

Aqua-Master

Volume 24, Number 9 October, 1997



This workout is courtesy of Mo Chambers, the head coach of the Mountain View Masters. It is reprinted from Swim Magazine's Web Site.

Warm up - 6 x 100 (15 sec. rest) #1-2 swim,
#3-4 kick, #5-6 swim

Drill - 1 x 300 Free (every 3rd length catch-up) stroke

1 x 200 kick Free

1 x 100 25build / 25 easy

Main set - 1 x 300 Free (20 sec)

4 x 75 Free - 50 fast / 25 easy (15 sec)

1 x 300 Free (20 sec)

4 x 75 Free - 50 fast / 25 easy (15 sec)

1 x 300 Free

entire set on aerobic cruise for each distance and descend 300's 1 - 3

Pull set - 1 x 600 Free

Workout continued on page 4

THE CHAIR'S CORNER

by Eric Guest

With Fall on our doorstep, I hope you have all enjoyed the warm weather and stayed fit. I am happy to see that some of you have kept up that competitive spirit and doing very well. I must mention the success of my friend, Gil Young, at the Long Course Nats in Florida -- his tally was four golds and one silver - good job. The OPEN WATER programs are attracting more and more competitors with Dan Gray at the helm and the assistance of Matt Mercer, Steve Johnson, John Zell and others. The Five and Two mile swims at Applegate Lake was a success and I hear the swimmers had a great time. Being a sprinter, I can't imagine swimming those distances and am glad there are some hardy souls around.

I would like to welcome two new board members to our organization. We are happy and fortunate to have AL *Chair's Corner continued on page 4*

Ol' Barnacle

reviews results records

NW ZONE Long Course Champs

Bob Kim and a host of swimmers from the MAC hosted us in their "new" facility. Thanks to a great crew from Oregon Swimming the officiating was excellent. A good meet, but sadly lacking in numbers. OB cannot remember going to a Zone Championships, Long Course, with only 61 swimmers.

Women 19-24: Laura Juckeland (24) (MAC) turned in a sparkling 100 Back in 1:15.84 (TT7)

Women 25-29: Cathy Law, Sandra Hyde and Kathleen Boyd(MAC) dominated this group.

Women 30-34: Susan Moss (31) from Baker City led the way with 6 Golds. Her times were all

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Calendar and Meet Schedule 1997-1998

Date	Event	Location
*Nov 15-16	SCM	Oak Harbor, WA NW Zone SCM Championships
*Dec 7	SCM	Oregon City, OR Oregon City Municipal pool
Dec 14	SCY	Bellingham, WA
Jan 10-11	SCY	Spokane, WA
Jan 31	SCY	Eugene, OR Echo Hollow pool
Feb 7-8	SCM	Spokane, WA Fairchild AFB pool
Mar 8	SCY	Yakima, WA Lyons pool
Mar 14	SCY	Beaverton, OR Tualatin Hills Pentathlon
Apr 3-5	SCY	Corvallis, OR Oregon Masters Association Championships
May 7-10	SCY	Indianapolis, IN USMS National S.C. Championships
June 21-29	LCM	Casablanca, Morocco VII FINA Master World Championships
Aug 10-15	LCM	Gresham, OR Nike World Masters Games
Aug 20-23	LCM	Fort Lauderdale, FL USMS National L.C. Championships

*** Meet entry form enclosed in this issue**

For info on swim meets in western Washington contact... Jane Moore: 1867 - 58th St. NE, Tacoma, WA 98422 (206) 925-0803.

For info on swim meets in eastern Washington contact... Elin Zander: S. 13927 Traver Lane, Valleyford, WA 99036 (509) 448-5250.

HELP WANTED

Oregon Masters Swimming is seeking computer literate individuals to operate it's HyTek® meet management program at swim meets.

THIS IS A PAID POSITION !!

For more information, please contact
Tim Waud at 503-655-7131.

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ol'Barn continued from page 1

excellent, Susan, OB's question, why no IM? OB Note: The records in this age group show some awesome names; Goddard, Mills, Black, Imwalle, Ferguson, Worden and Devine.

Women 35-39: Kerri Culbertson swam to a TT7 in the 200 Free and 400 Free.

Women 40-44: Elin Zander, NW Zone Representative, visiting from IEM, picked off 4 Golds, with the best effort coming at 7:08.20 for the 400 IM. Toni Insley and Teri Hendryx(MAC) were good for 9 Golds.

Women 45-49: Jane Moore, Pres of PNA, was here with hubby Hugh, she picked off the 800, plus the 200 and 400 IMs. Susan Case showed why she is always up there, with 5 Golds.

Women 50-54: Ginger Pierson(MAC), tapering for Nationals, swam to 5 Golds, all in TT time. Jeanne Ensign and J Vallandingham, both from PNA, kept the locals honest with some fine swims. Christine Clum had a TT6 for the 200 Breast. Alice Zabudsky a TT8 for the 200 IM, and Pamela Himstreet showed a TT7 for the 200 Fly.

Women 55-59: Susanne Schumann at 59 and moving, gave us 3 TT10, for the 50 Free, and the 50 and 200 Breast. Improving straight across the board, can't wait to be 60.

Women 60-64: Lavelle Stoinoff at 64, is also counting the time. But, she swims for 5 TT's with a TT1 in the 400 Free and TT2 for the 200 Free. Lavelle is hands down the best swimmer OMS has ever had.

Women 65-69: BARBARA JACKSON (67) also from Baker City, removes the name of a great swimmer, Dawn Musselman, from the Zone backstroke lists. Barbara swam 50 Back/46.16 (TT3), 100 Back / 1:41.60(TT1), 200 Back/3:38.69(TT2), capped this off with the 50 Free/39.61(TT5). Way to go, Barbara.

Women 70-74: ELSA DE LEEUW (73) This lady is a swimmer, will someone please tell OB, where she is from. Unofficially she rates 2 ORs, one of which is a Zone. 50 Breast/59.74/TT9 OR and 200 IM/4:43.82/ZR. MARGARET WELLS (71) 100 Fly/2:29.95/TT8/OR, and perhaps a Zone, at least Oregon in the 200 IM at 5:06.54.

Women 75-79: ELFIE STEVENIN (75) 200 Back/6:22.29/OR and a TT4 in the 200 Fly, plus a TT6 for the 400 IM. Judy Melcher picked off 6 Golds in this age group, what a fearsome twosome.

Men 19-24: Matt Boles continues his winning ways, with 4 Golds, all in TT time. Best was the 400 IM:5:36.68(TT5)

Men 25-29: Dan Frost (PNA) Cornered the market here, with 5 Golds. Ditmar Petrov swims the 400Free/4:28.72(TT4). Horst Niehaus, Golds; 50 Fly and 100 Back, good swims

Men 35-39: Doug Moshofsky (MAC) racked up 5 Golds. Wilson Zehr, picked off 5 Goldens. Both competitors tallied some excellent swims.

Men 40-44: Hugh Moore, 50% of PNA's fabulous meet organizers, picked off 2 Golds, one of which was "win of the day" over Joel Swink, in the 400 IM, Hugh at 6:13.51 and Joel at 6:13.90. Jim Williams (PNA) swam the 200 Breast/2:55.21(TT9), also won:50 Breast and 200 IM. David Burleson (MAC) picked off 6 Golds, 2 of which were barn burners with Peter Metzger: 50 Back(32.20(TT9) vs 32.27(TT10), and 50 Fly(29.68 vs 30.18) Metzger came in for 3 Golds.

Men 45-49: Robert Maestre tallied 6, yes 6 Golds. Michael Merrell (IEM) at 49, showed he is ready to move up with 4 Golds.

Men 50-54: Robert Smith (54 yet) grabbed 4 Golds, best of which were ; 50 and 100 Back at 33.76(TT6) and 1:16.24(TT4). Karl Von Tagen (MAC) went for 3 Golds.

Men 55-59: LAWRENCE NORDELL (56) PNA, new name, new face; Look at his 200 Fly, 3:01.62, new Zone Record and a TT1 STEVEN THRASHER (55) PNA picked off an 11 year old record belonging to Floyd Elliott, the 50 Back, Steve swam the event in 35.86for a new Zone.

David Eng (MAC) took home 3 Golds in the Breast

Men 60-64: David Radcliff swam for 5 Golds and a Silver, check that 50 Back. Art Welch at 64, is anxious to leave Radcliff behind, and pick up the challenge of Ronald and Graham Johnston.

Men 65-69: William Holman and Mickey Marks divied up the awards in this category. Holman continues to improve, and Mickey may have had too much vacation time this year.

Men 70-74: FLOYD ELIOTT, just turns 70 and with complete disregard for the aged, blasts Walter, Holden and Huestis into history. Floyd tallied 3 bright and shiny new Zone Records. 50 Back *ol'Barn continued on page 6*

Chair's Corner continued from page 1

SMITH, the new OFFICIALS CHAIR and GEORGE THAYER the new FITNESS CHAIR. We, the Board, thank LARRY SNEAD and TERRI HENDRYX for the many hours and work given to these positions in the past. We will miss them and the wonderful job they did for us.

On a personal: I haven't competed in a meet since Short Course Nats. I decided to cool it for a couple of months, though I have been working out two or three times a week. I have spent some time fishing and travelling, but hope to be ready for Zones at Oak Harbor. All bids for meets this coming year should have been returned to Tim Waud by now for Board consideration. If you haven't done so, please do so SOON. The deadline has past. The WORLD MASTERS GAMES plans are progressing and volunteers are still needed. Please phone Sandi Rosseau or Dave Cobb for information and volunteer your services. The annual USMS CONVENTION was held in September and you will read more about it in the Aqua Master. There should be some reports from your representatives. There is criteria set up to be considered for a delegate position to the convention. If you are interested, please let me know and I will mail your a copy. Hoping to see you all some time during the coming swim season, I will close wishing you all the best of health and swimming. Stay fit and God Bless.

Workout continued from page 1

pull set - (continued) breathing pattern for pull
 first 200 - every 3rd stroke
 second 200 - alternate 25 every 3rd stroke with
 25 every 5th stroke
 third 200 - every 5th stroke
 Try to keep a low heartrate and use great
 technique
 dessert - 16 x 25 - four each stroke in reverse IM
 order

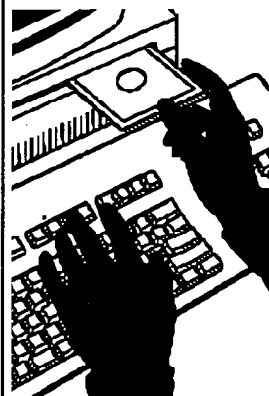
HEY THERE.....**IT'S YOUR NEWSLETTER!**

If you enjoy reading things other than meet results and entry forms, then it's time for you to step up to blocks and contribute. We except articles of any nature that would be of interest to our members.



