



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

"Swimming for Life"

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T-Hills Long Course Meet Big Hit

by Charlie Helm

The "Sizzling Summer" Long Course Meters meet on May 31st was a big hit with the swimmers. A lot of records also took some big hits as this popular meet saw 15 Oregon, 13 Zone, 7 National, and 4 World records broken according to our records Guru Steve Darnell. Dave Radcliff chose his home pool to set 3 of the World records during his 1500 Free race. "Wink" Lamb also chose to set his World record in the 1500 Free event. The host Tualatin Hills Barracudas also showed off their new scoreboard at



Elfie Stevenin with Sandi Rousseau and Jeanne Teisher

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this meet. Around 90 swimmers signed up for this meet, with a good size group from our neighbors to the north coming down to enjoy one of the few long course meets of the year. Also competing at this meet was long time OMS member Elfie Stevenin, who showed at age 93 she can still go for it in the 50 Free. Elfie was presented with a large card signed by the swimmers to show their best wishes as she has been away from competition for quite a while.

Most of the swimmers liked the change to the 50 meter pool, but it always takes a while to adjust to the difference in length. Luckily, I did not see any of the swimmers attempt a flip turn at the halfway point of the pool. Those of us who competed in the 50 meter sprints also liked the change in that we didn't have to make a turn but could go all out to the other end of the pool—the simplest way to race! After having some good results at this meet, several swimmers were heard making plans for the other LCM meets coming later this summer, Pendleton and the Gil Young meet at Mt Hood. As usual, Meet Director Julie Andrade and all the Barracuda volunteers were great hosts and did a good job, as did our Officials. See you next time at the pool!

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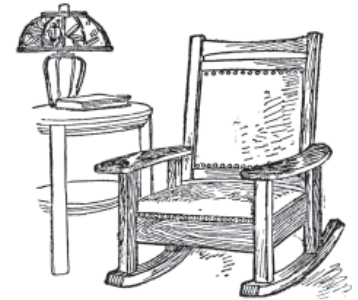
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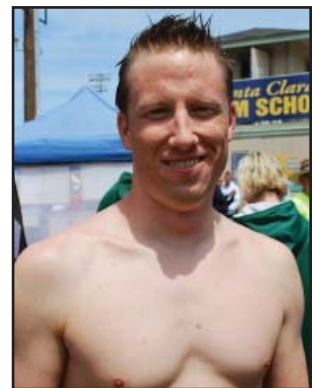


Changes Coming to the Newsletter

As I mentioned in an article I recently wrote, there are going to be some changes made to the *Aqua Master*. You're still going to get the interesting, informative, thought provoking, and encouraging articles that some of our members write every month. From what some of you have shared, this is what you particularly enjoy about the newsletter. In the next couple of months, the first of the changes will be the removal of the results from the newsletter since these are always posted on the OMS website. We will, though, highlight those individuals who have set records at the LMSC, Zone, National, and/or World level as we definitely want to recognize them for their accomplishments.

Alice Zabudsky, our newsletter editor; Bonnie Edwards, OMS webmaster; and I continue to discuss various ways we can get swim news and information to our membership, which consists of fitness and competitive swimmers as well as a growing number of triathletes. There is a wide range of ages that have varying degrees of technical (i.e., computer) access and experience, so, making sure our membership is well informed is our utmost goal. Change is difficult but your suggestions, advice, and comments have been helpful. Thank you.

Hope your summer has been and continues to be a great one with some good swims, particularly at the open water events.

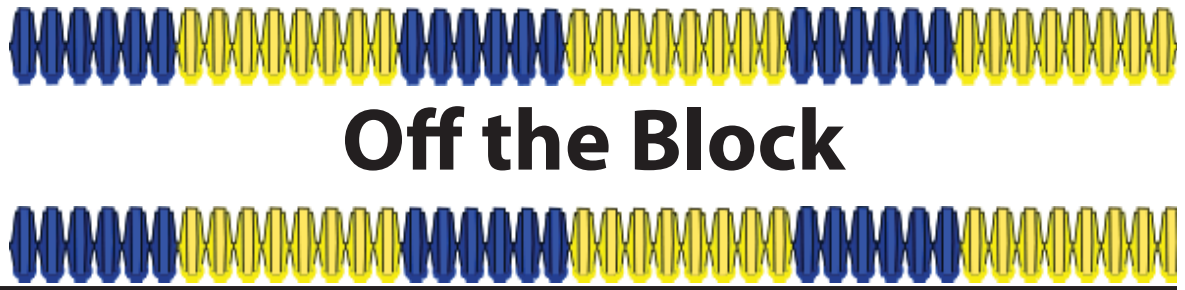


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Aqua-Master is the official publication of Oregon Masters Swimming. It is a source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. A subscription is part of membership in OMS. Contact Susie Young or Jackie Parker for membership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

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

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Off the Block

From the Sprint Lane to Open Water Butterfly

Vegan swimmer tackles 10K with butterfly stroke

Laura Jones

With “clean burning fuel” and a sprinter’s mentality, Becky Fenson swam the 10K Little Red Lighthouse Swim (2011) in New York’s Hudson River all butterfly. For the second time.

Becky, 44 in 2011 and a part of the Virginia LMSC, was a meat eater and sprint freestyler in college at the University of Michigan. She is neither now, although she says she still tackles her races like a sprinter.

“I start out quickly and try to sustain the effort. Go out and hang on; that’s the swimmer I always was. It translated well to open water for me. [And] sprinting is power and strength, and that power and strength also serves me well in open water swimming. But in a million years I never would have guessed I would have become a flyer, much less a distance swimmer.” She became both thanks first to meeting some open water swimmers in New York and then to living in San Francisco where the ocean was right outside her door. She quickly gained an appreciation for the “new challenges posed by swimming in oceans and lakes.”

So, back to the clean burning fuel that sustains her efforts. It is not only meat that is absent from Fenson’s diet; it is all animal products. Out of concern for animal welfare, Becky became a vegan in the late 1990s. Surprised by the extra energy she had on her new eating plan, she decided to put it to good use and do some open water swims all butterfly.

For someone so tough in the water, Becky laughs a

lot and is gracious and humble. She sounds almost surprised she is able to do so much butterfly. But she keeps breaking barriers, and that gives her the confidence to do more. “If swimming has taught me anything, it is how mental sports are. You realize, of course this can be done,” she says.

Becky says there are two limiting factors for her. One is rough water and the other is temperature. “The Hudson was 68 degrees which was perfect. Under 55 degrees is too cold for fly. I’m going to do as many swims as I can fly. Any time I can, I will do it. Distance won’t be the limiting factor.” When she can’t do her open water races butterfly, she is content to do freestyle.

Her training regimen consists of pool swimming during the week and progressively longer forays into the Chesapeake Bay on Saturdays, mostly by herself. In the pool, she does a lot of fly kick on her back and butterfly drills with freestyle mixed in. “Most of my pool swimming is freestyle.”

The switch to distance swimming has surprised her, and made her realize that maybe kids get pegged too young as one type of swimmer. As she explained in an email: “[My] transition from pool swimmer and drop-dead sprinter was a slow, organic (that is, so natural I barely noticed it) one. The jump from a pool to open water was a huge step and after that it all was so natural. One-mile swims in SF Bay with friends became 5-mile races, then 10 miles, and so on. It was all so fun, and the physical and mental challenges so exhilarating, it followed that if one mile was such fun, how great would five miles be? Butterfly was a spontaneous adventure one day that worked out well and added a whole new element of fun—forget racing, now I just want to finish. And, of course, swimming is always about the people: training partners, lane mates, pilots, crew—these are the best friends I’ve ever had.”

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Fit to Swim

Volunteerism

Coach Aubree Gustafson

Summer is quickly approaching, and while there are vacation plans and sun-filled activities on the horizon, you might find you have some extra time on your hands; but what to do with it? Volunteering is a great way to spend your extra time and give back to your community. Below are just a few of the benefits of volunteering and suggestions on how to find the right volunteer opportunities for you.

Volunteering can help introduce you to other people you otherwise may not have met building connections both personally and professionally. It can help you make contact with resources and groups of people with common interests helping to expand your social and professional networks. Volunteerism is a great resume builder and can help add to your career experience. It can help increase your interpersonal skills, ability to work in a team atmosphere, and your leadership skills all while making new friends along the way.

Volunteerism can have positive effects on your health and well being. Volunteering can increase self-confidence, self-esteem and overall satisfaction with life. Dedication to a task followed by the accomplishment of completing it, shared with a group of people with the same interests, can give you a great sense of pride in what you are doing. This can make a difference in other aspects of your life and make you more likely to strive for and achieve your own goals. Volunteering can also help some people combat depression. Social isolation is avoided as you build relationships with those around you. You are needed, your skills/opinions/abilities/etc. matter, and you are making a difference for someone or something else. A natural support system can be created as you and the other volunteers around you all work together towards the same goal. Volunteering can help keep you physically fit. Not everyone can volunteer to build houses, but walking door to door, packing food boxes, lifting and loading small objects and otherwise getting up off the couch has great benefits.

Most importantly, volunteering can be fun. It is a great way to explore other interests or try something new all while making a difference. Take into consideration your own interests and goals when looking for a volunteer activity that suits you best and be sure to ask yourself the following questions:

- Is there something specific that you want to do or an organization that you want to work with?
- Do you want to volunteer with a group or do something that you can work on by yourself?
- Are you better working behind the scenes or would your leadership skills come in handy?
- How much time are you able to commit?
- What skills and abilities do you bring to the table?

Be sure not to limit yourself to what you know you are good at or are currently doing; you may find a new skill set you didn't know you had. Visit the organizations you are interested in volunteering for and ask plenty of questions. Do your research to be sure volunteering with the organization you have chosen is a good fit for you. The better the fit, the more you will want to give, and thus the more you will receive through volunteering.

