

# Aqua-Master 

"Swimming - A Life's Passion"

## 30 Year Celebration - A Tribute to ol'Barnacle



Viewing Earl's History Books was a popular activity at the 30 Year Celebration

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## Earl Walters - AKA - The ol'Barn

Thirty years ago, you had a vision of what you wanted for OMS. "Well Earl, this year on July 7th, we celebrated your dream." Over 200 people enjoyed a picnic day at Hagg Lake Park with 3 open water swims (hosted by Portland Masters Swimming) and several water activities for all ages (hosted by OMS).

Earl, you are the father of OMS and you have led us, your "children", to where we are today. We can only attempt to imagine all you did. You prepared entries, heat sheets, results, records, top-ten, and the Aqua-Master. The list goes on - and ALL BY HAND (no computer)!

OMS is sound financially, is a thriving and growing "family" of over 700 swimmers, and is respected in USMS. We will continue with your vision as we offer fun, fitness, friendship and competition to our members.
Ol'Barn (Barnacle), you've taken us on a journey that we will never forget. We are proud to have you as our Founding Father.

The people behind O.M.S. Inc.

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## Chair's Corner by Je anne Teisher

Dear Swimmers.

In my article last month, I spoke about the 30 Year Celebration and encouraged everyone to attend. I also sent out an email reminding people of the event. Well, the event was an amazing success and a tremendous amount of fun for the over 200 people who attended. Many of the people swam in the lake swims but even more of the attendees participated in the games including the water balloon toss. There were over 350 water balloons and they were gone in less than 10 minutes. What fun we all had! The weather wasn't the best (it was overcast, rainy and chilly) but no one complained. Everything about the rest of the day, including the lake swims, the games, and the food, was great. Congratulations and thank you to Dixon Sorraco and PMS for hosting another successful open water event and BBQ and to Ginger Pierson for a memorable and fun 30 Year Celebration. For more pictures of the event, $\log$ onto our website (www.swimoregon.org).
Also last month I mentioned about the OMS board elections and positions that are currently open. There is another position that will be vacant later this year. June Mather, our registrar for the past 5 years, is retiring from the position. We really hate to see her leave the position because she has done an outstanding job but she wants a break. So, we are in need of a new registrar. June has agreed to stick around as long as it takes to train a new registrar and will be available for questions once she has turned over the reigns. Because of the time that is required to perform the job responsibilities, this position is the only paid position on our board. If you are interested in learning more about the position or would like to apply, please contact me immediately at either jteisher97007@yahoo.com or (503) 574-4557. The board will be interviewing and appointing/hiring a new registrar at our next board meeting on August 28. If you would like to contact June Mather, you can reach her at either juneinjanuary @ hotmail.com or (541) 482-0610.
Are you receiving the OMS emails I periodically send? NO!? Did you include your email address on your registration form earlier this year or did your email address change and you haven't notified us yet? If you would like to receive the messages, which are usually information and/or reminders of upcoming events or deadlines, please email me at jteisher97007@yahoo.com and I'll add your email address to the directory. The board respects your time and privacy and only sends out messages when necessary. Also, I am usually the only one who sends the messages. Email has been a great way for the board to keep in touch with the OMS membership in between newsletters. If, by chance, you would like to unsubscribe your email address you can do that yourself or contact me and I will unsubscribe your address.
That's all for this month. I look forward to seeing many of you at the Open Water swims this summer. They are truly fun events.
Happy swimming. Jeanne
To add or change your email address in the OMS email directory please contact Jeanne Teisher at: jteisher97007@yahoo.com

United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. lt 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 respon sibility 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 neces sarily 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.


A great time was had by all at the 30 Year Celebration. Pictures from upper left and clockwise - Dancing the "swim" to the music of the Papa Oom Band, a water balloon toss that soon became a fun water fight, a "Creatures Race"that was full of spills and a jet straw race around the kiddie pool. Special thanks to Ginger Pierson for organizing this fun and wonderful tribute to the ol'Barn. OMS is a family!



## When Drugs and Exercise Collide

You probably know that problems can occur when you combine different drugs or use certain drugs in conjunction with certain foods. Yet are you aware that a wide variety of commonly used drugs - including prescription, over-thecounter and herbal products - can affect your response to exercise, potentially increasing your risk of injury? Discover how to stay safe using these tips:

1. Read labels. You may know that the caffeine found in coffee, colas and some aspirin products is a stimulant. However, cold medications, diet pills, allergy remedies and herbal teas may also contain compounds that can elevate your heart rate.
2. Be careful when taking stimulants. For most people, taking a normal does of any of the above-mentioned stimulants is unlikely to cause a problem. However, problems can arise when several of these products are combined and then exercise, which is also a stimulant, is added to the mix. Excessive use of stimulants can lead to health problems such as irregular heartbeat.
3. Check ingredients in dietary supplements. Dietary supplements may also contain stimulants and can be dangerous if overused. Don't think that products labeled "natural" are necessarily harmless. Because dietary supplements are exempt from government regulation in terms of purity, potency and labeling, you need to be especially cautious when taking these products.
4. Be aware that dehydration can be dangerous. Make sure you drink plenty of water during exercise and life in general. When you are dehydrated, your blood stream is more concentrated, which can increase the effect of a drug, notes American Pharmaceutical Association spokesman Daniel Albrant. Drinking alcoholic beverages raises the risk of dehydration, as does exercise if you don't regularly replace lost fluids.
5. Watch out for flouroquinolones. A class of antibiotics called flouroquinolones has recently attracted the attention of sports medicine experts. Routinely prescribed for upperrespiratory, intestinal and urinary-tract infections, flouro-
quinolones (such as Ciprofloxacin or Cipro) have been linked to serious tendon injuries, often in the shoulder, hand and Achilles tendon. You are at greatest risk for injury when combining these antibiotics with high-impact injuries, heavy weight lifting, or sports involving jumping and rapid acceleration and deceleration.
6. Pay attention to usage instructions. Sometimes medications that are safe in small doses are dangerous in large doses. For example, older exercise enthusiasts often overuse ibuprofen and other nonsteroidal anti-inflammatory drugs. Caution: If you rely on these drugs to mask pain, you may block your body's signals that something is wrong and could expose yourself to injury.
7. Be careful with drowsiness-induced medications. Injury can also occur when you take drowsiness-inducing medications, such as antihistamines, before exercising. "These medications can decrease reaction time, balance and coordination," says Mark Chamberlain, a drug information specialist at the University of Maryland at Baltimore. "People taking them should avoid things like cycling or using mechanical equipment like the treadmill."
8. Introduce new drugs slowly. How can you prevent adverse reactions between medications and exercise? One way is to give your body a chance to tell you how it reacts to a new drug. Take the medication for a day and pay attention to its effects.
9. Rest when you are sick. Another way to forestall problems is listening to your body when it doesn't feel well. Avoid being obsessed with exercise. If you are sick enough to require medication, your body may benefit more from rest than from a workout.
10. Learn more. The U.S. Food and Drug Administration offers information on prescription and over-the-counter medications at www.fda.gov. The website www.drugfacts.com is another helpful source.

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



I really enjoyed the 2nd Annual OMS Stroke Technique Camp, which I directed recently at the Mt. Hood Community College Aquatic Facility in Gresham. Fifteen "campers" spent two productive days in and out of the pool working towards improving their starts, turns, and all four strokes. In the end they seemed exhausted, no doubt from listening to me talk endlessly.
The center of our camp experience is the review of underwater stroke videos. During these sessions, our campers confront the unvarnished reality of what's really happening underwater-often it's not pretty! This was particularly true during the screening of the butterfly tapes, for, in nearly every case, I saw extensive "dive \& rise" action early each stroke. Since our campers represent a typical cross-section of the OMS population, I must surmise that "dive \& rise" butterfly is the most prevalent stroke flaw among Oregon masters swimmers! What is it, why is it so bad, and what can we do to correct it?
By way of background, the butterfly stroke requires a dynamic balancing and unbalancing around the body's short axis (the axis that runs across the pelvis from hip to hip) throughout the stroke. The body starts in its most balanced horizontal position at the beginning of each stroke, when the hand \& arms are extended far forward and the head is down. As the arm pull progresses (particularly if the head is lifted to breathe), the body loses this horizontal balance momentarily, only to regain it at the end of the recovery when hands return to the extended position. This continuous dynamic balancing and unbalancing creates the flowing undulating movement seen in good butterfly.
"Dive \& rise" describes a flawed method that many swimmers use to regain horizontal body balance at the beginning of each stroke. They dive their hands downward at the end of the recovery (hence "dive") in order to rebalance, then angle their hands and arms upward (hence "rise") in order to catch water. It is commonly found among self-taught or uncoached swimmers, swimmers who lack upper body strength or flexibility to position arms \& torso correctly, and swimmers who are just learning the stroke. Butterfly swimming in long swims or sets with deteriorating form
'I must surmise that "dive \& rise" butterfly is the most prevalent stroke flaw among Oregon masters swimmers!"
exacerbates it. "Dive \& rise" exists in epidemic proportions on my youth novice swim team, although I am working hard to eradicate it; my masters team is doing better, but don't tell them that just yet.
"Dive \& rise" is not merely a simple stroke flaw, but rather a whole syndrome of interconnected stroke flaws. By diving the hands downward at the end of the recovery, the swimmer puts both hands in an impossible position for a quick catch and grossly violates good streamlining. By rising into the catch position, the swimmer drops the elbows into a powerless position. By taking the time to "dive \& rise", the swimmer seriously disrupts stroke rhythm and radically slows stroke tempo. And, even if all stroke mechanical skills are correct after the catch, they will always occur too late in the stroke sequence to be efficient. Whew!