Oregon Masters Swimming has a wealth of knowledgeable and very talented individuals. It's time to share. If a dozen people sat down and wrote an article we'd have the minimum for a years worth of issues.

For those of you who coach, writing an article should be a snap. If you are a member A.S.C.A., then writing can add to your point total moving you up the ladder of certified levels.



Please make a contribution to something you and your fellow members enjoy reading each month.

Our preference is that articles are submitted on a 3.5" computer disk along with a printed copy. Most word processing programs will work, but our preferences are Microsoft Word, Microsoft Works, Microsoft Write, Word Perfect, WriteNow, or Mac Write. If you don't have one of these programs, then your text saved as a standard ASCII text file will probably work.

The monthly deadline for articles is the 15th of each month for publication in the next months issue. You'll be surprised how easy it is and how much it is appreciated. If you have questions contact David Radcliff at 503-648-7141.



Oregon Masters Swimming Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #377-13

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1998 registration form and fee with this form.

Oregon City Short Course Meters Meet **DATE: DEC 7, 1997**Place: Oregon City Municipal Pool
1211 Jackson Street

5 lanes competition - electronic timing

1 lane continuous warm up/down

Host: Oregon City H. S. Swim Team Meet Director: Tim Waud phone: 503-656-2661 w 503-655-7131 h

Directions to Oregon City pool: Take I-205 North or South to Park Place exit. Go east on Hwy 213. Take right at Washington St. and continue approx one (1) mile to 12th Street. Go left at 12th Street up to Jackson St.**WARM-UPS: 8:00 a.m.****MEET STARTS: 9:00 a.m.****ENTRY DEADLINE : POSTMARKED NO LATER THAN Nov .22, 1997****All entrants MUST submit a PHOTOCOPY****OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.**

FILL IN COMPLETELY-----<-----RETURN THIS LOWER PORTION-----<-----FILL IN COMPLETELY

NAME _____ 1997 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

CLUB (OMS, PNA, IEM, Snake, etc.) _____ Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age

groups: 67-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359. You may enter a maximum of 5 individ-

ual events plus 4 relays. Enter relays at the meet. The 400 I.M., 400 and 1500 Freestyles will be deckseeded and all events will be seeded SLOW TO FAST.

SUNDAY DEC 7

400 I.M. (1) _____:_____._____

1500 FREE (2) _____:_____._____

BREAK BREAK BREAK

FREE RELAY (3/4) XXXXXXXXXXXXX

200 FLY (5) _____:_____._____

200 BACK (6) _____:_____._____

50 BREAST (7) _____:_____._____

100 FREE (8) _____:_____._____

BREAK BREAK BREAK

MIXED FR RLY (9) XXXXXXXXXXXXX

200 I.M. (10) _____:_____._____

50 FLY (11) _____:_____._____

100 BACK (12) _____:_____._____

200 BREAST (13) _____:_____._____

50 FREE (14)

MEDLEY RLY (15/16) XXXXXXXXXXXXX

BREAK BREAK BREAK

100 FLY (17) _____:_____._____

50 BACK (18) _____:_____._____

100 BREAST (19) _____:_____._____

200 FREE (20) _____:_____._____

100 I.M. (21) _____:_____._____

MXD MED RLY (22) XXXXXXXXXXXXX

BREAK BREAK BREAK

400 FREE (22) _____:_____._____

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

SIGNATURE _____ DATE _____

ENTRY FEE: \$11.00 Make checks payable to: OREGON MASTERS SWIMMING

Mail form(s) and fee(s) to: Suzanne Rague 935 N.W. 170 Place Beaverton, OR 97006

MAKE A COPY OF YOUR COMPLETED ENTRY FORM FOR YOUR RECORDS*Post meet Social @ Tim Waud's House...get directions and details at meet.*

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40.06(TT3) was EW-91, 100 Back/1:28.13 (TT2) was AH-90, and the 200 Back/3:16.58(TT1) was GH-92. Not content with this assault, Floyd tallied a TT7 in the 200 Free. Why do I keep encouraging him ?

Men 75-79: GIL YOUNG (75) set 2 ZONES ; 400 Free/6:59.56(TT4) was Herb Eisenschmidt(82) and the 800 Free/14:38.84(TT4) was Gene Crossett from 91. Gil also tallied TT status in the 100 and 200 Free. OB may have salvaged TT in the backstroke and IM, maybe ? Holden swam a fine 50 Fly, but his effort at State Games is still #1. Fixott, Bernstein, Mallon and Shadbeh rounded out a good age group.

RELAYS RELAYS RELAYS

The OLDE guys, Walter, Elliott, Holden and Young, may have had enough in the Free for a # 1, have to wait and see. Pulled groin in the breast, and fall offs elsewhere, could have eliminated them from contention in the Medley.

Rapid Robert gathered Jackson, Schumann and Radcliff around him, and put together, two very likely All American Relay Teams: 240+ 200 Free MXD - Susanne Schumann, Barbara Jackson, David Radcliff and Robert, put together a 2:15.97 for the new Zone mark, was Gerald Huestis, Petey Smith, Barbara Frid and Hugh Richards, 2:16.67 from 1988.

240+ 200 Med MXD - Barbara Jackson, Susanne Schumann, Robert Smith and David Radcliff; 2:37.29 also a new Zone Record. Was 2:42.41 from 1986, Earl Walter, Bob Morrison, Joan Whisman and Louise Hepner, this quartet won the GOLD in 1986 Nationals at Mt Hood CC. OB Comment: The continuing excellence of Oregon's relays, will do everything to enhance the quality standard of Oregon swimming.

That winds it up for "at home" LC in 1997, will have results of our efforts at Orlando for all to see, very soon. Short Course Yards is on the way, with a fine meet coming up at Dishman, the end of August. 30 Days off is all you get, GET BACK IN THE POOL.

Barnacle

reviews results records

Hello SCY at Dishman

August 30th saw some 20 swimmers answer the call of Meet Director Eric Brown, at the fine and fast venue of Dishman Pool, in 1997's edition of the Pride of Portland's Summer's End Meet. OB is sorry that so few swimmers took advantage of "fast" water, also the fact that many of Portland's Pride were absent. In an effort to get "your" juices flowing, the writer will use as a comparison, Oregon SCY Top Ten times, ie. OTT1, which would translate to Oregon Top Ten #1, as compared to the previous season.

Women 25-29: Cathy Law turned a 38.53 for the 50 Breast, OTT1

Women 30-34: OB Extends an OMS welcome to Anne Nakagawa. Anne turned in OTT2, OTT2 and OTT1 in the 100, 200 and 500 Free. Great early season start.

Women 35-39: OMS welcomes Helen Moss. Women 45-49: Hello to Kathy Young from OMS. Judy Beaston appears ready for a great year; Within 2 seconds of her best 500, and under her best 50 Fly by over 2 seconds.

Men 30-34: Jim Lasersohn(PNA) was unopposed in this age group, and looked good, in the 100 Breast/1:12.14, and 50 Fly/27.90

Men 35-39: Chris McKinnon, 50 Free/OTT6 at 24.36, 200 IM/OTT5 in 2:23.37/200 IM. Bill Kline, OTT3/500 Free/6:02.09.

Men 40-44: M Gilliland turned OTT7 and OTT8 in the 50 and 100 Free. Mark Williams looked good in the 50 and 100 Back. Thomas Chun was 2.5 seconds faster in the 100 Breast and close in the 50. Men 50-54: Richard Juhala looked good in the 100/500 Free; a 2 second faster 100, and 15 faster at 500.

Men 55-59: Bert Petersen at 58 swimming very well, coming close to his record in the 50 Fly; 27.99 vs 27.11, and back in the TT.

Men 60-64: Art Welch just a few days shy of his 65th birthday, Sept 8th, Happy Birthday to a

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ol'Barn continued from page 6

GREAT competitor, turned a 3:07.13 in the 200 Back, which is great for early season.

Men 65-69: John Joens bettered his last years 50 Breast; 54.71 vs 58.14

Men 75-79 : David Bernstein and Khosrow Shadbeh had at each other and both looked to better their 96-97 times. That's it for this one, we will have a full schedule published in the next issue of AquaMaster. So, let's get with it, turn up those burners and get in shape for a great season.

1997 Long Course Nationals

Some 850 plus swimmers competed in the Long Course Championships held in Orlando, Florida, August 14 thru August 18. OMS was scarce on numbers, but not quality.

Ginger Pierson, MAC, totalled 53 points, with a New Zone Record in the 50 Fly at 37.76, as opposed to her old mark of 38.01, taking the Silver. She followed this up with 4 more Silvers-50, 100, 200 Breast: 41.07 / 1:32.58 / 3:24.68. Capped off with a Bronze 100 Fly and a Silver 200 Fly in 1:33.28 / 3:23.78. Ginger at 51, confided to OB that she was not too pleased with her production, OB counters that "we are proud".

Chris Roth (38) : His swimming was highlighted by a Silver in the 200 Fly (2:20.80) and Bronze 1500 (19:01.02). Followed with a 5th-400 IM, 5:21.34, two 6ths: 800 Free and 100 Fly 10:13.39/1:01.78, climaxed with an 11th in the 50 Fly at 28.36, coming close to the record-27.78. OB would be negligent not to "beat the drum" for Chris in this "hotbed" age group.

Art Welch (64) Art continues as the only male swimmer in Masters to have competed in EVERY USMS Nationals. Art picked up a Silver in the 800 at 12:39.19 and a Bronze at 1500 registering a 24:13.45. A 4th at 6:14.55 in the 400 Free and two 7ths; 100 Free/1:19.67 and 200 Back/3:36.21. Art celebrated his 65th birthday September 8th, and will be a factor in the 65-69 age group. Well done Art, OB remem-

bers you as a great High School swimmer, and now as an even greater Masters competitor.

Gil Young (75) Following this guy for the last few years, with an eye to the future, has certainly paid off. Gil Young, has arrived, a great showing at Short Course in Federal Way, followed by an almost perfect performance in Orlando. How about 4 Golds and a Silver, swimming in every event against one of the all time bests in freestyle, Fred Taoli of San Mateo. Two new Zone records: 800Free/14:33.84 vs 14:38.84 and 1500Free/27:49.63 vs his July time of 28:23.70, note that improvement in the 1500. Gil followed with Golds in the 100 Free and 400 Free: 1:28.18 / 7:06.52. His Silver in the 200 Free, was a stroke for stroke battle with Taoli, Fred a 3:18.45 and Gil a 3:18.63, now that's a race. We have a few swimmers who have by "true grit" swam to the fore in their age groups, Gil Young is one of those.

