



Aqua Master

Award-winning Newsletter of Oregon Masters Swimming

"Swimming for Life"

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Oregon Swimmers Set Records, Place Well at SPMS Champs in December

by Matt Miller

With 415 registered swimmers, the Southern Pacific Masters Swimming Short Course Meter (SCM) Champs was the largest SCM meet in 2019. There were 13 Oregon swimmers who made the trip down to southern California to compete this year: Arlene Delmage, Kurt Grote, David Hathaway, Alexis Higlett, Rick Howell, Julie Kamat, Christine McClafferty, Matt Miller, Jessica Stacy, Allen Stark, Carol Stark, Scot Sullivan and Brent Washburne.

There was no shortage of outstanding swims by Oregon swimmers. Oregon took 8th place out of 51 clubs in attendance, besting even the host team, the Long Beach Grunions. Kurt Grote says that is to be expected since grunions are just tiny fish that go on land to lay eggs and be eaten by birds! Hah!!

In total, there were 11 Oregon and 6 Northwest Zone records set by Oregon swimmers.

Jessica Stacy set an Oregon record in the 100 IM (1:08.28) for women 30-34.



MAC swimmers at SPMS—Brent Washburne, Scot Sullivan, Lex Higlett, Jessica Stacy, Kurt Grote

Allen Stark set three Oregon records in the 50 breaststroke (37.95), 100 breaststroke (1:22.17) and 200 breaststroke (3:07.07) for men 70-74.

Alexis Higlett set three Oregon and two Zone records in the distance freestyle events for women 35-39. Alexis' 400 free (4:44.23) was an Oregon record and her 800 free (9:49.21) and 1500 free (18:40.02) were Oregon and Zone records.

Kurt Grote swam his way to four Oregon and four Zone records in the 50 freestyle (25.04), 200 backstroke (2:15.91), 200 breaststroke (2:23.61) and 200 IM (2:10.47). Kurt's time in the 200 IM was less than a second off of the National record in that event for men aged 45-59! Nice swimming, Kurt!!

In addition to these record-setting swims, there were many first, second and third place finishes by the Oregon swimmers in attendance. Many of those who attended posted times that will be national top-10 times in their respective age group. Congratulations and well done, Oregon swimmers!

Oregon Masters Swimming, Inc.

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Send address changes to Susie Young and all other membership questions to Christina Fox.

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Off the Block

Since this column is called "Off the Block", whatever information is deemed of interest, by the editor, is presented

Longest Unassisted Open Water Swim

In October, 2014, Chloë McCardel, an Australian, set an Open Water World Record for the Longest Unassisted Swim under Marathon Swimmers Federation international rules[†].

She endured 12 jelly fish stings from a box jellyfish* just 12 hours into her swim through the Bahamas.

Wearing only a regulation swim suit, a swimming cap and goggles, the 29 year old took 41 hours 21 minutes to swim from Lighthouse Beach on the southern tip of Eleuthera Island in the Bahamas, and finishing at Nassau. The jellyfish stings caused extreme pain and Chloë collapsed from the pain and from exhaustion as she reached an incredible 77.3 miles distance.

Since the swim ended about 1 am local time, she was greeted by only a small group of locals and the media, and was escorted by her husband and support crew for a medical check-up and few hours sleep.

The feat was over a mile short of her target, but still gave her enough distance to set the world record.

Her husband, who travelled alongside her on the support boat and scheduled her various pauses for food and water, said: "I know she will take some time to recover from this massive achievement which she has spent her entire swimming career preparing for. She is elated at successfully setting this record in this way, and is a very, very proud Australian."

To prepare for the challenge, Chloë had swum 43.5 to 62.1 miles every week. Before embarking on this epic swim in October, 2014, her longest single swim was 62.1 miles in total.



Chloë McCardel

In 2016 the International Swimming Hall of Fame awarded Chloë McCardel the Poseidon Award for her high level achievements.

