mark | 53 | CGM | 3660 |
| 172 Jamieson, David | 52 | PSM | 3115 |
| Men 55-59 | | | |
| 47 Ramsey, Ed | 57 | THB | 4170 |
| 91 Easton, Doug | 59 | CAT | 3700 |
| 99 Stadler, Randy | 56 | BASS | 3600 |
| 105 Goodman, Doug | 57 | CGM | 3565 |
| 108 Gleenblatt, Daniel | 58 | RVM | 3550 |
| 141 Carter, Walt | 58 | COMA | 3155 |
| 144 Sadiil, Scott | 59 | CGM | 3085 |
| 146 Moon, Bob | 58 | BASS | 3050 |
| 148 Darnell, Steve | 59 | LHST | 3010 |
| Men 60-64 | | | |
| 11 Phipps, Tom | 60 | OCT | 4430 * |
| 15 Philbrick, Larry | 61 | KAM | 4290 * |
| 16 Brockbank, Doug | 60 | COMA | 4285 * |
| 23 Stephenson, Michael | 61 | CGM | 4215 |
| 27 Richardson, Brooks | 61 | COMA | 4170 |
| 31 Larson, Alan | 61 | ORM | 4125 |
| 38 Maestre, Robert | 63 | KAM | 3980 |
| 41 Yensen, Kermit | 60 | COMA | 3965 |
| 43 Henderson, Matt | 64 | COMA | 3865 |
| 51 Carew, Mike | 64 | COMA | 3770 |
| 93 Harfst, Michael | 61 | NCMS | 3250 |
| 113 Hauty, Michael | 62 | CGM | 2880 |
| 129 Edwards, Wes | 60 | LHST | 1310 |
| Men 65-69 | | | |
| 4 Johnson, Steve | 65 | EA | 4415 * |
| 5 Cronin, Jed | 65 | THB | 4380 * |
| 9 Bruce, Bob | 65 | COMA | 4320 * |
| 39 Garibaldi, Mike | 68 | COMA | 3610 |
| 54 Richards, Jon | 69 | COMA | 3295 |
| 59 Foges, John | 69 | OR-un | 3200 |

| | | | |
|---|----|-------|----------|
| Men 70-74 | | | |
| 2 Landis, Tom | 71 | COMA | 4265 |
| 5 Mohr, Ralph | 72 | COMA | 3880 |
| 21 Philipps, Frank | 70 | RVM | 3100 |
| 26 Dielman, Gary | 74 | BASS | 2985 |
| 43 Mellow, Bill | 72 | CGM | 2350 |
| Men 75-79 | | | |
| 1 Radcliff, Dave | 79 | THB | 4220 |
| 9 Thayer, George | 77 | COMA | 2870 |
| 16 Lake, Brent | 75 | COMA | 2620 |
| Men 90-94 | | | |
| 1 Bushey, Charles | 92 | OR-un | 1560 |
| Relays | | | |
| <u>Women 25+:</u> 3 x One-hour | | | |
| 4 OREG (Binek, Phillips, Blair) | | | 13,165 |
| <u>Women 35+:</u> 3 x One-hour | | | |
| 3 OREG (S Johnson, Feola, Tomac) | | | 13,785 |
| <u>Women 45+:</u> 3 x One-hour | | | |
| 3 OREG (Delmage, Matson, Wheeler) | | | 13,635 |
| <u>Women 55+:</u> 3 x One-hour | | | |
| 2 OREG (Worden, Cappaert, Sweat) | | | 12,905 O |
| <u>Women 65+:</u> 3 x One-hour | | | |
| 3 OREG (Mathewson, M Johnson, Binder) | | | 10,205 O |
| <u>Women 75+:</u> 3 x One-hour | | | |
| 1 OREG (Gee, Speer, Hunt) | | | 6,820 |
| <u>Men 25+:</u> 3 x One-hour | | | |
| 4 OREG (Wood, Trexler, Gramley) | | | 14,000 |
| <u>Men 35+:</u> 3 x One-hour | | | |
| 1 OREG (Miller, Nason, Self) | | | 15,440 |
| <u>Men 45+:</u> 3 x One-hour | | | |
| 1 OREG (Frost, Moore, Lussier) | | | 15,145 |
| <u>Men 55+:</u> 3 x One-hour | | | |
| 6 OREG (Brockbank, Philbrick, Phipps) | | | 13,005 |
| <u>Men 65+:</u> 3 x One-hour | | | |
| 1 OREG (Bruce, Cronin, Johnson) | | | 13,115 N |
| <u>Men 75+:</u> 3 x One-hour | | | |
| 1 OREG (Lake, Thayer, Radcliff) | | | 9,710 |
| <u>Mixed 25+:</u> 4 x One-hour | | | |
| 3 OREG (Blair, Delmage, Frost, Miller) | | | 18,885 |
| <u>Mixed 35+:</u> 4 x One-hour | | | |
| 2 OREG (Feola, Tomac, Nason, Self) | | | 19,695 |
| <u>Mixed 45+:</u> 4 x One-hour | | | |
| 2 OREG (Matson, Wheeler, Moore, Lussier) | | | 19,440 |
| <u>Mixed 55+:</u> 4 x One-hour | | | |
| 5 OREG (Cappaert, Sweat, Philbrick, Phipps) | | | 17,535 |
| <u>Mixed 65+:</u> 4 x One-hour | | | |
| 2 OREG (M Johnson, Binder, Cronin, S Johnson) | | | 15,685 O |
| <u>Mixed 75+:</u> 4 x One-hour | | | |
| 1 OREG (Speer, Hunt, Thayer, Radcliff) | | | 11,760 |

National Club Placement 2014

Extra-Large Club Category

| Club | Swimmers | Yards |
|-------------------------|----------|-----------|
| 1 New England Masters | 546 | 1,937,035 |
| 2 OREGON | 176 | 642,890 |
| 3 Davis Aquatic Masters | 172 | 601,350 |

NW Zone Championship Meet — SCY

April 11-13, 2014; Federal Way, Washington

O = Oregon Record

Z = Zone Record (includes Oregon Record)