That's it for Long Course, hopefully we will know soon what to expect with sites for SCY appearing.

Two Swimmers Wanted

Ginger Pierson recently received a Certificate of Honor from Nike for her "Commitment to Lifelong Fitness." This certificate allows her the sport of her choice at The 1998 Nike World Masters Games. Since she is already registered for The Games, Ginger would like to share this entry with two other swimmers. Each swimmer would contribute \$100 toward entering and the certificate allowance would pick up the \$100 balance. To be considered for this, you are requested to submit a letter stating your contributions(s) to lifelong fitness. This offer shall be limited to registered Oregon Masters Swimmers. Those wanting to be considered should send the request to: Ginger Pierson, 7655 SW Cedarcrest St., Portland, OR 97223 by December 31, 1997. You may call 503-244-7706 for more information.

OPEN WATER '97

Saturday, July 19, 8:30am.....The first heat of 8 swimmers plunged into the 73 degree, blue-green waters of Applegate Lake. Five minutes later, the second wave of swimmers began their five mile journey from Seattle Bar to the finish line at Hartish Park. Along with their escorts, 17 swimmers cruised along the shoreline, stopping at the one-mile buoys to refuel. Since few Oregon swimmers have attempted an open water swim of this distance, this can also be seen as a scientific experiment as well as a personal challenge. Nine swimmers wore wetsuits while the other eight made their way without the added floatation. First across the finish line was Simone La Pay, followed by Curt La Count and Kerri Culbertson, all completing the distance in under 2 hours! Fantastic effort! Following the event, all swimmers and their families were able to regroup and reflect during the barbeque lunch. And all guests were treated to a HUGE carrot cake made by Kristi Gustafson to celebrate Nancy Milner's birthday.

So, the scientific question: How much would swimmers be affected the following day when they swam in Squaw Lakes? It doesn't take a genius to realize that the effects are obvious and, often long-lasting. Many swimmers noticed fatigue, dehydration, stiff necks, and overall soreness.

I especially would like to thank all the swimmers, escorts and volunteers who made this inaugural event an enjoyable and safe time for all. All the participants agreed that, yes, they would like to see this become an annual event.

Next up will be the swim at Elk Lake, August 2 & 3. This will be OMS' first Open Water Championship. This is the only open water event in Oregon that will recognize team participation. The Championship swim will always be the 1500 meter event and each year it will rotate around the state to give all clubs the opportunity to host this event. It will take a few years for this idea to catch on and I hope that organizers will be patient.

Emerald Aquatics of Eugene will host their first open water swim on Sunday, August 10. This club is really looking forward to staging their first open water swim. Portland Parks will host a swim in September and organizer John Zell is searching for warm waters. In October, all open water race directors will gather in Eugene for a retreat to discuss the just-completed season and to plan for 1998. The entire program will be reviewed so if you have any input please let me or your local race director hear from you. This really is your program and it's always evolving.....feedback is encouraged.....get involved.

Dan Gray

APPLEGATE FIVE MILE RESULTS

Overall Finish	Name	Age	Sex	Time	Age Group Finish
1	Simone La Pay	37	F	1:51:27	1 (ws)
2	Curt La Count	38	M	1:56:38	1
3	Keri Culbertson	38	F	1:57:10	1
4	John Zell	40	M	2:04:41	1 (ws)
5	Matt Boles	24	M	2:06:31	1
6	David Cobb	37	M	2:07:16	1 (ws)
7	Alex Shaevit	27	M	2:10:45	1
8	Michael Douglas	39	M	2:12:20	2
9	Ken Zell	49	M	2:13:19	1 (ws)
10	Richard Smith	48	M	2:21:41	2 (ws)
11	Kristi Gustafson	41	F	2:22:09	1
12	Sharon Stuart	32	F	2:30:12	1
13	Buz Carriker	49	M	2:34:21	3 (ws)
14	June Mather	44	F	2:42:16	1 (ws)
14	Geri Mathewson	49	F	2:42:16	1 (ws)
14	Dan Gray	52	M	2:42:16	1
17	Don Soars	37	M	2:58:04	2 (ws)

APPLEGATE FIVE MILE SWIM RESULTS

Male 20-24	Wet Suit	Age Group	Overall	Time
Matt Boles	No	1	5	2:06:31
Male 25-29				
Alex Shaevit	No	1	7	2:10:45
Female 30-34				
Sharon Stuart	No	1	12	2:30:12
Female 35-39				
Simone La Pay	Yes	1	1	1:51:27
Keri Culbertson	No	2	3	1:57:10
Male 35-39				
Curt La Count	No	1	2	1:55:38
Michael Douglas	No	2	8	2:12:20
David Cobb	Yes	1	6	2:07:16
Don Soares	Yes	2	17	2:58:04
Female 40-44				
Kristi Gustafson	No	1	11	2:22:09
June Mather	Yes	2	14	2:42:16
Male 40-44				
John Zell	Yes	1	4	2:04:41
Female 45-49				
Geri Mathewson	Yes	1	14	2:42:16
Male 45-49				
Ken Zell	Yes	1	9	2:13:19
Richard Smith	Yes	2	10	2:21:41
Buz Carriker	Yes	3	13	2:34:21
Male 50-54				
Dan Gray	No	1	14	2:42:16

Southern Oregon Lake Swim, 1997
(A squirrel's eye view)

It's late afternoon on a lazy summer day here at sparkling Squaw Lake and the gang and I are hanging out in the lower branches looking for leftovers but mostly just trying to stay cool and wait for those infernal swimmers and sunbathers to pack up their cars and leave us in peace for the rest of the day. When wouldn't you know it, here come some more. Only these folks look serious, and they're here to stay for awhile too, looks like. What are those big orange things they're carrying and dragging out to the middle of the lake? And all those flags and banners and chairs and ice chests? Oh yeah, now I remember...it's those swimmers...they invaded our beach last year and the year before that, and here they are again to show off that they can swim a mile or two in MY lake.

Lucky for us, they're pretty cool; they leave us alone, set up their camp, cook some great grub and even leave us some scraps. It's a nice crowd with quiet talk and campfires and early to bed except for those crazy few who cruise out for a moonlight swim or canoe ride. But, early to bed means early to rise and rise early they do--with way too much get-up and go. They're bringin' in barbeques, tables, chairs, more ice chests, and lots of food. There looks to be a lively cooking crew and a bunch of folks with papers and clipboards and signs and t-shirts and swim caps, all looking pretty bossy and official. More of these fit-looking types are accumulating along my beach and greeting each other like long, lost friends. Everyone is smiling and happy and I kind of envy them having such a fun time. Then a bunch of them go down to the water and those who aren't in the water yell out a bunch of numbers and those who are in the water dive in and start swimmin' away. Far away. Way far away. Toward one of those big, orange, floating things. After awhile, they're coming back but, what to they do? They turn around and go back out AGAIN--WITHOUT STOPPING!! Whew--way too much for me. They're finally back (one of them in 43 minutes and 51 seconds!) and then another group (six of them under 18 years old!) get in the water and there's more counting on the beach and then that group starts out. They have enough sense to only go around the lake once, but one of them takes only 22 minutes and 57 seconds!!

After everyone's done there's a big lunch with plenty of food and drink and a tall guy shouting out names and numbers and giving out little round things with lots of clapping and joking. More good times. And lots of people are saying thanks to Rogue Valley Masters, whatever that is. One thing's for sure, they do know how to show those swimming types a good time. I can see why they do this every year.

1997 SOUTHERN OREGON LAKE SWIM

	AGE GROUP	AGE	SEX	NAME	TIME	PLACE	OVERALL FIRST
1 Mile: USS							
	11-12	12	M	GRANT, MATTHEW	29.44	1	
	13-14	13	M	SCOLES, BRAD	27.22	1	MALE
		13	M	MATHER, EVAN	32.16	2	
	15-16	15	M	SMITH, TAYLOR	30.04	1	
		16	F	BUETTNER, HEIDI	30.59	1	
	17-18	18	F	GREGOIRE, STEPHANIE	30.22	1	FEMALE
1 Mile: OMS							
	19-24	20	F	MATTESON, MIKENZIE	24.15	1	FEMALE
	25-29	28	M	GLAESER, BOB	39.19	1	
		26	F	BOYD, KATY	26.32	1	
		26	F	EUGSTER, KATHLEEN	30.14	2	
	30-34	31	M	HOBBS, RICH	30.07	1	
		32	M	CONRATH, MIKE	30.33	2	
		32	F	STUART, SHARON	29.00	1	
		30	F	KILBOURN, LAURIE	30.10	2	
		30	F	PEAVYHOUSE, ELLENER	32.33	3	
	35-39	38	M	LACOUNT, CURT	24.10	1	
		39	M	DOUGLAS, MICHAEL	24.25	2	
		39	M	FAIRLEE, MARK	25.00	3	
		39	M	PRICE, JOHN	30.09		
		37	M	SOARES, DON	31.02		
		38	F	SCHOB, LAURA	27.15	1	
	40-44	43	M	ROSTYKUS, PAUL	35.53	1	
		42	F	GREGOIRE, DEBBIE	30.22	1	
		44	F	MATHER, JUNE	33.37	2	
		40	F	SHAFFER, JOANN	38.29	WETSUIT	
	45-49	49	M	JOHNSON, STEVE	22.57	1	MALE
		46	M	GRANT, MICHAEL	29.44	2	
		48	M	JERSEY, RON	30.41	3	
		45	F	ROMPEL, CYNTHIA	31.07	1	
		45	F	ANDERSON, JACQUE	36.43	2	
		46	F	BUETTNER, GAIL	52.48	3	
	50-54	52	M	GRAY, DAN	32.05	1	
	55-59	55	F	RYAN, LINDA	59.09	1	
	60-64	63	M	RADCLIFF, DAVID	26.20	1	
2 Mile: OMS							
	19-24	23	M	SETTLE, SHANE	55.17	1	
		21	M	SOSA, TOMAZ	1:00.46	2	
		22	F	JARMER, ROBYN	52.47	1	
	25-29	28	M	ZOLNA, BILL	43.51	1	MALE
	30-34	30	M	KING, PHILLIP	49.35	1	
		34	F	TACCONI, JANICE	1:04.46	1	
	35-39	38	M	LACOUNT, CURT	46.41	1	
		39	M	FAIRLEE, MARK	51.28	2	
		39	M	DOUGLAS, MICHAEL	51.57	3	
		37	M	GUTCHES, KENT	57.35	WETSUIT	
		38	F	CULBERTSON, KERRI	46.11	1	FEMALE
		36	F	CHAVEZ, SANDY	1:00.30	2	
		39	F	GEIKEN, PARIS	1:00.55	3	
	40-44	43	M	DAVIS, MIKE	54.15	1	
		40	M	COBB, RON	57.49	2	
		44	M	BURCH, PATRICK	1:11.56	3	
		41	F	GUSTAFSON, KRISTI	55.53	1	
		42	F	GREGOIRE, DEBBIE	56.43	2	
	45-49	49	M	JOHNSON, STEVE	44.18	1	
		46	M	DAVIS, WILL	1:00.23	2	
		49	M	CARRIKER, BUZ	1:02.25	3	
		45	M	MATHER, CRAIG	1:03.31		
		46	F	DAVIS, DIANE	1:00.46	1	
	50-54	52	M	GRAY, DAN	1:00.28	1	
	60-64	63	M	RADCLIFF, DAVID	52.02	1	