In the single calendar year of 2015, Chloë posted an unprecedented set of marathon swimming accomplishments:

- Triple crossing of the English Channel - 36 hours 12 minutes. This had not been accomplished in the previous 25 years. Chloë became the fourth swimmer to accomplish this feat joining IMSHOF honor swimmers: Alison Streeter, Philip Rush and Jon Erikson.
- Established record for three English Channel crossings in a week – all under 10 hours.

Chloë has been active in marathon swimming since 2009 with many other noted accomplishments:

- Her swim from Eleuthera to Nassau in the Bahamas

Fit to Swim

Coach Colette Crabbe
OMS Fitness Chair



Bring 20/20 Vision to Your 2020 Resolutions

In my last two articles I spoke about the 5 pillars on which your health is based and about the power of habits. As we launch into 2020, I would like you to bring your 20/20 vision and hindsight to learn from your past mistakes and resounding successes to create meaningful New Year Resolutions.

First and foremost, fitness is based on those five pillars which are interconnected: **Exercise, relaxation, food, learning and social interaction**. Once you set a goal in one of those pillars, you need to adjust your goals in the other pillars so there is no imbalance and your fitness does not start crumbling down. For example, if you set your goal on a hard exercise program, make sure you adjust your nourishment so your body can sustain that program. Keep some relaxation, learning and social activities alive, so you do not burn out. Avoid setting weight loss as a goal but rather set your goals as the behaviors necessary to cause weight loss such as drinking more water, eating more vegetables, setting aside time for yourself and relaxation, and slowly and progressively creating the habits of exercising. Stay the course even if it challenges you. It takes about a month for a new behavior to become a habit and six months for it to become part of your personality, so be patient and kind to yourself.

Create more highlights: Ask yourself what your highlights of 2019 were, what your successes and achievements were and then decide to do more of those things. If a trip was the highlight of 2019, start planning a new adventure for 2020. If you notice that certain people were consistently part of your highlights, plan on spending more time with

them. Reflect on those highlights and write down your intentions for all aspects of your life: physically, professionally, mentally, socially, travel, relationships. Are all the five pillars of your fitness and well-being included? If yes, those goals should continue. Write them down and reread them as needed during the year. Keep the positive self-talk and don't beat yourself up if you backslide, start anew, be persistent and never give up.

As a USMS member, there are a few events and tools which may help you stay the course:

First there is the one-hour postal which consists of swimming for one hour in a short course yards (or longer) pool of your choice, any time between now and February 29, 2020. You can do it very competitively as an e-Postal national championship, and compare yourself with other people in your age group. If you are new to swimming or you do not like the competitive side of swimming, it is the perfect fit for you too as you can do it by yourself, in your own pool, at your own pace. You just need a friend to help you count your laps. You can stop and take a breather but cannot use any equipment such as fins, paddles or snorkel. It is an achievement you will be proud of for the rest of 2020.

If you like equipment and gadgets, or still need them for support, the 30 minutes fitness swim might be a good challenge for you. It has to be done between February 15 and February 29, which might be the time in which swimming becomes a habit if you started at the beginning of the year. As a tool, USMS is offering the six-week training plan tailored to the beginner, intermediate or advanced swimmers, which by itself is worth the \$10 or \$12 entry fee. It also supports the USMS "Swimming Saves Lives Foundation". If

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Coaches Chair

Coach Matt Miller
OMS Coaches Chair

Reduce Injury Risk by Lifting Weights

This is a summary of an article posted on the USMS.org website in August of 2019, with some added information about bone density. It is a great article that spells out the details of why weight lifting is important as we age. I am pointing it out here in the OMS Aqua Master and giving a quick summary of the main points for those of you who might have missed it.

The full article can be found here:

<https://www.usms.org/fitness-and-training/articles-and-videos/articles/why-masters-swimmers-should-be-lifting-weights>

The results of a survey done a few years ago by US Masters Swimming indicated that lifting weights appears to help in reducing injuries. Around the age of 40, humans start losing lean muscle mass. The rate of muscle loss accelerates as we get older and can reach greater than 1 percent per year after the age of 50.