Once the dreaded "dive \& rise" is diagnosed, correcting this set of stroke flaws requires returning to basic drilling and swimming at slow to moderate speeds. Learn how to rebalance the body horizontally by pressing downward with the chest \& head while sweeping the fingertips forward not downwards. This is the crucial skill, after which all others may follow if you get it right! I like Body Dolphin, a drill in which the swimmer lies fully extended and propels slowly forward by alternating pressing down with chest with pressing down with hips; no knee bend allowed! I also use slow single arm butterfly drilling-often with fins-to focus on hand position and chest press. And I like slow butterfly swimming with a pull buoy while kicking to assist in regaining body balance.
This takes time! Do not expect habits learned over a lifetime to be changed overnight. The "dive \& rise" habit is a particularly persistent little devil. My team does weekly butterfly drilling throughout the year, and we take a lot more time at the beginning of each new swimming year in the fall to attack stroke problems without heavy training expectations.
Good luck and good swimming.

## It's Official



Legal Start: After start feet/toes can be above water line but not in gutter
 mitted at any time before the start. A backstroke starting block may not be used.


For those who compete in backstroke, you need to be aware of a rule change that became effective June 1, 2002.
USMS has adopted a change to the rules of competition based upon changes made by USA Swimming on June 1, 2002. The change was made to the Backstroke start rules. Swimmers are no longer prohibited from raising their feet above the water level after the starting signal has been given. However, the swimmer is NOT allowed to place their toes or feet in or on the gutter during or after the start. Thus the rule effectively allows a change from the current practice only in flat walled pools and pools with the water level below the gutter. The current legal start is still legal. These changes are effective June 1, 2002. The actual wording of the change follows. Deleted language is struck.

## USMS 101.1.2B BACKSTROKE START

B - All courses - The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. Prior to the command "Take yout matk," and untill the feet leave the wall at the starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not per-


Summer is here - so let's spread some Sunshine to our members. We can always use more sunshine in Oregon. You don't have to wait for the weather man. We have Luella Petersen, the OMS Sunshine Chair. She is waiting for your calls so she can send flowers and cards on behalf of OMS. When one of your fellow Masters is ill or has passed away please let Luella know so that flowers and/or cards can be sent. OMS wants to help celebrate the joyous occasions as well as the sad ones. You can never have too much Sunshine. Weddings and births or special anniversaries are appropriate. Please give Luella a call with the information.


Luella Petersen - (503) 252-6081
Luella works during the day but you can call and leave a message on "box 1 " of their answering service. E-mails will also work and they can to sent to: luellamae@msn.com So remember - "You are my Sunshine, my only Sunshine". It's up to you, so start making those calls to Luella so she can spread some Sunshine.
(Luella reports that there has been very little action recent ly for the Sunshine Chair. Please only calls about sending cards or flowers.)

## PORTLAND, OREGON MAN PASSES 200 MILE MARK OF HISTORIC COLUMBIARIVER SWIM

July 7, 2002. Mica Creek, British Columbia: Christopher Swain, who began swimming the entire 1,243 mile length of the Columbia River on June 4, 2002, has completed the first 200 miles of his epic swim. The Columbia River Swim, which will take Swain about 180 days to complete, began at the Columbia's headwaters in Canal Flats, British Columbia, and will finish in the Pacific Ocean off Cape Disappointment, Wash., in November.

## ROUNDS BIG BEND; REACHES FIRST DAM

Swain passed the 200 mile mark as he rounded the "Big Bend" and approached Mica Dam today. On June 4, at the start of Swain's historic effort, students from Martin Morigeau Elementary School in Canal Flats, B.C. toasted Swain with tumblers of Columbia Lake water--the first and last pristine drinking water found along the Columbia River. Swain says that memory keeps him going. "Kinbasket lake was tough. Rain squalls, four foot waves, and rafts of woody debris are not a happy combination. I saw enough clearcuts, stumps and mud for a lifetime."
Swain began his swim in a dry suit, but will utilize both wet and dry suits during different phases of the Swim, which will take him through over one thousand miles of cold, contaminated water. Swain will encounter water temperatures ranging from 38 to 73 degrees on his journey. Two of the most familiar sections of polluted water that Swain will navigate are the Hanford Reach, and North Portland (near the Willamette confluence).

## UNPRECEDENTED SWIM IS RAISING SUPPORT FOR RIVER PROTECTION AND RESTORATION

If successful, Swain will be the first person ever to swim the Columbia's entire 1,243 mile length. He estimates it will take him 1.8 million calories and over 2 million freestyle swim strokes to reach that goal. The purposes of the Swim are to increase public awareness of the state of the Columbia, to highlight water quality threats and solutions, and to generate support
for river protection and restoration. "We need to get to know our river, to make it part of our lives. If enough people have relationships with the Columbia," says Swain, "Protection and restoration will take care of themselves."
In addition to corporate support from NEX-


TEL, Smart Wireless, SatOne, Globalstar, Inflatable Boat Center, Garmin, Aquatic Sports, and Patagonia, Swain will seek to keep his Swim going through local events, coin drives, individual gifts, and T-shirt sales. "This is a no-frills expedition," he says with a smile, "When someone donates $\$ 20$, we go straight to the supermarket and buy the food we need for the next day."
This is not Swain's first lengthy swim for a cause. In 1996, he swam the lower 210 miles of the Connecticut River in support of universal human rights. In addition to raising awareness of the Universal Declaration of Human Rights, Swain discovered the Connecticut River swim stimulated grassroots interest in water quality issues. "I learned that tasting every mile of a river is a great way to build the credibility to speak on its behalf." This served, in part, as the inspiration for his Columbia River effort.
Swain is no stranger to endurance sports. In college, he rowed for the Wesleyan University crew team before turning his efforts to cycling and becoming a nationally-ranked bicycle racer. In 1991, he became is the first non-native male in history to attempt and complete the Apache Run for the Sun initiation. In 1995, he became involved with U.S. Masters Swimming as he prepared for the Connecticut River Swim for Human Rights. After completing the Portland Marathon in 1997, he took up the sport of Triathlon and qualified for the 1998 USA Triathlon Championships. The following year, he competed in the Inaugural IRONMAN USA Lake Placid Triathlon, finishing 33rd in his division. Swain is the founder of the Portland-based nonprofit organization Advocacy Swimming International. More Information: www.columbiaswim.org