1997 USMS NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIPS
NOVEMBER 15-16, 1997

OAK HARBOR, WASHINGTON / JOHN VANDERZICHT MEMORIAL POOL
Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction #973620
Hosted by the North Whidbey Masters

ORDER OF EVENTS	
Seeding: slow to fast	
#	EVENT
SATURDAY, November 15	
1	400m Free
BREAK	
2	50m Back
3	200m Fly
4	100m Free
BREAK	
5	Mixed Free Relay
6	100m Back
7	50m Free
8	200m Breast
BREAK	
9	Medley Relay
10	400m IM
SUNDAY, November 16	
11	100m Breast
12	50m Fly
13	200m Free
BREAK	
14	200m IM
15	Free Relay
BREAK	
16	50m Breast
17	200m Back
18	100m Fly
BREAK	
19	100m IM
20	Mixed Medley Relay
BREAK	
21/22	800m/1500m Free

TIME: Saturday - Warm-up: 8:00am / Meet Starts: 9:00am
Sunday - Warm-up: 8:00am / Meet Starts: 9:00am

PLACE: John Vanderzicht Memorial Pool
85 SE Jerome St, Oak Harbor WA 98277
(360) 675-POOL

DIRECTIONS: Take WA20 to Oak Harbor. Turn East onto Whidbey Avenue. Proceed ¼ mile to SE Jerome Street. Turn right onto Jerome - the pool will be on the right. Look for signs directing you to the pool.

FACILITY: Six lane x 25m course. No separate warm-up area. Lane 6 will be a continuous warm-up/warm-down area. Lanes 1-5 will be used for competition. Electronic timing will be used. Two hot tubs and a sauna are also available.

MEET DIRECTOR: Dan Frost (360) 675-5751 / frosty@usms.org

ELIGIBILITY: All 1997 registered Masters swimmers age 19 and over as of November 16, 1997 are welcome to participate.

RULES: Current USMS rules will govern the meet.

MEET FORMAT

SEEDING: Slow to fast. The 400m IM, 400m Free, 800m Free, 1500m Free, and all relays will be deck seeded. All others pre-seeded.

DISTANCE EVENTS: Swimmers may enter either the 800m Free or the 1500m Free, but not both. Swimmers in the 1500m Free will have their 800m splits automatically recorded.

RELAYS: Relay teams may choose the distance they wish to swim in each relay event: 200m, 400m, or 800m (800m for Free relays only). Each swimmer shall be allowed to swim only once in each relay event (Free, Medley, Mixed Free, and Mixed Medley). Relay teams will be seeded in heats based on the distance to be swum (200m, 400m, and 800m heats). Relay teams must consist of members of the same club.

ACCOMODATIONS: Mention this meet to the Coachman Inn (800-635-0043) for discount rates: Standard one/two bed \$49.50/\$9.50, Deluxe one/two bed \$69.50/\$9.50. Also, there is limited HOST (House Our Swimmers Tonight) housing available; contact the meet director if you wish to be HOSTed.

ZONE CHAMPS SOCIAL: Swimmers and their friends are invited to a social on Saturday evening. Details will be given at the meet.

SAFETY FIRST! NO DIVING DURING WARM-UPS EXCEPT IN DESIGNATED SPRINT LANES. PLEASE OBEY THE ON-DECK SAFETY MARSHALS. THANK YOU.

1997 USMS NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIPS
OAK HARBOR, WASHINGTON / NOVEMBER 15-16, 1997

Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction #973620
Hosted by the North Whidbey Masters
ENTRIES MUST BE POSTMARKED BY OCTOBER 31ST OR RECEIVED BY NOVEMBER 8TH

NAME: _____ MALE _____ FEMALE _____

ADDRESS: _____

CITY: _____ STATE/PROVINCE: _____ POSTAL/ZIP CODE: _____

PHONE: () _____ DATE OF BIRTH: _____ AGE (as of 11/16/97) _____

CLUB (or Unattached): _____ *LMSC: _____

*USMS or CASA number: _____ *All swimmers who are not members of Pacific Northwest Aquatics MUST attach a copy of their current USMS or CASA registration card.

AGE GROUP (CIRCLE ONE / determined by your age as of 11/16/97):
19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59
60-64 65-69 70-74 75-79 80-84 85-89 90-94

ENTRY LIMIT: Six individual events total, plus relays. Maximum five individual events per day.

EVENT NUMBER	EVENT NAME	SEED TIME (short course meters)

ENTRY FEES: \$ 7.00 Surchage

\$ _____ Individual events: \$1 per event. No charge for relays.

TOTAL \$ _____ MAKE CHECKS PAYABLE TO NWAC. Canadian Funds X 1.35

MAIL THIS FORM, ENTRY FEES, (*AND COPY OF MASTERS REGISTRATION CARD) TO:
DAN FROST
1121 SW BARRINGTON DR #4
OAK HARBOR WA 98277-4585

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

SIGNATURE: _____ DATE: _____

NW Zone LC Championships
Multnomah Athletic Club, July 26-27, 1997

Meet Results for Timed Finals-LC Meters

-----				Mixed 100 Free				Mixed 100 Breast			
--- Ages 19 Through 24 ---				:	1 M. GLISSMEYER	32 LOM	1:20.66	:	1 ELIN ZANDER	43 IEM	1:39.47
PL	Name	Age Team	Finals	:	Mixed 200 Free			:	2 TONI INSLEY	40 OREG	1:49.58
-----				:	1 SUSAN MOSS	31 OREG	2:25.89	:	Mixed 200 Breast		
Mixed 100 Back				:	Mixed 50 Back			:	- ELIN ZANDER	43 IEM	NS
1	LAURA JUCKELAND	24 MACO	1:15.84	:	1 SUSAN MOSS	31 OREG	38.32	:	Mixed 50 Fly		
Mixed 50 Breast				:	2 M. GLISSMEYER	32 LOM	44.47	:	1 TONI INSLEY	40 OREG	40.57
1	LAURA JUCKELAND	24 MACO	44.86	:	Mixed 50 Breast			:	- TERI HENDRYX	44 MACO	NS
-----				:	- SANDRA MASON	34 MSABC	NS	:	Mixed 100 Fly		
--- Ages 25 Through 29 ---				:	Mixed 100 Breast			:	1 TONI INSLEY	40 OREG	1:31.54
PL	Name	Age Team	Finals	:	1 SUSAN MOSS	31 OREG	1:29.88	:	Mixed 200 Fly		
-----				:	- SANDRA MASON	34 MSABC	NS	:	1 TERI HENDRYX	44 MACO	3:31.98
Mixed 50 Free				:	Mixed 200 Breast			:	Mixed 200 IM		
1	CATHY LAW	29 OREG	33.31	:	- SANDRA MASON	34 MSABC	NS	:	1 TONI INSLEY	40 OREG	3:28.64
2	KATHLEEN BOYD	26 MACO	33.80	:	Mixed 50 Fly			:	Mixed 400 IM		
-	ANDREA MILANO	29 OREG	NS	:	1 SUSAN MOSS	31 OREG	33.98	:	1 ELIN ZANDER	43 IEM	7:08.20
Mixed 100 Free				:	2 M. GLISSMEYER	32 LOM	41.68	:	=====		
1	ANDREA MILANO	29 OREG	1:13.43	:	Mixed 100 Fly			:	--- Ages 45 Through 49 ---		
2	KATHLEEN BOYD	26 MACO	1:14.19	:	1 SUSAN MOSS	31 OREG	1:16.09	:	PL	Name	Age Team Finals
Mixed 200 Free				:	Mixed 200 IM			:	-----		
1	SANDRA HYDE	28 OREG	2:39.39	:	- SANDRA MASON	34 MSABC	NS	:	Mixed 50 Free		
Mixed 400 Free				:	=====			:	1 JOAN FRASER	49 OREG	1:02.38
1	SANDRA HYDE	28 OREG	5:36.76	:	--- Ages 35 Through 39 ---			:	Mixed 100 Free		
Mixed 800 Free				:	PL	Name	Age Team Finals	:	1 JOAN FRASER	49 OREG	2:36.39
1	SANDRA HYDE	28 OREG	11:42.73	:	-----			:	Mixed 200 Free		
Mixed 50 Back				:	Mixed 200 Free			:	1 JUDY BEASTON	46 OREG	2:56.61
1	KATHLEEN BOYD	26 MACO	38.88	:	1 KERRI CULBERTSON	38 OREG	2:25.48	:	2 JANE MOORE	46 PNA	3:31.58
Mixed 100 Back				:	Mixed 400 Free			:	Mixed 400 Free		
1	KATHLEEN BOYD	26 MACO	1:25.34	:	1 KERRI CULBERTSON	38 OREG	5:06.67	:	1 JUDY BEASTON	46 OREG	6:04.93
Mixed 200 Back				:	=====			:	2 JANE MOORE	46 PNA	7:17.42
1	SANDRA HYDE	28 OREG	3:32.13	:	--- Ages 40 Through 44 ---			:	Mixed 800 Free		
Mixed 50 Breast				:	PL	Name	Age Team Finals	:	1 JANE MOORE	46 PNA	14:57.18
1	CATHY LAW	29 OREG	44.96	:	-----			:	Mixed 50 Back		
-	ANDREA MILANO	29 OREG	NS	:	Mixed 50 Free			:	1 SUSAN CASE	48 OREG	45.35
Mixed 50 Fly				:	1 TONI INSLEY	40 OREG	37.97	:	2 JOAN FRASER	49 OREG	1:14.90
1	CATHY LAW	29 OREG	36.12	:	Mixed 400 Free			:	Mixed 100 Back		
2	ANDREA MILANO	29 OREG	40.83	:	1 ELIN ZANDER	43 IEM	5:59.91	:	1 SUSAN CASE	48 OREG	1:37.86
Mixed 100 Fly				:	Mixed 800 Free			:	2 JUDY BEASTON	46 OREG	1:57.96
1	SANDRA HYDE	28 OREG	1:35.80	:	1 ELIN ZANDER	43 IEM	12:35.83	:	3 JOAN FRASER	49 OREG	2:52.77
Mixed 200 Fly				:	Mixed 50 Back			:	Mixed 200 Back		
1	SANDRA HYDE	28 OREG	3:35.33	:	1 TERI HENDRYX	44 MACO	40.91	:	1 SUSAN CASE	48 OREG	3:28.92
Mixed 200 IM				:	- MARY NEIDIG	41 OREG	NS	:	2 JANE MOORE	46 PNA	4:25.53
1	CATHY LAW	29 OREG	3:14.12	:	Mixed 100 Back			:	Mixed 100 Breast		
-----				:	1 TERI HENDRYX	44 MACO	1:28.85	:	1 SUSAN CASE	48 OREG	1:49.88
--- Ages 30 Through 34 ---				:	2 MARY NEIDIG	41 OREG	2:14.42	:	2 JUDY BEASTON	46 OREG	1:51.59
PL	Name	Age Team	Finals	:	Mixed 200 Back			:	Mixed 100 Fly		
-----				:	1 TERI HENDRYX	44 MACO	3:10.78	:	1 SUSAN CASE	48 OREG	1:54.42
Mixed 50 Free				:	Mixed 50 Breast			:	Mixed 200 IM		
1	SUSAN MOSS	31 OREG	30.39	:	1 TONI INSLEY	40 OREG	49.67	:	1 JANE MOORE	46 PNA	4:19.33
-	SANDRA MASON	34 MSABC	NS	:				:			