Women 18-24

| | | | |
|-----------------------|----|---------|---|
| 500 Yard Freestyle | | | |
| 1 Mangan, Natascha | 24 | 5:34.72 | |
| 50 Yard Backstroke | | | |
| 1 Mangan, Natascha | 24 | 28.13 | Z |
| 100 Yard Backstroke | | | |
| 2 Mangan, Natascha | 24 | 59.39 | Z |
| 100 Yard Breaststroke | | | |
| 1 Mangan, Natascha | 24 | 1:11.29 | |
| 100 Yard Butterfly | | | |
| 2 Mangan, Natascha | 24 | 58.58 | O |
| 200 Yard Butterfly | | | |
| 2 Mangan, Natascha | 24 | 2:06.17 | Z |

Women 50-54

| | | | |
|------------------------|----|---------|---|
| 100 Yard Freestyle | | | |
| 3 Caswell, MJ | 53 | 1:08.28 | |
| 5 Fox, Christina | 53 | 1:14.62 | |
| 500 Yard Freestyle | | | |
| 1 Vaughn-Edmond, Holly | 51 | 5:39.16 | Z |
| 100 Yard Breaststroke | | | |
| 3 Caswell, MJ | 53 | 1:27.08 | |
| 5 Fox, Christina | 53 | 1:33.06 | |
| 200 Yard Breaststroke | | | |
| 2 Fox, Christina | 53 | 3:18.80 | |
| 100 Yard Butterfly | | | |
| 1 Caswell, MJ | 53 | 1:15.76 | |

Women 55-59

| | | | |
|-----------------------|----|---------|--|
| 50 Yard Freestyle | | | |
| 3 DeWolf, MJ | 55 | 30.56 | |
| 50 Yard Breaststroke | | | |
| 1 DeWolf, MJ | 55 | 39.22 | |
| 100 Yard Breaststroke | | | |
| 4 DeWolf, MJ | 55 | 1:29.52 | |

Women 65-69

| | | | |
|-----------------------|----|---------|--|
| 50 Yard Freestyle | | | |
| 1 Gettling, Janet | 65 | 31.59 | |
| 100 Yard Freestyle | | | |
| 2 Gettling, Janet | 65 | 1:12.67 | |
| 3 Rousseau, Sandi | 66 | 1:19.65 | |
| 50 Yard Backstroke | | | |
| 1 Rousseau, Sandi | 66 | 42.03 | |
| 100 Yard Backstroke | | | |
| 1 Rousseau, Sandi | 66 | 1:30.27 | |
| 200 Yard Backstroke | | | |
| 2 Rousseau, Sandi | 66 | 3:12.90 | |
| 50 Yard Breaststroke | | | |
| 1 Gettling, Janet | 65 | 39.71 | |
| 100 Yard Breaststroke | | | |
| 1 Gettling, Janet | 65 | 1:28.81 | |
| 50 Yard Butterfly | | | |
| 2 Rousseau, Sandi | 66 | 36.31 | |
| 100 Yard IM | | | |
| 1 Gettling, Janet | 65 | 1:22.69 | |
| 4 Rousseau, Sandi | 66 | 1:32.54 | |

| | | | |
|-------------------|----|---------|--|
| 200 Yard IM | | | |
| 1 Gettling, Janet | 65 | 3:07.84 | |

Women 70-74

| | | | |
|----------------------|----|----------|--|
| 50 Yard Freestyle | | | |
| 1 Whiter, Peggy | 70 | 42.11 | |
| 100 Yard Freestyle | | | |
| 1 Whiter, Peggy | 70 | 1:38.60 | |
| 200 Yard Freestyle | | | |
| 1 Whiter, Peggy | 70 | 3:34.16 | |
| 1000 Yard Freestyle | | | |
| 1 Whiter, Peggy | 70 | 19:12.73 | |
| 50 Yard Backstroke | | | |
| 1 Ward, Joy | 71 | 38.54 | |
| 2 Whiter, Peggy | 70 | 56.32 | |
| 100 Yard Backstroke | | | |
| 1 Ward, Joy | 71 | 1:23.51 | |
| 200 Yard Backstroke | | | |
| 1 Ward, Joy | 71 | 2:58.75 | |
| 50 Yard Breaststroke | | | |
| 1 Whiter, Peggy | 70 | 56.72 | |
| 50 Yard Butterfly | | | |
| 1 Ward, Joy | 71 | 38.73 | |
| 100 Yard IM | | | |
| 1 Ward, Joy | 71 | 1:31.09 | |

Men 45-49

| | | | |
|-----------------------|----|---------|--|
| 50 Yard Freestyle | | | |
| 6 Thessin, Tyler | 48 | 29.12 | |
| 100 Yard Freestyle | | | |
| 6 Thessin, Tyler | 48 | 1:07.82 | |
| 200 Yard Freestyle | | | |
| 6 Thessin, Tyler | 48 | 2:36.99 | |
| 50 Yard Breaststroke | | | |
| 3 Waud, Timothy | 46 | 31.67 | |
| 4 Thessin, Tyler | 48 | 33.13 | |
| 100 Yard Breaststroke | | | |
| 3 Waud, Timothy | 46 | 1:09.39 | |
| 5 Thessin, Tyler | 48 | 1:14.24 | |
| 200 Yard Breaststroke | | | |
| 3 Waud, Timothy | 46 | 2:37.15 | |
| 5 Thessin, Tyler | 48 | 2:51.63 | |
| 100 Yard IM | | | |
| 3 Waud, Timothy | 46 | 1:04.35 | |
| 200 Yard IM | | | |
| 1 Waud, Timothy | 46 | 2:20.46 | |
| 400 Yard IM | | | |
| 1 Waud, Timothy | 46 | 5:01.53 | |

Men 50-54

| | | | |
|-----------------------|----|---------|--|
| 100 Yard Freestyle | | | |
| 4 Boone, Lou | 52 | 59.15 | |
| 5 Howell, Richard | 54 | 59.87 | |
| 50 Yard Breaststroke | | | |
| 2 Howell, Richard | 54 | 31.41 | |
| 100 Yard Breaststroke | | | |
| 1 Howell, Richard | 54 | 1:09.08 | |

| | | | |
|-----------------------|----|---------|--|
| 200 Yard Breaststroke | | | |
| 1 Howell, Richard | 54 | 2:35.76 | |
| 50 Yard Butterfly | | | |
| 3 Boone, Lou | 52 | 29.51 | |
| 100 Yard IM | | | |
| 9 Boone, Lou | 52 | 1:08.63 | |
| 200 Yard IM | | | |
| 3 Howell, Richard | 54 | 2:27.49 | |
| 5 Boone, Lou | 52 | 2:31.32 | |
| 400 Yard IM | | | |
| 3 Boone, Lou | 52 | 5:34.98 | |

