

Aqua-Master

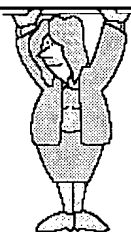
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The CHAIR'S CORNER

by Suzanne Rague

OREGON MASTERS SWIMMING



I'm so pleased to announce the Oregon LMSC's 1998 award winners, which were announced at the Association meet in March: **Ol' Barn -- Al Smith; Connie Wilson -**

... this year's winners were absolutely outstanding. . .

**Pam Himstreet:
Special Service - Sandi**



Rousseau; Spirit - George Thayer and Kristi Riddle

The Board had tough decisions to make with many deserving candidates for each spot, but this year's winners were absolutely outstanding, and we were delighted to recognize them. I'd like to congratulate Matt Mercer and his COMA group for a fine Association Championships which attracted 178 swimmers. Looking forward, best wishes for fun and fast times to all OREG and MACO swimmers attending Nationals. I know we'll be well represented in Santa Clara this year. Finally, let me give you the correct web site address for the Oregon LMSC, promise! It's www.swimoregon.org (See page 7)

profile

Tracy Fromm



For Tracy Fromm of North Bend, joining the recently formed SCAT MastersSwim Team marked his return to competitive swimming after an absence of 13 years.

Since leaving high school, he had not participated in sports and instead had been occupied with work and raising a family.

Then he saw an article last October in The World, the Coos Bay newspaper, announcing the formation of a Masters Swim Team and decided that here was his chance to get back "in the swim".

Since joining the SCAT Masters Swim Team of North Bend, he has won two second places

in the 500 and 200 yard freestyle at the Eugene Animal Meet in January and the Oregon Masters Association Championships in Bend in March.

He is ecstatic about being back swimming again. "It's just great. It's fabulous, inspiring," he says. Tracy trains closely with his friends and teammates Chris Cook and Guy Marchione,

continued on page 3

ol' Barnacle

reviews - results - records

OB...Assn Champs '99...

Under the guidance of Matt Mercer, our Meet Director, and Al Smith, the Meet Referee, plus many many fine people we had a great get together. Heather Tennant did an excellent job on the National Anthem.

When the smoke cleared team winners were announced:

Large Teams (24 or more)

T H B 1 5 5 8

C O M A 1 4 4 5

P M S 1 2 2 9

Medium (5-23)

M H M 6 1 5

N C A P 4 0 7

R V M 3 2 1

Small (4 or Less)

C A T 2 0 3

P M S C 9 3

E A 9 0

Awards were presented to those who have done so much for Oregon:

Ol' Barn: Al Smith

Connie Wilson: Pam Himstreet

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Calendar and Meet Schedule 1999

Pool Meets

Date	Event	Location	Contact
May 13 - 16	SCY Nationals	Santa Clara, California	www.usms.org
June 12	LCM	*Tualatin Hills - Beaverton	Bill Volckening (503) 533-5567 volckening@aol.com
July 10 - 11	LCM	*State Games - Mt. Hood	
July 24	LCM	*Senior Masters Sports Festival Eugene	Arden Adams (541) 688-4013
July 31 - Aug 1	LCM Zone	Federal Way, WA	
Aug. 19 - 23	LCM Nationals	Minneapolis, Minn.	

* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

Open Water Schedule

July 17 - 18	Applegate Lake - Southern Oregon	Dan Gray	(541) 944-0529
July 31 - Aug. 1	Elk Lake - Central Oregon	Matt Mercer	(541) 389-7665
Aug. 14	OMS Open Water Clinic - Cottage Grove	Dan Gray	(541) 944-0529
Aug. 15	OMS Association Open Water Championships Cottage Grove	Steve Johnson	(541) 683-5758
Aug. 28	Eel Lake North Bend - South Coast	Trudy Gugliemini	(541) 756-5566
Sept. 12	Haag Lake - Forest Grove	Andrea Milano	(503) 236-8959

Out of State Open Water

July 17	Snake River Swim - Boise, Idaho	Richard Cooke	richcooke@aol.com
July 18	Coeur d'Alene, Idaho	Margaret Hair	(208) 667-3721
Aug 21	Long Bridge Swim - Sandpoint, Idaho	www.keokee.com/longbridgeswim	

National Long Distance Open Water Championships

July 10	2 mile cable swim - Charlottesville, VA	mullpost@ix.netcom.com	
July 17	1 mile open water swim - Seal Beach, CA	(562) 430-1092	
Aug. 1	2 mile open water swim - Cleveland, OH (Lake Erie)	DRoss4089@aol.com	
Sept. 25	8.5 mile open water swim - Catalina Island, CA	(310) 451-6666	
Sept. 26	5 Kilometer open water swim - Catalina Is., CA	(310) 451-6666	

Postal Championships

May 15 - Sept. 30	5 K and 10 K Postal National Championships	weswim@mindspring.com	
Sept. 1 - Oct. 31	3000/6000 Yard Postal National Championships	phut@usms.org	

Aqua-Master Change of Address

The Aqua-Master is produced 12 times a year and is delivered free of charge to OMS Members. To request a change of address please send this completed form to:

NOTE: THE AQUA-MASTER IS SENT VIA BULK MAIL AND WILL NOT BE FORWARDED BY THE U.S. POSTAL SERVICE

June Mather
OMS Registrar
1056 Hillview Dr.
Ashland, OR
97520

☐ Change of Address

AFFIX ADDRESS LABEL HERE

NAME _____
 ADDRESS _____
 CITY/STATE/ZIP _____
 PHONE _____ USMS # _____

United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc.

Aqua-Master is the official publication of Oregon Masters Swimming, Inc. 1211 SW Fifth Ave. Portland, OR 97204-3795. It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact June Mather for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$12.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc.

RELAY ENTRY FORM FOR SCY NATIONALS @ SANTA CLARA

Are you going to Short Course Yards Nationals at Santa Clara, California in May? If so, join your fellow Oregonians for some awesome Oregon relays. This year our relays will be funded by OMS. You will not have to pay for the relays you swim. If you have entered the meet, fill out this form as soon as possible. Mail it to the address below. You can also complete the form on the Oregon Masters website at www.swimoregon.org Let's have these in by May 1.

Name _____ Age _____
 Phone Number _____
 Your e-mail _____
 Dates you are available for relays (circle as appropriate) May 14 May 15 May 16
 Hotel or place you will be staying while at the meet _____

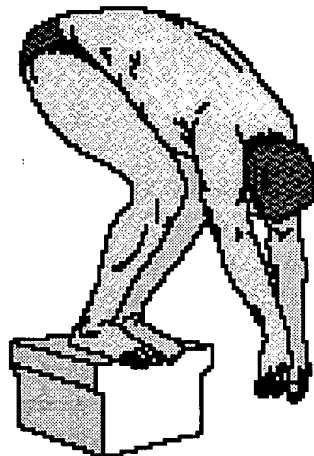
Phone number of your Santa Clara address _____
 Your current short course 50 yard times: (be fair to others and list the times you have recently swum.)

Free _____ Fly _____

Breast _____ Back _____

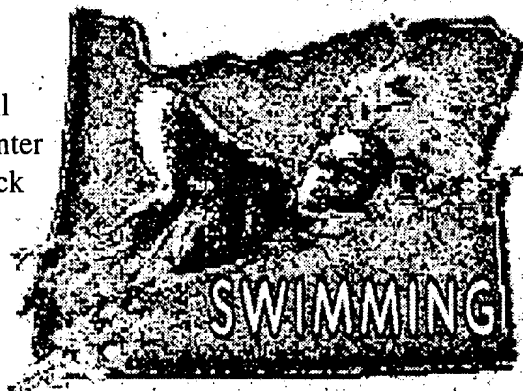
If you have a relay already organized please tell us. _____

Send form to Monika Hunscher, 7655 SW Cedarcrest St., Tigard, OR 97223



OREGON MASTERS

Full
Center
Back



NATIONAL TEAM

Order your OMS
National Team Apparel
From IBP, Inc.

Steve George

1 - 888 - 959 - 9191

**YOU
MUST
PLACE
ORDER
BY
MAY 6**

NATIONAL TEAM

Front
Left
Chest



Swimming

1999 Oregon Masters Swimming National Team Apparel Order Form

- | | |
|-----------------------------|-----------------------------|
| 1. Hanes Beefy Tee | 2. Hanes Beefy Tee |
| Short Sleeve (Bluestone) | Long Sleeve (Navy) |
| S - XL @ \$12 ⁰⁰ | S - XL @ \$16 ⁰⁰ |
| XXL @ \$14 ⁰⁰ | XXL @ \$18 ⁰⁰ |

- | | |
|-----------------------------------|------------------------------------|
| 3. Hanes Ultimate | 4. Stedman by Hanes |
| Cotton Fleece - Sweatshirt (Navy) | Sport Shirt (Navy) Left Chest Only |
| S - XL @ \$17 ⁰⁰ | S - XL @ \$22 ⁰⁰ |
| XXL @ \$19 ⁰⁰ | XXL @ \$24 ⁰⁰ |

ITEM	QTY	SIZE	PRICE	TOTAL

Orders due by May 6, 1999 Checks or Visa Only
 • Order Toll-Free by phone: 1-888-959-9191
 • Mail order form with check to IBP 250 NW Tyler, Corvallis OR. 97330
 • E-Mail order to ibp@proaxis.com

ALL ORDERS WILL BE DELIVERED TO SANTA CLARA

Name _____ Telephone _____
 Address _____ City/State/Zip _____
 Visa _____ Exp. Date _____

17th ANNUAL SENIOR MASTERS SPORTS FESTIVAL

Oregon Masters Swimming Long Course Meters Meet

Recognized by Oregon LMSC for USMS, Inc. #379R-08

July 24, 1999

Place: Echo Hollow Pool, 1655 Echo Hollow Rd.

Eugene, Oregon

5 lanes competition - electronic timing, 1 lane warm-up/down

Open to both USMS and unregistered swimmers,

30 years of age and older.

Directions to pool: From I-5 north or south take the Beltline Freeway exit and head west into Eugene. The Beltline Freeway heads west for a few miles and then bends to your left and heads south. Take a left at Barger, heading east until you come to Echo Hollow Road. Turn right and pool will be on your left. Pool is at 1655 Echo Hollow Rd., next to Willamette High School

WARM-UPS: SAT. 8:00 AM

MEET STARTS: SAT. 9:00 AM

Meet Director: Arden Adams Phone: 541-688-4013

Awards: Festival Ribbons for First, Second, Third Places

All registered Masters Swimmers MUST submit a PHOTOCOPY

OF THEIR CURRENT USMS REGISTRATION CARD OR OREGON REGISTRATION FORM WITH THIS ENTRY

ENTRY DEADLINE: POSTMARKED NO LATER THAN - July 10, 1999

Fill in completely-----return lower portion-----fill in completely

NAME _____ **(Office Use)** _____

ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____

PHONE _____ **BIRTHDATE** _____ **AGE** _____ **SEX** _____

If USMS memb., 1999 USMS# _____ **USMS CLUB** _____ **(OREG, MACO, PNA, etc.)**

Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: 76+, 100+, 120+, 160+, 200+, 240+, 280+, & 320+.

You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet. In each relay event, relay teams may swim either 200m, 400m, or 800m, (800m for Free relays only). The 400m and 800m relays will be seeded in heats following the 200m relays of the same type. The 400m and 800m Freestyles will be deck seeded. Check in for these events will close 30 min. before event is to be swum. All events will be seeded SLOW TO FAST.

SATURDAY July 24, 1999

400 FREE (1) _____:_____._____

Break Break Break

FREE RELAY(2/3)XXXXXXXXXX

50 BREAST (4) _____:_____._____

100 FLY (5) _____:_____._____

50 FREE (6) _____:_____._____

50 BACK (7) _____:_____._____

100 BREAST (8) _____:_____._____

50 FLY (9) _____:_____._____

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

MIXED FREE RLY (11) XXXXXXXXX

BREAK BREAK BREAK

200 FREE (12) _____:_____._____

200 BACK (13) _____:_____._____

MEDLEY RELAY (14/15) XXXXX

Break Break Break

200 BREAST (16) _____:_____._____

200 FLY (17) _____:_____._____

100 FREE (18) _____:_____._____

100 BACK (19) _____:_____._____

200 I.M. (20) _____:_____._____

MIXED MED. RLY(21)XXXXXXXX

800 FREE (22) _____:_____._____

In consideration of the right to participate in the 1999 Senior Masters Sports Festival, I do hereby for myself, my heirs, executors, or administrators, release and forever discharge any and all claims for damages and losses suffered by me as a result of my participation in or traveling to or from the said event to be held on July 24, 1999 or which may hereafter occur to me as a result of my participation, against the Eugene Sports Group, Inc., the sanctioning bodies, the City of Eugene, Echo Hollow Pool, Albertsons, Inc., Oakway Golf Course, Fiddler's Green, Courtsports Athletic Club, Laurelwood Municipal Golf Course, Willow Creek Racquet Club, Bethel School District, Bi-Mart, and/or any officers and agents thereof. I further understand that there are certain risks and that accidents and/or injuries may occur in the various sports and that certain sports require proper training and proper physical conditioning. Knowing the risks and conditions required for my sport, nevertheless, I hereby agree to assume those risks and release and hold harmless all those persons or entities mentioned above. I grant to the Eugene Senior Sport Group, Inc. the right to use any pictures taken of me during the Senior Masters Sports Festival to be held July 24, 1999 without any remuneration. I certify that I have read and understand the above.

SIGNATURE _____

DATE _____

Sports Festival fee includes a catered banquet with door prizes and Festival baseball cap.

Festival Fee: \$14.00 + OMS Entry Fee \$11.00 Total Cost: \$25.00

Make checks payable to Oregon Masters Swimming

Send form(s) and fee (s) c/o Suzanne Rague 935 N.W. 170th Place, Beaverton, OR 97006

the FITNESS LANE



I hope everyone who attended the State Championships in Bend had a good time. Many swimmers were not happy with their times however. Charlie Helm suggested an article about altitude (not attitude). The altitude in Bend is 3600 feet. Some of the older swimmers were complaining about lack of air. There is plenty of air in Bend, and pretty good quality, I might add; the problem is the number of molecules of oxygen that reside in a normal breath that you take at this altitude. Most of you know from high school science that air is less dense as you increase distance above sea level, which means one of two things;



**George Thayer,
Fitness Chair**

either take in a greater volume of air or learn to do with less.

Learning to do with less is why the Olympic training camp is in Colorado Springs. Coach Bruce has us do sets where we swim 75's with the first length breathing every third stroke, the second every fifth stroke and the third length, every seventh stroke. Another set is to swim 100's with the first 50 breathing every third stroke and the second 50 every fifth stroke. This activity plus the altitude does two things: (1) It trains the body to tolerate oxygen debt and, (2) it stimulates the growth of red corpuscle which carry oxygen to the muscles. That's why Central Oregon swimmers like to go down to sea level to swim; our blood is a little thicker and more able to absorb oxygen. As stated above however, anyone can train to cope with oxygen debt so that you are not heard to say, as I heard from an older swimmer at the Nike Games, "I was sentenced to oxygen debtors prison in that race".

END OF POOL - FLIP TO NEXT LANE

profile continued from page 1

who are all in the same age group. "We have a sort of practice competition: we swim against each other, push each other, but at the same time we encourage each other, help each other out," he says. In the locker room after practice, Tracy, Chris and Guy and other members of the SCAT Masters can be heard discussing techniques to improve their strokes and speed.

As a coach, I am very fortunate to be able to work with Tracy and, at the same time, to have him as one of my teammates. His excitement about returning to swimming and his determination in training will take him far," says Trudi Gugliemini, SCAT Masters Swim Team Coach.

Tracy works outdoors most of the year, building forest access roads. His work takes him all over the state but most of the time he is in the forests in Douglas, Curry and Coos County. Still he manages to train for the SCAT Masters team five days a week at the North Bend Municipal Pool, mostly between 6 and 7 am, but sometimes even earlier when his work requires him to be on the job early.

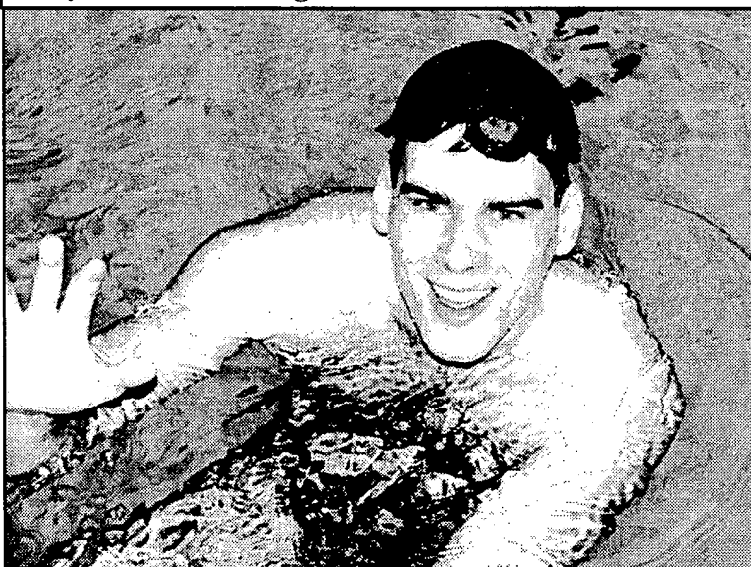
Tracy, 33, swam the 200 and 500 freestyle and 400 freestyle relay for Marshfield High School in

TIME TO TAKE ANOTHER BREATH

Coos Bay from 1981 to 1985. He was coached by current Oregon Masters swimmer, and former Marshfield High School swimming coach, Ralph Moore. Under Coach Moore's tutelage, Tracy went to the Oregon State Championships in his senior year in the 400 freestyle relay. Tracy learned to swim in a swim hole on the family property along the Sixes River near Port Orford where his mother was born and raised. He used to watch his father swimming then one day just started swimming himself. "Even since I can remember, I always loved the water."

He was also a very good bike rider as a youth. He was one of only 25 people invited to take part in the "Great Alaskan Trek", an annual bike ride from Alaska to San Diego to raise funds for Mental Health. "The promoters were riding

Tracy Fromm after a good swim at the Association Meet



through Oregon. I rode up to Reedsport to meet them and then rode with them down to Port Orford. They asked me if I wanted to go with them. But I was only 15 and my Mom wouldn't let me go."

He and his wife, also named Tracey, have a son Spencer, aged 2. "Spencer also loves the water and although he doesn't swim yet, he can't wait to get started." (by Hugh O'Haire and Trudi Gugliemini)

ol" Barn continued from page 1

Service: Sandi Rousseau

Hazel Bressie (Spirit): Kristi Riddle & George Thayer

Oregon was most proud to receive USMS honors in numbers exceeding anything else we have ever done.