NW Zone LC Championships
Multnomah Athletic Club, July 26-27, 1997

Meet Results for Timed Finals-LC Meters

Mixed 400 IM				=====				Mixed 100 Back				
1 JANE MOORE	46 PNA	8:55.55	:	--- Ages 55 Through 59 ---	:	1 MARGARET WELLS	71 OREG	2:23.38				
=====				: PL Name Age Team Finals	:	Mixed 200 Back						
--- Ages 50 Through 54 ---				:	-----				1 MARGARET WELLS	71 OREG	5:21.05	
PL Name Age Team Finals	:	Mixed 50 Free				:	Mixed 50 Breast					
-----				:	1 SUSANNE SCHUMANN	59 OREG	39.88	:	1 ELSA DE LEEUW	73 UNATT	59.74	
Mixed 50 Free				:	Mixed 50 Breast				:	Mixed 100 Fly		
1 GINGER PIERSON	51 MACO	35.79	:	1 SUSANNE SCHUMANN	59 OREG	50.26	:	1 MARGARET WELLS	71 OREG	2:29.95		
2 PENY DEIRO	50 OREG	51.37	:	Mixed 100 Breast				:	Mixed 200 Fly			
J. VALLANDINGHAM	51 PNA	NS	:	1 SUSANNE SCHUMANN	59 OREG	1:54.49	:	- MARGARET WELLS	71 OREG	DQ		
Mixed 100 Free				:	Mixed 200 Breast				:	Mixed 200 IM		
1 GINGER PIERSON	51 MACO	1:19.31	:	1 SUSANNE SCHUMANN	59 OREG	4:06.47	:	1 ELSA DE LEEUW	73 UNATT	4:43.82		
2 CHRISTINE CLUM	51 OREG	1:23.42	:	=====				:	2 MARGARET WELLS	71 OREG	5:06.54	
3 J. VALLANDINGHAM	51 PNA	1:40.35	:	--- Ages 60 Through 64 ---				:	=====			
4 PENY DEIRO	50 OREG	2:03.18	:	: PL Name Age Team Finals	:	--- Ages 75 Through 79 ---						
Mixed 200 Free				:	-----				: PL Name Age Team Finals	:	-----	
1 GINGER PIERSON	51 MACO	2:55.43	:	Mixed 200 Free				:	-----			
2 JEANNE ENSIGN	50 PNA	3:36.37	:	1 LAVELLE STOINOFF	64 MACO	3:00.96	:	Mixed 50 Free				
3 J. VALLANDINGHAM	51 PNA	3:45.35	:	Mixed 400 Free				:	1 JUDY MELCHER	77 OREG	1:19.31	
4 PENY DEIRO	50 OREG	4:31.30	:	1 LAVELLE STOINOFF	64 MACO	6:12.60	:	Mixed 100 Free				
Mixed 400 Free				:	Mixed 200 Back				:	1 JUDY MELCHER	77 OREG	2:56.19
1 GINGER PIERSON	51 MACO	6:20.84	:	1 LAVELLE STOINOFF	64 MACO	3:24.10	:	Mixed 400 Free				
2 JEANNE ENSIGN	50 PNA	7:30.75	:	Mixed 100 Breast				:	1 JUDY MELCHER	77 OREG	12:19.09	
3 PENY DEIRO	50 OREG	10:09.09	:	1 LAVELLE STOINOFF	64 MACO	1:49.10	:	Mixed 100 Back				
Mixed 800 Free				:	Mixed 200 Breast				:	1 ELFIE STEVENIN	75 OREG	3:01.34
1 JEANNE ENSIGN	50 PNA	15:24.57	:	1 LAVELLE STOINOFF	64 MACO	3:56.40	:	Mixed 200 Back				
Mixed 50 Breast				:	=====				:	1 ELFIE STEVENIN	75 OREG	6:22.29
1 J. VALLANDINGHAM	51 PNA	51.35	:	--- Ages 65 Through 69 ---				:	Mixed 50 Breast			
2 PAMELA HIMSTREET	53 OREG	52.00	:	: PL Name Age Team Finals	:	1 JUDY MELCHER				77 OREG	1:38.45	
Mixed 100 Breast				:	-----				:	Mixed 100 Breast		
1 J. VALLANDINGHAM	51 PNA	2:01.24	:	Mixed 50 Free				:	1 JUDY MELCHER	77 OREG	3:28.14	
Mixed 200 Breast				:	1 BARBARA JACKSON	67 OREG	39.61	:	Mixed 100 Fly			
1 CHRISTINE CLUM	51 OREG	3:35.65	:	Mixed 50 Back				:	1 ELFIE STEVENIN	75 OREG	3:44.25	
2 PAMELA HIMSTREET	53 OREG	3:50.60	:	1 BARBARA JACKSON	67 OREG	46.16	:	Mixed 200 Fly				
3 J. VALLANDINGHAM	51 PNA	4:21.85	:	Mixed 100 Back				:	1 ELFIE STEVENIN	75 OREG	7:59.48	
Mixed 50 Fly				:	1 BARBARA JACKSON	67 OREG	1:41.60	:	Mixed 200 IM			
1 ALICE ZABUDSKY	52 OREG	40.00	:	Mixed 200 Back				:	1 JUDY MELCHER	77 OREG	7:08.89	
2 PAMELA HIMSTREET	53 OREG	49.07	:	1 BARBARA JACKSON	67 OREG	3:38.69	:	Mixed 400 IM				
Mixed 100 Fly				:	=====				:	1 ELFIE STEVENIN	75 OREG	15:02.63
1 GINGER PIERSON	51 MACO	1:33.50	:	--- Ages 70 Through 74 ---				:	=====			
2 ALICE ZABUDSKY	52 OREG	1:40.41	:	: PL Name Age Team Finals	:	--- Ages 19 Through 24 ---						
Mixed 200 Fly				:	-----				: PL Name Age Team Finals	:	-----	
1 PAMELA HIMSTREET	53 OREG	4:04.42	:	Mixed 50 Free				:	-----			
Mixed 200 IM				:	1 ELSA DE LEEUW	73 UNATT	47.96	:	Mixed 200 Free			
1 ALICE ZABUDSKY	52 OREG	3:23.15	:	Mixed 100 Free				:	1 MATTHEW BOLES	24 OREG	2:18.90	
2 PAMELA HIMSTREET	53 OREG	3:44.23	:	1 ELSA DE LEEUW	73 UNATT	1:46.97	:	Mixed 400 Free				
Mixed 400 IM				:	Mixed 200 Free				:	1 MATTHEW BOLES	24 OREG	4:58.18
- PAMELA HIMSTREET	53 OREG	NS	:	1 ELSA DE LEEUW	73 UNATT	3:55.12	:	Mixed 100 Back				
				:					:	1 MATTHEW BOLES	24 OREG	1:10.57

