



Aqua-Master

Volume 28, Number 9

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September 2001

“Swimming - A Life's Passion”

Double Wins for Julie and Steve!

**Congratulations
Oregon National
3000 Winners**

Kelsey Holmberg

Sara Quan

Julie Himstreet

Elaine Cole

Kristi Gustafson

Pam Himstreet

Takeo Nishimura

Dave Radcliff

Ray Allen



Steve Johnson and Julie Himstreet were double winners in the first Open Water Swim of the Season at Squaw Lake.
(see Open Water article on page 5 and full results for all swims begin on page 6)

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Chair's Corner by Jeanne Teisher

Dear Fellow Swimmers,

WE WANT YOUR COMMENTS!!!!

The OMS board is interested in knowing why you swim? For fitness, competition or both? So OMS can better serve your needs as a swimmer, we would like to hear from you. Please share with me your comments, likes and dislikes, about the sport of swimming, Masters swimming, competition, fitness, special events (i.e., Postal swims, February Fitness Challenge, stroke clinics, etc.), practices, workouts, etc. The annual weekend board retreat is scheduled for mid October and we will be discussing your comments and ideas. I look forward to hearing from you. My email address is jteisher@msn.com. My phone number is (503) 649-4719. Thank you.

KUDOS TO THE COMATEAM!

One thing OMS teams' do well is host top quality National Open Water events! Last year it was the National 10K Open Water Championship at Applegate Lake, near Ashland. This year it was the National 3000

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2001 Calendar and Meet Schedule

Pool Meets

Date	Event	Location	Contact
*Oct. 27-28	SCM Zone	Tualatin Hills Beaverton	Sandi Rousseau tsrousse@ix.netcom.com
*Nov. 17	SCY	Tigard-Tualatin	George Johnson george.johnson@philips.com
Dec. 8	SCM	MAC Club	TBA
Postal Championships 2001			
May 15-Sept. 30	5/10K Postal	Pam Himstreet	himstreet@bendcable.com
*(Entry Blank is in the May-June issue of SWIM Magazine)			
Sept. 1-Oct. 31	3000/6000 Postal	Doug Brogan	FitTogether@aol.com

* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

OMS Board Meetings - (All OMS members are invited)

*September 5 (Wednesday) - - 7:00

September 12 - 16 USMS National Convention in Dearborn, Michigan

October 19-21 Annual Retreat

* Meetings will be held in the Lance Armstrong Building on the Nike Campus

When you are filling out your entry for the October Short Course Meter Zone meet at T-Hills, please read below before selecting your events. The Multnomah Athletic Club is planning a meet on December 8 in their great 25 Meter pool. It will be a team competition, based on the High School format of events. This means you will be able to enter probably 3 of the following: 200 free, 200 IM, 50 free, 100 fly, 100 free, 400 free, 100 back and 100 breast. There will be 2 or 3 relays offered. The meet will be scored and you will swim for your local team (COMA, THB, RVM, etc.), just like at the Association Championships. Swimmers entering without a team or part of a small group will be combined to form geographical "teams" that will be competitive with the "big guys" (15 swimmers or more)

Look for this entry form in October's Aquamaster. But if you wish to get your Zones entry in, the Zone meet will be the only one for distance swimmers (200's, 800, 400 IM, etc.) to get in their top ten swims before the end of the year. Also note that HS format does not have the 100 IM. Coaches – you have to get involved in the December team meet to get your team scoring the highest points. So start strategizing now. Let's get behind MACO's creativity and have a fun time in December!

Aqua-Master Change of Address

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ADDRESS			
CITY/STATE/ZIP			
PHONE		USMS #	

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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.

The Ultimate Challenge - The Channel by Laura Schob

Deep inside each of us there is a room many will venture to enter. Open the door and fear, pain, exhaustion, and a dark belief that you just might not make it will pour over you. For many swimmers the English Channel is that room. Each year dozens of relays and soloists from around the world attempt the twenty-one mile swim from Dover England to Calais, France. Although hundreds will succeed, many will be pulled from the water shaking and disoriented. But all who conquer The English Channel will have touched a new place inside of themselves.

The majority of Team Gaffney left for England on July 21. The air buzzed with the possibility of swimming The Channel the morning after our arrival. Karen Gaffney, the motivation for swimming the relay, had been training in Dover for a week in questionable weather. So when the weather turned sunny and the ocean calmed, she was prepared to swim. We slept little on the plane; rest did not come easily as we sat upright and let our minds spin about the hoary Channel.

We arrived at the prestigious Churchill Hotel in Dover at 4:00 p.m. We tossed our luggage in our rooms, dug for our swimming gear and plunged into the bay for a twenty- minute swim. The bite of the 60-degree water was not alarming to me. Nor was it to the other team members as we laughed at each other's newfound buoyancy and the thick taste of salt in our mouths. The water in The Channel is a pine needle green and murky with little flecks of sea plants. The range of vision is only a couple of feet. Focusing on the flecks was like swimming through a green snowstorm, and I decided I'd better look at something else.

Supper that evening was buzzing with plans for the next-day swim. The two six-member relays and our alternates were together along with family members and a reporter and photographer from The Oregonian. Unfortunately, we had to wait over two hours for supper. I went back to my room in the midst of waiting and grabbed a bag of Gorp to share with the other famished relay members. The boat captains discussed plans for the next day and we finally ate strangely spiced dishes and watercress soup. I fell into bed at 10:00 p.m. after packing for the relay.

We ate breakfast in the hotel the next morning and I learned sleep for most was poor. Beds in England tend to be hard and our bodies were plain out of whack from traveling and the eight-hour time difference. My team walked to Dover Bay carrying our sleeping bags and matching Adidas bags. We laughed about sweating in our polar fleece and could not believe we would need our Columbia jackets. The team with Karen Gaffney was transported to Folkstone, a town a few miles away.

Once on the boat we took pictures of each other, passed around the anti-seasick pills and waved goodbye to family members. It was a glorious day, July 23. The air temperature was around 70 and the air was still. Sara Quan, the leading swimmer from Team 2 started at 10:00 a.m. and Mike Tennant led our relay at 10:15. Both Mike and Sara swam a hard hour hoping to gain a considerable distance with the favorable tide. I loved watching their progress from the beautiful Shakespeare cliffs and found myself giddily thinking "I'm here! I'm really here!"

I jumped off the boat and passed Mike after one hour. I wore my red fin cap as it makes me feel festive. The high of actually SWIMMING IN THE ENGLISH CHANNEL kept spilling through me and I found myself smiling as I swam. The water was fairly calm and I pulled hard for the hour. When I climbed aboard afterwards, I assured my teammates they would love their swim.

Kelsey Bowen, our sixteen-year-old relay member, swam next. She was precise about keeping herself a good distance from the boat where I had wavered considerably. I was impressed with this and her steady stroke. She too, came onto the boat happy and excited about her first swim. Joe Tennant (Mike's brother), Marc Bowen (Kelsey's dad), and Lindy Mount followed Kelsey. Everyone swam with tough heads and I felt proud to be a part of the relay.

The difficulty of swimming The English Channel lies in a myriad of factors; it is not just one or two things that make the experience grueling. After each swim most of our team would take an hour or more to raise our body temperatures. We'd sit around in our polar fleece lined Columbia coats, hats, and fleece pants in spite of the day temperature staying around 70 degrees. Sometimes a relay member would be shaking and near hypothermic for an hour or more. This was especially true as the day wore on. I was not seasick on the boat but I became seasick in the water my second and third swims and threw up twice. It is a disheartening experience to swim ill. Mike was sick on the boat and this made it almost impossible to keep any calories in. Throughout the relay we all became worn from little rest, a calorie deficit that could not be replaced fast enough, the smell of the diesel from the boat chugging, the waves, and the duration of the crossing.

We were two plus hours from France when it was Mike's turn to swim. He had suffered from pneumonia prior to his arrival in England, had been seasick the entire relay and had dealt with being too cold. He valiantly swam his third leg in the dark and was an inspiration to me. My last swim was the longest hour of my life. I sighted off gold lights of France on every other swell and tried not to think about what might get me in the dark in The English Channel. My father kept jumping into my thoughts as I swam. I found this strange and comforting, too, as he died three years ago. Later, Karen

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Channel Swim continued from page 3

told me she kept thinking of her aunt who recently passed away. Other swimmers had similar experiences. Perhaps spirits hover around The Channel as guardian angels.

Kelsey had the honor of swimming to France. She touched France twenty minutes into her swim. A crewmember of our boat was kind enough to don a wetsuit and accompany her to shore. We celebrated by eating lots of Ginger Snaps and admiring Kelsey's little rock from France.

Our relay took roughly 14 hours and 30 minutes. We had received word Gaffney Team 2 had succeeded just fifteen minutes faster than us. Our cabin cruiser inched its way across The Channel in four and one half-hours; that was a cold, tiring ride home. People huddled in sleeping bags and attempted sleep in limited space. Unable to rest, I sat on the top of the boat talking with the crewmen. It was peaceful watching the lazy freighters maneuver through The Channel. This was one of those rare times insomnia is a gift. I squeezed a little more from life as I sat with the Brits hearing about their lives and feeling joyous from our achievement.

Our relay walked from the boat in Dover at 5:00 a.m. It was a nice surprise to be met by several of the relays family members. We were a funny sight dragging our gear and our worn-to-nothing selves down the street. Lindy and I laughed about looking like the Smurfettes in our matching jackets. We didn't care the air temperature was 70 degrees plus – our bones were still chilled.

I dropped my stuff on the floor of my hotel room and turned on the bath water. I let the tub fill as I called my husband and told him about our odyssey. Stepping into the tub, I grimaced from having unknowingly filled it with cold water. My first thought was, "Hey, you can take it. Don't waste the water." And then I thought, "Crikey! I'm not immersing myself in anymore cold water!" I wasted the water and refilled the tub hot enough to redden my skin. As I soaked I silently thanked the many people who helped me succeed: my husband, Andy, for believing in me, my training buddies, my teammates, the Gaffneys for countless hours of organizing,, Lisa Bates, the patient secretary for The Gaffney Foundation, the crewmen, Cece Bowen for her help on the boat, Gail McCormick and Kathryn Haslich for their Channel expertise (both have attempted The Channel solo), The Oregonian, our coaches, and the generous donations and kind words from numerous friends and relatives.