Men 55-59

| | | | |
|-----------------------|----|----------|--|
| 50 Yard Freestyle | | | |
| 11 Helm, Charlie | 57 | 38.28 | |
| 100 Yard Freestyle | | | |
| 13 Helm, Charlie | 57 | 1:26.05 | |
| 500 Yard Freestyle | | | |
| 8 Helm, Charlie | 57 | 8:36.46 | |
| 1000 Yard Freestyle | | | |
| 4 Carter, Walter | 58 | 17:53.70 | |
| 6 Helm, Charlie | 57 | 18:28.51 | |
| 50 Yard Backstroke | | | |
| 7 Helm, Charlie | 57 | 51.42 | |
| 50 Yard Breaststroke | | | |
| 7 Helm, Charlie | 57 | 54.46 | |
| 100 Yard Breaststroke | | | |
| 5 Carter, Walter | 58 | 1:56.44 | |
| 200 Yard Breaststroke | | | |
| 3 Carter, Walter | 58 | 4:07.41 | |
| 100 Yard Butterfly | | | |
| 3 Carter, Walter | 58 | 1:43.25 | |
| 200 Yard Butterfly | | | |
| 3 Carter, Walter | 58 | 3:50.30 | |

Men 60-64

| | | | |
|---------------------|----|---------|---|
| 100 Yard Backstroke | | | |
| 1 Edwards, Wes | 60 | 1:03.08 | |
| 200 Yard Backstroke | | | |
| 1 Edwards, Wes | 60 | 2:18.52 | O |

Men 65-69

| | | | |
|--------------------|----|---------|--|
| 50 Yard Freestyle | | | |
| 4 Kelber, Michael | 66 | 30.06 | |
| 100 Yard Freestyle | | | |
| 3 Kelber, Michael | 66 | 1:09.62 | |
| 50 Yard Backstroke | | | |
| 5 Kelber, Michael | 66 | 42.58 | |
| 100 Yard IM | | | |
| 4 Kelber, Michael | 66 | 1:26.14 | |

Men 70-74

| | | | |
|---------------------|----|---------|---|
| 200 Yard Freestyle | | | |
| 2 Smith, Robert | 70 | 3:06.96 | |
| 50 Yard Backstroke | | | |
| 1 Smith, Robert | 70 | 32.80 | |
| 100 Yard Backstroke | | | |
| 1 Smith, Robert | 70 | 1:13.72 | Z |

| | | |
|-----------------------|----|---------|
| 200 Yard Backstroke | | |
| 1 Smith, Robert | 70 | 2:46.39 |
| 100 Yard Breaststroke | | |
| 2 Smith, Robert | 70 | 1:27.87 |
| 100 Yard IM | | |
| 1 Smith, Robert | 70 | 1:16.99 |
| Men 75-79 | | |
| 50 Yard Backstroke | | |
| 1 Thayer, George | 78 | 40.24 |
| 100 Yard Backstroke | | |
| 1 Thayer, George | 78 | 1:28.92 |
| 200 Yard Backstroke | | |
| 1 Thayer, George | 78 | 3:29.83 |
| 100 Yard Breaststroke | | |
| 2 Thayer, George | 78 | 1:43.13 |
| 100 Yard IM | | |
| 2 Thayer, George | 78 | 1:39.74 |

NW Zone Meet
Photos
by
Charlie Helm



Christina Fox (middle) about to start



Joy Ward and Tim Waud intently watching the races



George Thayer (pink cap) on the blocks

OMS Association Banquet Photos by Charlie Helm



Charlie Helm and Megan (Quann) Jendrick, who was guest speaker at the banquet.



Todd Lantry, Matt Miller, and MJ Caswell

Statistics of Oregon Masters Swimming SCY Championships

April 4-6, 2014

Highest Individual Point Scorers

compiled by Stephen Darnell

There is a multi-way TIE for the highest individual point scorer in the 2014 Association meet, among swimmers who won all 6 first places in their events:

- | | |
|---------------------|-----------------|
| Karen Andrus-Hughes | Tom Landis |
| Jill Asch | Kevin Pearson |
| Megan Foley | Mike Self |
| Renee Rother | Robert Smith |
| Sonja Skinner | Mike Tennant |
| Bonnie Speer | George Thayer |
| Joy Ward | Brent Washburne |



Team Rankings

Combined Team Scores - Large

| PI | Team | Points |
|----|--------------------------------|--------|
| 1 | Oregon Reign Masters | 1,817 |
| 2 | Central Oregon Masters Aquatic | 915 |
| 3 | LaCamas HeadHunters | 593 |
| 4 | Rogue Valley Masters | 445 |

Combined Team Scores - Medium

| PI | Team | Points |
|----|---------------------------|--------|
| 1 | Multnomah Athletic Club | 1,035 |
| 2 | Oregon City Tankers | 932 |
| 3 | Columbia Gorge Masters | 793 |
| 4 | Tualatin Hills Barracudas | 467 |

Combined Team Scores - Small

| PI | Team | Points |
|----|--------------------------------|--------|
| 1 | Portland Community College Mas | 428 |
| 2 | Corvallis Aquatic Team Masters | 324 |
| 3 | Team Club Sport Oregon | 294 |
| 4 | University of Oregon Swim Club | 278 |
| 5 | Oregon Mid-Valley Masters | 161 |
| 6 | Bearcat Swim Club | 121 |
| 7 | Vancouver Swim Club | 51 |
| 8 | Willamette Valley Aquatic Club | 36 |
| 8 | Open Narwhals | 36 |
| 10 | Lebanon Community Swim Club | 34 |

