



Aqua-Master

Volume 29, Number 10 Published Monthly by OMS, Inc. November/December 2002

Welcome: New Team - New Swimmers



Bill Mellow and Cheryl Keller of the newly formed Columbia Gorge Masters In Hood River enjoy a relaxing moment at the Mt. Hood Swim Meet. *Full results begin on page 16*

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We Need Your Help

IN FINDING THE FOLLOWING OMS RECORDS

The following years and courses of records are missing from our files and we need your help in finding copies for archiving purposes. If you have any of these record copies, it would be greatly appreciated if you would forward a copy to Ginger Pierson at 8417 NE 16th St Vancouver, WA 98664 or email at gingerp@qwest.net

SCY	LCM	SCM	SGO (St. Games)
99	00	01	00
94	99	00	99
91	97	90	97
90	91	89	93
81	90	88	90
80	89	88	90
	88	85 and earlier	88
78 and earlier	86		87
	82		86 and earlier
	80 and earlier		

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Chair's Corner by Jeanne Teisher

It's Registration Time

Did you know that you can register now for next year's OMS/USMS dues? That's right! Why not get your registration form submitted while you're thinking about it!?

For the past 5 years June Mather has been the OMS Registrar and she has done an exceptional job. She always submitted the annual and monthly reports to USMS by the deadlines and provided the board with rosters of the membership on a regular basis. Over the years, June has worked closely with the data manager for all state swim competitions confirming swimmer registrations and registering new swimmers. She has also worked closely with the Aqua Master providing him with labels for the newsletters. For those of you who have moved to a new address, changed your telephone number or email address, moved to a different team from another Oregon team or a team from another part of the country, lost your registration card, changed your name, etc., June has made the updates to your registration and/or reissued your card without hassle. In fact, knowing June, I'm sure she did it with a smile. I have had the pleasure of working with June when I was OMS Treasurer for 1 1/2 years and now as Chair and she is definitely the most pleasant person to work with. A few months ago June decided to resign as the OMS Registrar. It was not a message I wanted to hear because she has done such a great job as Registrar. I can, though, understand and appreciate her desire to move on to other volunteer opportunities at the local level and to spend more time with her family. June, on behalf of the OMS board of directors and membership THANK YOU for such great service and your friendship.

After a statewide search for a new Registrar, the board approved Darlene Staley to take over the duties as the OMS Registrar. For the past few weeks June has been assisting Darlene in learning the job responsibilities. Darlene has also been in touch with the National office. She has loaded and tested the software program on her computer, read the material, asked questions about the process and deadlines and is now ready to begin receiving your registration forms and checks. Being this is her first year for as Registrar, I ask that you please be patient and understanding of Darlene IF she makes an error with your registration. I have known Darlene for many years and know that she is very capable of doing a great job but there is a good deal of information she is needing to learn, not to mention a new (for her) software program, in a very short period of time. Darlene, on behalf of the board and membership, WELCOME!

You may have already heard or read about the increase in this year's registration dues. At the annual conference in September, the USMS House of Delegates voted to raise the annual fee by \$5 but the OMS board voted to only raise the registration fee by \$3.00. So, what does this mean to the OMS swimmer? Last year you paid \$35 for registration. This year you will pay \$38. Of that \$38.00, OMS is required to send \$20 to USMS while the remainder stays in Oregon to support statewide programs and swim competitions. From the \$18 OMS receives

continued on page 12

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.

\$5 Dues Increase from USMS

Your Local Oregon LMSC Board has discussed this fee increase. We feel that by tightening the OMS Budget we will only have to raise our fees by \$3. This \$3 fee increase is reflected in the amount listed on the new 2003 Registration Form which is included in this issue of the Aqua Master.



Official USMS Release: United States Masters Swimming is a dynamic, growing organization, dedicated to providing the highest level of service for its members. During the last decade, we have experienced a substantial increase in services for our members. These services include communications information and resources, such as the USMS web site and the USMS National Publication, SWIM Magazine – plus liability and secondary accident insurance coverage for individuals, clubs, officials, and meet hosts, toll-free access to the National Office, coaching resources and programs, and free, web-based publications. Continued support for these services requires a necessary financial commitment, and it has been 12 years since USMS last increased dues.

Therefore, delegates at the annual USMS convention held in Dallas September 11-15, approved a dues increase of \$5 per swimmer effective for 2003 member registrations. This change applies to full-year and partial-year dues, and it represents only the USMS portion of membership dues. Each LMSC's total annual dues include local and national dues, which are combined into one registration fee. Since LMSCs determine their own local dues, there will be variances in total registration fees between LMSCs. **Any local dues increases will be determined by and communicated from your local LMSCs, and reflected in the total fee on the 2003 Registration Form.**

The matter was given careful consideration, and the resolution was unanimous. USMS is perhaps the best kept secret in adult fitness, and it also continues to be the best bargain. We appreciate your understanding as USMS renews its commitment to offering a program that will continue to benefit you and provide great enjoyment.

An Outside View of Masters Swimming

Corvallis hosted the OMS Short Course Championship meet in early April of 2002. We had volunteer timers at the meet who were students in a PE class at Western Oregon University. The students were asked for their observations of the swim meet in general, as well as their observations of our technique and general comments.

Some of the comments were quite astute. Some of them may make you feel old. Almost all of them were impressed with how much fun we had and felt it was a good experience for them as well.

With permission from Elke Asleson, here are some of their comments:

"They never gave up, even when they knew they lost"

"Some of the swimmers weren't in the best of shape and still did great and walked proud"

"The women swam just as powerful and with just as much speed as men. (not true in most sports)"

"They made me want to swim"

"Many of the races were swum co-ed, women won as often as the men."

"Masters Swimming, while competitive, seems very focused on recreation and having fun."

"A few younger swimmers had good starts on the 50 free (kicking as they hit the water), but many starts looked rather clumsy."

"Some swimmers appeared to be competing in earnest while others looked to be swimming for the sheer pleasure of it. Everyone from the pregnant lady to the eighty something year old lady were having fun."

"Even if the swimmers were less than speedy, they were supported whole-heartedly by the crowd."

"One lady was an ex-Olympian. She seemed very strong and didn't look 45 years old."

"Elfie is so adorable J"

"All people, swimmers, helpers, supporters, looked like they were having fun."

"There was a lot of congratulating going on between teams."

"It was really great to see so many people come together to swim. I even got to see two pregnant women swim. Truly amazing."

"The swimmers came in all sizes. I assumed they would all be thin and fit."

"It was like a [close] knit family setting. Everyone seemed to know each other and seemed happy to see them."

"A majority of swimmers appeared to be older (30's- 40's- 50's) and accomplished swimmers."

"Everyone was supportive and encouraging of each other despite competing."

"Most of the swimmers weren't there to win. They were there to swim and have fun. Probably half of the swimmers weren't even in shape. They just wanted to swim. There was so much excitement at the swim meet. Everyone was cheering others on."

"All the swimmers I saw looked like they knew exactly what they were doing."

Thanks to Elke for sharing these comments and to the students for their observations and support running the meet.



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WITH JANI AND SARA

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THE EAT-YOURSELF- INTO-A-COMA HOLIDAY DIET

PHASE I BREAKFAST 307 CALORIES	<ul style="list-style-type: none"> • 1 cup coffee w/cream, sugar • 2 toast/butter, jam
PHASE II SNACK 1,016 CALORIES	<ul style="list-style-type: none"> • 2 drinks (wine, liquor, beer) • 1 handful nuts • 10 potato chips w/dip • 6 crackers w/cheese spread
PHASE III DINNER 2,480 CALORIES	<ul style="list-style-type: none"> • 1 glass wine • 8 oz. turkey (2 helpings) w/skin • 1/2 cup cranberry sauce • 2 ladles gravy • 1/2 cup mashed potatoes, buttered • 1/2 cup candied sweet potatoes • 5 olives • 1/2 cup broccoli w/cheese sauce • 1 roll w/butter • 1 sm. piece mincemeat pie w/real whipped cream • 1 cup coffee w/cream, sugar
PHASE IV SNACK 907 CALORIES	<ul style="list-style-type: none"> • 1 turkey sandwich with mayo and cranberry sauce • 1 piece pecan pie a la mode • 1 diet soda
PHASE V BEDTIME	<ul style="list-style-type: none"> • Antacid

TOTAL CALORIES= 4,710
% OF CALORIES FROM FATS= 43%

How to work off 4,710 calories*

	HOURS OF EXERCISE
Brisk walking (4 m.p.h.)	12.46
Jogging (11 min. mile)	7.01
Swimming	8.92
Cycling (13 m.p.h.)	6.59

*These caloric expenditures are for a 160-pound person. (If you weigh more, you will burn more calories per hour; if you weigh less, you will burn fewer calories.)



Notes from Poolside

by Coach Bob Bruce
ASCA Certified Level 5 Coach



Turns. Some love them & welcome them and some hate them & fear them. Some even prefer large orange buoys. Regardless of your viewpoint, they are a huge part of racing in pools, particularly in short course meets.

Two Key Concepts:

- Turns are not merely a means of changing direction, but also an opportunity to accelerate.
- Turns are a completely different (though related) skill than swimming.

Here are some considerations to help you improve all of your turns:

- Maintain your momentum while approaching the wall.

Translate the linear momentum of your swimming into the angular (rotary) momentum of your turn, with extra help on your final stroke from head, hand, torso, and foot movements. Any slowing into the turn reduces the inertia available for rotation. Stopping before turning means that you have to generate all rotational movement from scratch, using forceful energy-wasting exertion. The best swimmers seem to flow into turns with no loss of speed or momentum.

- Tuck your legs tightly. Your rotation speed is governed by your momentum into the turn and your tightness of tuck around your axis of rotation. The tighter your tuck the faster your rotation. You will have to adjust your tuck position just as your feet approach the wall. Turns with straight legs are absurd.

- Use proper hip and knee bend as you contact the wall. As you hit the wall, your knees and hips should be flexed at appropriate angles to maximize potential force as you leave the wall; these angles are about 45 degrees at the hips and 90 degrees at the knees. [Try this leaping experiment (if your old and creaky joints will allow). First, from a standing position, squat all the way down until your knees are fully bent, then leap upwards. Second, again from standing, leap upwards without bending your knees at all. Third, try several intermediate knee bend positions before you leap. Measure each leap, noting how far you can leave the

ground and how fast you can unravel. Your best result will closely approximate your ideal knee angle for turns].

Practice hint: you should do this on every push-off as well as every turn in practice.

- Position your body sideways whenever possible before you leave the wall. Fast boats displace water primarily sideways rather than up and down, and you should assume the same profile for good hydrodynamics. Practice hint: you should do this on every push-off as well as every turn in practice. Note that the breaststroke and butterfly rules require that your body be on the breast from the beginning of the first arm stroke, so you have to twist to this position before pulling.



- Streamline your upper body before leaping off the wall. Pushing before streamlining is like stepping on the gas while your foot is still pushing the brake! Overlap your hands, straighten your elbows, elevate your shoulders, and place your head between or below your arms. Then leap! Taking an extra tenth or two of a second to streamline will pay back

handsomely in your total result. Practice hint: you should do this on every push-off as well as every turn in practice.

- Ride the glide underwater. If you successfully streamline and leap explosively, I guarantee that you will travel much faster leaving the wall than you can swim! Avoid the surface, as you will encounter much more resistance from waves and surface tension there than you will find underwater. Maintain your speed and momentum by keeping a tight body position until your deceleration approaches your swimming speed; this may be much farther than you realize. Practice hint: you should do this on every push-off as well as every turn in practice.

