



Aqua-Master

Volume 29, Number 2

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February 2002

"Swimming - A Life's Passion"

BIG MAC ATTACK ON 2002

Last Aqua-Master

This edition will be your last one if you have not renewed your Membership.

(Registration Form on page 19)



43 swimmers started the New Year off with a "fitness bang" (102 x 50) at the MAC. Representing their age groups are Jenny Gilbert (20's), Allison Moore (30's), Heidi Peyton (40's), Back row Clark Austen and Joyce Bahler (70's), Lavelle Stoinoff (60's) and Rich Juhala (50's) Full picture on page 13

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February is Fitness Month



Dip your toe in the water and join your fellow Masters in getting fit. Do the Fitness Challenge this month.

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Chair's Corner by Jeanne Teisher

Have you sent in your registration form and fee for the year 2002 yet? If not, what are you waiting for? Time is running out! You don't want to miss out on any issues of the Aqua-Master newsletter and SWIM magazine and if you don't get your registration form and fee to June Mather immediately, you will miss the next publication of both. So, no more procrastinating – fill in that form and write that check now! Also, don't forget to include your email address on the form so we can include you on email messages we send periodically during the year.

We have 2 new unofficial board members I would like to welcome. Sara Quan and Jani Sutherland, both of Bend, have volunteered to co-chair the Fitness Committee. Their first article on fitness is on page 2 of this newsletter. Read and enjoy! It is great. I am really looking forward to working with and learning from these 2 exceptional swimmers, as I'm sure you will as well.

How are you doing on your personal February Fitness Challenge goals? Keeping up? I do hope you're having fun, whatever goals you have set. That is the whole purpose of the February Fitness Challenge - to have fun and challenge yourself. Don't forget to send in your sheet at the end of the month.

I want to remind you of the SCY meet on February 23 in North Bend (registration deadline is February 8). This looks like it is going to be a great meet, not to mention fun. So, be sure you get your registration form in now.

Keep swimming.... Jeanne

John Madden on Swimming

by Scott Rabalais

In honor of Super bowl Sunday (when most Masters will be working out) we bring you this special article.

The top swimmers from the USA and Australia are meeting in a dual meet on live television to settle the question: Which country is the best swimming nation in the world? The Worldwide Swimming Network has hired well-known football commentators Pat Summerall and John Madden to provide heat-by-heat analysis of the action. Let's check in with Pat and John:

Pat: To those of you watching from around the world, we welcome you to the USAs.

continued on page 3



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.

John Madden continued from page 2

Australia Dual Meet for swimming supremacy. I'm Pat Summerall, with my partner, John Madden, here to give you expert analysis of the match. The athletes are entering the pool....

John: Wait. What is this? No head slapping? No jumping on each other? Heck, they're waving to the crowd, smiling. This looks like the Rose Parade! A beauty pageant! What the heck is going on here?

Pat: Well, we're about set for our first event, the women's 50 meter freestyle. I see the Americans are going with Amy Van Dyken. You may recall she spit in the lane of Inge De Bruijn just before the 2000 Olympic final.

John: Now that's my kinda girl. As a matter of fact, I am going to put her on my All Madden Swim Team. Spittin', scrappin', snortin' kinda swimmers-that's the way I like 'em.

Pat: The swimmers are off, but it appears that Amy has been disqualified for an early take-off.

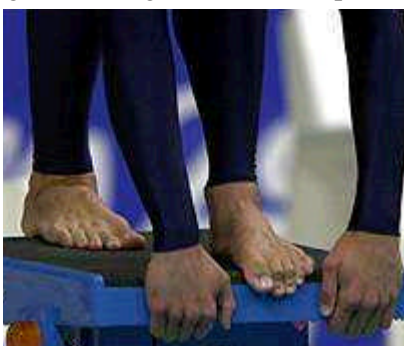
John: Hey, she was just anticipating the snap. Where are the refs? I want an instant replay! I tell ya', if I were coach, I'd be in their face, saying, what the heck was that call? All she did was blink!" We gotta see this one again.

Pat: No replay on this one. It's time to move to the men's 200 freestyle, with young swimming icon Ian Thorpe the favorite in this race. He's got the world record, but he'll be pursued by the American record holder, Josh Davis.

John: Look at them feet on Thorpe. I'll bet he could kick a 70-yard field goal with those whoppers!

Pat: They're off, and Josh Davis is giving him a run for his money.

John: Well, he's gonna have to have a little strategy to get the big Thorpedo. What I'd do is pull on the rope, switch to another lane, make some funny faces underwater, anything to distract the big guy, maybe throw him off with a little breast-stroke and then just sprint by him on the last lap. The



Ian's famous size 17 feet

crowd'll love it!

Pat: It looks like Josh is not going to resort to those tactics, but he is giving him a strong race. As they approach the finish, it's Thorpe by a stroke.

(Later in the meet...)

John: So is it halftime yet?

Pat: Sorry, John, no half-time in swimming. Well, this is the final event, for all the marbles. It's the men's 400 freestyle relay, and winner takes all. John, any predictions on this one?

John: I think the Americans have a chance if they can get some cheerleaders goin'. We need to get this crowd rockin'.

(Heading into the finish, Michael Klim and Gary Hall Jr., are stroke-for-stroke.)

P a t :

Who's going to take it? Who will have the touch? Oh!!! It looks



like a dead heat! It is! The Aussies and the Americans have not only tied this race, but they have tied for the meet! Nothing will be settled, my goodness!

John: What? No overtime? No belly-flop contest to determine a winner? Come on! At least let's have a coin toss! Shoot, before we know it, these swimmers are going to be kissing their sisters!