There were no plans for meeting at any certain time the day after our swim, but we all seemed to congregate about 2:30 in the afternoon. We ate and told war stories. Sara had swum through an army of jellyfish and scared her teammates with her yelps. Fortunately, she wasn't stung. Tom shared how he'd felt euphoric swimming his three swims. We heard about Team 2 almost having to pull out because a Russian vessel would not move for Kathryn Haslich.

Swimming the English Channel to support Karen Gaffney was a highlight of my life. In spite of swimming ill and dealing with the cold and dark water, I knew my difficulties were nothing compared to the challenges Karen faces every single day. I was touched when she stood the night of our celebration and tearfully thanked us for supporting her.

Karen opened the door deep inside of her long ago and is living proof that meeting the contents of this room is strengthening. Karen, like many people who overcome adversity, is a gift of hope to the world.

I think of Karen when times are rough and thank her for letting me be a part of Team Gaffney and the ideals the Team represents. I now know, like Karen has known all of her life, the strength inside of every human is almost beyond measure.

Tom Landis describes his final leg of the Relay

My turn comes and I slip into the water.

I know I can make another hour in the water, but I still have been looking forward with trepidation to the effort. After the first shock of getting used to the cold water, however, I feel great! Really great. I think to myself, "This is really fun"! Am I crazy or something? I'm sure the people looking down from the boat think that when I turn over on my back and swim for a while that way admiring the stars. I yell to them, "This is great!" They're stunned by my ebullience.

Just before I had slipped into the water Tim said to me, "Duncan says we're 2.6 miles from the beach. Do you think you can make it?" I answer negatively, but as I swim I do mental calculations as to whether or not the possibility exists. I determine that under ideal conditions I could

indeed make it, but these conditions are hardly ideal; cold, dark, choppy windy. I feel very strong, however, and swim as hard as I can in the hope that I can finish and save Tim having to go in the water again.

Eventually Tim is on the ladder waiting for his leg. He tags me and I climb up onto the boat, cold but euphoric again after what I feel has been one of the best swims of my life! I cannot believe how incredible I felt throughout this third leg of the swim; it's completely inexplicable to me and a complete surprise. Wow! Looking toward the beach I see we have only about 200 yards to go! Tim has it easy.

Actually, I'm glad he got to finish, as I had so much fun on my leg. When Tim gets back out to the boat we all congratulate each other profusely...It's been an interesting, fulfilling and all around a great experience.



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

Summer is drawing to a close, and by the time you read this article the 2001 Oregon Open Water Season (also known as the Season of Drought) will have entered the history books. Oregon Association Individual Champions will have been crowned, the Oregon Team Championship banner will be proudly floating in someone's aquatic home, and the Oregon Series Champions will be testing their new blue glassware with some yet-to-be-determined beverages. I hope that the memories of the 2001 open water season will be good ones.

While our Oregon Lakes chill past the comfort point, some of our intrepid swimmers are planning to continue their open water season far afield, in races like Whiskeytown (Redding, CA), LaJolla, Maui, and Waikiki. Good luck to all those who are pursuing glory and warmer water. And congratulations to the members of Team Gaffney, who pursued glory and frigid water in their successful relay crossing of the English Channel.

Traditionally, September marks the transition from one swimming year to another. Some of us will relax our training a bit. Others will even take some time off (mandated in some cases by the annual maintenance shutdown of the local pool)—keep this off time short! Still others will shift focus back to pool training and racing. Whatever your category, let's September presents us with three unique seasonal possibilities:

- A final swimming opportunity...September is the last month to swim & enter the National 5K & 10K Postal Championships. These swims must be done in a 50-meter pool before October 1st and entered before October 10th. If you have already completed your swim(s), submit your entries right away! If you haven't done your swim yet, consider visiting Amazon Pool on Sunday, September 9th,

where Steve Johnson will host another chance for you. Swims start at 7:30am. Pool fee is \$5.00 to pay for the lifeguards (free for Emerald Aquatics swimmers).

Remember that Oregon placed second in the national team scoring in both events last year, that we are pushing to win both team championships this year, and that we can use your swim to help push us over the top!

- A new swimming challenge...September is the first month of the National 3000-yard & 6000-yard Postal Championships. These swims must be done in a 25-yard pool—making them much more accessible to most of us!—and completed by October 30th. Not only are these good competitive events, but both swims are solid early season training swims & great conditioning benchmarks, and both swims—particularly the 3000-yard distance—can be completed within the time & structure of an average practice. Last year, Oregon won the National Team Championships in both events, our first national postal championship titles ever! Can we meet the difficult challenge of repeating as Team Champions?

- Your annual goals checkout...As we shift seasons, this is the time to evaluate your swimming commitment & achievement in the past year, create & state your swimming goals for the coming year, and actively begin to pursue these new goals. Whether your swimming orientation is fitness-driven or highly competitive, setting and pursuing concrete personal goals can help you achieve success in swimming. I consider the hour in which you set your personal goals to be the most important hour of your entire swim season! If you don't establish your target, you're never going to hit it!

Good luck and good swimming!

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Open Water Championship and Cascade Lakes Swim Series, held at Elk Lake, near Bend, August 4 – 5. As I mentioned in an article a couple of months ago, I am not an open water competitor (I'm a sprinter and prefer being a volunteer and beach cheerleader) but I do enjoy attending the Open Water events. This year's event was extremely well organized and was so much fun for everyone, including participants, volunteers, and spectators. The day of the 3000 meter event, the skies were overcast and the weather was cold and windy. The water temperature was a chilly 67 degrees. Not the best of conditions for a swim but 112 hardcore swimmers from Oregon, around the country and Canada braved the cold, not to mention the altitude of 4900 feet, and participated in the National event. By the time the

swimmers completed the swim, the sun had finally decided to break through the clouds and warm the air. Those of us on the shore were finally able to shed some of our layers of clothes and the swimmers were able to warm up quickly when they came out of the water. Sunday's events, the 500 meter and 1500 meter races, were just as well organized and fun for the participants. The water didn't warm up much over night but at least the sun was shining and the air was warm. For the 130+ swimmers that participated in the weekend events, it was quite an experience. It was also fun to watch. Congratulations to Pam Himstreet, event director, Matt Mercer, race director, and the COMA members for a job very well done.

Until next month....

Jeanne

SOUTHERN OREGON LAKE SWIM 5000M

Pl.	Name	Age	L.Team	Time	Overall	Wet suit
25-29 M						
1	Tomaz Sousa	25	THB	1:27:35	11	
2	Mathys Walma	27	THB	1:35:12	14	
30--34 F						
1	Julianne Himstreet	30	EA	1:17:27	2	
2	Amy Halligan	34	COMA	1:18:51	3	
3	Andrea Milano	34	PMS	1:35:17	15	
30-34 M						
1	Charles Forest	34	THB	1:50:23	28	
35-39 F						
1	Kristin Brooks	36	COMA	1:32:35	12	
2	Sharon Glaeser	37	PMS	1:35:43	17	
35-39M						
1	Robert Higley	35	COMA	1:26:04	9	
2	David VanDerZwan	38	SOM	1:26:35	10	
40-44M						
1	Mark Fairlee	43	COMA	1:21:54	5	
2	Michael Douglas	43	COMA	1:25:29	6	
3	Donny Soares	41	RVM	1:35:28	16	
4	David Winters	41	RVM	1:37:39	18	
45-49F						
1	Madeline Holmburg	48	COMA	1:38:04	19	
2	Connie Peterson	46	COMA	1:52:49	29	
	Karin Clancey	47	OWET	DNF		
45-49M						
1	Jonathan Istok	45	CAT	1-:41:53	21	
2	John Ridenour	45	UNAT	1:43-.38	22	
3	Daniel Greenblatt	45	RVM	1:44-.18	23	
50-54F						
1	Jani Sutherland	52	COMA	1:46:34	26	ws
1	Tam Jenkins	53	OWET	1:55:34	30	
50-54M						
1	Steve Johnson	53	EA	1:14:12	1	
2	Bob Bruce	53	COMA	1:25:52	7	
3	Jim Teisher	51	THB	1:33:21	13	
55-59F						
1	Pam Himstreet	57	COMA	1:50:03	27	
2	Peggy Whiter	57	COMA	2:04:51	31	
3	Dan Gray	56	RVM	1:46:26	25	
2	Frank Philipps	58	RVM	1:44:26	24	
1	Tom Landis	59	COMA	1:21:31	4	
60-64F						
1	Peggy Hodge	61	COMA	2:20:46	32	
60-64M						
1	Brent Lake	63	COMA	1:41:14	20	
65-69M						
1	David Radcliff	67	THB	1:25:58	8	

SOUTHERN OREGON LAKE SWIM 2500M

Pl.	Name	Age	L.Team	Time	Overall	Wet suit
10&und M						
1	Kenneth Grant	10	CAT	1:19-.42	46	
11-12 F						
1	Hanna Davis	12	DA	51:29:00	32	
19-24F						