- Keep them legal. Not only should your turns please yourself, but they must also please the judges! Learn the stroke & turn rules and follow them. The best way to learn and maintain legal turns is to do every single turn in practice legally. Your coach thinks so too!

Good luck and good swimming!

Open Water Thanks Their Sponsors

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Thank You OMS Swimmers and our Sponsors for making the 2002 Open Water Series a great success. We are looking forward to the 2003 Series. Look for New Venues, New Ideas and New Race Events in '03



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

HOOD TO BOATS: TRIAL RUN

On Saturday, October 5 four Oregon Masters swimmers and one visitor from San Francisco participated in the trial run of what will become THE HOOD TO BOATS SWIM RELAY, a relay swim with the current in the Columbia River.

With Columbia River Keeper Greg de Bruler as pilot, and using the CRK boat, Gary Emich, Jim Teisher, Tim Haslach, Greg Cooper and Joe Oakes swam their relay, starting from just northwest of Troutdale at 0800 and finished near Sauvie Island five hours later. (A sixth swimmer had to cancel because of flu.) Each swimmer had two half-hour turns in the water. Being part troll, Bridge-Man Jim Teisher insisted on joining Tim Haslach in the water after his first turn so he could swim under the I-205 bridge. (He later soloed under two more bridges spanning the Columbia River.) Tim, in turn, was our official water taster, giving comment on what he sensed in the River as we passed several industrial complexes and ships at anchor. Gary Emich, who has done the swim from Alcatraz in San Francisco Bay 130 times, commented that the water was "relatively warm."

During the swim we each had duties to perform. Most important was swimming, and we took turns monitoring

the swimmer and scanning the horizon for "incoming" traffic. It was also our sober duty to keep our energy levels up, so eating and rehydrating was a high priority.

The route was spectacular, passing on the north side of Government Island, the million dollar homes on the Washington shore near Camas, under the bridges, past PDX control tower, Kelly Point Park, putting both Portland and Vancouver behind us. In places the trees were turning colors, adding to the evergreen splendor that is the Columbia shoreline. Just as we got near Sauvie Island a bald eagle crossed our path, crossing from Oregon to Washington, an omen of Mother Nature's approval.

The weather was cool and cloudy, typical for early October, and the water temperature was in the low 60s. None of the swimmers wore wetsuits, and beyond a mild chill after leaving the water, a cold beer on board the CRK was more than welcome. Thanks to Greg de Bruler and the Columbia River Keeper organization for the use of the boat and for fine piloting.

We plan to do a repeat next year, inviting teams of six swimmers. A tentative date of August 30, when the water temperature is a few degrees higher and there are better prospects for the sun to warm the swimmer's backs.

Joe Oakes

Three hardy North Clackamas Swimmers and one COMA swimmer traveled to Redding, California for the Whiskey Town Lake Open Water Swim. The swim was in early September and ended the Open Water Season. The Long Distance Committee is considering adding this swim to the Oregon Series next year. Keith Dow, Robin Bragg, Ron Thompson and Rich Juhala said it was one of the best open water swims. Steve Johnson and Dan Gray also recommend the venue.





Northwest Zone Short Course Meters Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #372-10
Eligibility: Currently registered USMS swimmers, 19 years and older.
Unregistered swimmers must submit a 2003 registration form and fee with this form.

Hosted by: Oregon City Swim Team &
North Clackamas Masters
1211 Jackson Street
Oregon City, Oregon
5 lanes competition-electronic timing
1 lane for continuous warm-up/down area

DATE: Saturday & Sunday, December 14 & 15, 2002

SATURDAY: WARM-UPS: 10AM • MEET STARTS: 11AM
SUNDAY: WARM-UPS: 7AM • MEET STARTS: 8AM

*Social: Hacienda Mexican Restaurant in Oregon City Shopping Center
Saturday December 14th at 5:30 PM*

Meet director: Colette Crabbe • Phone: 503-659-2114 • E-mail colettecrabbe@hotmail.com

Directions to the pool: From I-205 North or South, take exit #9 (99E, Oregon City, Gladstone), turn left or go South on 99E. At the 1st light (coming from South) or at the 2nd light (coming from North), go left on 14th St., go two blocks, turn right on Washington St., go 2 blocks, turn left on 12th St, go up the hill until Jackson St. The pool is at the corner of 12th and Jackson on the left hand side.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2003 FORM WITH THIS ENTRY.

RECOMMENDED HOTELS NEAR THE POOL: (BOTH HAVE BREAKFAST) • RIVERHOUSE HOTEL, 503-655-7141 • OXFORD SUITES MOTEL, 503-722-7777

ENTRY DEADLINE: POSTMARK NO LATER THAN NOVEMBER 29, 2002

☐ FILL IN LOWER PORTION COMPLETELY ☐ RETURN LOWER PORTION ☐ FILL IN LOWER PORTION COMPLETELY ☐

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2002-2003 USMS # _____

USMS CLUB (OREG, MACO, PNA, ETC) _____

IS THIS YOUR FIRST MASTERS MEET? ☐ YES ☐ NO

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 79-99, 110-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359, ETC. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400M AND 800M RELAYS WILL BE SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. THE 400, 800 AND 1500 FREESTYLES & 400 IM WILL BE DECK SEEDED. *CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. CHECK IN FOR THE 1500 WILL OPEN MIDWAY THROUGH SUNDAY'S EVENTS.* ALL EVENTS WILL BE SEEDED SLOW TO FAST. **YOU MAY SWIM EITHER THE 800 FREE OR 1500 FREE BUT NOT BOTH.**

Saturday, December 14, 2002

800 FREE (1) _____ : _____ . _____

20 minute warm-up. Event 2 will not start before noon.

200 BACK (2) _____ : _____ . _____

50 FREE (3) _____ : _____ . _____

100 BREAST (4) _____ : _____ . _____

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

****5 MINUTE BREAK****

MIXED MEDLEY RELAYS (6-7)

50 FLY (8) _____ : _____ . _____

200 FREE (9) _____ : _____ . _____

100 BACK (10) _____ : _____ . _____

****5 MINUTE BREAK****

FREE RELAYS (11-16)

400 I.M. (17) _____ : _____ . _____

ZONE MEETING TO FOLLOW THIS SESSION

Sunday, December 15, 2002

400 FREE (18) _____ : _____ . _____

20 minute warm-up. Event 19 will not start before 9AM

200 FLY (19) _____ : _____ . _____

50 BREAST (20) _____ : _____ . _____

100 FREE (21) _____ : _____ . _____

200 I.M. (22) _____ : _____ . _____

****5 MINUTE BREAK****

MIXED FREE RELAYS (23-25)

100 FLY (26) _____ : _____ . _____

50 BACK (27) _____ : _____ . _____

200 BREAST (28) _____ : _____ . _____

****5 MINUTE BREAK****

MEDLEY RELAYS (29-32)

1500 FREE (33) _____ : _____ . _____

"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 & 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, HOSTS 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: \$18.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220

Oregon Swimmers Shine in Australia



Norma



Herb and Gil

Four years after a great World Masters Games in Portland, 6 Oregonians traveled to Melbourne, Australia to compete in the 2002 World Masters Games. Eleven victories and many great swims, runs, bikes and jumps later they returned home. Thank you Leola Baumgartner, Norma Bernardi, Eric Guest, Herbert Hoeptner, Becky Obletz and Gilbert Young for representing Oregon in such a fine fashion. We are proud of you! Gil and Becky also competed in Track, Triathlon and Cycling.

Women			50 Breast	
40-44			Leola Baumgartner	dq
200 IM			Men	
3 Becky Obletz	2:56.39		70-74	
50 Breast			100 Free	
5 Becky Obletz	:39.50		5 Eric Guest	1:33.5
100 Breast			200 Free	
4 Becky Obletz	1:25.39		7 Eric Guest	3:40.04
200 Breast			100 Fly	
4 Becky Obletz	3:12.17		6 Eric Guest	2:44.57
200 Free			200 IM	
7 Becky Obletz	2:31.79		3 Eric Guest	4:18.09
Triathlon			80-84	
3 Becky Obletz	2:27.05		50 Free	
20 K Cycling			1 Gilbert Young	39.32
5 Becky Obletz	33:37		3 Herbert Hoeptner	43.88
80 - 84			100 Free	
50 Free			1 Gilbert Young	1:30.46
2 Norma Bernardi	(No time given)		2 Herbert Hoeptner	1:41.20
100 Free			200 Free	
1 Norma Bernardi	2:31.49		1 Herbert Hoeptner	3:42.33
50 Back			400 Free	
1 Norma Bernardi	*1:08.02		1 Gilbert Young	*7:22.57
100 Back			2 Herbert Hoeptner	7:40.27
1 Norma Bernardi	*2:08.49		800 Free	
200 Back			1 Gilbert Young	*15:39.52
1 Norma Bernardi	*5:17.94		2 Herbert Hoeptner	*16:39.97
85-89			50 Back	
50 Free			3 Gilbert Young	54.52
1 Leola Baumgartner	1:32.25		High Jump	
50 Back			1 Gil Young	1.15 Meter
2 Leola Baumgartner	1:44.11		* World Masters Games Record	



Leola

Tempe, AZ - Joy Ward set Oregon Record in Arizona Sundevil Masters scm meet on October 26-27

Results for Joy Ward (60-64): 50 m free 34.09, 50 m.bk 41.76, 50 m fly 36.28, 100 m fly 1:39.28 Oregon scm record (old was M.Wells 1:59.89) Just missed Zone record - same gal who vowed to never swim 100 fly !

First Annual Animal Masters Meet
OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
Eligibility: Currently registered USMS swimmers, 19 years and older.
Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #372-11



Location: Canby Municipal Pool
1150 S Ivy
Canby, Oregon 97013
5 lanes competition-electronic timing
1 lane continuous warm-up/down lanes

DATE: Friday, December 27, 2002

Positive Check-in at Clerk of Course: 5:45PM
Warm-ups: 5PM-6:15PM
Meet Starts: 6:30PM

Hosted by: Canby Swim Club "The GATORS"

Meet director: Kenneth Schuh • Phone: 503-266-1345 • E-mail kdschuhmeister@aol.com

Directions to the pool: **Southbound-** I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto HWY 99E (Oregon City, Canby). continue south on 99E, turn left on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center •

Northbound- I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn right on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center

Lodging: Canby Econolodge, 463 SW 1st Ave (99E), Canby, OR 97013 • 503-266-5400

Swimmers will receive one basic Heat Sheet upon completion of final seeding. Commemorative Heat Sheets with color logo will be available for purchase. An ample assortment of refreshments will be available for purchase throughout the meet. The Canby Swim Club will be offering items for raffle including a **Portland Trailblazers Package** featuring tickets and a mint condition **Pennant** signed by all of the players. Other raffle packages will be available including Portland Winter Hawks tickets. Raffle prizes will be drawn on Saturday the 28th during the PM session (youth). You need not be present to win. **J.D. Pence** will be at the meet to fill your swimwear and swim gear needs. We anticipate **HYDRUS SPORTS IMAGING** will be at the meet, providing unique sports imaging capabilities at a moderate cost.

ALLENTANTSMUSTSUBMIT A PHOTOCOPYOF THEIR CURRENT USMS REGISTRATION CARD OR 2003 REGISTRATION FORM WITH THIS ENTRY
ENTRY DEADLINE: POSTMARK NO LATER THAN Tuesday December 10, 2002

✂ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY ✂

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____
E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
2002 OR 2003 USMS # _____
USMS CLUB (OREG, MACO, PNA, ETC) _____
IS THIS YOUR FIRST OREGON MASTERS MEET? ☐ YES ☐ NO

Entry includes a **cool t-shirt** (If entry is postmarked after December 10th, a commemorative t-shirt is not guaranteed).