Pat: Well, that's it, folks. Thanks for joining us, and on behalf of John Madden, I'm Pat Summerall for Worldwide Swimming Network. Good night, John. John? JOHN?

John: I'm outta here. Gotta go slap some beef on the barbecue and watch some old football high-lights.

This article was written by Scott Rabalais, the new USMS Vice President. It first appeared in Swim Technique Magazine and is reprinted with his permission. Thanks Scott.



Photo of Scott by Carl House

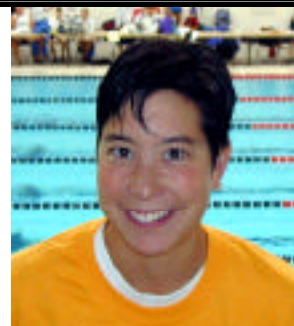


**G
E
T**



with Jani and Sara

**F
I
T**



Meet Your New Fitness Co-Chairs

Sara on Jani:

Jani became addicted to exercise in the 2nd grade when she beat all the boys in the 50 yard dash. She competed in running and swimming through high school. After graduating from Southern Oregon with a degree in Health & Physical Education and Recreation, she taught skiing for 26 years. Jani is also a triathlete. Her greatest accomplishment is 2nd place in her age group at the Ironman Triathlon World Championships in Hawaii. She was named All American that year too. Jani LOVES to train. She swims with Central Oregon Masters and recently won her first National Championship in the 6000.

Jani on Sara:

Sara is well known in Oregon swimming circles (in fact she swims circles around most of us!) She grew up swimming at the MAC and went on to swim for the University of Washington, where her greatest accomplishment was placing second in the PAC-10, qualifying for NCAA Division 1 and setting the school record in the 1650. She currently is the national record holder for the 3K, 6K, and 10K. Sara is also an accomplished triathlete and teaches cross country skiing. As a Health/Fitness Instructor with the American College of Sports Medicine, Sara trains not only herself but many individuals and groups. This summer she swam the English Channel on the Team Gaffney Relay. She trains with the Bend Swim Club and competes for COMA.

“Build a Base”

February Fitness Challenge is here! Consider this the base layer or foundation of training to carry you through the summer! Fitness swimmers - accept the challenge and log your yardage! Triathletes and open water swimmers - it's time to get busy. We encourage you to be creative...develop relay teams - 2 or 3 or more swimmers combining their yardage efforts - see how much you can accumulate! Big numbers look COOL! Just ask your Fitness Co-Chair yardage junkies! We know that the USMS challenge does not recognize group efforts - but we do! Go for it! Most importantly, have fun! And send us your results. We will be recognizing first time February Fitness swimmers and relays in the April AquaMaster.

Next month we will start you on an adventure swim across Crater Lake, give you some tips on keeping your shoulders healthy and share with you some fitness oriented websites.

Contact us at janiski@aol.com or squan01@earthlink.net. And remember, we can't brag about your February Fitness accomplishments unless we hear from you!!

Use the chart below to record your yardage each day. Then you can transfer the daily total onto the Official February Fitness Entry Blank which is on page 13 in this Aqua-Master.

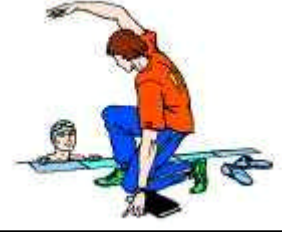
Yardage Chart for the February Fitness Challenge

FRI FEB 1_____	FRI FEB 8_____	FRI FEB 15_____	FRI FEB 22_____
SAT FEB 2_____	SAT FEB 9_____	SAT FEB 16_____	SAT FEB 23_____
SUN FEB 3_____	SUN FEB 10_____	SUN FEB 17_____	SUN FEB 24_____
MON FEB 4_____	MON FEB 11_____	MON FEB 18_____	MON FEB 25_____
TUE FEB 5_____	TUE FEB 12_____	TUE FEB 19_____	TUE FEB 26_____
WED FEB 6_____	WED FEB 13_____	WED FEB 20_____	WED FEB 27_____
THU FEB 7_____	THU FEB 14_____	THU FEB 21_____	THU FEB 28_____



Notes from Poolside

by Coach Bob Bruce
ASCA Certified Level 5 Coach
“Head Coach of the USMS Team at the IX FINA
World Masters Championships”



You survived the Holidays. You made your New Year's resolutions. You've faithfully (well, more or less faithfully...) stuck to them by swimming regularly. You may even have recently completed January's One-Hour Swim. But, much to your chagrin, you notice that you haven't lost any/much weight. How discouraging! What gives?

When you swim, particularly when you begin from scratch, one of the results is an increase in muscle mass. It's part of getting stronger. Since we all want to be a little stronger—and we all want to look better—this is a desirable outcome. However, since muscle tissue weighs more than the same amount of fat tissue, we may even see an increase in body weight in the early weeks of our swimming program.

Horrors! This increase may occur even though we are successfully burning body fat. But this phenomenon is usually short lived; if you stay with it, your rate of muscle growth slows while your rate of burning fat continues, offering the ultimate possibility of weight loss.

For healthy people, loss of weight involves loss of body fat. Numerous studies have shown that swimming regularly is an excellent way of reducing weight through reduction of body fat. And swimmers who train three times a week or more consistently show body fat percentage measures far below the levels found in our average population, especially as they age. Since high body fat measurements correlate highly with heart disease, diabetes, and several other diseases, lowering body fat is a ticket to better overall health.

Confusion reigns in the general press about how effective swimming can be in reducing body fat and body weight compared to other forms of exercise. Several studies conducted years ago—and still cited in many fitness articles—concluded that swimming was not as effective as running

and cycling in losing weight. Nonsense! A close look at those studies show that they examined only the volume of exercise (time) and not the intensity of exercise (speed). When intensity was considered, swimming showed comparable levels of calorie burning to other endurance activities. Unfortunately, the legacy of these flawed studies lingers on in the popular mind. Swimming works to burn fat!

