

Aqua-Master



Volume 27, Number 8 Published Monthly by OMS, Inc. September 2000

The Chair's Corner by Suzanne Rague

Hello Friends,

I need to say "thank you" to all of the meet directors who helped make our long course and open water seasons so spectacular this summer. I don't mean to pick favorites, but I think a few events deserve special mention -- Mike Conrath for stepping up as first-time Masters Swimming Commissioner for the State Games of Oregon meet, Dave Radcliff for running a terrific Northwest Long Course Zone Championships, and Dan Gray for a first-ever, spectacular Open Water National Championship in Oregon. Congratulations and well done to all. Masters swimming holds it's annual convention in early October, and one task at the convention is to vote on proposed changes to the rulebook which governs all of our meets. You can go to the USMS web site, at usms@usms.org and find a list of the changes which have been submitted. If you have an opinion or

comments, please relay them to me or to one of our convention delegates: Bob Bruce, Dan Gray, Pam Himstreet, June Mather, Ginger Pierson, Dave Radcliff, Sandi Rousseau, Jody Welborn, or Bill Volckening.

COMA and North Clackamas Win Open Water Association Championships

The Open Water Championships at Haag Lake on August 13th lived up to everyone's expectation. With 132 OMS swimmers participating in the 1 mile swim, this was the best attended Association Championships. This year two teams took home Championship Banners. Once again, COMA topped The Large Team category, while the newly organized North Clackamas Swim Team took first place honors for the Small Team category.

TEAM SCORING - LARGE TEAMS:

COMA	221	POINTS
THB	143	POINTS
MACO	97	POINTS
PMS	62	POINTS

TEAM SCORING - SMALL TEAMS

NCST	44	POINTS
SSC	35	POINTS
EA	34	POINTS
METRO Y	29	POINTS
RVM	12	POINTS
CMST	11	POINTS
MHM	9	POINTS
MOFIA	5	POINTS
WBM	5	POINTS

(Open Water Results on pages 5 - 10)

ol'Barnacle reviews - results - records

Northwest Zone LCM Championships 2000

Well now, we might not have had all the numbers we would have liked, BUT, we certainly had the QUALITY !!!

For starters, how about FIVE Olympians : Bonnie Pronk (British Columbia), Gail Roper (USA), Barbara Jackson (USA), David Radcliff (USA) and Vinus Van Baalen (Holland). OB is particularly sorry that he did not get a chance to introduce Vinus to the multitude, Jim Miles of PNA was trying to help, but could not get my attention, Busy, Busy. Jim is also a reminder of how great Masters is, last saw him swimming in New Zealand back in 84, he is now back with it, GREAT !

We had Oregon Records and we had NW Zone Records, your correspondent did not have local records, with the exception of Oregon, sorry.

Mt Hood Community College Pool, must be fast, we always seem to rock the record books, thanks for A GREAT swimming meet. The work of David Radcliff, our Meet Director, and so many wonderful Officials, Timers, it made it all possible.

Women 20-24 : Justine Hansen had this all to herself, promptly picked up Gold in the 50 thru 800 Free. Her 11:42.68 in the 800 should be a # 4 in the TT. Justine at 24 will be moving up to 25-29.

Women 25-29 : Kristi Lee from Snake River won 6 Free events- 200-2:28.34(TT10), 400 5:12.29
continued on page 16

Inside For You

ol'Barn	page 1
The CHAIR'S CORNER	page 1
2000 schedule of events	page 2
It's Official	page 3
Open Water	page 5
Elk Lake Results	pages 6-7
Haag Lake Results	pages 8-9
LCM Zone Results	pages 11-14
OMS/USMS Late Registration	page 17
Entry Blanks -	
SCM Zone	page 4
Pentathlon	page 15
Tigard -Tualatin	page 18
3000/6000 Postal Entry	pages 19-20
Advertisement	page 21

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2000 Calendar and Meet Schedule Pool

Date	Event	Location	Contact
Oct. 7,8	*SCM Zone	Federal Way, WA	Jim Stephens (425 228-0455 stephens@netos.com
Oct 28	SCY	Pentathlon - T Hills Beaverton	Sandi Rousseau - (503) 642-3679 tsrousse@ix.netcom.com
Nov. 19	SCY	Tigard-Tualatin	Rose Gerstmar -(503) 620 3871 glenngers@aol.com

Open Water

Postal Championships

May 15 - Sept. 30	5/10 K Postal Swim	Jane Moore - weswim@mindspring.com
Sept. 1 - Oct. 31	*3000/6000 Postal Swim RVM Ashland, Oregon	June Mather - (541) 482-0610 csmather@jeffnet.org

National Championships 2000/2001

Sept. 10	5 K	Chicago, IL	Chris Sheean - Chris@bigshoulders.org
May 17-20, 2001	SCY	Santa Clara, CA	Alma Guimarin aguimarin@aol.com
Aug. 4, 2001	2 Mile	Elk Lake, Oregon	Pam Himstreet - (541) 385-7770 him@bendnet.com
Aug. 16-19, 2001	LCM	Federal Way, WA	Hugh Moore - weswim@mindspring.com

* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

OMS Board Meetings - (All OMS members are invited)

Sept. 20	7 PM	MAC Club
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(Note: Minutes of OMS Board meetings will now appear on the OMS Web Page. They will no longer be printed in the Aqua-Master)

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. or Oregon Masters Swimming.

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.

IT'S OFFICIAL

Gary Wallis, Officials Chair

This is the first in a series of articles about the rules of swimming. I am frequently surprised by the number of swimmers who either did not know there were rules or understood them incorrectly. So, I hope you will find this series educational and will help you to avoid the dreaded disqualification (DQ). The series will cover the strokes in the order of the Individual Medley. This month let's learn about what an official looks for in butterfly. The 2000 USMS rule is provided in italics, my comments are in straight text.

If you would like your own copy of the rule book it may be purchased from USMS at their web site: www.usms.org or viewable on-line at www.usms.org/rules. Be aware that USMS rules vary from FINA and USA Swimming in a few places. We'll touch on these differences as we go through each stroke and again in a later article.

BUTTERFLY

Start:

The forward start shall be used. (101.3.1)

A forward start is defined as -*The forward start may be taken from the starting block, the pool deck, or a push from the wall. On receiving clearance from the referee (for all events except backstroke and medley relay) the starter shall direct the swimmers to assume a position with at least one foot at the front of the block, the edge of the deck, or on the wall before the command "Take your mark."* Those starting in the water must have at least one hand in contact with the wall or starting block. (101.1)

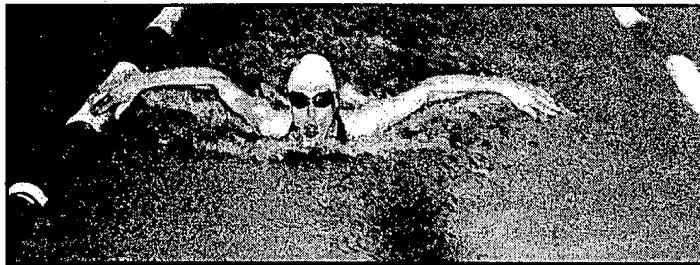
Note that at least one foot must be at the front edge of the block or the edge of the deck before the starter gives the "Take your mark" command.

Stroke:

After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. One or more leg kicks are permitted, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the swimmer's shoulders shall be in line with the water surface. Both arms must be brought forward over the water and pulled back simultaneously.

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The rules don't say there has to be airspace under the arm on the recovery so judges are generally guided to look for some part of the hand or arm breaking the surface during the recovery phase. For arm motion to be non-simultaneous officials are looking for a distinctive difference in the way the arms move. Your stroke and recovery need not be in perfect unison but they should be reasonably close to it. Next month we'll review the rest of the rules pertaining to

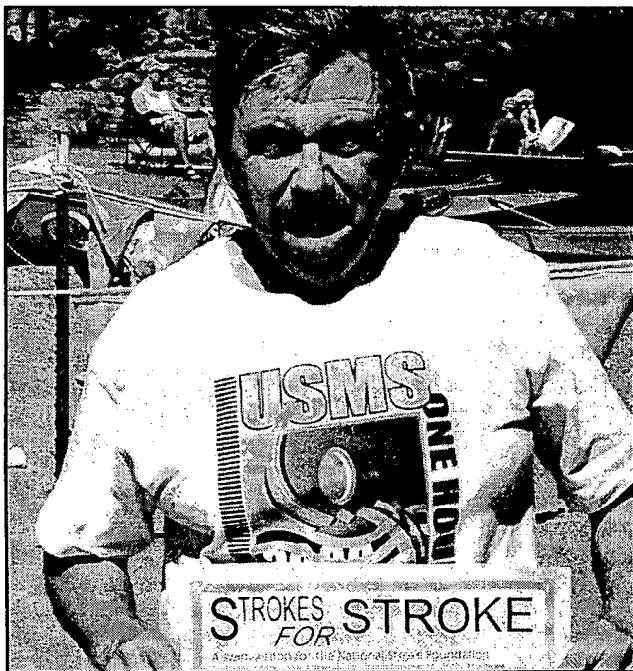


"From the beginning of the first arm pull, the swimmer's shoulders shall be in line with the water surface. Both arms must be brought forward over the water and pulled back simultaneously."

STROKES FOR STROKE

Dallas Figley shows his Strokes for STROKE sign that he posted at his training pool, at his place of work and had friends take to their job sites. Dallas's goal was to swim 12 miles in one day and to raise money for stroke victims. His big question was could he do it? His plan was to start a mile very 45 minutes. In nine hours he completed the 12 miles. He did it! He made his goal! But more important was his main goal of raising money for victims of strokes. All totaled he raised \$285 for the Strokes for STROKE campaign which was sponsored by USMS.

Way to go Dallas! OMS is proud of you and your outstanding effort of swimming 12 miles in 9 hours and collecting \$285. You truly displayed the positive side of Masters Swimming.



2000 NORTHWEST ZONE SHORT COURSE METER CHAMPIONSHIP
Sponsored by Federal Way Masters. Sanctioned by the Pacific Northwest Association
of Masters Swimmers for USMS, Inc. Sanction # 003609

DATE: **Saturday October 7th and Sunday, October 8th, 2000**
TIMES: **Saturday October 7th, Warm-up: 11:00 AM, Meet starts: 12:00 NOON**
Sunday October 8th, Warm-up: 8:00 AM, Meet starts: 9:00 AM
PLACE: **WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,**
Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: **Jim Stephens** (425) 228-0455 stephens@netos.com

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-meter courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses may be used for events 400 meters and longer. Only one course will be used for events less than 400 meters. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard.

RULES: Current USMS Rules will govern the meet. Ribbons will be awarded for 1st-6th place.

ELIGIBILITY: Open to all year-2000 USMS or MSC registered swimmers age 19 and above as of October 8th. Age groups will be based upon the swimmer's age as of December 31, 2000.

DIRECTIONS: From North or South Bound I-5 take exit 142 B which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #B) (Seeding slow to fast / Deck enter relays at the meet)

SATURDAY October 7th, 12 NOON		SUNDAY October 8th, 9 AM	
1	800 Freestyle (check-in by 11:30 AM)	15	400 Freestyle (check-in by 8:30 AM)
Event 2 will not start before 12:30 PM		Event 16 will not start before 9:30 AM	
2	100 Individual Medley	16	Women's/Men's 200 Medley Relay
3	Women's/Men's 200 Freestyle Relay	17	Women's/Men's 400 Medley Relay
4	Women's/Men's 400 Freestyle Relay	18	100 Breaststroke
5	Women's/Men's 800 Freestyle Relay	19	50 Butterfly
6	50 Backstroke	20	200 Freestyle
7	200 Butterfly	10 minute break	
8	100 Freestyle	21	200 Individual Medley
10 minute break		22	Mixed 800 Freestyle Relay
9	Mixed 200 Medley Relay	23	Mixed 400 Freestyle Relay
10	Mixed 400 Medley Relay	24	Mixed 200 Freestyle Relay
11	100 Backstroke	25	50 Breaststroke
12	50 Freestyle	26	200 Backstroke
13	200 Breaststroke	27	100 Butterfly
14	400 Individual Medley (check-in by 2:30)	28	1500 Freestyle (check-in by 11:30 AM)

RELAYS: Swimmers shall be allowed to swim only once in each relay sequence (e.g., event 3, 4, or 5). Each relay team can choose to swim 200m, 400m, or 800m (800m for Freestyle relays only). Women's relays will precede men's relays (Events 3, 4, 5, 16, and 17).

WEBSITE: Visit the PNA website at www.swimpna.org for updated information.