—Adapted from helpguide.org



Shake and Swim with “Bake”

Elbows High in Freestyle

Coach Dennis Baker



In Freestyle there are very few points of the arm stroke that the elbows are not higher than the rest of the arm. Here are some tips and things to think about when stroking your arms in Freestyle.

1. Think of the original name of Freestyle: “Australian Crawl”. A very good visualization.
2. The hand must enter first to grab the front quadrant water early to stabilize your body in high elbow Freestyle. Make sure to enter just when the hand passes the head to make contact and press the water. In straight arm Freestyle mode the hand and elbow should hit at about the same time then pop your shoulder and elbow up quickly as you pull down.
3. Don’t reach too far out and drop the shoulder and elbow below the chin. This will pull your body out of alignment and cause drag.
4. Think of pulling down around a barrel underwater.
5. Never fully lock out your elbow in the extended position. Always have shoulders high, elbow high for a powerful pull down.
6. Try not to pull too far back down by leg. Studies have shown the front quadrant of Freestyle is much more important than that back quadrant for keeping power and momentum going.

Try these tips and mindsets by making sure to think about what your elbows are doing and you will be well on your way to a better “Australian Crawl”.

VEGAN FLYER

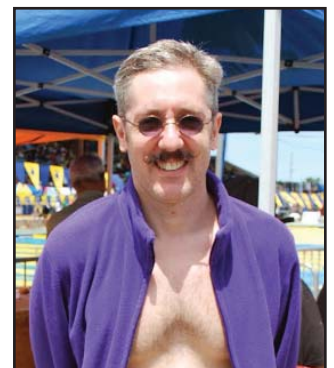
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Becky is married and has three rescue dogs “who are like kids” and works for PETA. If it is possible to be both at the same time, Fenson sounds calm and excited about where her swimming will take her. She knows she is lucky that her shoulders are holding up, and she wants to keep doing longer and longer swims. “I’ve never felt stronger. Swimming is [just] a part of my life. It defines me. It is more than a passion.”

About the Author—Laura Jones

Laura S. Jones, a lawyer by training, has written about sports, health, and science for a variety of publications since 2001. She’s also an author and an avid, although not speedy, open water swimmer who particularly enjoys 5K and 10K ocean swims with her much faster husband, Rob. She’ll occasionally humble herself with a 400 IM or 500 free in a pool meet, and a triathlon or two.

Taken from the USMS web site



Long Distance Swimming

Coach Bob Bruce



As our summer season begins in earnest, I have a potpourri of open water news this month:

1. Lake Juniper Buoy Swim Successful: On Sunday, May 18, 28 swimmers showed up at beautiful Lake Juniper (the cleverly disguised 50-meter pool at Juniper Swim & Fitness Center in Bend) for the annual 1200-meter turn fest—counterclockwise this year—around all 47 buoys. There were some very competitive swims and lots of good open water practice, particularly draft-and-sprint racing. Hardy Lussier (COMA) and Kayla Bowcutt (COMA) were the overall champions, and a good time was had by all. Of course, the sumptuous poolside brunch afterwards was a particular swimmer favorite!

The Lake Juniper basic open water clinic run by Bob Bruce on the previous afternoon was also successful. 19 swimmers went through their paces learning and practicing swimming straight, swimming in a crowd, navigating, and drafting; their improved skills and focus were evident in the Buoy Swim.
2. USMS Open Water National Championship Results: Oregon swimmers have not been inactively waiting for the Oregon open water season to start. Some have been traveling far afield to some of the USMS Championships held across the country, and here are the excellent results:
 - 2.4-mile Championships, Chattanooga, TN, May 17: Matt Miller (RVM) swam well in this event, held in the Tennessee River (aimed downstream, judging from the times), placing third in the highly-contested Men's 35-39 age group in 52:03.4.
 - 1-mile Championships, Lake Berryessa, Davis, CA, June 7: Four Oregon swimmers made this trek south. Matt Miller (RVM), Bob Bruce (COMA), and Ralph Mohr (COMA) each took third in their respective age group, while Brooks Richardson took tenth in his very competitive group. (see page 19 for photo of the group)
3. 5 & 10-km ePostal Swims: It's simple—the ePostal swims should be a part of your open water preparation! If you plan to swim one or more of the longer swims this summer, such as the 5 or 10-km at Applegate Lake, the 17-km Willamette River Swim, the 5-km National Championship swim at Elk Lake, or any long swim elsewhere, you should definitely consider doing one or both of the summer ePostal swims to help you get ready. We Oregonians have had a good start to the long course ePostal season; I know of at least six 5-km swims and four 10-km swims already completed. Find info at https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=5167 and split sheet forms at http://www.usms.org/longdist/5k_10k_splits.pdf and get to work. Note that the 5 & 10-km ePostal swims are hosted by our own Rogue Valley Masters, so that your participation helps support one of our local teams. Although the deadline for swimming the two long course ePostals is September 15th, you should consider doing them much earlier—like NOW—to enhance your open water preparation. And, Oregon Club members, we have a national team title in the 5-km event to defend and the 10-km event to regain!

Some of you may be wondering “what’s this ‘ePostal’ thing”? The USMS Long Distance Committee (on which I have sat for many years) has relabeled the old Postal swims as ePostal swims to reflect the new reality that these events can now be entered only online. No more snail mail! Among the reasons were too many silly mistakes on the mailed entries and too many late or lost entries. And if you’re worried that some swimmers will be disenfranchised by this move, note that every mailed entry—more than 100 of them out of 2600 total entries—in this year’s One-Hour Postal Swim included a return email address! We welcome the old Postal swims to the 21st Century.

Good luck and good swimming!

USMS Spring Nationals — SCY

May 1-4, 2014; Santa Clara, CA

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

Women 18-24

Clark, Allison R / 23	OREG	
23 50 Free		27.81
7 50 Breast		33.75
5 200 Breast		2:36.13
18 100 IM		1:07.71
3 400 IM		4:55.26
Mangan, Natascha R / 24	OREG	
6 500 Free		5:19.71
1 50 Back		28.12
1 100 Breast		1:07.42
2 100 Fly		57.23
3 200 Fly		2:06.64
Miller, Lindsay / 21	DUCK	
15 50 Free		26.53
12 100 Free		57.86
8 50 Breast		33.94
11 100 Breast		1:14.83
5 50 Fly		27.55
12 100 IM		1:05.21
Shepherd, Bridget E / 20	DUCK	
17 500 Free		6:26.06
14 50 Breast		37.15
19 100 Breast		1:22.63
26 100 IM		1:13.35
Sinclair, Katelyn N / 19	DUCK	
29 50 Free		28.49
13 50 Breast		37.04
16 100 Breast		1:19.66
25 100 IM		1:12.38
Stacy, Jessica / 24	OREG	
* 50 Free		25.04
3 50 Breast		31.86
3 100 Breast		1:08.97
3 200 Breast		2:28.12
4 100 Fly		59.74
3 100 IM		1:00.99



Women 30-34

Campbell, Suzanne R / 34	OREG	
14 50 Fly		31.04
12 100 IM		1:10.23
Metz, Amanda / 33	OREG	
4 50 Breast		34.57
4 100 Breast		1:15.59
3 200 Breast		2:43.77
15 50 Fly		31.21
13 100 IM		1:10.47
8 200 IM		2:35.27

Women 35-39

Arata, Melissa E / 37	OREG	
18 50 Back		35.54
8 100 Back		1:14.58
13 200 Back		2:43.18



Johnson, Serena H / 36	OREG	
8 200 Free		2:06.77
6 500 Free		5:47.87
1 1000 Free		11:58.82
5 50 Back		30.95
4 100 Back		1:06.19
5 200 Back		2:22.23
Reeves, Tessa L / 35	OREG	
17 50 Free		27.42
16 100 Free		1:01.20
14 200 Free		2:15.00
8 500 Free		6:09.07
18 50 Fly		31.83
Skinner, Sonja / 37	OREG	
9 50 Free		26.64
9 100 Free		57.56
5 50 Fly		28.54
3 100 Fly		1:02.72
11 100 IM		1:05.78
7 200 IM		2:22.59

Women 40-44

Dean, Kelly S / 42	OREG	
19 50 Free		28.86
4 50 Back		32.36
8 100 Back		1:10.75
14 50 Fly		31.23
14 100 Fly		1:14.01
Tomac, Jayna M / 42	OREG	
2 500 Free		5:32.49
3 1650 Free		19:04.09
3 50 Breast		32.11
4 100 Breast		1:09.85
3 200 Breast		2:33.95
3 200 IM		2:21.80

Women 45-49

Asch, Jill M / 47	OREG	
3 50 Free		25.60
4 100 Free		56.42
2 50 Back		30.42
4 50 Breast		34.49
14 100 Breast		1:17.21
2 50 Fly		28.62

Daubersmith, Britta M / 48

	OREG	
18 50 Back		34.86
18 100 Back		1:14.44
14 200 Back		2:44.35
25 50 Fly		32.72
26 100 IM		1:13.80

Women 50-54

Caswell, MJ / 53	OREG	
22 100 Free		1:03.55
18 100 Breast		1:22.73
12 200 Breast		2:59.48
11 50 Fly		30.77
10 100 Fly		1:10.60
11 200 IM		2:39.86

Delmage, Arlene / 51

	OREG	
13 100 Free		1:00.46
6 1000 Free		12:18.88
8 50 Fly		29.40
7 100 Fly		1:06.16
4 200 Fly		2:29.62

Fox, Christina M / 53

	OREG	
48 100 Free		1:15.98
25 100 Breast		1:30.68
16 200 Breast		3:22.72

Stuntzner, Denise E / 51

	OREG	
11 50 Free		26.99
5 100 Free		58.48
7 200 Free		2:09.31
6 50 Fly		29.08
4 100 Fly		1:04.42
3 200 Fly		2:26.07

