



Aqua-Master

Volume 29, Number 1

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January 2002

"Swimming - A Life's Passion"

An Exciting "High School" Meet at the MAC

2 Major Changes from Convention

1. 18 year old swimmers may join Masters.
2. OK to once again use the Breaststroke kick in Butterfly.

(see page 5 for complete details)



Frank Parisi, Meet Director, and Tim Stevenson, Meet Referee, put on a great swim meet using the high school format. (Results on pg. 8)

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OMS Needs You

During the last decade OMS has been one of the most active LMSCs in the USA. The OMS and/or Local Teams have sponsored numerous National and International events. These have included National Swim Meets, Postal Event and National Open Water events. OMS needs volunteers to fill three positions on the Board. It's time for you to step up onto the blocks, dive in and help your State. Contact Jeanne Teisher at Jeanne Teisher 7305 SW Hyland Ct. Beaverton, OR 97008 • (503) 574-4557 or jteisher@msn.com. These three positions are open:

1. Fitness Chair - All swimmers are fitness swimmers. Some of our fitness swimmers choose to compete. Many choose to swim only for fitness and not to compete. The Fitness Chair coordinates and watches out for the fitness swimmer. The Chair encourages participation in Fitness events. The Chair writes articles for the Aqua Master on various topics of concern for the fitness swimmer. The Fitness Chair is a voting member of the OMS Board and represents fitness issues before the Board.

2. Awards Chair - We are all proud of being Oregon swimmers. The Awards Chair coordinates our awards, our T-Shirts, our Swim Caps, our National "uniforms" and all the various medals and other awards that are given at meets and the Annual Banquet. This Chair is a voting Board member. *continued on page 2*

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Chair's Corner by Jeanne Teisher

Welcome Nancy and Barbara

I would like to welcome 2 individuals to the OMS board of directors – Nancy Radcliff as secretary and Barb Harris as Top 10 Chair. These 2 women are definitely not new to volunteering for Masters swimming. We are so fortunate to have them on our board.

For the past few years, Nancy has spent many weekends at pool and open water competitions supporting her husband, Dave, and the team (THB) or club (OMS). At many competitions, you will often times see Nancy behind the registration desk, in hospitality, working the souvenirs or awards area, or assisting where needed. This is in addition to watching the competition. Since Nancy knows so many of the swimmers around the state, Zone and USMS, she can strike up a conversation, pass on greetings, ask about family, or share a good joke with swimmers almost anywhere she goes. When Nancy took over the secretary's position in October, it was at the weekend long OMS board retreat. Talk about notes!!! Not only did Nancy take the notes for the weekend retreat but had them typed up and distributed to the board by the end of the following week. It is a real pleasure to have Nancy as part of the board.

Barb Harris is another individual who is definitely not new to Masters swimming and to volunteering for the organization. Barb has been seen working registration tables, running the computer at Elk Lake for the National 3000 Championship, and taking pictures for her team and the Aqua Master, as well as competing in competitions. Since Barb is not having to travel as much for her job, she has time to devote to the Top 10 Chair's position and to getting more involved in the organization, which is great for OMS. Barb is a great competitor and this drive will carry over into her new OMS position. Husband Bob says, "there is no one I would rather have anchoring a relay at crunch time than Barb". As the Top 10 Chair, Barb will be responsible for obtaining and submitting the Top 10 times and you can be sure that at "crunch time" for submission, OMS times will be turned in accurately and in a timely manner.

It will be a real pleasure to work more closely with both Nancy and Barb. I would like to invite you to consider getting involved in the organization at a board level. We meet once a month for about 2 hours at various locations around the state. The next meeting will be in Eugene, January 25. If you are interested in getting involved, which I hope you are, there are 3 positions currently open (*see article "OMS Needs You" on page 1 and the bottom of this page*) for more information). I hope I will be hearing from you soon.

Happy Swimming. Jeanne

OMS Needs You continued from page 1

3. Vice Chair "Trainee" - Pam Himstreet our current Vice Chair has just accepted an offer to be the National Fitness Chair for USMS. This is a great honor! It also means that this will be the last year she can fulfill her duties as Vice Chair. The meets are lined up for 2002. Pam wants to work with and train someone to fill her position. The Vice Chair is our Meet and Sanction person. The Vice Chair sends out meet application packets, coordinates the meets and makes the entry blanks. This position requires some computer skills. This Chair is a voting Board member.

You are needed for these positions. Think about it and then call or email Jeanne. If OMS is to continue as one of the leading and most innovative LMSCs in the Nation we must have your help.

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.

Gift ideas (or New Years Resolutions) for your coach

By Laurie Kilbourn

Now that the Thanksgiving holiday has passed, many of our thoughts turn to a season of giving. While not everyone celebrates each holiday, and not every holiday is celebrated the same way or on the same day, for many of us, our hearts are full and we want to share our blessings. Here are my suggestions:

1. Bring a positive attitude. Yes, it's hard to wrap, but it's always appreciated.
2. Get excited about the sport! Read an aquatic-theme book, paint a picture, write an essay, give a presentation, take a photograph, browse a magazine, surf the Internet, use your talents to identify yourself as a swimmer! As an extra special gift, let your coach know what you're doing. You could end up inspiring both of you!
3. Come to practice a little early to help with the setting up, stay a little late to help put stuff away, or both! No one likes to pick up after other people. It makes a difference for the coach to know the team is responsible for themselves, and this simple act impresses the facility staff too. A big "thank you" to those of you who already do this!
4. A month's worth (or a day's, week's or, gasp, a year's worth) of stretching after practice, without complaining or waiting for your coach to nag you. It's good for your body and a good time to finish the conversations you were trying to have while your coach was trying to speak.
5. Banish the phrase "I can't" from your language. I know you can. You may be an expert at your limitations, but I am a professional, and I see the potential. Most times, the only way to reach that potential is to push yourself, and I won't kid you, sometimes it can be difficult. If you're seriously concerned, ask for clarification or motivation, but don't give up before you've even tried. For sure, if you never try, you'll never make it. Then again, you'll never know if you could do it, or how far you could fly.
6. A pair of extra goggles for the Goggle Bin for Forgetful Swimmers. They don't have to be your favorite pair, but I'll bet everyone has a pair of perfectly good goggles they don't favor anymore. Let's put 'em to good use!
7. Warm-up or set suggestions. I mean a serious set, not just "10 times 25 yards with fins." Please don't be bummed if your offering isn't used the same day; most practices are planned at least 24 hours in advance, and not all sets are suitable for all phases of the training season.
8. Leadership! This is one of those gifts that benefit the giver as much as the receiver. There's lots of room for leaders, not just from the person who's leading the set. Leadership doesn't just come from the person who's swimming first in the lane; the swimmer who's bringing up the rear can spoil the set just as easily, or that same person can inspire the lane to greatness!
9. If you have a good suit that is just too tight or too loose,

share it with another swimmer. The suit should be in pretty good shape, (worn out suits would not be appropriate,) thoroughly cleaned, and check to see if the intended recipient would like the suit. This saves suits from growing moldy in the back of your closet!

10. Invite a swimming friend to practice. It's a good idea to let your coach know what you have in mind, because new swimmers sometimes need more attention. This is also a gift to your friend and yourself, as well as your coach and your sport.

11. Stay until the end of the swim meet, without asking to leave as soon as your individual events are done. I know we all have things to do. But there is a reason we need you there, other than in case relays break down. Competitors get more best times when their teammates are cheering for them and encouraging them on. The more best times, the better the swimmers, the better the swimmers, the better the team, and the better the team, the happier the coaches!