Motels: The following motels are in Federal Way:

Holiday Inn Express	34827 Pacific Highway S. (1.4 miles from pool)	(253)838-3164
Super 8 Motel	1688 S 348 th Street (2 miles from pool)	(253)838-8808
Travel Lodge	1505 S 328 th Street (4 miles from pool)	(800)578-7878
Best Western Executell	31611 20 th Ave S. (5 miles - near SeaTac Mall)	(253)941-6000
Holiday Inn Hotel & Suites	32124 25 th Ave S. (5 miles - near SeaTac Mall)	(253)529-4000
Marriott	Gateway Center (5 miles - near SeaTac Mall)	(253)529-0200

2000 NORTHWEST ZONE SHORT COURSE METER CHAMPIONSHIP
Sponsored by Federal Way Masters. Sanctioned by the Pacific Northwest Association
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Saturday October 7th and Sunday, October 8th, 2000

NAME: _____ M F AGE: _____

ADDRESS: _____

EMAIL ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB: _____ or UNATTACHED _____ LMSC: _____

AGE GROUP (Determined by your age as of December 31, 2000):

19 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59
60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 - 94	95+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEE: \$ 13.00 Surcharge (includes NW Zone \$1 surcharge)

\$ _____ T-shirts @ \$12 indicate size (M L XL)

Individual Events: + \$1 per event for swimmers under age 65
No charge for swimmers 65 or over. No charge for relays

Total: \$ _____ Please make checks payable to Federal Way Masters

Mail this entry form and fees to: **Jim Stephens**
16226 SE 178th PL
Renton, WA 98058

Phone or e-mail: **(425) 228-0455 stephens@netos.com**

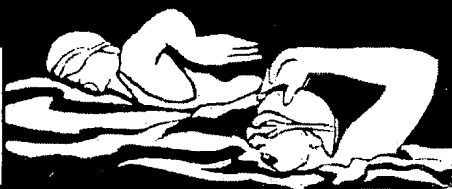
Entries must be postmarked no later than Saturday, September 23rd or received by Wednesday, September 27th, 2000. **Include a copy of your Masters registration card if you are not a PNA member.** All swimmers must have a valid 2000 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

SAFETY FIRST: NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

WAIVER: 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.

SIGNED: _____ DATE: _____

OPEN WATER SWIMMING



LONG DISTANCE SWIMMING

By Dan Gray, Open Water/Long Distance Swimming Chair

The Oregon Masters Open Water Swim Series is having its greatest season ever. The program continues to grow in so many ways: increase in individuals participating, increasing interest in creating more venues, bringing USMS National events to Oregon and bringing so many people together in beautiful outdoor surroundings.

CASCADE LAKE SWIM SERIES

The swim was once again a well organized, well attended series with the beautiful backdrop of the Sisters Mt. range. The water temp. was perfect and the number of wetsuits were minimal. The overall series winners were the genetic duo of Amy & Greg Imwalle. Their wins were closely contested, Sara Quan, finishing just 2 pts behind Amy, while Andy Lachman was 3 pts behind Greg. A real "class act" by all swimmers involved. A well deserved round of applause goes to Matt Mercer and the entire "COMA Crew" for their efforts.

HAGG LAKE SWIM / ASSOC. CHAMPIONSHIPS

The swim held this past weekend lived up to the expected: this was the best attended Assoc. Championships with 132 OMS swimmers participating in the 1 mile swim, competing for the OMS Open Water Team Championships. This year, there were two teams taking home banners: once again, COMA topped The Large Team category, while the newly organized North Clackamas Swim Team took the first place honors for the Small Team category.

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CMST	11	POINTS
MHM	9	POINTS
MOFIA	5	POINTS
WBM	5	POINTS

A complete review will be done for the October AquaMaster. We will review the entire season and the Open Water Series.

MIKE MOREHOUSE SPIRIT AWARD

At the Association Championships, the annual Mike Morehouse Spirit awards were given to two very deserving individuals. This award is given to swimmers that show the highest standards of sportsmanship while participating in the many open water events. The 2000 winners were Peggy Whiter from COMA and Dave Radcliff from THB.



Peggy Whiter

These two people are highly deserving of their awards and show everyone the way in the area of great sportsmanship. Thanks folks!!!!!!!!!!!!!!

The annual Open Water Committee planning & review meeting will be held in Eugene, most likely on the 21, or 22 of October. This planning session is open to all those interested in the open water planning. The committee has a lot of work to do for 2001 (and future) so please remember, this is a work session. We are looking at the possibility of a follow up Lake Swim Workshop in the winter. Stay tuned and keep checking the OMS website. It will help keep you up to date.



**3000/6000 Yard
USMS Postal
National Championships**



Rogue Valley Masters

Entry Blank for the 3000/6000 Postal swim is on pages 19-20

Cascade Lakes Swim Series 2000

500-Meter Time Trial Results

Sex	AgeGp	Pl	Name	Age	Team	500time	Overall
F	18-un	1	Coxen, Cassie	13	KAT	8:27.09	34
F	19-24	1	Imwalle, Amy	20	OR-coma	6:35.56	3
		2	Smith, Jodi	22	OR-unat	6:59.81	9
F	25-29	1	Quan, Sara	27	OR-coma	6:42.53	5
		2	Henderson, Elizabeth	29	OR-coma	7:25.18	16
		3	Lindstrom, Chris	27	OR-thb	7:40.25	21
F	30-34	1	Halligan, Amy	33	OR-coma	6:47.15	6
		2	Blain Birnie, Shelley	31	OR-coma	7:32.94	17
		3	Milano, Andrea	32	OR-pms	7:51.53	29
		4	Lewis, Kristine	30	OR-thb	8:10.41	33
		5	Smidt, Cynthia	30	OR-coma	8:40.94	36
F	35-39	1	Juba, Kristin	35	OR-coma	7:48.62	26
		2	Allen, Karen	36	OR-coma	8:01.59	31
		3	Sorlie, Nancy	37	OR-coma	8:59.53	38
		4	Harmon, Marcia	37	WCM	9:20.56	42
F	40-44	1	Schob, Laura	41	OR-coma	8:06.78	32
		2	Goodman, Ann	41	OR-mhm	8:41.44	37
		3	Campbell, Judy	40	OR-coma	9:20.38	41
		4	Martin, Amanda	42	OR-rvm	10:14.14	50
		5	Bouchard, Nancy	40	OR-coma	10:44.72	53
		6	Meador, Mary	40	OR-coma	11:55.50	56
F	45-49	1	Gregoire, Deb	45	OR-coma	7:52.91	27
		2	Gustafson, Kristi	45	OR-mhn	7:58.62	30
		3	Thomas, Anne	49	OR-coma	9:26.25	44
		4	Perrin, Shela	48	OR-thb	9:56.55	48
		5	Peterson, Connie	45	OR-coma	10:15.06	51
F	50-54	1	Imwalle, Cathy	50	OR-coma	7:45.00	25
		2	Amott, Susan	52	PNA-gccb	9:45.88	46
F	55-59	1	Whiter, Peggy	56	OR-coma	10:03.09	49
F	60-64	1	Hodge, Peggy	60	OR-coma	10:36.09	52
M	18-un	1	Coxen, Brody	12	KAT	9:14.18	40
M	19-24	1	Imwalle, Greg	19	OR-coma	6:07.18	1
		2	Lachman, Andy	19	MACO	6:19.78	2
M	25-29	1	Elliott, Scot	26	OR-coma	7:17.91	14
M	30-34	1	Hackley, Jeff	32	OR-thb	7:14.03	11
		2	Reget, Phil	31	OR-coma	7:16.97	12
		3	Ferreira, Kevin	30	OR-coma	7:41.50	23
		4	Guichard, Marc	34	OR-pms	9:51.28	47
M	35-39	1	Higley, Rob	35	OR-coma	6:54.94	8
		2	Riley, Mike	39	OR-coma	7:34.00	19
		3	Van Der Zwan, David	37	OR-mofia	7:43.15	24
		4	Abernathy, Bruce	37	OR-coma	9:36.66	45
M	40-44	1	Steinhauff, Eric	41	OR-coma	6:41.75	4
		2	Harmon, Ken	40	WCM	6:53.22	7
		3	Douglas, Mike	42	OR-coma	7:20.18	15

Sex	AgeGp	Pl	Name	Age	Team	500time	Overall
		4	Fairlee, Mark	42	OR-coma	7:33.48	18
		5	Wren, Mark	41	OR-pms	7:37.09	20
M	45-49	1	Tennant, Mike	47	OR-coma	6:17.22	13
		2	Figley, Dallas	48	OR-wbm	8:59.84	39
M	50-54	1	Bruce, Bob	52	OR-coma	7:41.34	22
		2	Gallagher, Dennis	50	OR-coma	11:53.94	54
M	55-59	1	Landis, Tom	58	OR-coma	7:09.06	10
		2	Gray, Dan	55	OR-rvm	8:36.81	35
M	60-64	1	Lake, Brent	62	OR-coma	9:25.44	43
M	65-69	1	Radcliff, Dave	66	OR-thb	7:57.69	28
M	70-74	1	Hollander, Lew	70	OR-coma	11:38.78	55

1500-Meter Results

F	18-un	1	Coxen, Cassie	13	KAT	25:56	41
F	19-24	1	Imwalle, Amy	20	OR-coma	19:43	4
		2	Smith, Jodi	22	OR-unat	21:00	10
		3	Fonner, Molly	21	OR-thb	22:39	17
		4	Picknell, Francie	23	OR-coma	34:28	70
F	25-29	1	Quan, Sara	27	OR-coma	19:41	3
		2	Henderson, Elizabeth	29	OR-coma	21:06	12
		3	Lindstrom, Chris	27	OR-thb	23:05	23
		4	Monroe, Jennifer	27	OR-coma	24:28	37
		5	Richart, Sarah	28	OR-unat	25:03	38
		6	Vigano, Miriam	25	OR-pms	29:19	61
		7	Pittrak, Jennifer	28	OR-unat	31:05	67
F	30-34	1	Halligan, Amy	33	OR-coma	20:33	5
		2	Blain Birnie, Shelley	31	OR-coma	23:12	25
		3	Topp, Suzanne	32	OR-cat	23:21	28
		4	Lewis, Kristine	30	OR-thb	23:33	32
		5	Milano, Andrea	32	OR-pms	23:34	33
		6	Smidt, Cynthia	30	OR-coma	26:31	44
F	35-39	1	Juba, Kristin	35	OR-coma	22:47	18
		2	Allen, Karen	36	OR-coma	23:24	30
		3	Daniels, Karen	35	OR-coma	26:40	45
		4	Sorlie, Nancy	37	OR-coma	27:53	51
		5	Harmon, Marcia	37	WCM	29:18	60
F	40-44	1	Hosty, Maureen	41	OR-my	22:57	20
		2	Schob, Laura	41	OR-coma	23:22	29
		3	Goodman, Ann	41	OR-mhm	26:13	43
		4	LaMear-Tucker, Diane	42	OR-fish	27:04	48
		6	Campbell, Judy	40	OR-coma	29:10	57
F	45-49	1	Gregoire, Deb	45	OR-coma	23:29	31
		2	Gustafson, Kristi	45	OR-mhn	23:52	35
		3	Welborn, Jody	45	OR-thb	28:35	56
		4	Thomas, Anne	49	OR-coma	29:15	58
		5	Peterson, Connie	45	OR-coma	29:48	64
		6	Perrin, Shela	48	OR-thb	31:14	68

continued on page 7

	Pl	Name	Age	Team	500time	Overall
F 50-54	1	Imwalle, Cathy	50	OR-coma	23:08	24
F 55-59	1	Whiter, Peggy	56	OR-coma	29:18	59
F 60-64	1	Hodge, Peggy	60	OR-coma	33:28	69
F 65-69	1	Greth, Alice	69	OR-coma	45:20	72
M 18-un	1	Coxen, Brody	12	KAT	28:11	53
M 19-24	1	Imwalle, Greg	19	OR-coma	19:29	1
	2	Lachman, Andy	19	MACO	19:30	2
	3	Owens, Dylan	23	OR-coma	29:30	62
M 25-29	1	Elliott, Scot	26	OR-coma	22:33	14
	2	Bergmans, Pieter	29	OR-coma	23:55	36
M 30-34	1	Askerman, Eric	33	OR-thb	20:55	7
	2	Hackley, Jeff	32	OR-thb	22:49	19
	3	Reget, Phil	31	OR-coma	23:16	26
	4	Guichard, Marc	34	OR-pms	30:46	66
M 35-39	1	Higley, Rob	35	OR-coma	21:06	11
	2	Van Der Zwan, David	37	OR-mofia	22:59	21
	3	Riley, Mike	39	OR-coma	25:17	40
M 40-44	1	Harmon, Ken	40	WCM	20:56	8
	2	Steinhauff, Eric	41	OR-coma	20:57	9
	3	Douglas, Mike	42	OR-coma	22:14	13
	4	Fairlee, Mark	42	OR-coma	23:01	22
	5	deWerd, Jan	44	OR-pms	23:18	27
	6	Wren, Mark	41	OR-pms	23:39	34
	7	Mahoney, John	43	OR-coma	26:44	46
	8	Dow, Keith	44	OR-unat	26:49	47
	9	Blair, David	40	OR-coma	27:48	50
	10	Bragg, Robin	40	OR-ncms	30:24	65
M 45-49	1	Tennant, Mike	47	OR-coma	22:37	15
	2	Tennant, Joe	48	MACO	25:16	39