1	Ashleigh Brace	20	OEVT	39:18:00	5
2	Danielle Ebnother	19	SOM	43:47:00	18
25-29F					
1	Tori Eisenbeis	28	COMA	40:27:00	11
30--34F					
1	Julianne Himstreet	30	EA	36:37:00	2
2	Amy Halligan	34	COMA	38:34:00	3
3	Andrea Milano	34	PMS	44:02:00	20
4	Cynthia Smidt	31	COMA	48:04:00	26
30-34M					
1	Jeff Strand	31	WHM	40:11:00	9
2	David Hoppe	33	unat	57:06:00	40
35-39F					
1	Patti Halprin	39	RVM	41:39:00	13
2	Kristin Brooks	36	COMA	43:58:00	19
3	Karen Allen	37	COMA	44:39:00	21
4	Janice Tacconi	38	RVM	54:33:00	39
35-39M					
1	Robert Higley	35	COMA	39:25:00	7
2	David VanDerZwan	38	SOM	41:55:00	14
3	John Spillman	36	SOM	54:23:00	38
40-44M					
1	Mark Fairlee	43	COMA	39:18:00	6
2	Michael Douglas	43	COMA	40:44:00	12
3	Donny Soares	41	RVM	46:44:00	22
45-49F					
1	Madeline Holmburg	48	COMA	48:25:00	29
2	Connie Peterson	46	COMA	57:33:00	41
45-49M					
1	Keith Dow	45	NCMS	43:42:00	17
2	Daniel Greenblatt	45	RVM	47:03:00	23
3	Craig Mather	49	RVM	47:14:00	24
4	John Ridenour	45	UNAT	49:39:00	31
50-54F					
1	Diane Davis	50	DAM	51:51:00	33
2	Jani Sutherland	52	COMA	52:01:00	36
50-54M					
1	Steve Johnson	53	EA	36:01:00	1
2	Bob Bruce	53	COMA	40:20:00	10
3	Jim Teisher	51	THB	43:26:00	15
4	Will Davis	50	DAM	51:51:00	33
5	Richard Smith	52	RVM	54:15:00	37
6	Michael Grant	50	UNAT	1:19:30	45
55-59F					
1	Pam Himstreet	57	COMA	51:54:00	35
2	Peggy Whiter	57	COMA	1:03:19	42
55-59M					
1	Tom Landis	59	COMA	39:11:00	4
2	Dan Gray	56	RVM	47:50:00	25
3	Frank Philipps	58	RVM	48:12:00	27
4	Earl Showerman	57	SOM	48:45:00	30
60-64F					
1	Peggy Hodge	61	COMA	1:05:38	43
60-64M					
1	Brent Lake	63	COMA	48:28:00	28
65-69M					
1	David Radcliff	67	THB	43:35:00	16
75-79M					
I	Raymond Allen	75	SOM	1:06:40	44

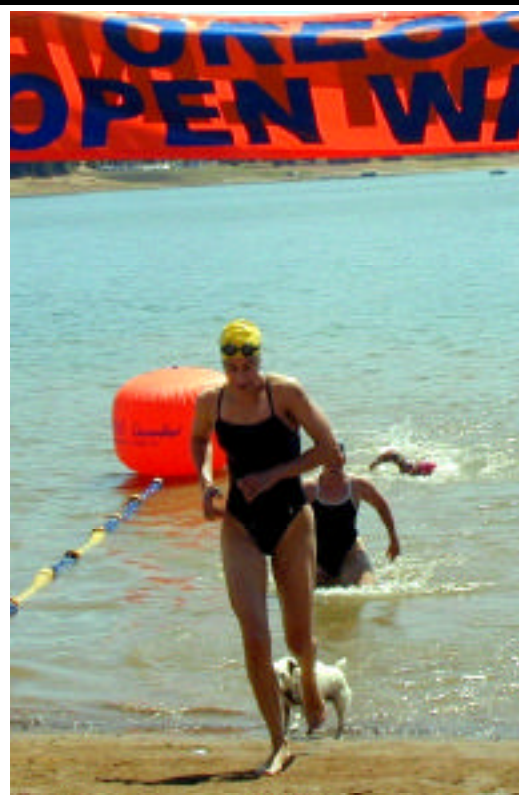
Haag Lake 2001: 2-Mile Results**Wetsuit Division**

Sx	AgGrp	Pl.	Name	Age	Club	Time	Overall
F	35-39	1	ORNER GAYLE	38	OR	1:13.43	9
F	50-54	1	SUTHERLAND JANI	52	OR-COMA	1:03.31	6
M	30-34	1	DIVINEY DAVID	32	OR	55.33	2
M	30-34	2	HALL JOE	32	OR	56.04	3
M	30-34	3	MCMULLIN JOE	31	OR	1:06.40	7
M	35-39	1	MARTHINSON ALAN	37	OR	54.50	1
M	45-49	1	HEALEY MIKE	48	OR-PKR	56.42	4
M	45-49	2	SCOTT BILL	45	OR	57.51	5
M	50-54	1	SCHROTZBERGES, JON	52	OR	1:11.11	8
M	65-69	1	WEISENSE LLOYD	68	MACO	1:27.30	10

Non Wetsuit Division

F	20-24	1	FONNER MOLLY	22	OR-THB	52.59	10
F	25-29	1	SIVER DANIELLE	28	unattached	55.37	17
F	25-29	2	GLOUGHLIN KIRSTIN	26	OR-?	56.22	22
F	25-29	3	VINTROVA' RENATA	29	OR-PMS	1:03.05	37
F	30-34	1	MILANO ANDREA	33	OR	56.22	21
F	30-34	2	PERRY REBECCA	33	OR-PKR	59.10	26
F	30-34	3	HOLLAND ERIN	34	OR-NCMS	59.23	28
F	35-39	1	VAUGHN-EDMONDS H.	39	OR	47.36	4
F	35-39	2	BROOKS KRISTIN	36	OR-COMA	55.48	19
F	35-39	3	GITELMAN ALIX	36	unattached	56.39	23
F	35-39	4	DAVIS PIPER	36	OR	1:02.44	35
F	35-39	5	ROZELL CARA	37	unattached	1:07.59	39
F	40-44	1	CAPPAERT MARLYS	43	OR-CBAT	59.18	27
F	60-64	1	HODGE PEGGIE	61	OR-COMA	1:20.41	42
F	70-74	1	BAHLER JOYCE	71	MACO	1:41.58	43
M	25-29	1	TAYLOR CURTIS	29	OR-MY	47.45	5
M	25-29	2	SHAAR ANDREW	29	OR	53.39	11
M	25-29	3	SOUSA TOMAZ	25	OR	55.02	14
M	25-29	4	HAWXBY ERIC	29	OR	1:00.35	31
M	30-34	1	ZOLNA BILL	32	MACO	45.04	1
M	30-34	2	OEDING JEFF	33	OR	48.57	6
M	30-34	3	CRAIG MATT	32	OR	49.39	8
M	30-34	4	SHAEVITZ ALEX	32	OR	50.44	9
M	30-34	5	WOLF ROBERT	32	OR-SCC	55.42	18
M	30-34	6	SORACCO DIXON	33	OR	1:02.37	34
M	30-34	7	FOREST CHARLES	34	OR	1:09.09	40
M	35-39	1	BISHOP PERRY	36	OR	47.08	3
M	35-39	2	HIGLEY ROBERT	36	OR-COMA	49.32	7
M	35-39	3	GROSSENBACHER K.	35	MACO	55.35	16
M	35-39	4	TURBITT CIARAN	35	OR-METRO-Y	59.28	29
M	40-44	1	KOPP KURT	41	OR	56.17	20
M	40-44	2	SOARES DONALD	41	OR	59.04	25
M	45-49	1	ISTOK JONATHAN	45	OR-CBAT	59.01	24
M	45-49	2	RIDENOUR JOHN	45	OR-SCCM	1:03.04	36
M	45-49	3	FIGLEY DALLAS	49	OREG	1:06.51	38
M	45-49	4	KELLY TOM	48	OR-WAC	1:15.31	41
M	50-54	1	JOHNSON STEVE	53	OR-EA	45.52	2
M	50-54	2	TEISHER JIM	51	OR	54.45	12
M	50-54	3	BRUCE BOB	53	OR-COMA	55.26	15
M	50-54	4	DUNLAP DOUGLAS	50	OR-PMS	1:00.00	30
M	55-59	1	GRAY DAN	56	OR-RVM	1:01.56	32
M	55-59	2	MOHR RALPH	59	OR-COMA	1:02.30	33

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Ellen Ferguson of MAC edges Sybil Fisher of PMS by 4 seconds at the finish of Haag Lake 1 mile swim.



Bill Zolna, winner of the both the 2 and 1 mile swim at Haag Lake charges out of the water.

Sx	AgGrp	Pl.	Name	Age	Club	Time	Overall
M	65-69	1	RADCLIFF DAVE	67	OR-THB	54.54	13

Haag Lake 2001: 1-Mile Results

Wetsuit Division

F	25-29	1	PETERS KARIANA	26	OR-PMS	30.45	4
F	50-54	1	SUTHERLAND JANI	52	OR-COMA	32.49	7
M	25-29	1	STEVENS JEFF	25	OR-PMS	26.40	1
M	30-34	1	DIVINEY DAVID	32	OR	28.12	2
M	30-34	2	AUSTIN DAVID	30	OR	31.1	6
M	30-34	3	ALBRECHT GARY	31	OR-PMS	31.87	5
M	35-39	1	ANDERSON STEVE	38	OR	44.47	8
M	40-44	1	YANNELLO PAUL	41	OR	29.47	3