Some of the Highest Individual Point Scorers



Tom Landis



Brent Washburne



Mike Self



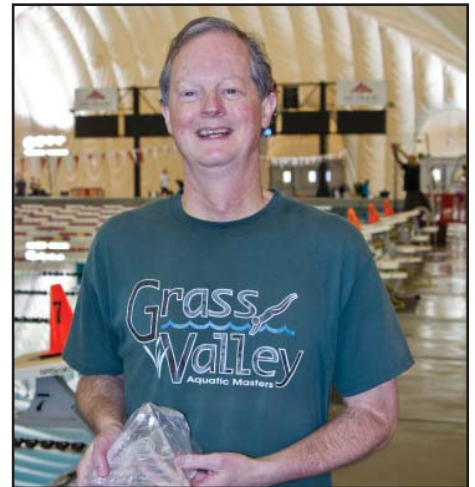
Bonnie Speer



Oregon Reign Masters
1st Place Large Team



Central Oregon Masters Aquatic
2nd Place Large Team



LaCamas HeadHunters
3rd Place Large Team



Multnomah Athletic Club
1st Place Medium Team



Oregon City Tankers
2nd Place Medium Team



Columbia Gorge Masters
3rd Place Medium Team



Portland Community College Masters
1st Place Small Team



Corvallis Aquatic Team Masters
2nd Place Small Team



Team Club Sport Oregon
3rd Place Small Team

Swimmer Spotlight

Mike Self

Karen Andrus-Hughes

| | |
|--------------------|--|
| Age: | 44 |
| Occupation: | Pastor of Family Life at River West Church; West Linn, OR |
| Local Team: | Team Club Sport Oregon (TCSO) |

Mike started swimming competitively when he was 8 years old. He was driving his mom crazy one summer with excess energy, and like many parents, his mom looked to sports as an outlet and encouraged Mike to join the local swim team. It was a great fit, and he has been swimming ever since!

Mike's swimming career has had many ups and downs, but making his first national cut during his high school senior year is a race he will never forget. On three previous occasions he had missed the 500-yard free cut by less than 3 tenths of a second. It was a huge relief when he finally broke that barrier. *"It was one of the few times I could hear people cheering while I was swimming. I was also embarrassed that my mom was banging on the starting block the whole time!"*

Fast forward to college and Mike's dream came true when he was recruited by The University of Texas, a powerhouse in the world of collegiate swimming. *"We won the National Championship my freshman and sophomore year,"* Mike explains and then adds, *"but it's important to note that I didn't contribute a single point to those victories. I was basically the equivalent of a third string quarterback riding the bench."*

Mike's college swimming career didn't go as well as he had hoped, explaining that it was a very humbling experience. *"I probably would have had better individual success had I swum for a smaller program, but I would have always regretted not going for it at The University of Texas."* Mike finished college swimming completely burned out and wasn't sure if he would ever return to the pool. The desire to compete and be physically active wasn't squelched though. About six years later he started competing in triathlons and his love of the water returned.

It didn't take long before he started swimming regularly and training with a Masters team in Texas (Dallas Aquatic Masters), and considered competing again when he moved to Oregon in 2008. *"I love the Club Sport Team,"* he says with a smile, *"and it's the relationships with the other swimmers that make it worth getting up at 4:30 am!"*

Mike's passion extends far beyond the pool and it shows in his face when he talks about being a pastor. *"I've been working with teenagers and families for over 20 years, and I think working with teens keeps me feeling young. It's certainly never dull!"* he laughs. *"Whether it's a backpacking trip, rafting trip, houseboat camp or serving our soldiers at a family camp, it's always an adventure when you do it with teens."* Some of his greatest experiences have been serving internationally, in both Kenya and Rwanda. *"I have the privilege of leading my second trip to Rwanda this summer (partnering with Africa New Life) and bringing my 13 year old daughter, Maddie,"* he says.

Mike is convinced that swimming is the greatest sport there is, and has great respect for all Masters swimmers who still have that "go for it" attitude. And over the years swimming has become a spiritual experience for him, a go-to place for stress relief. He brings a pair of goggles and a suit with him anytime he travels, as he is always looking for an opportunity to swim. During a trip to Israel a few years ago he made a point to swim in the Dead Sea, the Sea of Galilee and the Jordan River, and says that swimming in the Dead Sea was delightfully bizarre. *"It's impossible to sink! I felt like a water-bug skimming across the surface."*

Mike has been married to *"his amazing wife,"* Kathleen, for almost 18 years, and says she has very graciously put up with all his swimming endeavors, including most recently sitting on deck and counting/recording during his Hour Swim in January. In turn, he does his best not to wake her up when he rolls out of bed at 4:30 am. His daughter Maddie, and son Mason (10-years-old) both swim on a team he coaches at Stafford Hills Club, but admits their real love is lacrosse.

Mike Self is a fierce as well as gracious competitor in the pool. He currently holds 10 OMS records, and to date has garnered 17 top ten USMS rankings.



Mike in Rwanda

2013 OREGON MASTERS SWIMMING ANNUAL AWARDS



CONNIE WILSON AWARD *JACKI ALLENDER*

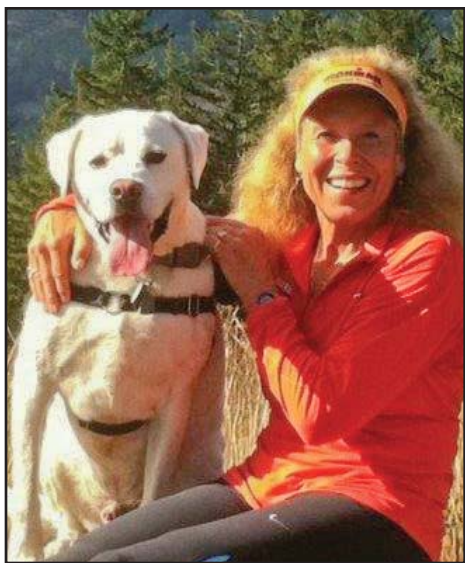
Jacki has served as OMS Officials Chair for many years and has not only been a wonderful resource for Masters meet directors, but has literally 'saved' some OMS meet directors by either stepping in to fill the meet referee position herself or finding another referee to do this job. Jacki is accommodating, has a calm meet demeanor, and has volunteered to do special officials clinics for several Masters swimmers. She frequently serves as our local OMS meet referee and has volunteered to officiate at nine Masters national/world/Pan American championships. She is currently serving as meet referee for the 2014 USMS Spring Nationals in Santa Clara in May 2014. Jacki is a superb volunteer for OMS, has shown her dedication to our organization over many years, and is very deserving of the Connie Wilson award.