Let's not forget one more final factor in weight control (the factor that you're dreading to hear from me). To maintain consistent body weight, you must heed this simple equation: Calories in = Calories out. Swimmers like to burn calories by swimming. Alas, swimmers also like to eat! Have you ever watched a team (perhaps your team) pillage a buffet? Have you ever hosted a team party and wondered 'will there be enough to eat'? Have you ever noticed that most team conversations involve discussion of food within the first three minutes? The biblical plagues of locusts had nothing on the average masters team! And that's exactly where we swimmers struggle maintaining our weight control.

The Bottom line: Burn fat by swimming, and eat sensibly and moderately. Lose weight and look great.

The February Fitness Challenge, hosted by our own Tualatin Hills Barracudas, is an outstanding and inexpensive way to motivate you to continue swimming regularly during the coming month. Information and entry materials are included in this issue of the Aqua-Master. I have participated myself in this program for the past two years, trying to swim every day of the month. It is truly a challenge, even though there's a pool ten feet from my desk at work! I urge you to accept this challenge too.

Stay the course—physical fitness is a daily task! Good luck and good swimming.

Announcements:

1. Coaches: If you plan to apply for the position of OMS Coach for the USMS Short Course Nationals in Hawaii, please complete and submit your application promptly. You may obtain this form from the OMS website (www.swimoregon.org, coaches section, pdf file download) or from Coaches Committee Chair Bob Bruce (e-mail bob-bruce@attglobal.net or phone 541/317-4851). Deadline for application is February 15. If Oregon sends 30 or more swimmers, we will also send a coach.

2. Swimmers: If you plan to go to the World Masters Championships in Christchurch, New Zealand, March 24-31 (Long Course Meters) or the Australian National Championships in Sydney, March 16-18 (Short Course Meters), please contact me as shown above. I'd like to plan for relays, which are composed by club and not by nation; I need to take special care of my home team.



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

Congratulations to the following Oregonians - Long Distance All-Americans in 2001

Ray Allen	75	OR-som	3K open water
Elaine Jane Cole	38	OR-unat	3K open water
Julie Himstreet	30	OR-ea	3K open water
Pam Himstreet	57	OR-coma	3K open water, 10K postal, 3000-yard postal, 6000-yard postal
Kelsey Holmberg	19	OR-coma	3K open water
Madeleine Holmberg	48	OR-coma	3K open water
Steve Johnson	53	OR-ea	5K postal
Takeo Nishimura	28	OR-coma	3K open water
Sara Quan	28	OR-coma	3K open water, 1-hour postal, 10K postal, 3000-yard postal

David Radcliff	67	OR-thb	3K open water, 5K postal
Darlene Staley	51	OR-thb	10K postal
Jani Sutherland	52	OR-coma	6000-yard postal

Congratulations to the following Oregonians who were National Postal Relay Winners in 2001

Bob Bruce	Dave Radcliff
Jed Cronin	Janet Sanders
Dallas Figley	Laura Schob
Deb Gregoire	Tomas Souza
Rob Higley	Darlene Staley
Julie Himstreet	Jani Sutherland
Pam Himstreet	Charlie Swanson
Steve Johnson	Peggy Toole
Brent Lake	Joni Young
Sara Quan	

Results of the 3000 / 6000 Postal Swim

3000 Yard Places

Place numbers are national places

OR = Oregon Record; NR = National Record

Women 25-29

1 Sara Quan	28	COMA	34:42.37 NR
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Women 30-34

5 Julie Himstreet	31	EA	36:45.12
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Women 35-39

5 Kristin Brooks	36	COMA	43:45.62
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Women 40-44

6 Rose Gerstmar	41	TTSC	41:46.02
10 Barb Harris	41	COMA	44:27.37
11 Colleen Holmstrom	42	TTSC	45:20.30

Women 45-49

15 Cynthia Shoemaker	49	COMA	49:55.00
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Women 50-54

4 Jani Sutherland	52	COMA	49:35.37
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Women 55-59

1 Pam Himstreet	57	COMA	49:41.25 OR
3 Peggy Whiter	57	COMA	54:33.96

Men 35-39

10 Rob Higley	36	COMA	38:25.75 OR
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Men 45-49

22 Dallas Figley	49	unat	49:33.19
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Men 50-54

2 Steve Johnson	53	EA	36:57.76 OR
4 Bob Bruce	53	COMA	38:14.56

Men 60-64

3 Brent Lake	63	COMA	44:42.78 OR
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Men 65-69

2 Dave Radcliff	67	THB	42:28.93 OR
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Women 25+: 3 x 3000

2 OREG (Gerstmar, JHimstreet, Quan)	1:53:13.51
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Women 45+: 3 x 3000

3 OREG (Whiter, PHimstreet, Sutherland)	2:33:50.58
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Men 35+: 3 x 3000

8 OREG (Figley, Lake, Higley)	2:12:41.72
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Men 45+: 3 x 3000

1 OREG (Radcliff, Bruce, Johnson)	1:57:41.25 OR
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Mixed 25+: 4 x 3000

4 OREG (Bruce, Johnson, JHimstreet, Quan)	2:26:39.81
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Mixed 35+: 4 x 3000

3 OREG (Figley, Brooks, Gerstmar, Higley)	2:53:30.58
---	------------

Mixed 55+: 4 x 3000

2 OREG (Whiter, PHimstreet, Lake, Radcliff)	3:11:26.92 OR
---	---------------

Oregon LMSC National Team Places:

4 Oregon Women	55 pts
5 Oregon Men	34 pts
4 Oregon Combined	89 pts

results continued on page 7

3000/6000 results continued from page 6

6000-Yard places**Women 30-34**

3 Julie Himstreet 31 EA 1:16:16.22

Women 45-49

7 Deb Gregoire 46 COMA 1:30:23.81

Women 50-54

1 Jani Sutherland 52 COMA 1:46:25.06 OR

Women 55-59

1 Pam Himstreet 57 COMA 1:44:57.00 OR

Men 35-39

9 Rob Higley 36 COMA 1:20:47.50

Men 45-49

7 Dallas Figley 49 unat 1:43:49.12

Men 50-54

2 Steve Johnson 53 EA 1:16:34.30

4 Bob Bruce 53 COMA 1:18:15.09

Men 60-64

2 Brent Lake 63 COMA 1:33:54.06 OR

Women 45+: 3 x 60001 OREG (Sutherland, PHimstreet, Gregoire)
5:01:45.87 NR**Men 45+: 3 x 6000**1 OREG (Lake, Bruce, Johnson)
4:08:43.45 OR**Mixed 25+: 4 x 6000**2 OREG (Sutherland, Lake, Higley, JHimstreet)
5:57:22.84**Mixed 45+: 4 x 6000**2 OREG (PHimstreet, Gregoire, Bruce,
Johnson) 5:50:10.20 OR**Oregon LMSC National Team Places:****2 Oregon Women 34 pts****4 Oregon Men 31 pts****2 Oregon Combined 65 pts****Oregon Postal Series Results 2001**

Aswimmer must swim and enter three National Postal Swims to be eligible for the Oregon Postal Series. 14 Oregon swimmers met this criteria in 2001.

Women 25-29

1 Sara Quan 28 COMA 56 pts

Women 30-34

1 Julie Himstreet 31 EA 42 pts

Women 30-34

1 Kristin Brooks 36 COMA 39 pts

Women 45-49

1 Peggy Toole 48 THB 35 pts

2 Connie Peterson 45 COMA 27 pts

Women 50-54

1 Jani Sutherland 52 COMA 53 pts

Women 55-59

1 Pam Himstreet 7 COMA 56 pts

2 Peggy Whiter 57 COMA 33 pts

Men 35-39

1 Rob Higley 36 COMA 56 pts

Men 45-49

1 Dallas Figley 49 unat 48 pts

Men 50-54

1 Steve Johnson 53 EA 56 pts

2 Bob Bruce 53 COMA 44 pts

Men 60-64

1 Brent Lake 63 COMA 56 pts

Men 65-69

1 David Radcliff 67 THB 42 pts



Photo by Barb Harris

Jani Sutherland & Brent Lake of COMA complete their 5K swim on New Year's Day!

Are you getting ready for 2002?

Jani and Brent are off to a great start for 2002. A 5000 K swim on Jan. 1, 2002 got them going! Both of these Central Oregon swimmers were high scorers in the 2001 Postal Series. The wonderful thing about Postal swims are that you do them in your own pool and at your own time. No travel is involved. They are designed for all level of fitness swimmers. They will give you an indication of how you are doing on your "Fitness Goals". It is aerobic swimming and it is fun. OMS urges all Oregon Masters to participate in these fun Postal swims this year. Make sure you send a copy of your swim to Bob Bruce so you can be part of the Series for 2002. You will find entry blanks for all USMS Postal in SWIM Magazine.

**Association Entry Blank is on this page.
Go to Oregon Masters Web Page to download the entry blank.**

www.swimoregon.org

OMS Association Championship

April 5,6,7, 2002

OFFICIAL RULES AND GUIDELINES

DISTANCE EVENTS CHECK- IN DEADLINES

Friday, April 5, **400 I.M.** - 5:30 p.m., **1650 Free** - 6:00 p.m.

Saturday, April 6, **1000 Free** - Between the start of the 100 Free and the start of 200 I.M.

Sunday, April 7, **500 Free** - 8:30 a.m.

RELAY ENTRIES DEADLINES

Saturday, April 6, **Medley Relay** - 9:15 a.m.

Mixed Free Relay - By the end of the 50 Breast

Sunday, April 7, **Mixed Medley Relay** - 9:30 a.m.

Free Relay - By the end of the 50 Fly

**SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY.
AT THE TIMES LISTED ABOVE, THE EVENT WILL BE OFFICIALLY CLOSED.
THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.**

TEAM SCORING: As in years past, there will be three team categories based on the number of "entered" swimmers from a team. **Only teams registered by March 15, 2001 will be able to score points.** There will be a meeting of all the team representatives on Saturday morning at 8:45 a.m. to vote on the breakdown of the teams into these three categories. At this meeting we announce the number of swimmers entered per team and look for the "natural breaks" in those numbers. For example, we have used as a guideline the groupings of 1 to 9, 10--19, and 20 or more swimmers. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. These are the current local teams in Oregon Masters Swimming. **Make sure your team is registered. As of January 2, there were only 14 teams registered. They are:**

Central Oregon Masters Aquatics - COMA

Chehalem Masters Swim Club - CMST

Club Sports Sea Lions - CSSL

Columbia-Willamette YMCA - CWY

Corvallis Aquatic Masters Team - CAT

Klamath Falls Masters - KLF

Mt. Park Masters - MPM

North Clackamas Masters Swimming - NCMS

Oregon Wetmasters - OWET

Mt. Hood Masters - MHM

Pendleton Masters Swim Club - PEND

Portland Masters Swimming - PMS

Rogue Valley Masters - RVM

Southern Oregon Masters - SOM

Tigard Tualatin Swim Club - TTSC

More to come next month. Get your registration forms in!