16 Individual All Americans:

Lisa Hjerpe	Laura Worden	Ginger Pierson
Sandi Rousseau	Joy Ward	Lavelle Stoinoff
Eva Muller	Dimitar Petrov	Bill Zolna
Chris Roth	Jim Sorensen	Curt LaCount
Pat Allender	Allen Stark	Robert Smith
	Andrew Holden	

and: 16 All American Relay Teams:

Short Course Yards

Men 75 + 200 Free Relay - National Record - Walter, Huestis, Young, Holden

200 Medley Relay - National Record - Huestis, Walter, Holden, Young

400 Free Relay - National Record - Walter, Huestis, Young, Holden

Men 55 + 400 Free Relay - Weick, Radcliff, Slawson, Landis

MXD 45 + 400 Medley Relay - Smith, Stark, Rague, Teishe

Long Course Meters

Women 280 + 200 Free Relay - Hepner, Wells, Stangel, Schumann

Women 200 + 400 Free Relay - Hunscher, Quattro, Himstreet, Rousseau

Women 200 + 400 Medley Relay - Hunsche, Himstreet, Rague, Rousseau

Men 240 + 200 Free Relay - National Record - Thayer, Petersen, Smith, Radcliff

Men 240 + 400 Free Relay - National Record - Thayer, Petersen, Radcliff, Smith

Men 280 + 200 Medley Relay - Walter, Guest, Petersen, Young

Short Course Meters

Women 200 + 400 Free Relay - Rousseau, Whiter, Hunscher, Teisher

Men 120 + 400 Medley Relay - M. Roth, Allender, Zolna, George

MXD 100 + 800 Free Relay - M. Roth, Zolna, Hjerpe, Simpson

MXD 200 + 800 Free Relay - Himstreet, Thayer, Bruce, Harris

MXD 120 + 800 Free Relay - C. Roth, Rousseau, Gorsline, King

Oregon Masters Outstanding Swimmer Award

Women 49 and Under:

Lisa Hjerpe, Laura Worden, Shauna Simpson

Women 50 and Over:

Ginger Pierson, Lavelle Stoinoff, Eva Muller

Men 49 and Under:

William Zolna, Steve George, Doug Stewart

Men 50 and Over:

Andrew Holden, Robert Smith, Gil Young

and how about the USMS Top Ten Patch Winners: Oregon had 103 Since inception in 1972, Oregon has never had those numbers! Okay - and now for the blow by blow meet summary and critique:

Women 19-24: 50 Free, a 3 way battle, Jeanne Bennett 29.00, Hannah Freeman 29.52 and Wendy Dixon 29.65. Wendy Dixon grabbed 5 Golds, her 3 Breaststroke Events were just shy of making Top Ten. Sierra Snyder from San Diego, is still swimming with us, sure would like to see ORE after her name, her 200Back at 2:22.72 will probably make #1

Women 25-29: MAUREEN HASLACH set two ORE records-100 Breast 1:10.99, was Ahrendt '98 and 400 IM 4:56.57, was Hjerpe '98 SARA QUAN set a new ORE best for the 1000, 11:23.66 (TT5)

improving on her '98 time of 11:30.98

Women 30-34: LISA HJERPE swam to 3 new ORE records: 200 Back 2:18.58 (TT9) was Mills '92. 100 Breast 1:12.85 (TT9) was Hjerpe '99. 400 IM 4:59.73 (TT5) was Kraker '93

Women 35-39: Elaine Jane Cole took home 5 Golds, with a best effort 50 Fly 28.86 just missing the record 28.85

Women 40-44: KRISTI GUSTAFSON spun a new best in the 200 Back at 2:37.18, was Gustafson/Bullock '96. Had a 3 Way 500: Schob 6:34.61, Gregoire 6:36.00, Gustafson 6:36.77.

Women 45-49: Teri Hendryx (MAC) took 5 Golds with a best effort the 200 Fly 2:53.93 (TT7). Beaton won 4 Golds while Staley picked off 3.

Women 50-54: Sandi Rousseau brought home 6 big ones, as did Monika Hunscher. Sandi's 50/100 Fly (TT6 & 8) The best race was the 200 Free with Monika edging Geri Mathewson, 2:43.61 vs 2:44.77

Women 55-59: JOY WARD was again THE SWIMMER marking up 4 new Zone Records: 50 Free 29.57 (TT2) was hers. 100 Free 1:07.40 (TT4) was Stoinoff. 100 Back 1:19.62 (TT3) was Stoinoff. 50 Fly 32.58 (TT4) was hers add the 50 Back 37.20 (TT4) her record stands at 35.87. ZOWIE ! MIR-JANA PRATHER showed a new ZONE 100 Breast 1:27.22 (TT4) was Stoinoff, 50 Breast 39.70 (TT4) 100 IM 1:20.85 (TT4) . PAM HIMSTREET new ORE 200 Fly 3:34.60 (TT10) was Wells. Sue Calneck-200 Free 2:43.77 (TT9), 1000 15:12.42 (TT6) and the 1650 25:14.19 (TT8) You add Peggy Whiter and the 55-59 can swim the world !

Women 65-69: Bev L'Esperance won 3 Golds, Bev has not regained her speed following an illness, but it is always

great to see her, she is a trooper.

Women 75-79: Lois Allan brought home 5 Golds, with a best in the 50 Breast 1:03.22 (TT10). Judy Melcher picked off 3, with a



Lisa Hjerpe, Outstanding Swimmer



Bill Zolna, Outstanding Swimmer

continued on page 8

Hopefully it won't be much longer before the lakes begin to warm up. Get out your wetsuit to get a jump on things. Have you been doing at least one long distance workout each week? Check last month's article for Karen Burton's advice. Ask your coach to help you create a training program for the types of open water swims you set your sights on. A good training program will better allow you the opportunity to be successful in your endeavors. Don't cheat yourself on the preparation side.

Remember, next year there will be a 10K USMS National Open Water Championships here in Southern Oregon. If you are thinking of this swim, just remember you will want to prepare by training properly. Use this year's swims to figure out what type of training program will help you succeed.

HELP WANTED:

Skaha Lake, BC--7.38 miles--August 8, 1999--Swimmers needed. While requesting entry forms, the race director informed me that the swim had been in danger of being canceled due to a decline in interest. This is a great introduction to long distance swimming; they even encourage the use of wetsuits. A few OMS swimmers are planning on taking a quick drive north. Want to go? Great folks and

OPEN WATER '99



By Dan Gray, Open Water Chair

a great post-race get together. I will have entry forms soon.

Open Water Training Camp: Mike Collins and Jerry Rodriguez, UCLA Masters coaches, will offer two three-day training camps this summer. Camp

#1 will be May 29-31; Camp #2 will be August 13-15. Early registration fee is \$195.00. For more information, call (310) 607-9956 ext 105.

1999 PREVIEW: Lots of good things on the agenda for the upcoming swim season. A new swim near North Bend should grab your interest. The swim will be on Saturday, August 28 and will give you and your family time to enjoy the central coast. There are two campgrounds in the area for those wishing to spend time outside.

On Saturday, August 14, there will be another Open Water Swim Clinic at Cottage Grove Lake as part of the OMS Open Water Championship this summer. The focus of this year's clinic will be longer open water swims and what you need to know about training and logistics. There will be group campsites reserved for the weekend and the clinic will be held at the campground.

On Sunday, July 18, Rogue Valley Masters will give you what you've asked for: a 5K swim. This year's focus is training for longer swims.



**LARGE TEAM CHAMPIONS
TUALATIN HILLS
BARRACUDAS**



Notes from Poolside by Coach Bob Bruce, ASCA Certified Level 5

Oregon One Hour Swim

Individual Results - January 1999

(includes both national entries & others)

Name	Team	Group	Yards
Greg Jablonski	THB	M30-34	5420
Dave Burleson	MACO	M40-44	5155
Steve Johnson	EA	M50-54	5020
Dan Knauer	MACO	M35-39	4940
Sara Quan	COMA	W25-29	4840
Lee O'Connor	THB	M30-34	4775
Bill Volckening	THB	M30-34	4575
Greg Welch	COMA	M25-29	4540
Jim Teisher	THB	M45-49	4340
Ed Ramsey	THB	M40-44	4300
Jed Cronin	THB	M50-54	4285
Rod Cook	SCAT	M40-44	4250
Debbie Gregiore	RVM	W40-44	4200
Kathryn Winkle	THB	W30-34	4200
Lou Budge	RVM	M50-54	4200
Bob Bruce	COMA	M50-54	4170
Lavelle Stoinoff	MACO	W65-69	4135
Scot Miller	COMA	M40-44	4130
Laura Schob	COMA	W40-44	4100
Trudi Gugliemini	SCAT	W30-34	4050
Darlene Staley	THB	W45-49	4045
Mike Peyton	MACO	M40-44	4045
Mike Douglas	COMA	M40-44	4020
Craig Mather	RVM	M45-49	4000
Rich Hobbins	RVM	M30-34	4000
Judy Beaston	THB	W45-49	3980
Chris Cook	SCAT	M30-34	3950
Tucker Whitson	RVM	M50-54	3925
Chris Toole	THB	M45-49	3925
Tracy Fromm	SCAT	M30-34	3925
Jim Bigler	MACO	M60-64	3900
Geri Mathewson	RVM	W50-54	3915
Stoddart Smith	THB	M55-59	3800
Dave Radcliff	THB	M60-64	3780
Pam Himstreet	COMA	W55-59	3765
Ralph Mohr	SCAT	M55-59	3750
Guy Marchione	SCAT	M40-44	3750
George Thayer	COMA	M60-64	3600
Janice Tacconi	RVM	W35-39	3530
Susan Collins	THB	W45-49	3585
Sandy Chavez	RVM	W35-39	3500
Dan Gray	RVM	M50-54	3500

Richard Smith	RVM	M45-49	3500
Murali Krishna	THB	M35-39	3480
Jackie Ryan	THB	W30-34	3410
June Mather	RVM	W45-49	3320
Joe Santry	MACO	M55-59	3300
Jacque Anderson	RVM	W45-49	3300
Paris Geiken	RVM	W40-44	3250
Peggy Whiter	COMA	W55-59	3220
Clint Ebert	THB	M35-39	3200
Ann Fulton	THB	W45-49	3180
Richard Minter	THB	M45-49	3170
Laura Shelton	COMA	W35-39	3125
Jon Schieltz	THB	M60-64	3090
Hugh O'Haire	SCAT	M60-64	3050
Dan Bowen	SCAT	M35-39	3000
Carol Worrel	SCAT	W45-49	2875
Raymond Allen	MOFIA	M70-74	2830
Gail Grifantini	SCAT	W40-45	2725
Linina Job	THB	W19-24	2250
Leola Baumgartner	SCAT	W80-84	1885
William Weirouch	SCAT	M60-64	1250

Team Participation

Team	Swimmers
Tualatin Hills Barracudas	19
Rogue Valley Masters	13
South Coast Aquatic Masters	12
Central Oregon Masters	10
Multnomah Club	6
Emerald Aquatics	1
Medford Old Folks In Action	1
Total	62

Congratulations to all 62 individual participants!

Greg Jablonski & Lavelle Stoinoff placed first in their respective age groups in the National competition; Lavelle set a new National Record!

Six THB relays placed in the national relays.

In calendar year 2000 (next year!), the One-Hour Swim will become a part of the Oregon Long-Distance Postal series, with tabulations and awards being done at our state level as well as national level. I'll publish full information in a fall *Aqua-Master*.

Good luck and good swimming.

Swimming the Net



By Bill Volckening
volckening@aol.com

Oregon Masters Swimming Web Site Address: <http://www.swimoregon.org/>

There's a new source of information for Masters Swimmers in Oregon. The Oregon Masters Swimming Web Site is now open, and it's been rapidly expanding during the last two months. The website features 14 different topic headings, including: Home, What's New, About OMS, Administration, Membership, Places To Swim, Calendar, Meet Results, Newsletter, Workouts, Local Teams, Articles and Links. Navigation is simple and straightforward. Either follow the links in the left side menu or look at the bottom of the home page for the same menu of links to other areas within the website.

The home page contains important announcements and news. This page is in a "frames" format, which allows the side toolbar to remain framing the screen while visitors navigate through the site's contents. The home page currently has a link to an online Nationals Relay response form for Oregon Masters Swimmers, and an announcement about our LMSC's need for additional Hytek Computer Operators at meets. As other important announcements arise, the home page changes to allow for new announcements.

The "What's New" section contains additional information about the home page announcements, plus a list of recent updates to the website. Some of the recent updates have included: new local team information, additions to the "Articles" section, meet entry forms, newsletters and links for places to swim. If you visit the site frequently, check the "What's New" section first. It will lead you directly to everything that has been added since your last visit.

The OMS Officer's Directory is a particularly useful way to contact the active volunteers and leaders of OMS. In fact, 15 out of 18 OMS Board Members currently have e-mail addresses, and these Board members often take advantage of the ability to "conference" via e-mail to dis-

cuss upcoming agenda items outside of Board Meetings. The "Places to Swim" section has links to the Oregon Masters list from the USMS Web Site and the Swimmers Guide Online, which is a searchable database of places to swim around the world. If you're ever planning to travel, these two links should provide a surplus of information about other pools and organized programs to be found in your travel destination.

The Calendar and Meet Result sections provide information about Masters Swimming Events in Oregon. The Calendar not only lists the events, it provides a way to download entry information and registration forms. So, if you've lost your Aqua Master there is always another place to find an entry form. The Results section currently contains results from the Eugene Animal Meet and the Tualatin Hills Pentathlon. The section also contains the 1999 February Fitness Challenge Results, which marks the

first time results of that event have ever appeared online.

The Articles Section contains a variety of different articles, including "Open Water Training" by Mike Collins, "Recognition for Masters Swimmers" by Scott Rabalais and "Even My Eyebrows Hurt" by Ed Nessel. A majority of the articles and other downloadable information on the website are "PDF" files. To view these files, you will need to have Adobe Acrobat Reader, which is a free software program

featuring the ability to electronically transmit and download fully formatted documents, such as forms and newsletters. This type of file is becoming increasingly popular on the web, so if you haven't got the software, it would definitely be a valuable tool to get.

The OMS web project was first initiated by Pat Allender, who deserves much of the credit for helping OMS understand how a website could benefit the organization. After the project's beginnings with Allender, Monika Hunscher took charge of the project. She has made considerable progress in adding new sections and tracking-down information. In fact, most of the new sections have been added within the last few months, and the site is currently characterized by frequent updates and new information. Future plans include having an online OMS Registration Form, a fully formatted version of the Aqua Master and possibly a meet entry system. Visit the OMS Website today and find out what's happening in the cyber world of Oregon Masters Swimming.

...The Oregon Masters Swimming Web Site is now open, and it's been rapidly expanding...

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fine 1650 48:25.85 (TT6)

Women 80-84: Leola Baumgartner and Ada Hebert shared the honors in this face off, and also drew many plaudits from the crowd for their seniority.

Men 19-24: Addleman (22.08), Romera (22.29) and Silverton (22.66) locked horns in the 50 Free, the ORE record is 21.83. OB comment to the best of my knowledge, we have never had a 50 FREE with 3 people at 22 plus.

JOACQUIN ROMERA at 24, submitted 3 ORE records; 50 Breast 28.27 (TT6) was Romera '99, 100 Breast 1:02.57 (TT8) was Williams '96 and the 100 IM 55.91 (TT7) was Kelly '83. BRYAN

ADDLEMAN also 24, reset 2 ORE bests; 50 Fly 23.45 (TT4) was Short '97 and the 100 Fly 54.20 (TT6) was Van Andel '97. Kevin Silverston, another 24, was also involved in a Century shootout; Kevin 50.81, Bryan 49.03 and Joaquin 48.92.

Men 25-29: GREG LATTA at 29 turned in ORE bests for the 100 Breast 59.97 (TT7) was Waud '94, and the 100 IM 54.69 (TT9) was Niehaus '97. Close Ones: Zolna and Reget in the 100 Free - 50.30 vs 50.90; Welch and Zolna, 200 Free - 1:55.10 vs 1:55.97; Zolna and Latta, 100 Fly - 53.92 vs 54.05. OB Comment: Interesting to note that Reget, Welch, Zolna, Pospisil, and Latta, all are 29, getting set for 30-34!

Men 30-34: Matt Roth, Steve Parmentier and David Rice, went at it in the 50 Free - 23.65-23.92 and 24.14. Mark Rankin threatened the ORE in the 50 Fly at 24.82 vs 24.82. John Hudson(31.32), Phil King(31.42) and Carl Jaynes(31.59) had one pf the best of the day in the 50 Breast. Matt Roth packed off 4 Golds, as did Mark Rankin, while Lee O'Connor travelled off with 3.

Men 35-39: Steve George grabbed 5 Golds, Jeff Walker picked up 3. Charles Mirho and Mike Riley stirred up the 50/100 Breast-Mirho 30.67 vs 30.99, Mirho 1:07.09 vs 1:07.98. Just about every winner was a photo finish check the results.

Men 40-44: PAT ALLENDER, a new ORE for the 500, 5:09.21 (TT7) was Dasch from 1990. CHRIS ROTH, also a new ORE in the 200 Fly, 2:08.93 was Jessop from '95. Allender garnered 6 Golds to lead this pack. Pete Metzger broke into the TT in the 50/100 Back(27 & 58.31) Pete also had an All Time Personal Best, leading off the Medley Relay with a 26.68 (TT6) for the 50 Back.. Chris Roth swam well for Four Golds.

Men 45-49: Mike Pendleton was tops in four events. Larry Philbrick was another winning four Golds. While Mike Tennant garnered three Golds, as did Tom Andersen. OB was very happy to see Dan Johnson, who won the 400 IM, Dan has a great history with Oregon Masters. It has been a long time Dan, come back more often. A great group of swimmers who battled in almost every event.

Men 50-54: Robert Bruce certainly gave his all for COMA, winning the Gold in 6 events. Greg Frownfelter chipped in to RVM's total with 5 Golds. Roy Lambert answered the call and came up with some excellent swims, for THB. Also Buzz Carricker was

looking good for MHM. Dan Gray (RVM) was another point getter.

Men 55-59: ROBERT SMITH, the lone FISH in the meet, gave us a bright and shiny new Zone Record in the 100 IM 1:04.57 (TT6). He contributed 6 Golds with TT's: 50 Free 24.34(TT4), 100 Back 1:02.37(TT1), 50 Breast 32.96 (TT10), 50 Fly 27.38 (TT7). Tom Landis, certainly helped COMA with 5 Golds, had TT10's in the 100 Free, 500 Free and 1650 Free. Stoddart Smith picked off the 100 Fly and 400 IM. Richard Juhala grabbed the 200 Fly and 200 IM

Men 60-64: BERT PETERSEN set up two spanking new Zone bests: the 100 Fly 1:06.24(TT2) was Weick '97, and the 200 Fly 2:57.69(TT5) was Slawson '97. added a TT3 in the 50 with a 28.07. He also won the 100 IM 1:11.68(TT7) and the 200 IM. George Thayer gave his all for COMA with 5 Golds, was answered by David Radcliff from THB also with 5 Golds. Best race was in the 1000, Radcliff 13:53.57(TT8) beating out Petersen 13:55.50(TT10) Same heat two lanes apart. Jim Bigler (MAC) had 2 Golds, a race in the 100 Breast - Bigler 1:27.14 and Thayer 1:27.46.