Sex	AgeGp	Pl	Name	Age	Team	500time	Overall
		3	Figley, Dallas	48	OR-wbm	27:40	49
M 50-54		1	Bruce, Bob	52	OR-coma	22:38	16
M 55-59		1	Landis, Tom	58	OR-coma	20:52	6
		2	Gray, Dan	55	OR-rvm	25:59	42
M 60-64		1	Lake, Brent	62	OR-coma	28:17	54
M 65-69		1	Radcliff, Dave	66	OR-thb	28:35	55

1500-Meter Results (Wetsuit)

F 35-39	1	Orleff, Terri	36	OR-coma	38:06	71
F 40-44	1	Martin, Amanda	42	OR-rvm	28:04	52
M 70-74	1	Hollander, Lew	70	OR-coma	29:47	63

3000-Meter Results

F 19-24	1	Imwalle, Amy	20	OR-coma	41:21	3
	2	Smith, Jodi	22	OR-unat	44:04	10
	3	Fonner, Molly	21	OR-thb	48:12	21
F 25-29	1	Quan, Sara	27	OR-coma	41:25	4
	2	Lindstrom, Chris	27	OR-thb	48:05	19
	3	Vigano, Miriam	25	OR-pms	1:04:37	49
F 30-34	1	Halligan, Amy	33	OR-coma	42:12	5
	2	Blain Birnie, Shelley	31	OR-coma	47:42	13
	3	Milano, Andrea	32	OR-pms	48:55	25
	4	Frey, Meg	33	OR-my	49:22	27
	5	Lewis, Kristine	30	OR-thb	49:47	31
F 35-39	1	Juba, Kristin	35	OR-coma	47:54	17
	2	Glaeser, Sharon	36	OR-pms	58:44	40
	3	Sorlie, Nancy	37	OR-coma	1:00:35	44
F 40-44	1	Hosty, Maureen	41	OR-my	47:49	15
	2	Schob, Laura	41	OR-coma	48:46	24
	3	Goodman, Ann	41	OR-mhm	55:49	37

continued on page 8

Elk Lake Series Winners

Combined placement totals for the 500, 1500 and 3000 determined the overall Elk Lake Series winners. The top women were: Amy Imwalle, Sara Quan and Amy Halligan (daughter MacKenzie). The top men were: Greg Imwalle, Andy Lachman, and Eric Steinhauff. These six finishers were also the top six finishers overall among all the women and men.



Sex	AgeGp	Pl	Name	Age	Team	500time	OverallF										
	45-49	1	Gustafson, Kristi	45	OR-mhn	49:35	29			2	Harmon, Ken	40	WCM	43:59	8		
		2	Gregoire, Deb	45	OR-coma	49:41	30			3	Douglas, Mike	42	OR-coma	47:33	12		
		3	Thomas, Anne	49	OR-coma	1:00:47	46			4	Fairlee, Mark	42	OR-coma	49:30	28		
		4	Peterson, Connie	45	OR-coma	1:04:39	50			5	Wren, Mark	41	OR-pms	50:01	32		
		5	Perrin, Shela	48	OR-thb	1:08:02	52			6	deWerd, Jan	44	OR-pms	50:08	34		
F	50-54	1	Imwalle, Cathy	50	OR-coma	48:57	26			7	Mahoney, John	43	OR-coma	58:03	39		
F	55-59	1	Whiter, Peggy	56	OR-coma	1:04:37	48			8	Fadeley, Chuck	43	OR-em	59:03	41		
F	60-64	1	Hodge, Peggy	60	OR-coma	1:11:36	54			9	Bragg, Robin	40	OR-ncms	1:05:50	51		
M	19-24	1	Imwalle, Greg	19	OR-coma	41:11	1	M	45-49	1	Tennant, Mike	47	OR-coma	48:27	23		
		2	Lachman, Andy	19	MACO	41:16	2			2	Tennant, Joe	48	MACO	57:04	38		
M	25-29	1	Elliott, Scot	26	OR-coma	46:57	11	M	50-54	1	Bruce, Bob	52	OR-coma	47:44	14		
M	30-34	1	Askerman, Eric	33	OR-thb	43:48	7			2	Bogden, David	50	OR-thb	59:37	42		
		2	Hackley, Jeff	32	OR-thb	47:53	16	M	55-59	1	Landis, Tom	58	OR-coma	48:02	18		
		3	McKnight, Walter	33	OR-coma	48:26	22			2	Gray, Dan	55	OR-rvm	55:36	36		
M	35-39	1	Higley, Rob	35	OR-coma	44:00	9	M	65-69	1	Radcliff, Dave	66	OR-thb	50:03	33		
		2	Van Der Zwan, David	37	OR-mofia	48:07	20	3000-Meter Results (Wetsuit)									
		3	Corbin, Greg	35	OR-my	1:11:04	53	F	45-49	1	Martin, Amanda	42	OR-rvm	1:00:53	47		
M	40-44	1	Steinhuaff, Eric	41	OR-coma	43:45	6	M	35-39	1	Schipper, Bill	35	OR-coma	55:16	35		

Association Championships - 1500

FEMALE															
	PL.	NAME	AGE	TIME	TEAM	OVER.	PL.		PL.	NAME	AGE	TIME	TEAM	OVER.	PL.
19-24	1	GINA DHOM	22	23:43	EA	19			3	LINAI VAZ DE NEGRI	35	29:22	UNAT	73	
	2	MOLLY FONNER	21	24:39	THB	28			4	KATHRYN HASLACH	39	32:21	MAC	96	
	3	CHRISTA JODER	23	41:13	PMS	129			5	ANN THOMAS	37	32:36	PMS	97	
25-29	1	SARA QUAN	27	21:17	COMA	3			6	LAURIE RAMSEY	35	33:17	THB	104	
	2	FRANCESCA GAMBETTI	28	23:20	PMS	14			7	PAMELA SUNDIN	37	34:12	THB	111	
	3	ELIZABETH HENDERSON	29	23:34	COMA	16	40-44	1	8	DESIREE STONE	35	63:25	PMS	133	
	4	CHRIS LINDSTROM	27	25:09	THB	34			1	LAURA SCHOB	41	25:32	COMA	40	
	5	SHAUNA SIMPSON	28	25:13	PMS	36			2	MAUREEN HOSTY	41	25:47	YMCA	44	
	6	SYBIL FISHER	27	26:28	UNAT	50			3	JILL SCHULDT	42	26:05	PFT	48	
	7	SARAH CONROY	25	27:40	PMS	63			4	MOLLIE STARR	41	26:57	NCAP	56	
	8	JENNIFER MACCOLLUM	25	28:48	PMS	69			5	MARTINA MANGAN	41	31:27	SCC	92	
	9	MIRIAM VIGANO	25	33:12	PMS	102	45-49	6	6	SHERRIE TAHA	42	63:25	UNAT	133	
30-34	1	AMY HALLIGAN	33	22:19	COMA	6			1	ROBIN PARISI	46	24:52	MAC	30	
	2	ANDREA MILANO	32	25:12	PMS	35			2	DEB GREGOIRE	46	26:04	COMA	47	
	3	KRISTINE LEWIS	30	26:22	THB	49			3	KRISTI GUSTAFSON	45	26:52	MHM	54	
	4	MEG FREY	33	27:31	YMCA	61			4	SUSAN COLLINS	47	30:59	THB	77	
	5	CYNTHIA SMIDT	30	28:43	COMA	68			5	JODY WELBORN	45	31:14	THB	89	
	6	ERIN HOLLAND	33	28:51	NCAP	70			6	JUNE MATHER	47	33:01	RVM	100	
	7	KRISTIN PRESTON	34	29:41	UNAT	76			7	SHELA PERRIN	48	33:14	THB	103	
	8	JENNIFER CRISP	31	34:34	UNAT	114			8	CONNIE PETERSON	45	34:03	COMA	110	
	9	JULIE CRISP	34	34:34	PMSC	114	50-54	9	9	ROSIE DAILEY	48	47:16	PMS	132	
	10	REBECCA LEVISON	30	42:33	PMS	131			1	JANI SUTHERLAND	51	30:34	COMA	83	
35-39	1	KRISTIN JUBA	35	25:43	COMA	42			2	SANDI ROUSSEAU	52	30:39	THB	84	
	2	LYNN SHANKS	35	29:02	UNAT	71			3	LAURIE BINDER	53	31:22	PFT	90	

continued on page 9

	PL.	NAME	AGE	TIME	TEAM	OVER. PL.
	4	TAM JENKINS	52	32:46	PMS	99
	5	GINGER PIERSON	54	35:35	MAC	123
55-59	1	JOY WARD	57	30:21	NCAP	79
	2	MIRJANA PRATHER	56	30:47	SCC	85
	3	PEGGY WHITER	56	33:37	COMA	107
60-64	1	PEGGY HODGE	60	37:02	COMA	126
MALE						
19-24	1	ANDY LACHMAN	19	21:13	MAC	2
	2	STEVEN JENKINS	22	27:12	NCAP	58
25-29	1	SCOT ELIOTT	26	22:36	COMA	8
	2	CURTIS TAYLOR	28	23:15	YMCA	13
	3	ANDREW SHAAR	28	25:53	SCC	46
	4	JESSE BOWER	27	28:31	UNAT	67
	1	GREG JABLONSKI	33	20:49	THB	1
	2	ERIC ASKERMAN	33	22:22	THB	7
	3	ALEX SHAEVITZ	30	24:04	SCC	23
	4	DIXON SORACCO	32	24:09	PMS	24
	5	JEFF HACKLEY	32	24:35	THB	27
	6	PHIL REGET	31	25:17	COMA	37
	7	STEVEN GRIFFIN	31	27:33	THB	62
	8	CARL JAYNES	32	28:08	THB	65
	9	CIARAN TURBITT	34	33:27	YMCA	106
	10	BILL VOLCKENING	34	34:12	THB	112
	11	CHARLES FOREST	33	36:30	THB	124
	12	GARY ALBRECHT	30	37:09	UNAT	127
35-39	1	SEAN TAYLOR	37	23:11	MAC	12
	2	ROB ARP	36	23:37	UNAT	17
	3	CHARLES MIRHO	36	23:39	THB	18
	4	ROBERT HIGLEY	35	23:49	COMA	22
	5	RICK RODRIGUEZ	37	25:02	EA	33
	6	DAVE VAN DER ZWAN	37	25:49	MOFIA	45
	7	MIKE MARSHALL	39	26:53	COMA	55
	8	BOB WESTLAKE	38	27:46	MAC	64
	9	GREG O'SHEA	37	30:26	NCAP	80
	10	TIMOTHY HASLACH	39	32:00	MAC	95
	11	GERG CORBIN	35	34:22	YMCA	113
	12	BLAKE NONWEILER	37	35:06	WILL VLY	120
40-44	1	ERIC STEINHAUFF	41	22:53	COMA	9
	2	DAN KNAUER	40	23:06	MAC	11
	3	MICHAEL DOUGLAS	43	23:25	COMA	15
	4	RICHARD KNIGHT	40	25:29	UNAT	39
	5	MARK FAIRLEE	42	25:44	COMA	43
	6	MARK WREN	41	26:30	PMS	51
	7	DAVID COBB	40	26:48	PMS	53
	8	MIKE DOWD	41	27:14	MAC	59
	9	RON THOMPSON	40	30:28	NCAP	81
	10	JIM BUNKER	43	30:31	SCC	82
	11	JOHN RIDENOUR	44	33:23	UNAT	105
	12	KEITH GLASSER	44	33:58	NCAP	108