12. My choice: I love to get snapshots of my swimmers and/or little notes. I've coached all sorts of people, including famous athletes and celebrities, but I've also coached lots of music teachers, police officers, dentists and computer technicians, and every of them is important to me. I have a folder of e-mails and various cards, and an autograph book of some of the folks I've had the pleasure of coaching. It perks me up when I'm blue and it's a reminder of why I do what I do. Our times together are meaningful, and I am grateful for the gift of your swimming.



You might even surprise me by doing the One Hour Postal swim or by showing up every day for the February Fitness Challenge and really getting in shape. The FFC entry blank is on page 15. Why not give it a try.



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

Two announcements this month:

1. The OMS Board has recently decided to send a coach to all National Championship Pool Meets in which 30 or more Oregon-registered swimmers are enrolled. This coach will be responsible for helping to organize the Oregon contingent, offering assistance to all Oregon-registered swimmers who request it (regardless of Club), and developing relay lineups & entering relays. In return, this coach will receive a stipend of \$400 upon completion of the job (your membership dollars at work!). This program was piloted at the 2001 National Championship Meets, receiving an overwhelmingly positive response from the swimmers and demonstrating again the truth of 'e pluribus unum'. Anticipating that 30 or more swimmers from Oregon may attend the Short Course National Championships in Hawaii in May, the OMS Coaches

Committee is soliciting applications for a coach to fill this position. Coaches who are interesting in applying may obtain the application 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.

2. I have been selected to be Head Coach for the USMS Team at the World Masters Championships in Christchurch, New Zealand, March 24-31 (Long Course Meters). If you plan to go to this meet, or to the Australian National Championships in Sydney, March 16-18 (Short Course Meters), please contact me as shown above. I'd like to do some planning for relays, since they are composed by club and not by nation; I need to take special care of my home team.

Good luck and good swimming.

**If you are going to New Zealand or Australia,
make sure you let Coach Bob Bruce know!
He's there to help you and to set up relays.**

Please contact him;

(541) 317-4851

bobbruce@attglobal.net

Top Ten Ways to tell you need a new swimsuit

One of the biggest expenses in being a swimmer is your swimsuit. For that reason, many people put off buying a new one for as long as possible. Here is a helpful top ten list of ways you can determine that you need to bite the bullet.

10. People avoid standing behind you.
9. People are always standing behind you.
8. The bottom of your suit brushes your kneecaps.
7. You can't find the leg-holes.
6. You bought it as a one-piece.
5. You didn't start the workout naked.
4. All of your appendages are in, but there is still an empty hole...
3. People start asking how you got interested in politics.
2. Someone asks if you've checked the "Lost and Found."
1. The people in your lane start tucking \$1 bills into the elastic.

Reprinted from the Dynamo Masters newsletter, the Watershed, (located online at www.dynamomasters.com)





LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

1. 5K Swim Correction: After several corrections of individual places, the Oregon Club placed first in the Postal National 5K Championships, rather than second as I reported last month. Therefore, Oregon won both the 5K and the 10K Combined Team Championships!

The winning streak continues!

2. 3000 & 6000-yard Swim summary: The meet host has not posted official results yet, so we'll have to wait until next month to see the final results in the Aqua-Master. The highlight was Sara Quan knocking 16 more seconds off her own 3000-yd National Record set last year; other individual performances were good. However, only 16 Oregon swimmers entered the 3000-yard swim and 9 entered the 6000-yd swim, representing a large & disappointing drop-off in our participation in these two events. I doubt that we successfully defended our National Team Titles in either event. But we have a chance to redeem ourselves in the One-Hour Swim.

3. One-Hour Swim: I will email a One-Hour Swim packet

to each Oregon Team Representative shortly before Christmas. This packet will include information about conducting group postal events, a copy of the National One-Hour entry blank/split sheet, the All-time Oregon Top

Twelve performer list, the Oregon Postal Series description, and a plea to participate. Organize, swim well, and have fun! The One-Hour Swim is a great fitness event and a wonderful way to kick off your fitness year, and I would like to see 100 OMS-registered swimmers participate. Last year, the Oregon Club won the National Team Title in the mid-size team category.

4. Web materials: After I receive the results of the 3000 & 6000-yard Postal Swims, I will update the Long Distance section of the OMS website. I have completed the list of Oregon Long Distance Postal Records and a list of

the All-time Top Twelve performers, dating all the way back to the first One-Hour Swim in 1977. Visit the website to see where you fit into Oregon postal swimming history!

Good luck and good swimming!

10 Reasons to do the One-Hour Swim

10. Groove your beautiful stroke.
9. Qualify for the Oregon Series.
8. Feel confidently smug.
7. Start your fitness year right.
6. Earn bragging rights with your sorry lane-mates.
5. Enjoy a big dessert afterwards (or before, if you're so inclined).
4. Make your team stronger.
3. Feel great when you're done.
2. Improve your aerobic capacity.
1. Because it's there.

Rule Changes from Convention

The House of Delegates meeting at the USMS convention in Louisville approved or announced several significant changes.

1. The FINA Bureau has accepted our request for a variation to the butterfly rule to allow Masters swimmers to use a breaststroke kick for the period 20 September (when the Fukuoka amendment came into force) until 23 May (when the Masters Congress amendment will come into effect).

This exception means that we return to the rules prior to September 20, which allowed the breaststroke kick to be used in the butterfly for all events. Records set during the intervening time will be acceptable with either kick as long as they otherwise qualify.

2. USMS has changed its minimum age of membership to 18 effective November 18, 2001. Registrars may begin to accept members immediately. They must, however, insure that the registration form is dated on or after the potential member's 18th birthday. We cannot accept forms signed while the person is 17.

Members can compete in USMS meets when they meet the requirements for being considered 19 for a given meet. For short course yard meets, a member can compete as long as their 19th birthday occurs on or prior to the last day of the meet. For both short course and long course meter meets, an 18 year-old member may compete in the year in which his/her 19th birthday occurs. In all cases, they will be competing as 19 year-olds for the purpose of individual and relay age group determination.

Registrars currently using the USMS registration software will receive a new version shortly. They can currently register 18 year-old members but the cards will print with a "Not Valid Until" statement on the card.

Emerald Aquatics "100's Challenge" Short Course YARDS Meet
Sanctioned by Oregon LMSC for USMS, Inc. Sanction #372-01
Eligibility: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 2002 registration form and fee with this form.

"100's Challenge" plus regular format MEET

Date: January 26, 2002

Place: Echo Hollow Pool, 1655 Echo Hollow Rd.

Eugene, Oregon

6 lanes competition - electronic timing;

Heated outdoor pool available for

continuous warm-up/down.

Warm-ups: Sat. 9:30-10:30 AM Meet Starts: Sat. 10:45 AM
--

Meet Director: Lynda Christiansen

Phone: 541-687-8379 E-mail: ericandlynda@netzero

Directions to pool: From I-5 north or south take Exit 195B (Santa Clara, Florence). Follow Beltline Freeway seven miles. Exit Beltline at Exit 5, Barger Rd. Take a left at Barger. Go one block. Turn right on Echo Hollow Rd. The pool is two blocks down on your left.

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN – JAN. 11, 2002

Fill in completely-----return lower portion-----fill in completely

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

E-MAIL _____ BIRTHDATE _____ AGE _____ SEX _____

2002 USMS# _____ USMS CLUB _____ (OREG, MACO, PNA, etc.)

Is this your first Oregon Masters Meet? Yes _____ No _____

Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: Relay age groups: 19+, 25+, 35+ 45+, 55+, 65+, 75+ etc. **You may enter a maximum of 5 individual events plus unlimited relays.** Enter relays at the meet. In each relay event, relay teams may swim distances of 200y, 400y, and 800y, (800y for Free relays only). The 400y and 800y relays will be seeded in heats following the 200y relays of the same type. The 500 Freestyle will be deck seeded. Check in will open one hour before and close 30 min. before the 500 Free is to be swum. All events will be seeded SLOW TO FAST. "Wines from Eugene Vineyards" raffle at the meet.