Trophy for lowest cumulative Male and Female times for each session. Chose Animal Masters I or Animal Masters II-Not Both

Animal Masters I

200 I.M. (1-2) _____ : _____ . _____
100 FLY (5-6) _____ : _____ . _____
500 FREE (9-10) _____ : _____ . _____

All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time plus 15 seconds for Disqualifications, Slowest time plus 60 seconds for no show

Animal Masters II

400 I.M. (3-4) _____ : _____ . _____
200 FLY (7-8) _____ : _____ . _____
1000 FREE (11-12) _____ : _____ . _____

All swimmers must enter above 3 events to be scored for an award Times are cumulative. Slowest time plus 30 seconds for Disqualifications, Slowest time plus 2 minutes for no show

"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 & competition), including possible permanent disability or death, and agree to assume all 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, HOSTS 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 _____
Shirt size (circle) S M L XL 2XL

MEET ENTRY FEE: \$22.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220



Tualatin Hills Pentathlon

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

"One of the most fun, highly competitive and best attended meets in the OMS schedule year!"
 Eligibility: Currently registered USMS swimmers, 19 years and older.

Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #373-01

Place: Tualatin Hills Aquatic Center Pool
 Beaverton, Oregon
 6 lanes competition-electronic timing
 Separate continuous warm-up/down lanes

DATE: Saturday, January 25, 2003

Warm-ups: 8AM
 Meet Starts: 9AM

Hosted by the Tualatin Hills Barracudas.

Meet director: Kristi Riddle • Phone: 503-690-8687 • E-mail kristinotbrinkly@aol.com

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

**All entrants must submit a photocopy of their current 2003 registration card
 or the 2003 registration form and fee with this entry.**

ENTRY DEADLINE: POSTMARK NO LATER THAN JANUARY 11, 2003

✂ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY ✂

NAME _____
 ADDRESS _____
 CITY _____
 STATE _____ ZIP _____
 PHONE _____
 E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
 2003 USMS # _____
 USMS CLUB (OREG, MACO, PNA, ETC) _____
 IS THIS YOUR FIRST OREGON MASTERS MEET? ☐ YES ☐ NO

"Enter as many as five events. If you choose to not enter all 5 events in either the sprint or mid distance category, you will not be scored as a pentathlon."

Sprint

50 FLY (1) _____ : _____ . _____
50 BACK (3) _____ : _____ . _____

50 BREAST (5) _____ : _____ . _____
50 FREE (7) _____ : _____ . _____

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

Mid Distance

100 FLY (2) _____ : _____ . _____
100 BACK (4) _____ : _____ . _____
Break
100 BREAST (6) _____ : _____ . _____
100 FREE (8) _____ : _____ . _____
Break
200 I.M. (10) _____ : _____ . _____

* PLEASE ENTER YOUR BEST TIME OR ESTIMATED TIME. 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 FLASE START ELIMINATES YOU FROM THE FIVE 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 & competition), including possible permanent disability or death, and agree to assume all 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, HOSTS 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 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
 MAIL FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220

Please Take the Plunge for CPR!

By the OMS Safety Chair

Are you prepared to resuscitate your teammate, family member, child, or passer-by on the street? Your Oregon Masters Swimming Board would like to recommend that you consider taking this training or updating it if you have taken the course in the past and are not current in your certification.

Please read the article that follows from Streamlines, a USMS national office publication, and consider contacting one of the numbers listed below to sign up for this valuable course. Contact numbers are for anywhere within our LMSC.

BE PREPARED FOR CARDIAC EMERGENCIES

By Katherine Branch

Within the past year, the Baltimore Sun ran a story about a very fit male swimmer and runner in his mid-40s who passed out after workout in the locker room. It took more than twenty minutes for the ambulance to arrive. Fortunately three physicians administered CPR to him and he made a full recovery.

This past summer, a Masters coach sent an email to a list of friends describing an incident in which a man who she

described as "an extraordinarily fit runner" passed out in the pool after warm-up with no prior symptoms. He had had a cardiac arrest and, once again, luckily recovered.

How many times have you imagined what you would do if your friend in the next lane suddenly stopped swimming and clutched his or her chest? Are you adequately trained to handle this situation so that you can maximize the chances that your friend will survive his or her cardiac episode?

Although most of us don't like to think about these situations, incidents do occur. One way that Masters teams and workout groups can be prepared for a cardiac incident is to encourage each swimmer in the group to get CPR (cardiopulmonary resuscitation) training. There are many inexpensive options and there couldn't be a better investment of time and money. Well-recognized organizations offering training include:

American Red Cross <http://www.redcross-pdx.org/>
Telephone: 503-280-1440

American Heart Association <http://www.american-heart.org/>
Telephone: 503-233-0100

Chair's Corner continued from page 2

from the membership fees, the board had to budget an additional \$1600 (the \$2.00 difference per member), which is the approximate amount that will be submitted to USMS next year for membership fees. If you are interested in reviewing the organization's budget, please feel free to contact me. I'll be happy to send you a copy of next year's approved budget.

Another change this year with the registration is the assigning of "permanent" swimmer ID numbers. When you receive your new membership card part of the permanent ID will be a "checksum" or specially coded number set by USMS. This number will change every year. The format for the new registration ID cards will consist of 4 charac-

ters (2 digits for the LMSC, 1 digit for the year, 1 digit for "checksum"), a hyphen, 5 alpha-numeric characters (the swimmer's permanent ID) (Example: 283V-V3TR9). When a swimmer changes LMSC, the USMS software, which OMS uses, will pick up the swimmer ID number, since all previous registrations nationwide will be encrypted into the database.

So, what are you waiting for? Register today for 2003. The registration form can be found in this edition of the Aqua Master or you can log onto the OMS website and print the registration form

(<http://www.swimoregon.org/membership.htm>).

Happy swimming. Jeanne

Mark Your Calendar for Blossoms in the Hood River Valley! April 26-27, 2003

Columbia Gorge Masters and the Hood River Valley Swim Team will be hosting the Northwest Zone Masters Short Course Yards Championship April 26-27, 2003. This will be the first Masters meet in the Hood River Valley Aquatic Center pool which is 25 yards x 25 meters (10 lanes SCY and SCM) plus a warmer therapy pool for those aching and cold bones!

The Masters competition will be in conjunction with a USA-Swimming meet on Saturday AM with the Masters competition on Saturday afternoon and Sunday. If your Masters team is associated with a USA-Swimming team,

you can bring both groups and cheer the others to great swims.

This is an exquisitely gorgeous time in the Hood River Valley with blossoms galore on the pear and apple trees. Plan to bring the family, spend the entire weekend, and enjoy some of the valley's attractions. If you need information about the meets, contact Shelly Rawding at 509-493-4679 or [hvvst_coach@hotmail.com](mailto:hvst_coach@hotmail.com). If you need information about area attractions, please contact the Hood River County Chamber of Commerce at hoodriver.kjorg or 1-800-366-3530.

2003 Fitness Events



Welcome 2003 by checking out the new Fitness events presented by the USMS Fitness Committee. The first one is sponsored by COMA and is a collection of virtual swims created by

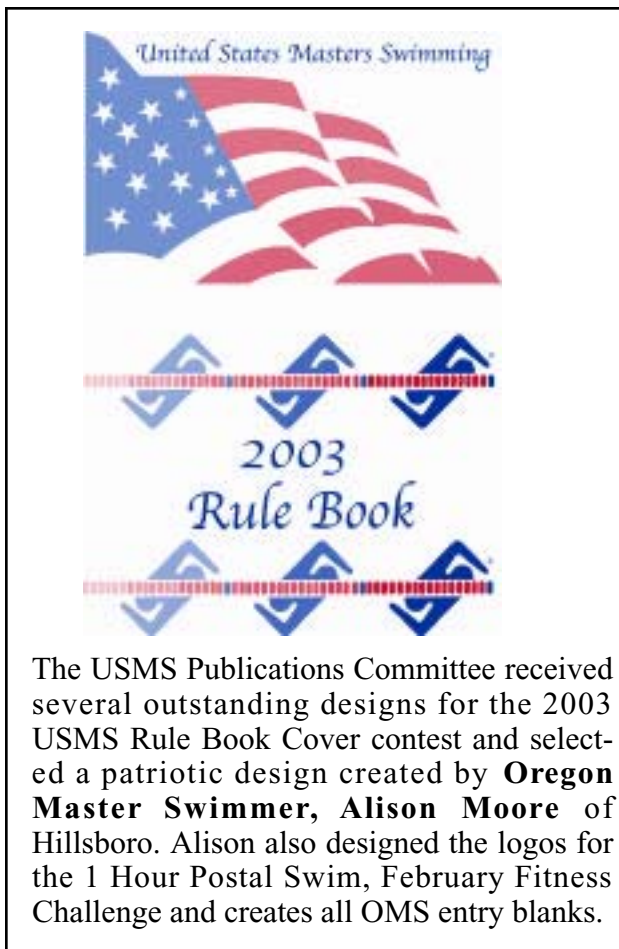
Master's teams throughout the United States. Use your practice, lap, or workout yardage, converted to miles, to conquer Waterways all over the country, including some you might never want to actually swim. There will be a description of each swim along with photos and a chart. Some have distance choices. Collect your swims and send them in at the end of the year for a personalized certificate. A shirt with the logo above is also available. The Oregon Crater Lake Swim is part of this series.

Our second swim is a 30-minute postal swim. This is a non-competitive way to swim for 30 minutes and compare your time with the

rest of the country. Do the swim as many times as you wish and send in your best time by the end of the year. This event is sponsored by our neighbors at PNA. The third event ran this year and will be repeated in the fall. The "Check-Off Challenge" gives you a chance to try all the recognized swimming events anywhere, anytime. Check them off on a custom t-shirt. All the information will be on www.USMS.org/fitness/ by mid-December.

Questions? Contact Pam Himstreet, USMS Fitness Committee Chair

2003 Rule Book Cover



The USMS Publications Committee received several outstanding designs for the 2003 USMS Rule Book Cover contest and selected a patriotic design created by **Oregon Master Swimmer, Alison Moore** of Hillsboro. Alison also designed the logos for the 1 Hour Postal Swim, February Fitness Challenge and creates all OMS entry blanks.

What's Masters Swimming? (what to tell someone who asks you)

United States Masters Swimming (USMS) is a national organization that provides organized workouts, competitions, clinics and workshops for adults aged 18 and over. Programs are open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming.

Founded in 1970, the non-profit corporation is organized with 500 clubs in 53 regions throughout the United States. Membership numbers more than 42,000, with members ranging in age from 18 to over 100.

Within the clubs and local teams, structured workouts, often with a coach, offer well-thought-out training assistance. Pool and open-water races provide opportunities to compete and measure individual progress at the local, state, national and international levels. USMS programs also offer stroke and technique clinics, workshops, and instruction, as well as social functions.

All USMS programs are designed to help swimmers improve fitness and/or train for specific goals, and offer active support for a healthy lifestyle through friendship and camaraderie.

Official Release: USMS Public Relations and Marketing



26th Annual One Hour Postal Swim 2003 United States Masters Swimming Long Distance National Championship

Sanctioned by the Oregon
LMSC for USMS, Inc.

Sanction Number: 373-P01

Date: All swims must take place
during January 2003.