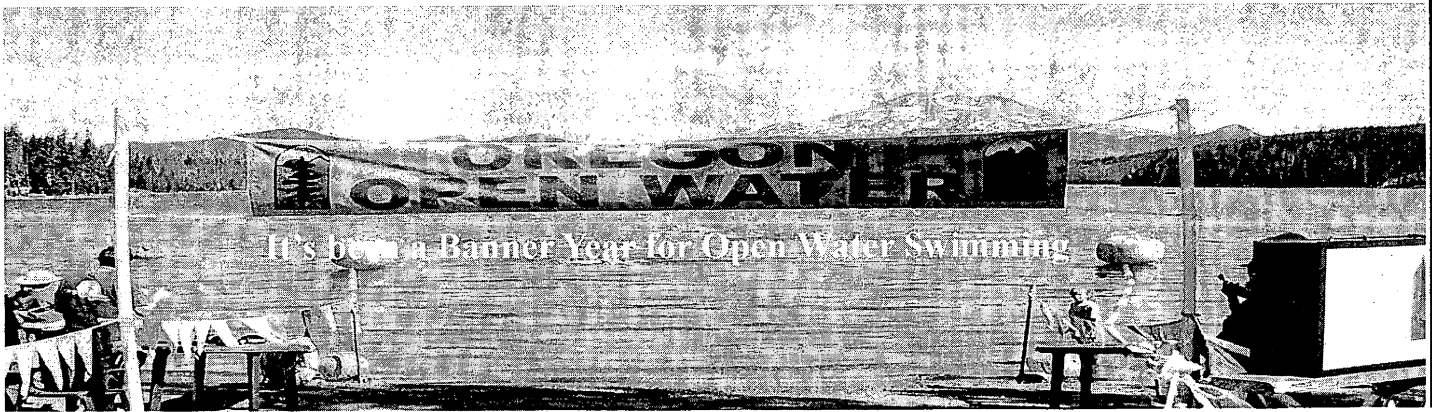
	PL.	NAME	AGE	TIME	TEAM	OVER. PL.
	13	ROBIN BRAGGS	40	34:35	NCAP	116
	14	NICK BADERKA	41	35:17	UNAT	121
	15	MARK SABATINO	43	36:33	UNAT	125
	16	JEFF CLARK	43	41:44	COMA	130
45-49	1	MIKE TENNANT	47	23:47	COMA	20
	2	BRUCE CHENEY	48	25:00	CHEH.	32
	3	ADRIAN KALIL	47	25:39	THB	41
	4	JAMES ELLIOT	48	26:58	CHEH.	57
	5	KEITH DOW	45	27:26	NCAL	60
	6	PATRICK CECIL	45	29:09	THB	72
	7	MARK NEWMAN	46	30:09	NCAP	78
	8	JOHN COLLINS	48	30:47	THB	85
	9	DALLAS FIGLEY	48	30:57	WBM	88
	10	RICH MINTER	48	33:59	THB	109
50-54	1	STEVE JOHNSON	52	22:06	EA	5
	2	JED CRONIN	51	23:47	THB	20
	3	BOB BRUCE	52	24:55	COMA	31
	4	JAMES TEISHER	50	25:20	THB	38
	5	FRANK PARISI	52	31:28	MAC	93
	6	DAVID BOGDEN	50	31:34	THB	94
55-59	1	TOM LANDIS	58	23:02	COMA	10
	2	KARL VON TAGEN	56	26:42	MAC	52
	3	DALE VAUGHAN	55	28:08	THB	65
	4	DAN GRAY	55	29:29	RVM	74
	5	RICHARD JUHALA	57	33:04	NCAP	101
60-64	1	JIM BIGLER	64	29:33	MAC	75
	2	BRENT LAKE	62	30:52	COMA	87
	3	GEORGE THAYER	64	32:41	OMA	98

HAGG LAKE 2 MILE OPEN WATER SWIM

	PL.	NAME	AGE	TIME	TEAM	OVER. PL.
FEMALE						
19-24	1	MOLLY FONNER	21	THB	49:36	21
	2	KATE LONGFIELD	20	UNAT	57:32	45
25-29	1	SARA QUAN	27	COMA	42:44	4
	2	HOLLY SORESENSEN	27	PMS	45:45	10
	3	ELIZABETH HENDERSON	29	COMA	49:17	18
	4	SHAUNA SIMPSON	28	PMS	50:19	28
	5	SARA FAHEY WILSON	28	UNAT	50:22	29
	6	RENATA VINTROVA	28	PMS	61:48	56
	7	MIRIAM VIGANO	25	PMS	67:38	62
30-34	1	AMY HALLIGAN	33	COMA	44:45	8
	2	SHELLEY BLAINE BIRNIE	31	MWVM	49:24	20
	3	LAURA TYRRELL	33	PMS	50:19	27
	4	MEG FREY	33	YMCA	52:21	34
	5	KRISTINE LEWIS	30	THB	54:11	42
	6	ERIN HOLLAND	33	NCAP	60:11	49

continued on page 10

	PL.	NAME	AGE	TIME	TEAM	OVER. PL.		PL.	NAME	AGE	TIME	TEAM	OVER. PL.
	7	SUSI THORNTON	33	PMS	61:36	54		2	JAN DE WERD	44	PMS	50:16	26
35-39	1	HOLLY VAUGHN-EDMONDS	38	MHM	43:33	6		3	MARK FAIRLEE	42	COMA	52:59	36
	2	KRISTIN JUBA	35	COMA	52:34	35		4	DAVID COBB	40	PMS	53:13	38
	3	LYNN SHANKS	35	UNAT	57:30	44		5	JOHN RIDENOUR	44	UNATT	65:41	61
	4	SHARON GLAESER	36	PMS	59:52	48		6	KEITH GLASSER	44	NCAP	70:15	63
40-44	1	MAUREEN HOSTY	41	YMCA	50:13	25		7	ROBIN BRAGGS	40	NCAP	71:14	64
	2	JILL SCHULDT	42	PFT	52:17	33	45-49	1	MIKE TENNANT	47	COMA	49:21	19
45-49	1	ROBIN PARISI	46	MAC	50:07	24		2	BRUCE CHENEY	48	CHEH.	51:12	30
	2	KRISTI GUSTAFSON	45	MHM	53:54	41		3	JAMES ELLIOT	48	CHEH.	53:18	39
	3	JUNE MATHER	47	RVM	65:06	60		4	JONATHAN ISTOK	45	CBAT	54:49	43
	4	CONNIE PETERSON	45	COMA	71:31	65		5	JOSEPH TENNANT	48	MAC	57:48	46
50-54	1	GINGER PIERSON	54	MAC	62:31	58		6	DALLAS FIGLEY	48	WBM	60:44	50
	2	LAURIE BINDER	53	PFT	62:37	59		7	DOUG DUNLAP	49	PMS	60:58	52
60-64	1	PEGGY HODGE	60	COMA	74:47	66	50-54	1	STEVE JOHNSON	52	EA	45:38	9
MALE								2	BOB BRUCE	52	COMA	49:57	22
19-24	1	ANDY LACHMAN	19	MAC	42:55	5		3	JAMES TEISHER	50	THB	52:03	31
25-29	1	CURTIS TAYLOR	28	YMCA	46:04	11		4	KEN ZELL	52	POLLY	53:53	40
	2	MATT BERG	27	PMS	50:02	23		5	DAVID BOGDEN	50	THB	62:18	57
	3	ERIC HAWXBY	28	PMS	53:07	37	55-59	1	TOM LANDIS	58	COMA	47:38	15
30-34	1	GREG JABLONSKI	33	THB	41:30	1		2	DAN GRAY	55	RVM	59:33	47
	2	ERIC ASKERMAN	33	THB	46:28	12	60-64	1	JIM BIGLER	64	MAC	60:47	51
	3	JEFF OEDING	33	UNAT	46:57	13		2	BRENT LAKE	62	COMA	61:45	55
	4	ANDREW SORACCO	31	PMS	47:15	14	WETSUIT						
	5	CIARAN TURBITT	34	YMCA	61:17	53	FEMALE						
5-39	1	DENNIS BAKER	39	PMS	41:30	1	45-49	1	GINNY WRIGHT	46	ALASKA	55:45	4
	2	GREG HOLLES	37	THB	42:31	3	MALE						
	3	MARK CROSBY	36	UNAT	44:06	7	40-44	1	RON THOMPSON	40	NCAP	54:52	3
	4	ROBERT HIGLEY	35	COMA	48:16	17	45-49	1	PATRICK ERWERT	46	UNAT	54:27	2
	5	DAVE VAN DER ZWAN	37	MOFIA	52:07	32	55-59	1	DALE VAUGHAN	55	THB	49:29	1
40-44	1	ERIC STEINHAUFF	41	COMA	47:46	16							