Men 65-69: RICHARD WEICK gave us two ZONES - 50 Free 27.05 (TT4) was Richards '88, 50 Fly 32.18(TT7) was Richards '88 and a new ORE in the 100 IM 1:14.49(TT7) was Walter '88. Add the 100 Back 1:18.93(TT6), 50 Breast 37.64, and 100 Breast 1:25.51, just missing the ORE best 1:24.02. Eric Guest added 3 Golds for MHM, Bill Holman got 2, and Charles

Hulings picked off the 50 Back.

Men 70-74: Lee Miesen (MAC) returning to the fray, looked great winning the 3 Breast events. While Ray Allen added on 5 Golds for RVM

Men 75-79: Gil Young swam for 6 Golds for MHM with all but



Joy Ward, 4 new Zone Records

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the 50 Free making the TT. Earl Walter added 6 Golds to the THB's winning total.

RELAYS, we had a jillion of them, lots of close ones, lots of hollerin and jumping up and down...

Records: Female 25-34 PMS 2:00.61 200 Medley Relay GAMBETTI, HASLACH, SIMPSON, HAKANSON was-Black, Kraker, Goddard, Mayer from '93

Female 35-44 COMA 2:01.58 200 Medley Relay CHILCOTT, ALLEN, HARRIS, MORRELL was-Culbertson, LaPay, Worden, Goddard from '97

OB Comment: Look at the MXD 200 Free 19 thru 24:

THB 1:46.60, PMS 1:47.09 MXD 19-24 THB 1:51.31

200 Medley Relay ADDLEMAN, LEWIS, HAISLET, ROMERA was-Dutto, Ahrendt, Fisher, Hutchinson from '98

OB Comment: Female(25-34) 200 Free 1:45.62, the record is 1:45.51. Female(35-39) 200 Free 1:45.49, the record is 1:45.27

THANKS AGAIN BEND FOR A GREAT MEET!!!

OB Extra: We do make mistakes and do overlook things: JOY WARD caught OB: She had a 34.16 in the State Games last summer, 50 Free LCM (Old Record was Stoinoff) That's a new Zone and Ore Best !!!

CHRIS ROTH called to OB's attn, that his relay team was neglected in the awards session. All American - 800 MXD Free SCM - SCM CHRIS ROTH, SANDI ROUSSEAU, LISA GORSLINE, PHIL KING

That's 30 Folks, see you at Federal Way.

Ol Barn...1998 SCM Top Ten ...

Oregon did very well indeed, getting a lot of mentions for Short Course Meters Top Ten, honorees are listed below:

Women 19-24: Lisa Gorsline of Seaside: 10th 400 5:19.54, 5th 800 11:14.45, 5th 1500 21:19.35, 2nd 200 Fly 2:56.14 - Wendy Dixon of Lake Oswego, 2nd 50 Breast 38.11, 2nd 200 Breast 3:02.03, way to go for two first year Masters.

Women 25-29: Shauna Simpson of Portland: 8th 400 5:04.48, 2nd 800 10:24.42 (7 Secs from AA), 8th 100 Fly 1:11.92, 5th 200 Fly 2:39.19.

Women 30-34: LISA HJERPE, Corvallis, ALL AMERICA 200 Breast 2:58.89, 6th 100 Free 1:03.84, 6th 200 Free 2:17.39, 6th 50 Back 35.44, 6th 100 Breast 1:24.02, 5th 200 Fly 2:47.30, 3rd 100 IM 1:12.38, 5th 200 IM 2:38.81 WOW

Women 35-39: Kerri Culbertson, 10th 200 Free 2:24.61, 5th 400 Free 5:03.27. Becky Oblatz, Portland 9th 100 Breast 1:27.49 and 8th 200 Breast 3:08.11.

Women 40-44: LAURA WORDEN, Corvallis, ALL AMERICA 200 Fly 2:49.67, 5th 50 Fly 34.02, 2nd 100 Fly 1:15.45, 6th 200 IM 2:55.73. Mary Jackson, Lake Oswego, 7th 50 Breast 40.31, 9th 100 Breast 1:29.47 and 9th 100 IM 1:18.16.



Toni Hecksel and 8/9 baby boy Hecksel, of THB, helped her team win the Championship

Women 45-49: Lauren Burdick, Lincoln City, 10th 50 Breast 42.82, 9th 100 Breast 1:35.91, 9th 200 Breast 3:26.15 and Darlene Staley, Beaverton, 5th 200 Fly 3:21.12.

Women 50-54: GINGER PIERSON (MAC), Vancouver, ALL AMERICA 50 Breast 40.29, 100 Breast 1:31.74, 200 Breast 3:18.25, 100 Fly 1:29.23, 200 Fly 3:19.16, 100 IM 1:22.24 and 200 IM 3:07.88. Numero Uno in 7 Events. Then add 2nd 400 IM 6:52.16, 7th 50 Free 35.41, 4th 100 Free 1:16.41, 3rd 50 Back 40.74, 7th 100 Back 1:31.12, 6th 200 Back 3:19.01, and 2nd 50 Fly 38.50 (OB hopes that he got all those right, Way to go Ginger !! SANDI ROUSSEAU, Hillsboro, ALL AMERICA 50 Fly 37.17, 6th 50 Free 34.97, 6th 100 Free 1:17.77, 2nd 100 Fly 1:29.72 (Sandi and Ginger went after each other in the 100 FLEW! 10th 100 IM 1:32.57. Monika Hunscher, Portland, 9th 400 Free 6:18.44, 5th 800 13:06.05, 10th 100 Breast 1:48.12, 9th 200 Breast 3:51.36. Mirjana Prather, Salem, 8th 50 Breast 45.38, 5th 50 Fly

38.75 and 5th 100 IM 1:29.48. OB Note: 1st ever for Oregon Masters, Sandi, Ginger and Mirjana placed 1-2-3 in the 50 Fly !

Women 55-59: JOY WARD, Milwaukie, ALL AMERICA 50 Back 40.88, 3rd 50 Free 33.66, 5th 100 Free 1:18.37, 5th 50 Fly 38.91, 4th 100 IM 1:31.44. Pamela Himstreet, Bend, 9th 100 Free 1:25.69, 5th 200 Free 3:05.16, 5th 400 Free 6:29.93, 4th 800 13:01.79, 4th 1500 25:26.13, 6th 50 Back 50.97, 2nd 100 Breast 1:35.44 OUCH-1 SEC FROM AA, 2nd 200 Breast 3:39.82, 5th 100 Fly 1:45.22, 3rd 200 Fly 3:54.00, 5th 200 IM 3:32.76 and 4th 400 IM 7:32.80 - That's covering the board Pam, Well Done.

Women 60-64: Susanne Schumann, Portland, 7th 50 Free 38.09, 4th 100 Free 1:25.85, 6th 50 Breast 49.44, 4th 100 Breast, and 4th in the 200 Breast 4:00.21.

Women 75-79: Elfie Stevenin, Salem, 4th 800 28:03.70, 9th 100 Fly 8:31.67 and 6th 400 IM 17:03.33.

Men 20-24: John Collins II, Portland, 5th 50 Free 25.43, 2nd 200 Fr 2:05.20, and 4th 50 Fly 27.42.

Men 25-29: WILLIAM ZOLNA, Portland, ALL AMERICA 200 Fly 2:12.51, 3rd 100 Fly 59.86, 3rd 200 IM 2:17.86 and 2nd 400 IM 4:51.27. Jay O'Connor, Salem, 6th 400 Free 4:31.70, 4th 800 9:31.36, and 7th 400 IM 5:13.26.

Men 30-34: Robert Kabacy (MAC), Portland, 2nd 50 Free 24.80, 3rd 100 Free 54.88, 3rd 50 Back 29.01. Matt Roth, Portland, 4th 200 Free 2:04.70, 7th 800 9:47.25, 6th 1500 18:56.75, 4th 200 Back 2:23.03, 8th 200 Breast 2:47.66, 7th 50 Fly 27.77, 3rd 100 Fly 1:00.37, 4th 200 Fly 2:19.21, 6th 100 IM 1:04.17, 5th 200 IM 2:21.90, and 6th 400 IM 5:03.55 (11 places, now that's swimming). Doug Stewart, Corvallis, 6th 200 Free 2:05.22, 8th 400 Free 4:28.32, 6th 200 Fly 2:21.67, 7th 200 IM and in the 400 IM 4:59.60, 2 sec from making AA. Phil King, Portland, 4th 100 Back 1:05.28.

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Men 35-39: CHRIS ROTH, Gladstone, ALL AMERICA, 200 Fly 2:17.34 and 400 IM 5:09.10. OB NOTE: 2nd in the 100 Fly 1:01.48 vs 1:01.37, 10th 200 Free 2:12.13, 6th 800 9:47.79, 3rd 1500 18:26.65, 9th 50 Fly 28.43, 3rd 200 IM 2:24.18. OB thinks that older BRO did it up red, white and blue. Dan Knauer (MAC) 6th 200 Free 2:09.80, 4th 400 Free 4:35.06, and 10th 200 IM 2:28.95. Steve George, Corvallis, 6th 50 Back 29.94, 3rd 100 Back 1:03.81, 3rd 200 Back 2:20.28, 5th 100 IM 1:05.01, 4th 200 IM 2:25.08 and 7th 400 IM 5:22.25.

Men 40-44: PAT ALLENDER, Corvallis, ALL AMERICA, 200 Breast 2:36.02, 7th 400 Free 4:34.76, 3rd 100 Breast 1:12.28, 7th 100 Fly 1:05.00, 4th 200 IM 2:23.09 and 3rd 400 IM 5:05.19. Peter Metzger, Portland, 3rd 50 Back 30.69, 5th 100 Back 1:06.89

Men 45-49: ALLEN STARK, Mulino, ALL AMERICA 200 Breast 2:43.34 and 4th 50 Breast 34.54. Tom Andersen, Eugene, 10th 800 10:29.80

Men 50-54: Steve Warner, Seaside, 8th 50 Fly 30.25, 5th 100 Fly 1:10.47. Jeff Bertuleit, Newport, 10th 50 Fly 30.44 and 6th 100 IM 1:13.17. Jed Cronin, Beaverton, 10th 100 Fly 1:13.85

Men 55-59: ROBERT SMITH, Lake Oswego, ALL AMERICA: 50 Free 26.86, 50 Back 30.94, 50 Breast 35.69, 50 Fly 29.79, and 100 IM 1:09.43, add to all that a 2nd in the 100 Back 1:10.47.

WUNDERBAR !!! Richard Juhala, Milwaulie, 9th 400 IM 7:42.79.

Men 60-64: George Thayer, Bend, 8th 100 Free 1:13.09, 8th 100 Back 1:28.97, 9th 50 Breast 41.55, and 6th 100 IM 1:22.75

Men 65-69: Eric Guest, Sandy, 9th 100 IM 1:34.83, somehow, our Eric clings to the 100 IM to get his patch every year.

Men 75-79: ANDREW HOLDEN, Longview, ALL AMERICA 50 Fly 39.93, 100 Fly 1:45.13, and 100 IM 1:37.33 and 2nd 50 Free 35.43. Gil Young, Portland, 3rd 100 Free 1:27.15, 2nd 200 Free 3:11.77, 5th 400 Free 7:05.22, 2nd 800 14:08.23, 2nd 1500 Free 28.11.33 and 7th 200 Back 4:15.19. Earl Walter, Gearhart, 7th 100 Breast 1:59.37, 4th 200 Breast 4:27.30 and 6th 100 IM 1:49.31.

Men 85-89: Al Gawley, Portland, 5th 100 Free 3:24.46, 7th 50 Back 1:49.90 and 6th 50 Breast

1:50.91.

ALL AMERICA RELAYS: 400 Free 200+ Women: ROUSSEAU, WHITER, HUNSCHER, TEISHER - 5:32.14. 800 Free MXD 100+: M.ROTH, ZOLNA, HJERPE, SIMPSON - 9:03.67. 800 Free MXD 200+: HIMSTREET, THAYER, BRUCE, HARRIS - 11:34.56

Ol Barn hastens to congratulate the OREGONS for a great job !

1999 USMS One Hour Postal Swim

Special Thanks to Bill Volckening

Congratulations to Oregon Masters for a dramatically improved team showing, last year Oregon was 13th in the small division with 7 swimmers, this year they took 2nd in the large team division with 42 swimmers. MAC with six swimmers garnered 16th in the Small Team Division.

LAVELLE STOINOFF (MAC) was 1st in the 65-69 age group, and set a new record of 4,135 yards.

GREG JABLONSKI (Barracudas) was 1st in the 30-34 age group, with 5,420 yards.

Medalists (Top Ten Finishers:

Sara Quan - 7th - (W 25-29), Geri Mathewson - 6th - (W50-54), Pam Himstreet - 6th - (W55-59), Leola Baumgartner - 10th (W80-4), David Burleson (MAC) - 6th - (M40-44), Steve Johnson - 3rd - (M50-54)

In addition to the individual medalists, three Oregon Relays won

awards for Top 6 Finishers: Susan Collins, Judy Beaston, Darlene Staley - 3rd - (W45+), Bill Volckening, Lee Connor, Greg Jablonski - 5th - (M25+), MXD 45+ 5th - Judy Beaston, Darlene Staley, Jed Cronin and Jim Teisher. Team Scoring was determined by total number of yards, therefore everyone who submitted results, contributed to our team performance. Congratulations to all participants !

OB Comment - WOW and WOW, how in blazes do you swim that many yards in an hour? OB's Tip o' the Hat to all of you folks.

A SPECIAL NOTE: Our Editor has been queried on what OB is talking about in his articles with (TT4) and (TT8), etc. after someones time. OB felt that this might lend a little spice to his meet reports, (TT4) would translate to 4th in USMS Top Ten, projected, etc. Okay ?



Cassie Kaelon of NCAP

A and B Go After Each Other In The 200 Ind. Medley

Congratulations to the winners of the "A" and "B" "Brain Breaker" racing competition. Pat Allender and Liz Cheney won the first "race". Barry Carlson and Murali Krishna won the "the distance race". "A" and "B" are now back for their grudge race in the IM. "A" the sprinter wanted a 100 IM and "B" the distance swimmer wanted a 400 IM so they compromised on the 200 IM. Thanks to Barry Carlson for designing this race problem. (For those of you who like to plan ahead, I have been informed that "A" and "B" are planning on doing an Open Water Swim this summer. Here's the IM race. Swimmers "A" &

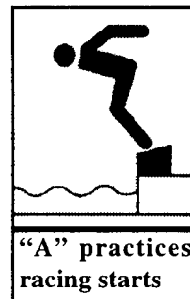


"B" works on his free-style swimming

"B" swim a 200 yd IM. "A's" split for the 50 breast is 40 seconds and "B's" split for the 50 fly is 30 seconds. "A's" fly split is 85% of his back; his back is 90% of his breast and his free is 80% of his breast. "B's" fly time is 80% of his back and is also 3/4 of his breast while his free is 80% of his breast.

Who won and what were their times? **First two winning answers emailed to the Editor will be given prizes.**

(Please send any additional ideas for "A" & "B" Brain Breaker competition to the Aqua-Master Editor)



"A" practices racing starts

Results of the Association Meet - March 19 - 21 in Bend

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— Ages 19 Through 24 —

PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				
1	1054	JEANNA BENNETT	24 MHM	29.00
2	1163	HANNAH FREEMAN	19 COMA	29.52
3	1122	WENDY DIXON	20 PMS	29.65
Mixed 100 Free				
1	1054	JEANNA BENNETT	24 MHM	1:05.88
2	1163	HANNAH FREEMAN	19 COMA	1:06.47
Mixed 200 Free				
1	1054	JEANNA BENNETT	24 MHM	2:24.56
Mixed 50 Back				
1	1163	HANNAH FREEMAN	19 COMA	34.10
Mixed 100 Back				
1	1116	SIERRA SNYDER	21 SDSM	1:05.04
2	1163	HANNAH FREEMAN	19 COMA	1:13.76
3	1054	JEANNA BENNETT	24 MHM	1:17.16
Mixed 200 Back				
1	1116	SIERRA SNYDER	21 SDSM	2:22.72
Mixed 50 Breast				
1	1122	WENDY DIXON	20 PMS	34.30
Mixed 100 Breast				
1	1122	WENDY DIXON	20 PMS	1:14.61
Mixed 200 Breast				
1	1122	WENDY DIXON	20 PMS	2:44.50
Mixed 50 Fly				
1	1122	WENDY DIXON	20 PMS	31.98
2	1163	HANNAH FREEMAN	19 COMA	32.43
Mixed 100 IM				
1	1122	WENDY DIXON	20 PMS	1:13.42
2	1054	JEANNA BENNETT	24 MHM	1:16.72
3	1163	HANNAH FREEMAN	19 COMA	DQ
Mixed 200 IM				
1	1116	SIERRA SNYDER	21 SDSM	2:33.57
— Ages 25 Through 29 —				
PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				
1	1040	FRANCESCA GAMBETTI	26 PMS	26.26
2	1027	CYNTHIA SMIDT	29 COMA	30.31
3	1105	KATHY VERMILYEA	29 MWVM	40.65
Mixed 100 Free				
1	1040	FRANCESCA GAMBETTI	26 PMS	59.35
2	1111	ELIZABETH HENDERSON	28 COMA	59.41
Mixed 200 Free				
1	1111	ELIZABETH HENDERSON	28 COMA	2:09.37
2	1115	SHAUNA SIMPSON	27 PMS	2:10.73
Mixed 500 Free				
1	1101	SARA QUAN	26 COMA	5:31.74
2	1115	SHAUNA SIMPSON	27 PMS	5:49.63
3	1157	MAUREEN HASLACH	28 PMS	5:51.36
4	1111	ELIZABETH HENDERSON	28 COMA	5:53.09
5	1069	CHRIS LINDSTROM	26 THB	6:12.12
Mixed 1000 Free				
1	1101	SARA QUAN	26 COMA	11:23.66
2	1115	SHAUNA SIMPSON	27 PMS	12:13.69
3	1069	CHRIS LINDSTROM	26 THB	12:42.72
Mixed 1650 Free				
1	1101	SARA QUAN	26 COMA	19:13.36
2	1069	CHRIS LINDSTROM	26 THB	21:20.35
Mixed 50 Back				
1	1040	FRANCESCA GAMBETTI	26 PMS	31.76
2	1069	CHRIS LINDSTROM	26 THB	39.87
3	1027	CYNTHIA SMIDT	29 COMA	DQ
Mixed 100 Back				
1	1076	CHANDRA HAISLET	29 THB	1:07.30
2	1069	CHRIS LINDSTROM	26 THB	1:23.64
Mixed 200 Back				
1	1101	SARA QUAN	26 COMA	2:25.14
2	1076	CHANDRA HAISLET	29 THB	2:26.90
3	1069	CHRIS LINDSTROM	26 THB	2:58.30
Mixed 50 Breast				
1	1105	KATHY VERMILYEA	29 MWVM	42.23
2	1027	CYNTHIA SMIDT	29 COMA	42.92
Mixed 100 Breast				
1	1157	MAUREEN HASLACH	28 PMS	1:10.99
2	1001	KRISTINE LEWIS	28 THB	1:16.37
3	1111	ELIZABETH HENDERSON	28 COMA	1:18.27
4	1105	KATHY VERMILYEA	29 MWVM	1:34.78
Mixed 200 Breast				
1	1157	MAUREEN HASLACH	28 PMS	2:36.61
2	1001	KRISTINE LEWIS	28 THB	2:46.05
3	1105	KATHY VERMILYEA	29 MWVM	3:24.38
Mixed 50 Fly				
1	1076	CHANDRA HAISLET	29 THB	28.16
2	1040	FRANCESCA GAMBETTI	26 PMS	29.62
3	1027	CYNTHIA SMIDT	29 COMA	36.87
Mixed 100 Fly				
1	1115	SHAUNA SIMPSON	27 PMS	1:05.73
2	1040	FRANCESCA GAMBETTI	26 PMS	1:06.10
3	1001	KRISTINE LEWIS	28 THB	1:09.45
Mixed 200 Fly				
1	1115	SHAUNA SIMPSON	27 PMS	2:23.09
2	1076	CHANDRA HAISLET	29 THB	2:31.00
3	1111	ELIZABETH HENDERSON	28 COMA	2:44.64