# Hagg Lake Open Water Swim 

| Sx |  | Name A | Age Club | Time | Overall Place | $\begin{array}{\|l} \text { Age } \\ \text { Grp } \end{array}$ | Sx | AgGrp | Name | Age Club | Time | Overall Place | Age <br> Grp |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 Mile Swim |  |  |  |  |  |  | M | 50-54 | Caffey, Tom | 51FISH | 24:09:00 | 14 | 2 |
| F | 19-24 | Dhom, Ghing | 24 EA | 24:03:00 | 13 | 1 | M | 50-54 | Cronin, Jed | 530 | 24:40:00 | 18 | 3 |
| F | 19-24 | Lowers, Jill | 23PMS | 26:36:00 | 30 | 2 | M | 50-54 | Teisher, Jim | 52THB | 25:30:00 | 21 | 4 |
| M | 19-24 | Lagerstrom, Eric | 12MHST | 23:33 | 7 | 1 | M | 50-54 | Bruce, Bob | 54COMA | 26:22:00 | 27 | 5 |
| M | 19-24 | Widestrom, Erik | 12MHST | 28:53:00 | 51 | 2 | M | 50-54 | Dunlap, Douglas | 51PMS | 27:46:00 | 36 | 6 |
| F | 25-29 | Quan, Sara | 29COMA | 21:55 | 2 | 1 | M | 50-54 | Toole, Chris | 51THB | 30:12:00 | 58 | 7 |
| F | 25-29 | Uesugi, Sandra | 28 CBAT | 27:58:00 | 39 | 2 | M | 50-54 | Lutz, Bert | 510 | 32:02:00 | 66 | 8 |
| F | 25-29 | Casey, Anna | 25PMS | 29:25:00 | 55 | 3 | M | 50-54 | Collins, John | 50THB | 35:22:00 | 80 |  |
| F | 25-29 | Law, Heather | 28PMS | 30:51:00 | 59 | 4 | F | 55-59 | Himstreet, Pam | 58COMA | 32:34:00 | 68 | 1 |
| F | 25-29 | Lembke, Daisy | 28THB | 32:41:00 | 69 | 5 | F | 55-59 | Whiter, Peggy | 58COMA | 38:52:00 | 88 | 2 |
| F | 25-29 | Zimlich, Julianne | 25PMS | 32:51:00 | 71 | 6 | F | 55-59 | Coutu, MaryEllen | 59PMS | 52:48:00 | 94 | 3 |
| M | 25-29 | Sharr, Andrew | 290 | 24:00:00 | 12 | 1 | M | 55-59 | Smith, Robert | 59FISH | 29:06:00 | 53 | 1 |
| M | 25-29 | Nishimura, Takeo | 29COMA | 27:39:00 | 35 | 2 | M | 55-59 | Juhala, Richard | 58NCMS | 34:22:00 | 75 | 2 |
| M | 25-29 | Casey, Brian | 25PMS | 34:47:00 | 77 | 3 | F | 60-64 | Hodge, Peggie | 62COMA | 41:08:00 | 89 | 1 |
| F | 30-34 | Milano, Andrea | 34PMS | 27:59:00 | 40 | 1 | M | 60-64 | Landis, Tom | 60COMA | 23:46 | 8 | 1 |
| F | 30-34 | Smidt, Cynthia | 32COMA | 29:12:00 | 54 | 2 | M | 60-64 | Mellow, Bill | 600 | 36:11:00 | 85 | 2 |
| F | 30-34 | Johnson, Kate | 330 | 35:03:00 | 79 | 3 | M | 60-64 | Beggs, James | 62NBAM | 38:21:00 | 87 | 3 |
| F | 30-34 | Lamborsin, Debra | 33PMS | 35:53:00 | 84 | 4 | M | 65-69 | Radcliff, David | 68 THB | 26:23:00 | 28 | 1 |
| F | 30-34 | Hyde, Sandra | 33MHM | 47:33:00 | 92 | 5 | M | 65-69 | Bigler, Jim | 66 MAC | 31:06:00 | 62 | 2 |
| M | 30-34 | Taylor, Curtis | 30 THB | 22:18 | 4 | 1 | F | 70-74 | Glancy, Barbara | 70PMS | 52:05:00 | 93 | 1 |
| M | 30-34 | Shaentz, Alex | 32 SCC | 23:52 | 9 | 2 | Wet Suit |  |  |  |  |  |  |
| M | 30-34 | Frost, Dan | 33 PNA | 24:15:00 | 16 | 3 | M | 19-24 | Friedman, Josh | 13LOSC | 30:31:00 | 8 | 1 |
| M | 30-34 | Reget, Phil | 33COMA | 24:54:00 | 19 | 4 | F | 25-29 | Smith, Angie | 29 CHC | 24:02:00 | 1 | 1 |
| M | 30-34 | Wolf, Robert | 33 SCC | 26:19:00 | 26 | 5 | M | 25-29 | Stevens, Jeff | 26PMS | 26:08:00 | 2 | 1 |
| M | 30-34 | Griffen, Steve | 33 THB | 27:33:00 | 34 | 6 | M | 25-29 | Curran, Paul | 270WET | 29:06:00 | 7 | 2 |
| M | 30-34 | Jaynes, Carl | 33 THB | 27:54:00 | 38 | 7 | M | 30-34 | DeAustria, DJ | 34Red Lizard | 28:10:00 | 3 | 1 |
| M | 30-34 | Price, Kennedy | 30 THB | 28:48:00 | 49 | 8 | F | 35-39 | Gardner, Carole | 39PMS | 32:50:00 | 11 | 1 |
| F | 35-39 | Halligan, Amy | 35COMA | 25:35:00 | 22 | 1 | M | 35-39 | Nonweiler, Blake | 390 | 28:23:00 | 5 | 1 |
| F | 35-39 | Brooks, Kristin | 37COMA | 28:02:00 | 41 | 2 | M | 35-39 | Thursett, David | 370 | 28:43:00 | 6 | 2 |
| F | 35-39 | Follett, Sarah | 36 MY | 28:52:00 | 50 | 3 | F | 40-44 | DeAustria, Janet | 40Red Lizard | 35:33:00 | 12 | 1 |
| F | 35-39 | Rozell, Cara | 38UNAT | 30:56:00 | 60 | 4 | M | 40-44 | Schultz, Howard | 400 | 37:20:00 | 13 | , |
| F | 35-39 | Thomas, Ann | 39PMS | 32:29:00 | 67 | 5 | F | 45-49 | Welham, Jody | 470 | 28:18:00 | 4 | 1 |
| F | 35-39 | Crisp, Jennifer | 350 | 33:22:00 | 73 | 6 | F | 45-49 | Lessner, Rochelle | 47RAC | 31:34:00 | 9 | 2 |
| F | 35-39 | Crisp, Julie | 350 | 33:23:00 | 74 | 7 | M | 45-49 | Friedman, Keith | 46FISH | 38:54:00 | 14 | 1 |
| F | 35-39 | Bullard, Amicia | 390 | 35:03:00 | 78 | 6 | F | 50-54 | Sutherland, Jani | 53COMA | 32:03:00 | 10 | 1 |
| F | 35-39 | Orner, Gayle | 39 CBAT | 35:41:00 | 82 | 7 |  |  |  |  |  |  |  |
| M | 35-39 | Jablonski, Greg | 35 THB | 21:22 | 1 | 1 |  |  |  |  |  |  |  |
| M | 35-39 | Volckening, Bill | 36CWY | 22:22 | 5 | 2 |  |  |  |  |  |  |  |
| M | 35-39 | Miller, Eric | 39SSC | 23:59 | 11 | 3 | 4 z |  |  |  |  |  |  |
| M | 35-39 | Higley, Rob | 36COMA | 24:12:00 | 15 | 4 |  |  |  |  |  |  |  |
| M | 35-39 | Donder, James | 39 THB | 28:35:00 | 48 | 5 |  |  |  |  |  |  |  |
| M | 35-39 | Lagerstrom, Joseph | h 390 | 44:27:00 | 90 | 6 |  |  |  |  |  |  |  |
| F | 40-44 | Sweat, Mary | 44COMA | 23:14 | 6 | 1 | 5 c |  |  |  |  |  |  |
| F | 40-44 | Hoagland, Sarah | 40 MACO | 25:29:00 | 20 | 2 | Staserns |  |  |  |  |  |  |
| F | 40-44 | Young, Joni | 41 SCC | 25:55:00 | 25 | 3 |  |  |  |  |  |  |  |
| F | 40-44 | Schob, Laura | 43COMA | 27:47:00 | 37 | 4 |  |  |  |  |  |  |  |
| F | 40-44 | Park, Melora | 42CBAT | 28:03:00 | 42 | 5 |  |  |  |  |  |  |  |
| F | 40-44 | Burkholder, Jody | 44PMS | 28:15:00 | 45 | 6 |  |  |  |  |  |  |  |
| F | 40-44 | Cappaert, Marlys | 43 CBAT | 28:15:00 | 46 | 7 |  |  |  |  |  |  |  |
| F | 40-44 | Haslach, Kathryn | 41MAC | 30:58:00 | 61 | 8 |  |  |  |  |  |  |  |
| M | 40-44 | Otto, Douglas | 43 MAC | 23:56 | 10 | 9 | $\underline{\square 2}$ |  |  |  |  |  |  |
| M | 40-44 | Wren, Mark | 43PMS | 25:36:00 | 23 | 10 | $\underline{\square-20} 5$ |  |  |  |  |  |  |
| M | 40-44 | Haslach, Timothy | 41MAC | 26:31:00 | 29 | 11 |  |  |  |  |  |  |  |
| M | 40-44 | Thompson, Ron | 42COMA | 28:24:00 | 47 | 12 | $\pm \underline{\square}$ |  |  |  |  |  |  |
| M | 40-44 | Bragg, Robin | 42NCAP | 35:51:00 | 83 | 13 | Suncor |  |  |  |  |  |  |
| M | 40-44 | Winroth, Glen | 40MHM | 47:28:00 | 91 | 14 |  |  |  |  |  |  |  |
| F | 45-49 | Cheney, Liz | 45FISH | 29:45:00 | 56 | 1 |  |  |  |  |  |  |  |
| F | 45-49 | Toole, Peggy | 49THB | 31:37:00 | 64 | 2 |  |  |  |  |  |  |  |
| F | 45-49 | Collins, Sue | 49THB | 31:42:00 | 65 | 3 |  |  |  |  |  |  |  |
| F | 45-49 | Peterson, Connie | 47COMA | 35:37:00 | 81 | 4 |  |  |  |  |  |  |  |
| F | 45-49 | Clancy, Karin | 48OWET | 36:40:00 | 86 | 5 |  |  |  |  |  |  |  |
| M | 45-49 | Ramsey, Ed | 46THB | 24:37:00 | 17 | 1 |  |  |  |  |  |  |  |
| M | 45-49 | Tennant, Mike | 49COMA | 25:54:00 | 24 | 2 |  |  |  |  |  |  |  |
| M | 45-49 | Dow, Keith | 46NCMS | 26:37:00 | 31 | 3 |  |  |  |  |  |  |  |
| M | 45-49 | Yensen, Kermit | 49THB | 26:59:00 | 32 | 4 |  |  |  |  |  |  |  |
| M | 45-49 | Brockbank, Doug | 480 | 27:16:00 | 33 | 5 |  |  |  |  |  |  |  |
| M | 45-49 | Istok, Jonathan | 46 CBAT | 28:04:00 | 43 | 6 |  |  |  |  |  |  |  |
| M | 45-49 | Cecil, Patrick | 47THB | 29:05:00 | 52 | 7 |  |  |  |  |  |  |  |
| M | 45-49 | Bunker, Jim | 45 SCC | 30:03:00 | 57 | 8 |  |  |  |  |  |  |  |
| M | 45-49 | Neubert, Mark | 45NCMS | 31:36:00 | 63 | 9 |  |  |  |  |  |  |  |
| M | 45-49 | Ridenour, John | 460 | 32:52:00 | 72 | 10 |  |  |  |  |  |  |  |
| F | 50-54 | Staley, Darlene | 52 THB | 28:09:00 | 44 | 1 |  |  |  |  |  |  |  |
| F | 50-54 | Shoemaker, Cynthia | ia 51COMA | 32:46:00 | 70 | 2 |  |  |  |  |  |  |  |
| F | 50-54 | Jenkins, Tam | 540WET | 34:33:00 | 76 | 3 | Sara Quan, winner 1 and 2 Mile |  |  |  |  |  |  |
| F | 50-54 | Cushing, Kaye | 51PMS | 55:39:00 | 95 | 4 |  |  |  |  |  |  |  |
| M | 50-54 | Johnson, Steve | 54EA | 22:16 | 3 | 1 |  |  |  |  |  |  |  |