OBJECTIVE: To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

VENUE: Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards.)

ELIGIBILITY: Each participant must be registered for 2003 with USMS or if non-US a similar body in the swimmer's country. **A COPY OF YOUR 2003 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!**

INDIVIDUAL EVENTS: Men and women separately will compete as individuals in the following age groups: 19-24, 25-29,, 100+. The swimmer's age on the day the event is swum determines the entrant's age for the One Hour Swim.

RELAY EVENT: Two team relay events will be contested: 1) a 3 swimmer, same gender team and 2) a mixed 4 person team (2 men & 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: 19+, 25+,, 95+. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached teams are not permitted. Team entries must include copies of the individual entry forms if they are not submitted with the originals.

CLUB EVENT: Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in each division will receive an award. Three divisions will be recognized based on the number of swimmers entered in the event from each club, as determined by the event host and Long Distance Committee chair. Relay yards will not be counted.

AWARDS: USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 relay teams in each age group relay team event. First place finishers in individual and team relay events also receive USMS Champion patches. Distinctive awards will be given to the top 3 Clubs in each division of the Club event.

RULES: Drafting, floatation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they should each swim on one side of the lane during the entire race (i.e. no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count lengths, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 yards to 2760). (See Venue section for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group. No adjustment may be made for swims completed at altitude. Split sheets must be kept for each swimmer and a copy included with your entry. Using a stopwatch, record cumulative split times to the nearest second and tenth or hundredths for each 50 split.

FEES: Individual entry fees are US \$5 per swimmer for US (\$8 for non-US swimmers). Team entry fees are US \$15 per relay (\$18 for non-US entries). All fees are non-refundable. Make checks payable to Tualatin Hills Barracudas and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. **ENTRIES MUST BE RECEIVED by February 10, 2003.** Swimmers submitting incomplete entries will be contacted by collect phone call or email.

T-SHIRTS: A 2003 USMS One Hour Postal National Championship T-shirt is available at a cost of \$15. (International orders please add US \$5 postage for each shirt.)

MORE INFO: Address questions to

Kristine Lewis, Event Director - Tualatin Hills Barracudas
16055 SW Walker Rd #126 Beaverton, OR 97006
503-641-9486

email: onehour@swimoregon.org
Additional entries / info: www.barracudas.org



Relay Entry Form - Use only for relay entries

Club: _____

Contact Person: _____

Mail results/awards to:

Contact Address: _____ City: _____

State: _____ Zip: _____ Country: _____ Club Abbreviation: _____

Swimmer # 1: _____

Name as it appears on USMS Registration Card

Gender

Age

Yards Swum

Swimmer # 2: _____

Name as it appears on USMS Registration Card

Gender

Age

Yards Swum

Swimmer # 3: _____

Name as it appears on USMS Registration Card

Gender

Age

Yards Swum

Swimmer # 4: _____

Name as it appears on USMS Registration Card

Gender

Age

Yards Swum

Total Team Yards: _____

Team Entry Fees: US \$15 (\$18 for non-US entries).

Payment in US \$ from US Banks or
international Money Order ONLY

Please note: An individual entry form (next page) and individual event entry fees for each team participant must accompany this team entry form with the team entry fee. Individual Entry Form: Use only for individual entries.

2003 USMS One Hour Postal Swim National Championship Individual Entry Form

NAME _____ USMS Reg. NUMBER _____
(As it appears on registration card) (Include COPY of 2003 USMS Reg. Card)

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____ GENDER M F

E-Mail Address: _____ AGE _____ BIRTHDATE _____
(MM/DD/YY)

CLUB _____ CLUB ABBR. _____

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 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 competition and that on _____ I swam _____ yards at _____
(Date) (Distance swum) (Pool name/City)

Swimmer's Signature

Entry Fee \$5.00 (US Only) \$8.00 (International/non-US) = \$ _____
 T-shirt Order: Indicate T-shirt Quantity Ordered: \$15/shirt = \$ _____
 Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____
 International @ \$20/shirt: (includes shipping) = \$ _____
 TOTAL (US \$): = \$ _____

Verifier's Signature

Include: Masters 2003 Registration Card,
 Official Entry form and split sheet
 Make Checks Payable To: Tualatin Hills Barracudas
 Send Entries to: Tualatin Hills Barracudas Attn: One Hour Swim
 Postal Meet 16055 SW Walker Rd # 126 Beaverton, OR 97006
 Must be RECEIVED by February 10, 2003

Results: ☐ Electronic results via email address listed above
☐ Paper results via US Postal

Awards: Please check if you **DO NOT** wish to receive your
☐ - Championship Medal
☐ - Patch



Record Split Entries using **CUMULATIVE** split times to the nearest second and tenth or hundredth.

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	

Total Yardage: _____

Results - Mt Hood Swim Meet - November 10, 2002

Lane 1 Action

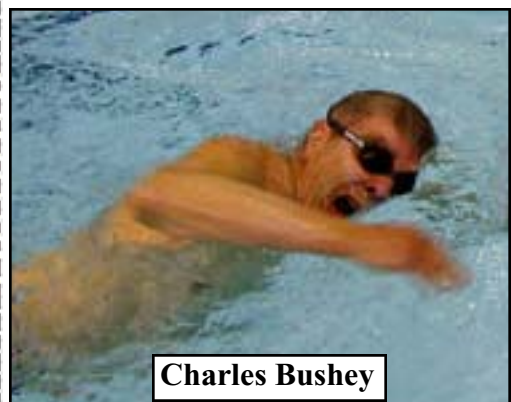
All pictures are of swimmers in Lane 1 during the Mt. Hood Meet.



Karen Andrus-Hughes



Bert Petersen



Charles Bushey



Jennifer Butcher

Women 19-24

50 Yard Freestyle			
1 Wilson, Katie	20 UNAT	27.84	
100 Yard Freestyle			
1 Wilson, Katie	20 UNAT	1:00.63	
200 Yard Freestyle			
1 Wilson, Katie	20 UNAT	2:18.57	
100 Yard IM			
1 Wilson, Katie	20 UNAT	1:13.70	

Women 25-29

50 Yard Freestyle			
1 Criscione, Anicia	28 OREG	35.22	
200 Yard Freestyle			
1 Gorsline, Lisa	27 OREG	2:30.15	
2 Criscione, Anicia	28 OREG	2:43.22	
500 Yard Freestyle			
1 Gorsline, Lisa	27 OREG	6:40.02	
2 Criscione, Anicia	28 OREG	7:20.15	
200 Yard Backstroke			
1 Criscione, Anicia	28 OREG	2:56.56	
100 Yard Butterfly			
1 Gorsline, Lisa	27 OREG	1:20.71	
200 Yard IM			
1 Criscione, Anicia	28 OREG	3:01.24	

Women 30-34

50 Yard Freestyle			
1 Butcher, Jennifer	30 OREG	27.10	
2 Topp, Deborah	33 OREG	28.62	
3 Stebbins, Jodi	34 PNA	32.60	
4 Wong, Linda	30 OREG	35.37	
100 Yard Freestyle			
1 Butcher, Jennifer	30 OREG	59.97	
2 Topp, Deborah	33 OREG	1:03.48	
3 Stebbins, Jodi	34 PNA	1:16.05	
200 Yard Freestyle			
1 Wong, Linda	30 OREG	2:53.40	
2 Stebbins, Jodi	34 PNA	2:59.97	
500 Yard Freestyle			
1 Simpson, Shauna	31 MACO	6:18.60	
2 Stebbins, Jodi	34 PNA	7:59.57	
100 Yard Backstroke			
1 Butcher, Jennifer	30 OREG	1:08.38	
50 Yard Butterfly			
1 Simpson, Shauna	31 MACO	31.08	
2 Topp, Deborah	33 OREG	31.20	
3 Wong, Linda	30 OREG	43.22	
100 Yard Butterfly			
1 Simpson, Shauna	31 MACO	1:07.99	
2 Topp, Deborah	33 OREG	1:11.18	
100 Yard IM			
1 Topp, Deborah	33 OREG	1:20.65	
2 Wong, Linda	30 OREG	1:35.23	
200 Yard IM			
1 Butcher, Jennifer	30 OREG	2:35.27	

Women 35-39

50 Yard Freestyle			
1 Seresun, Karen	37 UNAT	26.63	
2 Tyrrell, Laura	35 OREG	27.77	
3 Thompson, Jennifer	35 OREG	28.23	
4 Topp, Suzanne	35 OREG	28.54	
5 Keller, Cheryl	39 OREG	33.17	
100 Yard Freestyle			
1 Tyrrell, Laura	35 OREG	59.47	
2 Seresun, Karen	37 UNAT	59.74	
3 Thompson, Jennifer	35 OREG	1:02.66	
4 Topp, Suzanne	35 OREG	1:02.88	
5 Streeter, Susan	35 OREG	1:13.31	
200 Yard Freestyle			
1 Streeter, Susan	35 OREG	2:40.15	
500 Yard Freestyle			

1 Tyrrell, Laura	35 OREG	5:52.11	
2 Topp, Suzanne	35 OREG	6:24.00	
50 Yard Backstroke			
1 Keller, Cheryl	39 OREG	38.77	
50 Yard Breaststroke			
1 Keller, Cheryl	39 OREG	42.85	
100 Yard Breaststroke			
1 Streeter, Susan	35 OREG	1:30.98	
200 Yard Breaststroke			
1 Streeter, Susan	35 OREG	3:15.46	
50 Yard Butterfly			
1 Seresun, Karen	37 UNAT	29.31	
2 Topp, Suzanne	35 OREG	33.31	
3 Keller, Cheryl	39 OREG	37.74	
100 Yard Butterfly			
1 Seresun, Karen	37 UNAT	1:05.05	
100 Yard IM			
1 Seresun, Karen	37 UNAT	1:09.09	
2 Thompson, Jennifer	35 OREG	1:13.01	
3 Keller, Cheryl	39 OREG	1:23.28	
200 Yard IM			
1 Thompson, Jennifer	35 OREG	2:38.62	
2 Streeter, Susan	35 OREG	3:04.03	