Vincent, Nancy C / 54

	OREG	
37 50 Free		30.31
36 100 Free		1:07.34
20 200 Free		2:25.03
15 50 Breast		37.60
17 100 Breast		1:21.91
14 200 Breast		3:05.78

Women 55-59

Andrus-Hughes, Karen / 56	OREG	
1 50 Free		26.42
2 100 Free		58.02
1 50 Back		30.63
1 100 Back		1:04.97
2 200 Back		2:23.24

Mangan, Martina G / 55

	OREG	
20 50 Breast		42.59
14 200 Breast		3:30.94





Women 60-64

Summers, Jeanna / 60 OREG

14	100 Free	1:11.05
5	1000 Free	14:19.05
8	50 Back	36.28
6	100 Back	1:17.89
7	200 Back	2:51.21
6	200 IM	3:03.43

Women 65-69

Gettling, Janet / 65 OREG

*	50 Free	31.04
1	50 Breast	40.78
1	100 Breast	1:28.47
2	200 Breast	3:17.21
1	200 Fly	3:17.13
3	200 IM	3:03.89
2	400 IM	6:45.64

Rousseau, Sandi / 66 OREG

8	50 Free	34.02
5	100 Free	1:17.71
3	50 Back	40.75
5	100 Back	1:30.48
8	200 Back	3:10.19
6	50 Fly	36.82

Women 70-74

Ward, Joy / 71 OREG

50	Back	38.81
1	100 Back	1:26.96
1	200 Back	3:02.18
2	100 Fly	1:34.18
1	100 IM	1:28.75

Whiter, Peggy S / 70 OREG

10	50 Free	42.26
11	100 Free	1:34.18
3	200 Free	3:25.97
3	1000 Free	18:46.03
8	50 Back	52.75
6	50 Breast	53.88

Men 18-24

Jessop, Tyler W / 21 DUCK

15	100 Free	50.88
4	200 Free	1:53.92
9	100 Fly	58.34
11	100 IM	59.99
5	200 IM	2:11.61

Morley, Kyle G / 20 DUCK

6	200 Free	1:56.90
9	50 Back	28.69
14	50 Fly	26.47
17	100 IM	1:02.52

Oreizi, Justin D / 24 DUCK

19	50 Free	24.00
23	100 Free	52.77
9	200 Free	1:59.77
7	500 Free	5:33.43
6	200 IM	2:23.16

Rhodes, Kevin R / 21 DUCK

10	500 Free	5:47.88
14	100 Breast	1:13.46
9	200 Breast	2:41.67

Men 25-29

Wood, Nick / 25 OREG

12	50 Breast	30.54
10	200 Breast	2:25.51
14	200 Fly	2:16.12
8	200 IM	2:12.75
7	400 IM	4:43.68

Men 35-39

Crooks, Alex / 38 OREG

31	50 Free	25.63
43	100 Free	57.65
17	500 Free	5:59.93
9	100 Back	1:09.57
33	100 IM	1:08.59

Lantry, Todd / 38 OREG

11	500 Free	5:28.46
18	100 Breast	1:10.29
13	200 Breast	2:31.99

Matthews, Jonathan / 35 OREG

28	50 Free	24.43
25	100 Free	52.11
8	200 Free	1:56.77
9	500 Free	5:22.51
16	100 Fly	58.25
5	200 Fly	2:13.99

Miller, Matt / 36 OREG

11	200 Free	2:00.87
10	500 Free	5:25.67
3	1650 Free	18:55.73
8	200 Fly	2:27.94
8	400 IM	5:13.27

Olsen, Byron / 35 OREG

22	50 Free	23.65
7	50 Back	27.61
7	100 Back	59.93
11	50 Fly	25.55
17	100 Fly	58.59
14	100 IM	59.60

Rasmussen, John C / 39 UC37

9	50 Yard Free	22.28
4	50 Yard Breast	27.10
5	100 Yard Breast	59.22
2	200 Yard Breast	2:07.30
6	100 IM	55.48

Men 40-44

Bolivar, Jose L / 43 OREG

25	50 Free	24.06
15	50 Fly	26.09
13	100 Fly	57.76
25	100 IM	1:01.76

Men 45-49

Boosin, Michael J / 47 OREG

11	50 Free	22.88
*	50 Free	22.31
4	50 Back	26.48
4	100 Back	59.69

McComish, John H / 48 OREG

18	50 Free	23.67
19	100 Free	52.03
8	50 Back	28.50
11	100 Fly	56.02



Moore, Eric C / 45 OREG

35	100 Free	53.87
7	50 Back	28.44
7	200 Back	2:12.01

Sullivan, Scot A / 47 OREG

12	200 Free	1:58.56
5	100 Back	1:00.28
8	100 Breast	1:05.94
14	200 Breast	2:31.14
15	100 Fly	57.64

Waud, Timothy P / 46 OREG

10	1650 Free	19:11.68
10	50 Breast	31.52
18	100 Breast	1:07.49
10	200 Breast	2:27.85
13	200 IM	2:16.32
15	400 IM	4:52.17



Men 50-54

Washburne, Brent C / 52 OREG

14	100 Free	53.17
23	500 Free	5:44.72
20	100 Back	1:04.87
25	100 Breast	1:11.42
18	100 Fly	59.95
23	100 IM	1:01.54

Men 55-59

Allender, Patrick / 55 OREG

6	100 Breast	1:06.15
1	200 Breast	2:22.49
4	200 IM	2:13.65

Heinemann, William A / 56 OREG

21	100 Yard Breast	1:11.84
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Higgins, J Thomas / 55 UC37

20	50 Yard Freestyle	24.85
13	100 Yard Free	54.29
10	200 Yard Free	2:03.49
16	50 Yard Back	32.30
15	100 Yard Back	1:07.32
37	100 Yard Breast	1:17.29

Men 60-64

Bannan, Charles / 62 OREG

40	50 Free	27.70
16	50 Fly	29.37
7	100 Fly	1:06.93
8	200 Fly	2:59.73

Czerwinski, Charles R / 63 UC37

24	50 Yard Breast	39.65
22	100 Yard Breast	1:30.76

Edwards, Wes / 60 OREG

6	100 Free	55.31
6	100 Back	1:02.90
5	200 Back	2:18.37
11	50 Fly	28.07

Philbrick, Larry K / 61 OREG

15	50 Free	25.46
11	100 Free	56.44
12	50 Back	31.37
8	50 Breast	32.90
8	100 Breast	1:12.60
9	100 IM	1:06.11



Phipps, Tom / 60

47	50 Free	OREG	28.96
11	500 Free		5:53.85
4	1650 Free		20:24.93
11	100 Fly		1:08.92
6	200 Fly		2:44.80
14	200 IM		2:38.75

Yensen, Kermit D / 60

33	100 Free	OREG	1:01.29
18	200 Free		2:17.72
19	500 Free		6:25.59
10	200 Fly		3:01.57
11	400 IM		6:02.93

Men 65-69

Schaefer, Don / 69

27	50 Free	OREG	32.51
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Stark, Allen L / 65

2	50 Breast	OREG	31.39
2	100 Breast		1:07.98
1	200 Breast		2:30.62

Men 70-74

Landis, Tom / 72

3	100 Free	OREG	1:00.76
1	200 Free		2:16.48
1	500 Free		6:15.59
1	1000 Free		12:37.64
2	200 Fly		2:55.65

Von Tagen, Karl E / 70

15	50 Free	OREG	31.29
12	100 Free		1:11.39

Men 75-79

Thayer, George D / 78

4	50 Free	OREG	33.47
3	50 Back		40.67
3	100 Back		1:33.45
7	200 Back		3:27.84
6	50 Breast		45.05

Men 80-84

Radcliff, David A / 80

*	50 Free	OREG	31.15
1	100 Free		1:04.60
1	200 Free		2:26.59
1	500 Free		6:37.72
*	500 Free		6:27.81
*	1000 Free		13:10.14
1	1650 Free		21:54.87

**Photos at Nationals
(Pages 2-15, 20)
by Brent Washburne**



O
O
Z

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N

**Relay Results****Women 18+ 200 Yard Freestyle Relay**

- 2 OREG "A" 1:43.11 O
 1) Asch, Jill M F47
 2) Andrus-Hughes, Karen F56
 3) Mangan, Natascha R F24
 4) Skinner, Sonja F37
- 13 OREG "B" 1:54.47
 1) Stacy, Jessica F24
 2) Daubersmith, Britta M F48
 3) Arata, Melissa E F37
 4) Metz, Amanda F33

Women 18+ 200 Yard Medley Relay

- 4 OREG "A" 1:55.58 O
 1) Johnson, Serena H F36
 2) Mangan, Natascha R F24
 3) Delmage, Arlene F51
 4) Stacy, Jessica F24
- 13 OREG "B" 2:15.35
 1) Arata, Melissa E F37
 2) Clark, Allison R F23
 3) Daubersmith, Britta M F48
 4) Fox, Christina M F53

Women 25+ 200 Yard Freestyle Relay

- 9 OREG "A" 1:49.74
 1) Johnson, Serena H F36
 2) Dean, Kelly S F42
 3) Campbell, Suzanne R F34
 4) Reeves, Tessa L F35

Women 25+ 200 Yard Medley Relay

- 6 OREG "A" 2:05.90
 1) Dean, Kelly S F42
 2) Metz, Amanda F33
 3) Caswell, MJ F53
 4) Reeves, Tessa L F35

Women 35+ 200 Yard Medley Relay

- 1 OREG "A" 1:55.03 O
 1) Andrus-Hughes, Karen F56
 2) Tomac, Jayna M F42
 3) Skinner, Sonja F37
 4) Asch, Jill M F47

Women 45+ 200 Yard Freestyle Relay

- 7 OREG "A" 1:52.51
 1) Delmage, Arlene F51
 2) Caswell, MJ F53
 3) Vincent, Nancy C F54
 4) Stuntzner, Denise E F51