OL' BARN AWARD *BONNIE EDWARDS*



Bonnie has been a more recent addition to the OMS Board of Directors with a challenge to develop a new website for the organization. She went about this methodically and persistently, spending many hours researching, asking for input, and designing our new site. The challenges were significant, but Bonnie persevered through changes at the USMS national office and utilized her knowledge and experience to develop a product of which we can all be proud. Bonnie's commitment to accomplish this needed renovation for OMS makes her a most deserving recipient for the Ole' Barn award.

Bonnie's enthusiasm for the sport of swimming is very contagious. She is always encouraging people to participate in the sport whether it's open water swimming, postal swims, or Master's workouts. She has introduced the sport to several people who are now members of our swim team. I love coming to an event or a workout when Bonnie is there because I know she will always have a big smile on her face. This to me exemplifies what Master's swimming is all about, camaraderie. Bonnie's dedication to the sport can be seen in many ways including her volunteer position with OMS. In addition, Bonnie has utilized her graphic design background to create t-shirts and badges for OMS and team events. For her enthusiasm and never ending spirit over the past few years, and her commitment to accomplish the needed renovation of the web site for OMS, Bonnie is very deserving of this award.



HAZEL BRESSIE SPIRIT AWARD

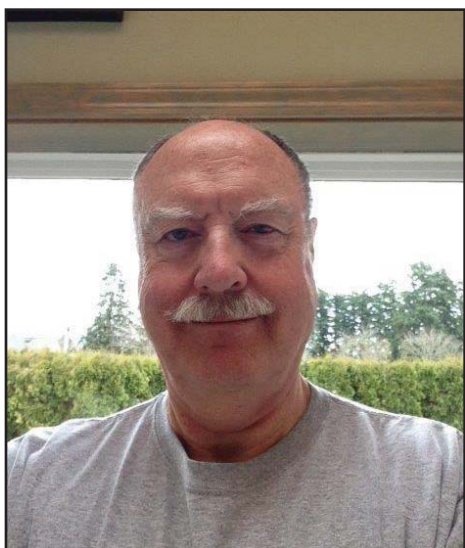
ELKE ASLESON

If you have ever been approached by Elke, you will always remember the encounter. Her sincere compliments and positive outlook on everything endorsed by her radiant smile will have effects on you that you will always embrace. Her enthusiasm for life and best wishes for everyone just “lifts” you. Elke Asleson is always willing to lend a helping hand with little recognition. In the recent past she has gone out of her way to make sure a swimmer has transportation to/from meet. Elke helped place a swimmer in a home overnight so she could participate in meets and she has even paid entry fees into meets since the swimmer is on a limited budget. Elke has gone an extra mile as an OMS swimmer helping someone who isn’t even on her “home” team. Elke Asleson is kind, vivacious, and genuine.

GIL YOUNG SPIRIT AWARD

BUZ CARRIKER

Buz Carriker has been a member of Oregon Masters Swimming for 31 years, currently swimming for the Oregon Reign Masters Team. Buz was an original member, supporter, and treasurer (25 years), of Mt. Hood Masters, which eventually merged with ORM. When Nancy Milner had a serious bout with cancer, she entrusted him to take over her finances until she was able. He repaired needed items at her house, organized yard work parties, and still visits her on a regular basis. That’s what Buz does for everyone. He’ll take/pick you up from the airport, pick you up from a surgery, rescue you if you run out of gas, helps a teammate cut and haul wood, and he cooks a waffle breakfast for team members/friends every Tuesday. He is the catalyst for a team get-together every Tuesday and Thursday at a local restaurant at 9:00 PM after practice and he is the glue for 5:00 AM workouts. Buz is easy going, soft spoken, a good listener, and always has a smile on his face (even when being joked about being the “hot tub king” – you must have him tell you the story.



SPECIAL SERVICE AWARD

JON FRENCH

For over thirty years Jon has been announcing at Oregon Masters Swim Meets. He is one of the folks who keep the meet running smoothly and efficiently by announcing the current event and heat and the “on deck” swim. During warm up, Jon plays peppy modern music to inspire us. At intermission or breaks in the meet, Jon has played “The Macarena” or “The Chicken Dance Song”. What a site to see the swimmers and even the officials “performing” by “flapping their wings”! Not only does Jon provide a service with flair but is entertaining as well. If Jon has not already accepted an announcing request (USA, OSAA, etc.) he agrees to assist OMS and has done so for 30+ years.

Swimmers 50 and Over Can Register Now for New Oregon Senior Games

Perfect New Excuse to Visit Bend, Oregon

Swimmers ages 50 and over have a new excuse to visit Bend, Oregon: The Oregon Senior Games. The 2014 Oregon Senior Games Swim Meet will be held at Juniper Swim & Fitness Center on Saturday, June 21, 2014, from 12 pm – 5 pm and Sunday, June 22nd, from 8 am – 12 pm. Juniper Swim & Fitness is a world-class aquatics and fitness center operated by Bend Parks and Recreation. The swim meet will be hosted by Central Oregon Masters Aquatics with a long track record of hosting US Masters Swimming meets.

The swimming competition line-up includes freestyle (25Y, 50Y, 100Y, 200Y, 500Y), backstroke (25Y, 50Y, 100Y, 200Y), breaststroke (25Y, 50Y, 100Y, 200Y), butterfly (25Y, 50Y, 100Y), and Individual Medley (100Y, 200Y). Seed times are based on qualifying data. To register, visit <https://oregon.fusesport.com/registration/166/>. The Swimming registration fee is \$5 for each event, with a maximum registration of 6 swim events.

The swim meet is sure to appeal to super-competitive athletes as well as those just looking to stay active and have fun participating in any of the 15 other sports as part of the Games. It's also a great opportunity to explore a beloved outdoor recreation mecca: Bend, Oregon. While in town, competitors can reward themselves with whitewater rafting, hiking, golf, stand up paddle boarding or enjoying a tasty craft beer along the Bend Ale Trail. The dining and lodging venues are top notch and will round out a great visit to Central Oregon.