Mixed 100 IM

1	1157	MAUREEN HASLACH	28 PMS	1:05.77
2	1040	FRANCESCA GAMBETTI	26 PMS	1:09.27
3	1001	KRISTINE LEWIS	28 THB	1:10.79
4	1027	CYNTHIA SMIDT	29 COMA	1:20.96
5	1105	KATHY VERMILYEA	29 MWVM	1:33.54
Mixed 200 IM				
1	1157	MAUREEN HASLACH	28 PMS	2:22.28
2	1076	CHANDRA HAISLET	29 THB	2:23.14
3	1101	SARA QUAN	26 COMA	2:23.30
4	1001	KRISTINE LEWIS	28 THB	2:29.95
Mixed 400 IM				
1	1157	MAUREEN HASLACH	28 PMS	4:56.57
2	1101	SARA QUAN	26 COMA	4:57.80
3	1115	SHAUNA SIMPSON	27 PMS	5:13.06
4	1111	ELIZABETH HENDERSON	28 COMA	5:22.26
1001	KRISTINE LEWIS	28 THB	5:22.36	4

— Ages 30 Through 34 —

PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				
1	1097	KAREN HAKANSON	33 PMS	27.87
2	1039	CATHY LAW	31 RAC	27.93
3	1095	GERTRUDE GUGLIEMINI	33 SCAT	28.81
4	1096	RENEE RHOADS	33 NCAP	29.40
5	1100	ANDREA MILANO	31 PMS	29.55
Mixed 100 Free				
1	1097	KAREN HAKANSON	33 PMS	1:00.00
2	1095	GERTRUDE GUGLIEMINI	33 SCAT	1:02.72
3	1100	ANDREA MILANO	31 PMS	1:02.97
4	1096	RENEE RHOADS	33 NCAP	1:06.60
5	1094	KELLY GONZALES	31 SCAT	1:24.84
Mixed 200 Free				
1	1103	LISA HJERPE	30 CAT	2:05.06
2	1097	KAREN HAKANSON	33 PMS	2:15.50
3	1143	LAURA TYRELL	31 PMS	2:16.94
4	1095	GERTRUDE GUGLIEMINI	33 SCAT	2:19.76
5	1100	ANDREA MILANO	31 PMS	2:22.49
6	1071	SANDRA HYDE	30 MHM	2:26.96
7	1141	EMILIE TORRETTA	31 COMA	2:54.44
Mixed 500 Free				
1	1103	LISA HJERPE	30 CAT	5:42.53
2	1143	LAURA TYRELL	31 PMS	6:06.77
3	1095	GERTRUDE GUGLIEMINI	33 SCAT	6:33.70
4	1071	SANDRA HYDE	30 MHM	6:41.11
5	1070	TONI HECKSEL	33 THB	7:10.70
6	1148	KAREN DANIELS	33 COMA	7:25.01
7	1141	EMILIE TORRETTA	31 COMA	8:04.60
Mixed 1000 Free				
1	1100	ANDREA MILANO	31 PMS	13:45.55
2	1071	SANDRA HYDE	30 MHM	13:53.20
3	1070	TONI HECKSEL	33 THB	14:57.94
4	1141	EMILIE TORRETTA	31 COMA	17:35.24
Mixed 1650 Free				
1	1143	LAURA TYRELL	31 PMS	21:29.36
2	1070	TONI HECKSEL	33 THB	25:02.72
3	1148	KAREN DANIELS	33 COMA	25:24.83
4	1141	EMILIE TORRETTA	31 COMA	28:35.03
Mixed 50 Back				
1	1097	KAREN HAKANSON	33 PMS	34.39
Mixed 200 Back				
1	1103	LISA HJERPE	30 CAT	2:18.58
2	1071	SANDRA HYDE	30 MHM	3:00.72
Mixed 50 Breast				
1	1143	LAURA TYRELL	31 PMS	37.63
2	1039	CATHY LAW	31 RAC	38.04
3	1100	ANDREA MILANO	31 PMS	40.71
4	1096	RENEE RHOADS	33 NCAP	41.22
5	1094	KELLY GONZALES	31 SCAT	45.39
Mixed 100 Breast				
1	1103	LISA HJERPE	30 CAT	1:12.85
2	1143	LAURA TYRELL	31 PMS	1:20.74
3	1094	KELLY GONZALES	31 SCAT	1:43.44
Mixed 200 Breast				
1	1100	ANDREA MILANO	31 PMS	3:18.44
Mixed 50 Fly				
1	1097	KAREN HAKANSON	33 PMS	31.38
2	1039	CATHY LAW	31 RAC	32.38
3	1096	RENEE RHOADS	33 NCAP	35.11
Mixed 200 Fly				
1	1071	SANDRA HYDE	30 MHM	3:16.57
Mixed 100 IM				
1	1097	KAREN HAKANSON	33 PMS	1:12.28
2	1095	GERTRUDE GUGLIEMINI	33 SCAT	1:13.10
3	1039	CATHY LAW	31 RAC	1:14.98
4	1096	RENEE RHOADS	33 NCAP	1:18.91
5	1094	KELLY GONZALES	31 SCAT	1:36.34
Mixed 200 IM				
1	1103	LISA HJERPE	30 CAT	2:18.93
2	1143	LAURA TYRELL	31 PMS	2:40.36
3	1096	RENEE RHOADS	33 NCAP	2:54.25
4	1071	SANDRA HYDE	30 MHM	2:54.64
Mixed 400 IM				
1	1103	LISA HJERPE	30 CAT	4:59.73
— Ages 35 Through 39 —				
PL	Meet ID	Name	Age Team	Finals

Mixed 50 Free				
1	1170	KAREN ALLEN	35 COMA	26.22
2	1042	ELAINEJANE COLE	36 PMS	26.50
3	1080	BARBARA HARRIS	39 COMA	27.25
4	1021	DIANNE VIALES	37 MHM	28.00
5	1012	DONNA RYAN	36 MHM	29.45
6	1032	BEKY RAUMUSSEN	36 NCAP	30.63
Mixed 100 Free				
1	1042	ELAINEJANE COLE	36 PMS	58.46
2	1170	KAREN ALLEN	35 COMA	1:00.07
3	1021	DIANNE VIALES	37 MHM	1:00.90
4	1032	BEKY RAUMUSSEN	36 NCAP	1:05.72
5	1139	LAURA SHELTON	39 COMA	1:18.55
Mixed 200 Free				
1	1042	ELAINEJANE COLE	36 PMS	2:10.06
2	1021	DIANNE VIALES	37 MHM	2:19.30
3	1080	BARBARA HARRIS	39 COMA	2:20.64
4	1178	MARGARET PRANGE	35 WH2O	2:20.75
5	1032	BEKY RAUMUSSEN	36 NCAP	2:25.42
6	1104	JONI YOUNG	37 MWVM	2:30.14
Mixed 500 Free				
1	1021	DIANNE VIALES	37 MHM	6:14.61
2	1178	MARGARET PRANGE	35 WH2O	6:23.86
3	1032	BEKY RAUMUSSEN	36 NCAP	6:29.33
4	1104	JONI YOUNG	37 MWVM	6:30.18
5	1139	LAURA SHELTON	39 COMA	8:07.21
Mixed 1000 Free				
1	1080	BARBARA HARRIS	39 COMA	13:33.82
Mixed 1650 Free				
1	1104	JONI YOUNG	37 MWVM	23:09.89
2	1139	LAURA SHELTON	39 COMA	29:09.87
Mixed 50 Back				
1	1109	CYNTHIA CHILCOTT	37 COMA	31.28
2	1083	ANN GOODMAN	39 MHM	33.72
3	1178	MARGARET PRANGE	35 WH2O	34.90
4	1012	DONNA RYAN	36 MHM	35.11
5	1018	ELLEN STEINER	38 KLF	48.29
Mixed 100 Back				
1	1109	CYNTHIA CHILCOTT	37 COMA	1:08.76
2	1080	BARBARA HARRIS	39 COMA	1:13.35
3	1083	ANN GOODMAN	39 MHM	1:16.24
4	1032	BEKY RAUMUSSEN	36 NCAP	1:17.65
5	1139	LAURA SHELTON	39 COMA	1:42.02
Mixed 200 Back				

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Mixed 500 Free				
1	1002	LAURA SCHOB	40 COMA	6:34.61
2	1044	DEBBIE GREGORIE	44 RVM	6:36.00
3	1123	KRISTI GUSTAFSON	43 MHM	6:36.77
4	1089	GAIL GRIFANTINI	44 SCAT	10:05.45
Mixed 1000 Free				
1	1044	DEBBIE GREGORIE	44 RVM	13:34.72
2	1002	LAURA SCHOB	40 COMA	13:41.12
Mixed 1650 Free				
1	1044	DEBBIE GREGORIE	44 RVM	22:37.27
2	1002	LAURA SCHOB	40 COMA	23:27.35
Mixed 50 Back				
1	1044	DEBBIE GREGORIE	44 RVM	38.34
2	1154	MARY NEDIG	42 COURT	55.18
Mixed 100 Back				
1	1123	KRISTI GUSTAFSON	43 MHM	1:13.21
2	1154	MARY NEDIG	42 COURT	2:14.16
Mixed 200 Back				
1	1123	KRISTI GUSTAFSON	43 MHM	2:37.18
2	1002	LAURA SCHOB	40 COMA	3:00.84
Mixed 50 Breast				
1	1154	MARY NEDIG	42 COURT	DQ
Mixed 50 Fly				
1	1002	LAURA SCHOB	40 COMA	34.48
2	1044	DEBBIE GREGORIE	44 RVM	35.43
Mixed 200 IM				
1	1123	KRISTI GUSTAFSON	43 MHM	2:51.97
Mixed 400 IM				
1	1123	KRISTI GUSTAFSON	43 MHM	5:56.99
— Ages 45 Through 49 —				
PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				
1	1061	JUDY BEASTON	48 THB	32.53
2	1077	JUNE MATHER	46 RVM	34.60
3	1121	KARIN CLANCEY	45 PMS	36.93
4	1127	KAYE CUSHING	48 RAC	44.06
Mixed 100 Free				
1	1061	JUDY BEASTON	48 THB	1:11.58
2	1004	MARGARET TOOLE	46 THB	1:18.85
3	1077	JUNE MATHER	46 RVM	1:19.23
4	1127	KAYE CUSHING	48 RAC	1:43.10
Mixed 200 Free				
1	1160	NANCY MILNER	47 MHM	2:52.28
2	1004	MARGARET TOOLE	46 THB	2:55.67
3	1121	KARIN CLANCEY	45 PMS	3:09.37
Mixed 500 Free				
1	1036	DARLENE STALEY	49 THB	6:59.43
2	1061	JUDY BEASTON	48 THB	7:13.74
3	1160	NANCY MILNER	47 MHM	7:39.40
4	1004	MARGARET TOOLE	46 THB	7:49.05
5	1077	JUNE MATHER	46 RVM	8:16.83
Mixed 1000 Free				
1	1061	JUDY BEASTON	48 THB	14:35.83
2	1004	MARGARET TOOLE	46 THB	15:54.95
Mixed 1650 Free				
1	1061	JUDY BEASTON	48 THB	24:00.62
2	1160	NANCY MILNER	47 MHM	25:31.68
3	1004	MARGARET TOOLE	46 THB	26:58.79
4	1077	JUNE MATHER	46 RVM	27:31.65
Mixed 50 Back				
1	1137	TERI HENDRYX	45 MACO	35.20
2	1036	DARLENE STALEY	49 THB	39.19
3	1004	MARGARET TOOLE	46 THB	44.00
4	1126	LINDA COFFEEN	47 PMS	44.24
5	1077	JUNE MATHER	46 RVM	46.18
6	1127	KAYE CUSHING	48 RAC	58.29
Mixed 100 Back				
1	1126	LINDA COFFEEN	47 PMS	1:41.11
Mixed 200 Back				
1	1036	DARLENE STALEY	49 THB	3:04.61
2	1126	LINDA COFFEEN	47 PMS	3:35.89
Mixed 50 Breast				
1	1126	LINDA COFFEEN	47 PMS	50.03
2	1127	KAYE CUSHING	48 RAC	1:27.30
Mixed 100 Breast				
1	1160	NANCY MILNER	47 MHM	1:38.77
2	1126	LINDA COFFEEN	47 PMS	DQ
Mixed 200 Breast				
1	1036	DARLENE STALEY	49 THB	3:32.91
Mixed 50 Fly				
1	1137	TERI HENDRYX	45 MACO	32.76
Mixed 100 Fly				
1	1137	TERI HENDRYX	45 MACO	1:18.54
2	1036	DARLENE STALEY	49 THB	1:24.03
Mixed 200 Fly				
1	1137	TERI HENDRYX	45 MACO	2:53.93
2	1036	DARLENE STALEY	49 THB	3:05.41
Mixed 100 IM				
1	1137	TERI HENDRYX	45 MACO	1:16.16
2	1061	JUDY BEASTON	48 THB	1:29.38
— Ages 50 Through 54 —				
PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				

1	1068	SANDI ROUSSEAU	51 THB	30.90
2	1091	CAROL WORRAL	50 SCAT	41.13
3	1107	SALLY MARTIN	52 RAC	45.45
Mixed 100 Free				
1	1068	SANDI ROUSSEAU	51 THB	1:09.99
2	1119	GERI MATHEWSON	50 RVM	1:12.09
3	1091	CAROL WORRAL	50 SCAT	1:35.28
Mixed 200 Free				
1	1026	MONIKA HUNSCHER	50 THB	2:43.61
2	1119	GERI MATHEWSON	50 RVM	2:44.77
3	1066	ALEXIS HLAVACEK	52 COMA	2:51.03
Mixed 500 Free				
1	1026	MONIKA HUNSCHER	50 THB	7:07.02
2	1066	ALEXIS HLAVACEK	52 COMA	7:45.45
Mixed 1000 Free				
1	1119	GERI MATHEWSON	50 RVM	15:07.53
2	1066	ALEXIS HLAVACEK	52 COMA	16:14.79
3	1056	KRISTI RIDDLE	50 THB	18:18.20
Mixed 1650 Free				
1	1066	ALEXIS HLAVACEK	52 COMA	26:58.65
2	1056	KRISTI RIDDLE	50 THB	30:06.33
Mixed 50 Back				
1	1068	SANDI ROUSSEAU	51 THB	41.14
2	1107	SALLY MARTIN	52 RAC	59.14
Mixed 100 Back				
1	1068	SANDI ROUSSEAU	51 THB	1:29.61
Mixed 200 Back				
1	1026	MONIKA HUNSCHER	50 THB	3:06.41
Mixed 50 Breast				
1	1066	ALEXIS HLAVACEK	52 COMA	41.77
2	1056	KRISTI RIDDLE	50 THB	
3	1091	CAROL WORRAL	50 SCAT	
4	1107	SALLY MARTIN	52 RAC	55.40
Mixed 100 Breast				
1	1026	MONIKA HUNSCHER	50 THB	1:36.19
2	1107	SALLY MARTIN	52 RAC	2:02.70
Mixed 200 Breast				
1	1066	ALEXIS HLAVACEK	52 COMA	3:27.55
2	1056	KRISTI RIDDLE	50 THB	3:44.19
Mixed 50 Fly				
1	1068	SANDI ROUSSEAU	51 THB	32.80
2	1056	KRISTI RIDDLE	50 THB	42.94
Mixed 100 Fly				
1	1068	SANDI ROUSSEAU	51 THB	1:21.01
Mixed 200 IM				
1	1056	KRISTI RIDDLE	50 THB	1:37.08
2	1091	CAROL WORRAL	50 SCAT	1:49.69
Mixed 400 IM				
1	1026	MONIKA HUNSCHER	50 THB	3:09.24
Mixed 50 Fly				
1	1026	MONIKA HUNSCHER	50 THB	6:35.54
— Ages 55 Through 59 —				
PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				
1	1053	JOY WARD	56 NCAP	29.57
2	1072	SUE CALNEK-MORRIS	55 PMSC	33.23
Mixed 100 Free				
1	1053	JOY WARD	56 NCAP	1:07.40
2	1072	SUE CALNEK-MORRIS	55 PMSC	1:13.36
Mixed 200 Free				
1	1072	SUE CALNEK-MORRIS	55 PMSC	2:43.77
Mixed 500 Free				
1	1072	SUE CALNEK-MORRIS	55 PMSC	15:12.42
2	1164	PEGGY WHITER	55 COMA	18:09.15
Mixed 1650 Free				
1	1072	SUE CALNEK-MORRIS	55 PMSC	25:14.19
2	1129	PAMELA HIMSTREET	55 COMA	26:17.86
Mixed 50 Back				
1	1053	JOY WARD	56 NCAP	37.20
Mixed 100 Back				
1	1053	JOY WARD	56 NCAP	1:19.62
Mixed 200 Back				
1	1164	PEGGY WHITER	55 COMA	4:00.56
Mixed 50 Breast				
1	1133	MIRJANA PRATHER	55 OREG	39.70
2	1164	PEGGY WHITER	55 COMA	51.78
Mixed 100 Breast				
1	1133	MIRJANA PRATHER	55 OREG	1:27.22
2	1129	PAMELA HIMSTREET	55 COMA	1:37.28
Mixed 200 Breast				
1	1164	PEGGY WHITER	55 COMA	4:05.35
Mixed 50 Fly				
1	1053	JOY WARD	56 NCAP	32.58
2	1133	MIRJANA PRATHER	55 OREG	35.95
3	1164	PEGGY WHITER	55 COMA	49.80
Mixed 100 Fly				
1	1129	PAMELA HIMSTREET	55 COMA	1:38.65
Mixed 200 Fly				
1	1129	PAMELA HIMSTREET	55 COMA	3:34.60
Mixed 400 IM				
1	1133	MIRJANA PRATHER	55 OREG	1:20.85
2	1053	JOY WARD	56 NCAP	1:22.94
3	1164	PEGGY WHITER	55 COMA	1:45.90
Mixed 200 IM				
1	1129	PAMELA HIMSTREET	55 COMA	3:17.30