Non Wetsuit Division

F	20-24	1	FONNER MOLLY	22	OR-THB	26.46	11
F	20-24	2	LEE KRISTIN	24	unattached	33.17	41
F	25-29	1	FISHER SYBIL	28	OR-PMS	24.59	6
F	25-29	2	CASEY ANNA	24	OR	31.41	33
F	25-29	3	GIBBS ZAN	26	OR-PMS	33.14	40
F	25-29	4	MEIRS SARAH	26	OR-PMS	39.22	50
F	30-34	1	HEALEY SANDRA	33	OR-PKR	27.09	13
F	30-34	2	FREEBERG RACHEL	31	OR-SCC	28.03	19
F	30-34	3	MILANO ANDREA	33	OR	29.20	22
F	30-34	4	AUSTIN JEN	30	OR	29.51	23
F	30-34	5	HOLLAND ERIN	34	OR-NCMS	30.49	28
F	30-34	6	ROTAN KRISTINE	30	OR	31.29	31
F	30-34	7	WOON LELENG	31	OR-PMS	31.44	34
F	30-34	8	SORACCO AMY	33	OR-PMS	31.52	36
F	30-34	9	GROSSENBACHER D.	34	MACO	36.00	47
F	30-34	10	KEISER JAMIE	31	OR	37.08	48
F	35-39	1	FERGUSON ELLEN	39	MACO	24.55	5
F	35-39	2	BROOKS KRISTIN	36	OR-COMA	27.45	16
F	35-39	3	ANDERSON KELLY	39	OR	30.41	27
F	35-39	4	KAHL PAM	37	OR-PMS	31.38	32
F	35-39	5	MILLER ANNE	38	OR	45.53	55
F	35-39	6	STONE DESIREE	36	OR-PMS	59.28	60
F	40-44	1	ROUSSAIN KERRI	42	OR-PMS	27.06	12
F	40-44	2	SAMELSON MELORA	41	OR-CBAT	35.23	45
F	40-44	3	MANGAN MARTINA	42	OR	35.4	46
F	45-49	1	CLANCEY KARIN	47	OR-OWET	37.51	49
F	50-54	1	COFFEEN LINDA	50	OR-PMS	44.47	54
F	60-64	1	HODGE PEGGIE	61	OR-COMA	42.08	53
F	60-64	2	TATUM JOANNE	62	OR-MHM	45.56	56
F	65-69	1	LANCE SHERIN	65	OR-PMS	41.03	52
F	65-69	2	GLANCY BARBARA	69	OR-PMS	49.18	57
M	13-18	1	STONE ALAN	14	USS	32.05	38
M	25-29	1	TAYLOR CURTIS	29	OR-MY	23.21	3
M	25-29	2	SHAAR ANDREW	29	OR	26.33	10
M	30-34	1	ZOLNA BILL	32	MACO	22.06	1
M	30-34	2	SHAEVITZ ALEX	32	OR	23.23	4
M	30-34	3	SORACCO DIXON	33	OR	26.25	9
M	30-34	4	WOLF ROBERT	32	OR-SCC	27.22	15
M	30-34	5	FOREST CHARLES	34	OR	35.03	44
M	35-39	1	HIGLEY ROBERT	36	OR-COMA	25.06	7
M	35-39	2	TURBITT KIRIN	35	OR-METRO	31.50	35
M	35-39	3	RIDDLE ARRAN	36	OR-PMS	34.02	43
M	40-44	1	WREN MARK	42	OR-PMS	26.03	8

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Open Water season is family time. McKenzie and Will Halligan had a great time camping at Squaw while Mom, Amy, had a great time swimming. Bring your family and join the fun at the Oregon Lake Swims.

Sx	AgGrp	Pl.	Name	Age	Club	Time	Overall
M	40-44	2	SOARES DONALD	41	OR	29.55	24
M	40-44	3	BUNKER JIM	44	OR-SCC	31.07	30
M	40-44	4	BRAGG ROBIN	41	OR	33.46	42
M	40-44	5	JENSEN CHRIS	41	OR	51.51	58
M	45-49	1	METZGER PETER	46	OR	27.54	17
M	45-49	2	RIDENOUR JOHN	45	OR-SCCM	32.01	37
M	45-49	3	FIGLEY DALLAS	49	OREG	33.04	39
M	45-49	4	BOGARD BRUCE	45	OR	39.22	50
M	50-54	1	JOHNSON STEVE	53	OR-EA	22.39	2
M	50-54	2	TEISHER JIM	51	OR	27.10	14
M	50-54	3	BRUCE BOB	53	OR-COMA	27.58	18
M	50-54	4	DE PRIEST MARK	53	OR-METRO-Y	28.20	21
M	50-54	5	GRANT MICHAEL	50	unattached	30.39	26
M	55-59	1	GRAY DAN	56	OR-RVM	30.15	25
M	55-59	2	MOHR RALPH	59	OR-COMA	31.00	29
M	65-69	1	RADCLIFF DAVE	67	OR-THB	28.10	20
M	65-69	2	OAKES JOE	66	OR	52.49	59



"Dima" sends his THANKS!

"Again and again, I have learned through my Bend trip how participation in sports events extends your life. In these few days you get more life experience and memory than through few months of 'normal life."

Isn't this a great incentive for masters swimming?"

Haag Lake 2001: 500 Meter Results

Sx	AgGrp	Pl	Name	Age	Club	Time
F	12&under	1	BRAGG, KRISTIN	12		15.19
M	12&under	1	GRANT, KENNETH	10	CAT	12.41
M	12&under	2	BRAGG, ANDREW	9		17.24

Elk Lake National 3000 Championship

Wet Suit Division

Sex	Age Gp.	Place	Name	Age	Club	L. Team	3000	Gender Overall Place
F	30-34	1	Cox Alma	33	Oreg	COMA	0:49:10	1
		2	Hyde Sandra	32	Oreg	MHM	0:49:11	2
		3	Smidt Cynthia M	31	Oreg	COMA	0:52:07	3
		4	Milligan Sally	30	Oreg	COMA	1:00:31	6
F	35-39	1	Daniels Karen	36	Oreg	COMA	0:54:23	4
F	40-44	1	Bowerman Lisa	40	Oreg	COMA	0:59:31	5
M	35-39	1	Schipper Bill	36	Oreg	COMA	0:51:06	4
M	40-44	1	Riley Mike	40	Oreg	COMA	0:45:08	1
		2	Thompson Ron J	41	Oreg	COMA	0:49:18	2
M	45-49	1	Erwert Patrick C	47	Oreg	COMA	0:52:13	5
M	50-54	1	Carriker Buz L	53	Oreg	MHM	0:50:44	3

Non Wet Suit division

F	19-24	1	Holmberg Kelsey G	19	Oreg	COMA	0:41:07	2
		2	Fonner Molly E	22	Oreg	THB	0:46:06	8
F	25-29	1	Quan Sara	28	Oreg	COMA	0:39:35	1
		2	Gouldson Kelly V	25	Oreg	COMA	0:44:13	7
		3	Eisenbeis Tori	28	Oreg	COMA	0:46:56	11
		4	Siver Danielle	28	Oreg	Unat	0:49:02	16
		5	Miller Alexis J	26	Oreg	Unat	0:50:15	17
F	30-34	1	Himstreet Julie	30	Oreg	EA	0:41:15	3
		2	Halligan Amy B	34	Oreg	COMA	0:41:38	4
		3	Lehmer Sheri	33	Kona Aquatics		0:43:20	5
		4	Milano Andrea R	33	Oreg	PMS	0:47:42	14
		5	Lewis Kristine P	31	Oreg	THB	0:51:23	18
		6	Frey Meg	34	Oreg	MY	0:51:28	19
		7	Sheldon Kristen L	30	Unat		0:52:38	21
		8	Holland Erin E	34	Oreg	NCMS	0:53:19	24
F	35-39	1	Cole Elaine Jane	38	Oreg	Unat	0:46:59	12
		2	Brooks Kristin R	36	Oreg	COMA	0:47:40	13
		3	Allen Karen K	37	Oreg	COMA	0:48:54	15
		4	Gitelman Alix	36	Oreg	CBAT	0:52:47	22
		5	Glaeser Sharon S	37	Oreg	PMS	0:52:59	23

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F	40-44	1	Sweat	Mary H	44	Alaska	0:44:07	6
		2	Hosty	Maureen E	42	Oreg MY	0:46:11	9
		3	Schob	Laura K	42	Oreg COMA	0:46:43	10
F	45-49	4	Chavez	Sandra	40	Oreg RVM	0:57:03	27
		1	Gustafson	Kristi K	45	Oreg MHM	0:53:43	25
		2	Holmberg	Madeleine	48	Oreg COMA	0:53:55	26
F	50-54	3	Shoemaker	Cynthia A	49	Oreg COMA	0:59:23	33
		4	Peterson	Connie L	46	Oreg COMA	1:06:59	36
		5	Clancey	Karin A	47	Oreg OWET	1:08:54	38
F	55-59	1	Dillon	Sally A	54	PNA	0:52:14	20
		2	Thomas	Anne R	50	Oreg COMA	0:57:31	28
		3	Rague	Suzanne L	50	Oreg THB	0:57:54	29
F	60-64	4	Milner	Nancy	50	Oreg MHM	0:57:55	30
		5	Riddle	Kristi P	52	Oreg THB	1:08:26	37
		1	Himstreet	Pam J	57	Oreg COMA	0:58:41	32
F	65-69	2	Whiter	Peggy S	57	Oreg COMA	1:06:53	35
		1	Jordan	Betsy T	64	San Diego Swim Masters	0:58:13	31
		2	Hodge	Peggy H	61	Oreg COMA	1:16:33	39
M	25-29	1	Pipes	Adrienne S	67	San Diego Swim Masters	0:59:27	34
		DNF	Glancy	Barbara J	69	Oreg PMS	0:00:00	
		1	Nishimura	Takeo	28	Oreg COMA	0:53:15	45
M	30-34	1	Rodic	Nenad	30	Sierra Nevada Masters	0:37:14	3
		2	Carter	Brandon J	30	Davis Aquatic Masters	0:43:42	15
		3	Hackley	Jeff T	33	Oreg THB	0:46:09	23
M	35-39	4	McKnight	Walter	34	Oreg COMA	0:47:05	30
		5	Reget	Phil F	32	Oreg COMA	0:48:54	34
		6	Purdy	Matt	32	Snake River	0:50:56	41
M	40-44	1	Erwin	Jeff	37	Sawtooth Masters	0:37:00	1
		2	Brancamp	David J	39	Sierra Nevada Masters	0:39:24	5
		3	Nelson	Timothy D	35	Oreg COMA	0:40:48	7
M	45-49	4	Higley	Robert E	36	Oreg COMA	0:43:44	16
		5	Stewart	Doug K	38	Oreg SOM	0:45:03	18
		6	Taylor	Sean P	38	MACO	0:45:09	19
M	50-54	7	Van Der Zwan	David	38	Oreg SOM	0:47:12	31
		8	Grossenbacher	Klaus	35	MACO	0:50:20	39
		9	Spillman	John W	36	Oreg SOM	1:05:11	59
M	55-59	1	Asbury	Douglas A	41	N. Carolina Masters Swimming	0:39:23	4
		2	Stewart	James A	44	Minnesota	0:39:41	6
		3	Steinhauff	Eric D	42	Oreg COMA	0:43:37	14
M	60-64	4	Fairlee	Mark E	43	Oreg COMA	0:45:52	20
		5	Khodko	Dimitri	41	Nepean Masters Swim Club	0:47:02	29
		6	Wren	Mark B	42	Oreg PMS	0:48:20	33
M	65-69	7	Douglas	Michael J	44	Oreg COMA	0:49:04	36
		8	Winkle	Tiger L	40	Oreg STHD	0:50:36	40
		9	Soares	Donald E	41	Oreg RVM	0:51:30	44
M	70-74	10	Kopp	Kurt	41	Oreg Unat	0:53:25	47
		11	Sligar	Kevin	40	Snake River	0:58:45	56
		12	Gilbert	Jay D	43	Oreg MY	0:59:19	57
M	75-79	1	Krauser	Larry B	48	Inland Northwest Masters	0:40:59	8
		2	Angstadt	Jack W	46	Unat	0:42:52	10
		3	Gallagher	Brian	46	Snake River	0:43:22	12
M	80-84	4	Fryefield	David C	47	Oreg EA	0:44:51	17
		5	Swanson	Charlie	49	Oreg EA	0:46:07	22
		6	Tennant	Michael J	48	Oreg COMA	0:46:55	28
M	85-89	7	Becker	Mark L	46	Oreg THB	0:50:18	38
		8	Dow	Keith C	45	Oreg NCMS	0:51:13	42
		9	Istok	Jonathan D	45	Oreg CBAT	0:51:18	43
M	90-94	10	Greenblatt	Daniel S	46	Oreg RVM	0:53:56	50
		11	Moneta	Michael D	45	MACO	0:54:19	51
		12	Figley	Dallas G	49	Oreg Unat	0:57:39	53
M	95-99	13	Ridenour	John P	45	Oreg SCCM	0:57:51	54
		1	McConica	Jim	50	Ventura County Masters	0:37:09	2
		2	Johnson	Steve M	53	Oreg EA	0:41:04	9
M	100-104	3	Andersen	Tom	50	Oreg DAC	0:46:47	26
		4	Bruce	Robert A	53	Oreg COMA	0:46:54	27
		5	Cronin	Jed P	52	Oreg THB	0:48:11	32