Women 19-24

50 LC Meter Freestyle
1 Kuehnast, Amber
100 LC Meter Freestyle
1 Kuehnast, Amber
200 LC Meter Freestyle
1 Kuehnast, Amber 1500 LC Meter Freestyle 1 Hall, Marya 100 LC Meter Backstroke 1 Lowers, Jill
100 LC Meter Breaststroke 1 Kuehnast, Amber 100 LC Meter Butterfly 1 Lowers, Jill
Women 25-29
100 LC Meter Freestyle 1 Peterson, Julie
200 LC Meter Backstroke 1 Criscione, Anicia
50 LC Meter Breaststroke 1 Gibbs, Zan 100 LC Meter Breaststroke
1 Gibbs, Zan
2 Criscione, Anicia
200 LC Meter Breaststroke 1 Gibbs, Zan
50 LC Meter Butterfly
1 Peterson, Julie
200 LC Meter IM
1 Peterson, Julie
Women 30-34
50 LC Meter Freestyle
1 Veltrie, Susan
2 King, Wendy
3 Wong, Linda
100 LC Meter Freestyle 1 Veltrie, Susan
2 King, Wendy
3 Wong, Linda 200 LC Meter Freestyle
1 Moss, Melissa
King, Wendy
Veltrie, Susan
4 Simpson, Shauna
400 LC Meter Freestyle
1 Moore, Alison
2 Wong, Linda
50 LC Meter Backstroke
1 King, Wendy
2 Veltrie, Susan
100 LC Meter Backstroke 1 King, Wendy
50 LC Meter Breaststroke 1 Moss, Melissa
2 Moore, Alison
3 Wong, Linda
200 LC Meter Breaststroke
1 Moore, Alison
50 LC Meter Butterfly
1 Veltrie, Susan
2 Simpson, Shauna 3 Wong, Linda 100 LC Meter Butterfly 1 Simpson, Shauna 2 Moore, Alison 200 LC Meter Butterfly 1 Simpson, Shauna 200 LC Meter IM
1 Simpson, Shauna

## Women 35-39

50 LC Meter Freestyle 1 Collson, Anne-Marie 2 Tyrrell, Laura
100 LC Meter Freestyle 1 Thimm, Jeanne
2 Holland, Erin

| 21 OREG | 31.12 |
| :--- | ---: |
| 21 OREG | $1: 08.78$ |
| 21 OREG | $2: 35.99$ |
| 20 UNAT | $19: 05.86$ |
| 24 OREG | $1: 19.73$ |
| 21 OREG | $1: 37.92$ |
| 24 OREG | $1: 22.75$ |

$3 \quad$ Streeter, Susan
$4 \quad$ Law, Cathy
200 LC Meter Freestyle
$1 \quad$ Tyrrell, Laura
$2 \quad$ Streeter, Susan
400 LC Meter Freestyle
$1 \quad$ Streeter, Susan
1500 LC Meter Freestyle
$1 \quad$ Tyrrell, Laura
50 LC Meter Backstroke
$1 \quad$ Glissmeyer, Margie
100 LC Meter Backstroke
$1 \quad$ Crisp, Julie
200 LC Meter Backstroke 1 Crisp, Julie 100 LC Meter Breaststroke 1 Holland, Erin
27 OREG 1:11.72

29 OREG 3:48.65
27 OREG 43.67

| 27 OREG | $1: 37.47$ |
| :--- | :--- |
| 29 OREG | $2: 07.12$ |

27 OREG 3:31.71
27 OREG 35.04

27 OREG 3:09.92

| 32 | OREG | 31.47 | 1 Foley, Sharon |
| :---: | :---: | :---: | :---: |
| 34 | OREG | 33.18 | 2 Marthaller, Jodi |
| 30 | OREG | 39.60 | 3 Gray, Lynn |
|  |  |  | 100 LC Meter Freestyle |
| 32 | OREG | 1:11.93 | 1 Foley, Sharon |
| 34 | OREG | 1:12.70 | 2 Fox, Christina |
| 30 | OREG | 1:28.00 | 3 Gray, Lynn |
|  |  |  | 1500 LC Meter Freestyle |
| 34 | OREG | 2:39.04 | 1 Hoagland, Sarah |
| 34 | OREG | 2:39.06 | 2 Metzger, Laurie |
| 32 | OREG | 2:41.12 | 50 LC Meter Backstroke |
| 31 | MACO | 2:50.83 | 1 Marthaller, Jodi |
|  |  |  | 2 Rasmussen, Beky |
| 32 | OREG | 5:59.29 | 200 LC Meter Backstroke |
| 30 | OREG | 6:54.54 | 1 Hoagland, Sarah |
|  |  |  | 2 Fox, Christina |
| 34 | OREG | 37.95 | 50 LC Meter Breaststroke |
| 32 | OREG | 39.57 | 1 Foley, Sharon |
|  |  |  | 2 Marthaller, Jodi |
| 34 | OREG | 1:24.86 | 3 Gray, Lynn |
|  |  |  | 100 LC Meter Bre |
| 34 | OREG | 42.67 | 1 Fox, Christina |
| 32 | OREG | 44.83 | 50 LC Meter Butterfly |
| 30 | OREG | 52.19 | 1 Foley, Sharon |
|  |  |  | 2 Metzger, Laurie |
| 32 | OREG | 3:24.41 | 3 Rasmussen, Beky |
|  |  |  | 100 LC Meter Butterfly |
| 32 | OREG | 34.10 | 1 Foley, Sharon |
| 31 | MACO | 35.40 | Women 45-49 |
| 30 | OREG | 51.00 | 50 LC Meter Freestyle |
|  |  |  | 1 Andrus-Hughes, Karen |
| 31 | MACO | 1:21.26 | 2 Snyder, Lynn |
| 32 | OREG | 1:22.81 | 100 LC Meter Freestyle |
|  |  |  | 1 Andrus-Hughes, Karen |
| 31 | MACO | 2:57.51 | 2 Snyder, Lynn |
|  |  |  | 200 LC Meter Freestyle |
| 31 | MACO | 3:01.87 | 1 Andrus-Hughes, Karen |
|  |  |  | 2 Parisi, Robin |
|  |  |  | 3 Peterson, Connie |
| 35 | OREG | 31.07 | 1500 LC Meter Freestyle |
| 35 | OREG | 32.00 | 1 Hendryx, Teri |
|  |  |  | 2 Peterson, Connie |
| 39 | OREG | 1:14.44 | 50 LC Meter Backstroke |
| 35 | OREG | 1:17.11 | 1 Andrus-Hughes, Karen |