Women 40-44

50 Yard Freestyle			
1 Foley, Sharon	42 MACO	28.66	
2 Fox, Christina	41 OREG	36.99	
100 Yard Freestyle			
1 Foley, Sharon	42 MACO	1:02.22	
2 Baker, Kamera	44 AFAM	1:08.41	
200 Yard Freestyle			
1 Knutson, Brenda	44 PNA	2:39.35	
500 Yard Freestyle			
1 Donahue, Susan	41 MVM	6:11.61	
2 Knutson, Brenda	44 PNA	6:58.90	
3 Baker, Kamera	44 AFAM	7:32.79	
1000 Yard Freestyle			
1 Knutson, Brenda	44 PNA	14:20.98	
50 Yard Backstroke			
1 Donahue, Susan	41 MVM	33.25	
2 Baker, Kamera	44 AFAM	39.95	
100 Yard Backstroke			
1 Fox, Christina	41 OREG	1:23.42	
2 Baker, Kamera	44 AFAM	1:24.94	
200 Yard Backstroke			
1 Fox, Christina	41 OREG	2:58.90	
50 Yard Breaststroke			
1 Baker, Kamera	44 AFAM	42.63	
100 Yard Breaststroke			
1 Donahue, Susan	41 MVM	1:27.47	
2 Fox, Christina	41 OREG	1:34.60	
50 Yard Butterfly			
1 Foley, Sharon	42 MACO	30.86	
2 Donahue, Susan	41 MVM	31.18	
100 Yard Butterfly			
1 Donahue, Susan	41 MVM	1:15.11	
200 Yard IM			
1 Foley, Sharon	42 MACO	2:47.02	
2 Knutson, Brenda	44 PNA	2:56.81	
3 Fox, Christina	41 OREG	3:05.95	
400 Yard IM			
1 Knutson, Brenda	44 PNA	6:22.69	
Women 45-49			
50 Yard Freestyle			
1 Andrus-Hughes, Karen	45 OREG	27.02	
2 Welborn, Jody	47 OREG	35.15	
100 Yard Freestyle			
1 Crabbe, Colette	46 OREG	1:01.27	
200 Yard Freestyle			
1 Crabbe, Colette	46 OREG	2:11.48	

continued on page 16

50 Yard Backstroke			
1 Andrus-Hughes, Karen	45OREG	30.95	
2 Welborn, Jody	47 OREG	43.65	
100 Yard Backstroke			
1 Andrus-Hughes, Karen	45OREG1	07.85	
200 Yard Backstroke			
1 Andrus-Hughes, Karen	45OREG2	28.50	
50 Yard Breaststroke			
1 Welborn, Jody	47 OREG	45.80	
100 Yard Breaststroke			
1 Crabbe, Colette	46 OREG	1:13.90	
50 Yard Butterfly			
1 Welborn, Jody	47 OREG	40.57	
100 Yard Butterfly			
1 Crabbe, Colette	46 OREG	1:05.65	
100 Yard IM			
1 Andrus-Hughes, Karen	45OREG1	10.01	
2 Welborn, Jody	47 OREG	1:29.22	
400 Yard IM			
1 Crabbe, Colette	46 OREG	5:07.37	
Women 50-54			
100 Yard Butterfly			
1 Asleson, Elke	50 OREG	1:26.07	
100 Yard IM			
1 Asleson, Elke	50 OREG	1:29.65	
200 Yard IM			
1 Asleson, Elke	50 OREG	3:10.71	
Women 55-59			
100 Yard Freestyle			
1 Rousseau, Sandi	55 OREG	1:13.87	
100 Yard Backstroke			
1 Pierson, Ginger	56 MACO	1:24.07	
200 Yard Backstroke			
1 Pierson, Ginger	56 MACO	2:57.81	
50 Yard Breaststroke			
1 Pierson, Ginger	56 MACO	38.18	
2 Rousseau, Sandi	55 OREG	46.76	
100 Yard Breaststroke			
1 Pierson, Ginger	56 MACO	1:22.75	
200 Yard Breaststroke			
1 Pierson, Ginger	56 MACO	3:02.31	
50 Yard Butterfly			
1 Rousseau, Sandi	55 OREG	34.91	
100 Yard Butterfly			
1 Rousseau, Sandi	55 OREG	1:28.13	
100 Yard IM			
1 Rousseau, Sandi	55 OREG	1:26.07	
Women 65-69			
100 Yard Freestyle			
1 Stoinoff, Lavelle	69 MACO	1:14.66	
500 Yard Freestyle			
1 Stoinoff, Lavelle	69 MACO	6:53.30	
1000 Yard Freestyle			
1 Stoinoff, Lavelle	69 MACO	14:21.09	
Women 75-79			
100 Yard Freestyle			
1 Wells, Margaret	76 OREG	1:52.67	
100 Yard Backstroke			
1 Wells, Margaret	76 OREG	2:09.09	
100 Yard Breaststroke			
1 Wells, Margaret	76 OREG	2:29.37	
100 Yard Butterfly			
1 Wells, Margaret	76 OREG	2:29.88	
400 Yard IM			
1 Wells, Margaret	76 OREG	9:47.55	
Men 30-34			
50 Yard Freestyle			
1 Taylor, Curtis	31 OREG	22.48	
100 Yard Freestyle			
1 Taylor, Curtis	31 OREG	49.55	
50 Yard Breaststroke			
1 Cooper, Greg	34 MACO	29.99	

100 Yard Breaststroke			
1 Cooper, Greg	34 MACO	1:05.58	
50 Yard Butterfly			
1 Cooper, Greg	34 MACO	25.32	
2 Taylor, Curtis	31 OREG	25.36	
100 Yard Butterfly			
1 Cooper, Greg	34 MACO	57.83	
Men 35-39			
50 Yard Freestyle			
1 Parmentier, Steve	37 OREG	24.28	
100 Yard Freestyle			
1 Volckening, Bill	36 NEM	52.46	
2 Butcher, Gano	38 OREG	55.38	
200 Yard Freestyle			
1 Volckening, Bill	36 NEM	1:56.32	
500 Yard Freestyle			
1 King, Phillip	36 MACO	5:19.14	
100 Yard Backstroke			
1 Butcher, Gano	38 OREG	1:05.24	
200 Yard Backstroke			
1 King, Phillip	36 MACO	2:10.20	
50 Yard Breaststroke			
1 Hudson, John	36 OREG	28.65	
2 Parmentier, Steve	37 OREG	31.92	
100 Yard Breaststroke			
1 Hudson, John	36 OREG	1:01.96	
2 Butcher, Gano	38 OREG	1:12.20	
200 Yard Breaststroke			
1 King, Phillip	36 MACO	2:32.93	
50 Yard Butterfly			
1 Hudson, John	36 OREG	25.86	
2 Butcher, Gano	38 OREG	26.87	
100 Yard Butterfly			
1 Volckening, Bill	36 NEM	1:02.13	
100 Yard IM			
1 Hudson, John	36 OREG	57.58	
200 Yard IM			
1 Hudson, John	36 OREG	2:07.72	
Men 40-44			
50 Yard Freestyle			
1 Foley, Kenneth	44 MACO	25.94	
100 Yard Freestyle			
1 Foley, Kenneth	44 MACO	58.42	
2 Curran, Patrick	40 OREG	59.93	
3 Cox, Christopher	41 OREG	1:10.82	
200 Yard Freestyle			
1 Foley, Kenneth	44 MACO	2:12.79	
2 Munro, Stuart	44 MACO	2:18.29	
3 Curran, Patrick	40 OREG	2:20.13	
500 Yard Freestyle			
1 Foley, Kenneth	44 MACO	6:09.51	
1000 Yard Freestyle			
1 Dowd, Mike	43 MACO	17:30.49	
50 Yard Backstroke			
1 Curran, Patrick	40 OREG	35.15	
100 Yard Backstroke			
1 Allender, Pat	44 OREG	1:04.01	
200 Yard Backstroke			
1 Allender, Pat	44 OREG	2:15.78	
200 Yard Breaststroke			
1 Dowd, Mike	43 MACO	2:45.89	
2 Munro, Stuart	44 MACO	2:56.28	
50 Yard Butterfly			
1 Curran, Patrick	40 OREG	33.84	
2 Cox, Christopher	41 OREG	36.01	
100 Yard Butterfly			
1 Curran, Patrick	40 OREG	1:19.87	
200 Yard Butterfly			
1 Munro, Stuart	44 MACO	2:38.26	
2 Dowd, Mike	43 MACO	2:56.38	
100 Yard IM			
1 Allender, Pat	44 OREG	59.73	

*continued on page 18***Lane 1 Action****All pictures taken of swimmers in Lane 1 during the Mt. Hood Meet.****Susan Streeter****Mike Dowd****Kenneth Foley****Christina Fox**

Lane 1 Action

All pictures are of swimmers in Lane 1 during the Mt. Hood Meet.



Lisa Gorsline



Milton Marks



Ginger Pierson



Katie Wilson

Results continued from page 17

200 Yard IM			
1 Allender, Pat	44 OREG	2:07.92	
2 Dowd, Mike	43 MACO	2:40.89	
3 Munro, Stuart	44 MACO	2:51.46	

400 Yard IM			
1 Dowd, Mike	43 MACO	5:43.19	
2 Munro, Stuart	44 MACO	5:58.43	

Men 45-49

50 Yard Freestyle			
1 Tennant, Mike	49 OREG	24.34	
2 Friedman, Keith	46 OREG	36.39	

100 Yard Freestyle			
1 Tennant, Mike	49 OREG	53.70	
2 Ramsey, Ed	46 OREG	59.20	
3 Friedman, Keith	46 OREG	1:24.90	

200 Yard Freestyle			
1 Tennant, Mike	49 OREG	2:08.71	
2 Yensen, Kermit	49 OREG	2:18.95	
3 Friedman, Keith	46 OREG	3:33.49	

500 Yard Freestyle			
1 Ramsey, Ed	46 OREG	5:56.13	
2 Friedman, Keith	46 OREG	9:28.87	

1000 Yard Freestyle			
1 Ramsey, Ed	46 OREG	12:17.30	

50 Yard Breaststroke			
1 Darnell, Stephen	48 OREG	42.05	

100 Yard Breaststroke			
1 Darnell, Stephen	48 OREG	1:30.73	

200 Yard Breaststroke			
1 Darnell, Stephen	48 OREG	3:23.27	

50 Yard Butterfly			
1 Yensen, Kermit	49 OREG	30.00	

100 Yard Butterfly			
2 Darnell, Stephen	48 OREG	34.21	
3 Friedman, Keith	46 OREG	42.08	

200 Yard Butterfly			
1 Yensen, Kermit	49 OREG	2:54.24	

100 Yard IM			
1 Darnell, Stephen	48 OREG	1:21.33	

200 Yard IM			
1 Yensen, Kermit	49 OREG	2:35.93	

Men 55-59

50 Yard Freestyle			
1 Smith, Robert	59 OREG	24.71	
2 Silvey, Michael	57 OREG	27.48	

3 Juhala, Richard	59 OREG	36.07	
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100 Yard Freestyle			
1 Silvey, Michael	57 OREG	1:02.60	

2 Politano, Leon	59 MSBC	1:17.43	
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200 Yard Freestyle			
1 Silvey, Michael	57 OREG	2:29.73	

2 Politano, Leon	59 MSBC	3:02.98	
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500 Yard Freestyle			
1 Politano, Leon	59 MSBC	8:11.65	

1000 Yard Freestyle			
1 Smith, Robert	59 OREG	14:06.10	

50 Yard Backstroke			
1 Smith, Robert	59 OREG	28.88	

2 Juhala, Richard	59 OREG	48.74	
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100 Yard Backstroke			
1 Smith, Robert	59 OREG	1:05.53	

50 Yard Breaststroke			
1 Juhala, Richard	59 OREG	42.50	

50 Yard Butterfly			
1 Politano, Leon	59 MSBC	38.37	

2 Juhala, Richard	59 OREG	47.34	
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100 Yard Butterfly			
1 Politano, Leon	59 MSBC	1:31.36	

100 Yard IM			
1 Silvey, Michael	57 OREG	1:17.06	
2 Juhala, Richard	59 OREG	1:37.89	

Men 60-64

100 Yard Freestyle			
1 Mellow, Bill	61 OREG	1:14.56	

1000 Yard Freestyle			
1 Petersen, Bert	63 OREG	13:41.58	

100 Yard Backstroke			
1 Mellow, Bill	61 OREG	1:43.46	

50 Yard Breaststroke			
1 Petersen, Bert	63 OREG	37.44	

2 Mellow, Bill	61 OREG	38.62	
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100 Yard Breaststroke			
1 Mellow, Bill	61 OREG	1:27.80	

200 Yard Breaststroke			
1 Mellow, Bill	61 OREG	3:16.02	

50 Yard Butterfly			
1 Petersen, Bert	63 OREG	28.06	

2 Mellow, Bill	61 OREG	41.12	
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100 Yard IM			
1 Petersen, Bert	63 OREG	1:12.16	