SATURDAY, JANUARY 26

200 I.M. (1) _____ : _____ . _____

***100 BACK** (2) _____ : _____ . _____

200 FLY (3) _____ : _____ . _____

50 BREAST (4) _____ : _____ . _____

5 MINUTE BREAK XXXXX

MEDLEY RELAYS (5-8) XXXXXX

***100 FREE** (9) _____ : _____ . _____

200 BREAST (10) _____ : _____ . _____

50 FLY (11) _____ : _____ . _____

5 MINUTE BREAK XXXXX

MIXED MEDLEY RELAYS (12-13) XXXXXX

***100 BREAST** (14) _____ : _____ . _____

200 FREE (15) _____ : _____ . _____

50 BACK (16) _____ : _____ . _____

400 IM (17) _____ : _____ . _____

5 MINUTE BREAK XXXXX

FREE RELAYS (18-23) XXXXXX

***100 FLY** (24) _____ : _____ . _____

200 BACK (25) _____ : _____ . _____

50 FREE (26) _____ : _____ . _____

5 MINUTE BREAK XXXXX

MIXED FREE RELAYS (27-29) XXXXXX

***100 I.M.** (30) _____ : _____ . _____

500 FREE (31) _____ : _____ . _____

100's Challenge Enter four of the five 100 yd. events marked with an *. Add up your seed times for the four 100 yd. events and write your total cumulative time in the blank below. You may enter a 5th event but please do not add the 5th event time into the total. The male and female swimming closest to their projected total time will win a hand made pottery trophy, created by a renowned local artist.

Yes, I am entering this exciting event. My FOUR event choices are CHECKED listed below:

_____ 100 BACK _____ 100 FREE _____ 100 BREAST _____ 100 FLY _____ 100 I.M.

My projected time is _____ : _____ . _____

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC. THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$15.00 Make checks payable to Oregon Masters Swimming

Send form(s) and fee (s) to Gary Whitman, 11015 NE Mason Street, Portland OR 97220

Just joining OMS or renewing for 2002? Send OMS form and fee to Gary with your entry.

The Entry Blank for the North Bend swim meet on Feb.23 was on this page. Go to the Oregon Web site at *www.swimoregon.org* to obtain your copy of the Entry Blank.

The MAC High School Meet • December 8

Place	Team	Points
1	Tualatin Hills Barracudas	THB 465
2	Portland Masters Swimming	PMS 410
3	Multnomah Ath. Club & Friends	MACF 350
4	Masters of the Universe	MOTU 318
5	Metro YMCA & Friends	MYAF 261

Women 19-44

50 SC Meter Freestyle

1	Hafner, Cara	30	PMS	29.58
2	Jenkins, Valerie	38	PMS	29.65
3	Andrus-Hughes, K.	44	MACF	29.85
4	Foley, Sharon	41	MACF	29.87
5	Butcher, Jennifer	29	MYAF	30.32
6	Peterson, Julie	26	THB	30.98
7	Collson, Anne-Marie	34	MOTU	31.22
8	Glaeser, Sharon	37	PMS	31.68
9	Thimm, Jeanne	38	MACF	32.17
10	Milano, Andrea	34	PMS	33.13
11	Robbins, Taeryn	27	MOTU	34.01
12	Healey, Sandi	34	PMS	34.08
13	Heim, Theresa	29	MOTU	34.65
14	Woon, Leleng	31	PMS	34.74
15	Casey, Anna	25	PMS	38.43
16	Wong, Linda	29	MOTU	39.49
17	Hanf, Susan	36	MYAF	42.30

100 SC Meter Freestyle

1	Jenkins, Valerie	38	PMS	1:06.29
2	Ferguson, Ellen	39	MACF	1:06.32
3	Foley, Sharon	41	MACF	1:07.96
4	Peterson, Julie	26	THB	1:09.66
5	Fisher, Sybil	28	PMS	1:10.11
6	Collson, Anne-Marie	34	MOTU	1:10.57
7	Smith, Angie	28	MOTU	1:10.65
8	Follett, Sarah	35	MYAF	1:11.04
9	Milano, Andrea	34	PMS	1:12.02
10	Thimm, Jeanne	38	MACF	1:13.25
11	Robbins, Taeryn	27	MOTU	1:16.69
12	Woon, Leleng	31	PMS	1:17.86
13	Casey, Anna	25	PMS	1:24.24
14	Wong, Linda	29	MOTU	1:24.57

200 SC Meter Freestyle

1	Himstreet, Julie	31	MOTU	2:22.11
2	Tyrrell, Laura	34	PMS	2:25.54
3	Fisher, Sybil	28	PMS	2:32.27
4	Milano, Andrea	34	PMS	2:40.31
5	Follett, Sarah	35	MYAF	2:40.88
6	Glaeser, Sharon	37	PMS	2:43.51
7	Hosty, Maureen	42	MYAF	2:46.84
8	Robbins, Taeryn	27	MOTU	2:55.18
9	Casey, Anna	25	PMS	2:58.67
10	Haslach, Kathryn	40	MACF	3:01.67

400 SC Meter Freestyle

1	Himstreet, Julie	31	MOTU	4:58.38
2	Tyrrell, Laura	34	PMS	5:09.50
3	Andrus-Hughes, K.	44	MACF	5:15.74
4	Smith, Rondamarie	31	MYAF	5:19.12
5	Simpson, Shauna	30	PMS	5:31.16
6	Smith, Angie	28	MOTU	5:36.09

7	Follett, Sarah	35	MYAF	5:48.17
8	Haslach, Kathryn	40	MACF	6:31.99

100 SC Meter Backstroke

1	Jenkins, Valerie	38	PMS	1:13.61
2	Lowers, Jill	23	PMS	1:14.55
3	Smith, Angie	28	MOTU	1:19.76
4	Fisher, Sybil	28	PMS	1:19.78
5	Woon, Leleng	31	PMS	1:23.99
6	Heim, Theresa	29	MOTU	1:24.59
7	Haslach, Kathryn	40	MACF	1:34.87
8	Hanf, Susan	36	MYAF	1:48.35

100 SC Meter Breaststroke

1	Hafner, Cara	30	PMS	1:19.06
2	Smith, Rondamarie	31	MYAF	1:24.51
3	Tyrrell, Laura	34	PMS	1:28.61
4	Lewis, Kristine	31	THB	1:29.68
5	Healey, Sandi	34	PMS	1:30.66
6	Lowers, Jill	23	PMS	1:32.04
7	Glaeser, Sharon	37	PMS	1:33.29
8	Haber-Lehigh, D.	28	MOTU	1:39.34

100 SC Meter Butterfly

1	Simpson, Shauna	30	PMS	1:14.10
2	Lowers, Jill	23	PMS	1:15.35
3	Thimm, Jeanne	38	MACF	1:20.52
4	Collson, Anne-Marie	34	MOTU	1:28.77
5	Haber-Lehigh, D.	28	MOTU	1:37.94

200 SC Meter IM

1	Himstreet, Julie	31	MOTU	2:38.15
2	Smith, Rondamarie	31	MYAF	2:38.50
3	Hafner, Cara	30	PMS	2:42.80
4	Andrus-Hughes, K.	44	MACF	2:48.13
5	Simpson, Shauna	30	PMS	2:50.11
6	Butcher, Jennifer	29	MYAF	2:50.82
7	Lewis, Kristine	31	THB	2:58.05
8	Healey, Sandi	34	PMS	2:59.13
9	Haber-Lehigh, D.	28	MOTU	3:25.39
10	Crisp, Julie	35	PMS	3:48.12