Women 65+ 200 Yard Freestyle Relay

- 2 OREG "A" 2:19.55 O
 1) Gettling, Janet F65
 2) Rousseau, Sandi F66
 3) Ward, Joy F71
 4) Whiter, Peggy S F70

Women 65+ 200 Yard Medley Relay

- 1 OREG "A" 2:33.24 N
 1) Ward, Joy F71
 2) Gettling, Janet F65
 3) Rousseau, Sandi F66
 4) Whiter, Peggy S F70

Men 18+ 200 Yard Freestyle Relay

- 12 DUCK "A" 1:36.38
 1) Oreizi, Justin D M24
 2) Rhodes, Kevin R M21
 3) Jessop, Tyler W M21
 4) Morley, Kyle G M20

Men 25+ 200 Yard Medley Relay

- 16 OREG "A" 1:52.45
 1) Washburne, Brent C M52
 2) Wood, Nick M25
 3) Miller, Matt M36
 4) Crooks, Alex M38

Men 35+ 200 Yard Freestyle Relay

- 8 OREG "A" 1:35.89
 1) Matthews, Jonathan M35
 2) Moore, Eric C M45
 3) Olsen, Byron M35
 4) Bolivar, Jose L M43
- 18 OREG "B" 1:41.88
 1) Crooks, Alex M38
 2) Lantry, Todd M38
 3) Miller, Matt M36
 4) Waud, Timothy P M46

**Men 35+ 200 Yard Medley Relay**

- 11 OREG "A" 1:49.42
 1) Moore, Eric C M45
 2) Lantry, Todd M38
 3) Olsen, Byron M35
 4) Bolivar, Jose L M43

Men 45+ 200 Yard Freestyle Relay

- 3 OREG "A" 1:33.01 O
 1) Boosin, Michael J M47
 2) McComish, John H M48
 3) Sullivan, Scot A M47
 4) Washburne, Brent C M52

Men 45+ 200 Yard Medley Relay

- 6 OREG "A" 1:45.68
 1) Sullivan, Scot A M47
 2) Waud, Timothy P M46
 3) McComish, John H M48
 4) Boosin, Michael J M47

Men 55+ 200 Yard Freestyle Relay

- 17 OREG "A" 1:55.49
 1) Bannan, Charles M62
 2) Thayer, George D M78
 3) Philbrick, Larry K M61
 4) Yensen, Kermit D M60

Men 65+ 200 Yard Freestyle Relay

- 4 OREG "A" 1:55.46



- 1) Landis, Tom M72
 2) Radcliff, David A M80
 3) Stark, Allen L M65
 4) Von Tagen, Karl E M70

Men 65+ 200 Yard Medley Relay

- 4 OREG "A" 2:14.14
 1) Thayer, George D M78
 2) Stark, Allen L M65
 3) Landis, Tom M72
 4) Radcliff, David A M80

Mixed 18+ 200 Yard Freestyle Relay

- 9 OREG "A" 1:39.86
 1) Mangan, Natascha R F24
 2) Miller, Matt M36
 3) Moore, Eric C M45
 4) Stacy, Jessica F24

Mixed 18+ 200 Yard Medley Relay

- 16 OREG "A" 1:53.25
 1) Stacy, Jessica F24
 2) Waud, Timothy P M46
 3) Lantry, Todd M38
 4) Reeves, Tessa L F35
- 19 DUCK "A" 1:55.24
 1) Morley, Kyle G M20
 2) Sinclair, Katelyn N F19
 3) Miller, Lindsay F21
 4) Oreizi, Justin D M24

23 OREG "B" 2:04.87

- 1) Daubersmith, Britta M F48
 2) Clark, Allison R F23
 3) Bannan, Charles M62
 4) Crooks, Alex M38

Mixed 25+ 200 Yard Medley Relay

- 18 OREG "A" 1:52.80
 1) Johnson, Serena H F36
 2) Wood, Nick M25
 3) Matthews, Jonathan M35
 4) Skinner, Sonja F37

22 OREG "B" 1:56.24

- 1) Dean, Kelly S F42
 2) Metz, Amanda F33
 3) Olsen, Byron M35
 4) Bolivar, Jose L M43

30 OREG "C" 2:07.97

- 1) Arata, Melissa E F37
 2) Campbell, Suzanne R F34
 3) Phipps, Tom M60
 4) Miller, Matt M36

Mixed 35+ 200 Yard Freestyle Relay

- 9 OREG "A" 1:41.70
 1) Bolivar, Jose L M43
 2) Olsen, Byron M35
 3) Reeves, Tessa L F35
 4) Skinner, Sonja F37

- 19 OREG "C" 1:46.49
 1) Dean, Kelly S F42
 2) Johnson, Serena H F36
 3) Lantry, Todd M38
 4) Waud, Timothy P M46

Mixed 45+ 200 Yard Freestyle Relay

- 2 OREG "A" 1:37.86
 1) Asch, Jill M F47
 2) Boosin, Michael J M47
 3) Delmage, Arlene F51
 4) McComish, John H M48

- 23 OREG "B" 1:47.88
 1) Washburne, Brent C M52
 2) Caswell, MJ F53
 3) Vincent, Nancy C F54
 4) Sullivan, Scot A M47

Mixed 45+ 200 Yard Medley Relay

- 1 OREG "A" 1:51.21
 1) Boosin, Michael J M47
 2) Sullivan, Scot A M47
 3) Delmage, Arlene F51
 4) Asch, Jill M F47



- 17 OREG "B" 2:01.85
 1) Washburne, Brent C M52
 2) Philbrick, Larry K M61
 3) Caswell, MJ F53
 4) Vincent, Nancy C F54

Mixed 55+ 200 Yard Freestyle Relay

- 4 OREG "A" 1:48.21
 1) Andrus-Hughes, Karen F56
 2) Edwards, Wes M60
 3) Philbrick, Larry K M61
 4) Summers, Jeanna F60

Mixed 55+ 200 Yard Medley Relay

- 7 OREG "A" 2:09.00
 1) Edwards, Wes M60
 2) Allender, Patrick M55
 3) Rousseau, Sandi F66
 4) Summers, Jeanna F60

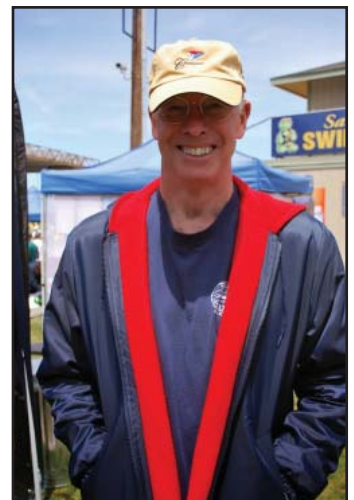
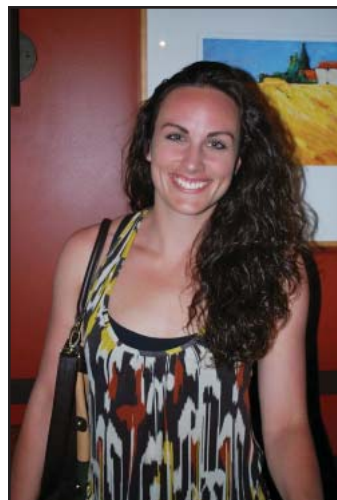
Mixed 65+ 200 Yard Freestyle Relay

- 1 OREG "B" 2:00.15
 1) Gettling, Janet F65
 2) Ward, Joy F71
 3) Radcliff, David A M80
 4) Landis, Tom M72

- 11 OREG "A" 2:20.08
 1) Stark, Allen L M65
 2) Rousseau, Sandi F66
 3) Whiter, Peggy S F70
 4) Thayer, George D M78

Mixed 65+ 200 Yard Medley Relay

- 1 OREG "A" 2:10.57
 1) Ward, Joy F71
 2) Stark, Allen L M65
 3) Landis, Tom M72
 4) Gettling, Janet F65



Lake Juniper Buoy Swim—1200 Meters

May 18, 2014 ; Bend, Oregon

CR = Course Record

Sx	AgGrp	Pl	Name	Age	USMS Club	Time	CR	F/M	Overall
F	18-24	1	Carew, Katie	19	OR-COMA	24:08.82		4	12
		2	Stone, Clairen	24	None	27:11.73		6	18
F	25-29	1	Bowcutt, Kayla	26	None	20:51.77	x	1	4
		2	Rajamaki, Blair	29	None	25:22.45		5	15
F	30-34	1	Cheng, Elisa	34	None	30:45.41	x	10	25
F	50-54	1	Sagers, Debbie	53	None	30:49.53		11	26
F	55-59	1	Schob, Laura	55	OR-COMA	22:56.58		3	11
		2	Shuman, Connie	57	OR-COMA	29:26.99		7	22
		3	White, Sue	58	OR-COMA	30:11.78		8	23
		4	Schiavon, Caryl	55	OR-OPEN	39:28.52		12	28
F	60-64	1	Holmberg, Madeleine	61	OR-COMA	22:52.44		2	10
F	65-69	1	Ziemer, Judy	69	OR-COMA	30:42.31		9	24
M	45-49	1	Lussier, Hardy	48	OR-COMA	17:22.07		1	1
		2	Lajoie, Darrin	49	OR-AQDK	19:18.61		2	2
		3	Wursta, Steve	48	None	21:03.86		5	6
		4	Lunney, Tim	48	OR-COMA	26:23.54		11	16
		5	Carlson, Scott	49	OR-COMA	29:15.99		14	20
		6	Clay, Jeff	45	None	34:19.74		16	27
M	50-54	1	Asbury, Doug	54	None	20:18.21	x	3	3
		2	Thompson, Ron	54	OR-COMA	22:15.06		6	7
		3	Bragg, Robin III	54	OR-OPEN	27:27.43		13	19
M	55-59	1	Douglas, Mike	56	OR-COMA	24:38.47		9	13
		2	Carter, Walt	58	OR-COMA	29:20.22		15	21
M	60-64	1	Richardson, Brooks	61	OR-COMA	22:19.46		7	8
		2	Henderson, Matt	64	OR-COMA	22:50.99		8	9
		3	Tudor, Jim	63	UC37	24:47.98		10	14
M	65-69	1	Garibaldi, Mike	68	OR-COMA	20:53.02	x	4	5
M	70-74	1	Spence, John	72	OR-COMA	26:55.53		12	17