NW Zone LC Championships
Multnomah Athletic Club, July 26-27, 1997

Meet Results for Timed Finals-LC Meters

Mixed 400 IM					Mixed 100 Breast					Mixed 200 Breast						
1	MATTHEW BOLES	24	OREG	5:36.68	:	1	WILSON ZEHR	36	OREG	1:30.08	:	1	JIM WILLIAMS	40	PNA	2:55.21
=====					:	Mixed 50 Fly					:	Mixed 50 Fly				
---	Ages 25 Through 29 ---				:	1	WILSON ZEHR	36	OREG	34.28	:	1	DAVID BURLESON	40	MACO	29.68
PL	Name	Age	Team	Finals	:	Mixed 100 Fly					:	2	PETER METZGER	42	OREG	30.16
-----					:	1	WILSON ZEHR	36	OREG	1:19.19	:	3	HUGH MOORE	42	PNA	32.75
Mixed 100 Free					:	Mixed 200 IM					:	4	CHARLES HELM	41	OREG	41.51
1	DANIEL FROST	29	PNA	1:03.13	:	1	WILSON ZEHR	36	OREG	2:56.53	:	-	JIM CAMPBELL	41	OREG	NS
Mixed 200 Free					:	=====					:	-	JIM MOLLER	42	OREG	NS
1	DANIEL FROST	29	PNA	2:21.04	:	---	Ages 40 Through 44 ---				:	Mixed 100 Fly				
-	DITMAR PETROV	26	OREG	NS	:	PL	Name	Age	Team	Finals	:	1	PETER METZGER	42	OREG	1:12.53
Mixed 400 Free					:	-----					:	2	HUGH MOORE	42	PNA	1:13.25
1	DITMAR PETROV	26	OREG	4:28.72	:	Mixed 50 Free					:	Mixed 200 Fly				
2	DANIEL FROST	29	PNA	5:04.76	:	1	DAVID BURLESON	40	MACO	27.89	:	1	DAVID BURLESON	40	MACO	2:44.25
Mixed 800 Free					:	2	PETER METZGER	42	OREG	27.90	:	2	HUGH MOORE	42	PNA	2:54.40
1	DANIEL FROST	29	PNA	10:41.62	:	3	JIM MOLLER	42	OREG	32.39	:	Mixed 200 IM				
Mixed 50 Back					:	-	CHARLES HELM	41	OREG	NS	:	1	JIM WILLIAMS	40	PNA	2:46.11
1	DANIEL FROST	29	PNA	33.51	:	-	JIM CAMPBELL	41	OREG	NS	:	2	JOEL SWINK	44	OREG	2:49.62
Mixed 100 Back					:	Mixed 100 Free					:	-	BRUCE CATTER	42	OREG	NS
1	HORST NIEHAUS	29	OREG	1:06.60	:	1	DAVID BURLESON	40	MACO	1:01.29	:	Mixed 400 IM				
Mixed 100 Breast					:	2	CHARLES HELM	41	OREG	1:22.04	:	1	HUGH MOORE	42	PNA	6:13.51
1	DANIEL FROST	29	PNA	1:22.04	:	-	JIM CAMPBELL	41	OREG	NS	:	2	JOEL SWINK	44	OREG	6:13.90
Mixed 50 Fly					:	Mixed 200 Free					:	=====				
1	HORST NIEHAUS	29	OREG	29.14	:	1	DAVID BURLESON	40	MACO	2:14.15	:	---	Ages 45 Through 49 ---			
=====					:	-	CHARLES HELM	41	OREG	NS	:	PL	Name	Age	Team	Finals
---	Ages 30 Through 34 ---				:	Mixed 400 Free					:	-----				
PL	Name	Age	Team	Finals	:	1	HUGH MOORE	42	PNA	5:33.09	:	Mixed 50 Free				
-----					:	Mixed 800 Free					:	1	ROBERT MAESTRE	47	OREG	28.42
Mixed 200 Free					:	1	JOHN ZELL	40	OREG	10:28.48	:	Mixed 200 Free				
-	PHILLIP KING	30	OREG	NS	:	2	HUGH MOORE	42	PNA	11:42.43	:	1	ROBERT MAESTRE	47	OREG	2:28.12
Mixed 200 Back					:	Mixed 50 Back					:	Mixed 400 Free				
-	PHILLIP KING	30	OREG	NS	:	1	DAVID BURLESON	40	MACO	32.20	:	1	ROBERT MAESTRE	47	OREG	5:21.84
=====					:	2	PETER METZGER	42	OREG	32.27	:	Mixed 800 Free				
---	Ages 35 Through 39 ---				:	3	JIM MOLLER	42	OREG	41.07	:	1	ROBERT MAESTRE	47	OREG	11:14.20
PL	Name	Age	Team	Finals	:	4	JOEL SWINK	44	OREG	44.43	:	Mixed 100 Back				
-----					:	5	CHARLES HELM	41	OREG	56.65	:	1	ROBERT MAESTRE	47	OREG	1:21.51
Mixed 50 Free					:	Mixed 100 Back					:	Mixed 200 Back				
1	DOUG MOSHOFSKY	35	MACO	27.82	:	1	PETER METZGER	42	OREG	1:12.20	:	1	ROBERT MAESTRE	47	OREG	3:00.33
2	WILSON ZEHR	36	OREG	31.99	:	2	JOEL SWINK	44	OREG	1:16.25	:	Mixed 50 Breast				
Mixed 100 Free					:	Mixed 200 Back					:	1	MICHAEL MERRELL	49	IEM	36.59
1	DOUG MOSHOFSKY	35	MACO	1:02.19	:	1	JOEL SWINK	44	OREG	2:45.95	:	Mixed 200 Breast				
Mixed 200 Free					:	Mixed 50 Breast					:	1	MICHAEL MERRELL	49	IEM	3:05.39
1	DOUG MOSHOFSKY	35	MACO	2:19.93	:	1	JIM WILLIAMS	40	PNA	35.98	:	Mixed 50 Fly				
Mixed 400 Free					:	2	JIM MOLLER	42	OREG	43.49	:	1	MICHAEL MERRELL	49	IEM	34.29
1	DOUG MOSHOFSKY	35	MACO	4:59.59	:	-	JIM CAMPBELL	41	OREG	NS	:	Mixed 200 Fly				
Mixed 800 Free					:	Mixed 100 Breast					:	1	MICHAEL MERRELL	49	IEM	3:09.99
1	DOUG MOSHOFSKY	35	MACO	10:34.82	:	1	PETER METZGER	42	OREG	1:24.90	:	Mixed 200 IM				
Mixed 50 Breast					:	2	JOEL SWINK	44	OREG	1:33.83	:	-	MICHAEL MERRELL	49	IEM	NS
1	WILSON ZEHR	36	OREG	40.70	:	-	JIM WILLIAMS	40	PNA	DQ	:					

NW Zone LC Championships
Multnomah Athletic Club, July 26-27, 1997

NW Zone LC Championships
Multnomah Athletic Club, July 26-27

Meet Results for Timed Finals-LC Meters

Meet Results for Timed Finals-LC

Ages 50 Through 54 ---					Ages 70 Through 74 ---				
PL	Name	Age	Team	Finals	PL	Name	Age	Team	Finals
Mixed 50 Free					Mixed 50 Free				
1	ROBERT SMITH	54	OREG	28.29	1	FLOYD ELIOTT	70	OREG	36.91
2	KARL VON TAGEN	53	MACO	29.84	2	FLOYD ELIOTT	70	OREG	3:16.73
Mixed 100 Free					Mixed 100 Back				
1	KARL VON TAGEN	53	MACO	1:06.72	1	FLOYD ELIOTT	70	OREG	40.06
-	ROBERT SMITH	54	OREG	NS	1	FLOYD ELIOTT	70	OREG	1:28.13
1	KARL VON TAGEN	53	MACO	2:30.40	2	FLOYD ELIOTT	70	OREG	3:16.58
Mixed 200 Free					Mixed 200 Back				
1	KARL VON TAGEN	53	MACO	11:35.42	1	FLOYD ELIOTT	70	OREG	3:16.58
1	ROBERT SMITH	54	OREG	33.76	Ages 75 Through 79 ---				
Mixed 100 Back					PL	Name	Age	Team	Finals
1	ROBERT SMITH	54	OREG	1:16.24	Mixed 50 Free				
Mixed 50 Fly					1	RUPERT FIXOTT	75	OREG	50.65
1	ROBERT SMITH	54	OREG	32.32	2	DAVID BERNSTEIN	75	OREG	55.75
Ages 55 Through 59 ---					-	BERLAN LEMON	77	OREG	NS
PL	Name	Age	Team	Finals	Mixed 100 Free				
Mixed 50 Free					1	GILBERT YOUNG	75	OREG	1:32.10
1	LAWRENCE NORDELL	56	PNA	30.90	2	RUPERT FIXOTT	75	OREG	1:56.32
Mixed 100 Free					3	JOSEPH MALLON	76	OREG	2:10.97
-	LAWRENCE NORDELL	56	PNA	NS	Mixed 200 Free				
Mixed 200 Free					1	GILBERT YOUNG	75	OREG	3:21.98
1	LAWRENCE NORDELL	56	PNA	2:30.90	2	KHOSROW SHADBEH	76	OREG	4:23.72
2	STEVEN THRASHER	55	PNA	2:35.66	3	JOSEPH MALLON	76	OREG	4:39.52
Mixed 400 Free					-	BERLAN LEMON	77	OREG	NS
1	STEVEN THRASHER	55	PNA	5:33.27	Mixed 400 Free				
Mixed 800 Free					1	GILBERT YOUNG	75	OREG	6:59.56
1	STEVEN THRASHER	55	PNA	11:33.69	2	JOSEPH MALLON	76	OREG	9:48.22
Mixed 50 Back					-	EARL WALTER	76	OREG	DQ
1	STEVEN THRASHER	55	PNA	35.86	Mixed 800 Free				
Mixed 100 Back					1	GILBERT YOUNG	75	OREG	14:38.84
1	STEVEN THRASHER	55	PNA	1:18.66	2	JOSEPH MALLON	76	OREG	19:35.39
Mixed 200 Back					3	DAVID BERNSTEIN	75	OREG	20:33.98
1	STEVEN THRASHER	55	PNA	2:50.73	Mixed 50 Back				
Mixed 50 Breast					1	RUPERT FIXOTT	75	OREG	59.56
1	DAVID ENG	59	MACO	45.82	2	DAVID BERNSTEIN	75	OREG	1:04.37
Mixed 100 Breast					-	BERLAN LEMON	77	OREG	NS
1	DAVID ENG	59	MACO	1:46.71	Mixed 100 Back				
Mixed 200 Breast					1	EARL WALTER	76	OREG	1:51.52
1	DAVID ENG	59	MACO	3:59.87	2	DAVID BERNSTEIN	75	OREG	2:23.59
Mixed 50 Fly					3	KHOSROW SHADBEH	76	OREG	2:25.40
-	LAWRENCE NORDELL	56	PNA	NS	-	BERLAN LEMON	77	OREG	NS

Ages 240 Through 279 ---				
PL	Name	Age	Team	Finals
Mixed 200 R-Free				
1	Oregon B X-240	OREG	2:15.97	
S. SCHUMANN-59F	ROBERT SMITH-54M			
BARBARA JACKSON-67F	DAVID RADCLIFF-63M			
Mixed 200 R-Medley				
1	Oregon A X-240	OREG	2:37.29	
BARBARA JACKSON-67F	ROBERT SMITH-54M			
S. SCHUMANN-59F	DAVID RADCLIFF-63M			
Mixed 200 IM				
1	EARL WALTER	76	OREG	4:18.74
Ages 200 Through 239 ---				
PL	Name	Age	Team	Finals
Male 200 R-Medley				
1	Oregon C M-200	OREG	2:11.18	
PETER METZGER-42	ROBERT SMITH-54			
ROBERT MAESTRE-47	DAVID RADCLIFF-63			
Ages 280 Through 319 ---				
PL	Name	Age	Team	Finals
Male 200 R-Free				
1	Oregon A M-280	OREG	2:31.38	
EARL WALTER-76	FLOYD ELIOTT-70			
GILBERT YOUNG-75	ANDREW HOLDEN-78			
Male 200 R-Medley				
1	Oregon A M-280	OREG	2:58.52	
FLOYD ELIOTT-70	EARL WALTER-76			
ANDREW HOLDEN-78	GILBERT YOUNG-75			
Ages 160 Through 199 ---				
PL	Name	Age	Team	Finals
Mixed 200 R-Free				
1	PNA B X-160	PNA	2:25.13	
HUGH MOORE-42M	JANE MOORE-46F			
DANIEL FROST-29M	VALLANDINGHAM -51F			
Mixed 200 R-Medley				
1	PNA A X-160	PNA	2:48.25	
JANE MOORE-46F	VALLANDINGHAM -51F			
HUGH MOORE-42M	DANIEL FROST-29M			