Women 45+

50 SC Meter Freestyle

1	Glassman, Debbie	48	MYAF	30.69
2	Teisher, Jeanne	50	THB	33.58
3	Ward, Joy	59	MOTU	34.15
4	Rousseau, Sandi	54	THB	34.55
5	Frid, Barbara	59	THB	35.14
6	Snyder, Lynn	45	MYAF	37.35
7	Schumann, Susanne	64	MACF	38.37
8	Lee, Peggy	51	THB	42.04
9	Perrin, Shela	49	THB	42.41
10	Coffeen, Linda	50	PMS	44.70

100 SC Meter Freestyle

1	Parisi, Robin	47	MACF	1:05.81
2	Teisher, Jeanne	50	THB	1:17.08
3	Frid, Barbara	59	THB	1:18.94
4	Ward, Joy	59	MOTU	1:21.99
5	Schumann, Susanne	64	MACF	1:27.26

200 SC Meter Freestyle

1	Teisher, Jeanne	50	THB	2:54.65
2	Lee, Peggy	51	THB	3:25.92
3	Perrin, Shela	49	THB	3:30.67
4	Autsen, Betsy	74	MACF	4:44.26

400 SC Meter Freestyle

1	Himstreet, Pam	58	MOTU	6:53.70
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continued on page 9



Susan Collins and Darlene Staley congratulate each other after winning key points for their team, the Tualatin Hills Barracudas.