Most of the Oregon Senior Games competitions run June 19-22, 2014, with Cycling leading the way on May 24, 2014, and a Cowboy Action Shooting event a week prior to the main Games. All events are held in and around Bend. The 16 events include a 5K Road Race and Walk, Archery, Badminton, Bowling, Cowboy Action Shooting, Cycling, Golf, Over the Line, Pickleball, Racquetball, Shuffleboard, Softball, Swimming, Tennis, Table Tennis and Track & Field.

Before 2014, Oregon was one of only two states without a sanctioned State Senior Games. The Oregon Senior Games is officially sanctioned by the National Senior

Games Association (NSGA) and is open to any athlete age 50 and over with no prequalification necessary. The top four finishers in most sports in each age group will qualify for the 2015 National Senior Games in St. Paul, Minnesota, (taking place July 3-16, 2015) as will competitors who meet minimum performance standards in applicable sports.

"We're thrilled to be reviving the Oregon Senior Games and bringing them to Bend for the first time," said Kevney Dugan, director of Sales and Sports Development for Visit Bend. "This is an amazing opportunity to present a competitive yet fun and social event to an older set of visitors that showcases Bend as the ultimate outdoor playground."

About Visit Bend

Visit Bend is a non-membership, non-profit economic development organization dedicated to promoting tourism on behalf of the City of Bend. We're a leading provider of information on Bend, Oregon hotels, restaurants, activities, and Oregon vacation planning. To learn more or to order a complimentary Official Visitor Guide to Bend, contact Visit Bend at 1-800-949-6086 or visit www.visit-bend.com.

Judy Campbell
judy@campbellconsulting.com



Summer 2014 Open Water Swimming

By Bob Bruce

The coming of spring reminds us that summer is not far away, and with it the 2014 Oregon open water season.

You can find the schedule, event information, and entry forms for all Oregon events and information about the 2014 Oregon Open Water Series at <http://swimoregon.org/calendar/> and <http://swimoregon.org/open-water/>.

Here is a short description of the open water offerings at each venue this summer with basic camping and parking information, so that you can plan ahead and reserve your campsites early.

1. Lake Juniper Open Water Clinic (Saturday, May 17) & Buoy Swim (Sunday, May 18)—unsanctioned:
Host team: Central Oregon Masters. Event Director Bob Bruce will open the season by offering the 3rd annual Lake Juniper Buoy Swim in the 50-meter pool at Juniper Swim & Fitness Center (a.k.a. Lake Juniper). The swim will be 1200-meters, run in small heats & smaller waves, feature the toastiest water on the Oregon open water circuit, and include a huge pancake brunch afterwards. The Buoy Swim is to open water as short track is to long-oval speed skating—close physical proximity & drafting, tight turns, forceful passing, and daring split-second tactical decisions. All in all, wonderful preparation for open water racing! Find entry info (sorry, no online entry for this small event) at www.comaswim.org.

On Saturday afternoon, May 17, COMA will also present a basic open water clinic at the same site, with Bob Bruce & COMA staff as clinicians. Learn or sharpen up your open water skills in this fun environment! Find details at www.comaswim.org.

For most of us, it's a bit brisk and a bit early for camping in Central Oregon—the Cascade Lakes Highway over Mt. Bachelor probably won't even be open yet! But even noting that this event shares a weekend with Bend's famous & huge Pole-Pedal-Paddle multi-sport event (held on Saturday morning, May 17), you should be able to find lodging in all categories and price ranges.

2. Hagg Lake (Sunday, June 15)—USA-Triathlon sanctioned only. The Portland Tri Club will host the 11th annual swims at Hagg Lake. There are three separate swims of 2000, 800, & 4000 meters, in that order. This event is very popular with triathletes, so we expect a big turnout. Look for water temperatures in the low 60s, which would mean no wetsuit deduction for race or series scoring. Event and registration info are available at <http://www.hagglakeswim.com/getmainscreen.event>. These swims are a good start to our lake-swimming summer season.

There is no camping available at or near Hagg Lake, a situation ameliorated somewhat by the Lake's proximity to the Portland Metro area. The McMenamans Grand Lodge in Forest Grove is the closest overnight accommodation; call 877-992-9533. Note: The race venue at Hagg Lake has a \$5 day use fee.

3. Foster Lake (Saturday, June 28)—USMS-sanctioned: Host team Central Oregon Masters and Event Director Bob Bruce will run the 4th annual Foster Lake Cable Swims, just east of Sweet Home on the only permanent cable swim course west of the Allegheny Mountains (not the Rockies, the Alleghenies!). They will offer both one & two-mile swims on a certified, measured course, so National & Oregon records will count if you set them. Go to www.comaswim.org for entry forms. Many of you have never done a cable swim, so be sure to visit the COMA website (above) for all of the down-and-dirty details that you're gonna need to know for these swims.

Foster Lake is centrally located within two hours of most Oregon-registered swimmers. Check-in begins at 8:00 am, allowing many swimmers to travel to and from the venue on the day of the event. For those with camping in mind, we offer tent camping (sorry, no RVs) in Lewis Creek Park—the fee is \$10 per tent, payable with your entry. Also, Sunnyside Park is a fully-equipped Linn County campground 1.2 miles from the race site. Tent sites are \$13/night and hold up to 8 people, and hookup sites are \$18/night plus \$11 reservation fee/site. Call 541-967-3917, but do it soon—this campground will fill quickly on the weekend before Independence Day. Note: The race venue at Lewis Creek County Park has a \$5 parking fee.

OPEN WATER SWIMS

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4. Portland Bridge Swim (Sunday, July 13)—unsanctioned: See Portland like you never have before! Event Director Marisa Frieder will host our longest event of the season, the 3rd edition of a 17-km swim in the river benefitting Willamette Riverkeeper. The swim will also include 3-person relays. Starting from Sellwood Riverfront Park, you will pass under all 11 of Portland's bridges and end at Cathedral Park. For safety reasons, this swim will start early, will require an individual escort (non-motorized boat or kayak), and entry will be limited. Additionally, there will be a qualifying swim of 5-km; think about swimming your postal 5-km after May 15 to use as your qualifying swim. Planning for this event is evolving, so ramp up your training, cast your net for a friendly boat escort, and stay tuned for further details.

I strongly suspect that you won't be planning to camp the night before this swim, and there are plenty of hotel accommodations in the Portland Metro area.