Tualatan Hills Barracudas LCM

May 31, 2014 ; Tualatan Hills, Oregon

O = Oregon Record

Z = Zone Record (includes Oregon)

* = Splits

N = National Record (includes Oregon & Zone)

W = World Record (includes Oregon, Zone, National)

Women 18-24

50 LC Meter Freestyle			
1 Budiselic, Christina	20 OREG	35.06	
2 Powell, Valerie	21 PSM	53.92	
100 LC Meter Freestyle			
1 Budiselic, Christina	20 OREG	1:20.42	
200 LC Meter Freestyle			
1 Budiselic, Christina	20 OREG	3:02.26	
2 Powell, Valerie	21 PSM	4:35.80	
50 LC Meter Backstroke			
1 Powell, Valerie	21 PSM	1:13.50	
50 LC Meter Butterfly			
1 Ross, Laura	22 OREG	34.21	
100 LC Meter Butterfly			
1 Ross, Laura	22 OREG	1:19.60	
200 LC Meter IM			
1 Ross, Laura	22 OREG	2:57.36	

Women 30-34

50 LC Meter Freestyle			
1 Hindmarch, Sofi	33 MSBC	29.81	
2 Crawford, Bonnie	34 OREG	31.50	
3 Delia, Marcie	32 OHSP	35.13	
100 LC Meter Freestyle			
1 Hindmarch, Sofi	33 MSBC	1:05.32	
2 Delia, Marcie	32 OHSP	1:21.60	
200 LC Meter Freestyle			
1 Hindmarch, Sofi	33 MSBC	2:25.96	
50 LC Meter Backstroke			
1 Crawford, Bonnie	34 OREG	35.72	
2 Delia, Marcie	32 OHSP	46.38	
100 LC Meter Backstroke			
1 Delia, Marcie	32 OHSP	1:42.17	
50 LC Meter Breaststroke			
1 Ferries, Jenny	33 PSM	40.15	
100 LC Meter Breaststroke			
1 Ferries, Jenny	33 PSM	1:28.03	
200 LC Meter Breaststroke			
1 Ferries, Jenny	33 PSM	3:09.43	
50 LC Meter Butterfly			
1 Hindmarch, Sofi	33 MSBC	32.34	
2 Crawford, Bonnie	34 OREG	34.29	
100 LC Meter Butterfly			
1 Hindmarch, Sofi	33 MSBC	1:14.56	
200 LC Meter IM			
1 Ferries, Jenny	33 PSM	2:59.30	

Women 35-39

50 LC Meter Freestyle			
1 Ewton, Melissa	39 OREG	47.94	
100 LC Meter Freestyle			
1 Skinner, Sonja	38 OREG	1:07.53	
200 LC Meter Freestyle			
1 Ewton, Melissa	39 OREG	3:55.94	
50 LC Meter Backstroke			
1 Ewton, Melissa	39 OREG	1:04.87	
100 LC Meter Breaststroke			

1 Skinner, Sonja	38 OREG	1:26.49	
50 LC Meter Butterfly			
1 Skinner, Sonja	38 OREG	32.06	
100 LC Meter Butterfly			
1 Skinner, Sonja	38 OREG	1:11.37	
200 LC Meter IM			
1 Skinner, Sonja	38 OREG	2:47.76	

Women 40-44

50 LC Meter Freestyle			
1 Harrison, Elizabeth	40 OREG	48.77	
200 LC Meter Freestyle			
1 Harrison, Elizabeth	40 OREG	3:45.24	
100 LC Meter Backstroke			
1 Pettit, Susan	43 OREG	1:22.45	
200 LC Meter Backstroke			
1 Pettit, Susan	43 OREG	3:05.22	
100 LC Meter Butterfly			
1 Harrison, Elizabeth	40 OREG	2:09.86	
200 LC Meter Butterfly			
1 Harrison, Elizabeth	40 OREG	4:41.27	
200 LC Meter IM			
1 Pettit, Susan	43 OREG	2:56.36	

Women 45-49

50 LC Meter Freestyle			
1 Walker, Abbey	47 OREG	40.71	
50 LC Meter Backstroke			
1 Walker, Abbey	47 OREG	46.68	
100 LC Meter Backstroke			
1 Walker, Abbey	47 OREG	1:44.34	
100 LC Meter Butterfly			
1 Walker, Abbey	47 OREG	1:59.06	

Women 50-54

50 LC Meter Freestyle			
1 Phillips, Sue	50 OREG	33.87	
2 Squier, Rennie	54 OREG	38.48	
3 Andrade, Julie	53 OREG	38.91	
100 LC Meter Freestyle			
1 Phillips, Sue	50 OREG	1:14.82	
2 Fox, Christina	54 OREG	1:28.37	
3 Andrade, Julie	53 OREG	1:33.91	
200 LC Meter Freestyle			
1 Phillips, Sue	50 OREG	2:38.29	
2 Squier, Rennie	54 OREG	3:06.49	
3 Fox, Christina	54 OREG	3:17.38	

1500 LC Meter Freestyle			
1 Phillips, Sue	50 OREG	21:43.19	
100 LC Meter Backstroke			
1 Fox, Christina	54 OREG	1:44.66	
200 LC Meter Backstroke			
1 Bowman, Marcie	50 OREG	5:23.11	
50 LC Meter Breaststroke			
1 Andrade, Julie	53 OREG	49.30	
2 Fox, Christina	54 OREG	49.50	
100 LC Meter Breaststroke			
1 Andrade, Julie	53 OREG	1:45.09	

50 LC Meter Butterfly			
1 Squier, Rennie	54 OREG	45.42	
2 Andrade, Julie	53 OREG	45.74	
3 Bowman, Marcie	50 OREG	57.61	
200 LC Meter IM			
1 Bowman, Marcie	50 OREG	4:43.27	

Women 55-59

50 LC Meter Freestyle			
1 Lamoureux, Lori	55 OREG	34.08	
100 LC Meter Freestyle			
1 Lamoureux, Lori	55 OREG	1:17.09	
50 LC Meter Breaststroke			
1 Lamoureux, Lori	55 OREG	44.85	
100 LC Meter Breaststroke			
1 Lamoureux, Lori	55 OREG	1:41.62	
400 LC Meter IM			
1 Lamoureux, Lori	55 OREG	7:22.49	

Women 60-64

50 LC Meter Freestyle			
1 Marsh, Debra	60 OREG	46.65	
100 LC Meter Freestyle			
1 Marsh, Debra	60 OREG	1:47.20	
200 LC Meter Freestyle			
1 Asleson, Elke	62 OREG	3:31.65	
1500 LC Meter Freestyle			
1 Kassen, Elizabeth	62 PSM	24:10.49	
2 Summers, Jeanna	60 OREG	24:27.00	
50 LC Meter Backstroke			
1 Marsh, Debra	60 OREG	1:01.09	
200 LC Meter Backstroke			
1 Asleson, Elke	62 OREG	3:51.90	
50 LC Meter Breaststroke			
1 Kassen, Elizabeth	62 PSM	49.05	
100 LC Meter Breaststroke			
1 Kassen, Elizabeth	62 PSM	1:52.26	
200 LC Meter Breaststroke			
1 Kassen, Elizabeth	62 PSM	4:06.50	
200 LC Meter Butterfly			
1 Asleson, Elke	62 OREG	4:16.87	
200 LC Meter IM			
1 Asleson, Elke	62 OREG	3:58.43	
400 LC Meter IM			
1 Asleson, Elke	62 OREG	8:19.15	

Women 65-69

50 LC Meter Freestyle			
1 Smith, Elizabeth	66 UC36	39.17	
200 LC Meter Freestyle			
1 Smith, Elizabeth	66 UC36	3:09.52	
50 LC Meter Backstroke			
1 Smith, Elizabeth	66 UC36	45.34	
100 LC Meter Backstroke			
1 Smith, Elizabeth	66 UC36	1:36.14	
200 LC Meter Backstroke			
1 Smith, Elizabeth	66 UC36	3:30.75	
50 LC Meter Breaststroke			