Mixed 400 IM				
1	1129	PAMELA HIMSTREET	55 COMA	7:02.17
— Ages 65 Through 69 —				
PL	Meet ID	Name	Age Team	Finals
Mixed 200 Free				
1	1171	BEVERLY L'ESPERANCE	67 KLF	3:57.80
Mixed 500 Free				
1	1171	BEVERLY L'ESPERANCE	67 KLF	10:28.56
Mixed 50 Back				
1	1171	BEVERLY L'ESPERANCE	67 KLF	1:01.23
— Ages 75 Through 79 —				
PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				
1	1024	LOIS ALLAN	75 THB	53.22
Mixed 100 Free				
1	1024	LOIS ALLAN	75 THB	2:08.51
Mixed 1650 Free				
1	1059	JUDY MELCHER	78 THB	48:25.85
Mixed 50 Back				
1	1024	LOIS ALLAN	75 THB	1:01.64
2	1059	JUDY MELCHER	78 THB	1:17.80
Mixed 100 Back				
1	1024	LOIS ALLAN	75 THB	2:13.32
2	1059	JUDY MELCHER	78 THB	2:41.65
Mixed 50 Breast				
1	1024	LOIS ALLAN	75 THB	1:03.32
2	1059	JUDY MELCHER	78 THB	1:26.47
Mixed 50 Fly				
1	1059	JUDY MELCHER	78 THB	1:42.49
Mixed 200 IM				
1	1059	JUDY MELCHER	78 THB	6:22.68
— Ages 80 Through 84 —				
PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				
1	1087	LEOLA BAUMGARTNER	81 SCAT	1:03.92
2	1147	ADA HEBERT	83 COMA	1:06.23
Mixed 100 Free				
1	1147	ADA HEBERT	83 COMA	2:25.81
Mixed 50 Back				
1	1087	LEOLA BAUMGARTNER	81 SCAT	1:13.63
2	1147	ADA HEBERT	83 COMA	1:16.02
Mixed 100 Back				
1	1147	ADA HEBERT	83 COMA	2:49.73
2	1087	LEOLA BAUMGARTNER	81 SCAT	2:57.93
Mixed 200 Back				
1	1087	LEOLA BAUMGARTNER	81 SCAT	6:38.51
Mixed 100 IM				
-	1087	LEOLA BAUMGARTNER	81 SCAT	DQ
— Ages 19 Through 24 —				
PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				
1	1173	BRYAN ADDLEMAN	24 THB	22.08
2	1037	JOACQUIN ROMERA	24 THB	22.29
3	1165	KEVIN SILVERSTON	24 PMS	22.66
Mixed 100 Free				
1	1037	JOACQUIN ROMERA	24 THB	48.92
2	1173	BRYAN ADDLEMAN	24 THB	49.03
3	1165	KEVIN SILVERSTON	24 PMS	50.81
Mixed 200 Free				
1	1173	BRYAN ADDLEMAN	24 THB	1:51.87
Mixed 500 Free				
1	1165	KEVIN SILVERSTON	24 PMS	5:22.38
Mixed 200 Back				
1	1173	BRYAN ADDLEMAN	24 THB	2:19.70
Mixed 50 Breast				
1	1037	JOACQUIN ROMERA	24 THB	28.27
Mixed 100 Breast				
1	1037	JOACQUIN ROMERA	24 THB	1:02.57
Mixed 50 Fly				
1	1173	BRYAN ADDLEMAN	24 THB	23.45
2	1037	JOACQUIN ROMERA	24 THB	25.35
Mixed 100 Fly				
1	1173	BRYAN ADDLEMAN	24 THB	54.20
2	1165	KEVIN SILVERSTON	24 PMS	57.50
Mixed 100 IM				
1	1037	JOACQUIN ROMERA	24 THB	55.91
Mixed 200 IM				
1	1165	KEVIN SILVERSTON	24 PMS	2:09.83
Mixed 400 IM				
1	1165	KEVIN SILVERSTON	24 PMS	4:50.06
— Ages 25 Through 29 —				
PL	Meet ID	Name	Age Team	Finals
Mixed 50 Free				
1	1149	PHIL REGET	29 COMA	22.58
2	1110	GREG WELCH	29 COMA	23.94
3	1130	RADEK POSPISIL	29 PMS	25.31
4	1078	ERIC SMITH	26 COMA	26.05
Mixed 100 Free				
1	1013	BILL ZOLNA	29 PMS	50.30

Results of the Association Meet

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2	1149	PHIL REGET	29	COMA	50.90
3	1110	GREG WELCH	29	COMA	52.62
Mixed 200 Free					
1	1110	GREG WELCH	29	COMA	1:55.10
2	1013	BILL ZOLNA	29	PMS	1:55.97
3	1149	PHIL REGET	29	COMA	1:58.99
Mixed 500 Free					
1	1110	GREG WELCH	29	COMA	5:15.59
Mixed 1000 Free					
1	1110	GREG WELCH	29	COMA	11:21.44
Mixed 1650 Free					
1	1110	GREG WELCH	29	COMA	19:00.50
Mixed 50 Back					
1	1078	ERIC SMITH	26	COMA	30.90
Mixed 100 Back					
1	1078	ERIC SMITH	26	COMA	1:09.49
Mixed 50 Breast					
1	1149	PHIL REGET	29	COMA	30.47
2	1130	RADEK POSPISIL	29	PMS	30.72
3	1078	ERIC SMITH	26	COMA	32.09
Mixed 100 Breast					
1	1017	GREG LATTA	29	CAT	59.97
2	1013	BILL ZOLNA	29	PMS	1:05.90
3	1130	RADEK POSPISIL	29	PMS	1:06.16
4	1149	PHIL REGET	29	COMA	1:07.21
5	1078	ERIC SMITH	26	COMA	1:11.22
Mixed 200 Breast					
1	1017	GREG LATTA	29	CAT	2:14.26
2	1130	RADEK POSPISIL	29	PMS	2:26.61
3	1149	PHIL REGET	29	COMA	2:33.32
4	1078	ERIC SMITH	26	COMA	2:33.46
Mixed 50 Fly					
1	1017	GREG LATTA	29	CAT	24.50
Mixed 100 Fly					
1	1013	BILL ZOLNA	29	PMS	53.92
2	1017	GREG LATTA	29	CAT	54.05
Mixed 200 Fly					
1	1013	BILL ZOLNA	29	PMS	2:00.72
Mixed 100 IM					
1	1017	GREG LATTA	29	CAT	54.69
Mixed 200 IM					
1	1013	BILL ZOLNA	29	PMS	2:04.00
— Ages 30 Through 34 —					
PL	Meet ID	Name	Age	Team	Finals

Mixed 50 Free					
1	1099	MATTHEW ROTH	32	NELSN	23.65
2	1030	STEVE PARMENTIER	33	PMS	23.92
3	1098	DAVID RICE	32	RAC	24.14
4	1114	HORST NIEHAUS	30	RAC	25.34
5	1092	CHRIS COOK	34	SCAT	25.69
6	1033	JEFF KAELO	33	NCAP	26.29
7	1088	D. TRACY FROMM	33	SCAT	26.48
Mixed 100 Free					
1	1099	MATTHEW ROTH	32	NELSN	51.61
2	1098	DAVID RICE	32	RAC	54.06
3	1092	CHRIS COOK	34	SCAT	57.23
4	1088	D. TRACY FROMM	33	SCAT	58.45
5	1124	MIKE CONRATH	34	MHM	1:01.56
Mixed 200 Free					
1	1010	LEE O'CONNOR	31	THB	2:06.57
2	1088	D. TRACY FROMM	33	SCAT	2:09.23
3	1124	MIKE CONRATH	34	MHM	2:15.14
4	1033	JEFF KAELO	33	NCAP	2:15.40
Mixed 500 Free					
1	1010	LEE O'CONNOR	31	THB	5:40.45
2	1088	D. TRACY FROMM	33	SCAT	6:03.69
3	1033	JEFF KAELO	33	NCAP	6:04.19
4	1124	MIKE CONRATH	34	MHM	6:20.44
Mixed 1000 Free					
1	1010	LEE O'CONNOR	31	THB	11:48.64
Mixed 1650 Free					
1	1010	LEE O'CONNOR	31	THB	19:28.59
2	1050	BILL VOLCKENING	33	THB	21:02.53
3	1033	JEFF KAELO	33	NCAP	22:01.44
Mixed 50 Back					
1	1030	STEVE PARMENTIER	33	PMS	27.18
2	1114	HORST NIEHAUS	30	RAC	28.41
3	1050	BILL VOLCKENING	33	THB	29.23
4	1010	LEE O'CONNOR	31	THB	30.14
5	1142	SEAN TYRELL	31	PMS	32.54
Mixed 100 Back					
1	1106	PHILLIP KING	32	MHM	59.27
2	1050	BILL VOLCKENING	33	THB	1:03.70
3	1003	JOHN HUDSON	33	OREG	1:04.57
4	1088	D. TRACY FROMM	33	SCAT	1:13.22
5	1033	JEFF KAELO	33	NCAP	1:15.21
Mixed 200 Back					
1	1050	BILL VOLCKENING	33	THB	2:28.97
Mixed 50 Breast					
1	1003	JOHN HUDSON	33	OREG	31.32
2	1106	PHILLIP KING	32	MHM	31.42
3	1038	CARL JAYNES	30	THB	31.59
4	1030	STEVE PARMENTIER	33	PMS	32.29

5	1050	BILL VOLCKENING	33	THB	33.23
6	1092	CHRIS COOK	34	SCAT	33.58
Mixed 100 Breast					
1	1156	MARK RANKIN	32	PMS	1:05.74
2	1003	JOHN HUDSON	33	OREG	1:08.11
3	1106	PHILLIP KING	32	MHM	1:08.29
4	1038	CARL JAYNES	30	THB	1:12.41
5	1092	CHRIS COOK	34	SCAT	1:16.21
6	1124	MIKE CONRATH	34	MHM	1:18.09
Mixed 200 Breast					
1	1156	MARK RANKIN	32	PMS	2:24.28
2	1106	PHILLIP KING	32	MHM	2:29.20
3	1050	BILL VOLCKENING	33	THB	2:43.73
4	1038	CARL JAYNES	30	THB	2:45.10
5	1124	MIKE CONRATH	34	MHM	2:51.70
Mixed 50 Fly					
1	1156	MARK RANKIN	32	PMS	24.82
2	1099	MATTHEW ROTH	32	NELSN	25.25
3	1030	STEVE PARMENTIER	33	PMS	26.00
4	1003	JOHN HUDSON	33	OREG	27.90
5	1114	HORST NIEHAUS	30	RAC	28.00
6	1038	CARL JAYNES	30	THB	28.59
7	1098	DAVID RICE	32	RAC	28.60
8	1142	SEAN TYRELL	31	PMS	29.92
9	1092	CHRIS COOK	34	SCAT	30.64
Mixed 100 Fly					
1	1099	MATTHEW ROTH	32	NELSN	55.92
2	1156	MARK RANKIN	32	PMS	56.03
Mixed 100 IM					
1	1099	MATTHEW ROTH	32	NELSN	58.16
2	1156	MARK RANKIN	32	PMS	58.18
3	1106	PHILLIP KING	32	MHM	59.60
4	1030	STEVE PARMENTIER	33	PMS	1:00.75
5	1114	HORST NIEHAUS	30	RAC	1:01.86
6	1003	JOHN HUDSON	33	OREG	1:02.27
7	1038	CARL JAYNES	30	THB	1:07.69
8	1092	CHRIS COOK	34	SCAT	1:08.05
9	1010	LEE O'CONNOR	31	THB	1:08.47
10	1142	SEAN TYRELL	31	PMS	1:10.67
Mixed 200 IM					
1	1156	MARK RANKIN	32	PMS	2:07.00
2	1124	MIKE CONRATH	34	MHM	2:43.43

— Ages 35 Through 39 —

PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1176	JEFF WALKER	38	PMS	22.94
2	1145	STEVE GEORGE	39	CAT	23.35
3	1132	RICK RODRIGUEZ	36	EA	24.44
4	1081	CHARLES MIRHO	35	THB	24.89
5	1167	BRIAN WANNAMAKER	36	PMS	25.19
6	1140	DANIEL VAUGHN	35	CNA	25.41
7	1112	DAVID VAN DER ZWAN	36	MOFIA	27.71
8	1019	CLINT EBERT	39	THB	34.01
Mixed 100 Free					
1	1176	JEFF WALKER	38	PMS	52.11
2	1081	CHARLES MIRHO	35	THB	54.01
3	1051	DOUGLAS CHRISTENSEN	36	OREG	54.11
4	1132	RICK RODRIGUEZ	36	EA	54.51
5	1140	DANIEL VAUGHN	35	CNA	57.23
6	1112	DAVID VAN DER ZWAN	36	MOFIA	1:00.91
7	1019	CLINT EBERT	39	THB	1:17.59
8	1006	MURALI KRISHNA	39	THB	1:17.91
Mixed 200 Free					
1	1175	ERIC MILLER	36	MWVM	2:10.63
2	1112	DAVID VAN DER ZWAN	36	MOFIA	2:13.64
3	1166	JIM BENDIS	38	COMA	2:19.54
4	1102	ROBERT MALLORY	38	NCAP	2:34.45
5	1006	MURALI KRISHNA	39	THB	2:53.27
Mixed 500 Free					
1	1145	STEVE GEORGE	39	CAT	5:31.41
2	1015	JEFFREY ANSPACH	38	PMS	5:59.94
3	1112	DAVID VAN DER ZWAN	36	MOFIA	6:04.88
4	1175	ERIC MILLER	36	MWVM	6:11.26
5	1166	JIM BENDIS	38	COMA	6:34.21
6	1102	ROBERT MALLORY	38	NCAP	7:06.28
7	1006	MURALI KRISHNA	39	THB	8:03.57
Mixed 1000 Free					
1	1112	DAVID VAN DER ZWAN	36	MOFIA	12:48.07
2	1015	JEFFREY ANSPACH	38	PMS	12:56.25
3	1006	MURALI KRISHNA	39	THB	16:39.11
Mixed 1650 Free					
1	1112	DAVID VAN DER ZWAN	36	MOFIA	21:34.00
2	1175	ERIC MILLER	36	MWVM	21:42.81
3	1102	ROBERT MALLORY	38	NCAP	24:25.70
Mixed 50 Back					
1	1145	STEVE GEORGE	39	CAT	26.58
2	1132	RICK RODRIGUEZ	36	EA	27.80
Mixed 100 Back					
1	1145	STEVE GEORGE	39	CAT	56.35
2	1132	RICK RODRIGUEZ	36	EA	1:02.86
3	1006	MURALI KRISHNA	39	THB	1:34.68
Mixed 200 Back					
1	1145	STEVE GEORGE	39	CAT	2:04.91
2	1043	ERIC STEINHAUFF	39	COMA	2:40.47
Mixed 50 Breast					