| 35 | OREG |
| :--- | :---: |
| 35 | $1: 25.95$ |
| 35 | OREG | $1: 29.08$



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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 100 LC Meter Butterfly |  |  |  | 100 LC Meter Freestyle |  |  |  | Kavan, Patrick | 31 OREG | 32.65 |
| 1 Gettling, Janet | 54 | OREG | 1:35.62 | 1 Stoinoff, Lavelle | 69 | MACO | 1:21.85 | 200 LC Meter Backstroke |  |  |
| 2 Asleson, Elke | 50 | OREG | 1:36.88 | 2 Schumann, Susanne | 65 | MACO | 1:25.84 | 1 Jaynes, Carl | 34 OREG | 2:59.08 |
| 200 LC Meter IM |  |  |  | 3 Schroder, Kaleo | 66 | OREG | 2:00.02 | 50 LC Meter Breaststroke |  |  |
| 1 Call, Kathy | 51 | OREG | 3:24.30 | 4 Huntley, Jane | 69 | OREG | 2:10.64 | 1 Kavan, Patrick | 31 OREG | 37.26 |
| 2 Asleson, Elke | 50 | OREG | 3:27.05 | 50 LC Meter Backstroke |  |  |  | 100 LC Meter Breaststroke |  |  |
| 400 LC Meter IM |  |  |  | 1 Schroder, Kaleo | 66 | OREG | 1:03.38 | 1 Zolna, William | 33 MACO | 1:14.97 |
| 1 Asleson, Elke |  | OREG | 7:18.02 | 2 Huntley, Jane | 69 | OREG | 1:04.79 | 2 Jaynes, Carl | 34 OREG | 1:24.42 |
| Women 55-59 |  |  |  | 100 LC Meter Backstroke |  |  |  | 50 LC Meter Butterfly |  |  |
| 50 LC Meter Freestyle |  |  |  | 1 Schroder, Kaleo | 66 | OREG | 2:19.17 | 1 Taylor, Curtis | 31 OREG | 28.28 |
| 1 Rousseau, Sandi | 55 | OREG | 36.45 | 50 LC Meter Breaststroke |  |  |  | 2 Kavan, Patrick | 31 OREG | 28.97 |
| 100 LC Meter Freestyle |  |  |  | 1 Schumann, Susanne | 65 | MACO | 50.21 | 200 LC Meter IM |  |  |
| 1 Rousseau, Sandi | 55 | OREG | 1:21.99 | 100 LC Meter Breaststroke |  |  |  | 1 Zolna, William | 33 MACO | 2:23.52 |
| 2 Clum, Chris | 56 | OREG | 1:25.17 | 1 Schumann, Susanne | 65 | MACO | 1:49.31 | 400 LC Meter IM |  |  |
| 3 Graf, Carolyn | 55 | UNAT | 2:09.14 | 50 LC Meter Butterfly |  |  |  | 1 Zolna, William | 33 MACO | 5:00.35 |
| 200 LC Meter Freestyle |  |  |  | 1 Schroder, Kaleo | 66 | OREG | 1:27.71 | continued on page 12 |  |  |
| 1 Himstreet, Pam |  | OREG | 3:24.68 | 200 LC Meter IM |  |  |  |  |  |  |
| 400 LC Meter Freestyle |  |  |  | 1 Schroder, Kaleo | 66 | OREG | 5:46.54 |  |  |  |
| 1 Himstreet, Pam |  | OREG | 7:10.17 | Women 75-79 |  |  |  |  |  |  |
| 1500 LC Meter Freestyle |  |  |  | 200 LC Meter Freestyle |  |  |  |  |  |  |
| 1 Himstreet, Pam 50 LC Meter Backstroke | 59 | OREG | 27:22.59 | 1 Wells, Margaret |  | OREG | 4:55.78 | Na |  |  |
| 50 LC Meter Backstroke 1 Rousseau, Sandi |  | OREG | 48.00 | 200 LC Meter Backstroke <br> 1 Wells, Margaret |  | OREG | 5:16.40 |  |  |  |
| 100 LC Meter Backstroke |  |  |  | 200 LC Meter Breaststroke |  |  |  |  |  |  |
| 1 Pierson, Ginger | 56 | MACO | 1:40.15 | 1 Wells, Margaret | 76 | OREG | 6:35.29 |  |  |  |
| 50 LC Meter Breaststroke |  |  |  | 200 LC Meter Butterfly |  |  |  |  |  |  |
| 1 Pierson, Ginger | 56 | MACO | 44.17 | 1 Wells, Margaret |  | OREG | 6:19.66 |  |  |  |
| 2 Clum, Chris | 56 | OREG | 46.86 | 200 LC Meter IM |  |  |  |  |  |  |
| 3 Rousseau, Sandi |  | OREG | 51.69 | 1 Wells, Margaret |  | OREG | 5:24.53 |  |  |  |
| 100 LC Meter Breaststroke |  |  |  | 400 LC Meter IM |  |  |  |  |  |  |
| 1 Clum, Chris | 56 | OREG | 1:43.49 | 1 Wells, Margaret |  | OREG | 11:30.30 |  |  |  |
| 2 Graf, Carolyn | 55 | UNAT | 2:13.51 | Women 80-84 |  |  |  |  |  |  |
| 200 LC Meter Breaststroke |  |  |  | 100 LC Meter Butterfly |  |  |  |  |  |  |
| 1 Pierson, Ginger | 56 | MACO | 3:34.86 | 1 Stevenin, Elfie | 81 | OREG | 5:11.78 |  |  |  |
| 2 Clum, Chris | 56 | OREG | 3:42.82 | 200 LC Meter Butterfly |  |  |  |  |  |  |
| 3 Himstreet, Pam | 59 | OREG | 4:00.50 | 1 Stevenin, Elfie | 81 | OREG | 10:44.01 |  |  |  |
| 50 LC Meter Butterfly |  |  |  | 400 LC Meter IM |  |  |  |  |  |  |
| 1 Rousseau, Sandi | 55 | OREG | 37.83 | 1 Stevenin, Elfie | 81 | OREG | 17:42.40 |  |  |  |
| 2 Graf, Carolyn | 55 | UNAT | 1:03.81 | Men 19-24 |  |  |  |  |  |  |
| 100 LC Meter Butterfly |  |  |  | 50 LC Meter Butterfly |  |  |  |  |  |  |
| 1 Rousseau, Sandi | 55 | OREG | 1:36.43 | 1 Mueller, Elliott | 23 | UNAT | 27.21 |  |  |  |
| 200 LC Meter Butterfly 1 Pierson, Ginger |  |  |  | Men 25-29 |  |  |  |  |  |  |
| 1 Pierson, Ginger 200 LC Meter IM | 56 | MACO | 3:29.79 | 50 LC Meter Freestyle |  |  |  |  |  |  |
| 200 LC Meter IM |  |  |  | 1 Boal, Nathan | 25 | OREG | 27.48 |  |  |  |
| 1 Pierson, Ginger |  | MACO | 3:28.76 | 100 LC Meter Freestyle |  |  |  |  |  |  |
| 2 Clum, Chris | 56 | OREG | 3:38.10 | 1 Adams, James | 25 | UNAT | 57.68 |  |  |  |
| 3 Graf, Carolyn | 55 | UNAT | 4:46.05 | 2 Boal, Nathan | 25 | OREG | 1:00.68 |  |  |  |
| 400 LC Meter IM |  |  |  | 200 LC Meter Freestyle |  |  |  | (below) swam very well | Men's 3 | $-34 \text { Age }$ |
| 1 Pierson, Ginger | 56 | MACO | 7:25.27 | 1 Boal, Nathan | 25 | OREG | 2:13.88 | Group. |  |  |
| Women 60-64 |  |  |  | 2 Paulson, Aaron | 25 | OREG | 3:11.25 |  |  |  |
| 50 LC Meter Freestyle |  |  |  | 50 LC Meter Backstroke |  |  |  |  |  |  |
| 1 Ward, Joy | 60 | OREG | 35.24 | 1 Ozvold, Jeff | 25 | OREG | 32.73 |  |  |  |
| 2 Frid, Barbara | 60 | OREG | 35.67 | 2 Adams, James | 25 | UNAT | 33.04 |  |  |  |
| 100 LC Meter Freestyle |  |  |  | 100 LC Meter Backstroke |  |  |  |  |  |  |
| 1 Frid, Barbara | 60 | OREG | 1:20.83 | 1 Ozvold, Jeff | 25 | OREG | 1:10.50 |  |  |  |
| 200 LC Meter Freestyle |  |  |  | 2 Paulson, Aaron | 25 | OREG | 1:27.93 |  |  |  |
| 1 Frid, Barbara | 60 | OREG | 3:02.53 | 100 LC Meter Breaststroke |  |  |  |  |  |  |
| 2 Ward, Joy | 60 | OREG | 3:14.76 | 1 Boal, Nathan | 25 | OREG | 1:19.23 |  |  |  |
| 400 LC Meter Freestyle |  |  |  | 2 Ozvold, Jeff | 25 | OREG | 1:30.34 |  |  |  |
| 1 Frid, Barbara | 60 | OREG | 6:36.20 | 200 LC Meter Breaststroke |  |  |  |  |  |  |
| 50 LC Meter Backstroke |  |  |  | 1 Paulson, Aaron | 25 | OREG | 3:46.53 |  |  |  |
| 1 Ward, Joy | 60 | OREG | 43.57 | 50 LC Meter Butterfly |  |  |  |  |  |  |
| 200 LC Meter Backstroke |  |  |  | 1 Adams, James | 25 | UNAT | 27.57 |  |  |  |
| 1 Ward, Joy |  | OREG | 3:22.87 | 2 Ozvold, Jeff | 25 | OREG | 30.65 |  |  |  |
| 50 LC Meter Breaststroke |  |  |  | 100 LC Meter Butterfly |  |  |  |  |  |  |
| 1 Hodge, Peggie |  | OREG | 57.31 | 1 Ozvold, Jeff | 25 | OREG | 1:13.16 |  |  |  |
| 100 LC Meter Breaststroke |  |  |  | 200 LC Meter IM |  |  |  |  |  |  |
| 1 Frid, Barbara |  | OREG | 1:43.54 | 1 Adams, James | 25 | UNAT | 2:25.80 |  |  |  |
| 50 LC Meter Butterfly |  |  |  | Men 30-34 |  |  |  |  |  |  |
| 1 Frid, Barbara | 60 | OREG | 38.35 | 50 LC Meter Freestyle |  |  |  |  |  |  |
| 100 LC Meter Butterfly |  |  |  | 1 Taylor, Curtis | 31 | OREG | 25.96 |  |  |  |
| 1 Ward, Joy |  | OREG | 1:39.69 | 2 Kavan, Patrick | 31 | OREG | 26.83 |  |  |  |
| 2 Hodge, Peggie |  | OREG | 2:03.00 | 100 LC Meter Freestyle |  |  |  |  |  |  |
| 200 LC Meter IM |  |  |  | 1 Taylor, Curtis | 31 | OREG | 56.37 |  |  |  |
| 1 Ward, Joy |  | OREG | 3:31.64 | 2 Zolna, William | 33 | MACO | 58.40 |  |  |  |
| Women 65-69 |  |  |  | 3 Palmer, Jeffrey |  | OREG | 1:11.45 |  |  |  |
| 50 LC Meter Freestyle |  |  |  | 200 LC Meter Freestyle |  |  |  |  |  |  |
| 1 Schumann, Susanne |  | MACO | 38.68 | 1 Taylor, Curtis | 31 | OREG | 2:08.87 |  |  |  |
| 2 Schroder, Kaleo |  | OREG | 50.70 | 50 LC Meter Backstroke |  |  |  |  |  |  |