1 Pierson, Ginger	68	OREG	47.52	2 Walters, Scott	34	OREG	1:14.02	1 Coote, Brian	40	MSBC	28.09
100 LC Meter Breaststroke				200 LC Meter Freestyle				2 Jelen, Doug	41	PSM	30.21
1 Pierson, Ginger	68	OREG	1:45.26	1 Robinson, Avery	31	UC37	2:20.23	3 Ito, Tetsuro	41	HMS	31.49
200 LC Meter Breaststroke				1500 LC Meter Freestyle				4 Slotemaker, Paul	40	OREG	31.81
1 Pierson, Ginger	68	OREG	3:47.22	1 Jones, Brock	33	PSM	19:42.15	5 Odegard, Kyle	40	OREG	36.51
200 LC Meter IM				50 LC Meter Breaststroke				100 LC Meter Butterfly			
1 Pierson, Ginger	68	OREG	3:45.94	1 Walters, Scott	34	OREG	38.06	1 Coote, Brian	40	MSBC	1:05.32
Women 70-74				2 Jones, Brock	33	PSM	38.29	200 LC Meter Butterfly			
50 LC Meter Freestyle				100 LC Meter Breaststroke				1 Coote, Brian	40	MSBC	2:48.05
1 Ward, Joy	72	OREG	40.50	1 Jones, Brock	33	PSM	1:25.29	2 Odegard, Kyle	40	OREG	3:36.00
2 Ellingson, Ethel	71	OREG	1:12.38	2 Walters, Scott	34	OREG	1:27.58	400 LC Meter IM			
50 LC Meter Backstroke				200 LC Meter Breaststroke				1 Jelen, Doug	41	PSM	5:46.47
1 Ward, Joy	72	OREG	45.45	1 Jones, Brock	33	PSM	3:04.38	Men 45-49			
2 Ellingson, Ethel	71	OREG	1:25.83	2 Walters, Scott	34	OREG	3:23.21	50 LC Meter Freestyle			
100 LC Meter Backstroke				50 LC Meter Butterfly				1 Wan, Eric	48	OREG	26.59
1 Ward, Joy	72	OREG	1:37.88	1 Robinson, Avery	31	UC37	29.40	2 Clydesdale, Bill	47	OREG	28.35
50 LC Meter Breaststroke				100 LC Meter Butterfly				3 Crowson, Todd	49	OREG	31.49
1 Ellingson, Ethel	71	OREG	2:18.74	1 Robinson, Avery	31	UC37	1:07.51	4 Ferguson, Scott	46	OREG	33.13
50 LC Meter Butterfly				200 LC Meter Butterfly				5 Thessin, Tyler	49	OREG	33.29
1 Ward, Joy	72	OREG	46.38	1 Cleary, Kevin	31	OREG	2:45.63	6 Donahue, Matthew	48	OREG	33.90
100 LC Meter Butterfly				Men 35-39				100 LC Meter Freestyle			
1 Ward, Joy	72	OREG	1:54.33	50 LC Meter Freestyle				1 Wan, Eric	48	OREG	58.14
Women 90-94				1 Larson, Cameron	36	PSM	27.89	2 Clydesdale, Bill	47	OREG	1:05.50
50 LC Meter Freestyle				2 Matthews, Jonathan	35	OREG	28.29	3 Waud, Timothy	47	OREG	1:12.20
1 Stevenin, Elfie	93	OREG	2:29.72	100 LC Meter Freestyle				4 Crowson, Todd	49	OREG	1:12.39
Men 18-24				1 Matthews, Jonathan	35	OREG	1:02.90	5 Ferguson, Scott	46	OREG	1:14.98
1 Stitts, Josef	24	OREG	25.63	200 LC Meter Freestyle				6 Thessin, Tyler	49	OREG	1:21.04
2 Jeffery, Paul	22	OREG	1:06.47	1 Matthews, Jonathan	35	OREG	2:19.46	7 Donahue, Matthew	48	OREG	1:30.94
1500 LC Meter Freestyle				800 LC Meter Freestyle				200 LC Meter Freestyle			
1 Aldred, Grant	21	OREG	21:26.35	* Miller, Matt	37	OREG	9:59.62	1 Wan, Eric	48	OREG	2:17.01
50 LC Meter Backstroke				1500 LC Meter Freestyle				2 Scott, Andrew	49	OREG	2:30.90
1 Stitts, Josef	24	OREG	31.14	1 Miller, Matt	37	OREG	19:24.96	3 Crowson, Todd	49	OREG	2:45.33
200 LC Meter Backstroke				50 LC Meter Butterfly				50 LC Meter Backstroke			
1 Aldred, Grant	21	OREG	2:56.67	1 Larson, Cameron	36	PSM	29.84	1 Ferguson, Scott	46	OREG	44.62
50 LC Meter Breaststroke				2 Matthews, Jonathan	35	OREG	30.99	50 LC Meter Breaststroke			
1 Stitts, Josef	24	OREG	34.89	100 LC Meter Butterfly				1 Clydesdale, Bill	47	OREG	35.34
2 Vosti, Dylan	22	OREG	43.39	1 Matthews, Jonathan	35	OREG	1:11.12	2 Waud, Timothy	47	OREG	36.38
100 LC Meter Breaststroke				400 LC Meter IM				3 Thessin, Tyler	49	OREG	38.24
1 Vosti, Dylan	22	OREG	1:41.99	1 Miller, Matt	37	OREG	5:56.27	4 Ferguson, Scott	46	OREG	42.32
200 LC Meter Breaststroke				Men 40-44				5 Donahue, Matthew	48	OREG	46.45
1 Vosti, Dylan	22	OREG	3:49.55	50 LC Meter Freestyle				100 LC Meter Breaststroke			
50 LC Meter Butterfly				1 Coote, Brian	40	MSBC	26.91	1 Clydesdale, Bill	47	OREG	1:21.70
1 Stitts, Josef	24	OREG	28.73	2 Slotemaker, Paul	40	OREG	27.22	2 Waud, Timothy	47	OREG	1:23.72
2 Aldred, Grant	21	OREG	32.10	3 Ito, Tetsuro	41	HMS	28.56	3 Thessin, Tyler	49	OREG	1:27.23
200 LC Meter Butterfly				4 Odegard, Kyle	40	OREG	32.52	200 LC Meter Breaststroke			
1 Aldred, Grant	21	OREG	2:51.89	100 LC Meter Freestyle				1 Waud, Timothy	47	OREG	2:58.16
200 LC Meter IM				1 Slotemaker, Paul	40	OREG	1:00.85	2 Thessin, Tyler	49	OREG	3:22.27
1 Aldred, Grant	21	OREG	2:56.64	1500 LC Meter Freestyle				50 LC Meter Butterfly			
Men 25-29				1 Van An del, Robbert	40	OREG	20:06.95	1 Clydesdale, Bill	47	OREG	30.83
50 LC Meter Freestyle				2 Ito, Tetsuro	41	HMS	24:34.97	2 Donahue, Matthew	48	OREG	39.11
1 Bruschi, Richard	29	UC37	30.56	50 LC Meter Backstroke				200 LC Meter IM			
100 LC Meter Freestyle				1 Slotemaker, Paul	40	OREG	33.15	1 Scott, Andrew	49	OREG	2:52.22
1 Bruschi, Richard	29	UC37	1:08.55	2 Jelen, Doug	41	PSM	33.66	2 Ferguson, Scott	46	OREG	3:12.68
200 LC Meter Freestyle				3 Ito, Tetsuro	41	HMS	41.09	400 LC Meter IM			
1 Bruschi, Richard	29	UC37	2:38.44	4 Odegard, Kyle	40	OREG	41.29	1 Waud, Timothy	47	OREG	5:52.13
1500 LC Meter Freestyle				100 LC Meter Backstroke				2 Scott, Andrew	49	OREG	6:27.68
1 Dahl, David	29	PSM	20:37.22	1 Odegard, Kyle	40	OREG	1:32.91	Men 50-54			
100 LC Meter Backstroke				200 LC Meter Backstroke				50 LC Meter Freestyle			
1 Bruschi, Richard	29	UC37	1:30.29	1 Jelen, Doug	41	PSM	2:35.59	1 Baele, Michael	50	OREG	26.50
Men 30-34				50 LC Meter Breaststroke				2 Powell, Frank	54	PSM	30.16
50 LC Meter Freestyle				1 Ito, Tetsuro	41	HMS	37.22	3 Benson, Daniel	50	PSM	31.10
1 Robinson, Avery	31	UC37	27.38	200 LC Meter Breaststroke				100 LC Meter Freestyle			
100 LC Meter Freestyle				1 Jelen, Doug	41	PSM	3:08.91	1 Baele, Michael	50	OREG	58.41
1 Robinson, Avery	31	UC37	1:01.78	50 LC Meter Butterfly				200 LC Meter Freestyle			

* Washburne, Brent	53	OREG	2:21.36
800 LC Meter Freestyle			
* Phillips, Dan	51	PSM	9:59.95
1500 LC Meter Freestyle			
1 Phillips, Dan	51	PSM	19:36.99
2 Powell, Frank	54	PSM	23:07.61
50 LC Meter Backstroke			
1 Baele, Michael	50	OREG	33.27
2 Hathaway, David	54	OREG	35.60
3 Powell, Frank	54	PSM	38.13
100 LC Meter Backstroke			
1 Hathaway, David	54	OREG	1:18.16
200 LC Meter Backstroke			
1 Powell, Frank	54	PSM	3:21.28
50 LC Meter Breaststroke			
1 Washburne, Brent	53	OREG	37.09
2 Hathaway, David	54	OREG	40.56
100 LC Meter Breaststroke			
1 Washburne, Brent	53	OREG	1:23.85
2 Hathaway, David	54	OREG	1:29.98
3 Benson, Daniel	50	PSM	1:31.97
50 LC Meter Butterfly			
1 Baele, Michael	50	OREG	28.12 O
Men 55-59			
50 LC Meter Freestyle			
1 Piette, Jeffrey	59	OREG	32.88
2 Helm, Charlie	58	OREG	42.91
100 LC Meter Freestyle			
1 Piette, Jeffrey	59	OREG	1:12.44
200 LC Meter Freestyle			
1 Piette, Jeffrey	59	OREG	2:38.41
1500 LC Meter Freestyle			
1 Ramsey, Ed	58	OREG	23:53.28
2 Munro, Stuart	57	OREG	24:55.34
50 LC Meter Backstroke			
1 Helm, Charlie	58	OREG	57.75
50 LC Meter Breaststroke			
1 Allender, Patrick	56	OREG	35.27
2 Howell, Richard	55	OREG	36.25
3 Heinemann, Bill	56	OREG	40.07
100 LC Meter Breaststroke			
1 Allender, Patrick	56	OREG	1:16.46
2 Howell, Richard	55	OREG	1:20.53
3 Heinemann, Bill	56	OREG	1:31.17
4 Helm, Charlie	58	OREG	2:29.34
200 LC Meter Breaststroke			
1 Heinemann, Bill	56	OREG	3:34.38
50 LC Meter Butterfly			
1 Piette, Jeffrey	59	OREG	36.70
200 LC Meter Butterfly			
1 Allender, Patrick	56	OREG	2:51.69 O
2 Howell, Richard	55	OREG	3:07.13
200 LC Meter IM			
1 Allender, Patrick	56	OREG	2:36.16
400 LC Meter IM			
1 Allender, Patrick	56	OREG	5:41.42 Z
Men 60-64			
50 LC Meter Freestyle			
1 Maestre, Robert	64	OREG	32.04
2 Darnell, Stephen	60	OREG	38.44
3 Kralovec, Charles	62	OREG	39.86
100 LC Meter Freestyle			
1 Edwards, Wes	61	OREG	1:05.73
2 Darnell, Stephen	60	OREG	1:34.54