Northwest Zone LCM Championship Mt. Hood C.C. July 29 - 30

---Ages 19 Through 24---

Mixed 50 Free
- Justine Hansen 24 OREG 33.46

Mixed 100 Free
- Justine Hansen 24 OREG 1:13.24

Mixed 200 Free
1 Justine Hansen 24 OREG 2:38.56

Mixed 400 Free
- Justine Hansen 24 OREG 5:48.49

Mixed 800 Free
1 Justine Hansen 24 OREG 11:42.68

---Ages 25 Through 29---

Mixed 50 Free
- Kristi Lee 25 SR 31.17

Mixed 100 Free
- Kristi Lee 25 SR 1:08.61

- Than Anh Nguyen 26 OREG 1:17.95

- Reagen Schaer 25 OREG 1:23.04

- Kareena King 26 PNA 1:35.91

Mixed 200 Free
1 Kristi Lee 25 SR 2:28.34

Mixed 400 Free
- Kristi Lee 25 SR 5:12.29

- Lisa Gorsline 25 OREG 5:35.46

- Kareena King 26 PNA 7:29.93

Mixed 800 Free
1 Kristi Lee 25 SR 10:36.18

2 Lisa Gorsline 25 OREG 11:54.36

3 Kareena King 26 PNA 15:11.09

Mixed 1500 Free
- Kristi Lee 25 SR 20:19.35

Mixed 50 Back
- Reagen Schaer 25 OREG 43.83

- Anicia Criscione 27 OREG 44.45

Mixed 100 Back
- Anicia Criscione 27 OREG 1:35.26

Mixed 50 Breast
- Anicia Criscione 27 OREG 45.99

Mixed 100 Breast
1 Than Anh Nguyen 26 OREG 1:38.67

Mixed 200 Breast
- Anicia Criscione 27 OREG 3:30.94

- Lisa Gorsline 25 OREG 3:37.26

Mixed 50 Fly
- Kareena King 26 PNA 58.88

Mixed 100 Fly
- Than Anh Nguyen 26 OREG 1:30.74

- Lisa Gorsline 25 OREG 1:31.18

Mixed 200 Fly
- Lisa Gorsline 25 OREG 3:18.39

Mixed 200 IM
- Anicia Criscione 27 OREG 3:15.37

- Reagen Schaer 25 OREG 3:25.51

Mixed 400 IM
- Lisa Gorsline 25 OREG 6:41.71

---Ages 30 Through 34---

Mixed 50 Free
- T Seubert-Miranda 32 SDSM 29.94

- Karen Leahy 32 PNA 31.27

- Laura Tyrrell 33 OREG 31.91

Mixed 100 Free
- T Seubert-Miranda 32 SDSM 1:07.54

- Karen Leahy 32 PNA 1:08.22

- Suzanne Topp 33 OREG 1:10.98

- Erin Holland 33 OREG 1:22.06

- Kimberley Hay 32 OREG 1:24.00

- Sandra Hyde 32 OREG 1:25.13

Mixed 200 Free
1 T Seubert-Miranda 32 SDSM 2:23.63

2 Laura Tyrrell 33 OREG 2:35.72

3 Sandra Hyde 32 OREG 2:47.54

4 Kimberley Hay 32 OREG 3:03.18

Mixed 400 Free
- Karen Leahy 32 PNA 5:04.00

- T Seubert-Miranda 32 SDSM 5:05.91

- Amy Halligan 34 OREG 5:09.79

- Suzanne Topp 33 OREG 5:45.37

- Erin Holland 33 OREG 6:17.62

Mixed 800 Free
1 Amy Halligan 34 OREG 10:25.20

2 Karen Leahy 32 PNA 10:34.49

3 Laura Tyrrell 33 OREG 11:12.56

4 Julie Crisp 34 OREG 14:38.22

Mixed 1500 Free
- Amy Halligan 34 OREG 19:51.94

- Karen Leahy 32 PNA 20:10.00

- Julie Crisp 34 OREG 28:04.75

Mixed 50 Breast
- Kristine Lewis 30 OREG 41.78

- Erin Holland 33 OREG 45.62

Mixed 100 Breast
1 Karen Leahy 32 PNA 1:33.11

2 Kimberley Hay 32 OREG 1:39.69

3 Sandra Hyde 32 OREG 1:48.67

Mixed 200 Breast
- Kristine Lewis 30 OREG 3:15.42

- Kimberley Hay 32 OREG 3:30.90

- Erin Holland 33 OREG 3:43.12

Mixed 50 Fly
1 T Seubert-Miranda 32 SDSM 32.31

2 Kimberley Hay 32 OREG 41.77

3 Anne Schmidt 34 OREG 1:22.65

Mixed 100 Fly
- T Seubert-Miranda 32 SDSM 1:13.96

- Amy Halligan 34 OREG 1:20.57

- Sandra Hyde 32 OREG 1:43.61

- Anne Schmidt 34 OREG 3:05.37

Mixed 200 IM
- Amy Halligan 34 OREG 2:54.63

- Suzanne Topp 33 OREG 3:10.91

- Kimberley Hay 32 OREG 3:22.46

Mixed 400 IM
- Amy Halligan 34 OREG 6:03.09

---Ages 35 Through 39---

Mixed 200 Free
1 Wendy Hoffman 38 PNA 2:53.10

Mixed 200 Back
- Wendy Hoffman 38 PNA 3:25.97

- Martina Ralle 35 OREG DQ

Mixed 50 Fly
1 Wendy Hoffman 38 PNA 41.87

Mixed 400 IM
- Martina Ralle 35 OREG 6:12.80

---Ages 40 Through 44---

Mixed 50 Free
- Barbara Harris 40 OREG 30.88

- Sharon Foley 40 MACO 32.33

- Kathie Carlisle 43 OREG 34.65

- Deanna Deboise 41 OREG 37.96

Mixed 100 Free
- Sharon Foley 40 MACO 1:13.51

- Deanna Deboise 41 OREG 1:25.47

Mixed 200 Free
1 Karen Andrus-Hughes 43 OREG 2:31.57

2 Kathie Carlisle 43 OREG 3:02.78

3 Deanna Deboise 41 OREG 3:11.00

Mixed 400 Free
- Karen Andrus-Hughes 43 OREG 5:30.04

- Deanna Deboise 41 OREG 7:05.01

Mixed 50 Back
- Karen Andrus-Hughes 43 OREG 36.31

- Deanna Deboise 41 OREG 49.57

Mixed 100 Back
- Karen Andrus-Hughes 43 OREG 1:20.05

Mixed 200 Back
- Karen Andrus-Hughes 43 OREG 2:54.47

Mixed 50 Breast
- Barbara Harris 40 OREG 43.06

- Deanna Deboise 41 OREG 57.43

Mixed 50 Fly
1 Barbara Harris 40 OREG 33.04

2 Sharon Foley 40 MACO 35.24

3 Kathie Carlisle 43 OREG 39.97

4 Helen Moss 42 OREG 47.32

---Ages 45 Through 49---

Mixed 50 Free
- Jo Moore 45 PNA 30.66

- Debbie Glassman 47 PNA 31.09

- Jeanne Teisher 49 OREG 33.13

- Kaye Cushing 49 OREG 48.35

Mixed 100 Free
- Robin Parisi 46 MACO 1:07.65

- Debbie Glassman 47 PNA 1:09.07

- Coral Bernier 45 PNA 1:24.00

- Sandy Mcneel 48 PNA 1:35.37

Mixed 200 Free
1 Jo Moore 45 PNA 2:32.85

2 Jeanne Teisher 49 OREG 2:55.28

Mixed 400 Free
- Debbie Glassman 47 PNA 5:58.25

- Jeanne Teisher 49 OREG 6:14.58

- Coral Bernier 45 PNA 6:15.33

- Robin Durant 45 IEM 6:23.66

- Connie Peterson 45 OREG 7:19.23

- Sandy Mcneel 48 PNA 7:19.51

Mixed 800 Free
1 Coral Bernier 45 PNA 12:41.91

2 Robin Durant 45 IEM 13:05.83

3 Connie Peterson 45 OREG 15:20.51

4 Sandy Mcneel 48 PNA 15:22.22

Mixed 1500 Free
- Coral Bernier 45 PNA 24:12.79

- Connie Peterson 45 OREG 29:40.14

Mixed 50 Back
- Linda Coffeen 49 OREG 48.73

- Kaye Cushing 49 OREG 1:04.68

Mixed 100 Back
- Robin Parisi 46 MACO 1:22.15

- Linda Coffeen 49 OREG 1:54.61

- Kaye Cushing 49 OREG 2:39.16

Mixed 200 Back
- Linda Coffeen 49 OREG 4:00.76

Mixed 100 Breast
1 Robin Parisi 46 MACO 1:31.24

2 Sandy Mcneel 48 PNA 2:14.80

Mixed 200 Breast
- Robin Durant 45 IEM 3:59.07

Mixed 50 Fly
1 Robin Parisi 46 MACO 33.55

2 Jo Moore 45 PNA 34.09

3 Coral Bernier 45 PNA 40.78

4 Robin Durant 45 IEM 49.41

Mixed 100 Fly
- Robin Parisi 46 MACO 1:17.92

- Debbie Glassman 47 PNA 1:17.99

Mixed 200 Fly
- Debbie Glassman 47 PNA 3:03.40

Mixed 200 IM
- Robin Parisi 46 MACO 2:52.72

- Connie Peterson 45 OREG 4:15.99

Mixed 400 IM
- Robin Durant 45 IEM 7:39.88

---Ages 50 Through 54---

Mixed 50 Free
- Chris Clum 54 OREG 37.15

- Sally Martin 54 OREG 52.38

Mixed 100 Free
- Sandi Rousseau 53 OREG 1:22.55

Mixed 200 Free
1 Sandi Rousseau 53 OREG 3:06.26

Mixed 400 Free
- Darlene Staley 50 OREG 6:11.43

Mixed 1500 Free
- Darlene Staley 50 OREG 24:23.91

Mixed 50 Back
- Janet Gettling 52 OREG 43.98

- Ginger Pierson 54 MACO 45.67

- Sandi Rousseau 53 OREG 47.57

- Sally Martin 54 OREG 1:11.12

Mixed 200 Back
- Ginger Pierson 54 MACO 3:32.44

Mixed 50 Breast
- Janet Gettling 52 OREG 43.74

- Ginger Pierson 54 MACO 44.87

- Chris Clum 54 OREG 45.30

- Sandi Rousseau 53 OREG 50.62

- Sally Martin 54 OREG 58.74

Mixed 100 Breast
1 Janet Gettling 52 OREG 1:39.10

2 Ginger Pierson 54 MACO 1:39.54

3 Chris Clum 54 OREG 1:39.73

4 Sally Martin 54 OREG 2:06.89

Mixed 200 Breast
- Ginger Pierson 54 MACO 3:36.27

- Chris Clum 54 OREG 3:38.83

Mixed 50 Fly
1 Sandi Rousseau 53 OREG 38.09

2 Janet Gettling 52 OREG 41.06

3 Chris Clum 54 OREG 45.53

Mixed 100 Fly
- Sandi Rousseau 53 OREG 1:34.50

- Janet Gettling 52 OREG 1:38.01

Mixed 200 Fly
- Darlene Staley 50 OREG 3:26.01

- Debbie Glassman 47 PNA 5:58.25

- Jeanne Teisher 49 OREG 6:14.58

- Coral Bernier 45 PNA 6:15.33

- Robin Durant 45 IEM 6:23.66

- Connie Peterson 45 OREG 7:19.23

- Sandy Mcneel 48 PNA 7:19.51

Mixed 800 Free
1 Coral Bernier 45 PNA 12:41.91

2 Robin Durant 45 IEM 13:05.83

3 Connie Peterson 45 OREG 15:20.51

4 Sandy Mcneel 48 PNA 15:22.22

Mixed 1500 Free
- Coral Bernier 45 PNA 24:12.79

- Connie Peterson 45 OREG 29:40.14

Mixed 50 Back
- Linda Coffeen 49 OREG 48.73

- Kaye Cushing 49 OREG 1:04.68

Mixed 100 Back
- Robin Parisi 46 MACO 1:22.15

- Linda Coffeen 49 OREG 1:54.61

- Kaye Cushing 49 OREG 2:39.16

Mixed 200 Back
- Linda Coffeen 49 OREG 4:00.76

Mixed 100 Breast
1 Robin Parisi 46 MACO 1:31.24

2 Sandy Mcneel 48 PNA 2:14.80

Mixed 200 Breast
- Robin Durant 45 IEM 3:59.07

Mixed 50 Fly
1 Robin Parisi 46 MACO 33.55

2 Jo Moore 45 PNA 34.09

3 Coral Bernier 45 PNA 40.78

4 Robin Durant 45 IEM 49.41

Mixed 100 Fly
- Robin Parisi 46 MACO 1:17.92

- Debbie Glassman 47 PNA 1:17.99

Mixed 200 Fly
- Debbie Glassman 47 PNA 3:03.40

Mixed 200 IM
- Robin Parisi 46 MACO 2:52.72

- Connie Peterson 45 OREG 4:15.99

Mixed 400 IM
- Robin Durant 45 IEM 7:39.88

---Ages 50 Through 54---

Mixed 50 Free
- Chris Clum 54 OREG 37.15

- Sally Martin 54 OREG 52.38

Mixed 100 Free
- Sandi Rousseau 53 OREG 1:22.55

Mixed 200 Free
1 Sandi Rousseau 53 OREG 3:06.26

Mixed 400 Free
- Darlene Staley

continued on page 13

Results continued from page 12

- Charles Helm	44	OREG	34.97	- Gregory Harrison	48	PNA	2:52.88	1 Jim Miles	56	PNA	1:33.59
Mixed 100 Free				Mixed 50 Fly				2 Elliott Kephart	58	PNA	2:07.35
- Charles Helm	44	OREG	1:24.26	1 Peter Metzger	45	OREG	29.05	Mixed 50 Fly			
- Antony Baumbrough	42	GSM	1:29.59	2 Cliff Stephens	45	OREG	29.16	1 Sonny Garrett	56	PNA	32.76
Mixed 200 Free				3 Michael Peyton	45	MACO	33.61	2 Vinus Van Baalen	58	AB	34.71
1 Charles Helm	44	OREG	3:09.87	4 Michael Gilliland	46	OREG	35.06	Mixed 100 Fly			
2 Antony Baumbrough	42	GSM	3:14.41	Mixed 100 Fly				- Tom Landis	58	OREG	1:19.37
3 John Schmidt	42	OREG	4:05.36	- Peter Metzger	45	OREG	1:08.88	---Ages 60 Through 64 ---			
Mixed 400 Free				- Michael Peyton	45	MACO	1:20.14	Mixed 50 Free			
- Pat Allender	42	OREG	4:33.20	Mixed 200 IM				- George Thayer	64	OREG	32.35
- David Burleson	43	MACO	4:50.62	- Cliff Stephens	45	OREG	2:41.53	Mixed 100 Free			
- Eric Dybdahl	40	PNA	5:25.38	Mixed 400 IM				- George Thayer	64	OREG	1:18.67
- Charles Helm	44	OREG	6:49.47	- Steve Sussex	45	PNA	5:25.32	Mixed 200 Free			
- Antony Baumbrough	42	GSM	6:52.51	---Ages 50 Through 54 ---				1 Russell Donaldson	61	MSBC	2:53.25