		6	Teisher	Jim L	51	Oreg THB	0:50:09	37
		7	Bartlett	Brian J	53	Inland Northwest Masters	0:58:03	55
M	55-59	1	McCleery	James T	55	PNA	0:43:15	11
		2	Landis	Tom	59	Oreg COMA	0:43:36	13
		3	Muter	C W	58	Unattached	0:46:32	25
		4	Mohr	Ralph W	59	Oreg COMA	0:53:19	46
		5	Gray	Daniel R	56	Oreg RVM	0:53:25	48
		6	Showerman	Earl R	58	Oreg SOM	1:00:26	58
		7	Juhala	Richard H	58	Oreg NCMS	1:06:07	60
M	60-64	1	Coale	Bob	61	Daland Swim School Masters	0:46:16	24
		2	Lake	Brent L	63	Oreg COMA	0:53:43	49
		3	Beggs	James A	61	Oreg SCAT	1:06:43	61
M	65-69	1	Radcliff	David A	67	Oreg THB	0:49:00	35
M	70-74	1	Johnston	Graham M	70	Team Texas	0:46:05	21
		2	Beach	Robert E	71	St. Petersburg Masters	0:57:02	52
M	75-79	1	Allen	Raymond	75	Oreg SOM	1:22:57	62

Elk Lake 500 Championship

Wet Suit Division

Sex	Age Gp.	Pl.	Name	Age	Club	L. Team	500	Gender Overall Pl.
F	30-34	1	Cox Alma	33	Oregon	COMA	7:33.78	1
M	25-29	1	Abrams Matt	28	Oregon	Unat	7:04.04	1
M	45-49	1	Erwert Patrick C	47	Oregon	COMA	7:48.53	2
		2	Dietsch Frank	49	Oregon	COMA	8:01.44	3

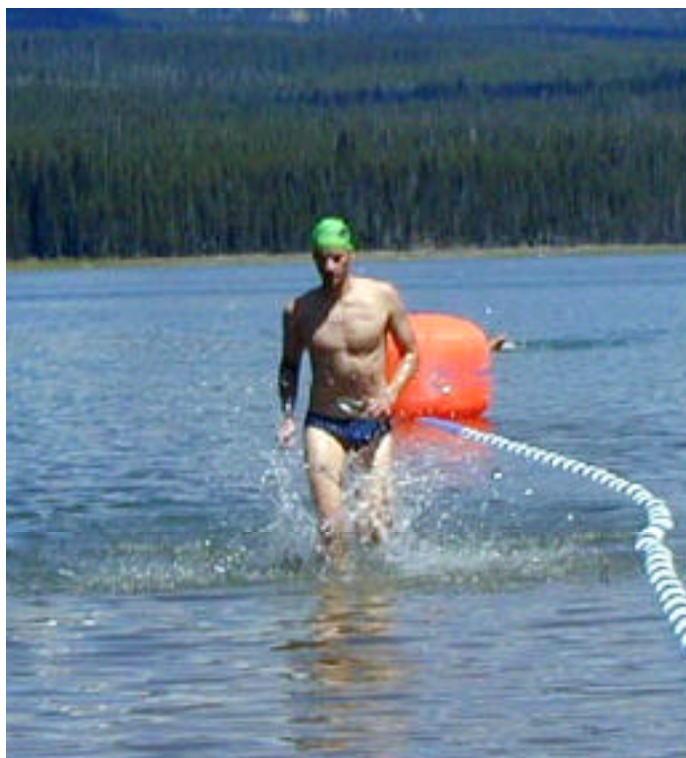
Non Wet Suit Division

F	19-24	1	Holmberg Kelsey G	19	Oregon	COMA	6:35.94	1
		2	Fonner Molly E	22	Oregon	THB	7:08.47	5
		3	Gillard Lauren	23	Oregon	COMA	7:20.53	6
F	25-29	1	Quan Sara	28	Oregon	COMA	6:40.22	2
		2	Eisenbeis Tori	28	Oregon	COMA	7:27.97	7
		3	Miller Alexis J	26	Oregon	Unat	8:45.66	22
		4	Gibbs Zan	26	Oregon	PMS	9:45.15	28
F	30-34	1	Himstreet Julie	30	Oregon	EA	6:42.22	3
		2	Halligan Amy B	34	Oregon	COMA	6:47.97	4
		3	Milano Andrea R	33	Oregon	PMS	7:39.50	8
		4	Hyde Sandra	32	Oregon	MHM	7:47.18	10
		5	Valentine Tara B	31	Lake Lytal Masters		7:51.38	11
		6	Lewis Kristine P	31	Oregon	THB	8:11.06	17

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National Champion - Sara Quan



National Champion - Jeff Irwin

		7	Smidt	Cynthia M	31	Oregon	COMA	8:32.88	21
F	35-39	1	Cole	Elaine Jane	38	Oregon	Unat	7:46.06	9
		2	Allen	Karen K	37	Oregon	COMA	7:55.22	12
		3	Brooks	Kristin R	36	Oregon	COMA	7:58.31	14
		4	Glaeser	Sharon S	37	Oregon	PMS	8:04.00	15
F	40-44	1	Hosty	Maureen E	42	Oregon	MY	7:56.00	13
F	45-49	1	Gregoire	Debbie J	46	Oregon	COMA	8:09.00	16
		2	Gustafson	Kristi K	45	Oregon	MHM	8:18.97	19
		3	Holmberg	Madeleine	48	Oregon	COMA	8:31.59	20
		4	Shoemaker	Cynthia A	49	Oregon	COMA	9:27.59	25
		5	Peterson	Connie L	46	Oregon	COMA	10:23.44	30
F	50-54	1	Dillon	Sally A	54	PNA		8:12.75	18
		2	Thomas	Anne R	50	Oregon	COMA	9:06.62	24
		3	Riddle	Kristi P	52	Oregon	THB	10:09.97	29
F	55-59	1	Himstreet	Pam J	57	Oregon	COMA	9:40.00	27
		2	Whiter	Peggy S	57	Oregon	COMA	10:27.81	31
F	60-64	1	Jordan	Betsy T	64	San Diego Swim Masters		9:01.62	23
		2	Hodge	Peggy H	61	Oregon	COMA	11:14.62	32
F	65-69	1	Pipes	Adrienne S	67	San Diego Swim Masters		9:38.34	26
M	25-29	1	Nishimura	Takeo	28	Oregon	COMA	7:57.56	31
M	30-34	1	Rodic	Nenad	30	Sierra Nevada Masters		6:00.97	2
		2	Carter	Brandon J	30	Davis Aquatic Masters		6:31.81	5
		3	Hackley	Jeff T	33	Oregon	THB	6:51.22	8
		4	Reget	Phil F	32	Oregon	COMA	7:02.75	11
		5	Purdy	Matt	32	Snake River		7:33.18	23
		6	Morescalchi	Marco	34	Unat		7:48.44	27
M	35-39	1	Erwin	Jeff	37	Sawtooth Masters		5:39.00	1
		2	Brancamp	David J	39	Sierra Nevada Masters		6:18.47	3
		3	Higley	Robert E	36	Oregon	COMA	6:48.38	7
		4	Stewart	Doug K	38	Oregon	SOM	6:58.12	9
		5	Van Der Zwan	David	38	Oregon	SOM	7:08.91	14
		6	Schipper	Bill	36	Oregon	COMA	8:48.22	40
M	40-44	1	Steinhauff	Eric D	42	Oregon	COMA	6:43.97	6
		2	Fairlee	Mark E	43	Oregon	COMA	7:11.84	15
		3	Wren	Mark B	42	Oregon	PMS	7:17.66	17
		4	Douglas	Michael J	44	Oregon	COMA	7:19.91	18
		5	Riley	Mike	40	Oregon	COMA	7:21.94	19
		6	Khodko	Dimitri	41	Nepean Masters Swim Club		7:40.34	25
		7	Winkle	Tiger L	40	Oregon	STHD	7:45.00	26
		8	Kopp	Kurt	41	Oregon	Unat	7:49.22	29
		9	Sligar	Kevin	40	Snake River		7:57.00	30
		10	Gilbert	Jay D	43	Oregon	MY	8:08.75	33
		11	Soares	Donald E	41	Oregon	RVM	8:10.12	34
		12	Thompson	Ron J	41	Oregon	COMA	8:59.97	41
M	45-49	1	Tennant	Michael J	48	Oregon	COMA	6:59.47	10
		2	Swanson	Charlie	49	Oregon	EA	7:05.62	13
		3	Moneta	Michael D	45	MACO		7:58.22	32
		4	Greenblatt	Daniel S	46	Oregon	RVM	8:18.47	35
		5	Figley	Dallas G	49	Oregon	Unat	9:02.75	42
M	50-54	1	Johnson	Steve M	53	Oregon	EA	6:30.06	4
		2	Andersen	Tom	50	Oregon	DAC	7:12.00	16
		3	Livoni	Donn	54	Montana		7:29.06	21
		4	Teisher	Jim L	51	Oregon	THB	7:29.97	22
		5	Bruce	Robert A	53	Oregon	COMA	7:36.00	24
		6	Carriker	Buz L	53	Oregon	MHM	8:33.00	37
		7	Gallagher	Dennis L51	Oregon	COMA		10:56.28	45
M	55-59	1	Landis	Tom	59	Oregon	COMA	7:05.12	12
		2	Gray	Daniel R	56	Oregon	RVM	8:35.97	38
		3	Mohr	Ralph W	59	Oregon	COMA	8:45.94	39
		4	Juhala	Richard H	58	Oregon	NCMS	9:56.72	44
M	60-64	1	Lake	Brent L	63	Oregon	COMA	8:25.00	36
		2	Beggs	James A	61	Oregon	SCAT	9:56.66	43
M	65-69	1	Radcliff	David A	67	Oregon	THB	7:48.60	28
M	70-74	1	Johnston	Graham M	70	Team Texas		7:25.00	27
M	75-79	1	Allen	Raymond G	75	Oregon	SOM	13:49.62	46