3 Kralovec, Charles	62	OREG	1:40.26
200 LC Meter Freestyle			
1 Edwards, Wes	61	OREG	2:35.14
2 Maestre, Robert	64	OREG	2:46.30
3 Yensen, Kermit	61	OREG	2:47.15
1500 LC Meter Freestyle			
1 Yensen, Kermit	61	OREG	24:14.40
50 LC Meter Backstroke			
1 Baker, John	63	PSM	38.45
2 Darnell, Stephen	60	OREG	48.66
100 LC Meter Backstroke			
1 Darnell, Stephen	60	OREG	1:46.28
2 Kralovec, Charles	62	OREG	1:50.32
200 LC Meter Backstroke			
1 Edwards, Wes	61	OREG	2:41.12
2 Maestre, Robert	64	OREG	3:15.77
3 Darnell, Stephen	60	OREG	4:01.42
50 LC Meter Breaststroke			
1 Baker, John	63	PSM	37.41
100 LC Meter Breaststroke			
1 Baker, John	63	PSM	1:25.96
200 LC Meter Breaststroke			
1 Edwards, Wes	61	OREG	3:19.77
50 LC Meter Butterfly			
1 Baker, John	63	PSM	34.56
2 Kralovec, Charles	62	OREG	49.25
200 LC Meter IM			
1 Baker, John	63	PSM	2:59.72
2 Yensen, Kermit	61	OREG	3:19.71
Men 65-69			
50 LC Meter Freestyle			
1 Kelber, Michael	67	OREG	33.77
2 Placios, Rafael	66	OREG	53.71
100 LC Meter Freestyle			
1 Kelber, Michael	67	OREG	1:20.69
1500 LC Meter Freestyle			
1 Kirkland, Dan	66	UC36	20:29.15
50 LC Meter Backstroke			
1 Kelber, Michael	67	OREG	48.81
2 Placios, Rafael	66	OREG	1:07.27
200 LC Meter Backstroke			
1 Walker, Thomas	67	PSM	4:19.29
50 LC Meter Breaststroke			
1 Stark, Allen	65	OREG	36.57 Z
2 Kelber, Michael	67	OREG	49.58
100 LC Meter Breaststroke			
1 Walker, Thomas	67	PSM	2:16.03
* Stark, Allen	65	OREG	1:27.25 Z
200 LC Meter Breaststroke			
1 Stark, Allen	65	OREG	2:58.66 Z
2 Walker, Thomas	67	PSM	4:58.24
200 LC Meter IM			
1 Walker, Thomas	67	PSM	4:43.61
Men 70-74			
50 LC Meter Freestyle			
1 Smith, Robert	71	OREG	34.12
1500 LC Meter Freestyle			
1 Foges, John	70	OREG	32:25.43
50 LC Meter Backstroke			
1 Smith, Robert	71	OREG	38.59 Z
Men 80-84			
400 LC Meter Freestyle			
* Radcliff, David	80	OREG	5:53.32 W
800 LC Meter Freestyle			

* Radcliff, David	80	OREG	11:51.43 W
1500 LC Meter Freestyle			
1 Radcliff, David	80	OREG	22:16.90 W
Men 90-94			
100 LC Meter Freestyle			
1 Lamb, Willard	92	OREG	1:41.87 N
400 LC Meter Freestyle			
* Lamb, Willard	92	OREG	8:10.67
800 LC Meter Freestyle			
* Lamb, Willard	92	OREG	16:35.88
1500 LC Meter Freestyle			
1 Lamb, Willard	92	OREG	31:12.82 W
50 LC Meter Backstroke			
1 Lamb, Willard	92	OREG	56.68
100 LC Meter Backstroke			
1 Lamb, Willard	92	OREG	1:59.92 N
200 LC Meter Backstroke			
1 Lamb, Willard	92	OREG	4:20.06 N
Relays			
Men 100-119 200 LC Meter Free Relay			
1 OREG			2:11.10
1) Vosti, D. 22		2) Odegard, K. 40	
3) Aldred, G. 21		4) Stitts, J. 24	
Men 160-199 800 LC Meter Free Relay			
1 OREG			9:26.69 Z
1) Washburne, B. 53		2) Miller, M. 37	
3) Hathaway, D. 54		4) Matthews, J. 35	



Swimmer Spotlight

Denise Stuntzner:

Occupation:

Local Team:

Age 51

Licensed Clinical Social Worker

Central Oregon Masters Aquatics (COMA)



As a young child, growing up in the Coos Bay area, Denise was afraid of the swimming pool deep end. And so she refused to learn to swim. Her parents were determined she learn to swim though, and “tricked” her into going to a pool across town (North Bend Aquatic Club), where her best friend swam. The shallow end was just fine there, until her best friend moved up to the “B” team, and so the friends were separated. *That was no fun for me, so I had to do something. I discovered I liked achieving and learning, AND beating my teammates. Enter competitiveness. I found out I could do the butterfly pretty well and it wasn't much longer before I moved up to the 'A' team, and it was all positive reinforcement from there.*

Fast forward several decades and Denise is still motivated by competition. She swam both freestyle and butterfly events at the most recent USMS short course nationals in Santa Clara, and it's evident swimming fast is still a passion. She placed near the top of the pack in all six events, with the highest finish being 3rd place in the 200 butterfly.

Denise swam through college, landing at the University of Michigan, where she competed for three of four years. She explains that one of her greatest swimming honors was to be elected women's team captain her junior year by fellow Michigan team mates. *That really floored me—took my breath away!* Though she loved swimming at UM, it was difficult to manage rigorous academics and a tough training regime, and she was determined to finish in 4 years, so decided to give up swimming her senior year in order to achieve that goal.

When I graduated, I returned to Oregon, and swam a little, but didn't have a Masters group or anyone to swim with in Coos Bay, and I became too competitive with the clock during practices. I'd start, get frustrated because I'd put too much pressure on myself, then stop again. It wasn't fun at all. This was a cycle that repeated itself until I moved to Roseburg in 1985 and found a small group of Masters swimmers to have fun with. Once swimming was fun, it became easy to get up before work to practice. I swam in a few Masters meets in my mid-twenties, then stopped swimming again while in graduate school, only to start playing tennis for the next 10-12 years. I didn't swim much except during my two pregnancies and only returned to training (what I would call training) in 2007 to prepare for the 2008 long course Nationals which were held at Mt. Hood Community College. There was a small, dedicated group of swimmers interested



in going to Nationals that year, so it was exciting and just the motivation I needed to get moving toward some goals!

Currently Denise is the Wellness Program Coordinator for the Coquille Indian Tribe, where she helps manage their insurance program, and does health coaching with plan members, both tribal and non-tribal. Prior to that she worked as a hospice social worker, mental health specialist and child welfare caseworker, among other social work. She has an undergraduate degree in Psychology and Master's degree in Social Work.

Denise enjoys surfing, crossfit and biking. She has two sons, Max (20 years old) and Karl (16 years old), both who are or have been competitive swimmers, and have been the source of many fond memories for her. Max was part of the first boys' swim team at North Bend High School to win a state championship, and earlier this year her son Karl, a sophomore, won two individual events at the high school state championships, including the 200 freestyle. Denise also was a state champ in the 200 free, so they became the first parent-child duo from the same high school to win respective individual state titles. Swimming has brought Denise many wonderful memories, including a variety of trips, incredible races, bad hotels, great friends!

—submitted by Karen Andrus-Hughes

MonoMermaid

Elaine K. Howley
USMS Website

The Olympic champion's other breathless aquatic adventures

Olympian and USMS on-deck correspondent Misty Hyman, 34, of Phoenix, Ariz., is best known for winning the women's 200-meter butterfly in stunning fashion at the 2000 Sydney Olympics. In a glorious upset that's often cited as one of the top 10 moments in sports history, Hyman bested heavy favorite Australian butterflyer Susie O'Neill for the win. She earned wide recognition for her feat, but swimming butterfly wasn't her only aquatic endeavor.

In addition to Hyman's career as an elite swimmer, she also moonlighted as a Finswimmer. Finswimming is a nontraditional form of swimming with a monofin that gained some traction in the late 1990s but never really took off in the United States. Because Hyman was so adept at underwater dolphin kicking—her signature superpower in the butterfly events she dominated—she was a natural at finswimming, which requires a swimmer to blast off pool walls, hold a tight streamline, and use core muscles to undulate underwater.

Finswimming consists of three disciplines:

- Apnea, in which the swimmer must complete a 50 completely underwater without breathing;
- Surface, in which the swimmer completes events ranging from 100 to 1500 meters while wearing a snorkel; and
- Immersion, in which the swimmer carries an oxygen tank and completes distances ranging from 100 to 800 meters underwater.

"The tank is only big enough for three or four breaths," Hyman says, "so you have to time the breathing. It's really interesting."