Results continued from page 82 Perrin, Shela

49 THB 7:34.01

3 Riddle, Kristi 53 THB 7:42.74

4 Autsen, Betsy 74 MACF 9:33.91

100 SC Meter Backstroke

1 Glassman, Debbie 48 MYAF 1:28.35

2 Ward, Joy 59 MOTU 1:30.16

3 Staley, Darlene 51 THB 1:32.68

4 Collins, Susan 49 THB 1:33.34

5 Frid, Barbara 59 THB 1:34.18

6 Snyder, Lynn 45 MYAF 1:36.19

7 Coffeen, Linda 50 PMS 1:50.28

8 Wells, Margaret 75 MOTU 2:25.75

100 SC Meter Breaststroke

1 Rousseau, Sandi 54 THB 1:47.42

2 Collins, Susan 49 THB 1:47.73

3 Himstreet, Pam 58 MOTU 1:50.37

4 Schumann, Susanne 64 MACF 1:51.93

5 Riddle, Kristi 53 THB 1:56.43

6 Coffeen, Linda 50 PMS 2:09.76

100 SC Meter Butterfly

1 Parisi, Robin 47 MACF 1:14.17

2 Rousseau, Sandi 54 THB 1:30.83

3 Staley, Darlene 51 THB 1:31.23

4 Himstreet, Pam 58 MOTU 1:52.70

5 Wells, Margaret 75 MOTU 2:43.76

200 SC Meter IM

1 Parisi, Robin 47 MACF 2:43.69

2 Glassman, Debbie 48 MYAF 3:00.79

3 Staley, Darlene 51 THB 3:16.70

4 Collins, Susan 49 THB 3:25.97

5 Snyder, Lynn 45 MYAF 3:28.93

6 Riddle, Kristi 53 THB 3:54.37

7 Wells, Margaret 75 MOTU 5:19.87

8 Autsen, Betsy 74 MACF 5:47.30

Men 19-44**50 SC Meter Freestyle**

1 Taylor, Curtis 30 MYAF 24.70

2 Hanson, Brendan 22 MOTU 26.40

3 Rice, David 34 PMS 26.43

4 Haslach, Timothy 40 MACF 26.57

5 Chombeau, Michael 40 MYAF 29.06

6 Riga, Sean 32 THB 29.11

7 Dowd, Mike 43 MACF 30.13

100 SC Meter Freestyle

1 Keppeler, John 34 MACF 52.82

2 Taylor, Curtis 30 MYAF 53.92

3 Shultz, Michael 30 THB 58.17

4 Rice, David 34 PMS 58.51

5 Haslach, Timothy 40 MACF 59.24

6 Hanson, Brendan 22 MOTU 59.55

7 Mirho, Charles 37 PMS 1:01.59

8 Rand, Roger 31 PMS 1:01.92

9 Otto, Douglas 42 MACF 1:02.23

10 Gaarder, Chris 36 MYAF 1:02.31

11 Heeg, Nathaniel 38 MOTU 1:03.43

12 Shaar, Andrew 29 MOTU 1:03.54

13 Riga, Sean 32 THB 1:04.11

14 Chombeau, Michael 40 MYAF 1:05.63

15 Dowd, Mike 43 MACF 1:05.93

16 Kendall, Mark 26 MOTU 1:06.22

17 Palmer, Jeffrey 33 THB 1:11.47

200 SC Meter Freestyle

1 Craig, Matthew 33 PMS 2:11.41

2 Zolna, Bill 32 MACF 2:12.96

3 Burleson, David 44 MACF 2:15.58

4 Gaarder, Chris 36 MYAF 2:20.45

5 Stevens, Jeff 25 PMS 2:20.95

6 Scheller, C. 26 THB 2:21.10

7 Heeg, Nathaniel 38 MOTU 2:22.24

8 Kendall, Mark 26 MOTU 2:23.90

9 Wren, Mark 43 PMS 2:26.79

400 SC Meter Freestyle

1 Craig, Matthew 33 PMS 4:45.61

2 Burleson, David 44 MACF 4:55.43

3 Heeg, Nathaniel 38 MOTU 5:03.16

4 Stevens, Jeff 25 PMS 5:04.81

5 Reed, Don 41 MACF 5:05.01

6 Scheller, C. 26 THB 5:08.39

7 Wren, Mark 43 PMS 5:11.60

8 Kendall, Mark 26 MOTU 5:12.76

9 Anspach, Jeffrey 40 PMS 5:19.20

10 Griffin, Steve 33 THB 5:36.95

100 SC Meter Backstroke

1 Keppeler, John 34 MACF 59.75

2 Burleson, David 44 MACF 1:09.22

3 Chombeau, Michael 40 MYAF 1:21.86

4 Doyle, Matthew 31 THB 2:01.79

100 SC Meter Breaststroke

1 Hudson, John 35 MOTU 1:10.04

2 Allender, Pat 43 MYAF 1:12.20

3 Rand, Roger 31 PMS 1:16.21

4 Otto, Douglas 42 MACF 1:17.27

5 Rice, David 34 PMS 1:18.33

6 Shultz, Michael 30 THB 1:18.68

7 Gaarder, Chris 36 MYAF 1:18.76

8 Hackley, Jeff 33 THB 1:18.79

9 Haslach, Timothy 40 MACF 1:19.38

10 Mirho, Charles 37 PMS 1:20.75

11 Riga, Sean 32 THB 1:21.87

12 Coyle, Thomas 34 MOTU 1:22.67

13 Cobb, David 42 PMS 1:22.91

14 Dowd, Mike 43 MACF 1:24.97

15 Munro, Stuart 44 MACF 1:26.67

100 SC Meter Butterfly

1 Zolna, Bill 32 MACF 59.25

2 Allender, Pat 43 MYAF 1:03.26

3 Hackley, Jeff 33 THB 1:04.97

4 Hudson, John 35 MOTU 1:05.62

5 Shaevitz, Alex 31 MOTU 1:05.99

6 Hanson, Brendan 22 MOTU 1:06.24

7 Shaar, Andrew 29 MOTU 1:06.70

8 Craig, Matthew 33 PMS 1:09.44

9 Stevens, Jeff 25 PMS 1:11.74

10 Anspach, Jeffrey 40 PMS 1:13.01

11 Palmer, Jeffrey 33 THB 1:17.35

12 Munro, Stuart 44 MACF 1:18.96

13 Griffin, Steve 33 THB 1:23.71

14 Scheller, C. 26 THB 1:28.48

200 SC Meter IM

1 Hudson, John 35 MOTU 2:23.43

2 Shultz, Michael 30 THB 2:28.52

3 Hackley, Jeff 33 THB 2:31.45

4 Otto, Douglas 42 MACF 2:31.74

5 Shaar, Andrew 29 MOTU 2:35.82

6 Rand, Roger 31 PMS 2:37.33

7 Mirho, Charles 37 PMS 2:40.98

8 Anspach, Jeffrey 40 PMS 2:41.29

9 Reed, Don 41 MACF 2:44.70

10 Cobb, David 42 PMS 2:46.24

11 Munro, Stuart 44 MACF 2:59.00

12 Griffin, Steve 33 THB 3:05.68

Men 45+**50 SC Meter Freestyle**

1 Philbrick, Larry 49 MOTU 26.89

2 Tennant, Mike 48 MOTU 27.02

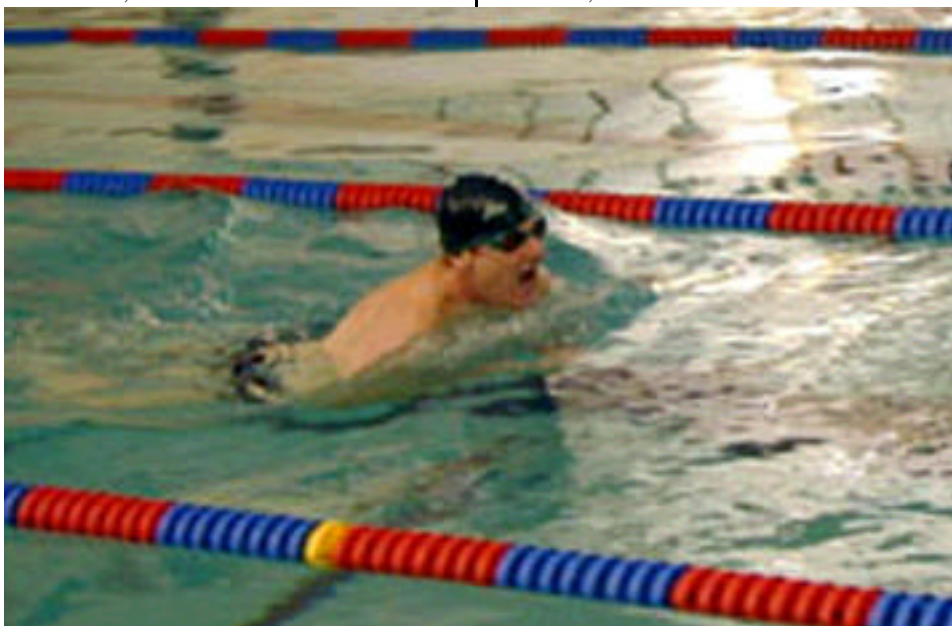
3 Smith, Robert 58 MACF 27.56

4 Dasch, Vern 52 PMS 28.06

5 Stout, Jon 55 MYAF 28.38

6 Kalil, Adrian 48 THB 29.01

continued on page 10



Gary Wallis, OMS Officials Chair, demonstrates a "legal" Breaststroke for the other Officials at the MAC Meet.

Results continued from page 9

7	Stark, Allen	52	MACF	29.29
8	Bowen, Marc	48	MACF	29.73
9	Chase, Gary	61	MOTU	30.34
10	Silvey, Michael	56	MYAF	30.66
11	Thayer, George	65	MOTU	31.50
12	Lambert, Roy	55	THB	32.80
13	Rice, Robert	58	MYAF	33.73
14	Van Tran, Duc	46	THB	35.20
15	Lyman, Gregory	47	PMS	36.58
16	Young, Gilbert	79	MYAF	38.70
17	Friedman, Keith	45	MACF	39.15
18	Millius, Paul	62	PMS	41.12
19	Bushey, Charles	80	MOTU	54.54
20	Shadbeh, Khosrow	80	MOTU	58.97
21	Blair, Ronald	57	MYAF	1:28.48

100 SC Meter Freestyle

1	Tennant, Mike	48	MOTU	59.53
2	Dasch, Vern	52	PMS	1:02.67
3	Smith, Robert	58	MACF	1:04.89
4	Zak, Mike	45	MACF	1:05.96
5	Teisher, Jim	52	THB	1:06.44
6	Kalil, Adrian	48	THB	1:06.72
7	Bowen, Marc	48	MACF	1:08.26
8	Wallis, Gary	48	THB	1:08.67
9	Silvey, Michael	56	MYAF	1:10.59
10	Rice, Robert	58	MYAF	1:12.69
11	Cecil, Patrick	47	THB	1:17.38
12	Christoff, Emerson	61	MACF	1:22.77
13	Young, Gilbert	79	MYAF	1:27.43
14	Lyman, Gregory	47	PMS	1:30.06
15	Millius, Paul	62	PMS	1:33.26
16	Friedman, Keith	45	MACF	1:40.05
17	Bushey, Charles	80	MOTU	2:07.44
18	Shadbeh, Khosrow	80	MOTU	2:11.55
19	Mallon, Joseph	80	MYAF	2:23.85
20	Blair, Ronald	57	MYAF	3:12.93

200 SC Meter Freestyle

1	Teisher, Jim	52	THB	2:20.36
2	Tennant, Mike	48	MOTU	2:21.23
3	Landis, Tom	59	MOTU	2:21.99
4	Walkky, John	48	MYAF	2:24.24
5	Dasch, Vern	52	PMS	2:24.52
6	Ramsey, Ed	45	THB	2:26.32
7	Macaulay, Thomas	52	MACF	2:28.19
8	Zak, Mike	45	MACF	2:28.79
9	Silvey, Michael	56	MYAF	2:40.60
10	Chase, Gary	61	MOTU	2:46.74
11	Rice, Robert	58	MYAF	2:48.89
12	Toole, Christopher	50	THB	2:52.97
13	Bigler, Jim	66	MACF	3:09.39
14	Welsh, Arthur	69	PMS	3:16.75
15	Young, Gilbert	79	MYAF	3:17.88
16	Millius, Paul	62	PMS	3:40.82
17	Bushey, Charles	80	MOTU	4:46.56
18	Mallon, Joseph	80	MYAF	5:00.66

400 SC Meter Freestyle

1	Walkky, John	48	MYAF	5:01.59
2	Teisher, Jim	52	THB	5:06.24
3	Macaulay, Thomas	52	MACF	5:10.00
4	Landis, Tom	59	MOTU	5:11.22

5	Ramsey, Ed	45	THB	5:17.54
6	Zak, Mike	45	MACF	5:22.42
7	Olson, Terry	55	MYAF	5:52.09
8	Toole, Christopher	50	THB	6:24.22
9	Bigler, Jim	66	MACF	6:28.62
10	Welsh, Arthur	69	PMS	6:48.34
11	Mallon, Joseph	80	MYAF	10:06.78

100 SC Meter Backstroke

1	Metzger, Peter	46	MYAF	1:07.73
2	Smith, Robert	58	MACF	1:12.11
3	Chase, Gary	61	MOTU	1:14.67
4	Stout, Jon	55	MYAF	1:17.24
5	Yensen, Kermit	48	THB	1:26.90
6	Thayer, George	65	MOTU	1:28.04
7	Christoff, Emerson	61	MACF	1:37.70
8	Juhala, Richard	58	MOTU	1:43.91
9	Lyman, Gregory	47	PMS	1:49.19
10	Welsh, Arthur	69	PMS	1:51.13
11	Blair, Ronald	57	MYAF	4:23.44