Pride of Portland Summer's End Meet
August 30, 1997

Meet Results for Timed Finals-Yards

--- Ages 25 Through 29 ---				--- Ages 30 Through 34 ---				Mixed 100 Back			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
Mixed 50 Breast				Mixed 50 Free				Mixed 50 Breast			
1	CATHY LAW	29 OREG	38.52	1	JIM LASERSOHN	32 PNA	26.08	1	THOMAS CHUN	41 OREG	33.92
Mixed 50 Fly				Mixed 50 Breast				2	JIM MOLLER	42 OREG	37.28
1	CATHY LAW	29 OREG	32.81	1	JIM LASERSOHN	32 PNA	32.07	3	CHARLES HELM	41 OREG	51.55
--- Ages 30 Through 34 ---				Mixed 100 Breast				Mixed 100 Breast			
PL	Name	Age Team	Finals	1	JIM LASERSOHN	32 PNA	1:12.14	1	THOMAS CHUN	41 OREG	1:14.44
Mixed 50 Free				Mixed 200 Breast				Mixed 50 Fly			
1	ANNE NAKAGAWA	32 OREG	29.26	1	JIM LASERSOHN	32 PNA	2:45.45	1	M. GILLILAND	43 OREG	30.04
Mixed 100 Free				Mixed 50 Fly				Mixed 100 IM			
1	ANNE NAKAGAWA	32 OREG	1:02.75	1	JIM LASERSOHN	32 PNA	27.90	1	THOMAS CHUN	41 OREG	1:10.76
Mixed 200 Free				--- Ages 35 Through 39 ---				2	JIM MOLLER	42 OREG	1:13.21
1	ANNE NAKAGAWA	32 OREG	2:16.62	PL	Name	Age Team	Finals	--- Ages 50 Through 54 ---			
Mixed 500 Free				Mixed 50 Free				PL	Name	Age Team	Finals
1	ANNE NAKAGAWA	32 OREG	6:03.63	1	CHRIS MCKINNON	36 OREG	24.39	Mixed 100 Free			
--- Ages 35 Through 39 ---				Mixed 500 Free				1	RICHARD JUHALA	54 OREG	1:21.00
PL	Name	Age Team	Finals	1	BILL KLINE	35 OREG	6:02.09	Mixed 500 Free			
Mixed 500 Free				2	PAUL IKEDA	38 PNA	6:45.14	1	RICHARD JUHALA	54 OREG	8:26.22
1	HELEN MOSS	38 OREG	9:06.72	3	CHRIS MCKINNON	36 OREG	7:03.81	Mixed 50 Breast			
Mixed 50 Breast				Mixed 50 Breast				1	RICHARD JUHALA	54 OREG	39.39
1	HELEN MOSS	38 OREG	59.19	1	PAUL IKEDA	38 PNA	36.24	Mixed 100 Breast			
Mixed 200 Fly				Mixed 100 Breast				1	RICHARD JUHALA	54 OREG	1:29.69
HELEN MOSS	38 OREG	DQ		1	PAUL IKEDA	38 PNA	1:24.62	Mixed 100 IM			
--- Ages 45 Through 49 ---				Mixed 200 Breast				1	RICHARD JUHALA	54 OREG	1:29.67
PL	Name	Age Team	Finals	1	PAUL IKEDA	38 PNA	2:54.45	--- Ages 55 Through 59 ---			
Mixed 200 Free				Mixed 100 IM				PL	Name	Age Team	Finals
1	KATHY YOUNG	48 OREG	3:29.53	1	CHRIS MCKINNON	36 OREG	1:02.46	Mixed 50 Fly			
Mixed 500 Free				Mixed 200 IM				1	BERT PETERSEN	58 OREG	27.99
1	JUDY BEASTON	46 OREG	6:38.84	1	CHRIS MCKINNON	36 OREG	2:23.37	--- Ages 60 Through 64 ---			
Mixed 50 Breast				--- Ages 40 Through 44 ---				PL	Name	Age Team	Finals
1	JUDY BEASTON	46 OREG	42.55	PL	Name	Age Team	Finals	Mixed 50 Back			
Mixed 50 Fly				Mixed 50 Free				1	ARTHUR WELCH	64 OREG	41.74
1	JUDY BEASTON	46 OREG	37.23	1	M. GILLILAND	43 OREG	26.21	Mixed 100 Back			
Mixed 100 IM				2	JIM MOLLER	42 OREG	28.78	1	ARTHUR WELCH	64 OREG	1:29.13
1	JUDY BEASTON	46 OREG	1:25.51	3	CHARLES HELM	41 OREG	31.91	Mixed 200 Back			
				4	GREGORY LYMAN	42 OREG	32.79	1	ARTHUR WELCH	64 OREG	3:07.13
				Mixed 100 Free				Mixed 50 Breast			
				1	M. GILLILAND	43 OREG	1:02.98	1	ARTHUR WELCH	64 OREG	54.72
				2	CHARLES HELM	41 OREG	1:15.06	Mixed 100 Breast			
				Mixed 50 Back				1	ARTHUR WELCH	64 OREG	1:57.54
				1	MARK WILLIAMS	41 OREG	31.78				
				2	GREGORY LYMAN	42 OREG	41.30				

Pride of Portland Summer's End Meet
August 30, 1997

Meet Results for Timed Finals

--- Ages 65 Through 69 ---			
PL	Name	Age Team	Finals
Mixed 500 Free			
1	JOHN JOENS	65 OREG	9:48.62
Mixed 50 Back			
1	JOHN JOENS	65 OREG	55.19
Mixed 100 Back			
1	JOHN JOENS	65 OREG	1:58.07
Mixed 200 Back			
1	JOHN JOENS	65 OREG	4:05.68
Mixed 50 Breast			
1	JOHN JOENS	65 OREG	54.71
--- Ages 75 Through 79 ---			
PL	Name	Age Team	Finals
Mixed 50 Free			
1	DAVID BERNSTEIN	75 OREG	52.20
Mixed 100 Free			
1	KHOSROW SHADBEH	76 OREG	1:46.42
2	DAVID BERNSTEIN	75 OREG	1:52.30
Mixed 200 Free			
1	KHOSROW SHADBEH	76 OREG	3:54.53
2	DAVID BERNSTEIN	75 OREG	4:08.90
Mixed 100 Breast			
1	KHOSROW SHADBEH	76 OREG	2:01.82
--- Ages 35 Through 44 ---			
PL	Name	Team	Finals
Mixed 200 R-Free			
1	oreg A X-35	OREG	2:28.22
	KATHY YOUNG-48F	HELEN MOSS-38F	
	BERT PETERSEN-58M	GREGORY LYMAN-42M	
Mixed 200 R-Medley			
1	oreg B X-35	OREG	3:01.88
	KATHY YOUNG-48F	HELEN MOSS-38F	
	BERT PETERSEN-58M	GREGORY LYMAN-42M	

1997 Cascade Lakes Swim 500 Meter Time Trial Results

Overall Finish	Name	Sex	Age	Wetsuit	Time	Age Group Finish
1	Steve Johnson	M	49	No	06:33	1
2	Paul Weber	M	26	Yes	06:40	1
3	Andy Fecteau	M	32	Yes	06:44	1
4	Peter Schloesser	M	39	No	06:58	1
5	Toni Hecksel	F	31	No	07:01	1
6	Jeff Kaelon	M	31	No	07:06	1
7	Michelle Morrell	F	34	No	07:09	2
8	John Zell	M	40	No	07:10	1
9	Mark Fairlee	M	39	No	07:11	2
10	Mike Douglas	M	39	No	07:13	3
11	David Cobb	M	37	No	07:14	4
12	David Radcliffe	M	63	No	07:22	1
13	Kris Calvin	M	35	No	07:22	5
14	Wendy Van De Sompele	F	31	No	07:33	3
15	Joani Krebiel	F	35	No	07:35	1
16	Jackie Chen	F	34	No	07:44	4
17	Mollie Star	F	38	Yes	07:51	1
18	Dan Gray	M	52	No	07:53	1
19	Ann Weber	F	30	No	07:55	5
20	Chris Lindstrom	F	24	No	07:55	1
21	Mark Weaver	M	42	No	08:09	2
22	Judy Beaston	F	46	No	08:12	1
22	Laura Schob	F	38	No	08:19	2
23	Pat Erwert	M	43	Yes	08:27	1
24	John Ridenour	M	41	No	08:32	3
25	Mike Carew	M	47	No	09:04	2
26	Robert Mallory	M	36	Yes	09:08	2
27	Pam Himstreet	F	53	No	09:09	1
28	George Thayer	M	61	Yes	09:10	1
29	Nick Norton	M	63	Yes	09:17	2
30	Lew Hollander	M	67	Yes	10:01	1
31	Walter Carter	M	41	No	10:08	4
32	Richard Juhala	M	54	No	11:17	2
33	Mike Reichenbach	M	40	No	11:32	5
34	Spencer Schock	M	32	No	14:28	2
35	Barb Buchan	F	40	Yes	14:32	1

1997 Cascade Lakes Swim 3,000 Meter Race Results

Overall Finish	Name	Sex	Age	Wetsuit	Time	Age Group Finish
1	Steve Johnson	M	49	No	47:55	1
2	Andy Fecteau	M	32	Yes	47:57	1
3	Charlie Swanson	M	45	Yes	48:00	1
4	Toni Hecksel	F	31	Yes	48:04	1
5	Lee O'Connor	M	29	No	48:23	1
6	Paul Weber	M	26	Yes	48:31	1
7	David Radcliffe	M	63	Yes	50:17	1
8	David Cobb	M	37	Yes	50:46	1
9	John Zell	M	40	Yes	50:47	1
10	Sandra Hyde	F	28	Yes	50:52	1
11	Mark Fairlee	M	39	No	52:03	1
12	Mike Douglas	M	39	No	52:48	2
13	Bobo Anderson	M	35	Yes	52:53	2
14	Joani Krebiel	F	35	Yes	53:00	1
15	Ann Weber	F	30	Yes	53:04	2
16	Tonya Durkee	F	30	Yes	53:13	3
17	Andrea Milano	F	29	Yes	53:42	2
18	Wendy Van De Sompele	F	31	No	54:04	1
19	Steve Mann	M	45	No	54:56	2
20	Michelle Morrell	F	34	No	55:23	2
21	Chris Lindstrom	F	24	No	56:04	1
22	Bill Schipper	M	32	Yes	57:01	2
23	Maryann Stevens	F	28	Yes	57:42	3
24	Judy Beaston	F	46	No	59:23	1
25	Dan Gray	M	52	No	59:23	1
26	Pam Himstreet	F	53	Yes	01:03:54	1
27	Kathy O'Hara	F	33	Yes	01:04:05	4
28	John Ridenour	M	41	No	01:04:20	2
29	Mike Carew	M	47	No	01:05:59	3
30	Madeleine Holmberg	F	44	No	01:06:48	1
31	Walter Carter	M	41	No	01:18:07	1
32	Lew Hollander	M	67	Yes	01:18:16	1