Continued on page 13

Elk Lake 1500 Championship

Wet Suit Division

Sex	Age Gp.	Place	Name	Age	Club	L. Team	1500	Gender Overall Place
F	30-34	1	Cox Alma	33	Oregon	COMA	0:23:12.00	1
F	45-49	1	Gregoire Debbie J	46	Oregon	COMA	0:24:25.00	2
M	40-44	1	Lance Aaron	40	Oregon	PMS	0:23:41.00	1
M	45-49	1	Erwert Patrick C	47	Oregon	COMA	0:23:48.00	2
		2	Dietsch Frank	49	Oregon	COMA	0:25:43.00	3

Non Wet Suit Division

F	19-24	1	Holmberg Kelsey G	19	Oregon	COMA	0:20:05.00	2
		2	Fonner Molly E	22	Oregon	THB	0:22:10.00	6
		3	Gillard Lauren	23	Oregon	COMA	0:23:07.00	9
F	25-29	1	Quan Sara	28	Oregon	COMA	0:19:55.00	1
		2	EisenbeisTori	28	Oregon	COMA	0:22:47.00	8
		3	Miller Alexis J	26	Oregon	Unat	0:23:47.00	12
F	30-34	1	Halligan Amy B	34	Oregon	COMA	0:20:09.00	3
		2	HimstreetJulie	30	Oregon	EA	0:20:26.00	4
		3	ValentineTara B	31	Lake Lytal Masters		0:23:44.00	11
		4	Milano Andrea R	33	Oregon	PMS	0:23:51.00	14
		5	Hyde Sandra	32	Oregon	MHM	0:24:20.00	15
		6	Lewis Kristine P	31	Oregon	THB	0:24:43.00	16
		7	Topp Suzanne M	33	Oregon	CAT	0:25:00.00	19
		8	Smidt Cynthia M	31	Oregon	COMA	0:26:20.00	23
F	35-39	1	Ferguson Ellen	39	MACO		0:21:53.00	5
		2	Brooks Kristin R	36	Oregon	COMA	0:23:36.00	10
		3	Allen Karen K	37	Oregon	COMA	0:23:49.00	13
		4	Glaeser Sharon S	37	Oregon	PMS	0:25:01.00	20
F	40-44	1	Hosty Maureen E	42	Oregon	MY	0:22:12.00	7
		2	Samelson Melora P	42	Oregon	CAT	0:25:58.00	22
F	45-49	1	Gustafson Kristi K	45	Oregon	MHM	0:24:58.00	17
		2	Holmberg Madeleine S	48	Oregon	COMA	0:25:42.00	21
		3	Shoemaker Cynthia A	49	Oregon	COMA	0:28:40.00	26
		4	Peterson Connie L	46	Oregon	COMA	0:29:57.00	29
F	50-54	1	Dillon Sally A	54	PNA		0:25:00.00	18
		2	Thomas Anne R	50	Oregon	COMA	0:27:54.00	25
		3	Riddle Kristi P	52	Oregon	THB	0:31:57.00	30
F	55-59	1	HimstreetPam J	57	Oregon	COMA	0:28:49.00	27
		2	Whiter Peggy S	57	Oregon	COMA	0:32:12.00	31
F	60-64	1	Jordan Betsy T	64	San Diego Swim Masters		0:26:59.00	24
		2	Hodge Peggy	61	Oregon	COMA	0:35:10.00	32
F	65-69	1	Pipes Adrienne	67	San Diego Swim Masters		0:28:52.00	28
		2	Lance Sherin	65	Oregon	PMS	0:39:53.00	33
M	25-29	1	Abrams Matt	28	Oregon	Unat	0:22:14.00	14
		2	Nishimura Takeo	28	Oregon	COMA	0:24:57.00	30
M	30-34	1	Rodic Nenad	30	Sierra Nevada Masters		0:19:02.00	2
		2	Carter Brandon	30	Davis Aquatic Masters		0:20:37.00	5
		3	Hackley Jeff T	33	Oregon	THB	0:22:10.00	10
		4	Reget Phil F	32	Oregon	COMA	0:22:38.00	16
		5	Purdy Matt	32	Snake River		0:23:40.00	23
		6	Morescalchi Marco	34	Unattached		0:25:43.00	37
M	35-39	1	Erwin Jeff	37	Sawtooth Masters		0:18:17.00	1
		2	Brancamp David J	39	Sierra Nevada Masters		0:19:03.00	3
		3	Higley Robert E	36	Oregon	COMA	0:21:26.00	8
		4	Stewart Doug K	38	Oregon	SOM	0:22:01.00	9
		5	Van Der Zwan David	38	Oregon	SOM	0:23:34.00	22
		6	Hanson Steve P	38	Oregon	CAT	0:24:59.00	31
		7	Schipper Bill	36	Oregon	COMA	0:27:42.00	41
		8	Corbin Greg	36	Oregon	MY	0:29:46.00	44
M	40-44	1	Steinhauff Eric D	42	Oregon	COMA	0:21:20.00	7
		2	Fairlee Mark E	43	Oregon	COMA	0:22:14.00	15
		3	Douglas Michael	44	Oregon	COMA	0:23:05.00	19
		4	Wren Mark B	42	Oregon	PMS	0:23:22.00	20
		5	Riley Mike	40	Oregon	COMA	0:23:43.00	24
		6	Winkle Tiger L	40	Oregon	STHD	0:24:15.00	26
		7	Soares Donald	41	Oregon	RVM	0:24:19.00	27
		8	Khodko Dimitri	41	Nepean Masters Swim Club		0:25:19.00	33

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		9	Fadeley Chuck	44	Oregon EA	0:26:21.00	39
		10	Thompson Ron J	41	Oregon COMA	0:27:37.00	40
		11	Sligar Kevin	40	Snake River	0:28:18.00	43
M	45-49	1	Tennant Michael	48	Oregon COMA	0:22:11.00	11
		2	Swanson Charlie	49	Oregon EA	0:22:13.00	13
		3	Dow Keith C	45	Oregon NCMS	0:24:47.00	29
		4	Greenblatt Daniel	46	Oregon RVM	0:25:15.00	32
		5	Moneta Michael	45	MACO	0:25:25.00	34
		6	Figley Dallas G	49	Oregon Unat	0:27:46.00	42
		7	Bogard Bruce	45	Oregon Unat	0:33:51.00	48
		8	Douglas Taylor	48	Unat	0:34:51.00	49
M	50-54	1	Johnson Steve M	53	Oregon EA	0:20:04.00	4
		2	Andersen Tom	50	Oregon DAC	0:22:13.00	12
		3	Bruce Robert	53	Oregon COMA	0:23:00.00	17
		4	Livoni Donn	54	Montana	0:23:31.00	21
		5	Carriker Buz L	53	Oregon MHM	0:24:04.00	25
		6	Gallagher Dennis	51	Oregon COMA	0:33:48.00	47
M	55-59	1	Landis Tom	59	Oregon COMA	0:21:17.00	6
		2	Gray Daniel R	56	Oregon RVM	0:25:36.00	35
		3	Mohr Ralph W	59	Oregon COMA	0:26:13.00	38
		4	Juhala Richard	58	Oregon NCMS	0:31:36.00	45
M	60-64	1	Lake Brent L	63	Oregon COMA	0:25:39.00	36
		2	Beggs James A	61	Oregon SCAT	0:32:26.00	46
M	65-69	1	Radcliff David A	67	Oregon THB	0:24:33.00	28
M	70-74	1	Johnston Graham	70	Team Texas	0:23:00.00	18
M	75-79	1	Allen Raymond	75	Oregon SOM	0:41:58.00	50



Women Winners - Maureen, Kelsey, Kristin, Sally, Sara, Adrienne, Betsy, Pam, Julie, Kristi



Men Winners - Ray, Steve, Jeff, Eric, Dave, Graham, Brent, Tom, Mike, Takeo



ol' Barn reviews State Games



The 2001 edition of the State Games of Oregon was a great success story, under the direction of Kristi Gustafson. We saw some really great swimming and a bulging entry list of new names, and the return to the water world of "old timers".