Lean muscle mass is important to provide support to our joints. For example, the hip joint is supported by the gluteus muscle and the knee joint is supported by the quadriceps, hamstrings and calf muscles. As we lose muscle mass in any muscles supporting joints, we are losing joint protection which means we are more inclined to injure those joints.

In addition to losing muscle mass as we age, our bodies also lose bone density. From about age 30, the density of bones begins to diminish, and for women bone density loss accelerates even further during and after menopause. For men and women, bone density loss can result in bones

becoming more fragile and more easily broken, potentially resulting in a condition known as osteoporosis.

Unlike muscles which can be built up larger at virtually any age, our bone density will never be higher than it is at its peak around age 30. However, numerous studies have shown that weight-bearing exercises such as weight lifting can help avert bone density loss. By stressing the bones regularly through weight lifting, aging adults can significantly reduce their risk of osteoporosis. Weight lifting is particularly useful because it tends to target the bones that are the most likely to fracture.

Given these facts, incorporating a weight routine into our workout regimen should be a very high priority for a Masters swimmer, particularly those over the age of 40. Many people prioritize pool time over all else, but the importance of a regular weight-lifting routine cannot be overstated.

Most trainers recommend a minimum of two days a week of weight lifting. However, this can be increased up to four days a week to get stronger in preparation for a big event. It is also recommended that, if doing both swimming and weight lifting on the same day, weight lifting be done first so that you can maintain proper technique while lifting. If done after swimming, fatigue can make it easier to have poor form which can lead to injury. Make sure you get guidance on appropriate weight-lifting form and movement, so you practice your weight lifting safely.

More details about starting a new routine and what to use and what exercises to do can be found in the article on the USMS.org website. Be sure to read it!



Long Distance Swimming

Coach Bob Bruce
Long Distance Chairman



COMAs 'Metric' Birthday Party

According to international swimming rules (for all pool meets measured metrically) and for USMS long distance rules, a swimmer's age group for the year is determined by his or her age on December 31, the last day of the year. So, logically, January 1, the first day of the year, is EVERYONE'S birthday! Of course, when handed such an easy opportunity, COMA celebrates, just as we have for the past 20 years or so. The celebration includes:

- **Swim:** First, a hefty amount of swimming. Matt Gilman went 10,000 meters; we mere mortals went somewhat less than that.
- **Party:** After swimming, we wheeled out the big birthday cake, our oldest swimmer present (Brent Lake this year) blew out the candles, and we tucked into* the cake, fruit, juice, etc.
- **Drawing:** We had a raffle for some goodies. Only current COMA members were eligible (we do this as a membership promotion to inspire everyone to register/reregister for the year); one ticket for current COMA membership and an additional one if they are also current USMS members (which COMA does not require but strongly recommends). We do sign-ups on the spot as needed.



Seventy-three COMA swimmers swam that morning to celebrate our Metric Birthday; a great kick-off to what we hope will be a great swimming year!

* "Tucked into" is an English phrase meaning "ate with gusto".



Recent Meets & Records

Records are for Oregon LMSC Swimmers Only

* = split

SPMS SCM Regional Championships—SCM

December 6-8, 2019—Commerce, CA

Results: <https://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20191206SPMSCMS>

Age Group	Event	Name	Age	Time	Record set
Women 30-34	100 Meter Individual Medley	Stacy, Jessica L	30	1:08.28	Oregon
Women 35-39	400 Meter Freestyle	Higlett, Alexis L	36	4:44.23	Oregon
Women 35-39	800 Meter Freestyle	Higlett, Alexis L	36	9:49.21	Oregon,Zone
Women 35-39	1500 Meter Freestyle	Higlett, Alexis L	36	18:40.02	Oregon,Zone
Men 45-49	50 Meter Freestyle	Grote, Kurt	46	25.04	Oregon,Zone
Men 45-49	200 Meter Backstroke	Grote, Kurt	46	2:15.91	Oregon,Zone
Men 45-49	200 Meter Breaststroke	Grote, Kurt	46	2:21.39	Oregon,Zone
Men 45-49	200 Meter Individual Medley	Grote, Kurt	46	2:10.47	Oregon,Zone
Men 70-74	50 Meter Breaststroke	Stark, Allen L	70	37.95	Oregon
Men 70-74	100 Meter Breaststroke	Stark, Allen L	70	1:22.17	Oregon
Men 70-74	200 Meter Breaststroke	Stark, Allen L	70	3:07.07	Oregon