Men 65-69

50 Yard Freestyle			
1 Thayer, George	66 OREG	29.32	

1000 Yard Freestyle			
1 Radcliff, David	68 OREG	13:41.08	

50 Yard Backstroke			
1 Thayer, George	66 OREG	37.25	

100 Yard Backstroke			
1 Thayer, George	66 OREG	1:23.68	

400 Yard IM			
1 Radcliff, David	68 OREG	6:33.18	

Men 70-74

50 Yard Breaststroke			
1 Marks, Milton	72 OREG	38.32	

100 Yard Breaststroke			
1 Marks, Milton	72 OREG	1:30.19	

200 Yard Breaststroke			
1 Marks, Milton	72 OREG	3:24.10	

Men 80-84

50 Yard Freestyle			
1 Holden, Andrew	83 OREG	34.85	

2 Young, Gilbert	80 OREG	35.73	
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3 Bushey, Charles	81 UNAT	49.49	
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100 Yard Freestyle			
1 Young, Gilbert	80 OREG	1:18.51	

2 Bushey, Charles	81 UNAT	1:54.57	
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3 Shadbeh, Khosrow	81 OREG	2:04.61	
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4 Mallon, Joseph	81 OREG	2:12.45	
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200 Yard Freestyle			
1 Bushey, Charles	81 UNAT	4:29.54	

500 Yard Freestyle			
1 Young, Gilbert	80 OREG	8:25.84	

2 Bushey, Charles	81 UNAT	11:34.75	
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3 Mallon, Joseph	81 OREG	12:04.89	
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1000 Yard Freestyle			
1 Mallon, Joseph	81 OREG	24:50.78	

50 Yard Backstroke			
1 Holden, Andrew	83 OREG	44.51	

2 Shadbeh, Khosrow	81 OREG	1:09.00	
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50 Yard Breaststroke			
1 Holden, Andrew	83 OREG	51.09	

100 Yard Breaststroke			
1 Shadbeh, Khosrow	81 OREG	2:31.49	

50 Yard Butterfly			
1 Holden, Andrew	83 OREG	42.66	

Relays**Mixed 25+ 200 Yard Medley Relay**

1 MACO	1:58.67		
1) King, P. 36		2) Cooper, G. 34	
3) Simpson, S. 31		4) Foley, S. 42	

Mixed 35+ 200 Yard Medley Relay

1 OREG	2:19.97		
1) Allender, P. 44		2) Darnell, S. 48	
3) Asleson, E. 50		4) Topp, S. 35	

Thank you Bert Petersen for all your work in updating the Oregon Records. They are now accurate and current. The Aqua Master will publish them as we begin a swim season that emphasizes a certain yard or meter pool length. This month we are featuring the SCY Records through ages 69. Ages 70 and up and Relays will be featured next month. All records for all courses both Oregon and Zone are available on the Oregon Web Site. Here are the Oregon SCY records.

OREGON SCY RECORDS AS OF 11-10-02

MEN

19-24

20.41	04-09-00	MICHAEL BURTON	50 YD. FREE
45.90	04-26-92	JOHN KEPPELER	100 YD. FREE
1:41.45	04-26-92	JOHN KEPPELER	200 YD. FREE
4:54.90	03-24-96	LUKE WILLIAMS	500 YD. FREE
10:15.36	03-24-96	LUKE WILLIAMS	1000 YD. FREE
17:58.34	05-18-97	ROBBERT VAN ANDEL	1650 YD. FREE
24.19	04-26-92	JOHN KEPPELER	50 YD. BACK
51.35	04-26-92	JOHN KEPPELER	100 YD. BACK
1:50.28	04-26-92	JOHN KEPPELER	200 YD. BACK
25.64	04-09-00	MICHAEL BURTON	50 YD. BRST
55.86	04-09-00	MICHAEL BURTON	100 YD. BRST
2:18.08	04-05-98	ROBBERT VAN ANDEL	200 YD. BRST
23.45	03-21-99	BRYAN ADDLEMAN	50 YD. FLY
54.20	03-21-99	BRYAN ADDLEMAN	100 YD. FLY
2:00.27	05-12-96	LUKE WILLIAMS	200 YD. FLY
55.91	03-21-99	JOAQUIN ROMERA	100 YD. I.M.
1:59.37	04-09-00	MICHAEL BURTON	200 YD. I.M.
4:04.34	04-26-92	JOHN KEPPELER	400 YD. I.M.

MEN

25-29

21.52	10-28-00	CURTIS TAYLOR	50 YD. FREE
47.42	11-19-00	CURTIS TAYLOR	100 YD. FREE
1:38.64	04-30-95	JOHN KEPPELER	200 YD. FREE
4:52.57	05-18-97	KYLE KIMBALL	500 YD. FREE
10:06.88	03-16-97	DIMITAR PETROV	1000 YD. FREE
17:09.00	04-04-93	ALEX STILES	1650 YD. FREE
25.12	05-18-97	GARY DEFRANG	50 YD. BACK
54.47	05-18-97	GARY DEFRANG	100 YD. BACK
1:48.47	04-30-95	JOHN KEPPELER	200 YD. BACK
27.38	05-16-99	GREGORY LATTA	50 YD. BRST
59.46	05-16-99	GREGORY LATTA	100 YD. BRST
2:10.08	05-16-99	GREGORY LATTA	200 YD. BRST
23.36	05-01-83	RICK ABBOTT	50 YD. FLY
52.21	05-16-99	WILLIAM ZOLNA	100 YD. FLY
1:54.98	05-18-97	WILLIAM ZOLNA	200 YD. FLY
54.39	05-16-99	GREGORY LATTA	100 YD. I.M.
1:56.29	05-16-99	GREGORY LATTA	200 YD. I.M.
4:11.49	05-18-97	KYLE KIMBALL	400 YD. I.M.

MEN

30-34

21.85	04-10-99	ROBERT KABACY	50 YD. FREE
48.65	04-07-02	CURTIS TAYLOR	100 YD. FREE
1:45.32	04-30-95	JEFF STILING	200 YD. FREE
4:44.28	04-30-95	JEFF STILING	500 YD. FREE
9:50.15	04-30-95	JEFF STILING	1000 YD. FREE
17:08.93	05-16-99	DOUG STEWART	1650 YD. FREE
24.82	04-09-00	PAUL WATSON	50 YD. BACK
53.59	04-09-00	PAUL WATSON	100 YD. BACK
1:59.14	04-09-00	PAUL WATSON	200 YD. BACK
27.20	04-07-02	GREGORY LATTA	50 YD. BRST
58.86	04-07-02	GREGORY LATTA	100 YD. BRST
2:09.53	04-07-02	GREGORY LATTA	200 YD. BRST
24.08	04-10-99	ROBERT KABACY	50 YD. FLY
51.93	05-14-02	BILL ZOLNA	100 YD. FLY
1:55.01	04-30-00	BILL ZOLNA	200 YD. FLY
53.83	04-07-02	GREGORY LATTA	100 YD. I.M.
1:56.51	04-07-02	GREGORY LATTA	200 YD. I.M.
4:14.76	05-14-02	BILL ZOLNA	400 YD. I.M.

WOMEN

K. HARRINGTON	04-05-92	25.90
JULIE WRIGHT	04-02-89	57.03
DENISE STUNTZNER	05-04-86	2:00.47
CRISTY RYERSON	03-24-96	5:31.29
CRISTY RYERSON	03-24-96	11:00.74
MARCIA MOREY	03-01-80	19:21.02
CRISTY RYERSON	03-24-96	28.70
CRISTY RYERSON	03-24-96	1:00.87
MICHELLE DONAHUE	04-26-92	2:10.93
LORI WILLAMONT	03-31-85	33.82
ADELE PIERCE	04-09-83	1:14.00
MAUREEN HASLACH	05-23-93	2:35.79
DENISE STUNTZNER	02-07-87	28.20
DENISE STUNTZNER	04-06-86	1:01.92
DENISE STUNTZNER	04-06-86	2:14.81
LAURA JUCKELAND	05-18-97	1:05.47
LAURA JUCKELAND	05-18-97	2:20.26
LINDA MARX	11-04-90	5:04.42

WOMEN

BABETTE ROMANCIER	04-26-92	25.36
LEISSA MILLS	01-13-90	55.42
LEISSA MILLS	12-02-89	1:58.49
SARA QUAN	02-27-02	5:08.39
SARA QUAN	04-07-02	10:47.27
SARA QUAN	02-27-02	17:20.92
TORI EISENBEIS	04-07-02	29.53
MICHELLE DONAHUE	04-04-93	1:02.15
MICHELLE DONAHUE	04-30-95	2:10.99
MAUREEN HASLACH	04-10-99	32.69
MAUREEN HASLACH	04-10-99	1:10.15
MAUREEN HASLACH	04-10-99	2:30.31
SHANNON HERINGER	02-05-94	27.10
SHAUNA SIMPSON	05-16-99	1:02.48
SHAUNA SIMPSON	05-16-99	2:17.75
CHANDRA HAISLET	04-06-97	1:02.68
SARA QUAN	05-14-02	2:12.01
SARA QUAN	05-14-02	4:39.73

WOMEN

GRACIE GODDARD	03-06-93	24.29
GRACIE GODDARD	03-15-92	52.87
LEISSA MILLS	04-29-90	1:57.24
LEISSA MILLS	04-26-92	5:11.86
ELLEN FERGUSON	11-21-93	10:59.15
ELLEN FERGUSON	04-04-93	18:13.89
MICHELLE DONAHUE	04-10-99	29.39
MICHELLE DONAHUE	04-10-99	1:02.47
MICHELLE DONAHUE	04-10-99	2:16.34
CARA HAFNER	05-14-02	31.83
CARA HAFNER	05-14-02	1:09.10
CARA HAFNER	04-07-02	2:35.76
GRACIE GODDARD	04-14-91	27.52
LEISSA MILLS	04-29-90	1:01.39
SUSAN MOSS	05-18-97	2:20.59
CARA HAFNER	05-14-02	1:03.40
LISA HJERPE	05-16-99	2:15.79
LISA HJERPE	05-16-99	4:51.45

MEN

22.05	05-16-99	STEVE GEORGE
49.62	05-18-97	STEVE GEORGE
1:43.36	05-18-97	JEFF STILING
4:43.56	05-18-97	JEFF STILING
10:01.95	05-14-02	TIMOTHY NELSON
17:23.62	04-07-02	TIMOTHY NELSON
25.14	05-16-99	STEVE GEORGE
53.40	05-16-99	STEVE GEORGE
1:55.83	05-16-99	STEVE GEORGE
28.31	04-07-02	JOHN HUDSON
1:00.29	04-07-02	JOHN HUDSON
2:14.08	04-07-02	JOHN HUDSON
24.28	04-27-96	CURT LACOUNT
52.01	06-20-01	DENNIS BAKER
1:52.56	06-20-01	DENNIS BAKER
54.62	05-16-99	STEVE GEORGE
1:58.96	05-18-97	JEFF STILING
4:12.83	05-18-97	JEFF STILING