1	1081	CHARLES MIRHO	35	THB	30.67
2	1023	MIKE RILEY	37	COMA	30.99
3	1113	DAVID COBB	39	PMS	32.63
4	1132	RICK RODRIGUEZ	36	EA	33.21
Mixed 100 Breast					
1	1081	CHARLES MIRHO	35	THB	1:07.09
2	1023	MIKE RILEY	37	COMA	1:07.98
3	1113	DAVID COBB	39	PMS	1:11.41
4	1043	ERIC STEINHAUFF	39	COMA	1:14.91
Mixed 200 Breast					
1	1113	DAVID COBB	39	PMS	2:38.83
2	1019	CLINT EBERT	39	THB	3:10.24
Mixed 50 Fly					
1	1051	DOUGLAS CHRISTENSEN	36	OREG	25.36
2	1176	JEFF WALKER	38	PMS	25.87
3	1167	BRIAN WANNAMAKER	36	PMS	26.72
4	1023	MIKE RILEY	37	COMA	27.25
5	1043	ERIC STEINHAUFF	39	COMA	27.81
6	1175	ERIC MILLER	36	MWVM	29.68
Mixed 100 Fly					
1	1176	JEFF WALKER	38	PMS	56.89
2	1051	DOUGLAS CHRISTENSEN	36	OREG	58.44
3	1043	ERIC STEINHAUFF	39	COMA	1:02.26
4	1015	JEFFREY ANSPACH	38	PMS	1:02.35
5	1140	DANIEL VAUGHN	35	CNA	1:10.16
Mixed 100 IM					
1	1145	STEVE GEORGE	39	CAT	59.02
2	1176	JEFF WALKER	38	PMS	1:00.30
3	1051	DOUGLAS CHRISTENSEN	36	OREG	1:01.00
4	1023	MIKE RILEY	37	COMA	1:01.27
5	1132	RICK RODRIGUEZ	36	EA	1:01.30
6	1081	CHARLES MIRHO	35	THB	1:03.18
7	1043	ERIC STEINHAUFF	39	COMA	1:05.45
8	1140	DANIEL VAUGHN	35	CNA	1:09.47
9	1175	ERIC MILLER	36	MWVM	1:12.43
Mixed 200 IM					
1	1051	DOUGLAS CHRISTENSEN	36	OREG	2:14.70
2	1023	MIKE RILEY	37	COMA	2:15.45
3	1113	DAVID COBB	39	PMS	2:21.75
Mixed 400 IM					
1	1113	DAVID COBB	39	PMS	5:09.50
2	1043	ERIC STEINHAUFF	39	COMA	5:11.22
3	1015	JEFFREY ANSPACH	38	PMS	5:21.58
4	1006	MURALI KRISHNA	39	THB	7:10.99
— Ages 40 Through 44 —					
PL.	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1016	PETER METZGER	43	PMS	23.98
2	1047	MARK WREN	40	PMS	25.12
3	1153	MARK FAIRLEE	40	COMA	27.45
4	1128	ERIC JENSEN	44	MHM	27.71
5	1150	KRIS KRICHKO	42	COMA	28.28
6	1065	CHARLES HELM	42	NCAP	30.24
Mixed 100 Free					
1	1047	MARK WREN	40	PMS	56.32
2	1034	MICHAEL DOUGLAS	41	COMA	57.56
3	1031	ROBERT BERGSTROM	42	MHM	1:01.53
4	1128	ERIC JENSEN	44	MHM	1:03.17
5	1150	KRIS KRICHKO	42	COMA	1:04.90
6	1125	PATRICK CECIL	44	THB	1:08.69
Mixed 200 Free					
1	1029	CHRIS ROTH	40	THB	2:01.62
2	1047	MARK WREN	40	PMS	2:09.03
3	1034	MICHAEL DOUGLAS	41	COMA	2:09.09
4	1168	MIKE DAVIS	44	OREG	2:14.25
5	1153	MARK FAIRLEE	40	COMA	2:18.42
6	1150	KRIS KRICHKO	42	COMA	2:24.84
7	1120	MARK NEWMAN	44	NCAP	2:31.92
8	1128	ERIC JENSEN	44	MHM	2:41.43
9	1065	CHARLES HELM	42	NCAP	2:45.92
Mixed 500 Free					
1	1084	PAT ALLENDER	40	CAT	5:09.21
2	1029	CHRIS ROTH	40	THB	5:39.73
3	1047	MARK WREN	40	PMS	5:57.39
4	1034	MICHAEL DOUGLAS	41	COMA	6:03.53
5	1168	MIKE DAVIS	44	OREG	6:14.16
6	1153	MARK FAIRLEE	40	COMA	6:16.80
7	1031	ROBERT BERGSTROM	42	MHM	6:28.29
8	1120	MARK NEWMAN	44	NCAP	7:00.26
9	1125	PATRICK CECIL	44	THB	7:05.10
10	1065	CHARLES HELM	42	NCAP	7:24.26
11	1011	MARK NEUBERT	41	NCAP	7:27.30
Mixed 1000 Free					
1	1029	CHRIS ROTH	40	THB	11:35.28
2	1047	MARK WREN	40	PMS	12:41.64
3	1031	ROBERT BERGSTROM	42	MHM	13:11.52
4	1034	MICHAEL DOUGLAS	41	COMA	13:11.67
5	1153	MARK FAIRLEE	40	COMA	13:23.54
6	1011	MARK NEUBERT	41	NCAP	15:20.83
7	1065	CHARLES HELM	42	NCAP	15:54.59
Mixed 1650 Free					
1	1034	MICHAEL DOUGLAS	41	COMA	21:59.29
2	1153	MARK FAIRLEE	40	COMA	22:08.60
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3	1031	ROBERT BERGSTROM	42	MHM	22:11.60
4	1152	RAYMOND COLTON	40	COMA	23:47.58
5	1120	MARK NEWMAN	44	NCAP	25:49.92
6	1011	MARK NEUBERT	41	NCAP	26:03.52
7	1065	CHARLES HELM	42	NCAP	26:28.38
Mixed 50 Back					
1	1016	PETER METZGER	43	PMS	27.00
2	1155	JIM MOLLER	43	MWVM	37.76
Mixed 100 Back					
1	1016	PETER METZGER	43	PMS	58.31
2	1065	CHARLES HELM	42	NCAP	1:46.60
Mixed 200 Back					
1	1168	MIKE DAVIS	44	OREG	2:43.75
Mixed 50 Breast					
1	1084	PAT ALLENDER	40	CAT	30.24
2	1016	PETER METZGER	43	PMS	32.13
3	1153	MARK FAIRLEE	40	COMA	36.26
4	1155	JIM MOLLER	43	MWVM	36.85
5	1128	ERIC JENSEN	44	MHM	37.63
6	1120	MARK NEWMAN	44	NCAP	38.62
-	1011	MARK NEUBERT	41	NCAP	DQ
Mixed 100 Breast					
1	1084	PAT ALLENDER	40	CAT	1:04.61
2	1016	PETER METZGER	43	PMS	1:10.35
3	1011	MARK NEUBERT	41	NCAP	1:24.21
4	1152	RAYMOND COLTON	40	COMA	1:27.23
5	1120	MARK NEWMAN	44	NCAP	1:27.86
Mixed 200 Breast					
1	1084	PAT ALLENDER	40	CAT	2:20.09
Mixed 50 Fly					
1	1029	CHRIS ROTH	40	THB	25.78
2	1016	PETER METZGER	43	PMS	25.99
3	1047	MARK WREN	40	PMS	27.87
4	1034	MICHAEL DOUGLAS	41	COMA	31.19
5	1150	KRIS KRICHKO	42	COMA	33.13
6	1031	ROBERT BERGSTROM	42	MHM	33.52
7	1125	PATRICK CECIL	44	THB	34.55
Mixed 100 Fly					
1	1031	ROBERT BERGSTROM	42	MHM	1:21.81
-	1125	PATRICK CECIL	44	THB	DQ
Mixed 200 Fly					
1	1029	CHRIS ROTH	40	THB	2:08.93
Mixed 100 IM					
1	1168	MIKE DAVIS	44	OREG	1:10.19
2	1155	JIM MOLLER	43	MWVM	1:12.79
3	1120	MARK NEWMAN	44	NCAP	1:20.83
4	1128	ERIC JENSEN	44	MHM	1:21.32
5	1125	PATRICK CECIL	44	THB	1:22.00
6	1150	KRIS KRICHKO	42	COMA	1:23.92
7	1011	MARK NEUBERT	41	NCAP	1:24.53
Mixed 200 IM					
1	1084	PAT ALLENDER	40	CAT	2:07.62
2	1029	CHRIS ROTH	40	THB	2:13.61
3	1168	MIKE DAVIS	44	OREG	2:30.31
4	1125	PATRICK CECIL	44	THB	2:59.11
Mixed 400 IM					
1	1084	PAT ALLENDER	40	CAT	4:37.17
— Ages 45 Through 49 —					
PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1041	MICHAEL TENNANT	45	COMA	23.94
2	1086	LARRY PHILBRICK	46	MWVM	24.21
3	1131	RON RICHARDS	48	PMS	25.05
4	1046	MICHAEL PENDLETON	47	PMS	25.08
5	1014	MICHAEL BRUHL	45	THB	26.39
6	1008	GARY WALLIS	45	THB	26.42
7	1138	DUANE LINNERTZ	47	NCAP	29.23
8	1177	PAUL REILEY	46	EA	32.65
Mixed 100 Free					
1	1041	MICHAEL TENNANT	45	COMA	55.14
2	1131	RON RICHARDS	48	PMS	55.81
3	1008	GARY WALLIS	45	THB	57.20
4	1161	JIM TEISHER	49	THB	59.09
5	1014	MICHAEL BRUHL	45	THB	1:01.08
6	1138	DUANE LINNERTZ	47	NCAP	1:04.42
7	1005	CHRISTOPHE TOOLE	47	THB	1:09.04
8	1177	PAUL REILEY	46	EA	1:15.74
Mixed 200 Free					
1	1041	MICHAEL TENNANT	45	COMA	2:06.97
2	1134	ROBERT MAESTRE	48	MACO	2:08.00
3	1161	JIM TEISHER	49	THB	2:11.45
4	1008	GARY WALLIS	45	THB	2:11.54
5	1067	CRAIG MATHER	47	RVM	2:28.30
6	1117	RICHARD MINTER	46	THB	3:16.90
Mixed 500 Free					
1	1046	MICHAEL PENDLETON	47	PMS	5:33.44
2	1172	TOM ANDERSEN	48	DAC	5:49.69
3	1161	JIM TEISHER	49	THB	6:01.18
4	1067	CRAIG MATHER	47	RVM	6:36.04
5	1005	CHRISTOPHE TOOLE	47	THB	6:57.33
6	1020	JOHN COLLINS	47	THB	7:06.75
7	1049	PATRICK ERWERT	45	COMA	7:19.82
8	1117	RICHARD MINTER	46	THB	9:02.44
Mixed 1000 Free					

1	1172	TOM ANDERSEN	48	DAC	11:58.72
2	1161	JIM TEISHER	49	THB	12:47.80
3	1067	CRAIG MATHER	47	RVM	13:45.10
4	1138	DUANE LINNERTZ	47	NCAP	13:59.59
5	1020	JOHN COLLINS	47	THB	14:51.90
6	1049	PATRICK ERWERT	45	COMA	15:24.46
Mixed 1650 Free					
1	1172	TOM ANDERSEN	48	DAC	20:19.35
3	1020	JOHN COLLINS	47	THB	24:15.88
4	1049	PATRICK ERWERT	45	COMA	26:06.16
Mixed 50 Back					
1	1131	RON RICHARDS	48	PMS	31.51
2	1172	TOM ANDERSEN	48	DAC	32.31
Mixed 100 Back					
1	1086	LARRY PHILBRICK	46	MWVM	1:05.70
2	1172	TOM ANDERSEN	48	DAC	1:07.71
3	1131	RON RICHARDS	48	PMS	1:14.66
Mixed 200 Back					
1	1172	TOM ANDERSEN	48	DAC	2:27.47
2	1020	JOHN COLLINS	47	THB	3:14.85
3	1117	RICHARD MINTER	46	THB	5:43.65
Mixed 50 Breast					
1	1086	LARRY PHILBRICK	46	MWVM	31.74
2	1041	MICHAEL TENNANT	45	COMA	33.53
3	1014	MICHAEL BRUHL	45	THB	35.14
Mixed 100 Breast					
1	1086	LARRY PHILBRICK	46	MWVM	1:11.69
2	1046	MICHAEL PENDLETON	47	PMS	1:11.99
3	1025	DANIEL JOHNSON	45	THB	1:13.31
4	1008	GARY WALLIS	45	THB	1:15.57
5	1014	MICHAEL BRUHL	45	THB	1:21.28
6	1005	CHRISTOPHE TOOLE	47	THB	1:25.20
Mixed 200 Breast					
1	1008	GARY WALLIS	45	THB	2:49.69
2	1005	CHRISTOPHE TOOLE	47	THB	3:02.37
3	1117	RICHARD MINTER	46	THB	3:47.18
-	1025	DANIEL JOHNSON	45	THB	DQ
Mixed 50 Fly					
1	1046	MICHAEL PENDLETON	47	PMS	27.30
2	1086	LARRY PHILBRICK	46	MWVM	27.87
3	1041	MICHAEL TENNANT	45	COMA	28.31
4	1131	RON RICHARDS	48	PMS	29.75
5	1138	DUANE LINNERTZ	47	NCAP	34.26
Mixed 100 Fly					
1	1046	MICHAEL PENDLETON	47	PMS	1:03.17
2	1025	DANIEL JOHNSON	45	THB	1:15.84
3	1117	RICHARD MINTER	46	THB	2:03.60
Mixed 200 Fly					
1	1161	JIM TEISHER	49	THB	3:30.55
2	1117	RICHARD MINTER	46	THB	4:35.38
Mixed 100 IM					
1	1086	LARRY PHILBRICK	46	MWVM	1:04.37
2	1041	MICHAEL TENNANT	45	COMA	1:05.03
3	1008	GARY WALLIS	45	THB	1:07.87
4	1131	RON RICHARDS	48	PMS	1:10.95
5	1025	DANIEL JOHNSON	45	THB	1:11.02
6	1014	MICHAEL BRUHL	45	THB	1:14.06
7	1138	DUANE LINNERTZ	47	NCAP	1:19.60
8	1005	CHRISTOPHE TOOLE	47	THB	1:22.29
9	1020	JOHN COLLINS	47	THB	1:28.29
-	1134	ROBERT MAESTRE	48	MACO	DQ
Mixed 200 IM					
1	1046	MICHAEL PENDLETON	47	PMS	2:20.28
2	1025	DANIEL JOHNSON	45	THB	2:35.11
3	1005	CHRISTOPHE TOOLE	47	THB	3:00.66
4	1020	JOHN COLLINS	47	THB	3:08.83
Mixed 400 IM					
1	1025	DANIEL JOHNSON	45	THB	5:32.02
— Ages 50 Through 54 —					
PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1079	ROBERT BRUCE	51	COMA	26.09
2	1169	GREG FROWNFEILER	50	RVM	26.75
3	1162	DANIEL GRAY	53	RVM	29.42
Mixed 100 Free					
1	1162	DANIEL GRAY	53	RVM	1:05.20
Mixed 200 Free					
1	1022	BUZ CARRIKER	51	MHM	2:24.24
2	1162	DANIEL GRAY	53	RVM	2:25.42
3	1082	ROY LAMBERT	52	THB	2:29.09
Mixed 500 Free					
1	1022	BUZ CARRIKER	51	MHM	6:37.19
2	1162	DANIEL GRAY	53	RVM	6:44.37
Mixed 1000 Free					
1	1079	ROBERT BRUCE	51	COMA	13:26.65
2	1162	DANIEL GRAY	53	RVM	14:31.73
Mixed 1650 Free					
1	1079	ROBERT BRUCE	51	COMA	22:34.42
2	1162	DANIEL GRAY	53	RVM	24:23.12
Mixed 50 Back					
1	1079	ROBERT BRUCE	51	COMA	31.70
Mixed 100 Back					
1	1079	ROBERT BRUCE	51	COMA	1:09.42
2	1082	ROY LAMBERT	52	THB	1:34.61

Mixed 200 Back					
1	1079	ROBERT BRUCE	51	COMA	2:39.23
2	1082	ROY LAMBERT	52	THB	3:49.45
Mixed 50 Breast					
1	1169	GREG FROWNFEILER	50	RVM	34.04
2	1082	ROY LAMBERT	52	THB	36.91
Mixed 100 Breast					
1	1169	GREG FROWNFEILER	50	RVM	1:17.53
2	1082	ROY LAMBERT	52	THB	1:18.71
3	1022	BUZ CARRIKER	51	MHM	1:23.45
Mixed 200 Breast					
1	1082	ROY LAMBERT	52	THB	2:55.84
2	1022	BUZ CARRIKER	51	MHM	3:10.83
Mixed 50 Fly					
1	1169	GREG FROWNFEILER	50	RVM	30.52
Mixed 200 IM					
1	1169	GREG FROWNFEILER	50	RVM	2:41.74
2	1022	BUZ CARRIKER	51	MHM	2:52.79
Mixed 400 IM					
1	1169	GREG FROWNFEILER	50	RVM	5:49.20
2	1022	BUZ CARRIKER	51	MHM	6:13.78
— Ages 55 Through 59 —					
PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1074	ROBERT SMITH	55	FISH	24.34
2	1063	TOM LANDIS	56	COMA	25.59
3	1159	FRANK PHILLIPS	56	RVM	27.71
Mixed 100 Free					
1	1063	TOM LANDIS	56	COMA	57.04
2	1159	FRANK PHILLIPS	56	RVM	1:02.90
Mixed 200 Free					
1	1063	TOM LANDIS	56	COMA	2:08.96
Mixed 500 Free					
1	1063	TOM LANDIS	56	COMA	6:02.64
Mixed 1000 Free					
1	1063	TOM LANDIS	56	COMA	13:02.09
2	1052	STODDART SMITH	55	THB	14:31.56
3	1009	RICHARD JUHALA	55	NCAP	17:18.26
Mixed 1650 Free					
1	1063	TOM LANDIS	56	COMA	22:01.44
Mixed 100 Back					
1	1074	ROBERT SMITH	55	FISH	1:02.37
Mixed 50 Breast					
1	1074	ROBERT SMITH	55	FISH	32.96
2	1159	FRANK PHILLIPS	56	RVM	36.77
3	1009	RICHARD JUHALA	55	NCAP	38.38
Mixed 100 Breast					
1	1074	ROBERT SMITH	55	FISH	1:15.49
Mixed 200 Breast					
1	1009	RICHARD JUHALA	55	NCAP	3:30.75
Mixed 50 Fly					
1	1074	ROBERT SMITH	55	FISH	27.38
Mixed 100 Fly					
1	1052	STODDART SMITH	55	THB	1:11.27
Mixed 200 Fly					
1	1009	RICHARD JUHALA	55	NCAP	3:44.68
Mixed 100 IM					
1	1074	ROBERT SMITH	55	FISH	1:04.57
2	1159	FRANK PHILLIPS	56	RVM	1:14.09
3	1052	STODDART SMITH	55	THB	1:14.94
Mixed 200 IM					
1	1009	RICHARD JUHALA	55	NCAP	3:18.54
Mixed 400 IM					
1	1052	STODDART SMITH	55	THB	6:07.32
2	1009	RICHARD JUHALA	55	NCAP	7:00.11
— Ages 60 Through 64 —					
PL	Meet ID	Name	Age	Team	Finals
Mixed 50 Free					
1	1048	GEORGE THAYER	63	COMA	27.44
2	1118	JIM BIGLER	63	MACO	31.39
Mixed 100 Free					
1	1058	DAVID RADCLIFF	64	THB	1:03.61
2	1118	JIM BIGLER	63	MACO	1:09.12
Mixed 200 Free					
1	1058	DAVID RADCLIFF	64	THB	2:24.59
2	1118	JIM BIGLER	63	MACO	2:31.21
Mixed 500 Free					
1	1058	DAVID RADCLIFF	64	THB	6:41.89
2	1090	HUGH O'HAIRE	61	SCAT	8:48.20
Mixed 1000 Free					
1	1058	DAVID RADCLIFF	64	THB	13:53.57
2	1045	BERT PETERSEN	60	PMSC	13:55.50
Mixed 1650 Free					
1	1058	DAVID RADCLIFF	64	THB	23:29.26
2	1090	HUGH O'HAIRE	61	SCAT	29:48.06
Mixed 50 Back					
1	1048	GEORGE THAYER	63	COMA	34.73
Mixed 100 Back					
1	1048	GEORGE THAYER	63	COMA	1:23.30
Mixed 200 Back					
1	1048	GEORGE THAYER	63	COMA	3:04.70
Mixed 50 Breast					
1	1048	GEORGE THAYER	63	COMA	37.71