photo by Dave Hathaway

Facility in Commerce, CA, where the SPMS SCM meet was held

Swimmer Spotlight

—submitted by Karen Andrus-Hughes

Name: Lex Higlett
Age: 36
Local Team: Multnomah Athletic Club (MAC)
Occupation: Brand Director at Wieden + Kennedy

Hi, I'm Lex. I'm an Aussie who swims (pretty much just Freestyle) with the MAC.

Growing up in Australia we spent a lot of time in the water. My older sister, younger brother and I swam a couple of times a week with our local swim club run by Forbes & Ursula Carlisle. While I wasn't terrible, I was definitely the kid who fixed my goggles every other lap, always got out early and did pretty much everything I could to avoid actually swimming.

I started playing water polo for my high school. Then some girls from school were playing for a local club, so I did that too. I was small, but I was fast and at some point, I started making district teams, then regional ones, then state ones, then some national ones. I changed clubs and started playing first grade for the Balmain Tigers in 1999 (The Australian National League at that time was only for men). I was 15 and we had this amazing home pool Dawny (Dawn Fraser Baths in Sydney Harbor). It had a big sundeck, bar, BBQ, some jelly fish and a couple of baby stingrays. We'd play our game, put bikinis on and have a drink and a double banger sanga while watching the men's game, then hang out until the sun went down. It was a very nice way to spend summer, so that's pretty much what I did through my teens and my first two years at University.



In 2005-2007 I unexpectedly stumbled upon the opportunity to play NCAA Division 1 polo for San Jose State, and at US Summer Nationals for Stanford. So I packed my bags and moved to California for a couple of seasons, before heading home to start a career in advertising (and to play a couple more years in the Australian National Water Polo League, which was now also for women).

I didn't know Masters Swimming was a thing until I moved to London for work and joined a water polo team, London Otter, who were part of a Masters swimming club. I trained with the Otter Masters Swimming Team to keep fit for polo for a couple of years before finally doing some free relays at a meet. Which turned into swimming the 50, 100 free at British Short Course Nationals. Then the 200 free. Then the 400 when Long Course season rolled around. Then an 800 the year after. It took a while to sink in, but I realised that I was enjoying swimming more than polo. Having never really swam competitively, it was fun to be getting better at something again. I loved competing and as an introvert, it was nice to not have to be ON all the time at swimming. I found going swimming gave me energy rather than draining me, and was oddly calming.

At the end of 2017, work brought me to Portland. I'd been working at Wieden + Kennedy in London, and came to Portland because that's where our global head office is. I joined the MAC and thought there is no way I'll like these people as much as my team in London. But as it turns out they are a pretty excellent

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Dawn Fraser Baths, built in the 1880s, is the oldest pool and swimming club in Australia. It is a tidal salt water pool located in Elkington Park, Balmain. At low tide there is a beach on which to build sandcastles.

Swim Bits

by Ralph Mohr

"If exercise were a pill, it would be hailed as a 'wonder drug.'"

We swimmers are doing something right. We're just not getting credit for it in international media.

A recent on-line article mirrors this: <https://www.bbc.com/news/health-51006325>. The article is on marathon runners, in a study done by an English college, about people preparing to run the London marathon.

Their conclusions? After six months of training, the runners' "arteries regained some youthful elasticity, ... their blood pressure fell as much as if they had been prescribed pills," and, "those who were least fit beforehand appeared to benefit the most." And the researchers conclude, "If exercise were a pill, it would be hailed as a 'wonder drug.'" Well, duh.