Mixed 800 Free				Mixed 50 Free				2 George Thayer	64	OREG	3:09.94
1 David Burleson	43	MACO	10:13.39	- Ron Richards	50	OREG	28.78	Mixed 400 Free			
2 Daniel Knauer	40	MACO	10:31.83	- Jed Cronin	52	OREG	29.65	- Russell Donaldson	61	MSBC	6:07.21
3 Eric Dybdahl	40	PNA	11:12.74	- Robert Bruce	52	OREG	29.81	- Brent Lake	62	OREG	6:37.38
4 Charles Helm	44	OREG	14:38.68	- Steven Peterson	54	PNA	32.29	Mixed 800 Free			
5 Antony Baumbrough	42	GSM	14:40.45	- Frank Parisi	52	MACO	34.95	1 Russell Donaldson	61	MSBC	12:42.93
Mixed 1500 Free				Mixed 100 Free				2 Brent Lake	62	OREG	13:38.86
- David Burleson	43	MACO	19:44.26	- Robert Maestre	50	MACO	1:05.02	Mixed 1500 Free			
- Eric Dybdahl	40	PNA	21:47.39	- Jed Cronin	52	OREG	1:06.71	- Russell Donaldson	61	MSBC	24:11.88
Mixed 50 Back				- Frank Parisi	52	MACO	1:21.45	- Brent Lake	62	OREG	25:58.33
- Thomas Jowett	42	PNA	44.02	Mixed 200 Free				Mixed 50 Back			
Mixed 100 Back				1 Frank Warner	51	PNA	2:20.42	- Brent Lake	62	OREG	42.74
- David Burleson	43	MACO	1:09.32	2 Robert Maestre	50	MACO	2:26.61	Mixed 100 Back			
- Thomas Jowett	42	PNA	DQ	Mixed 400 Free				- Brent Lake	62	OREG	1:36.69
Mixed 200 Back				- Robert Maestre	50	MACO	5:23.11	Mixed 200 Back			
- David Burleson	43	MACO	2:37.33	Mixed 800 Free				- Brent Lake	62	OREG	DQ
- Eric Dybdahl	40	PNA	2:55.74	1 James McCleery	54	PNA	10:33.19	Mixed 50 Breast			
Mixed 50 Breast				2 Stephen Johnson	52	OREG	10:40.28	- George Thayer	64	OREG	45.66
- Pat Allender	42	OREG	33.41	3 Robert Bruce	52	OREG	11:27.83	Mixed 50 Fly			
- Mike Dowd	42	MACO	40.29	Mixed 1500 Free				1 Bert Petersen	62	OREG	31.14
- Thomas Jowett	42	PNA	45.34	- Jed Cronin	52	OREG	22:05.05	Mixed 100 Fly			
- Charles Helm	44	OREG	52.63	Mixed 200 Back				- Bert Petersen	62	OREG	1:18.26
Mixed 100 Breast				- Frank Warner	51	PNA	2:48.26	---Ages 65 Through 69 ---			
1 Pat Allender	42	OREG	1:13.11	- Robert Maestre	50	MACO	2:57.88	Mixed 50 Free			
2 Mike Dowd	42	MACO	1:29.67	Mixed 50 Breast				- Jim Bigler	65	MACO	35.59
3 Thomas Jowett	42	PNA	1:41.57	- Steven Peterson	54	PNA	37.89	- Arthur Welch	68	OREG	37.81
4 Antony Baumbrough	42	GSM	2:23.19	- Frank Parisi	52	MACO	42.97	Mixed 100 Free			
- Daniel Knauer	40	MACO	DQ	Mixed 100 Breast				- Jim Bigler	65	MACO	1:17.96
Mixed 200 Breast				1 Steven Peterson	54	PNA	1:24.72	Mixed 200 Free			
- Pat Allender	42	OREG	2:42.10	2 Robert Bruce	52	OREG	1:34.26	1 Jim Bigler	65	MACO	2:54.22
- Mike Dowd	42	MACO	3:24.00	3 Frank Parisi	52	MACO	1:37.52	2 Arthur Welch	68	OREG	3:05.63
- Thomas Jowett	42	PNA	3:41.81	Mixed 200 Breast				Mixed 400 Free			
Mixed 50 Fly				- Steven Peterson	54	PNA	3:08.20	- Thomas Taylor	69	PNA	6:06.41
1 David Burleson	43	MACO	28.71	Mixed 50 Fly				- Jim Bigler	65	MACO	6:19.65
Mixed 100 Fly				1 Jed Cronin	52	OREG	31.48	Mixed 800 Free			
- Pat Allender	42	OREG	1:02.99	2 Robert Maestre	50	MACO	32.85	1 Jim Bigler	65	MACO	13:03.62
- Eric Dybdahl	40	PNA	1:16.14	3 Ron Richards	50	OREG	33.92	2 Arthur Welch	68	OREG	13:40.22
Mixed 200 Fly				4 Frank Parisi	52	MACO	44.37	- Thomas Taylor	69	PNA	DQ
- Mike Dowd	42	MACO	3:42.27	Mixed 100 Fly				Mixed 1500 Free			
Mixed 200 IM				- Jed Cronin	52	OREG	1:20.01	- Thomas Taylor	69	PNA	24:09.18
- Pat Allender	42	OREG	2:26.65	Mixed 200 Fly				Mixed 100 Back			
- Eric Dybdahl	40	PNA	2:57.41	- Jed Cronin	52	OREG	3:24.43	- Jim Bigler	65	MACO	1:49.32
Mixed 400 IM				Mixed 200 IM				Mixed 200 Back			
- Mike Dowd	42	MACO	7:10.13	- Steven Peterson	54	PNA	2:58.74	- Thomas Taylor	69	PNA	3:34.67
---Ages 45 Through 49 ---				---Ages 55 Through 59 ---				- Arthur Welch	68	OREG	3:43.86
Mixed 50 Free				Mixed 50 Free				Mixed 50 Breast			
- Michael Peyton	45	MACO	28.69	- Vinus Van Baalen	58	AB	28.21	- Thomas Taylor	69	PNA	41.97
- Michael Gilliland	46	OREG	30.08	- Sonny Garrett	56	PNA	30.66	Mixed 100 Breast			
Mixed 100 Free				- Jim Miles	56	PNA	31.55	1 Thomas Taylor	69	PNA	1:37.43
- Michael Peyton	45	MACO	1:05.19	- Elliott Kephart	58	PNA	41.49	Mixed 50 Fly			
Mixed 200 Free				Mixed 100 Free				1 Arthur Welch	68	OREG	44.20
1 Steve Sussex	45	PNA	2:10.85	- Tom Landis	58	OREG	1:05.12	---Ages 70 Through 74 ---			
Mixed 400 Free				- Jim Miles	56	PNA	1:14.34	Mixed 50 Free			
- Gregory Harrison	48	PNA	6:15.17	- Elliott Kephart	58	PNA	1:32.03	- Milton Marks	70	OREG	33.68
Mixed 800 Free				Mixed 200 Free				Mixed 50 Back			
1 Steve Sussex	45	PNA	9:30.02	1 Tom Landis	58	OREG	2:24.72	- Milton Marks	70	OREG	43.51
Mixed 1500 Free				2 Jim Miles	56	PNA	2:47.27	Mixed 50 Breast			
- Gregory Harrison	48	PNA	24:07.95	Mixed 400 Free				- Milton Marks	70	OREG	44.20
Mixed 50 Back				- Tom Landis	58	OREG	5:54.45	Mixed 100 Breast			
- Peter Metzger	45	OREG	30.70	Mixed 800 Free				1 Milton Marks	70	OREG	1:42.83
- Cliff Stephens	45	OREG	32.45	1 Elliott Kephart	58	PNA	14:35.85	Mixed 200 Breast			
Mixed 100 Back				- Tom Landis	58	OREG	20:52.49	- Milton Marks	70	OREG	4:02.39
- Peter Metzger	45	OREG	1:07.65	- Elliott Kephart	58	PNA	28:23.85	---Ages 75 Through 79 ---			
- Cliff Stephens	45	OREG	1:11.65	Mixed 50 Back				Mixed 50 Free			
Mixed 50 Breast				- Vinus Van Baalen	58	AB	37.16	- Gilbert Young	78	OREG	39.46
- Gregory Harrison	48	PNA	37.90	Mixed 100 Back				- Rupert Fixott	79	OREG	50.03
- Cliff Stephens	45	OREG	40.80	- Elliott Kephart	58	PNA	2:04.97	- Charles Bushey	79	UNATT	57.72
- Pirooz Emad	46	OREG	42.05	Mixed 50 Breast				Mixed 100 Free			
Mixed 100 Breast				- Jim Miles	56	PNA	41.42	- Charles Bushey	79	UNATT	2:08.32
1 Pirooz Emad	46	OREG	1:31.74	- Vinus Van Baalen	58	AB	42.84	- Khosrow Shadbeh	79	OREG	2:10.26
Mixed 200 Breast				Mixed 100 Breast				- Joseph Mallon	79	OREG	2:14.76

continued on page 14

Mixed 200 Breast				
1	Eva Mueller	88	OREG	7:47.80
Mixed 200 IM				
1	Eva Mueller	88	OREG	6:58.34
---Ages 35 Through 39 ---				
Mixed 100 Free				
1	Rob Arp	37	OREG	1:01.23
Mixed 50 Back				
1	Rob Arp	37	OREG	33.56
Mixed 100 Back				
1	Rob Arp	37	OREG	1:10.91
Mixed 50 Fly				
1	Rob Arp	37	OREG	29.51
---Ages 40 Through 44 ---				
Mixed 200 Free				
1	Pat Allender	42	OREG	2:10.36
Mixed 800 Free				
1	Pat Allender	42	OREG	9:57.44
Mixed 100 Fly				
1	Pat Allender	42	OREG	1:07.09
Mixed 200 IM				
1	Pat Allender	42	OREG	2:30.09
---Ages 45 Through 49 ---				
Mixed 50 Free				
1	Joel Robe	46	OREG	29.93
2	Scott McCleery	48	OREG	31.61
3	James Elliott	48	OREG	32.02
Mixed 100 Free				
1	Joel Robe	46	OREG	1:09.75
2	Scott McCleery	48	OREG	1:15.95
Mixed 200 Free				
-	Joel Robe	46	OREG	DQ
Mixed 50 Back				
1	James Elliott	48	OREG	40.95
Mixed 200 Back				
1	James Elliott	48	OREG	3:08.57
Mixed 50 Breast				
1	Scott McCleery	48	OREG	46.07
Mixed 50 Fly				
1	Scott McCleery	48	OREG	37.38
---Ages 55 Through 59 ---				
Mixed 100 Free				
1	Tom Landis	58	OREG	1:06.20
Mixed 200 Free				
1	Tom Landis	58	OREG	2:29.07
2	Richard Juhala	57	OREG	3:28.06
Mixed 400 Free				
1	Tom Landis	58	OREG	5:23.29
2	Richard Juhala	57	OREG	7:27.45
Mixed 800 Free				
1	Tom Landis	58	OREG	11:45.14
Mixed 100 Back				
1	Richard Juhala	57	OREG	1:53.92
Mixed 200 Fly				
1	Richard Juhala	57	OREG	4:15.52
Mixed 200 IM				
1	Tom Landis	58	OREG	3:02.74
2	Richard Juhala	57	OREG	3:52.57
---Ages 70 Through 74 ---				
Mixed 50 Free				
1	Cal Hersey	73	OREG	53.51
Mixed 50 Back				
1	Cal Hersey	73	OREG	1:10.13
Mixed 50 Breast				
1	Cal Hersey	73	OREG	1:24.16
---Ages 75 Through 79 ---				
Mixed 50 Free				
1	John Suta	78	OREG	1:40.39
Mixed 100 Back				
1	John Suta	78	OREG	4:58.30
Relays				
--- Ages 120 Through 159 ---				
Female 120-169 200 R-Free OREG 2:42.42 -				
JILL CASEY-36, ANNA LEE-35, TONI JACOBSON-37, SARA FAHEY-45				
Female 200 R-Medley OREG 3:04.70 -				
JILL CASEY-36, TONI JACOBSON-37, SARA WILSON-38, ANNA LEE-35				
--- Ages 200 Through 239 --- OREG 3:42.44 -				
ARDEN ADAMS-68, KALEO SCHRODER-64, EDIE SHELTON-46, JULIE CRISP-34				
--- Ages 280 Through 319 --- OREG 4:33.15 -				
B. L'ESPERANCE-68, PAULINE STANGEL-79, MARGARET WELLS-74, EVA MUELLER-88				

Tualatin Hills Pentathlon*"One of the most fun, highly competitive, and best attended meets in the O.M.S. schedule year."*

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by the Oregon LMSC for USMS, Inc. Sanction # 370-07

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

Unregistered swimmers must submit a 2000 registration form and fee with this form**TUALATIN HILLS PENTATHLON****DATE: Oct 28, 2000**

Place: TUALATIN HILLS AQUATIC CENTER POOL

BEAVERTON, OREGON

6 LANES COMPETITION - ELECTRONIC TIMING

SEPARATE CONTINUOUS WARM UP/DOWN LANES -

HOST: Tualatin Hills Barracudas

Meet Director: Sandi Rousseau 503- 642-3679 (home) email - tsrousse@ix.netcom.com

DIRECTIONS TO POOL: Hwy 26 west to the Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Avenue. Pool will be on your left.

ENTRY DEADLINE: POSTMARKED NO LATER THAN: Oct 14, 2000**MAKE A COPY OF YOUR COMPLETED ENTRY FORM FOR YOUR RECORDS****WARM-UPS: 8:00 A.M.****MEET STARTS: 9:00 A.M.**

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

NAME _____ 2000 USMS# _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE(____) _____ BIRTHDAY _____ AGE _____ SEX _____ Email _____

USMS CLUB _____ (Oreg, MACO, PNA, ETC.) Age Groups: 19-24, 25-29, 30-34 etc up to 100+)

"Enter as many as five events. If you choose to not enter five events, you will not be scored as a pentathlon."

(SPRINT)	EVENT	TIME*	(MID. DISTANCE)	EVENT	TIME*
50	FLY	1) : .	100	FLY	2) : .
50	BACK	3) : .	100	BACK	4) : .
50	BREAST	5) : .	100	BREAST	6) : .
50	FREE	7) : .	100	FREE	8) : .
100	I.M.	9) : .	200	I.M.	10) : .