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2	1118	JIM BIGLER	63	MACO	37.89
Mixed 100	Breast				
1	1118	JIM BIGLER	63	MACO	1:27.14
2	1048	GEORGE THAYER	63	COMA	1:27.46
Mixed 200	Breast				
1	1118	JIM BIGLER	63	MACO	3:32.19
Mixed 50	Fly				
1	1045	BERT PETERSEN	60	PMSC	28.07
Mixed 100	Fly				
1	1045	BERT PETERSEN	60	PMSC	1:06.24
Mixed 200	Fly				
1	1045	BERT PETERSEN	60	PMSC	2:57.69
Mixed 100	IM				
1	1045	BERT PETERSEN	60	PMSC	1:11.68
Mixed 200	IM				
1	1045	BERT PETERSEN	60	PMSC	2:48.09
— Ages 65 Through 69 —					
PL	Meet ID	Name	Age	Team	Finals
Mixed 50	Free				
1	1151	RICHARD WEICK	65	EA	27.05
2	1057	ERIC GUEST	69	MHM	31.09
3	1007	WILLIAM HOLMAN	67	NCAP	35.34
4	1028	CHARLES HULINGS	67	RVM	37.17
Mixed 100	Free				
1	1007	WILLIAM HOLMAN	67	NCAP	1:21.75
2	1028	CHARLES HULINGS	67	RVM	1:28.06
Mixed 200	Free				
1	1057	ERIC GUEST	69	MHM	2:50.56
2	1007	WILLIAM HOLMAN	67	NCAP	3:18.55
Mixed 500	Free				
1	1057	ERIC GUEST	69	MHM	7:54.85
2	1007	WILLIAM HOLMAN	67	NCAP	8:57.72
Mixed 1000	Free				
1	1007	WILLIAM HOLMAN	67	NCAP	19:01.99
Mixed 50	Back				
1	1028	CHARLES HULINGS	67	RVM	43.69
Mixed 100	Back				
1	1151	RICHARD WEICK	65	EA	1:18.93
Mixed 50	Breast				
1	1151	RICHARD WEICK	65	EA	37.64
2	1028	CHARLES HULINGS	67	RVM	47.26
Mixed 100	Breast				
1	1151	RICHARD WEICK	65	EA	1:25.51
2	1028	CHARLES HULINGS	67	RVM	1:49.25
Mixed 50	Fly				
1	1151	RICHARD WEICK	65	EA	32.18
2	1057	ERIC GUEST	69	MHM	37.84
Mixed 100	IM				
1	1151	RICHARD WEICK	65	EA	1:14.49
2	1057	ERIC GUEST	69	MHM	1:27.57
Mixed 200	IM				
1	1057	ERIC GUEST	69	MHM	3:13.54
— Ages 70 Through 74 —					
PL	Meet ID	Name	Age	Team	Finals
Mixed 50	Free				
1	1060	RAYMOND ALLEN	72	MOFIA	48.13
Mixed 100	Free				
1	1060	RAYMOND ALLEN	72	MOFIA	1:41.24
Mixed 500	Free				
1	1060	RAYMOND ALLEN	72	MOFIA	9:53.54
Mixed 1000	Free				
1	1060	RAYMOND ALLEN	72	MOFIA	20:01.19
Mixed 1650	Free				
1	1060	RAYMOND ALLEN	72	MOFIA	34:09.28
Mixed 50	Breast				
1	1035	LEE MIESEN	71	MACO	43.86
Mixed 100	Breast				
1	1035	LEE MIESEN	71	MACO	1:42.66
Mixed 200	Breast				
1	1035	LEE MIESEN	71	MACO	3:59.93
— Ages 75 Through 79 —					
PL	Meet ID	Name	Age	Team	Finals
Mixed 50	Free				
1	1073	GILBERT YOUNG	76	MHM	34.82
Mixed 100	Free				
1	1073	GILBERT YOUNG	76	MHM	1:17.13
Mixed 200	Free				
1	1073	GILBERT YOUNG	76	MHM	2:58.64
Mixed 500	Free				
1	1073	GILBERT YOUNG	76	MHM	8:13.29
Mixed 1000	Free				
1	1073	GILBERT YOUNG	76	MHM	17:06.88
Mixed 1650	Free				
1	1073	GILBERT YOUNG	76	MHM	27:58.29
Mixed 50	Back				
1	1085	EARL WALTER	77	THB	43.91
Mixed 100	Back				
1	1085	EARL WALTER	77	THB	1:45.33
Mixed 200	Back				
1	1085	EARL WALTER	77	THB	3:47.64
Mixed 50	Breast				
1	1085	EARL WALTER	77	THB	47.91
Mixed 100	Breast				

1	1085	EARL WALTER	77	THB	1:55.93
Mixed 200	Breast				
1	1085	EARL WALTER	77	THB	4:20.36
RELAYS					
— Ages 19 Through 24 —					
Female 200 R-Free					
1	3107	PMS A F-19	PMS	1:55.17	
LAURA TYRELL-31 SHAUNA SIMPSON-27 WENDY DIXON-20 ANDREA MILANO-31					
Female 200 R-Medley					
1	3006	PMS A F-19	PMS	2:06.62	
LAURA TYRELL-31 WENDY DIXON-20 ELAINEJANE COLE-36 ANDREA MILANO-31					
2	3003	COMA C F-19	COMA	2:34.80	
LAURA SHELTON-39 KAREN DANIELS-33 HANNAH FREEMAN-19 EMILIE TORRETTA-31					
— Ages 25 Through 34 —					
Female 200 R-Free					
1	3106	PMS A F-25	PMS	1:45.62	
KAREN HAKANSON-33 MAUREEN HASLACH-28 ELAINEJANE COLE-36 F. GAMBETTI-26					
2	3102	COMA B F-25	COMA	1:55.32	
CYNTHIA SMIDT-29 SARA QUAN-26 LAURA SCHOB-40 E. HENDERSON-28					
3	3105	NCAP A F-25	NCAP	1:56.37	
BEKY RAUMUSSEN-36 JEANNE THIMM-35 JOY WARD-56 RENEE RHODS-33					
4	3108	SCAT A F-25	SCAT	2:48.97	
L. BAUMGARTNER-81 CAROL WORRAL-50 KELLY GONZALES-31 G. GUGLIEMINI-33					
Female 200 R-Medley					
1	3007	PMS B F-25	PMS	2:00.61	
F. GAMBETTI-26 MAUREEN HASLACH-28 SHAUNA SIMPSON-27 KAREN HAKANSON-33					
2	3002	COMA B F-25	COMA	2:13.49	
SARA QUAN-26 CYNTHIA SMIDT-29 E. HENDERSON-28 LAURA SCHOB-40					
3	3005	NCAP A F-25	NCAP	2:17.86	
JOY WARD-56 JEANNE THIMM-35 BEKY RAUMUSSEN-36 RENEE RHODS-33					
— Ages 35 Through 44 —					
Female 200 R-Free					
1	3103	COMA C F-35	COMA	1:45.49	
KAREN ALLEN-35 C. CHILCOTT-37 BARBARA HARRIS-39 M. MORRELL-36					
2	3104	mhm A F-35	MHM	1:57.84	
DIANNE VIALES-37 K. GUSTAFSON-43 ANN GOODMAN-39 DONNA RYAN-36					
Female 200 R-Medley					
1	3001	COMA A F-35	COMA	2:01.58	
C. CHILCOTT-37 KAREN ALLEN-35 BARBARA HARRIS-39 M. MORRELL-36					
2	3021	mhm A F-35	MHM	2:17.28	
ANN GOODMAN-39 NANCY MILNER-47 DONNA RYAN-36 DIANNE VIALES-37					
— Ages 45 Through 54 —					
Female 200 R-Free					
1	3109	THB A F-45	THB	2:08.05	
MONIKA HUNSCHER-50 JUDY BEASTON-48 DARLENE STALEY-49 SANDI ROUSSEAU-51					
2	3101	COMA A F-45	COMA	2:54.49	
ADA HEBERT-83 ALEXIS HLAVACEK-52 P. HIMSTREET-55 PEGGY WHITER-55					
3	3110	THB B F-45	THB	2:58.92	
KRISTI RIDDLE-50 LOIS ALLAN-75 JUDY MELCHER-78 MARGARET TOOLE-46					
Female 200 R-Medley					
1	3008	THB A F-45	THB	2:29.94	
MONIKA HUNSCHER-50 JUDY BEASTON-48 DARLENE STALEY-49 SANDI ROUSSEAU-51					
2	3004	COMA D F-45	COMA	3:18.04	
ADA HEBERT-83 ALEXIS HLAVACEK-52 P. HIMSTREET-55 PEGGY WHITER-55					
3	3009	THB B F-45	THB	3:42.64	
MARGARET TOOLE-46 LOIS ALLAN-75 KRISTI RIDDLE-50 JUDY MELCHER-78					
— Ages 19 Through 24 —					
Male 200 R-Free					
1	3118	PMS A M-19	PMS	1:31.96	
K. SILVERSTON-24 MARK RANKIN-32 BILL ZOLNA-29 JEFF WALKER-38					
2	3121	THB B M-19	THB	1:36.35	
JOAQUIN ROMERA-24 CHARLES MIRHO-35 BILL VOLCKENING-33 CHRIS ROTH-40					
3	3120	THB M-19	THB	DQ	
BRYAN ADDLEMAN-24 MURALI KRISHNA-39 PATRICK CECIL-44 CLINT EBERT-39					
Male 200 R-Medley					
1	3048	THB B M-19	THB	1:46.50	
BILL VOLCKENING-33 CHARLES MIRHO-35 CHRIS ROTH-40 BRYAN ADDLEMAN-24					
2	3047	THB A M-19	THB	1:52.03	
LEE O'CONNOR-31 CARL JAYNES-30 JOAQUIN ROMERA-24 MICHAEL BRUHL-45					
3	3045	PMS C M-19	PMS	1:53.31	
K. SILVERSTON-24 M. PENDLETON-47 MARK WREN-40 RON RICHARDS-48					

— Ages 25 Through 34 —				
Male 200 R-Free				
1	3113	COMA A M-25	COMA	1:39.68
PHIL REGET-29 KRIS KRICHKO-42 ERIC SMITH-26				
GREG WELCH-29				
2	3116	PMS A M-25	PMS	1:43.40
RADEK POSPISIL-29 DAVID COBB-39 B. WANNAMAKER-36 JEFFREY ANSPACH-38				
3	3114	mhm A M-25	MHM	1:47.18
PHILLIP KING-32 BUZ CARRIKER-51 MIKE CONRATH-34				
ERIC JENSEN-44				
Male 200 R-Medley				
1	3044	PMS B M-25	PMS	1:45.14
S. PARMENTIER-33 RADEK POSPISIL-29 BILL ZOLNA-29				
MARK RANKIN-32				
2	3037	COMA A M-25	COMA	1:56.70
GREG WELCH-29 ERIC SMITH-26 PHIL REGET-29				
RAYMOND COLTON-40				
3	3040	mhm A M-25	MHM	2:03.44
PHILLIP KING-32 MIKE CONRATH-34 R. BERGSTROM-42				
ERIC JENSEN-44				
4	3042	NCAP C M-25	NCAP	2:34.24
JEFF KALON-33 MARK NEUBERT-41 CHARLES HELM-42				
ROBERT MALLORY-38				
— Ages 35 Through 44 —				
Male 200 R-Free				
1	3117	PMS A M-35	PMS	1:38.17
PETER METZGER-43 RON RICHARDS-48 M. PENDLETON-47				
MARK WREN-40				
2	3112	COMA A M-35	COMA	1:43.88
ERIC STEINHAUFF-39 MICHAEL DOUGLAS-41 MARK FAIRLEE-40 MIKE RILEY-37				
3	3115	NCAP A M-35	NCAP	2:10.83
WILLIAM HOLMAN-67 RICHARD JUHALA-55 CHARLES HELM-42 DUANE LINNERTZ-47				
Male 200 R-Medley				
1	3043	PMS A M-35	PMS	1:49.20
PETER METZGER-43 DAVID COBB-39 JEFFREY ANSPACH-38 JEFF WALKER-38				
2	3038	COMA B M-35	COMA	2:00.79
MIKE RILEY-37 MARK FAIRLEE-40 ERIC STEINHAUFF-39				
MICHAEL DOUGLAS-41				
3	3041	NCAP B M-35	NCAP	2:24.22
RICHARD JUHALA-55 MARK NEWMAN-44 DUANE LINNERTZ-47 WILLIAM HOLMAN-67				
4	3051	THB E M-35	THB	2:24.41
C. TOOLE-47 RICHARD MINTER-46 PATRICK CECIL-44				
MURALI KRISHNA-39				
— Ages 45 Through 54 —				
Male 200 R-Free				
1	3111	COMA A M-45	COMA	1:41.50
GEORGE THAYER-63 ROBERT BRUCE-51 TOM LANDIS-56				
MICHAEL TENNANT-45				
2	3122	THB A M-45	THB	1:47.96
GARY WALLIS-45 JIM TEISHER-49 C. TOOLE-47				
MICHAEL BRUHL-45				
3	3119	RVM A M-45	RVM	2:00.88
FRANK PHILLIPS-56 CHARLES HULINGS-67 DANIEL GRAY-53				
G. FROWNELTER-50				
4	3123	THB B M-45	THB	2:01.43
ROY LAMBERT-52 RICHARD MINTER-46 JOHN COLLINS-47				
DANIEL JOHNSON-45				
Male 200 R-Medley				
1	3039	COMA C M-45	COMA	2:00.29
ROBERT BRUCE-51 MICHAEL TENNANT-45 TOM LANDIS-56				
GEORGE THAYER-63				
2	3050	THB D M-45	THB	2:04.15
JIM TEISHER-49 DANIEL JOHNSON-45 STODDART SMITH-55				
GARY WALLIS-45				
3	3046	RVM A M-45	RVM	2:18.93
CRAIG MATHER-47 FRANK PHILLIPS-56 G. FROWNELTER-50				
DANIEL GRAY-53				
4	3049	THB C M-45	THB	2:38.92
EARL WALTER-77 ROY LAMBERT-52 DAVID RADCLIFF-64				
JOHN COLLINS-47				
— Ages 19 Through 24 —				
Mixed 200 R-Free				
1	3074	THB C X-19	THB	1:46.60
CHARLES MIRHO-35M CHRIS LINDSTROM-26FKRISTINE LEWIS-28F BRYAN ADDLEMAN-24M				
2	3066	PMS B X-19	PMS	1:47.09
LAURA TYRELL-31F SEAN TYRELL-31M WENDY DIXON-20F				
K. SILVERSTON-24M				
3	3059	mhm A X-19	MHM	1:51.67
JEANNA BENNETT-24F SANDRA HYDE-30F PHILLIP KING-32M				
BUZ CARRIKER-51M				
4	3075	THB D X-19	THB	1:59.82
TONI HECKSEL-33F CHRIS ROTH-40M KRISTI RIDDLE-50F				
JOACQUIN ROMERA-24M				
5	3057	COMA F X-19	COMA	2:00.87
HANNAH FREEMAN-19F EMILIE TORRETTA-31F RAYMOND COLTON-40M				
PATRICK ERWERT-45M				
Mixed 200 R-Medley				
1	3097	THB B X-19	THB	1:51.31
BRYAN ADDLEMAN-24M KRISTINE LEWIS-28F CHANDRA HAISLET-29F				
JOACQUIN ROMERA-24M				
2	3092	PMS E X-19	PMS	1:52.78
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K. SILVERSTON-24M WENDY DIXON-20F BILL ZOLNA-29M
KAREN HAKANSON-33F
3 3083 mhm A X-19 MHM 2:06.97
JEANNA BENNETT-24F MIKE CONRATH-34M DONNA
RYAN-36F PHILLIP KING-32M

— Ages 25 Through 34 —

Mixed 200 R-Free

1 3068 PMS D X-25 PMS 1:38.31
F. GAMBETTI-26F BILL ZOLNA-29M KAREN HAKANSON-
33F JEFF WALKER-38M
2 3069 PMS E X-25 PMS 1:42.77
MAUREEN HASLACH-28F MARK RANKIN-32M SHAUNA
SIMPSON-27F S. PARMENTIER-33M
3 3065 PMS A X-25 PMS 1:43.56
ELAINEJANE COLE-36F PETER METZGER-43M ANDREA
MILANO-31F MARK WREN-40M