The article also detailed what the British Heart Foundation

recommends for prospective athletes to do every week:

- "150 minutes moderate-intensity exercise, such as brisk walking, doubles tennis or cycling.
- 75 minutes vigorous exercise, such as running, football or rugby.
- People should also do strengthening activities - such as push-ups, sit-ups or lifting and carrying - at least two times a week to give muscles a good workout."

This amounts to 225 minutes a week, which can be done in four days a week for an hour, or 45 minutes for five days. Most people I know who swim are doing this. Hoorah for us! I just wish that such researchers would mention swimming as a possible exercise.



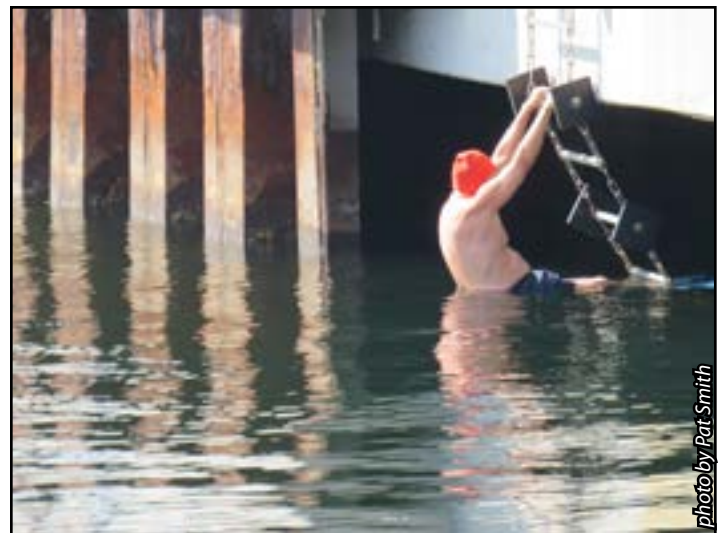
My Norway Swim

by Joe Oakes

Our ship had sailed into Oslo, Norway last summer. I had the opportunity to visit a couple of museums that I have long wanted to see. One was the Thor Hyerdahl museum, with the Kon Tiki. The other museum had three excavated Viking ships, along with tons of artifacts. It was a wonderful day, and the other thing I wanted to do was to swim in the sea in Oslo.

By the time I got back to the ship there was precious little time left to find a place to swim. Then I noticed a chain ladder going about ten feet down to the water, about 100 yards from the ship. It went down a concrete wall. This would be my big chance. With my friend (and photographer) Pat Smith watching, I started to climb down the chain ladder. About five feet down, there was no more concrete wall, and my feet went under the wall, with me dangling on the chain ladder, my butt sticking out.

There was nothing to do but to drop down into the water. The temperature was about 55 F. I swam about 200 yards from



Whoops! Where did the wall go?

photo by Pat Smith

the ladder, with Pat Smith recording it for posterity. Then I swam back to the chain ladder. I will tell you that it took me about six chin-ups to get to where the ladder met the wall again. But I got my swim and I got a little tale to tell. Maybe next time I will swim in the ship's tiny pool.

OFF THE BLOCK

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in 41 hours 21 minutes, a distance of 77.3 miles was the longest, Marathon Swimmers Federation-approved unassisted solo marathon swim in history.

- McCardel also won the 2010 Manhattan Island Marathon Swim in 7 hours 53 minutes.

†The Marathon Swimmers Federation rules say that, “The swimmer may not make intentional supportive contact with any vessel, object, or support personnel at any time during the swim.” “Standard Equipment” for swims is very specific. Chloë’s feat was made more notable because she followed the rules. Some distance swims are done in stages with rest in between. Chloë did not get out of the water for the entire 41 hours and 21 minutes it took her to swim. Any swim that benefits from as-

sistance - in the form of nonstandard performance-enhancing equipment, supportive contact with the swimmer, or other violation of the spirit of unassisted marathon swimming - is considered an Assisted Swim.

*The box jellyfish’s venom is among the most deadly in the world, containing toxins that attack the heart, nervous system, and skin cells.