What you write down on your entry form is it and no exceptions will be allowed.

If you leave this Local Team space blank you will be entered as the team listed on your 2002 USMS card for scoring purposes.

TEAM AWARDS: Awards for First, Second, and Third Place will be awarded for each team category

**IFYOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET
PLEASE CONTACT PAM HIMSTREET AT 541-385-7770**

2002 Association Championship Information

Corvallis is the site of this year's Championship. Osborn Aquatic Center promises us a really great week-end so show your support and get your team together for this fun competition. This is a fast, deep pool, which will produce some really good times. Here are some additional particulars:

Meet T- Shirts. A custom design by IBP, creators of the Association shirts for '98 and '99, all the Elk Lake shirts and the 2001 Lake Dorena and 5K, 10K Postal Swim shirt. Cost is \$12.00 for short sleeve, \$18.00 for long sleeve. Add \$2.00 for XXL. Order with entry form.

Participation Award. Each swimmer will receive an Oregon Masters Swimming wide-top water bottle with the date and meet logo on it. Really cool.

Awards Banquet. A yummy, catered event. Location to be announced in next month's Aquamaster. Cost: \$13.00. Lots of good carbos for Sunday's events. Top ten and long distance awards and honored OMS swimmer trophies will be presented. Starts at 6:00 P.M.

Speakers: Karen Gaffney and the Team Gaffney English Channel Relay Swimmers. Video and comments by those who swam The Channel last summer. And don't forget the Annual OMS Meeting before the dinner at 5:00 PM. Everyone is welcome. Let the Board hear your concerns and suggestions.

Hotels: Shanico Inn, 1113 NW 9th Ave., just down from the pool. Phone: 1-800-432-1233 or: 541-754-7474

1 queen 63.22 senior: 1 queen \$56.68. Both have tax included.

Other hotels near the pool:

Holiday Inn Express: 541-752-0800

Motel Orleans: 541-758-9125

Salbasgeon Inn & Suites: 541-753-5681 or 800-965-8808

1 king (2 people) \$93 +tax 2 queen \$96 + tax 2 kings \$101 +tax



Short Course Meters Meet at the MAC was a great success, we saw an excellent turnout and some very fast times. Stroke for Stroke here is Ol' Barn's recap.

Frank Parisi, Meet Director and Tim Stevenson, Meet Referee, did a superlative job. Thank you very much.

Women 19-24: JILL LOWERS set a new Zone Record for the 100M Back, was Laura Juckeland 1:16.79, Jill's time was a sparkling 1:14.55(TT10), in the 100 Fly Jill set a OMS Best at 1:15.35(TT10)

Women 25-29: Jennifer Butcher and Julie Peterson went head to head in the 50 Free-30.32 vs 30.98. In the 100 Free Peterson was in with a 1:09.66, followed

Barnacle

r e s u l t s - r e c o r d s

by Sybil Fisher 1:10.11 and Angie Smith 1:10.65. In the 100 Back we had our closest race of the day-Angie Smith 1:19.76, Sybil Fisher 1:19.78.

Women 30-34: CARA HAFNER a new Zone mark for the 100 Breast-1:19.06 (TT3) Cara also showed us a 29.58 (50 Free)TT8, JULIE HIM-STREET gave us a new Zone for the 200 IM 2:38.15 nosing Rondamarie Smith (PNA) 2:38.50-Julie also swam 200 Free 2:22.11(TT10), 400 Free 4:58.38(TT6) Shauna Simpson posted a fine 100 Fly 1:14.10, just off the record of 1:13.68.

Women 35-39: VALERIE JENKINS new OMS 100Back 1:13.61(TT7) just missing the Zone rec of 1:13.28. Jenkins and Ellen Ferguson in the 100 Free 1:06.29 vs 1:06.32.

Women 40-44: Karen Andrus-Hughes and Sharon Foley staged a fine race for us in the 50 Free (Karen 29.85, Sharon 29.87) Andrus Hughes swam a great

200 IM in 2:48.13 (TT6).

Women 45-49: ROBIN PARISI, getting older but better, 3 new Zone marks: 100 Free 1:05.81(TT4), 100 Fly 1:14.17(TT2) and 200 IM 2:43.69 (TT2) wunderba ! Debbie Glassman (PNA) swam the 50 Free in 30.69(TT7)

Women 50-54: JEANNE TEISHER a new OMS best in the 50 Free 33.58, pushed all the way by Sandi Rousseau at 34.55. Darlene Staley a fine 100 Back-1:32.68(TT5) and 200 IM 3:16.70(TT5). Sandi Rousseau edged Darlene Staley in the 100 Fly 1:30.83(TT6) vs 1:31.23(TT7).

Women 55-59: Joy Ward and Barbara Frid had a couple of close ones: 50 Free Ward 34.15(TT2) Frid 35.14 (TT4), 100 Free - Frid 1:18.94(TT3) Ward 1:21.99(TT7). 100 Back-Ward 1:30.16 vs Frid at 1:34.18, it is so great to have Barbara and Brian Frid back with us in OMS. It is interesting to note that Barbara and Joy are the same age, so we should have some great swims with these two gals. Pam Himstreet gave us a 1:50.37(TT8) for the 100 Breast and a 1:52.70(TT8) for the 100 Fly.

Women 60-64: Susanne Schumann posted: 50 Free 38.37(TT8), 100 Free

1:27.26(TT8) and the 100 Breast 1:51.93 (TT6)

Women 70-74: Betsy Autsen of MAC took home the Golds for the 200/400 Free and the 200 IM.