**1997 Cascade Lakes Swim
1,500 Meter Race Results**

Overall Finish	Name	Sex	Age	Wetsuit	Time	Age Group Finish
1	Steve Johnson	M	49	No	21:56	1
2	Andy Fecteau	M	32	Yes	22:01	1
3	Peter Schloesser	M	39	Yes	22:15	1
4	John Zell	M	40	No	23:48	1
5	Toni Hecksel	F	31	No	23:52	1
6	Mike Douglas	M	39	No	23:57	1
7	Mark Fairlee	M	39	No	24:00	2
8	Jeff Kaelon	M	31	Yes	24:05	2
9	David Cobb	M	37	No	24:06	3
10	Wendy Van De Sompele	F	31	No	24:09	2
11	Kris Calvin	M	35	No	24:39	4
12	Sandra Hyde	F	28	Yes	24:58	1
13	Michelle Morrell	F	34	No	25:11	3
14	Joani Krebiel	F	35	No	25:22	1
15	Tonya Durkee	F	30	Yes	25:29	1
16	Chris Lindstrom	F	24	No	25:51	1
17	David Radcliffe	M	63	No	26:05	1
18	Jackie Chen	F	34	No	26:20	1
19	Judy Beaston	F	46	No	26:53	1
20	Sara Weiner	F	37	Yes	27:05	1
21	Larry Zurcher	M	30	Yes	27:11	2
22	Laura Schob	F	38	No	27:22	2
23	Dan Gray	M	52	No	27:23	1
24	Erin Holland	F	30	Yes	27:35	2
25	Mollie Star	F	38	Yes	28:05	2
26	Kathy O'Hara	F	33	Yes	28:50	3
27	Jeanne Thimm	F	33	Yes	28:57	4
28	Pam Himstreet	F	53	Yes	29:15	1
29	John Ridenour	M	41	No	29:18	2
30	Pat Erwert	M	43	Yes	29:22	1
31	Cynthia Larkin	F	38	No	29:36	3
32	Allison Walsh	F	27	Yes	30:12	2
33	Robert Mallory	M	36	Yes	30:13	2
34	Cynthia Rompel	F	45	No	30:18	2
35	Mike Carew	M	47	No	30:28	2
36	George Thayer	M	61	Yes	30:35	1
37	Madeleine Holmberg	F	44	No	30:36	1
38	Mark Newman	M	43	No	30:56	3
39	Nick Norton	M	63	Yes	32:34	2
40	Greg Saliccioli	M	36	No	33:18	4
41	Lew Hollander	M	67	Yes	33:24	1
42	Walter Carter	M	41	No	34:04	4
43	Spencer Schock	M	32	No	36:16	1
44	Karen Rowdon	F	36	Yes	38:12	3
45	Nancy Bruce	F	45	Yes	38:30	1
46	Carole Gardner	F	35	Yes	38:45	5
47	Mike Reichenbach	M	40	Yes	38:53	2
48	Cynthia Ratzman	F	42	Yes	41:27	1
49	Barb Buchan	F	40	Yes	49:50	2
	Charlie Swanson	M	45	Yes	DNF	

1997 Cascade Lakes Swim Men's Overall Series Results

Men's 40 & Older Champion Steve Johnson, Eugene
Men's 39 & Under Champion Andy Fecteau, Bend

Name	Age	500	1,500	3,000	Total
Steve Johnson	49	25	25	25	75
Andy Fecteau	32	20	21	21	62
John Zell	40	20	22	15	57
Mark Fairlee	39	19	20	17	56
Mike Douglas	39	18	21	16	55
David Cobb	37	17	18	16	51
David Radcliffe	63	16	16	17	49
Peter Schloesser	39	22	20		42
Dan Gray	52	14	14	12	40
Paul Weber	26	21		18	39
Jeff Kaelon	31	21	16		37
John Ridenour	41	11	13	11	35
Kris Calvin	35	15	17		32
Mike Carew	47	10	10	10	30
Lee O'Connor	29			22	22
Charlie Swanson	45			20	20
Walter Carter	41	5	4	9	18
Pat Erwert	43	9	9		18
Robert Mallory	36	6	8		14
Steve Mann	45			13	13
Mark Weaver	42	13			13
Bobo Anderson	35			12	12
Larry Zurcher	30		12		12
George Thayer	61	5	6		11
Lew Hollander	67	3	2	5	10
Bill Schipper	32			10	10
Nick Norton	63	4	4		8
Mark Newman	43		8		8
Greg Saliccioli	36		6		6
Spencer Schock	32	2	3		5
Richard Jahala	54	4			4
Mike Reichenbach	40	3	1		4

1997 Cascade Lakes Swim Women's Overall Series Results

Women's 40 & Older Champion Judy Beaston, Aloha
Women's 39 & Under Champion Tonie Hecksel, Beaverton

Name	Age	500	1,500	3,000	Total
Toni Hecksel	31	25	25	22	72
Wendy Van De Sompele	31	23	24	19	66
Michelle Morrell	34	24	22	18	64
Joani Krehbiel	35	22	21	20	63
Chris Lindstrom	24	18	19	17	54
Judy Beaston	46	17	17	15	49
Sandra Hyde	28		20	21	41
Jackie Chen	34	21	18		39
Ann Weber	30	19		19	38
Tonya Durkee	30		17	18	35
Pam Himstreet	53	15	7	11	33
Laura Schob	38	16	15		31
Mollie Star	38	17	10		27
Kathy O'Hara	33		9	10	19
Madeleine Holmberg	44		6	12	18
Andrea Milano	29			17	17
Maryann Stevens	28			13	13
Sara Weiner	37		13		13
Barb Buchan	40	11	1		12
Erin Holland	30		11		11
Cynthia Larkin	38		9		9
Jeanne Thimm	33		8		8
Cynthia Rompel	45		7		7
Allison Walsh	27		5		5
Karen Rowden	36		2		2
Nancy Bruce	45		1		1
Carole Gardner	35		1		1
Cynthia Ratzman	42		1		1

1998 OREGON MASTERS SWIMMING REGISTRATION FORM

The registration year runs from January 1, 1998 through December 31, 1998.

Registrations are accepted for 1998 beginning November 1, 1997 and for 1999 on November 1, 1998.

OMS is a non-profit organization supported totally by volunteers. Officers are chosen by you in elections.

Your registration fee enables OMS to provide you with:

1. Local Masters Swimming meet support.
2. National representation for all Oregon Masters Swimmers at the annual United States Aquatic Sports Convention.
3. Promotion of Masters Swimming and social events.
4. Our monthly publication, the AQUAMASTER, enables you to get final meet results and find out what's happening in Masters swimming. The AQUAMASTER is the ONLY source of meet entry forms.

If you move, let the registrar know, so that you continue to receive this valuable publication.

\$15.00 of your \$28.00 registration is sent to the United States Masters Swimming, Inc. (USMS)

USMS provides the following for you:

- Personal accident insurance when competing in OMS or USMS sanctioned / recognized meet or coached practice session.
- "Swim Magazine" subscription for one year "The Official Magazine of USMS" Bi-monthly 6 issues
- 48+ pages of informative articles of all types covering training techniques, nutrition, meet results, etc.
- National championships held each May and August.

Your Club designation affects eligibility to swim on relays at any National or International Championship. Regardless of your local team, anyone within the Club OREG can swim on relays with other OREG swimmers. MACO (Multnomah Athletic Club) swimmers can swim relays with those registered with MACO. If you register "unattached", you are ineligible to swim on relays. You shall be registered for OREG, unless you specify otherwise.

INSTRUCTIONS FOR FILLING OUT THIS FORM:

- 1) All fields must be filled out.
- 2) Check the appropriate Club.
- 3) Local Team is the team you swim with (leave blank if you do not swim with an organized team.)
- 4) Make check payable to Oregon Masters Swimming (OMS).
- 5) Sign the form and mail with your payment to address indicated on the form. You are considered registered as soon as the registrar receives your correctly filled out application with payment. *It may be up to 1 month before you receive your registration card back.* Until this time you can enter your registration number on meet entry forms as 'applied for'. You may enclose the registration form with your meet entry when entering a meet, but in this case send both to the address on the meet entry form and NOT TO THE REGISTRAR LISTED BELOW.

**New
info for
1998**

1. Subscription to the Aqua-Master is no longer an option. All members will receive this excellent publication.
2. A "Joint-Registration" fee is available for two O.M.S. members living at one address. Please mail both registrations at the same time to qualify. Only one Aqua-Master will be mailed to that address.
3. A reduced registration rate will be offered for new members who join beginning in September. This new registration will run from September thru December 31st of that year. This new reduced rate form will be in the Aqua-Master beginning with the August issue.

-----CUT HERE-----RETURN ONLY THIS LOWER PORTION-----CUT HERE-----

Only the first 20 characters of your name will appear on heat sheets and results.

PLEASE PRINT

(JANUARY 1st to DECEMBER 31, 1998)

**Oregon Masters Swimming
Registration 1998**

_____ This is a **NEW** registration. _____ Renewal (registered in 1997)

Did you swim in any meet in the 1996/97 season? Yes _____ No _____

NAME _____ Reg. Fee (\$28.00) _____
(Last name) (First) (M.I.) ---- OR ----

ADDRESS _____ Joint Registration (\$49.00) _____
(Joint Registration = two members at one address)

CITY _____ STATE _____ ZIP _____

() - _____ - _____ / _____ / _____

Your Phone number

Born (MM/DD/YY)

AGE

SEX

USMS Club: () OREG () MACO () UNATTACHED

ARE YOU A MASTERS COACH? YES _____

Local Team (if any)

(PLEASE USE OFFICIAL TEAM ABBREVIATION)

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

Signature _____ Date: _____

MAIL TO: JUNE MATHER 1056 HILLVIEW DRIVE ASHLAND, OR 97520



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In this issue: Results from...LC NW Zone Champs, Dishman meet,
Southern Oregon Lake swims, and Elk Lake swims

377-00405
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Aqua-Master
OCTOBER, 1997

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