MEN

22.50	05-20-01	STEVE GEORGE
49.87	05-20-01	STEVE GEORGE
1:49.82	04-09-00	PAT ALLENDER
4:47.17	04-14-02	DENNIS BAKER
10:43.98	02-28-99	DAVID BURLERSON
18:07.15	04-07-02	PAT ALLENDER
25.61	05-20-01	STEVE GEORGE
55.18	05-20-01	STEVE GEORGE
2:00.32	05-20-01	STEVE GEORGE
28.85	05-16-99	PAT ALLENDER
:02.44	05-16-99	PAT ALLENDER
2:15.31	05-16-99	PAT ALLENDER
25.35	05-29-84	ROBERT SMITH
51.50	04-14-02	DENNIS BAKER
1:50.61	04-14-02	DENNIS BAKER
56.04	05-20-01	STEVE GEORGE
2:03.44	05-16-99	PAT ALLENDER
4:22.15	05-16-99	PAT ALLENDER

MEN

22.52	05-22-88	ROBERT SMITH
51.20	04-05-98	TOM COFFEY
1:56.89	05-18-97	MICHAEL PENDLETON
5:16.75	05-16-94	STEVE JOHNSON
10:56.73	05-19-91	RICHARD BOYD
18:07.61	05-19-91	RICHARD BOYD
25.65	05-22-88	ROBERT SMITH
56.14	05-22-88	ROBERT SMITH
2:09.97	05-14-02	PETER METZGER
29.42	05-22-88	ROBERT SMITH
1:04.21	05-07-89	ROBERT SMITH
2:26.25	05-19-91	RICHARD BOYD
25.29	05-22-88	ROBERT SMITH
58.72	03-01-86	BERT PETERSEN
2:17.53	05-16-99	DAVID FRYEFIELD
56.23	05-22-88	ROBERT SMITH
2:12.77	05-20-01	LARRY PHILBRICK
4:46.92	05-14-02	DAVID BURLERSON

MEN

22.84	05-23-93	ROBERT SMITH
53.96	04-10-94	ROBERT SMITH
1:59.71	04-09-00	STEPHEN JOHNSON
5:22.72	05-10-98	STEPHEN JOHNSON
11:18.04	05-16-94	RICHARD BOYD
18:36.67	05-16-94	RICHARD BOYD
26.24	05-23-93	ROBERT SMITH
59.21	04-14-96	ROBERT SMITH

35-39

50 YD. FREE	STEVE GEORGE
100 YD. FREE	STEVE GEORGE
200 YD. FREE	JEFF STILING
500 YD. FREE	JEFF STILING
1000 YD. FREE	TIMOTHY NELSON
1650 YD. FREE	TIMOTHY NELSON
50 YD. BACK	STEVE GEORGE
100 YD. BACK	STEVE GEORGE
200 YD. BACK	STEVE GEORGE
50 YD. BRST	JOHN HUDSON
100 YD. BRST	JOHN HUDSON
200 YD. BRST	JOHN HUDSON
50 YD. FLY	CURT LACOUNT
100 YD. FLY	DENNIS BAKER
200 YD. FLY	DENNIS BAKER
100 YD. I.M.	STEVE GEORGE
200 YD. I.M.	JEFF STILING
400 YD. I.M.	JEFF STILING

40-44

50 YD. FREE	STEVE GEORGE
100 YD. FREE	STEVE GEORGE
200 YD. FREE	PAT ALLENDER
500 YD. FREE	DENNIS BAKER
1000 YD. FREE	DAVID BURLERSON
1650 YD. FREE	PAT ALLENDER
50 YD. BACK	STEVE GEORGE
100 YD. BACK	STEVE GEORGE
200 YD. BACK	STEVE GEORGE
50 YD. BRST	PAT ALLENDER
100 YD. BRST	PAT ALLENDER
200 YD. BRST	PAT ALLENDER
50 YD. FLY	ROBERT SMITH
100 YD. FLY	DENNIS BAKER
200 YD. FLY	DENNIS BAKER
100 YD. I.M.	STEVE GEORGE
200 YD. I.M.	PAT ALLENDER
400 YD. I.M.	PAT ALLENDER

45-49

50 YD. FREE	ROBERT SMITH
100 YD. FREE	TOM COFFEY
200 YD. FREE	MICHAEL PENDLETON
500 YD. FREE	STEVE JOHNSON
1000 YD. FREE	RICHARD BOYD
1650 YD. FREE	RICHARD BOYD
50 YD. BACK	ROBERT SMITH
100 YD. BACK	ROBERT SMITH
200 YD. BACK	PETER METZGER
50 YD. BRST	ROBERT SMITH
100 YD. BRST	ROBERT SMITH
200 YD. BRST	RICHARD BOYD
50 YD. FLY	ROBERT SMITH
100 YD. FLY	BERT PETERSEN
200 YD. FLY	DAVID FRYEFIELD
100 YD. I.M.	ROBERT SMITH
200 YD. I.M.	LARRY PHILBRICK
400 YD. I.M.	DAVID BURLERSON

50-54

50 YD. FREE	ROBERT SMITH
100 YD. FREE	ROBERT SMITH
200 YD. FREE	STEPHEN JOHNSON
500 YD. FREE	STEPHEN JOHNSON
1000 YD. FREE	RICHARD BOYD
1650 YD. FREE	RICHARD BOYD
50 YD. BACK	ROBERT SMITH
100 YD. BACK	ROBERT SMITH

WOMEN

05-21-95	24.66	GRACIE GODDARD
12-07-97	53.40	GRACIE GODDARD
05-18-97	1:59.92	GRACIE GODDARD
05-16-99	5:28.15	H. VAUGHN-EDMONDS
03-16-97	11:18.56	SIMONE LAPAY
03-24-96	18:51.76	SIMONE LAPAY
05-14-02	28.10	VALERIE JENKINS
05-14-02	1:01.07	VALERIE JENKINS
05-14-02	2:19.04	VALERIE JENKINS
05-01-83	33.16	GINGER PIERSON
05-01-83	1:12.38	GINGER PIERSON
03-31-85	2:37.73	CATHY IMWALLE
05-14-02	27.93	VALERIE JENKINS
04-29-01	1:02.93	SUSAN MOSS
05-18-97	2:23.11	KIMBERLY ARATA
05-14-02	1:03.22	VALERIE JENKINS
03-10-02	2:22.88	SUSAN MOSS
05-12-96	4:59.82	SIMONE LAPAY

WOMEN

04-09-00	25.70	GRACE GODDARD
04-14-02	56.19	K. ANDRUS-HUGHES
04-14-02	2:06.26	K. ANDRUS-HUGHES
05-20-01	5:50.97	K. ANDRUS-HUGHES
12-09-95	12:18.91	KATHI BULLOCK
04-07-02	20:25.39	MARY SWEAT
04-14-02	29.47	K. ANDRUS-HUGHES
04-14-02	1:04.26	K. ANDRUS-HUGHES
04-14-02	2:21.78	K. ANDRUS-HUGHES
05-04-86	33.31	GINGER PIERSON
05-04-86	1:12.49	GINGER PIERSON
05-04-86	2:38.86	GINGER PIERSON
04-09-00	28.83	BARBARA HARRIS
04-07-02	1:06.79	LAURA WORDEN
04-07-02	2:30.70	LAURA WORDEN
04-07-02	1:06.51	K. ANDRUS-HUGHES
04-07-02	2:25.38	K. ANDRUS-HUGHES
02-18-01	5:13.11	COLETTE CRABBE

WOMEN

05-14-02	25.61	ROBIN PARISI
05-14-02	56.08	ROBIN PARISI
11-10-02	2:11.48	COLETTE CRABBE
04-07-02	5:45.52	COLETTE CRABBE
04-09-95	12:56.20	CATHY IMWALLE
05-03-80	21:45.28	LAVELLE STOINOFF
11-10-02	30.95	K. ANDRUS-HUGHES
11-10-02	1:07.85	K. ANDRUS-HUGHES
11-10-02	2:28.50	K. ANDRUS-HUGHES
05-19-91	34.68	GINGER PIERSON
05-14-02	1:11.61	COLETTE CRABBE
05-14-02	2:35.43	COLETTE CRABBE
05-14-02	27.23	ROBIN PARISI
05-14-02	1:01.22	ROBIN PARISI
05-14-02	2:21.48	COLETTE CRABBE
05-14-02	1:04.94	COLETTE CRABBE
05-14-02	2:19.91	ROBIN PARISI
05-14-02	4:54.46	COLETTE CRABBE

WOMEN

05-14-02	29.26	KATHY CALL
03-18-01	1:05.33	CATHY IMWALLE
04-09-00	2:21.64	CATHY IMWALLE
05-12-85	6:11.76	LAVELLE STOINOFF
05-18-87	12:44.88	LAVELLE STOINOFF
05-12-85	21:32.25	LAVELLE STOINOFF
03-24-96	34.81	GINGER PIERSON
05-12-96	1:14.33	GINGER PIERSON