100 SC Meter Breaststroke

1	Stark, Allen	52	MACF	1:14.75
2	Philbrick, Larry	49	MOTU	1:18.23
3	Walkky, John	48	MYAF	1:20.54
4	Wallis, Gary	48	THB	1:26.17
5	Lambert, Roy	55	THB	1:26.72
6	Olson, Terry	55	MYAF	1:29.18
7	Toole, Christopher	50	THB	1:35.02
8	Minter, Richard	49	THB	1:44.72
9	Bigler, Jim	66	MACF	1:45.25
10	Friedman, Keith	45	MACF	2:03.44
11	Prentice, Douglas	53	MACF	2:36.43

100 SC Meter Butterfly

1	Philbrick, Larry	49	MOTU	1:09.34
2	Metzger, Peter	46	MYAF	1:10.28
3	Petersen, Bert	63	PMS	1:11.70
4	Yensen, Kermit	48	THB	1:20.65
5	Cecil, Patrick	47	THB	1:34.47
6	Juhala, Richard	58	MOTU	1:43.82

7	Collins, John	50	THB	1:46.39
8	Minter, Richard	49	THB	1:48.20

200 SC Meter IM

1	Metzger, Peter	46	MYAF	2:34.90
2	Wallis, Gary	48	THB	2:54.58
3	Macaulay, Thomas	52	MACF	2:55.27
4	Yensen, Kermit	48	THB	3:02.31
5	Olson, Terry	55	MYAF	3:06.68
6	Petersen, Bert	63	PMS	3:13.73
7	Cecil, Patrick	47	THB	3:27.24
8	Collins, John	50	THB	3:37.95
9	Van Tran, Duc	46	THB	3:38.83
10	Juhala, Richard	58	MOTU	3:41.06

Relays**Women 19-44 200 SC Meter Free Relay**

1	PMS	2:01.51
1)	Jenkins, V. 38	2) Lowers, J. 23
3)	Hafner, C. 30	4) Tyrrell, L. 34
2	MACF	2:02.04
1)	Foley, S. 41	2) Thimm, J. 38
3)	Ferguson, E. 39	4) Andrus-Hughes, K. 44
3	PMS	2:09.27
1)	Simpson, S. 30	2) Milano, A. 34
3)	Glaeser, S. 37	4) Fisher, S. 28
4	MYAF	2:12.70
1)	Glassman, D. 48	2) Snyder, L. 45
3)	Smith, R. 31	4) Follett, S. 35
5	THB	2:16.06
1)	Rousseau, S. 54	2) Peterson, J. 26
3)	Lewis, K. 31	4) Frid, B. 59
6	MOTU	2:23.74
1)	Robbins, T. 27	2) Himstreet, P. 58
3)	Haber-Lehigh, D. 28	4) Himstreet, J. 31
7	PMS	2:32.28
1)	Woon, L. 31	2) Crisp, J. 35
3)	Healey, S. 34	4) Casey, A. 25

continued on page 11

Curtis Taylor of Team Metro YMCA & Friends had the winning time of 24.70 in the 50 Free. Curtis also had a great meet at Tigard.

*Results continued from page 10***Women 19-44 400 SC Meter Free Relay**

1 PMS	4:30.43
1) Lowers, J. 23	2) Jenkins, V. 38
3) Tyrrell, L. 34	4) Hafner, C. 30
2 PMS	4:52.54
1) Fisher, S. 28	2) Milano, A. 34
3) Glaeser, S. 37	4) Simpson, S. 30
3 MOTU	5:27.06
1) Ward, J. 59	2) Himstreet, P. 58
3) Himstreet, J. 31	4) Robbins, T. 27
4 THB	5:28.33
1) Peterson, J. 26	2) Riddle, K. 53
3) Collins, S. 49	4) Lewis, K. 31
5 PMS	5:48.27
1) Healey, S. 34	2) Woon, L. 31
3) Crisp, J. 35	4) Casey, A. 25

Women 19-44 200 SC Meter Medley Relay

1 PMS	2:14.83
1) Fisher, S. 28	2) Healey, S. 34
3) Tyrrell, L. 34	4) Milano, A. 34
2 MYAF	2:21.86
1) Butcher, J. 29	2) Follett, S. 35
3) Smith, R. 31	4) Hosty, M. 42
3 PMS	2:24.86
1) Woon, L. 31	2) Glaeser, S. 37
3) Casey, A. 25	4) Crisp, J. 35
4 MACF	2:25.94
1) Haslach, K. 40	2) Ferguson, E. 39
3) Foley, S. 41	4) Andrus-Hughes, K. 44
5 MOTU	2:28.79
1) Smith, A. 28	2) Himstreet, J. 31
3) Collson, A. 34	4) Ward, J. 59
6 PMS	2:50.22
1) Jenkins, V. 38	2) Hafner, C. 30
3) Simpson, S. 30	4) Lowers, J. 23

Women 45+ 200 SC Meter Free Relay

1 THB	2:38.45
1) Riddle, K. 53	2) Perrin, S. 49

Women 45+ 400 SC Meter Free Relay

1 THB	5:19.68
1) Staley, D. 51	2) Rousseau, S. 54
3) Frid, B. 59	4) Teisher, J. 50

Women 45+ 200 SC Meter Medley Relay

1 THB	2:42.39
1) Frid, B. 59	2) Staley, D. 51
3) Rousseau, S. 54	4) Teisher, J. 50
2 THB	3:10.89
1) Lee, P. 51	2) Riddle, K. 53
3) Collins, S. 49	4) Perrin, S. 49

Men 19-44 200 SC Meter Free Relay

1 MACF	1:42.61
1) Zolna, B. 32	2) Burleson, D. 44
3) Haslach, T. 40	4) Keppeler, J. 34
2 PMS	1:47.73
1) Craig, M. 33	2) Stevens, J. 25
3) Rand, R. 31	4) Rice, D. 34
3 MYAF	1:48.18
1) Hudson, J. 35	2) Metzger, P. 46
3) Gaarder, C. 36	4) Allender, P. 43
4 THB	1:50.30
1) Shultz, M. 30	2) Riga, S. 32
3) Scheller, C. 26	4) Hackley, J. 33
5 MOTU	1:51.29
1) Kendall, M. 26	2) Shaevitz, A. 31
3) Haar, A. 29	4) Hanson, B. 22
6 PMS	1:52.88
1) Mirho, C. 37	2) Wren, M. 43
3) Cobb, D. 42	4) Anspach, J. 40
7 MACF	1:59.54
1) Dowd, M. 43	2) Munro, S. 44
3) Reed, D. 41	4) Otto, D. 42
8 THB	2:10.23
1) Griffin, S. 33	2) Palmer, J. 33
3) Doyle, M. 31	4) Yensen, K. 48

Men 19-44 400 SC Meter Free Relay

1 MACF	3:56.85
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1) Otto, D. 42	2) Zolna, B. 32
3) Haslach, T. 40	4) Burleson, D. 44
2 PMS	4:03.37
1) Rand, R. 31	2) Stevens, J. 25
3) Rice, D. 34	4) Craig, M. 33
3 THB	4:10.05
1) Shultz, M. 30	2) Riga, S. 32
3) Scheller, C. 26	4) Hackley, J. 33
4 PMS	4:18.27
1) Mirho, C. 37	2) Wren, M. 43
3) Cobb, D. 42	4) Anspach, J. 40
5 THB	5:06.27
1) Griffin, S. 33	2) Palmer, J. 33
3) Doyle, M. 31	4) Yensen, K. 48