Men 35-39
50 LC Meter Freestyle 1 Butcher, Gano 2 Gaarder, Chris 100 LC Meter Freestyle 1 Gaarder, Chris 200 LC Meter Freestyle 1 Gaarder, Chris 1500 LC Meter Freestyle 1 Volckening, Bill 50 LC Meter Backstroke 1 Parmentier, Steve
2 Butcher, Gano 50 LC Meter Breaststroke
1 Butcher, Gano
2 Gaarder, Chris
3 Heimuller, Brent 100 LC Meter Breaststroke 1 Gaarder, Chris 50 LC Meter Butterfly

## Parmentier, Steve

2 Butcher, Gano
3 Gaarder, Chris
Men 40-44
50 LC Meter Freestyle
1 Haslach, Timothy
2 Palanuk, Jon
3 Bragg Iii, Robin 100 LC Meter Freestyle 1 Allender, Pat
2 Haslach, Timothy
3 Foley, Kenneth
4 Palanuk, Jon 200 LC Meter Freestyle 1 Haslach, Timothy 2 Bragg Iii, Robin 400 LC Meter Freestyle
Allender, Pat
Otto, Douglas
Haslach, Timothy
Dowd, Mike
5 Bragg Iii, Robin 1500 LC Meter Freestyle 1 Haslach, Timothy
2 Dowd, Mike
3 Bragg Iii, Robin 50 LC Meter Backstroke 1 George, Steve 2 Foley, Kenneth 100 LC Meter Backstroke 1 Uebele, Keith 2 Otto, Douglas 200 LC Meter Backstroke Otto, Douglas
2 Dowd, Mike
50 LC Meter Breaststroke Allender, Pat
Oliva, Tomas
Dowd, Mike
4 Palanuk, Jon
5 Schmidt, John 100 LC Meter Breaststroke 1 Allender, Pat
Oliva, Tomas
Otto, Douglas
Foley, Kenneth
5 Dowd, Mike
200 LC Meter Breaststroke
1 Allender, Pat
Otto, Douglas
Oliva, Tomas
Dowd, Mike
50 LC Meter Butterfly
1 Haslach, Timothy
2 George, Steve
Palanuk, Jon


Keith Uebele had a strong 100 Fly and 100 Back 200 LC Meter IM
1 Allender, Pat
2 Otto, Douglas
400 LC Meter IM
1 Oliva, Tomas
Men 45-49
50 LC Meter Freestyle
1 Yensen, Kermit
2 Darnell, Stephen
3 Friedman, Keith
100 LC Meter Freestyle
1 Ward, Cliff
2 Yensen, Kermit
3 Friedman, Keith 200 LC Meter Freestyle
1 Yensen, Kermit
2 Munro, Stuart
3 Friedman, Keith 400 LC Meter Freestyle
1 Walkky, John
2 Ward, Cliff
3 Munro, Stuart
4 Friedman, Keith
1500 LC Meter Freestyle
1 Walkky, John
100 LC Meter Backstroke
1 Ward, Cliff
2 Darnell, Stephen
200 LC Meter Backstroke
1 Darnell, Stephen
50 LC Meter Breaststroke
1 Walkky, John
2 Dolan, Dan
100 LC Meter Breaststroke
1 Dolan, Dan
2 Darnell, Stephen
3 Friedman, Keith
200 LC Meter Breaststroke

| 1 Ward, Cliff | 46 | OREG | 3:12.35 |
| :---: | :---: | :---: | :---: |
| 2 Munro, Stuart | 45 | MACO | 3:21.59 |
| 3 Darnell, Stephen | 48 | OREG | 3:51.91 |
| 50 LC Meter Butterfly |  |  |  |
| 1 Dolan, Dan | 47 | UNAT | 32.27 |
| 2 Yensen, Kermit | 49 | OREG | 32.87 |
| 3 Darnell, Stephen | 48 | OREG | 38.98 |
| 4 Friedman, Keith | 46 | OREG | 51.59 |
| 100 LC Meter Butterfly |  |  |  |
| 1 Yensen, Kermit | 49 | OREG | 1:23.34 |
| 200 LC Meter Butterfly |  |  |  |
| 1 Munro, Stuart | 45 | MACO | 3:13.34 |
| 200 LC Meter IM |  |  |  |
| 1 Ward, Cliff | 46 | OREG | 2:47.15 |
| 2 Yensen, Kermit | 49 | OREG | 3:03.52 |
| 3 Munro, Stuart | 45 | MACO | 3:13.55 |
| 400 LC Meter IM |  |  |  |
| 1 Walkky, John | 49 | OREG | 6:03.21 |
| 2 Ward, Cliff | 46 | OREG | 6:18.83 |
| 3 Munro, Stuart | 45 | MACO | 7:00.43 |
| Men 50-54 |  |  |  |
| 50 LC Meter Freestyle |  |  |  |
| 1 Prentice, Doug | 54 | OREG | 28.75 |
| 2 Wikander, Carroll | 51 | OREG | 30.53 |
| 3 Call, Tom | 52 | OREG | 34.75 |
| 100 LC Meter Freestyle |  |  |  |
| 1 Call, Tom | 52 | OREG | 1:19.17 |
| 2 Parisi, Frank | 54 | MACO | 1:27.14 |
| 1500 LC Meter Freestyle |  |  |  |
| 1 Downey, John | 50 | OREG | 25:01.83 |
| 50 LC Meter Backstroke |  |  |  |
| 1 Call, Tom | 52 | OREG | 40.91 |
| 50 LC Meter Breaststroke |  |  |  |
| 1 Stark, Allen | 53 | OREG | 36.10 |
| 2 Wikander, Carroll | 51 | OREG | 39.18 |
| 3 Prentice, Doug | 54 | OREG | 39.27 |
| 4 Parisi, Frank | 54 | MACO | 40.71 |
| 100 LC Meter Breaststroke |  |  |  |
| 1 Stark, Allen | 53 | OREG | 1:22.24 |
| 2 Wikander, Carroll | 51 | OREG | 1:30.27 |
| 3 Parisi, Frank | 54 | MACO | 1:37.47 |
| 200 LC Meter Breaststroke |  |  |  |
| 1 Stark, Allen | 53 | OREG | 3:04.94 |
| 50 LC Meter Butterfly |  |  |  |
| 1 Stark, Allen | 53 | OREG | 32.24 |
| 2 Lentz, Peter | 50 | UNAT | 39.81 |
| 3 Parisi, Frank | 54 | MACO | 40.04 |
| 200 LC Meter Butterfly |  |  |  |
| 1 Downey, John | 50 | OREG | 4:04.18 |
| 200 LC Meter IM |  |  |  |
| 1 Stark, Allen | 53 | OREG | 3:06.70 |
| 2 Downey, John | 50 | OREG | 3:32.98 |
| 400 LC Meter IM |  |  |  |
| 1 Downey, John | 50 | OREG | 7:18.95 |
| Men 55-59 |  |  |  |
| 50 LC Meter Freestyle |  |  |  |
| 1 Smith, Robert | 59 | OREG | 29.13 |
| 2 Silvey, Michael | 57 | OREG | 30.44 |
| 3 Juhala, Richard | 59 | OREG | 38.19 |
| 100 LC Meter Freestyle |  |  |  |
| 1 Silvey, Michael | 57 | OREG | 1:10.73 |
| 2 Carriker, Buz | 55 | OREG | 1:16.72 |
| 400 LC Meter Freestyle |  |  |  |
| 1 Smith, Robert | 59 | OREG | 5:55.45 |
| 50 LC Meter Backstroke |  |  |  |
| 1 Smith, Robert | 59 | OREG | 34.75 |
| 100 LC Meter Backstroke |  |  |  |
| 1 Smith, Robert | 59 | OREG | 1:19.65 |
| 200 LC Meter Backstroke |  |  |  |
| 1 Juhala, Richard | 59 | OREG | 3:59.94 |
| 50 LC Meter Breaststroke |  |  |  |
| 1 Juhala, Richard | 59 | OREG | 47.24 |
| 200 LC Meter Breaststroke |  |  |  |
| 1 Juhala, Richard | 59 | OREG | 3:51.73 |