2:19.06	04-14-96	ROBERT SMITH	200 YD. BACK	GINGER PIERSON	05-12-96	2:44.36
30.08	05-23-93	ROBERT SMITH	50 YD. BRST	GINGER PIERSON	05-12-96	35.06
1:08.05	04-10-99	ALLEN STARK	100 YD. BRST	GINGER PIERSON	05-12-96	1:15.73
2:30.21	05-16-94	RICHARD BOYD	200 YD. BRST	GINGER PIERSON	05-12-96	2:45.26
25.74	02-05-94	ROBERT SMITH	50 YD. FLY	SANDI ROUSSEAU	04-30-00	31.97
1:01.15	04-29-01	TOM COFFEY	100 YD. FLY	GINGER PIERSON	03-24-96	1:14.35
2:45.78	04-05-92	BERT PETERSEN	200 YD. FLY	GINGER PIERSON	05-12-96	2:42.74
58.44	05-23-93	ROBERT SMITH	100 YD. I.M.	CATHY IMWALLE	05-20-01	1:11.52
2:16.56	05-16-94	RICHARD BOYD	200 YD. I.M.	CATHY IMWALLE	05-20-01	2:36.37
5:14.99	01-16-94	ROBERT SMITH	400 YD. I.M.	CATHY IMWALLE	04-09-00	5:42.91
MEN			55-59	WOMEN		
23.62	02-06-99	ROBERT SMITH	50 YD. FREE	JOY WARD	04-30-00	28.80
54.65	01-10-99	ROBERT SMITH	100 YD. FREE	JOY WARD	05-16-99	1:06.76
2:00.79	05-16-99	TOM LANDIS	200 YD. FREE	LAVELLE STOINOFF	05-22-88	2:22.66
5:41.55	05-16-99	TOM LANDIS	500 YD. FREE	LAVELLE STOINOFF	05-22-88	6:09.83
11:58.59	04-10-99	TOM LANDIS	1000 YD. FREE	LAVELLE STOINOFF	05-22-88	12:45.02
19:47.01	05-16-99	TOM LANDIS	1650 YD. FREE	LAVELLE STOINOFF	04-23-89	21:22.63
26.86	02-06-99	ROBERT SMITH	50 YD. BACK	JOY WARD	04-30-00	35.32
59.61	05-16-99	ROBERT SMITH	100 YD. BACK	JOY WARD	04-30-00	1:16.78
2:41.25	02-28-99	EMERSON CHRISTOFF	200 YD. BACK	LAVELLE STOINOFF	05-22-88	2:48.92
30.49	05-16-99	ROBERT SMITH	50 YD. BRST	GINGER PIERSON	05-14-02	35.06
1:11.63	01-29-00	ROBERT SMITH	100 YD. BRST	GINGER PIERSON	05-14-02	1:18.30
2:48.02	04-07-02	ROY LAMBERT	200 YD. BRST	GINGER PIERSON	05-14-02	2:54.95
26.01	02-06-99	ROBERT SMITH	50 YD. FLY	JOY WARD	05-16-99	31.60
1:02.90	04-10-99	ROBERT SMITH	100 YD. FLY	GINGER PIERSON	05-14-02	1:17.75
2:44.55	03-27-94	BERT PETERSEN	200 YD. FLY	GINGER PIERSON	05-14-02	2:51.53
59.26	05-16-99	ROBERT SMITH	100 YD. I.M.	JOY WARD	04-30-00	1:16.22
2:28.82	04-10-99	TOM LANDIS	200 YD. I.M.	GINGER PIERSON	04-14-02	2:50.04
5:27.04	04-14-02	ROBERT SMITH	400 YD. I.M.	LAVELLE STOINOFF	05-07-89	5:55.35
MEN			60-64	WOMEN		
24.90	05-14-02	TOM LANDIS	50 YD. FREE	BARBARA FRID	04-18-02	30.79
4.51	05-14-02	TOM LANDIS	100 YD. FREE	LAVELLE STOINOFF	02-07-93	1:08.08
2:00.59	04-14-02	TOM LANDIS	200 YD. FREE	LAVELLE STOINOFF	04-30-95	2:25.85
5:35.28	04-14-02	TOM LANDIS	500 YD. FREE	LAVELLE STOINOFF	04-25-93	6:22.62
11:38.01	04-14-02	TOM LANDIS	1000 YD. FREE	LAVELLE STOINOFF	04-25-93	13:12.73
19:18.93	05-14-02	TOM LANDIS	1650 YD. FREE	LAVELLE STOINOFF	04-04-93	22:13.13
31.95	04-12-87	FLOYD ELIOTT	50 YD. BACK	BARBARA FRID	04-21-02	36.14
1:09.30	01-27-01	CHRIS HIATT	100 YD. BACK	BARBARA FRID	04-21-02	1:20.88
2:42.23	04-12-87	FLOYD ELIOTT	200 YD. BACK	LAVELLE STOINOFF	04-09-95	2:51.80
34.31	04-08-90	DON VAN ROSSEN	50 YD. BRST	SUSANNE SCHUMANN	05-16-99	42.21
1:17.82	04-29-90	DON VAN ROSSEN	100 YD. BRST	LAVELLE STOINOFF	03-27-94	1:31.70
2:54.82	04-29-90	DON VAN ROSSEN	200 YD. BRST	LAVELLE STOINOFF	03-27-94	3:11.78
27.14	05-20-01	BERT PETERSEN	50 YD. FLY	BARBARA FRID	04-20-02	33.63
1:03.26	05-20-01	BERT PETERSEN	100 YD. FLY	PEGGIE HODGE	03-18-01	1:43.74
2:41.94	05-20-01	BERT PETERSEN	200 YD. FLY	LOUISE HEPNER	12-08-85	3:43.88
1:08.35	04-30-00	RON NAKATA	100 YD. I.M.	BARBARA FRID	04-21-02	1:19.24
2:38.80	04-30-00	RON NAKATA	200 YD. I.M.	LOUISE HEPNER	03-16-86	3:14.94
5:48.42	05-18-97	DICK SLAWSON	400 YD. I.M.	LOUISE HEPNER	12-08-86	6:46.40
MEN			65-69	WOMEN		
26.74	05-20-01	DAVID RADCLIFF	50 YD. FREE	PETEY SMITH	05-19-91	32.25
59.33	05-20-01	DAVID RADCLIFF	100 YD. FREE	LAVELLE STOINOFF	04-05-98	1:10.90
2:12.54	05-20-01	DAVID RADCLIFF	200 YD. FREE	LAVELLE STOINOFF	04-17-98	2:32.93
6:07.69	05-20-01	DAVID RADCLIFF	500 YD. FREE	LAVELLE STOINOFF	01-10-99	6:39.23
12:47.65	04-14-02	DAVID RADCLIFF	1000 YD. FREE	LAVELLE STOINOFF	05-16-99	13:51.06
21:30.12	04-07-02	DAVID RADCLIFF	1650 YD. FREE	LAVELLE STOINOFF	04-05-98	23:09.53
33.80	05-20-01	RICHARD WEICK	50 YD. BACK	BARBARA JACKSON	05-18-97	40.31
1:14.50	04-04-93	FLOYD ELIOTT	100 YD. BACK	LAVELLE STOINOFF	02-28-99	1:24.62
2:49.84	04-04-93	FLOYD ELIOTT	200 YD. BACK	LAVELLE STOINOFF	02-28-99	2:56.66
35.59	05-20-01	RICHARD WEICK	50 YD. BRST	LAVELLE STOINOFF	03-14-98	45.54
1:24.02	04-30-95	DON VAN ROSSEN	100 YD. BRST	LAVELLE STOINOFF	04-17-98	1:36.95
3:04.89	05-20-01	DICK SLAWSON	200 YD. BRST	LAVELLE STOINOFF	05-10-98	3:20.79
30.96	05-16-99	RICHARD WEICK	50 YD. FLY	PETEY SMITH	01-13-90	42.75
1:18.91	03-18-01	RICHARD WEICK	100 YD. FLY	MARGARET WELLS	04-30-95	2:04.19
3:01.94	05-20-01	DICK SLAWSON	200 YD. FLY	MARGARET WELLS	10-19-91	4:41.91
1:11.79	05-16-99	RICHARD WEICK	100 YD. I.M.	LAVELLE STOINOFF	03-14-98	1:26.31
2:42.19	05-20-01	DICK SLAWSON	200 YD. I.M.	LAVELLE STOINOFF	01-10-99	3:08.18
5:52.99	05-20-01	DICK SLAWSON	400 YD. I.M.	PETEY SMITH	04-26-92	7:41.48



**OREGON
MASTERS
SWIMMING**

Local Team Registration

This form must be postmarked by the entry deadlines of the 2003 OMS Association Championship and the 2003 OMS Open Water Championships, in order for a team to compete as a “local team” at those events.

TEAM NAME _____

ABBREVIATION _____

TEAM REPRESENTATIVE INFORMATION (must be an OMS member)

Rep. Name _____

Address _____

Phone 1 _____

Phone 2 _____

Email _____

COACH INFORMATION (must be an OMS member)

Coach Name _____

Address _____

Phone 1 _____

Phone 2 _____

Email _____

POOL INFORMATION

Pool Name _____

Address _____

Phone 1 _____

Workout Schedule _____

Mail to: DARLENE STALEY, OMS REGISTRAR, 8590 SW CHARLOTTE DRIVE, BEAVERTON, OR 97007



OREGON MASTERS SWIMMING

UNITED STATES MASTERS SWIMMING

YEAR 2003 REGISTRATION

☐ Renewal - 2002 USMS # 372-_____

☐ New Member

Last Name: _____ **First Name:** _____ **M.I.:** _____
 (Please register with the name you will use for competition.)

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____ **Date of Birth:** _____ **Age:** _____ **Sex:** ☐ M ☐ F

E-mail Address: _____ **Do you coach a Masters Team** Yes ☐ No ☐
☐ (I would be willing to receive the Aqua Master electronically rather than by postal mail.)

Club: OMS is comprised of two clubs or you may register unattached. ☐ OREG ☐ MACO ☐ UNATTACHED
 (Unattached members cannot swim in relays)

Local Team: Choose name and abbreviation from list below (Name) _____ (Abbreviation) _____

Albany Masters - ALB
 Beaver Aquatic Masters - BAM
 Central Oregon Masters - COMA
 Chehalem Masters - CMST
 Circumnavigating Beavers - CBAT
 Club Sports Sea Lions - CSSL
 Columbia Gorge Masters - CGM
 Columbia River Swim Team - CRST
 Columbia-Willamette YMCA - CWY
 Corvallis Aquatic Masters - CAT
 Downtown Athletic Club - DAC
 Emerald Aquatics - EA
 Eugene Nomads - EN
 Fish Stick Masters - FISH

Grants Pass YMCA - GPY
 Health Experience Ath. Club - HEAC
 Klamath Falls Masters - KLF
 LaCamas Aqua Master - LCAM
 Lincoln City Masters - LCM
 McMinnville Masters - MCM
 Middletown Jewish Comm. Ctr - MJCC
 Mt. Hood Masters - MHM
 Mountain Park Masters - MPM
 Multnomah Athletic Club - MACO
 No. Clackamas Masters Swimming - NCMS
 Oregon City Swim Team - OCST
 Oregon Wetmasters - OWET
 Parkrose Masters - PMST

Pendleton Masters - PEND
 Portland Masters Swimming - PMS
 Portland Upstream - PUP
 Riverplace Athletic Club - RAC
 Rogue Valley Masters - RVM
 Salem Courthouse Crew - SCC
 South Coast Aquatic Masters - SCAM
 Southern Oregon Masters - SOM
 Steelheads - STHD
 Tigard-Tualatin Swim Club - TTSC
 Tualatin Hills Barracudas - THB
 Umpqua Valley Masters - UVM
 Willamette Athletic Club - WAC
 No Local Team - NLT

\$38.00 Single Registration: Valid November 1, 2002 to December 31, 2003. Make checks payable to OMS, Inc.
\$66.00 Joint registration: Two members at one address/One Aqua-Master. One Registration Form per member please.
 Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

- ☐ I have added a contribution of \$ _____ for Oregon Masters Swimming. We value your support!
☐ I have added a contribution of \$50 as a Gold Medal Sponsor of Oregon Masters Swimming.
☐ I have added a contribution of \$1.00 (or \$ _____) to the United States Masters Swimming 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:** _____

MAIL TO: DARLENE STALEY, OMS REGISTRAR, 8590 SW CHARLOTTE DRIVE, BEAVERTON, OR 97007
 This form is available on the OMS website: www.swimmoregon.org

2002/2003 Calendar and Meet Schedule

Date	Event	Location	Contact
<u>Pool Meets</u>			
Dec 14-15	*SCM	NW Zone Championship Oregon City	Colette Crabbe colettecrabbe@hotmail.com 503 659 2114
Dec. 27 (evening)	*SCY	Animal Meet - Canby (IM, Fly and Mid. Dist. Free)	Kenneth Schuh kdschuhmeister@aol.com 503 266 1345
Jan. 25	*SCY	Tualatin Hills Pentathlon	Kristi Riddle kristinotbrinkly@aol.com 503 690 8687
March 14-16	Assn. SCY	MAC Club - Portland	Bob Kabacy rkabacy@kelrun.com 503 245 8122
April 5	SCY	Eugene	Lynda Christiansen ericandlynda@netzero.net 541 687 8379
April 26-27	Zone SCY	Hood River	Shelly Rawding rawding@gorge.net 509 493 4679
July 12-13	LCM	State Games - Mt. Hood CC	Kristi Gustafson kristigus@aol.com 503 663 2772
July 19	LCM	Eugene Senior Sports Festival	Arden Adams aadamsswim@aol.com 541 688 4013
<u>National Championships 2003</u>			
May 15-18	SCY	Tempe, AZ	www.usms.org
Aug. 14-17	LCM	Rutgers Univ. NJ	www.usms.org
<u>Open Water 2003</u>			
Date	Distance	Location	Contact
July 27	5K Nat. Champ	Elk Lake, OR	Pam Himstreet himstreet@bendcable.com
<u>Postal Championships 2002/2003</u>			
Jan. 2003	*1 Hour Swim	Kristine Lewis	onehour@swimoregon.org
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

Aqua-Master
Nov./Dec. 2002

Aqua-Master
Attn. Roy Lambert
1211 SW Fifth Avenue
Portland, OR 97204-3795

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Inside: Results - Mt. Hood Swim Meet