Women 75-79: Margaret Wells gave us three OMS Records: 100 Back 2:25.75(TT10), 100 Fly 2:43.76(TT6) and the 200 IM 5:19.87(TT9)

Men 19-24: Brendon Hanson had this all to himself, his 100 Fly was GREAT 1:06.24 (TT7)

Men 25-29: Andrew Shaar took the Gold in three events, with Jeff Stevens picking up two, had a great race in the 200 Free with Jeff Stevens at 2:20.95 and Christopher Scheller 2:21.10.

Men 30-34: CURTIS TAYLOR served up two OMS Records - 50 and 100 Free, 24.70(TT9) and 53.92(TT3) BILL ZOLNA showed a great Zone Record in the 100 Fly of 59.25(TT3) it was 1:00.06. Matthew Craig just edged Bill Zolna in the 200 Free 2:11.41 vs 2:12.96. Michael Shultz spun the 200 IM in 2:28.52 to post a

TT10. Something we don't see very often - Roger Rand won the 100 Breast in 1:16.21, 2nd, 3rd, 4th David Rice 1:18.33, Michael Shultz 1:18.68 and Jeff Hackley 1:18.79. In the "olden" days that would have been a mess, thanks much for "touch pads"

Men 35-39: JOHN HUDSON served up a great new Zone mark in the 100 Breast 1:10.04(TT4). plus winning the 100 Fly and 200 IM. Charles Mirho won the Century in 1:01.59, while Chris Gaarder grabbed the 200 Free.

Men 40-44: Pat Allender swam well for the 100 Breast 1:12.20(TT4) and 100 Fly 1:03.26(TT6) MAC was strong in this event with Tim Haslach (50 & 100 Free), Dave Burleson winning the 200 Free, 400 Free, and the 100 Back, Doug Otto brought home the 200 IM.

Men 45-49: Mike Tennant just missed the OMS mark for the 100 Free, posting a 59.53 vs 59.14. Larry Philbrick and Peter Metzger went after each other in the 100 Fly (Larry at 1:09.34 vs Pete in 1:10.28) Metzger had the best overall time paddling the 100

Back in 1:07.73(TT7)

Men 50-54: Jim Teisher swam the 200 Free in 2:20.36(TT8) while Allen Stark was a standout in the 100 Breast at 1:14.75(TT2) Vern Dasch won the 50/100 Free.

Men 55-59: TOM LANDIS served up a Zone best in the 200 Free with a 2:21.99 and OMS best 400 Free 5:11.22, Z is 5:09.26. ROY LAMBERT gave us a new OMS REC for the 100 Breast 1:26.72. Robert Smith and Jon Stout in the 100 Back- 1:12.11 (TT4), 1:17.24(TT5).

Men 60-64: BERT PETERSEN was the STAR of the meet, with a National Record for the 100 Fly, the record was his at 1:14.10, Bert's new NR was a 1:11.70, now guys and gals, that's moving the paddles!, then he added an OMS BEST for the 200 IM at 3:13.73. Gary Chase came down from PNA- turned a 1:14.67(TT1) for the 100 Back, added the 50 Free in 30.34(TT7) and the 200 Free in 2:46.74(TT7).

Bert - Star of the Meet



Men 65-69: George Thayer gave us a 1:28.04(TT7) for the 100 Back and a 31.50 for the 50 Free. Jim Bigler grabbed the Gold Ring for the 200/400 Free and the 100 Breast. You have to save some hand clapping for Art Welch, this guy still shows us how to do the job right.

Men 75-79: Gil Young took home the 50/100 and 200 Free - the 100 was in

1:27.43(TT7) the 200 in 3:17.88 (TT3).

Men 80-84: Charles Bushey bagged three Golds with a best effort of 4:46.56 in the 200 Free for a TT10. Joe Mallon swam the 400 in 10:06.76 (TT9).

Relays were spectacular:

Women 120-159: 400 Free, a new ZONE 4:30.43 by JILL LOWERS, VALERIE JENKINS, LAURA TYRELL and CARA HAFNER.

Women 120-159: 200 Medley a new ZONE 2:14.83 by SYBIL FISHER-SANDI HEALY-LAURATYRELL and ANDREAMILANO.

Women 160-199 200 Free, new Zone at 2:02.04 was 2:10.05, by SHARON FOLEY, JEANNE THIMM, ELLEN FERGUSON, and KAREN ANDRUS-HUGHES

Women 200-239 400 Free, new Zone at 5:19.68, DARLENE STALEY, SANDI ROUSSEAU, BARBARA FRID, AND JEANNE TEISHER

Men 120-159 400 Free: 3:56.85 -

MAC, DOUGLAS OTTO, BILL ZOLNA, TIM HASLACH AND DAVID BURLESON

Men 160-199 400 Free: 4:18.27 CHARLES MIRHO, MARK WREN, DAVID COBB AND JEFFREY ANSPACH, a new ZONE

And with that, faithful readers we conclude the coverage of the latest excellent SCM Meet at the MAC.

February Fitness Challenge 2002



Purpose: To promote fitness through aquatics by encouraging participants to visit the pool regularly and to track results over a monthly period.

Host: Tualatin Hills Barracudas, Beaverton, Oregon

Rules & Eligibility: Use of training aids and equipment **IS** permitted. You must be at least 18 years of age.

Three Challenges: We have three challenges: 1) count your yardage; 2) count your days; and 3) count the number of people in your group.

Group Participation: To be eligible for one of the top Group Participation Awards, groups must send entries together, in one packet. Groups may consist of individuals who do either challenge. Please specify the group name and contact person. There is no additional fee.

Recording Results: Beginning February 1, 2002, record on the form below: either the number of **yards** completed each day (for lap swim, jog-a-lap, etc.), AND/OR the number of **days** you visit the pool for an aquatic fitness activity (e.g. water aerobics, etc.). PLEASE BE AS ACCURATE AS POSSIBLE!