In the New Records area, these tired old eyes have never seen as many new records set in the State Games arena. Outstanding Swimmers of the meet would have to be COLETTE CRABBE (45). She was

sensational, Colette posted times which could be # 1 in the USA: 100/200 Breast 200 IM and the 400 IM(TT2) 1:25.04/ 3:02.86/2:42.93/5:48.01, all of these times set new Zone standards, and your writer will be watching Colette's swimming at Long Course Zones in August.

Our other Numero Uno, would be GINGER PIERSON, who just turned 55, set 4 new Zone Records - 100/200 Breast, 100/ 200 Fly - 1:36.41/ 3:31.54/ 1:32.69/3:21.24. Your writer will be watching these two closely at the Nationals in Federal Way.

Women 19-24: Rebecca Moffat (UNAT) set a new games record for the 1500-20:17.04(TT4), Melissa Bell grabbed four Golds, best effort was 2:58.62-200 Fly, which could rank #3 in the USA.

Women 25-29: Jennifer Butcher just missed the SG record in the 100 Back-spinning a 1:16.40 (TT5) vs 1:16.29. Anicia Criscone made the TT with a fine 3:21.07, nabbing 4 Golds on the way to a great day.

Women 30-34: LAURATYRRELL posted a new ORE time of 21:37.73 for the 1500. JULIE HIMSTREET OMS best 200 Fly 2:49.33(TT6) add 4 more OSG bests 200 Back 2:48.59(TT6), 200 Breast 3:14.34, 200/400 IM 2:46.69 (TT10) 5:53.67 (TT9) 200 Free 2:28.52. Julie got the MAX-6 Golds.

Women 35-39: AMY HALLIGAN

new OMS standard 1500 20:08.93(TT10). Valerie Poire set new OSG records 50/100 Back-35.15/ 1:17.66. Jeanne Thimm was close in the 50 Fly at 35.89.

Women 40-44: KAREN ANDRUS-HUGHES was sensational with ORE records for the 100/200 Free/200 IM- 1:07.12(TT8), 2:28.77, 2:53.17, add OSG records 400 Free 5:17.98, 50 Back 36.17 (TT7). Laura Worden garnered 2 OSG Records-100 Fly 1:19.80 (TT10), 200 Fly 3:04.12 (TT3).

Women 45-49: We have already written about the sensational swims of Collette Crabbe. Teri Hendryx, swimming for the MAC, set 3 OSG standards-1500-23:57.78, 100/200 Back- 1:26.11, 3:04.67(TT9), Elke Asleson picked off 3 Golds and 2 Silvers.

Women 50-54: Your reporter would be remiss if he failed to mention the lead story for this group of Gals- in the 100 Fly, we watched as Sandi Rousseau post a 1:35.96(TT8), Janet Gettling 1:37.66(TT9) and Suzanne Rague 1:41.76(TT10) in all my years of writing for the AM, close to 30, have never had the pleasure of writing about 3 OMS swimmers all making TT in the same event. Kathy Call swam 32.80(TT9) for the 50 Free, just missing the OMS Record of 32.58.

Women 55-59: As was mentioned earlier, Ginger Pierson was sensational in this age group. Joy Ward posted a 36.34 in the 50 Fly which should stand up for AA. By the by - Gingers record in the 200 Breast was held by Lavelle Stoinoff set in 1988. In addition Joy Ward had a OSG Record of 34.04 in the 50 Free. Add Pam Himstreet to the mix, and you have as strong a threesome as there is in the USA.

Women 60-64: Susanne Schumann (MAC) had 5 swims, and all 5 will likely make the USATop Ten. Susanne set a new OSG record of 49.26 for the 50 Breast.

Women 65-69: Lavelle Stoinoff comes

out of retirement, swims the 200 Free in 2:54.19, which should hold up for AA honors, your scribe is hoping that we will see "luvey" at Nationals.

Beverly L'Esperance and Kaleo Schroder took the rest of the Golds: Beverly had 2 Golds and 4 Silvers, Kaleo went home with 6 Golds.

Women 75-79: MARGARET WELLS shows us 3 new ZR's plus 2 Oregons. 50 Fly-1:12.13, 200 Fly 6:29.64(TT7), 400 IM-11:59.81(TT6) ORE best in the 100 Fly 2:54.04(TT6) OSG best 200 IM:5:32.72.

Women 80-84: ELFIE STEVENIN put in a 9:37.88 for the 200 Fly which could hold up for All American, also a new OSG Record of 17:37.52(TT2). Norma Bernardi took home 4 Golds with TT times-50/100 Back 1:09.48 (TT8), 2:28.64(TT4)

Women 85-89: EVA MULLER went home with 5 Golds- AA? - 400 Free 11:25.15, Zone Bests 50 Back 1:24.68 (TT4), 400 IM 14:57.79 (was Martha Keller from 1986) State Games 200 Breast 7:57.80(TT2).

Women 90-94: Ellen Tait (UNAT) at a young 91, gives us 3 new OSG Records - 50 Free 1:22.34(TT2), 100 Free 3:30.79(TT2) and 50 Back 2:03.22(TT2)

Men 19-24: Two swimmers were dominant here, with Jadam Leach setting a Games record for the 50 Breast 33.03 which would be a TT4, his 100 was also excellent at 1:16.21(TT4). John Stone won three events.

Men 25-29: Jeff Stevens and Christopher Scheller went after each other hammer and tong, or should we say kick and stroke-they tied in the 50 Free at 28.75, and almost in the 100- 1:04.15 vs 1:04.56. Scheller parted the waves in the 1500 for a time of 21:30.65 (TT7)

Men 30-34: CURTIS TAYLOR gave us a new OMS record in the 50 Free at 25.00(TT7) Games record in the 100 - *continued on page 18*

ol'Barn continued from page 17

in 55.72(TT7) John Keppeler swam to a new Games record in the 200 Free 2:03.45(TT5). Radek Pospisil squared off with Roger Rand in the 100 Breast (1:19.24-1:20.10) Bill Zolna of MAC picked up two Games records - 50 Fly-27.78 and 400 IM-5:04.94(TT2) Zolna also won the 100 Fly 1:01.21 (TT8), and 200 IM 2:23.06(TT10).

Men 35-39: Brian Wannamaker and Mike Conrath had a good one going in the 1500, with Brian coming out on top in 22:12.63 vs 22:43.51. Steve Parmentier picked off Golds in the 50 Free, 50 Back, 50 Fly and 100 Fly.

Men 40-44: Curt LaCount swam for Gold in the 50 Free(good battle with Burleson 27.32 vs 27.56), the 200 Free, 1500, 100 Back, and the 50 Fly. Curt set a games record in the 50 Fly at 28.29. Pat Allender was close in the 50 Breast 34.65 vs 34.53, his 100 Breast 1:14.64(TT8) close to record of 1:14.12, his 200 time was 2:45.78 (TT5) Allender got the Games record in the 200 IM - 2:28.55(TT6) also won the 100 Fly and the 400 IM 5:20.05 (TT5). David Burleson of MAC won Gold in the 100 Free and the 50 Back.

Men 45-49: Peter Metzger set Games records for the 100 Back 1:09.37(TT6) and the 200 Back 2:39.73, Peter also had an excellent 50 Fly 30.21 vs the record of 30.14. Randy Johnson picked off a new Games record for the 400 IM in 6:48.93 also struck Gold in the 200 IM, Adrian Kalil won the 50/100 Free, while Charles Helm won the 400 Free and 1500.

Men 50-54: Allen Stark came close in the 50 Breast at 35.64(TT4), set a new Games record for the 100 in 1:20.26 (TT4) and also a Gold for the 200. Robert Maestra (MAC) picked off 6 Golds-50/100/200/400/1500 22:13.37 (TT10) and the 200 Back. Mark Worden challenged Maestra in the 50/100/200, with their closest in the 200 (2:26.85 vs 2:26.99) Worden reached for and got Gold in the 100 Fly and 200 IM.

Men 55-59: Robert Smith came home

with a new Games best in the 100 Free 1:07.07 and a fine 100 Back 1:16.17 (TT4)

Men 60-64: Bert Petersen set a Games best in the 200 Free in 2:39.42(TT8), picked up Gold 400 Free 5:48.42 (TT10) also 50/100 Free and 50 Breast. Brent Lake impressed your writer with 3 fine and much improved 50/100/200 Back-39.75/1:29.79(TT9) and 3:13.04(TT7) his victory in the 1500 (24:09.70(TT4) was an impressive improvement over 25:58 in 2000. Watch Brent at Nationals.

Men 65-69: DAVID RADCLIFF established two new Zones-400/1500 5:34.06(TT3) 22:27.73(TT1-AA?) also a new Games best for the 200 Free 2:38.08(TT4). Donald Adamski reappeared in Oregon with a Games best in the 50 Back 39.01(TT7) and a great 100 Back 1:31.39(TT6) Jim Bigler(MAC) won Gold in the 100 Free and 50 Breast. A word of caution from your writer, do not, repeat, do not step into a vacant spot, in the heat before yours, a good swim was saved, when the officials were able to resolve just who swam what. Actually your writer feels that the swimmer should not have been allowed to count his swim in the wrong heat. Art Welch continues to swim and swim well, am sure that he will gain points for Oregon at LC Nationals.

Men 70-74: "Mickey" Marks won three Golds in the breast-44.67(TT9) 1:42.96 TT5 and 4:03.87(TT6) plus a win in the 50 Free. William Holman caught Gold in the 100-200-400 Free., While John Joens won the 50/200 Back.

Men 75-79: Gil Young carted off the Gold for the 50/200/400 and 1500 Free. His times 200(3:21.96(TT8), 400 (7:13.29TT5) and 1500 (29:29.06 TT4) will be improved at Nationals

Men 80-84: Joe Mellon won the 400 and 1500 with a new Games record in 1500 at 41:07.89. Rupert Fixott garnered 3 Golds with Games records- 50/100 Breast 1:02.38/2:24.22(TT10) Khosrow Shadbeh posted a 1:36.23

(TT10) for the 50 Fly.

RELAYS and THEN SOME !!!