5. Applegate Lake (Saturday-Sunday, July 19-20)—USMS-sanctioned: Event Director Andrew Gramley and host team Rogue Valley Masters (RVM) will present the 29th annual Southern Oregon open water swims at Applegate Lake. Saturday's events will be 2500, 5000 & 10,000-meter swims, run simultaneously, perfect for this venue. Sunday features the classic 1500-meter race—this year's OMS Open Water Individual & Team Association Championships—followed by the popular 3 x 500-meter pursuit relay. Look forward to hot weather, clear & balmy 73-76 degree water, fine camping, great recreational or cultural opportunities (bring your mountain or road bike, or your appetite for wine tasting), and the ever-bountiful RVM hospitality. So come swim in the lake, bring friends and family, and have fun!

RVM has reserved tent camping sites and self-contained RV camping spaces (no hookups) at race site Hart-Tish Park. For Hart-Tish camping, contact Jocelyn Sanford at 541-488-6435. Other camping sites near Hart-Tish include Jackson, Watkins, and Carberry Campgrounds—call the Hart-Tish Concessionaire (Glenn, Sue, or Mark) at 541-899-9220 or www.applegatelake.com. Beaver Sulfer campground may be reserved at 1-877-444-6777 or www.reserveamerica.com. For other accommodations away from the race site, search

the web for lodgings in Ruch, Jacksonville, Medford, or Ashland. Note: The race venue at Hart-Tish Park has a \$5 per day vehicle parking fee; please include the time to drive down the hill to the general store, purchase your parking pass, and park before the event. No dogs are allowed in Hart-Tish Park.

6. Cascade Lakes Swim Series & Festival at Elk Lake (Friday-Sunday, August 1-2-3)—USMS Sanctioned: Event Director Bob Bruce and host team Central Oregon Masters will present the 20th edition celebration of this major event, which will retain the traditional 'five swims in three days' format and will feature the USMS 5000-meter (5-km for those of you not up on your metric conversions) Open Water National Championships! Start late Friday afternoon with a 3000-meter swim and a snack buffet. Saturday will feature the traditional individual-start 500-meter sprint and the 1500-meter race, and plenty of lolling around the beautiful lake. Sunday will open with the 5000-meter Championship swim and conclude with the tactically-challenging 1000-meter swim with small group send-offs. There are cumulative awards for the three-swim Short and Long Series, as well as Survivor awards for those compulsive maniacs who complete all five swims (will you be among them?). COMA promises a festival atmosphere with fun family-oriented events and the usual groaning hospitality table. See www.comaswim.org for full details and entry forms.

COMA has again reserved the Little Fawn Group Site, and you may pay for camping with your entry at \$8/ adult/day—there is a limit, so enter and reserve early as there will be no last-minute drop-in camping! Like the previous few years, the campground is available for FOUR days, Thursday through Sunday. The Group Camp is a large area designed to hold 50 campers & 12 cars (small & medium motor homes too), and COMA will have a Camp Host on site to help you get settled in. Dogs are allowed in the campground—always on a leash of 6 feet or less—but not at the race site. Parking will be limited to the pullouts off the Cascade Lakes Highway or in the Little Fawn campground, and there will be no parking at the race site until all event activities have been concluded, so please plan to park at the campground even if you are not camping. Shuttle vans will run between the campground and the race site during registration hours and after the lunch & awards.

All other camping sites at Elk Lake are on a first-

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OPEN WATER SWIMS

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come basis, so send a teammate early to secure sites. Campgrounds at nearby lakes offer reserved sites through www.recreation.gov. For cabins at the lake, go to www.elklakeresort.com. Bend and Sunriver offer many lodging choices at various price levels, but reserve your place EARLY—there are other big events in Bend on this weekend.

Although the number of swims is smaller than the past few years, the Oregon open water season offers plenty of variety and challenges...

- Six attractive venues—mountain lakes, scenic reservoirs, the Willamette River, and even a 50-meter pool!
- Venue formats—four single-day, one two-day, and one three-day meeting.
- Race distances—seventeen total swims ranging from 500-meter to 17-kilometers.
- Race courses—out-and-back to triangular to diamond to free-form to point-to-point.
- Race formats—individual-start to small group to traditional mass start.
- Water temperatures—normally ranging from low 60s to mid 70s.
- Clinics—opportunities to learn and hone your open water skills.
- Most importantly, the great variety of friends who will come together again this summer to swim, camp, and frolic in the fellowship that is Oregon open water swimming.

We have an active, challenging, and fun Oregon open water season planned for you. Look for entry information and details about the Oregon Open Water Series in the OMS newsletter *Aqua Master*, on the OMS website www.swimoregon.org, or on individual host websites listed above. Please join us for a wonderful summer of fitness, fellowship, and fun!

Good luck and good swimming!

WHY I LOVE SWIMMING

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My blood pressure was 115/75, and I was off the drug watch list. I no longer had to avoid mirrors, my energy level was up, and my family reported I was no longer a grouch. I had been planning my second hip replacement surgery, but the pain was reduced, and that surgery is now indefinitely delayed. A side benefit that I never expected, and that I have never read about, is that I stopped snoring.

In the Groove

The swimming is getting to be more and more fun. Dennie has us doing sets that would have killed me a year ago. My maximum heart rate used to peak out at 150, and now I can hold it at 170 during a sprint set. My body mass index is into the “normal” range, and I am starting to think about getting into yoga or something that will help me to regain lost flexibility. I am starting to try swimming strokes, and if my flexibility improves I might start to do flip turns. I recently ramped up my swimming by going into the pool more on my own. My weekly yardage is now around 20,000 yards—a year ago it was 4,000 yards.

My endurance has improved enormously. I can repeat hundreds on 1:40, when a year ago I could only do five 100s on 2:00. Don't tell Dennie, but I might be able to repeat on 1:35. However, my sprint times are not much better—I'm not sure how much that will ever improve but I've started to do some weight training to get more power, which hopefully may create more speed.

We started doing open water swimming this summer—who knew that would be fun too? Of course the open water swims end with a social breakfast or dinner. During this second year of Masters swimming, I look forward to every workout, the meets, the postal swims, the social events, and next spring's open water swimming. My life has become a series of interludes between swims.