Box jellyfish

FIT TO SWIM

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you are new to swimming and going to the pool by yourself, following the six-week training plan and celebrating by the 30 minutes challenge might be just what you need to stay on track and keep you motivated. Once you have made swimming a habit, USMS is also offering a bunch of online workouts tailored to most all swimmers. It is a gold mine if you are swimming by yourself, at least for inspiration.

Feeling fit and healthy feels amazing. It will bring highlights in your life and make 2020 your best year ever. Happy New Year everyone.

SWIMMER SPOTLIGHT

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bunch, who push me and make me laugh and make me better.

This year I swam for Oregon at my first and second US Masters Nationals. While I definitely don’t know the whole Oregon Masters team yet (I’m kind of a slow burn) I feel very lucky to have once again stumbled into such an amazing community full of wonderfully competitive, encouraging, supportive people.

Thank you all for all that you do: and for letting me be part of it.



Print Your Own USMS Membership Card

<https://www.usms.org/reg/getcard.php>

For anyone who wants a printed USMS membership card, you can do it yourself. Just go to this web site and Presto! Mark this web site as a favorite in your computer, for it can't be found by searching the USMS web site, or by any 'path' that I could find. Save this information so when you register for 2020 you will be able to print your card. Please SAVE the link above! Printing your own card would make the Registrar's job a LOT easier.

Update Your Own USMS Registration Information

<https://www.usms.org/reg/member/updateinfo.php>

Using this tool, you can update any of your personal information including your Workout Group. The update request will be sent to Susie Young and she will approve it.

For the TRULY Committed IM Swimmer

2400 yards of IM delight!

Steve Darnell brings this event to our attention.

How many of you have done an 800 IM? How about after four 200 IM's and two 400 IM's? Last year, one woman (Anna Graham: 30-34 age group) swam the entire 2,400 yard event in just 33 minutes. She beat all the guys.

Matt, we need you to represent the Y chromosome set.

ANNOUNCING — the 2nd Annual IM Madness ePostal, March 1 — March 31.

North Carolina is hosting 3 challenging IM events: the **Sweet 8** (800 total yards), **Sweet 12** (1,200 yards) and **Sweet 24** (2,400 yards). Start the clock, swim the event (resting as much as necessary), stop the clock, then enter your time online. You must have a lap counter/split taker and may choose any or all three events.

See the details here:

https://www.clubassistant.com/club/meet_information.cfm?c=2442&smid=11038

Sweet 8	Sweet 12 - 3 X 400 IM	Sweet 24 - 3 X 800 IM
100 IM	4 X 100 IM	4 X 200 IM
50 Fly	2 X 200 IM	2 X 400 IM
100 IM	1 X 400 IM	1 X 800 IM
50 Back	Total: 1200 yards	Total: 2400 yards
100 IM		
50 Breast		
100 IM		
50 Free		
200 IM		
Total: 800 yards		



Lex Higlett and Jessica Stacy at the SPMS meet



Oregon team dinner at the SPMS meet in Commerce, CA. Left to right: former MAC swimmer Max Bley-Male, who lives in the Los Angeles area now; Alexis Higlett, Jessica Stacey, Scot Sullivan, Matt Miller, Brent Washburne and Kurt Grote. Six members of the team were missing in this picture.

Team News

SOMA swimmers at the Bend meet—December 14, 2019



Grant Aldred, Matt Miller, Willard Lamb and Doug Lamb



Men's 400 medley relay — Matt Osborn, Mike Servant, Christian Tujo and Brad Cota



New Oregon Record 800 mixed free relay — Sara Shepherd, Kurt Grote, Alexis Higlett and Matt Miller



Kurt Grote & Grant Aldred—SOMA at Bend

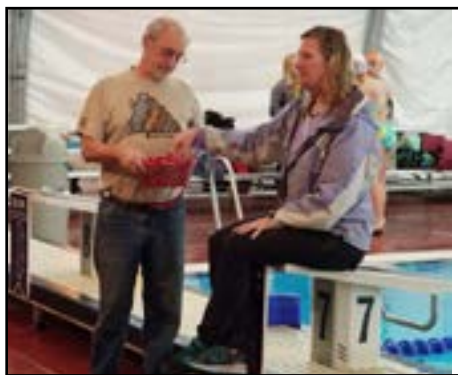


MAC at USMS Spring Nationals 2019

COMA swimmers had a METRIC Birthday Party?