| www.swimore |  | .org |  | August 2002 |  |  | Aqua-Master |  | PAGE13 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 50 LC Meter Butterfly |  |  |  | 2 Holman, William |  | OREG | 4:01.62 | Women 200-239 | LC Meter Medley Relay |
| 1 Smith, Robert | 59 | OREG | 33.34 | 400 LC Meter Freestyle |  |  |  | 1 OREG | 6:15.87 |
| 2 Silvey, Michael | 57 | OREG | 34.40 | 1 Welch, Arthur |  | OREG | 7:17.09 | 1) Frid, B. 60 | 2) Clum, C. 56 |
| 200 LC Meter Butterfly |  |  |  | 2 Holman, William | 71 | OREG | 8:27.42 | 3) Rousseau, S. 55 | 4) Gettling, J. 54 |
| 1 Juhala, Richard | 59 | OREG | 4:19.66 | 1500 LC Meter Freestyle |  |  |  | Men 120-159 200 L | C Meter Free Relay |
| 200 LC Meter IM |  |  |  | 1 Welch, Arthur | 70 | OREG | 28:54.00 | 1 OREG | 1:49.81 |
| 1 Smith, Robert | 59 | OREG | 2:54.31 | 50 LC Meter Backstroke |  |  |  | 1) Taylor, C. 31 | 2) Uebele, K. 41 |
| 2 Carriker, Buz | 55 | OREG | 3:28.47 | 1 Marks, Milton |  | OREG | 44.23 | 3) Yensen, K. 49 | 4) Kavan, P. 31 |
| 400 LC Meter IM |  |  |  | 2 Welch, Arthur | 70 | OREG | 54.28 | Men 120-159 200 | Meter Medley Relay |
| 1 Juhala, Richard | 59 | OREG | 8:08.64 | 3 Bromstead, John | 72 | 2 UNAT | 1:09.11 | 1 MACO | 2:03.24 |
| Men 60-64 |  |  |  | 100 LC Meter Backstroke |  |  |  | 1) Otto, D. 43 | 2) Oliva, T. 40 |
| 50 LC Meter Freestyle |  |  |  | 1 Welch, Arthur | 70 | OREG | 1:55.78 | 3) Zolna, W. 33 | 4) Haslach, T. 41 |
| 1 Keudell, David | 62 | OREG | 38.85 | 200 LC Meter Backstroke |  |  |  | 2 OREG | 2:10.31 |
| 2 Flores-Fiol, Oscar | 64 | OREG | 38.94 | 1 Welch, Arthur | 70 | OREG | 4:08.27 | 1) Ozvold, J. 25 | 2) Jaynes, C. 34 |
| 3 Mccrea, Don | 62 | UNAT | 40.04 | 50 LC Meter Breaststroke |  |  |  | 3) Palmer, J. 34 | 4) Kavan, P. 31 |
| 100 LC Meter Freestyle |  |  |  | 1 Marks, Milton |  | OREG | 45.21 | Men 160-199 200 | Meter Free Relay |
| 1 Keudell, David | 62 | OREG | 1:29.82 | 2 Guest, Eric | 73 | OREG | 55.10 | 1 MACO | 1:50.34 |
| 2 Beggs, James | 63 | OREG | 1:37.16 | 3 Kao, Timothy | 70 | UNAT | 55.28 | 1) Foley, K. 44 | 2) Oliva, T. 40 |
| 200 LC Meter Freestyle |  |  |  | 100 LC Meter Breaststroke |  |  |  | 3) Otto, D. 43 | 4) Haslach, T. 41 |
| 1 Landis, Tom | 60 | OREG | 2:22.88 | 1 Marks, Milton | 72 | OREG | 1:41.01 | Men 160-199 200 | Meter Medley Relay |
| 400 LC Meter Freestyle |  |  |  | 2 Kao, Timothy | 70 | UNAT | 2:11.02 | 1 OREG | 2:58.23 |
| 1 Landis, Tom | 60 | OREG | 5:14.90 | 200 LC Meter Breaststroke |  |  |  | 1) Darnell, S. 48 | 2) Juhala, R. 59 |
| 2 Lake, Brent | 64 | OREG | 6:14.20 | 1 Marks, Milton | 72 | OREG | 4:00.75 | 3) Downey, J. 50 | 4) Bragg Iii, R. 42 |
| 1500 LC Meter Freestyle |  |  |  | Men 75-79 |  |  |  | Men 200-239 400 | Meter Free Relay |
| 1 Landis, Tom | 60 | OREG | 20:41.02 | 50 LC Meter Freestyle |  |  |  | 1 OREG | 5:58.75 |
| 2 Lake, Brent | 64 | OREG | 23:53.22 | 1 Hersey, Cal | 75 | UNAT | 51.33 | 1) Darnell, S. 48 | 2) Juhala, R. 59 |
| 50 LC Meter Backstroke |  |  |  | 50 LC Meter Backstroke |  |  |  | 3) Bragg Iii, R. 42 | 4) Lake, B. 64 |
| 1 Lake, Brent | 64 | OREG | 39.43 | 1 Hersey, Cal | 75 | UNAT | 1:09.60 | Mixed 120-159 200 | LC Meter Free Relay |
| 2 Mccrea, Don | 62 | UNAT | 56.95 | 50 LC Meter Breaststroke |  |  |  | 1 OREG | 1:59.97 |
| 100 LC Meter Backstroke |  |  |  | 1 Hersey, Cal | 75 | UNAT | 1:22.67 | 1) Peterson, J. 27 | 2) Frid, B. 60 |
| 1 Lake, Brent | 64 | OREG | 1:30.29 | Men 80-84 |  |  |  | 3) Taylor, C. 31 | 4) Kavan, P. 31 |
| 50 LC Meter Breaststroke |  |  |  | 50 LC Meter Freestyle |  |  |  | Mixed 120-159 400 | LC Meter Free Relay |
| 1 Keudell, David | 62 | OREG | 45.07 | 1 Young, Gilbert |  | OREG | 39.70 | 1 MACO | 4:35.78 |
| 2 Flores-Fiol, Oscar | 64 | OREG | 49.10 | 2 Fixott, Rupert | 81 | OREG | 52.16 | 1) Otto, D. 43 | 2) Simpson, S. 31 |
| 3 Beggs, James | 63 | OREG | 54.33 | 3 Bushey, Charles | 81 | UNAT | 58.70 | 3) Hoagland, S. 40 | 4) Oliva, T. 40 |
| 100 LC Meter Breaststroke |  |  |  | 100 LC Meter Freestyle |  |  |  | Mixed 120-159 200 | LC Meter Medley Relay |
| 1 Keudell, David | 62 | OREG | 1:42.53 | 1 Young, Gilbert | 80 | OREG | 1:29.90 | 1 OREG | 2:25.63 |
| 2 Beggs, James | 63 | OREG | 2:05.84 | 200 LC Meter Freestyle |  |  |  | 1) Ozvold, J. 25 | 2) Moore, A. 32 |
| 200 LC Meter Breaststroke |  |  |  | 1 Young, Gilbert | 80 | OREG | 3:22.67 | 3) Uebele, K. 41 | 4) Rousseau, S. 55 |
| 1 Keudell, David | 62 | OREG | 3:48.96 | 2 Bushey, Charles |  | UNAT | 4:59.53 | Mixed 160-199 200 | C Meter Free Relay |
| 2 Beggs, James | 63 | OREG | 4:41.45 | 3 Shadbeh, Khosrow | 81 | OREG | 5:10.44 | 1 MACO | 1:54.94 |
| Men 65-69 |  |  |  | 400 LC Meter Freestyle |  |  |  | 1) Zolna, W. 33 | 2) Parisi, R. 48 |
| 50 LC Meter Freestyle |  |  |  | 1 Mallon, Joseph | 81 | OREG | 10:52.09 | 3) Foley, S. 42 | 4) Haslach, T. 41 |
| 1 Ngan, Wai-Bong | 65 | UNAT | 36.16 | 1500 LC Meter Freestyle |  |  |  | Mixed 160-199 400 | LC Meter Free Relay |
| 100 LC Meter Freestyle |  |  |  | 1 Young, Gilbert | 80 | OREG | 30:19.88 | 1 OREG | 5:09.37 |
| 1 Bigler, Jim | 67 | MACO | 1:18.87 | 2 Mallon, Joseph | 81 | 1 OREG | 41:47.09 | 1) Yensen, K. 49 | 2) Rousseau, S. 55 |
| 2 Ngan, Wai-Bong | 65 | UNAT | 1:25.03 | 50 LC Meter Backstroke |  |  |  | 3) Jaynes, C. 34 | 4) Clum, C. 56 |
| 200 LC Meter Freestyle |  |  |  | 1 Huestis, Gerald |  | OREG | 50.66 | Mixed 160-199 200 | LC Meter Medley Relay |
| 1 Bigler, Jim | 67 | MACO | 2:56.84 | 2 Young, Gilbert | 80 | OREG | 54.22 | 1 MACO | 2:17.90 |
| 400 LC Meter Freestyle |  |  |  | 3 Fixott, Rupert | 81 | OREG | 1:02.24 | 1) Parisi, R. 48 | 2) Foley, K. 44 |
| 1 Bigler, Jim | 67 | MACO | 6:28.20 | 4 Shadbeh, Khosrow | 81 | OREG | 1:22.83 | 3) Foley, S. 42 | 4) Oliva, T. 40 |
| 1500 LC Meter Freestyle |  |  |  | 100 LC Meter Backstroke |  |  |  | Mixed 200-239 200 | LC Meter Free Relay |
| 1 Bigler, Jim | 67 | MACO | 25:45.64 | 1 Fixott, Rupert | 81 | OREG | 2:31.30 | 1 MACO | 2:13.25 |
| 50 LC Meter Backstroke |  |  |  | 50 LC Meter Breaststroke |  |  |  | 1) Dowd, M. 44 | 2) Schumann, S. 65 |
| 1 Thayer, George | 66 | OREG | 42.36 | 1 Shadbeh, Khosrow | 81 | OREG | 1:09.33 | 3) Hendryx, T. 49 | 4) Foley, K. 44 |
| 200 LC Meter Backstroke |  |  |  | 100 LC Meter Breaststroke |  |  |  | 2 OREG | 2:36.61 |
| 1 Thayer, George | 66 | OREG | 3:31.52 | 1 Fixott, Rupert | 81 | OREG | 2:21.86 | 1) Wong, L. 30 | 2) Juhala, R. 59 |
| 50 LC Meter Breaststroke |  |  |  | 2 Shadbeh, Khosrow | 81 | OREG | 2:47.05 | 3) Holman, W. 71 | 4) Rasmussen, B. 40 |
| 1 Ngan, Wai-Bong | 65 | UNAT | 44.67 | 50 LC Meter Butterfly |  |  |  | Men 200-239 200 L | Meter Medley Relay |
| 100 LC Meter Breaststroke |  |  |  | 1 Shadbeh, Khosrow | 81 | OREG | 1:33.49 | 1 MACO | 2:25.79 |
| 1 Ngan, Wai-Bong | 65 | UNAT | 1:41.80 | Relays |  |  |  | 1) Pierson, G. 56 | 2) Schumann, S. 65 |
| 2 Bigler, Jim | 67 | MACO | 1:44.63 | Women 160-199 200 LC M | ter F | Free Rel |  | 3) Otto, D. 43 | 4) Haslach, T. 41 |
| 200 LC Meter Breaststroke |  |  |  | 1 MACO |  | 14.51 |  | Men 200-239 400 L | Meter Medley Relay |
| 1 Ngan, Wai-Bong | 65 | UNAT | 3:53.70 | 1) Simpson, S. 31 |  | Hendryx | T. 49 | 1 OREG | 7:47.31 |
| Men 70-74 |  |  |  | 3) Foley, S. 42 |  | Parisi, R | 48 | 1) Hodge, P. 62 | 2) Peterson, C. 47 |
| 50 LC Meter Freestyle |  |  |  | Women 200-239 400 LC M |  | Free Rel |  | 3) Juhala, R. 59 | 4) Bragg Iii, R. 42 |
| 1 Kao, Timothy | 70 | UNAT | 41.01 | 1 OREG |  | 14.69 |  | Mixed 240-279 400 | LC Meter Free Relay |
| 2 Holman, William | 71 | OREG | 43.35 | 1) Gettling, J. 54 |  | Frid, B. |  | 1 MACO | 5:42.35 |
| 100 LC Meter Freestyle |  |  |  | 3) Rousseau, S. 55 |  | Andrus-H | uughes, K. | 1) Stoinoff, L. 69 | 2) Pierson, G. 56 |
| 1 Marks, Milton | 72 | OREG | 1:23.66 | 45 |  |  |  | 3) Bigler, J. 67 | 4) Parisi, F. 54 |
| 2 Guest, Eric | 73 | OREG | 1:37.50 | Women 200-239 200 LC M | ter M | Medley R | elay | Mixed 240-279 400 | LC Meter Medley Relay |
| 3 Kao, Timothy | 70 | UNAT | 1:41.72 | 1 MACO |  | 36.75 |  | 1 OREG | 5:55.91 |
| 4 Holman, William | 71 | OREG | 1:47.32 | 1) Hendryx, T. 49 |  | Pierson, | G. 56 | 1) Ward, J. 60 | 2) Keudell, D. 62 |
| 200 LC Meter Freestyle |  |  |  | 3) Parisi, R. 48 |  | Stoinoff, | L. 69 | 3) Landis, T. 60 | 4) Frid, B. 60 |
| 1 Welch, Arthur |  | OREG | 3:28.65 |  |  |  |  |  |  |