Men 19-44 200 SC Meter Medley Relay

1 MACF	1:56.70
1) Burleson, D. 44	2) Otto, D. 42
3) Zolna, B. 32	4) Keppeler, J. 34
2 MYAF	1:57.82
(Names not available)	
3 MOTU	2:04.50
1) Haar, A. 29	2) Shaevitz, A. 31
3) Tennant, M. 48	4) Hanson, B. 22
4 THB	2:05.33
1) Shultz, M. 30	2) Riga, S. 32
3) Hackley, J. 33	4) Scheller, C. 26
5 PMS	2:08.23
1) Craig, M. 33	2) Rand, R. 31
3) Stevens, J. 25	4) Rice, D. 34
6 PMS	2:10.90
1) Anspach, J. 40	2) Cobb, D. 42
3) Wren, M. 43	4) Mirho, C. 37
7 THB	2:37.56
1) Doyle, M. 31	2) Minter, R. 49
3) Palmer, J. 33	4) Griffin, S. 33

Men 45+ 200 SC Meter Free Relay

1 MOTU	1:54.62
1) Thayer, G. 65	2) Philbrick, L. 49
3) Tennant, M. 48	4) Landis, T. 59
2 THB	1:59.03
1) Kalil, A. 48	2) Wallis, G. 48
3) Teisher, J. 52	4) Ramsey, E. 45
3 MYAF	2:03.66
1) Stout, J. 55	2) Silvey, M. 56
3) Rice, R. 58	4) Olson, T. 55
4 PMS	2:13.88
1) Petersen, B. 63	2) Dasch, V. 52
3) Lyman, G. 47	4) Millius, P. 62
5 MACF	2:14.36
1) Bigler, J. 66	2) Bowen, M. 48
3) Christoff, E. 61	4) Macaulay, T. 52
6 THB	2:19.15
1) Toole, C. 50	2) Van Tran, D. 46
3) Minter, R. 49	4) Cecil, P. 47

Men 45+ 400 SC Meter Free Relay

1 THB	4:37.18
1) Ramsey, E. 45	2) Lambert, R. 55
3) Wallis, G. 48	4) Teisher, J. 52
2 MOTU	4:58.14
1) Chase, G. 61	2) Landis, T. 59
3) Juhala, R. 58	4) Thayer, G. 65



John Keppeler, of the Olympic Club and National Record Holder in the SCM 100 Free, and swimming for MAC & Friends won both the 100 Free and 100 Back.

continued on page 12



Craig Matthew of Team PMS had outstanding swims in the 200 and 400 Meters Freestyle.

Results continued from page 11

3 MACF

5:01.55

1) Smith, R. 58

2) Stark, A. 52

3) Friedman, K. 45

4) Bowen, M. 48

4 THB

5:21.87

1) Toole, C. 50

2) Minter, R. 49

3) Cecil, P. 47

4) Collins, J. 50

Men 45+ 200 SC Meter Medley Relay

1 MYAF

2:18.63

1) Metzger, P. 46

2) Olson, T. 55

3) Silvey, M. 56

4) Rice, R. 58

2 THB

2:21.49

1) Kalil, A. 48

2) Wallis, G. 48

3) Yensen, K. 48

4) Teisher, J. 52

3 MACF

2:26.09

1) Smith, R. 58

2) Stark, A. 52

3) Zak, M. 45

4) Friedman, K. 45

4 MOTU

2:30.36

(Names not available)

5 THB

2:33.11

1) Cecil, P. 47

2) Lambert, R. 55

3) Ramsey, E. 45

4) Collins, J. 50

6 MACF

2:37.21

1) Macaulay, T. 52

2) Bigler, J. 66

3) Christoff, E. 61

4) Bowen, M. 48

7 PMS

2:38.97

1) Welsh, A. 69

2) Dasch, V. 52

3) Petersen, B. 63

4) Lyman, G. 47

Special thanks to all of the MAC swimmers, volunteers, and Officials for this fun and exciting "New Format" meet.

Off for Argentina

Brian Butcher, Head National USA Paralympian Coach, and his wife Jennifer, a member of USA Paralympian Swim Team, left after the MAC Meet for an International Meet in Argentina. Jennifer was a member of the 2000 Sydney Paralympian Team. The events in Sydney were very limited but this meet will give her a chance to compete in the Backstroke, Freestyle and Ind. Medley. Jennifer tuned up for this International Meet with a good backstroke and IM at the MAC Meet. She also swam the backstroke leg on the 2nd place MYAF medley relay.

Brian, in addition to his Coaching with the National Paralympian Team, is the Coach of the Metro Y. At the "Y" he works with both young swimmers and is developing a good Masters program. OMS wishes Jennifer and Brian Good luck and fast water in Argentina.





Relay action was fast and furious at the MAC



Annual Pentathlon scheduled for March 9th or 10th

The annual Pentathlon, sponsored by the Tualatin Hills Barracudas will be held this year on either March 9th or 10th. The entry blank will be in the February Aqua Master. The unfortunate problem associated with the size of the T Hills pool (see article below) has made it impossible to put the entry blank in this issue.

There are two possibilities at this time:

1. The meet will be held at the T Hills pool and the bulkhead will be adjusted to an accurate and legal 25 yards. It is impossible to swim the meet in widths since the tiling also shortened this distance to slightly less than 25 yards. There is a good chance that the bulkhead will be moved to accommodate the Metro League high school swim championships. If this is the case then the meet could be held at the T Hills Pool.
2. The meet will be held in the new 25 yards NIKE Pool in the Lance Armstrong Fitness Building on the NIKE Campus. This is a beautiful new 25 yard pool. No meets have been held there. Starting blocks and a timing system are available but untested. Tualatin Hills Barracudas are talking with NIKE about the possibilities of the meet being held in the Lance Armstrong pool.

The meet will be held. You can count on that. Put both dates (March 9th and March 10th) on your Calendar. The Barracudas will post the correct date and facility on the OMS web page as soon as possible. The Aqua Master has been guaranteed the entry blank, with the correct date and location, for the next issue. The Pentathlon will be a great tune up meet with a lot of speed work prior to the Association Meet in April. You don't want to miss this one.

Thanks for your understanding.

Northwest SCM Zone Meet Times

As many of you already know and as was announced at the NW Zone meeting at convention, the Tualatin Hills Aquatic Center SCM course was measured during the second day of the meet after the pool had just had a facelift with new tiling. Unfortunately the steel tape measure found the pool to be a bit short of 25 meters. After having electronic measuring devices and lasers measure the course, there is no doubt that the SCM course was about .84 of an inch short of 25 meters. Our meet fell victim to the tiling of the pool surfaces.

A world record, several national records, and many Zone, LMSC, and Top Ten times were achieved at this meet. World records require pool measurements; national and top ten times do not require pool measurements. However, when one knows the pool is short, it puts us in a dilemma.

After several consultations with the USMS Top Ten Chair and FINA representative, the Oregon LMSC has voted to submit all times from this meet to the USMS Top Ten Chair along with an explanatory letter of the situation and the pool measurements and let the decision be made at the USMS level.

The Tualatin Hills Barracudas, host for the meet, apologizes for this unexpected problem and will await the decision from USMS.

If you have questions please feel free to contact me at swim@gorge.net or 503-642-3679.