4 3053 COMA B X-25 COMA 1:44.58
E. HENDERSON-28F SARA QUAN-26F GREG WELCH-29M
PHIL REGET-29M

5 3064 NCAP B X-25 NCAP 1:52.21
DUANE LINNERTZ-47M RENEE RHOADS-33F JEANNE
THIMM-35F JEFF KAELO-33M

6 3055 COMA D X-25 COMA 1:54.80
CYNTHIA SMIDT-29F LAURA SCHOB-40F KRIS KRICHKO-
42M ERIC SMITH-26M

7 3071 SCAT A X-25 SCAT 1:58.09
CHRIS COOK-34M KELLY GONZALES-31F G. GUGLIEMINI-
33F D. TRACY FROMM-33M

8 3063 MWVM A X-25 MWVM 2:04.41
ERIC MILLER-36M KATHY VERMILYEA-29F JONI YOUNG-
37F LARRY PHILBRICK-46M

9 3061 mhm C X-25 MHM 2:04.78
MIKE CONRATH-34M ERIC GUEST-69M NANCY MILNER-
47F ANN GOODMAN-39F

Mixed 200 R-Medley

1 3091 PMS D X-25 PMS 1:51.67
F. GAMBETTI-26F MAUREEN HASLACH-28F MARK
RANKIN-32M JEFF WALKER-38M

2 3089 PMS B X-25 PMS 1:55.41
PETER METZGER-43M DAVID COBB-39M ELAINEJANE
COLE-36F ANDREA MILANO-31F

3 3090 PMS C X-25 PMS 1:56.64
S. PARMENTIER-33M RADEK POSPISIL-29M SHAUNA SIMP-
SON-27F LAURA TYRELL-31F

4 3078 COMA B X-25 COMA 2:02.45
GREG WELCH-29M PHIL REGET-29M E. HENDERSON-28F

SARA QUAN-26F

5 3080 COMA D X-25 COMA 2:11.70
CYNTHIA SMIDT-29F ERIC SMITH-26M LAURA SCHOB-40F
KRIS KRICHKO-42M

6 3087 NCAP B X-25 NCAP 2:14.29
JEFF KAELO-33M BEKY RAUMUSSEN-36F DUANE LIN-
NERTZ-47M RENEE RHOADS-33F

7 3085 mhm C X-25 MHM 2:20.59
K. GUSTAFSON-43F BUZ CARRIKER-51M SANDRA HYDE-
30F ERIC GUEST-69M

8 3093 RAC A X-25 RAC 2:21.42
HORST NIEHAUS-30M SALLY MARTIN-52F DAVID RICE-
32M CATHY LAW-31F

9 3095 SCAT A X-25 SCAT 2:22.27
D. TRACY FROMM-33M CAROL WORRAL-50F CHRIS COOK-
34M G. GUGLIEMINI-33F

— Ages 35 Through 44 —

Mixed 200 R-Free

1 3052 COMA A X-35 COMA 1:43.01
ERIC STEINHAUFF-39M C. CHILCOTT-37F BARBARA HAR-
RIS-39F MIKE RILEY-37M

2 3054 COMA C X-35 COMA 1:48.05
MICHAEL DOUGLAS-41M MORRELL-36F KAREN
ALLEN-35F MARK FAIRLEE-40M

3 3060 mhm B X-35 MHM 1:53.42
DONNA RYAN-36F DIANNE VIALES-37F R. BERGSTROM-
42M ERIC JENSEN-44M

4 3062 NCAP A X-35 NCAP 2:04.74
BEKY RAUMUSSEN-36F RICHARD JUHALA-55M JOY WARD-
56F MARK NEWMAN-44M

Mixed 200 R-Medley

1 3077 COMA A X-35 COMA 1:55.05
C. CHILCOTT-37F MIKE RILEY-37M BARBARA HARRIS-
39F ERIC STEINHAUFF-39M

2 3079 COMA C X-35 COMA 2:07.18
M. MORRELL-36F KAREN ALLEN-35F MICHAEL DOU-
GLAS-41M MARK FAIRLEE-40M

3 3084 mhm B X-35 MHM 2:12.55
ANN GOODMAN-39F ERIC JENSEN-44M R. BERGSTROM-
42M DIANNE VIALES-37F

4 3094 RVM A X-35 RVM 2:18.40
DEBBIE GREGORIE-44F FRANK PHILLIPS-56M G. FROWNEL-
TER-50M JUNE MATHER-46F

5 3086 NCAP A X-35 NCAP 2:19.10
JOY WARD-56F RICHARD JUHALA-55M JEANNE THIMM-
35F CHARLES HELM-42M

— Ages 45 Through 54 —

Mixed 200 R-Free

1 3072 THB E X-45 THB 1:55.23
GARY WALLIS-45M SANDI ROUSSEAU-51F MONIKA HUN-
SCHER-50F MICHAEL BRUHL-45M

2 3056 COMA E X-45 COMA 1:59.90
P. HIMSTREET-55F ALEXIS HLAVACEK-52F ROBERT
BRUCE-51M MICHAEL TENNANT-45M

3 3076 THB B X-45 THB 2:00.88
STODDART SMITH-55M JUDY BEASTON-48F DARLENE
STALEY-49F JIM TEISHER-49M

4 3070 RVM A X-45 RVM 2:06.05
GERI MATHEWSON-50F JUNE MATHER-46F G. FROWNEL-
TER-50M FRANK PHILLIPS-56M

5 3067 PMS C X-45 PMS 2:08.77
LINDA COFFEEN-47F RON RICHARDS-48M KARIN
CLANCEY-45F M. PENDLETON-47M

Mixed 200 R-Medley

1 3096 THB A X-45 THB 2:13.23
MONIKA HUNSCHER-50F GARY WALLIS-45M SANDI
ROUSSEAU-51F MICHAEL BRUHL-45M

2 3088 PMS A X-45 PMS 2:24.21
LINDA COFFEEN-47F M. PENDLETON-47M RON RICHARDS-
48M KARIN CLANCEY-45F

3 3081 COMA E X-45 COMA 2:24.91
ALEXIS HLAVACEK-52F MICHAEL TENNANT-45M ROBERT
BRUCE-51M P. HIMSTREET-55F

4 3100 THB E X-45 THB 2:30.76
C. TOOLE-47M JUDY BEASTON-48F DARLENE STALEY-
49F JIM TEISHER-49M

5 3099 THB D X-45 THB 2:30.94
MARGARET TOOLE-46F ROY LAMBERT-52M DANIEL
JOHNSON-45M KRISTI RIDDLE-50F

— Ages 55 Through 64 —

Mixed 200 R-Free

1 3058 COMA G X-55 COMA 2:38.29
ADA HEBERT-83F PEGGY WHITER-55F GEORGE THAYER-
63M TOM LANDIS-56M

2 3073 THB B X-55 THB 3:12.57
EARL WALTER-77M LOIS ALLAN-75F JUDY MELCHER-
78F DAVID RADCLIFF-64M

Mixed 200 R-Medley

1 3082 COMA F X-55 COMA 3:03.58
ADA HEBERT-83F GEORGE THAYER-63M TOM LANDIS-
56M PEGGY WHITER-55F

2 3098 THB C X-55 THB 3:26.71
EARL WALTER-77M LOIS ALLAN-75F DAVID RADCLIFF-
64M JUDY MELCHER-78F

THE ROCKING CHAIR

The weekend of 19,20,21 March, I participated at the O.M.S. Association meet in Bend. Except for a few minor glitches, Matt Mercer, his staff, volunteers and officials held one of the more hotly contested competitions I have taken part in for years.



The events, especially the relays, were fierce. Through the whole competition you could feel the tension as team members continually checked the team scores. The coaches had their swimmers in top condition and this showed as records fell in Juniper's new pool. Though the competitions was hotly contested, Matt and his crew kept everything running smoothly and good sportsmanship reigned. "Ol Barn" will report the results in his column.

Due to our Chair's concert appointment, Ol Barn and I had the honor of presenting the individual awards, National Top Ten, Relay All American and individual All American patches and certificates. I believe the most surprised recipient was Kristi Riddle when her name was called for the "Spirit Award" which was well deserved. Congratulations to all. At the end of the meet, the banners were presented to the top three winners of each category.

Following the final event on Saturday, the scheduled Board meeting was held at Hollingshead Barn prior to the Pasta Feed. As requested by Chair Suzanne, I chaired the

by Eric Guest, Past Chair

meeting. It was attended by most board members and as the minutes will show a lot was accomplished. The meeting, as usual, ran longer than planned and the Feed got under way before the meeting adjourned. The Pasta Feed, arranged and

planned by George Thayer and his crew was great. The tickets were sold out and those that failed to purchase one really missed a treat. Thank you George. Thanks also to Donna Ryan for the new cups for individual first awards, the plaques and ribbons. Dan Gray did an excellent job with the banners.

I am very sorry to report the passing of a good friend, fellow Mt.Hood Master and Oregon Master swimmer. Dave Bernstein, born 2/26/22 passed away on 3/11/99 at the age of seventy-seven of cancer. Dave, a retired Forester, became an active master swimmer in the early 1980's and competed in meets concentrating on distance, back stroke and open water events. Dave was quite proficient at the elementary back stroke. He was an active member of the Mt.Hood Masters and will be missed by all who knew this GENTLE MAN.

I close, wishing you all a very happy Easter, and continued good health.

Stay wet and stay fit. God Bless.

Tualatin Hills "Swim into Summer" Long Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #379-06

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

Unregistered swimmers must submit a 1999 registration form and fee with this form.

Hosted by Tualatin Hills Barracudas

DATE: June 12, 1999

Place: Tualatin Hills Aquatic Center Pool

WARMUPS: Saturday 8:00 A.M.

15707 S.W. Walker Rd. Beaverton OR

MEET STARTS: Saturday 9:00 A.M.

6-8 lanes competition - electronic timing

1-3 lanes continuous warm up/down area, 1 buffer lane

Meet Director: Ed Ramsey 503-693-8173(home) e-mail - tkramsey@gte.net

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

**All entrants MUST submit a PHOTOCOPY
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY**

ENTRY DEADLINE: POSTMARKED NO LATER THAN May 27, 1999

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

NAME _____ 1999 USMS# _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ BIRTHDATE _____ AGE _____
SEX _____ USMS CLUB _____ (OREG, MACO, PNA, etc)

AGE GROUPS: 19-24,25-29,30-34, etc. etc. up to 95+. RELAY AGES: 76+, 100+, 120+,160+, 200+,240+, 280+, & 320+ **You may enter a maximum of 5 individual events plus 4 relays.** Enter relays at the meet. In each relay event, relay teams may swim either 200m, 400m, or 800m, (800m for Free relays only). The 400m and 800m relays will be seeded in heats following the 200m relays of the same type. The 400m and 800m Freestyles will be deck seeded. All events will be seeded SLOW TO FAST.

Saturday, June 12

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

800 FREE (2) _____:_____._____

SECOND WARMUP 20 MINUTES entire pool

FREE RELAY (3 / 4) XXXXXXXXX

50 FREE (5) _____:_____._____

100 BREAST (6) _____:_____._____

200 BACK (7) _____:_____._____

50 FLY (8) _____:_____._____

200 I.M. (9) _____:_____._____

MXD FREE RELAY(10) XXXXXXXX

BREAK BREAK BREAK

100 FREE (11) _____:_____._____

200 BREAST (12) _____:_____._____

50 BACK (13) _____:_____._____

100 FLY (14) _____:_____._____

MED RELAY (15/16)XXXXXXXXXX

BREAK BREAK BREAK

200 FREE (17) _____:_____._____

50 BREAST (18) _____:_____._____

100 BACK (19) _____:_____._____

200 FLY (20) _____:_____._____

MXD MED RELAY (21) XXXXXXXXX

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 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 _____

**MEET ENTRY FREE: \$11.00 Make checks payable to Oregon Masters Swimming
Mail form(s) and fee(s) to: Suzanne Rague 935 N.W. 170th Place Beaverton, OR 97006**

Minutes of the February 27, 1999 OMS Board Meeting

Attendees: Dan Gray, Eric Guest, Pam Himstreet, Monika Hunscher, Ginger Pierson, David Radcliff, Suzanne Rague, Sandi Rousseau, Jeanne Teisher, Bill Volckening, Earl Walter

Call to Order: 1:30 PM

Secretary: Sharon Stuart - not present. No report. Bill Volckening recording. Minutes approved as corrected.

Treasurer: Jeanne Teisher - Jeanne distributed the financial report for January. Miscellaneous expenses included NIKE certificates and Animal Meet T-shirts. The Board discussed assets, unearned revenue, and reimbursement for out-of-area meetings.

Vice-Chair: Pam Himstreet - The Board discussed the Eugene meet format and the 2-per-lane seeding in long distance events. The Board approved reimbursement for the Eugene meet and the Pentathlon. SCM Zone bids are due before the Association meet. Clubs bidding thus far are MAC and David Douglas. Pam asked for corrections on the T-Hills LCM meet. The Board approved a change in the warm-up time. Pam reported a need for Hy-Tek operators. Ginger suggested advertising in the Aqua-Master and Oregon Swimming newsletter. The Eugene summer LCM meet will be added to the schedule.

Committee Reports: Open Water / Long distance: Dan Gray presented the updated schedule. The Board discussed the schedule conflict between the Elk Lake swim and LCM Zones. Dan presented a donation of \$1000 from Mike Tennant. Pam asked for a letter to be sent to the donor on behalf of OMS. She advised that the Treasurer send the response for monetary donations. The Board discussed donations.

Awards / Souvenirs: Donna Ryan - not present. Report given by Dan Gray. Dan reported on the banner awards for Associations. He presented sizing templates and prices for reference. The Board approved three sizes for banners.

Aqua-Master: Dave Radcliff - The March Aqua Master is in the mail. Dave presented the list of features in the April issue. Swimmer profiles have been delegated to club representatives.

Registration: June Mather - not present. Report given by Dan Gray. Dan presented registration numbers (not recorded in minutes). The Board discussed the number of non-registered individuals receiving complementary copies of the Aqua-Master. Suzanne presented the local/chapter team registration form from the Pacific Northwest (PNA) LMSC and suggested we could use the form to help track out local clubs and workout groups.

Membership: Phil King - not present. No report.

Top Ten / Data Manager: Suzanne Rague - reported on the progress with proofing the USMS National Top Ten for SCM. Several Oregon Masters Swimming relays were listed with an incorrect abbreviation; it should be "OREG" rather than "OMS".

Fitness: George Thayer - not present. No report. George reported the number of participants from Bend and Tualatin Hills for the January One Hour Postal Swim. Sandi and Bill brought up the idea of entering relays.

Historian / Records: Earl Walter opened a discussion about Most Outstanding Swimmer Awards. He suggested we keep the point system and present awards for the top three in each category. The board approved the proposal to keep the annual awards in two age groups, three awards in each group (six total). Earl also reported on All-Americans, noting that Oregon had its best showing ever in 1998. He has ordered individual and relay All-American awards. Dan asked for clarification on the name of the award, noting that it does

not include long distance postal and open water swimming events.

Officials: Al Smith - not present. No report. Suzanne opened a discussion about soliciting volunteers for this position. The Board discussed possible candidates.

Host/Social: Jeanne Thimm. No report.

Safety Coordinator: Sandi Rousseau. Pam opened discussion about published guidelines for safety marshals. The Board discussed using lifeguards as safety marshals, and the Northwest Zone and Oregon LMSC guidelines.

Past Chair: Eric Guest. No report.

Ad Hoc Sunshine: Luella Petersen - not present. No report.

Old Business: OMS Web Page - Monika Hunscher - Monika asked for a discussion on purchasing new software to assist in the production of online information, including the newsletter and all entry/registration forms. She proposed the purchase of Adobe PageMaker to assist in creating PDF files, which would help provide fully formatted documents online. She offered to test the software with her conversion software before purchasing PageMaker. Sandi moved to purchase software if the test works. The Aqua Master has been added to the web site. Some categories on the site are in need of information.

Sponsorship guidelines (ongoing) No new information to report.

On-deck coaching program (update) No new information to report.

USMS Public Service Announcement: USMS and Beth Beadlings work - Deferred until future meeting.

Ideas for adding variety to meets for next year- See Vice Chair's report.

Methodology for organizing relays The Board discussed possible procedures and potential volunteers. Pam and Monika volunteered to help. The Board agreed to gather information from attendees and use the information to establish contacts and make relay line-ups.

OMS attire for larger meets - The Board discussed T-shirts and caps, but deferred other attire until March.

New Business: OMSs role in Oregon Donor Program - The Board discussed how to promote the program to OMS and the Albert Tina Kerr Swim-A Lap program. The board passed a proposal to offer a one-page flier in the Aqua Master.

Nominations for annual awards - The Board made nominations and agreed to vote via email and phone. Awards will be presented at the Association meet.

State Games contract - Suzanne presented a proposal for updating Hy-Tek Operators' payment/compensation. She reported the rest of the contract looks good. The Board passed a motion to change the compensation policy to match the current OMS policy, and to give Suzanne the approval to sign.

Meet conflicts - See Open Water report.

One-hour swim reimbursement - Bill requested reimbursement for the Oregon relays he entered in the One-Hour Swim. Sandi opened discussion about extending the OMS policy to postal events. Additional discussion followed.

Meet Bid Contracts - Pam distributed handouts and asked for feedback.

Promoting Open Water participation - Dan opened a discussion on additional awards for outstanding open water swimmers and presented the criteria.

Action Items (arising from meeting - in addition to normal tasks) Each member please read minutes and your own notes for your action items

Adjournment: 5:10 PM.

Next Meeting: March 20, 1999, at the conclusion of the Bend meet

1999 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS

Recognized by Oregon LMSC for USMS, Inc. #379-07

MT. Hood Community College Gresham, Oregon
26000 SE Stark, Gresham
8 lanes competition, elec.timing, 1 lane warmup/down
Packet pick-up at pool only. Heat sheets sold separately
Meet Hotels: Inn America 1000 NW Gresham Rd. -
492-2900, Phoenix Inn 477 NW Phoenix Dr. - 669-
6500. Both are in Troutdale.

ELIGIBILITY: STATE OF OREGON RESIDENT
AND/OR REGISTERED OMS MEMBER

DATE: JULY 10-11, 1999

Warm-ups: 1:00 p.m. Sat. & Sun.
Meet Starts: 2:00 p.m. Sat. & Sun.

ENTRY DEADLINE: ALL ENTRIES MUST BE RECEIVED BY JUNE 22, 1999
LATE ENTRIES WILL NOT BE ACCEPTED

All registered Masters Swimmers MUST submit a PHOTOCOPY
OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY

-----RETURN THIS LOWER PORTION-----

NAME _____ BIRTHDATE _____
(office use) _____

ADDRESS _____ CITY _____ COUNTY _____

ZIP _____ PHONE _____ AGE _____ SEX _____

If you are a registered Masters Swimmer, please enter

your 1999 USMS # _____ USMS Club (OREG, MACO, etc.) _____

AWARDS: T-SHIRTS FOR ALL ENTRANTS MEDALS FOR 1ST, 2ND, & 3RD PLACES

T-SHIRT SIZE: _____ SMALL _____ MEDIUM _____ LARGE _____ X-LARGE (CHECK ONE)

AGE GROUPS: 19-24,25-29,30-34,etc. etc. up to 95+. RELAY AGES: 76+, 100+, 120+,160+, 200+,240+, 280+, &
320+. Disabled swimmers may enter as "disabled" and be treated as a separate age group category for awards.

ENTER RELAYS AT THE MEET. 200, 400, and 800m relays will be available. The 400, and 1500 Frees will be deck
seeded. Check in prior to 30 minutes before these events required. All events will be seeded SLOW TO FAST.

SATURDAY, JULY 10

400 M I.M. (1) _____:_____.
BREAK BREAK BREAK
FREE RELAY (2/3) XXXXXXXXXXXXX
100 M BACK (4) _____:_____.
100 M FREE (5) _____:_____.
200 M FLY (6) _____:_____.
BREAK BREAK BREAK
200 M BREAST (7) _____:_____.
50 M BACK (8) _____:_____.
50 M FREE (9) _____:_____.
MXD FREE RELAY (10) XXXXXXXXXXXXX
1500 M FREE (11) _____:_____.
(12) _____:_____.
(13/14) XXXXXXXXXXXXX
(15) _____:_____.
(16) _____:_____.
(17) _____:_____.
(18) _____:_____.
(19) _____:_____.
(20) _____:_____.
(21) _____:_____.
(22) XXXXXXXXXXXXXXXXXXXX

SUNDAY, JULY 11

400 M FREE (12) _____:_____.
MEDLEY RELAY (13/14) XXXXXXXXXXXXX
BREAK BREAK BREAK
100 M FLY (15) _____:_____.
50 M BREAST (16) _____:_____.
200 M BACK (17) _____:_____.
200 M FREE (18) _____:_____.
BREAK BREAK BREAK
50 M FLY (19) _____:_____.
100 M BREAST (20) _____:_____.
200 M I.M. (21) _____:_____.
MXD MED RELAY (22) XXXXXXXXXXXXXXXXXXXX

I am a disabled swimmer and wish to enter the meet in this special category. _____ (check if appropriate)

In consideration of being allowed to participate in any way in the State Games of Oregon Athletic and/or Sports Program, and related events and activities, the undersigned: acknowledges and fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time; assumes all the foregoing risk and accepts personal responsibility for the damages following such injury, permanent disability or death; releases, waives, discharges and covenants not to sue the State Games of Oregon, its affiliated clubs, their respective administrators, directors, agents, coaches, volunteers, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, the National Congress of State Games, and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability to each of the undersigned, his/her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise. In the event of injury, the athlete will pay all medical costs. I have read the above waiver and release, understand that I give up substantial rights by signing it and sign it voluntarily.

Signature of athlete: _____ DATE _____

ENTRY FEE: \$20.00 for 2 events plus \$ 4.00 for each additional event. Limit of 6 individual events, 5 events per day.

MAIL ENTRY FEE AND FORM TO: STATE GAMES OF OREGON

4840 SW Western Ave., Suite 900 Portland, OR 97005

Aqua-Master

May 1999

Aqua-Master
1211 SW Fifth Avenue
Portland, OR 97204-3795

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In this issue: Results of the Association Meet

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