Conversions: To convert meters to yards for yardage counting, add 10% to the meter distance to obtain the yard distance.

Monthly Totals: At month's end, add daily results to obtain monthly total.

Caution: Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

Age Groups: 18-24, 25-29, 30-34....etc., (in five-year increments). Age is determined by your age on February 28, 2002.

Awards & Results: All participants receive final results and an achievement certificate. Three female and three male lap swimmers in each age group with the highest monthly yardage totals receive awards. Please allow at least 30 days after deadline for mailing of results and awards.

Group Awards: The top three groups with the largest number of participants will receive special awards.

New Group Award: This year the group with the top total yardage will receive a special award.

Entry Fee: \$8.00 for one individual challenge. Select either "Counting Yardage" or "Counting Days" on the form (below). If you would like to do both individual challenges, select "Both" and add \$4 to your entry fee. All fees payable to **Tualatin Hills Barracudas**.

T-Shirts & Caps: \$14.00 for short sleeve, 100% cotton T-shirts, with the 2002 Fitness Frog.

Custom Latex swim caps with frog logo available for \$4.00.

Entry Deadline: Entries must be RECEIVED by March 17, 2002. Late Entries will not be accepted.

Entry Procedure: Send form below and fees to:

February Fitness Challenge
16055 SW Walker Road #126
Beaverton, Oregon 97006

e-mail: FebFitness@swimoregon.org

web page: <http://www.barracudas.org>



International Entries: \$8.00 additional postage fee required; mail early to ensure arrival by entry deadline.

Workout/Fitness Brochure: Send self-addressed stamped envelope for a special February Fitness Challenge Workout Brochure. This year's brochure features swim workouts and fitness information written by the Barracuda Coaching Staff and a Fitness Expert.

February Fitness Challenge 2002: Entry Form (please Print)

NAME: _____ **AGE(as of 2/28/02)** _____ **SEX:** _____

ADDRESS: _____ **CITY** _____ **STATE** _____

ZIP _____ **COUNTRY** _____ **PHONE** _____

E-MAIL _____ **NAME OF GROUP** _____

Select Your Challenge(s) (please check one): 1) Counting Yardage _____ 2) Counting Days _____ 3) Both _____

Yards/Days		Yards/Days		Yards/Days		Yard/Days	
FRI FEB 1	_____	MON FEB 11	_____	THU FEB 21	_____	MON FEB 25	_____
SAT FEB 2	_____	TUE FEB 12	_____	FRI FEB 22	_____	TUE FEB 26	_____
SUN FEB 3	_____	WED FEB 13	_____	SAT FEB 23	_____	WED FEB 27	_____
MON FEB 4	_____	THU FEB 14	_____	SUN FEB 24	_____	THU FEB 28	_____
TUE FEB 5	_____	FRI FEB 15	_____				
WED FEB 6	_____	SAT FEB 16	_____				
THU FEB 7	_____	SUN FEB 17	_____				
FRI FEB 8	_____	MON FEB 18	_____				
SAT FEB 9	_____	TUE FEB 19	_____				
SUN FEB 10	_____	WED FEB 20	_____				

MONTHLY TOTALS = _____ **YARDS/DAYS**

Signature: _____ **Date** _____

(I attest that the above results are accurate and true)

Fees:	Entry Fee	\$ 8.00	_____ (required)
	2nd Challenge	\$ 4.00	_____ (optional)
	T-Shirt ____ x	\$14.00	_____ (optional)
	*Circle T-shirt size (s): S M L XL XXL		
	Swim Cap ____ x	\$ 4.00	_____ (optional)
	International Fee	\$ 8.00	_____ (outside US)
	Total:	_____	(US funds only)
	(please make checks payable to Tualatin Hills Barracudas)		

Final Resolution on SCM Times from the NW Zone Meet

The times from the SCM Zone meet at the Tualatin Hills 50 Meter (25 with bulkhead) will not be submitted for World, National or Top Ten consideration. When it was discovered and officially verified after the meet, that remodeling and tiling of the pool had accidentally shortened all courses your OMS Board was in a quandary about submission of the times. The feeling of the Board was that the times should not count but the rules were not clear on pool certification for National and Top Ten Times. The rule was clear for World Records. Your Board after much discussion decided to submit the times with a letter of explanation about the pool. This would force USMS to take action to clarify the pool certification ruling for National and Top Ten times. This decision led to a great deal of discussion on the USMS Web Site. Some of which was extremely acrimonious and derogatory to the Oregon Board and their decision. This was in spite of reasoned explanations and assurances from the Oregon Board that there was no intention of trying to sneak in illegal times. This was complicated even more when the National Records and Tabulation Committee voted that Oregon should submit the times for Top Ten consideration. At this point the USMS Executive Committee voted and brought resolution to the situation. The times are not to be submitted and two National Committees have been instructed to prepare rule proposals for the coming Convention. Following is an email from Dr. Jim Miller, President of USMS.

"Having discussed the subject of the Tualatin Hills swim meet during which it was discovered that the pool was short, the Executive Committee MSA (moved, seconded and approved) that the times from that meet would not count for official purposes."

"In a cooperative effort the Rules and the Records and Tabulation Committees have been directed to address the topic of pool irregularities for submission to the House of Delegates in this a 'Rules' year. The Executive Committee has directed them to consider the existing regulations of FINA and USA Swimming in their rules proposal.

We all realize that the irregularity was accidental, associated with pool improvements. The Executive Committee applauds the honest and open approach taken by Tualatin Hills and the Oregon LMSC in seeking advice on the best way to proceed. The decisions are difficult for all involved.

Please feel free to contact me if you have questions.