Events 11-16: Free, Medley, Mixed Free and Mixed Med. Relays in all distances will be offered at the end of the meet. (Enter at meet)

Please enter your best time or estimated times. Do not use NT (No Time). Entering "sandbagged" times to get added rest time between events or calm water is discouraged. Please be fair to all ... Thanks*Rules:** A 10 second penalty will be added to your time for any stroke/turn infraction. A false start eliminates you from the 5 event competition, but not from swimming any other races. Your total time for the five events determines your final placing.

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 FEE:\$15.00

T-Shirt (circle size) M L XL XXL
 (\$12) (\$14)

Send form(s) & fee(s) payable to: OREGON MASTERS SWIMMING
 c/o Gary Whitman, 11015 NE Mason Street, Portland, OR 97220

Entry Fee \$ 15.00**T- Shirt \$ _____****Total \$ _____**

All entrants MUST submit a PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2000 REGISTRATION FORM WITH THIS ENTRY

ol'Barn continued from page 1

(TT10), 800 10:36.18(TT3), 1500 20:19.35(TT2) WELL DONE !, Than Anh Nguyen spun a 1:38.67 for the 100 Breast, Anicia Criscione a 3:30.94 for the 200 Breast and Lisa Gorsline 200 Fly-3:18.39(TT5), 400 IM-6:41.71(TT10).

Women 30-34 : T Seubert-Miranda came up from San Diego and showed us just how it is done(swum) 50 Free 29.24(TT10), 200 Free 2:23.63(TT7), 400 Free 5:05.91(TT8), 50 Fly 32.31(TT10), 100 Fly 1:13.96(TT10),

AMY HALLIGAN gave us a new 1500 ORE 19:51.94(TT3),



5:09.79(3rd), (TT9), 800 Free 10:25.20 (TT5), 400 IM 6:03.09(TT10). Kristine Lewis 200 Breast 3:15.42(TT9), Karen Leahy(PNA)400 Free 5:04.00(TT7), 800 Free 10:34.49(TT7), 1500 Free 20:10.00(TT6).

Women 35-39: Wendy Hoffman PNA picked off three Golds. Martina Ralle got the Gold Ring in the 400 IM with a very fine time of 6:12.80.

Women 40-44: Barbara Harris 50 Free 30.88(TT9), 50 Breast 43.06, and the 50 Fly in 33.54(TT8) for a total of 3 Golds, KAREN ANDRUS-HUGHES, New ZONE mark 200 Free 2:31.57, ORE BESTS 50/100/200 Back 36.31(TT9), 1:20.05(TT9) 2:54.47(TT10) OMS welcome to Sharon Foley of MAC, excellent 50 Fly 35.24

Women 45-49 : ROBIN PARISI (MAC) just made the clocks sing-ZONE 100 Free 1:07.67(TT7) nudged Debbie Glassman PNA 1:09.67(TT10) also 200 IM 2:52.72(TT3) ORE BESTS 50/100 Fly 33.56(TT6) beating Jo Moore (PNA) 34.09 (TT7), 1:17.92(TT4) beating Debbie Glassman 1:17.99(TT5) Glassman won the 200 Fly 3:03.40(TT3). Robin also the 100 Back and Breast 1:22.15(TT8) 1:31.24(TT5) Jo Moore(PNA) 5 Free 30.66(TT7), 200 Free 2:32.85(TT6) this was a new ZONE for Jo, breaking one of our oldies, Juanita Correa 2:33.11 set in 1982, Coral Bernier(PNA) 1500 24:12.79(TT8) Durant(IEM) had a fine 400 IM 7:39.88, a really tip top age group!

Women 50-54: Darlene Staley stroked the 1500 24:23.91(TT7), also Gold in the 200 Fly 2:26.01(TT2), now let's look at the Breaststroke events-WOW-50 Gettling, Pierson, Clum-43.74(TT4) 44.87(TT6) 45.30(TT8), the 100 Gettling 1:39.10(TT5), Pierson 1:39.54(TT6) Clum 1:39.73(TT7) 200 Breast Pierson 3:36.27(TT3) Clum 3:38.83(TT4) OB welcomes Sally Martin, new to OMS, Sally stay with it, you have run the guantlet, facing three of the best Breast swimmers in the world, in your first meet. In the 200 Fly Pierson was second at 3:37.84(TT4) Sandi Rousseau won the 50/100Fly 38.09(TT6),1:34.50(TT9) Another very strong age group, surprising all from ORE/MAC.

Women 55-59: Bonnie Pronk, one of the really outstanding

Masters Swimmers in the world, took home 5 Golds-100 Back 1:30.71, 100 Breast 1:31.84, 200 Breast 3:18.25, 100 Fly 1:32.17, 200 IM 3:11.77, US TT would be all 1's and a 2 in the 100 Fly. ALICE ZABUDSKY posted a new ORE BEST for the 200 Fly 3:56.58(TT3),100 Free 1:23.17 (TT10), 2nd 200 Breast 3:54.77(TT5) 3rd 20 IM 3:30.20(TT5). Joy Ward gathered in 4 Golds and 2 Silvers-50 Free 33.96(TT2), 200 Free 3:05.68(TT5), 50 Back 42.37(TT3),50 Fly 35.83(TT2), 100 Back 1:32.35(TT2), 200 IM 3:24.32(TT3). Peggy Whiter took home the Gold for the 800 14:30.72(TT9). Still another excellent group.

Women 60-64: Peggy Hodge in winning 6 Golds was TT in the 50/100 Fly 50.30(TT9), 2:00.21(TT8) 40 IM 8:46.86(TT8). Kaleo Schroder took home 5 Golds and a Silver.

Women 65-69: Karen Bryce (PNA) grabbed 5 Golds, while Bev L'Esperance won 4 Golds and a Silver, Barbara Glancy from Alaska took home 2 Silvers and a Bronze.

Women 70-74: Barbara Jackson, Olympian from Montana,50/100/200 Back 47.56(TT2) 1:53.37(TT4) 3:50.18(TT3) ,50 Free 41.59, 50 Fly 1:00.36(TT9), add to this two bright and shiny new ZONES: 200 Back 3:50.18, 50 Fly 1:00.36.Gail Roper, Olympian from No Calif, Golds 100/200 Free,1:21.71(TT1) 3:04.77(TT1) 50 Breast 50.99(TT2), 100 Fly 1:49.73(TT2). Margaret Wells picked off a Gold in the 200 IM.

Women 75-79: Muriel Flynn (PNA) Latched on to 4 Golds with best efforts 50/100/200 Breast 1:06.02(TT9) 2:32.13(TT6) 5:25.61(TT7), Pauline Stangel still on the comeback trail, harvested 3 Golds and a Silver, while Elfie Stevenin won 5 Events.

Women 80-84: NORMA BERNARDI 5 Golds with ZONE BEST 50 Back 1:03.87(TT3), 200 Back 5:26.58 for an ORE BEST. Norma carted home 5 Golds while Ada Herbet grabbed 5 Silvers, great to see Ada back in the water.

Men 19-24: Big OREGON welcome to ANDY LACHMAN(MAC) with a ZONE RECORD for the 800 Free 9:36.54(TT1), and an ORE BEST for the 200 Breast, the oldest OMS Record, was Matt McCudden 2:48.34('77), now Andy has it at 2:41.79(TT4). 1500 Free 18:24.88(TT1) was also an OR Rec. Missed the 400 4:38.48(TT5) vs 4:37.85. Not too bad for openers, welcome Andy Lachman.

Men 25-29 : Joe Denton(PNA) was all alone and profited with 4 Golds.

Men 30-34: Dixon Soracco won 4 Golds with bests for the 50/100 Free 25.74(TT8)/57.19(TT9) 50 Breast 34.10(TT9), Eric Askerman managed 4 Golds, bests here were 800/1500 Free 10:19.53(TT8) 19:42.95(TT4).Tim Welch PNA went home pocketing all Golds in the Back. Matthew Craig looked great in the 100 Fly and 200 IM.

Men 35-39: DENNIS BAKER- FLEW WELL: ZONE 200 Fly 2:09.36(TT1), ORE 50 Fly 27.70(TT8), almost in the 100 59.73 vs 59.62. Dennis is 39, new age group coming up. Steve Parmentier 50 Back 30.67(TT6) close to 29.99, 100 1:11.12(TT9), C J Thrasher(PNA) nabbed the 100/400 Free plus the 50/100 Breast.

Men 40-44: PAT ALLENDER new ORE 400 Free 4:33.20(TT5) 50/100/200 Breast 33.41(TT5), 1:13.11 (TT2), 2:42.10(TT2),100 Fly 1:02.99(TT5) 200 IM 2:26.65 (TT3). David Burleson (MAC) 4 Golds with best-100 Back 1:09.32(TT8) 50 Fly 28.71(TT10).

Men 45-49 : PLS pardon Ol Barn, I now get a chance to write about someone who has worked hard, hung in there and made it : How about 2 Zones-50/100 Back 30.70(TT3) was Smith'88 31.03, 1:07.65(TT5) was Smith'88 1:09.49, who he ? PETER METZGER !!! In addition, Peter almost picked off the 50 Fly with a 29.05 vs 29.02,a little help from Cliff Stevens(29.16),in the 100 Fly Peter turned in a 1:08.88,the record is 1:07.56. Steve Sussez (PNA) *continued on page 17*

ol' Barn continued from page 16

showed some excellent swimming-200 Free 2:10.85(TT4), 800 Free 9:30.02(TT2), 400 IM 5:25.32(TT5) Greg Harrison (PNA) showed us what a National Record holder in the Breast should look like.

Men 50-54: Frank Warner (PNA) 200 Free 2:20.42(TT8), 200 Back 2:48.26. Robert Maestre(MAC) in the same event put together a 2:57.88 missing the OR REC of 2:56.43. Steven Peterson(PNA) in the 50/100/200 Breast just missed TT land. Jed Cronin had a great meet if that 1500 22:05.05 was not a personal best I'll be surprised, then I liked Jed's 200 Fly 3:24.43(TT10).

Men 55-59: Vinus Van Baalen(Alberta) won the 50 Free in 28.21(TT5) Sonny Garrett(PNA) 50 Fly 32.76(TT9), TOM LANDIS, 2 ZONES 200 Free 2:24.72(TT1), 1500 Free 20:52.49(TT2), then 100 Fly 1:19.37(TT5). Jim Miles on the comeback trail is looking great.

Men 60-64: Russ Donaldson(British Columbia) 800 12:42.93 (TT9) 1500 24:11.88(TT6), Brent Lake returning to swimming after a 40 year hiatus, turned in TT10 for the 1500 at 25:58.33. Bert Petersen put TWO TT1's on the board, 50/100 Fly-31.14/1:18.26

Men 65-69: Tom Taylor(PNA) a 24.09.18(TT6) in the 1500, OB thinks it was the suit. One of the best funs of the day, was watching Greg Harrison(48) swimming Breast all the way, hold off Tom in the last 100 meters. Jim Bigler (MAC) carted off 5 Golds.

Men 70-74 : MICKEY MARKS gave us a NEW ZONE for the 100 Breast 1:42.83(TT5), plus TT's 50 Free, 50 Back, 50 Breast-33.68(TT6) 43.51(TT7) 44.20(TT3) add an almost in the 200 Breast at 4:02.39, Don Stevenson's 3:59.22 fr 1982 continues to elude us.

Men 75-79 : Harold Young (PNA) took back home 4 Golds. Gil Young managed 2, Rupert Fixott 2 Golds.

Men 80-84 : GERALD HUESTIS gave us two ZONES-100 Breast 2:02.08(TT5) and 200 Breast 4:37.41(TT6).

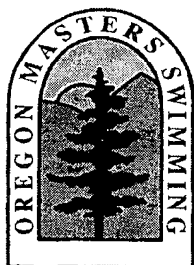
Relays: Women 400 Free 200 plus Relay: New Zone Record 5:30.31(TT2) J GETTLING, C CLUM, S ROUSSEAU, JOY WARD

That's it, Boys and Girls, another big THANKS to Dave Radcliff and his fine people for a meet to remember. After LC Nationals we will be getting ready for SCY, most important, don't forget 2001 LC Nationals are at Federal Way, this guys going to be 80 and give it a whirl.

OREGON MASTERS SWIMMING - UNITED STATES MASTERS SWIMMING

YEAR 2000 REGISTRATION / LATE-SEASON (SEPT. 1 - DEC. 31)

☐ Renewal—1999 USMS #379-_____

☐ New Member


Last Name: (Please register with the name you will use for competition.)		First Name:		M.I.:	
Address:					
City:		State:		Zip:	
Phone:		Date of Birth:		Age: Sex: <input type="checkbox"/> M <input type="checkbox"/> F	
E-mail:			Are you a Masters coach? <input type="checkbox"/> Yes <input type="checkbox"/> No		
Club: OMS is comprised of two clubs or you may register unattached. <input type="checkbox"/> OREG <input type="checkbox"/> MACO <input type="checkbox"/> UNATTACHED					
Local Team: Use abbreviation from list below. _____ (Unattached members cannot swim in relays.)					