The LCM Zone Entry Blank for the meet in Salt Lake was on pages 14, 15, and 16.
The Open Water Entry Blank for Eel Lake was on page 17.
Go to Menu and look under Calendar and Entry Forms on this web site to down load these entry blanks.


OREGON MASTERS SWIMMING LOCAL TEAM REGISTRATION YEAR 2002


This form must be postmarked by the entry deadlines to compete as a "local team" at the 2002 OMS Association Championships in April and the 2002 OMS Open Water Championships. Local team members must list the official "local team abbreviation" on their Association Championship entry blanks. (Current names and abbreviations are listed at the bottom of page $23 \longrightarrow$ )

Team name $\qquad$
Abbreviation $\qquad$

## Team Representative information (Must be OMS member)

Rep. name $\qquad$
Address $\qquad$
Phone $\qquad$
Email $\qquad$

## Coach information

Coach name $\qquad$
Address $\qquad$
Phone $\qquad$
Email $\qquad$

Pool Address $\qquad$
Practice days/times $\qquad$

Mail to: Jeanne Thimm, 5685 SE Gaitgill Ct., Milwaukie OR 97267 or email to: jeanneswims@msn.com

This information may be published in the OMS informational brochure, the Aquamaster and on the OMS Website unless you indicate otherwise.

| Last Name: <br> (Please register with the name you will use for competion.) | First Name: | M.I.: |
| :--- | :--- | :--- |

## Address:


$\$ 35.00$ Single Registration: Valid November 1, 2001 to December 31, 2002. Make checks payable to OMS, Inc. $\$ 60.00$ Joint registration: Two members at one address/One Aqua-Master. One 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 $\$ 1.00$ (or \$ $\qquad$ ) to the International Swimming Hall of Fame Foundation. I have added a contribution of $\$ 1.00$ (or $\$$ $\qquad$ ) to the United States Masters Swimming Foundation.

[^0]Signature: $\qquad$ Date:

## OMS LOCALTEAM ABBREVIATIONS

Albany Masters-ALB Beaver Aquatic Masters-BAM
Central Oregon Master - COMA
Chehalem Masters-CMST
Circumnavigating Beavers - CBAT
Corvallis Aquatic Masters - CAT
Downtown Athletic Club-DAC Emerald Aquatics-EA
Fish Stick Masters-FISH
Grants Pass YMCA - GPY
Health Experience Ath. Club-HEAC
Klamath Basin Aquatic Sports-BASN
Klamath Falls Masters - KLF

Lincoln City Masters-LCM McMinnbille Masters-MCM Metro YMCA - MY Mittleman 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 - PMSC Pendleton Masters-PEND Portland Masters Swimming - PMS

Riverplace Athletic Club - RAC Rogue Valley Masters - RVM Salem Courthouse Crew-SCC South Coast Aquatic Team - SCAT 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

## 2002 Calendar and Meet Schedule

Pool Meets


$\left.$| Aqua-Master |
| :---: | :---: | :---: | :---: |
| Attn. Roy Lambert |
| 1211 SW Fifth Avenue |
| Portland, OR 97204-3795 | | Nonprofit |
| :---: |
| Organization |
| U.S. Postage |
| Paid |
| Portland, Oregon |
| Permit No. 1292 | \right\rvert\,


[^0]:    "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."