Women's Relays setting OMS

Records:

100-119 800 Meter Free 10:41.55
Anicia Criscione, Julie Himstreet, Lisa Gorsline, Melissa Bell

200-239 800 Meter Free 12:37.74
Janet Gettling, Sandi Rousseau, Jackie Quattro, Suzanne Rague

Women's Relays setting State Games Records:

120-159 200 Meter Free 2:15.82
Sharon Glaeser, Pam Kahl, Andrea Milano, Amy Soracco

120-159 200 Meter Medley 2:33.44
Leleng Woon, Andrea Milano, Laura Tyrrell, Valerie Poirier

Mens Relays setting OMS Records:

160-199 400 Meter Free 5:36.65
William Holman, Mark Neubert
Christopher Scheller, Charles Helm,
160-199 200 Meter Medley 2:06.93
Peter Metzger, Dixon Soracco, Brian Wannamaker, Mark Wren Note: Wren was a member of the team holding the former record

240-279 400 Meter Free 4:34.47
(Just missed the NR) Robert Smith
,Bert Petersen, David Radcliff, Dennis Seacat

240-279 400 Meter Medley 4:58.50
Robert Smith, Allen Stark, Bert Petersen, David Radcliff

State Games Records:

Mixed 120-159 200 Meter Medley 2:16.22 (Was 2:16.50) Valerie Poirier, Dixon Soracco, Jeff Stevens, Sharon Glaeser

Mixed 160-199 200 Meter Medley 2:21.46 Peter Metzger, Andrea Milano, Bert Petersen, Anne-Marie Collson

Mixed 160-199 400 Meter Medley 5:41.81 Anicia Criscione, Randy Johnson, Laura Worden, Mark Worden (How about husband and wife ?)

Well Paddlers, that sums up the Oregon State Games for the year 2001, will be looking forward to seeing you at Federal Way.

Results - Senior Masters Sports Festival - Eugene - July 22

Women 30-34				1 Gettling, Janet	53OREG	3:47.58	200 LC Meter Breaststroke		
100 LC Meter Freestyle				50 LC Meter Butterfly			1 Muller, Eva	89OREG	8:13.72
1 Himstreet, Julie	31OREG	1:09.67		1 Gettling, Janet	53OREG	41.44	Men 30-34		
400 LC Meter Freestyle				Women 55-59			50 LC Meter Breaststroke		
1 Himstreet, Julie	31OREG	5:12.59		50 LC Meter Freestyle			1 Rand, Roger	31OREG	36.41
100 LC Meter Backstroke				1 Ward, Joy	59OREG	33.75	100 LC Meter Breaststroke		
1 Himstreet, Julie	31OREG	1:21.37		100 LC Meter Freestyle			1 Rand, Roger	31OREG	1:22.05
100 LC Meter Breaststroke				1 Ward, Joy	59OREG	1:25.21	200 LC Meter Breaststroke		
1 Himstreet, Julie	31OREG	1:35.12		200 LC Meter Freestyle			1 Rand, Roger	31OREG	3:01.27
100 LC Meter Butterfly				1 Himstreet, Pam	58OREG	3:25.70	Men 35-39		
1 Himstreet, Julie	31OREG	1:18.63		400 LC Meter Freestyle			100 LC Meter Freestyle		
Women 35-39				1 Himstreet, Pam	58OREG	7:00.36	1 Gaarder, Chris	36OREG	1:08.05
400 LC Meter Freestyle				800 LC Meter Freestyle			50 LC Meter Butterfly		
1 Hoagland, Sarah	39MACO	5:29.13		1 Himstreet, Pam	58OREG	14:40.26	1 Gaarder, Chris	36OREG	32.53
800 LC Meter Freestyle				50 LC Meter Backstroke			Men 40-44		
1 Hoagland, Sarah	39MACO	11:32.07		1 Ward, Joy	59OREG	42.36	100 LC Meter Freestyle		
200 LC Meter Backstroke				100 LC Meter Backstroke			1 Otto, Douglas	42MACO	1:06.23
1 Hoagland, Sarah	39MACO	3:07.08		1 Ward, Joy	59OREG	1:34.21	50 LC Meter Backstroke		
100 LC Meter Butterfly				100 LC Meter Breaststroke			1 Otto, Douglas	42MACO	36.27
1 Hoagland, Sarah	39MACO	1:27.61		1 Himstreet, Pam	58OREG	1:56.18	200 LC Meter IM		
Women 40-44				200 LC Meter Breaststroke			1 Otto, Douglas	42MACO	2:45.79
50 LC Meter Freestyle				1 Himstreet, Pam	58OREG	4:01.58	Men 50-54		
1 Harsey, Laura	43UNAT	31.74		50 LC Meter Butterfly			50 LC Meter Freestyle		
50 LC Meter Backstroke				1 Ward, Joy	59OREG	37.05	1 Loos, John	51OREG	32.11
1 Harsey, Laura	43UNAT	36.93		Women 60-64			100 LC Meter Freestyle		
50 LC Meter Butterfly				50 LC Meter Freestyle			1 Loos, John	51OREG	1:13.06
1 Harsey, Laura	43UNAT	36.40		1 Schumann, Susanne	64MACO	37.86	50 LC Meter Backstroke		
200 LC Meter IM				100 LC Meter Freestyle			1 Loos, John	51OREG	39.92
1 Harsey, Laura	43UNAT	3:03.00		1 Schumann, Susanne	64MACO	1:24.78	50 LC Meter Breaststroke		
Women 45-49				100 LC Meter Breaststroke			1 Loos, John	51OREG	45.72
50 LC Meter Freestyle				1 Schumann, Susanne	64MACO	1:48.25	50 LC Meter Butterfly		
1 Glassman, Debbie	48PNA	31.72		200 LC Meter Breaststroke			1 Loos, John	51OREG	38.07
2 Jackson, Mary	45OREG	32.23		1 Schumann, Susanne	64MACO	3:55.87	Men 60-64		
100 LC Meter Freestyle				Women 65-69			800 LC Meter Freestyle		
1 Glassman, Debbie	48PNA	1:12.58		50 LC Meter Freestyle			1 Keudell, David	61OREG	15:47.32
200 LC Meter Freestyle				1 Adams, Arden	69UNAT	57.72	100 LC Meter Breaststroke		
1 Glassman, Debbie	48PNA	2:45.41		50 LC Meter Backstroke			1 Keudell, David	61OREG	1:44.72
50 LC Meter Backstroke				1 Adams, Arden	69UNAT	1:03.30	200 LC Meter Breaststroke		
1 Jackson, Mary	45OREG	39.07		100 LC Meter Backstroke			1 Keudell, David	61OREG	3:51.73
2 Hendryx, Teri	48MACO	40.84		1 Adams, Arden	69UNAT	2:18.06	Men 65-69		
100 LC Meter Backstroke				50 LC Meter Breaststroke			50 LC Meter Freestyle		
1 Hendryx, Teri	48MACO	1:29.67		1 Adams, Arden	69UNAT	1:15.71	1 Rigdon, John	65UNAT	34.76
200 LC Meter Backstroke				Women 75-79			100 LC Meter Freestyle		
1 Hendryx, Teri	48MACO	3:08.75		400 LC Meter Freestyle			1 Rigdon, John	65UNAT	1:20.50
50 LC Meter Breaststroke				1 Wells, Margaret	75OREG	11:20.08	Men 70-74		
1 Jackson, Mary	45OREG	40.72		50 LC Meter Backstroke			50 LC Meter Freestyle		
2 Hendryx, Teri	48MACO	44.57		1 Wells, Margaret	75OREG	1:12.40	1 Hersey, Cal	74UNAT	50.37
200 LC Meter Breaststroke				100 LC Meter Butterfly			50 LC Meter Backstroke		
1 Hendryx, Teri	48MACO	3:32.67		1 Wells, Margaret	75OREG	2:58.54	1 Hersey, Cal	74UNAT	1:08.98
50 LC Meter Butterfly				Women 80-84			50 LC Meter Breaststroke		
1 Glassman, Debbie	48PNA	33.74		200 LC Meter Freestyle			1 Hersey, Cal	74UNAT	1:17.49
2 Jackson, Mary	45OREG	35.91		1 Stangel, Pauline	80OREG	5:26.42	Men 75-79		
100 LC Meter Butterfly				2 Stevenin, Elfie	80OREG	6:35.44	200 LC Meter Butterfly		
1 Glassman, Debbie	48PNA	1:18.76		50 LC Meter Backstroke			1 Eckhardt, Fred	75OREG	5:46.80
Women 50-54				1 Stevenin, Elfie	80OREG	1:31.97	400 LC Meter IM		
50 LC Meter Freestyle				200 LC Meter Backstroke			1 Eckhardt, Fred	75OREG	10:39.46
1 Quattro, Jackie	54OREG	36.64		1 Stevenin, Elfie	80OREG	7:01.53	Relays		
100 LC Meter Freestyle				100 LC Meter Butterfly			Women 240-279 200 LC Meter Medley Relay		
1 Quattro, Jackie	54OREG	1:24.13		1 Stevenin, Elfie	80OREG	4:31.19	1 OREG		2:40.18
800 LC Meter Freestyle				200 LC Meter IM			1) Jackson, M. 45	2) Gettling, J. 53	
1 Gettling, Janet	53OREG	13:23.38		1 Stevenin, Elfie	80OREG	7:54.19	3) Ward, J. 59	4) Quattro, J. 54	
50 LC Meter Backstroke				Women 85-89			Women 320-359 200 LC Meter Medley Relay		
1 Quattro, Jackie	54OREG	47.26		200 LC Meter Freestyle			1 UNAT		5:36.74
100 LC Meter Backstroke				1 Muller, Eva	89OREG	5:36.47	1) Adams, A. 69	2) Muller, E. 89	
1 Quattro, Jackie	54OREG	1:45.73		400 LC Meter Freestyle			3) Wells, M. 75	4) Stevenin, E. 80	
50 LC Meter Breaststroke				1 Muller, Eva	89OREG	11:27.39			
1 Quattro, Jackie	54OREG	51.66		200 LC Meter Backstroke					
200 LC Meter Breaststroke				1 Muller, Eva	89OREG	6:05.64			

SCM Zone Swim Meet

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