♦ \$15.00 Single registration. Valid from September 1, 2000 through December 31, 2000. Make checks payable to OMS, Inc.

♦ Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

☐ I have added a contribution of \$1.00 (or \$ _____) to the United States Masters Swimming Foundation.

☐ I have added a contribution of \$1.00 (or \$ _____) to the International Swimming Hall of Fame Foundation.

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 _____

OMS LOCAL TEAM ABBREVIATIONS

Albany Master -	ALB	Medford Old Folks in Action -	MOFIA	Rock Creek -	ROCX
Central Oregon Master -	COMA	Metro YMCA -	MY	Rogue Valley Masters -	RVM
Chehalem Masters Swim Team -	CMST	Mittleman Jewish Comm. Ctr -	MJCC	Salem Courthouse Crew -	SCC
Cir. Beavers Aquatics -	CBAT	Mt. Hood Masters -	MHM	South Coast Aquatic Team -	SCAT
Club Northwest Aquatic -	CNA	Mt. Park Masters -	MPM	So. Columbia Co. Masters -	SCCM
Corvallis Aquatic Masters -	CAT	Multnomah Athletic Club -	MACO	Steelheads -	STHD
Emerald Aquatics -	EA	N. Clackamas Swim Team -	NCST	Tigard-Tualatin Swim Club -	TTSC
Fish Stick Masters -	FISH	N. Coast Swim Club -	NCSC	Tualatin Hills Barracuda -	THB
Grants Pass YMCA -	GPY	Parkrose Masters -	PMSC	Umpqua Valley Masters -	UVM
Hillsboro Mst. Swim Team -	HMST	Pendleton Masters Swim Club-	PEND	Willamette Athletic Club -	WAC
Klamath Falls Masters -	KLF	Portland Masters Swim -	PMS	Woodburn Barracuda Masters -	WBM
Lincoln City Masters -	LCM	Riverplace Athletic Club -	RAC	No Local Team -	NLT

MAIL TO: JUNE MATHER, OMS REGISTRAR, 1056 HILLVIEW DR., ASHLAND, OR 97520

This form is available on the OMS website; www.swimoregon.org

Tigard-Tualatin Short Course Yards Swim Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #370-08

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

Unregistered swimmers must submit a **2000 or 2001** registration form and fee with this form.

Tigard-Tualatin Masters' First Meet

DATE: Sunday, Nov. 19, 2000

Place: Tualatin Swim Center

22300 SW Boones Ferry Road, Tualatin, OR

WARMUPS: Sunday 8:30 AM

MEET STARTS: Sunday 9:30 AM

6 lanes competition, 1 lane buffer,

1 lane continuous warm up/down area, - electronic timing

Meet Director: George Johnson, work: 503-524-3983, home: 503-590-6348

e-mail: george.johnson@philips.com Entry issues: Margaret McMillan, Phone: 503-620-9425

e-mail: mcmillan@hevanet.com

Directions to Tualatin Swim Center: From I-5 take exit #286. Turn west and head north on Boones Ferry Rd. Tualatin High School will be on your right approximately 1.3 miles from I-5.

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN November 3, 2000

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

NAME _____ (for office use) _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ 2000/01 USMS# _____ BIRTHDATE _____ AGE _____
SEX _____ Your e-mail _____ USMS CLUB _____ (OREG, MACO, PNA, etc)

Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+, etc. You **may enter a maximum of 5 individual events plus relays**. A person may swim the 200y, 400y, and 800y distance of each relay event once. The 400 and 800 relays will be seeded in heats after the 200 relays of the same event. The 500 Freestyle will be deck seeded. Check in will close at **9 AM**. All events will be seeded SLOW TO FAST.

Sunday, November 19, 2000

500 FREE (1) _____:_____._____

15 min warmup after 500 free

100 BREAST (2) _____:_____._____

200 FREE (3) _____:_____._____

50 FLY (4) _____:_____._____

200 I.M. (5) _____:_____._____

5 MINUTE BREAK (6) XXXXX

FREE RELAYS (7-12) XXXXXXXXX

100 BACK (13) _____:_____._____

200 FLY (14) _____:_____._____

50 FREE (15) _____:_____._____

100 I.M. (16) _____:_____._____

5 MINUTE BREAK (17) XXXXX

MXD FREE RELAYS (18-20) XXXX

100 FLY (21) _____:_____._____

200 BACK (22) _____:_____._____

50 BREAST (23) _____:_____._____

400 I.M. (24) _____:_____._____

5 MINUTE BREAK 25) XXXXX

MEDLEY RELAY (26/29) XXXXX

100 FREE (30) _____:_____._____

200 BREAST (31) _____:_____._____

50 BACK (32) _____:_____._____

5 MINUTE BREAK (33) XXXXX

MXD MED RELAY (34-35) XXXXX

"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: \$15.00 Make checks payable to: Oregon Masters Swimming
Mail form(s) and fee(s) to: Margaret McMillan, 14040 SW 98th Ave, Tigard, OR 97224



3000/6000 Yard USMS Postal National Championships



Rogue Valley Masters

SANCTION & HOSTS: Sanction #POS01-00. Sanctioned by Oregon LMSC for USMS Inc. Hosted by Rogue Valley Masters.

EVENT: Individual swimmers must complete either 3000 yards (120 lengths) and/or 6000 yards (240 lengths) in a 25-yard pool anytime on or between **September 1, 2000 and October 31, 2000**. Relay teams, comprised of either 3 or 4 members, must complete either distance individually. No conversions from metric pools are permitted.

ELIGIBILITY: All swimmers currently registered with USMS or a similar body in their own countries. **A copy of the 2000 registration card must accompany all entries – no exceptions.**

CATEGORIES:

- **Individual:** Age groups are: 19–24, 25–29, 30–34...100+. The swimmer's age on the day of the swim determines the entrant's age group.
- **Individual Dual Entries:** Swimmers who change age groups during September or October may enter in each age group, but must swim twice, once at each age.
- **Team Relay Events:** Three types of team competitions are available: three women, three men, and four swimmer mixed (2 women & 2 men.) Each team member must also have entered the individual event and be registered with the same club. The cumulative time for the individual swims will be the team time. The age of the youngest team member on the day of the swim determines the age group of the team (19+, 25+, 35...95+.) Unattached teams are not permitted.

AWARDS: USMS Championship Long Distance medals will be awarded to the first three places in each age group in the individual and the team events. The first place winners also receive USMS Long Distance championship patches. Club scoring will be tabulated based on the top ten individual finishers in each age group (pts=11-9-8-7-6-5-4-3-2-1.) In addition, the top three clubs will also receive awards.

RULES: Drafting other swimmers, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Drafting is defined as having more than one swimmer circle swimming in a lane. For purposes of this event, no more than two swimmers may share a lane, each swimming the duration on either the right or the left side of the lane. USMS Long Distance Swimming rules require an adult acting as starter/referee be present and a verifier count lengths, record cumulative splits, time the event with a stop watch, and sign the official entry form, as must the swimmer. **Please use the split sheet included with the entry form.** Final time for 3000 or 6000 yards must be recorded to the hundredth of a second. A 3000 yard split in the 6000 yard event may be submitted for a record, but will not be accepted as an entry for the 3000 yard event. **Events must be swum separately.**

FEES: **Individual entry fee** for each event is \$10 per swimmer. USMS registered clubs that submit 10 or more individual entries in the same envelope will be eligible for a reduced individual entry fee of \$8 each. **Relay entry fees** are \$12 per relay team. Results and awards for clubs taking advantage of reduced fees will be sent to the club representative. **All fees are non-refundable.**

DEADLINE: Entries (including a copy of your 2000 registration card) must be **RECEIVED BY NOVEMBER 10, 2000**. Late entries will be returned to the sender. Incomplete or incorrect entries will be returned and must be resubmitted by the deadline.

RESULTS: Complete results will be sent to all entrants by December 10, 2000.

T-SHIRTS: A 3000/6000 Postal T-shirt may be ordered for \$15 with the individual entry.

INFORMATION: June Mather/1056 Hillview Dr/Ashland, OR 97520. Phone: 541-482-0610. E-mail: oregregistr@usms.org

USMS 3000/6000-Yard Postal National Championship

Name _____ USMS Reg # _____ Sex _____ Birthdate ____/____/____
 Address _____ City _____ State _____ Zip _____ Country _____
 Phone _____ E-Mail _____ Team Name _____ Team Initials _____

SPLIT SHEET: Record CUMULATIVE time for each 50 yards (to 10ths) and final time (to 100ths.)

50	1050	2050	3050	4050	5050
100	1100	2100	3100	4100	5100
150	1150	2150	3150	4150	5150
200	1200	2200	3200	4200	5200
250	1250	2250	3250	4250	5250
300	1300	2300	3300	4300	5300
350	1350	2350	3350	4350	5350
400	1400	2400	3400	4400	5400
450	1450	2450	3450	4450	5450
500	1500	2500	3500	4500	5500
550	1550	2550	3550	4550	5550
600	1600	2600	3600	4600	5600
650	1650	2650	3650	4650	5650
700	1700	2700	3700	4700	5700
750	1750	2750	3750	4750	5750
800	1800	2800	3800	4800	5800
850	1850	2850	3850	4850	5850
900	1900	2900	3900	4900	5900
950	1950	2950	3950	4950	5950
1000	2000	3000	4000	5000	6000

RELAY ENTRY	Event:	Swimmer 1 _____	Age _____	M _____ F _____	Time: _____:_____:_____
	3000 _____ 6000 _____	Swimmer 2 _____	Age _____	M _____ F _____	Time: _____:_____:_____
	Age Group:	Swimmer 3 _____	Age _____	M _____ F _____	Time: _____:_____:_____
	_____	Swimmer 4 _____	Age _____	M _____ F _____	Time: _____:_____:_____
	Category:	<i>Relay entries without individual entries & payment not accepted!</i>			
	4-Mixed _____ 3-Women _____ 3-Men _____	Total Time: _____:_____:_____			

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.

I certify that I have read the rules of this event and on ____/____/____, 2000 I swam (____ 3000) (____ 6000) yards in _____:_____:_____.

Swimmer Signature _____ Date _____ Verifier Signature _____

_____ = \$15 each for T-shirts: M _____ L _____ XL _____ XXL _____
 _____ = \$10 entry fee (1-9 swimmers,) OR
 _____ = \$8 entry fee (10+ swimmers,) AND/OR
 _____ = \$12 relay entry fee (one per team)
TOTAL ENCLOSED

Make checks payable to: 3000/6000 Postal Swim
 Send to:
 June Mather
 1056 Hillview Dr.
 Ashland, OR 97520

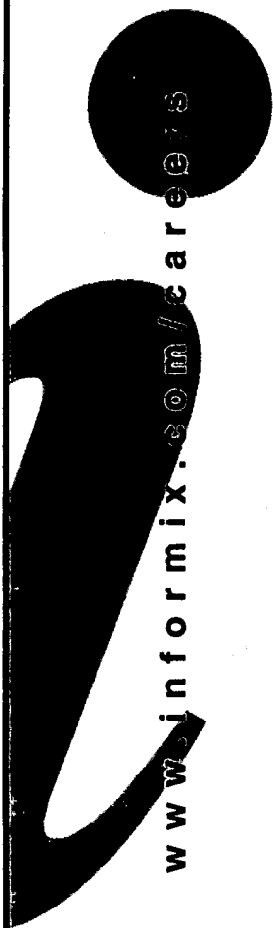
**Attach a copy of your
 2000 Registration card.
 NO CARD.....NO ENTRY!!
 Entry Deadline: Nov 10, 2000**

PORTLAND'S NEWEST SWIM STORE...

Tri Sport, Portland's newest running store has just become the newest swim store. In addition to offering top of the line running shoes, attire, and professional shoe fitting, they now offer top of the line swim wear and accessories. You will find suits and equipment from Speedo, TYR, Oomph, Water Gear, and Barracuda. They are expanding to include Nike, Finis, and Zoomers.

Tri Sport is also the largest supplier of triathlon gear and wet suits for sale or for rent. They are a local company that will go out of their way to help you with your swimming needs. This includes special orders and team discounts. You can visit them at 11919 NE Halsey, Portland. Keep a look out at your next local swim meet for their booth.

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Inside: Results - Elk Lake, Haag Lake, LCM Zone Meet

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