Why Swimming Works for Me

I was in good company with overweight, out-of-shape, sixty-year-olds. Most of my friends try fad diets and pay for a membership at a health club and get disappointed after a few months, but I had several things going for me:

- Up until the last twelve years, I had a history of participating in endurance sports. I ran, rode a bike, and always valued fitness.

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WHY I LOVE SWIMMING

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- I am a good swimmer and very comfortable in the water. I swam in high school for two years, lived in the Caribbean and swam every day, was into SCUBA diving, wind surfing, and continued fitness swimming at a low level when I had to give up running.
- I know swimming. My kids swam competitively, and I was a USA and YMCA official for years. My son swims in college and my daughter teaches swimming. Swimming has been part of my life for many years.
- My wife is a Masters swimmer. She was frustrated when I didn't swim with her years ago. When I did swim with her she felt compelled to slow down to avoid bruising my ego. Now we are about the same speed and she is a great training partner.
- The perfect coach took over the program. Denie has an amazing ability to say just the right thing to everybody to keep everyone motivated. Her swimmers trust her. When she says a miserable, uncomfortable drill will improve technique, we believe her. When she gives us a target time we will try it. She keeps our own heads from getting in our way. She is able to balance the hard work with novelty swims and social events to keep it fun. Her dedication to the program is outstanding. I know she spends many unpaid hours reading about coaching, creating workouts, and tracking our progress. I'd follow her off an iceberg if she said it would be fun.

The Finish

I look at speed records and think to myself, "If I can hold my times I'll be setting records in my eighties." However, reality is that I am enjoying an extended vacation from aging. I've reversed the clock, but an inevitable decline is still in the future. It may be an injury that takes swimming away from me, or hopefully just a steady decline. A month ago I had a sharp shoulder pain during swimming. Even lifting a water bottle to take a drink hurt. I was depressed for days. I iced, took ibuprofen, and took four days off and felt fine. However long this vacation from aging lasts, I'm going to enjoy it. I can swim with the forty year olds and delude myself into being forty for a while, so why not? I've told everybody that if the arthritis progresses I want them to wheel me into the pool and tip me into the deep end so I can keep swimming.

Masters swimming has let me regain my health by losing weight, reversing my arthritis, lowering my blood pres-

sure, and raising my aerobic capacity. It restores my self-esteem every time I walk by a mirror, helped developed a new set of friends, made life fun again, and helped my wife sleep better (who knew?) by curing me of snoring! My success is primarily due to two people: 1) My wife, for sticking with me when I was down without being judgmental, being supportive without being pushy, and sticking with it as I've become obsessively addicted to swimming; and 2) my coach Dennie who is incredibly good at finding time for all her swimmers to feel like she cares about our individual progress, who is truly inspirational in the way she leads by example by juggling her two jobs, three kids, and personal commitment to swimming, and whom I trust to guide my progress past the obstacles my own mind creates.

It's all about Priorities

There are probably a million ex-competitive swimmers who are deep into adulthood and facing that same depressing decline I experienced. Why don't more of them get into swimming? Despite having a coach who has the best motivational skills I've ever encountered, over half the people who sign up for our program do not stick with it. Of those who drop out, about a quarter register for the program and never show up. I guess they believe they can pay a fee and expect that their fitness will improve. Another quarter only show up once and never return. I think these people are intimidated by sharing a lane, and find that it is more effort than they want. Some of them are un-coachable; they will say, "I want to learn to swim better but I don't want to put my face in the water." OK, goodbye.

The remainder who drop out just cannot get to the pool often enough. They start to miss practices, and after missing a few times it gets easier to miss more. Dennie has said, "Once they get addicted it gets easier for them." She of course is right. The workout routine has to be prioritized above almost everything else for it to work. It has to get easy to say, "Sorry, we can't ever go out Friday night because we swim Friday evenings and then again early Saturday morning." I have told clients, "Sorry, I can't meet with you past 5:00 o'clock on Wednesday" (I don't tell them because I need to be in the pool at 6:00). When I do have to travel I try to find pools near my destination (the YMCA "Away" membership is great) or I do extra workouts before or after the trip. My family obligations trump swimming, but my family is very understanding and supportive. It's all about setting fitness swimming as a priority that is higher than all social or discretionary activities.

Oregon Masters Swimming: Open Water Race Schedule for 2014

| Date(s) | Days | Event/Venue | OR Location | Host | Event Director | Swims | Category | Sanction |
|--------------------------|------|--|--------------|------|-----------------------------|--|---|------------|
| Sat 17 May Sun 18 May | 2 | Lake Juniper Open Water Clinic & Buoy Swim | Bend | COMA | Bob Bruce | 1200-meter | Featured | No |
| Sun 15 Jun | 1 | Hagg Lake | Forest Grove | THB | Mike Healey and Jim Teisher | 2000-meter 800-meter 4000-meter | None | No |
| Sat 28 Jun | 1 | Foster Lake Cable Swims | Sweet Home | COMA | Bob Bruce | 2-mile cable 1-mile cable | Featured Featured | Yes Yes |
| Sun 13 Jul | 1 | Portland Bridge Swim | Portland | THB | Marisa Frieder | 17-km downriver | Featured | No |
| Sat 19 Jul Sun 20 Jul | 2 | Southern Oregon Swim at Applegate Lake | Ruch | RVM | Andy Gramley | 2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter 1500-meter (Ass'n Champs) 3 x 500-meter Pursuit Relay | Qualifying Qualifying Featured Featured Participation | Yes |
| Fri 1 Aug Sun 3 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 |

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.

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

Summary . . .

Results

Oregon Association Meet SCY
Oregon LMSC One-hour Postal
NW Zone Championship SCY

Looking Ahead . . .



| DATE | COURSE | MEET | LOCATION |
|--------------|--------|--|--------------------|
| May 1-4 | SCY | USMS Nationals | Santa Clara, CA |
| May 18 | OW* | Lake Juniper Pool Swim | Bend, OR |
| May 31 | LCM | Tualatan Hills Barracudas https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=5483 | Tualatan Hills, OR |
| June 21-22 | SCY | Oregon Senior Games | Bend, OR |
| July 11-13 | LCM | Pendleton Dual-sanctioned 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 34



OMS Board Meetings

May 12, 2014
June 9, 2014
July 14, 2014

August 11, 2014
September 27, 2014 — Retreat