She got into the sport, which is popular in Europe and parts of Asia, in 1995 when coach Bob Gillett began integrating a monofin into Hyman's training to increase her kicking power. "There was a group of people in the U.S. trying to grow the sport, and in 1996, I went with the U.S. team to compete in Budapest," Hyman says. Fellow Olympic swimmer Jenny Thompson also attended that world championship meet in Hungary.



Hyman and Thompson had a lot of fun at the world championships. "We would walk out behind the blocks swinging our arms to loosen them up and realize we're not going to use our arms," she says, laughing, "You just kick!" In addition to redundant arms, Hyman's broad butterflyer shoulders were problematic in finswimming for the extra resistance they offered against the water. "The professional finswimmers have big legs but not big shoulders," she says.

Although Hyman no longer competes in finswimming, her love of the monofin continues today. She trains with one regularly and even completed the 5-mile St. Croix Coral Reef Swim using only a monofin and snorkel. Who says mermaids aren't real?

National Championship Postals are now E-Postals!

The USMS Long Distance Committee

May 12, 2014

With the success of the online entry platform and keeping in step with the evolving electronic age, the USMS Postal National Championships will now be known as the **USMS E-Postal National Championships** and will no longer be offering or accepting paper entries effective with the 2014 Speedo USMS 5K/10K E-Postal National Championships.

We encourage any participant who does not have easy access to a computer to reach out to his/her event counters/timers, coaches, team mates, family, or friends to assist with processing your online e-postal entry.



Cold War or Cold Water?

Elaine K. Howley
USMS Website

Swimming skills might have changed the course of world history

It's not often that swimming and world politics intersect, but there have been a few fascinating moments in history when an ability to swim (or perhaps an inability, in this case) influenced a nation's or nations' course. A seemingly simple 1958 meeting between Nikita Khrushchev, First Secretary of the Communist Party of the Soviet Union, and Chairman of the Communist Party of the People's Republic of China, Mao Zedong, provided just one such moment of swimming intrigue. And it's a moment that may have altered the course of world history.

First, some background against which to set the gravity of this July meeting. The Cold War, which stretched from 1945 until 1991, was an antagonistic era that arose from the completion of World War II. Largely an ideological conflict that pitted east versus west and communism versus capitalism, the Cold War gave rise to many a spy novel, air raid drill, and distrust of communist sympathizers in the West. A period steeped in cloak-and-dagger chess-like moves and strategies, the Cold War left many Americans with an intense fear of the USSR, China, socialism, and nuclear weapons, among other foreign ideals, personages, and armaments.

Although both the Soviet Union and the PRC were communist countries and seemingly aligned in their animosity towards the capitalist West, as the Cold War dragged on, their dogmas began to evolve. This sometimes happens as new leaders take over for the old guard, and such was the case when Khrushchev assumed power after Josef Stalin's death in 1953. Within a few years, Khrushchev and Mao were not exactly seeing eye-to-eye, which led to the Sino-Soviet Split. Rankling from 1960

through 1989, the Sino-Soviet Split was a particularly complicated aspect of the Cold War, marked by irreconcilable differences, deep mistrust, and several conflicts along the two nations' more than 2,000 miles of shared border.

But the Split didn't happen out of thin air, and the years leading up to it offered several hostile moments between Mao and Khrushchev. One of these incidents was that soggy, 1958 meeting between the two portly men at one of Mao's residences outside Beijing.

Khrushchev turned up for the meeting—one in a series the two nations had scheduled in an attempt to de-escalate tensions—as directed and was met at the door by a bathrobe-and-slipper-wearing Mao. Mao presented his Soviet counterpart with a pair of large, green swimming trunks and instructions to get changed. They would talk turkey in the pool.

But this posed a real predicament for Khrushchev, who couldn't swim. By contrast, Mao was a decent swimmer who had swum several long-distances—reportedly up to 10 miles downstream—in the polluted Yangtze River. As the day wore on, it became abundantly clear that Mao had known about his counterpart's inability to swim and was exploiting this weakness to assert his own superiority.

As Mao swam laps, using an inefficient sidestroke, Khrushchev stood awkwardly in the shallow end. Meanwhile, translators ran up and back along the pool deck, trying to keep up with what Mao was saying so they could relay his comments to Khrushchev. After a while, Mao insisted that Khrushchev swim along side him and venture into deeper water. According to a 2012 article on Smithsonianmag.com:

"A flotation device was suddenly produced—Lorenz Lüthi [a history professor at McGill University] describes it as a 'life belt,' while [former U.S. Secretary of State] Henry Kissinger prefers 'water wings.' Either way, the result was scarcely dignified. Mao, says Lüthi, covered his head with 'a handkerchief with knots at all the corners' and swept up and down the pool while Khrushchev struggled to stay afloat. After considerable exertion, the Soviet leader was able to get moving, 'paddling like a dog' in a desperate attempt to keep up. 'It was an unforgettable picture,' said his aide Oleg Troyanovskii, 'the appearance of two well-fed leaders in swimming trunks, discussing questions of great policy under splashes of water.'"

This treatment did not sit well with Khrushchev, who

later characterized the interaction in a speech thusly: "He's a prizewinning swimmer, and I'm a miner. Between us, I basically flop around when I swim; I'm not very good at it. But he swims around, showing off, all the while expounding his political views... . It was Mao's way of putting himself in an advantageous position."

The relationship between the two nations would never be the same; Smithsonian.com notes the Sino-Soviet Split provided an opportunity for Kissinger's "ping-pong diplomacy" tactic (another incidence of sports influencing world politics) to pressure the Soviets into reducing aid to the North Vietnamese as America sought disengagement from the war there. Alongside this, the Strategic Arms Limitation Talks also began, tipping off a long series of events that ultimately led to the collapse of the Soviet Union in 1989.

I can't help but wonder: How might history have been different if Khrushchev had only learned to swim?



USMS One-Mile Open Water National Championship

The four people in the photo represented Oregon Masters Swimming at the USMS One-Mile Open Water National Championship at Lake Berryessa in Davis, California, on Saturday, June 7.

Left to right: Matt Miller, Brooks Richardson, Ralph Mohr, Bob Bruce. For more information see Bob Bruce's "Long Distance" article on page 6.



Questions About Worlds?

Contact Coach Tim Waud

from *USMS Streamlines*

The USMS coaching staff will have limited resources to contact swimmers participating in the 2014 FINA World Masters Championships, to be held July 27 through Aug. 10 in Montréal, Québec.

Anyone with questions about the 2014 FINA World Championships may contact Head Coach Tim Waud.

The 2014 FINA World Championship Coaching Staff are:

- Tim Waud, Oregon City, Ore.
- Andrew LeVasseur, Denver, Colo.
- Jennifer Catucci-Crowther, Alexandria, Va.
- Dean Hawks, Carmel, Ind.

Oregon Masters Swimming: Open Water Race Schedule for 2014

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	Sanction
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.

5K and 10K Postals

USMS web site

If you fancy adding a new accomplishment to your list, consider swimming the 5K and 10K Postals this year. All you need to do is find a 50-meter pool and start swimming. Have a friend record your splits and submit your information online. See how you stack up against other swimmers around the country in your age group, without having to travel to an out-of-state meet.

Registration for the 5K and 10K postals opened on May 15. All swims must be completed by September 15 and entries must be received by September 25. So, what are you waiting for? Get swimming! And have fun!

If you participate in all five of the postal events in a calendar year, you can earn a snazzy patch to show off your long-distance swimming skills. Every year, a handful of Masters swimmers complete the 1-Hour Postal National Championship in January, the 5K and 10K postal events between May and September, and the 3,000- and 6,000-yard postals between September 15 and November 15. Plus, you get some serious bragging rights.



48th Annual Pendleton Invitational LCM Meet

Dual-sanctioned

July 11-13 — Pendleton, Oregon



ENTRY FORM AND WAIVER FOR MASTERS SWIMMERS

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____

USMS Number: _____ (Include Copy of USMS Registration Card w/ Entry)

USMS Club (OREG, SWMS, HMS, PNA, etc): _____

Birthdate: _____ Age: _____ Sex: M F

Friday, July 11 session 1

Event

Entry Time

7/8 15 & Over 200 IM _____

13/14 15 & Over 400 freestyle _____

Saturday, July 12 session 3

Event

Entry Time

37/38 15 & Over 100 Backstroke _____

41/42 15 & Over 100 Freestyle _____

45/46 15 & Over 200 Breaststroke _____

49/50 15 & Over 200 Free Relay _____

53/54 15 & Over 100 Butterfly _____

55/56 11 & Over 1500 Freestyle _____

Sunday, July 13 session 5

Event

Entry Time

83/84 15 & Over 50 Freestyle _____

87/88 15 & Over 200 Backstroke _____

91/92 15 & Over 200 Medley Relay _____

95/96 15 & Over 100 Breaststroke _____

99/100 15 and Over 200 Freestyle _____

101/102 15 & Over 200 Butterfly _____

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

Signature _____ Date _____ Time _____

Summary . . .

Results

USMS Nationals SCY
Lake Juniper OW
Tualatan Hills LCM

Looking Ahead . . .



DATE	COURSE	MEET	LOCATION
July 11-13	LCM	Pendleton Dual-sanctioned Meet	Pendleton, OR
July 13	OW*	Portland Bridge Swim	Portland, OR
July 19-20	OW*	Applegate Lake	Ruch, OR
August 1-3	OW*	Cascade Lakes Swim Series; Elk Lake	Bend, OR
August 3-9	LCM	FINA World Masters Championships	Montreal, Canada
August 10	OW*	FINA World Masters Open Water	Montreal, Canada
August 13-17	LCM	USMS Nationals	College Park, MD
August 22-24	LCM	Gil Young Meet; Oregon & Zone Championships MHCC	Gresham, OR
September 26-28	SCM	LaCamas Headhunter Meet	LaCamas, WA

* Open water events — for the complete open water schedule see page 20



OMS Board Meetings

July 14, 2014
August 11, 2014
TBD—Retreat