Huge 'Metric Birthday' Cake



Drawing for goodies



Perks at the Party

Your swim team in the *Aqua Master*!

If you want your team represented in the *Aqua Master*, please send information and a picture to the editor: azabudsky@msn.com. News can be sent at any time of the month, and whenever you have something to report. You may want to select one or more reporters to get the job done. Those who report their news, get the most coverage!

Oregon Masters Swimming: Open Water Race Schedule for 2020 (as of January 2020) OR Series

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	USMS Status
Sat 16 May	1	Spring Long Course Meet	Bend	COMA	Bob Bruce			
Sun 17 May	1	Beautiful Lake Juniper Swim (pool)	Bend	COMA	Bob Bruce	1200-meter	Featured	
Sat 27 Jun	1	Foster Lake Cable Swims (Sprint Series)	Sweet Home	COMA	Bob Bruce	1/4-mile cable 1-mile cable 1/4-mile cable	Featured Featured Qualifying	
Sun 12 Jul	1	Portland Bridge Swim in the Willamette River	Portland	PBS, LLC	Marisa Frieder	17-km downriver (individual & relays)	Featured	
Sat 18 Jul	2	Southern Oregon Swims at Applegate Lake	Ruch	RVM	Todd Lantry	2500-meter (with 10,000-meter) 5000-meter (with 10,000-meter) 10,000-meter	Qualifying Qualifying Featured	
Sun 19 Jul	1					1500-meter 3 x 500-meter Pursuit Relay	Featured Participation	
Fri 31 Jul	3	Cascade Lakes Swim Series	Bend	COMA	??	3000-meter	Qualifying	
Sat 1 Aug		& Festival at Elk Lake				500-meter	Qualifying	
Sun 2 Aug						1500-meter [Ass'n Champs] 5000-meter 1000-meter	Featured Featured Qualifying	
Sat 8 Aug	1	Southern Oregon Coast Swims at Eel Lake	Lakeside	SOMA	Matt Miller	3000-meter 500-meter Predicted Time	Featured Participation	
Sat 12 Sep	1	Southern Oregon Swims at Lake-of-the-Woods	Klamath Falls	SOMA	Matt Miller	3000-meter 1500-meter	Featured Featured	

Swimmers must participate at three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all swims. Featured and qualifying events score points by place; participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

Summary

Records & Results. . .

SPMS Regional Championship—SCM

Looking Ahead. . .

Pool Schedule

Date	Course	Swim	Location
March 14-15; Saturday-Sunday	SCM	Spring Ahead Dual Sanction Meet	Oregon City, OR
April 3-5; Friday-Saturday	SCM	OMS Association Meet	Hood River, OR
April 10-11; Friday-Saturday	SCY	NW Zone SCY Meet; King County Aquatic Center	Federal Way, WA
April 23-26; Thursday-Sunday	SCY	USMS Spring Nationals	San Antonio, TX
May 16; Saturday	LCM	COMA Spring Long Course Meet	Bend, OR
August 12-16; Wednesday-Sunday	LCM	USMS Summer Nationals	Richmond, VA
August 21-23; Friday-Sunday	LCM	NW Zone/Oregon Association/Gil Young Meet; MHCC	Gresham, OR
November 14; Saturday	SCM	NW Zone SCM Meet; Columbia Gorge Masters	Hood River, OR

Detailed Open Water Schedule (see page 13)

Registration for all events can be found at <http://swimoregion.org/events/>

Quote for the month. . .

In the water, your only enemy is the clock.

Update your own USMS registration information—<https://www.usms.org/reg/member/updateinfo.php>
Print Your Own USMS Membership Card—<https://www.usms.org/reg/getcard.php>