Sincerely, Jim Miller, MD - USMS President"

38 of the 43 swimmers at the MAC on New Years Day are pictured below. Still smiling after 102 x 50 on the minute. Their 2002 Fitness Goals are off to a great start.



Barracuda Pentathlon

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by the Oregon LMSC for USMS, Inc. Sanction # 372.03

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

Unregistered swimmers must submit a 2002 registration form and fee with this form**Barracuda PENTATHLON****DATE: Sunday, March 10, 2002**

Place: NIKE - LANCE ARMSTRONG FITNESS CENTER

BEAVERTON, OREGON

6-8 LANES COMPETITION - ELECTRONIC TIMING

SEPARATE CONTINUOUS WARM UP/DOWN LANES -

HOST: Tualatin Hills Barracudas

Meet Directors: Sandi Rousseau 503 - 642-3679 (home) email - swim@gorge.net

Dave Radcliff 503 - 648-7141 (home) email - therads@attbi.com

DIRECTIONS TO POOL: Hwy 26 west to Murray exit. Turn left and cross over the Hwy heading south. Turn right on Walker Rd. (signal light) and turn left at SW Meadows Dr. (first signal) onto NIKE Campus. Turn right at the stop sign near the Guard Station. Follow signs to parking area and Lance Armstrong Fitness Center.

WARM-UPS: 8:00 A.M.**MEET STARTS: 9:00 A.M.****MAKE A COPY OF YOUR COMPLETED ENTRY FORM FOR YOUR RECORDS****ENTRY DEADLINE: POSTMARKED NO LATER THAN: Feb. 22, 2002**

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

NAME _____ 2002 USMS# _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

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

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

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

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

Surprise fun St. Patrick's Day Relay after the Backstroke event. Enter at meet.

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

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, LANCE ARMSTRONG FITNESS CENTER, 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:\$15.00Send form(s) & fee(s) payable to: OREGON MASTERS SWIMMING
c/o Gary Whitman, 11015 NE Mason Street, Portland, OR 97220**Entry Fee \$ 15.00****All entrants MUST submit a PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2002 REGISTRATION FORM WITH THIS ENTRY**

**North Bend Entry Blank is on this page.
Go to Oregon Masters Web Page to download the entry blank.**

www.swimoregon.org

Special Information is on this page concerning the SCY Nationals in Hawaii. Go to the USMS Web Page to download the entry blank.

www.usms.org



T-Shirt design for the Association Championships in Corvallis. The top design is on the front of the shirt and the bottom design is on the back of the shirt. This is a six color design on a black shirt. You may order either long sleeve or short sleeve shirts. The shirt ordering section is part of the OMS Association Entry Blank on page 8. Check it out in full color on the Oregon Web site. This is an outstanding design and a winning shirt.





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 19 —→*)

Team name _____

Abbreviation _____

Team Representative information (Must be OMS member)

Rep. name _____

Address _____

Phone _____

Email _____

Coach information

Coach name _____

Address _____

Phone _____

Email _____

Pool Address _____

Practice days/times _____

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.



OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING YEAR 2002 REGISTRATION

☐

Renewal - 2001 USMS # 371-_____

☐

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

Email Address:

☐

Please check if in the future you would like to receive the Aqua Master electronically rather than by postal mail.

Do you coach a Masters Team? Yes ☐ No ☐

Club: OMS is comprised of two clubs or you may register unattached.

☐

OREG

☐

MACO

☐

UNATTACHED

Local Team: Choose abbreviation from list below. _____

(Unattached members cannot swim in relays)

\$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 \$ _____) to the International Swimming Hall of Fame Foundation.

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: _____

OMS LOCAL TEAM ABBREVIATIONS

Albany Masters-ALB

Beaver Aquatic Masters-BAM

Central Oregon Masters - 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

McMinnville Masters-MCM

Metro YMCA - MY

Middleman Jewish Comm. Ctr - MJCC

Mt. Hood Masters - MHM

Mountain Park Masters - MPM

Multnomah Athletic Club - MACO

No. Clackamas Masters Swimming - NCMS

North Bend Aqua Masters - NBAM

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

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

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

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

2002 Calendar and Meet Schedule

Pool Meets

Date	Event	Location	Contact
*Feb. 23	SCY	North Bend	Guy Marchione guy.marchione@worldnet.att.net
*March 9	SCY	Penthalon - Tualatin Hills	Sandi Rousseau swim@gorge.net
April 5-7	SCY	Association Championships Corvallis	Mark Worden marklauraworden@attbi.com
April 13-14	SCY Zone	Federal Way	TBA
May 4	SCM	Freestyle Pentathlon Bend	Pam Himstreet himstreet@bendcable.com
June 2	LCM	Albany	Gary Arne Jr. Arne_1@juno.com
July 6-7	LCM	State Games Mt. Hood C. C. - Gresham	Kristi Gustafson kristigus@aol.com
July 20	LCM	Eugene	Arden Adams AAadamsswim@aol.com

Open Water

Date	Distance	Location	Contact
Hagg Lake	1- 2 Mile	Hagg Lake (Forest Grove)	Andrea Milano elleroy@hotmail.com
Aug. 3-4	500, 1500 , 5K	Elk Lake- Assn. Champs	Pam Himstreet himstreet@bendcable.com
Aug. 11	National 1 Mile 3000	Lake Dorena (Cottage Grove)	Steve Johnson stevej@nsdssurvey.org

Postal Championships 2002

January 1 - 31	Postal 1 Hour	Margie Hutingger,	phut@usms.org
February 1 - 28	Feb. Fitness Challenge	Kristine Lewis	FebFitness@swimoregon.org
May 15 - Sept. 30	5K / 10K Postal	Jill Wright ,	swimjmw@aol.com