Sandi Rousseau

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)		

Tigard - Tualtin SCY Swim Meet • November 18

Women 19-24

200 Yard Freestyle		
1 Schaub, Allison	22 OREG	2:58.87
50 Yard Breaststroke		
1 Schaub, Allison	22 OREG	44.21

Women 25-29

50 Yard Freestyle		
1 Butcher, Jennifer	29 OREG	28.03
100 Yard Freestyle		
1 Butcher, Jennifer	29 OREG	1:00.94
500 Yard Freestyle		
1 Gorsline, Lisa	26 OREG	6:45.76
100 Yard Backstroke		
1 Butcher, Jennifer	29 OREG	1:05.31
50 Yard Breaststroke		
1 Haber-Lehigh, Dorota	27 UNAT	40.66
100 Yard Breaststroke		
1 Butcher, Jennifer	29 OREG	1:19.99
2 Gorsline, Lisa	26 OREG	1:27.27
3 Haber-Lehigh, Dorota	27 UNAT	1:29.02
50 Yard Butterfly		
1 Haber-Lehigh, Dorota	27 UNAT	36.21
100 Yard IM		
1 Gorsline, Lisa	26 OREG	1:18.14
2 Haber-Lehigh, Dorota	27 UNAT	1:23.37

Women 30-34

50 Yard Freestyle		
1 Thompson, Jennifer	34 OREG	28.73
2 Collson, Anne-Marie	34 OREG	28.94
100 Yard Freestyle		
1 Thompson, Jennifer	34 OREG	1:01.77
2 Collson, Anne-Marie	34 OREG	1:02.96
500 Yard Freestyle		
1 Himstreet, Julie	31 OREG	5:46.40
50 Yard Breaststroke		
1 Favre-Bonvin, V.	32 OREG	43.11
100 Yard Breaststroke		
1 Favre-Bonvin, V.	32 OREG	1:32.10
50 Yard Butterfly		
1 Thompson, Jennifer	34 OREG	31.59
2 Collson, Anne-Marie	34 OREG	33.48
100 Yard Butterfly		
1 Thompson, Jennifer	34 OREG	1:12.06
200 Yard Butterfly		
1 Himstreet, Julie	31 OREG	2:28.05
100 Yard IM		
1 Collson, Anne-Marie	34 OREG	1:16.16
200 Yard IM		
1 Himstreet, Julie	31 OREG	2:31.94
2 Thompson, Jennifer	34 OREG	2:38.44
400 Yard IM		
1 Himstreet, Julie	31 OREG	5:04.37

Women 35-39

50 Yard Freestyle		
1 Jenkins, Valerie	38 OREG	28.74
2 Thornton, Susan	36 OREG	36.22
100 Yard Freestyle		
1 Thornton, Susan	36 OREG	1:18.08
50 Yard Backstroke		
1 Jenkins, Valerie	38 OREG	30.54
100 Yard Backstroke		
1 Jenkins, Valerie	38 OREG	1:13.63
50 Yard Breaststroke		
1 Thornton, Susan	36 OREG	43.89
100 Yard Breaststroke		
1 Thornton, Susan	36 OREG	1:31.55
50 Yard Butterfly		

1 Jenkins, Valerie	38 OREG	29.44
100 Yard IM		
1 Jenkins, Valerie	38 OREG	1:08.20

Women 40-44

500 Yard Freestyle		
1 Holmstrom, Colleen	42 OREG	7:09.53
100 Yard Backstroke		
1 Holmstrom, Colleen	42 OREG	1:19.14
2 Fox, Christina	40 OREG	1:22.46
200 Yard Backstroke		
1 Fox, Christina	40 OREG	2:57.64
100 Yard Breaststroke		
1 Gerstmar, Rose	41 OREG	1:20.41
200 Yard Breaststroke		
1 Fox, Christina	40 OREG	3:20.02
100 Yard IM		
1 Gerstmar, Rose	41 OREG	1:13.91

Women 45-49

50 Yard Freestyle		
1 Perrin, Shela	49 OREG	38.68
200 Yard Freestyle		
1 Toole, Margaret	49 OREG	2:54.83
500 Yard Freestyle		
1 Toole, Margaret	49 OREG	7:35.36
2 Perrin, Shela	49 OREG	8:20.75

Women 50-54

50 Yard Freestyle		
1 Sutherland, Jani	52 OREG	33.86
2 Lantz, Georgette	50 OREG	36.46
100 Yard Freestyle		
1 Sutherland, Jani	52 OREG	1:17.36
200 Yard Freestyle		
1 Lantz, Georgette	50 OREG	3:04.86
500 Yard Freestyle		
1 Staley, Darlene	51 OREG	6:56.94
2 Sutherland, Jani	52 OREG	7:27.76
3 Riddle, Kristi	52 OREG	9:02.30
100 Yard Backstroke		
1 Lantz, Georgette	50 OREG	1:49.86
50 Yard Breaststroke		
1 Lantz, Georgette	50 OREG	44.89
2 Riddle, Kristi	52 OREG	47.59
100 Yard Breaststroke		
1 Staley, Darlene	51 OREG	1:33.94
2 Riddle, Kristi	52 OREG	1:42.50
50 Yard Butterfly		
1 Sutherland, Jani	52 OREG	38.76
2 Riddle, Kristi	52 OREG	41.20
100 Yard IM		
1 Staley, Darlene	51 OREG	1:24.09
2 Sutherland, Jani	52 OREG	1:28.25
3 Riddle, Kristi	52 OREG	1:33.43

400 Yard IM		
1 Staley, Darlene	51 OREG	6:19.78

Women 55-59

50 Yard Freestyle		
1 Mahedy, Sally	55 OREG	44.19
100 Yard Freestyle		
1 Mahedy, Sally	55 OREG	1:42.72
50 Yard Backstroke		
1 Mahedy, Sally	55 OREG	56.61
50 Yard Breaststroke		
1 Mahedy, Sally	55 OREG	52.04
100 Yard Breaststroke		
1 Mahedy, Sally	55 OREG	1:52.55

Women 75-79

200 Yard Backstroke		
1 Wells, Margaret	75 OREG	4:43.22
100 Yard Butterfly		
1 Wells, Margaret	75 OREG	2:25.32
100 Yard IM		
1 Wells, Margaret	75 OREG	2:11.64
400 Yard IM		
1 Wells, Margaret	75 OREG	10:08.38

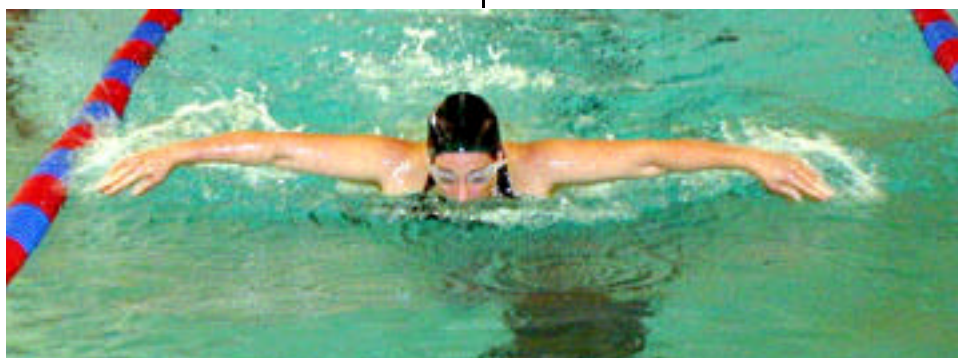
Men 19-24

50 Yard Freestyle		
1 Rich, Tom	20 OREG	22.58
2 Mcmanus, Corey	20 OREG	28.21
100 Yard Freestyle		
1 Rich, Tom	20 OREG	49.94
2 Mcmanus, Corey	20 OREG	50.55
200 Yard Freestyle		
1 Mcmanus, Corey	20 OREG	1:56.38
100 Yard Backstroke		
1 Mcmanus, Corey	20 OREG	57.44
2 Rich, Tom	20 OREG	57.50
200 Yard Backstroke		
1 Mcmanus, Corey	20 OREG	2:06.61
50 Yard Butterfly		
1 Rich, Tom	20 OREG	25.28
200 Yard IM		
1 Rich, Tom	20 OREG	2:07.55

Men 25-29

50 Yard Freestyle		
1 Sivertson, Kevin	26 OREG	24.80
100 Yard Freestyle		
1 Scheller, C.	26 OREG	59.51
200 Yard Freestyle		
1 Scheller, C.	26 OREG	2:11.38
500 Yard Freestyle		
1 Scheller, C.	26 OREG	5:58.34
100 Yard Backstroke		
1 Scheller, C.	26 OREG	1:14.60

continued on page 17



Darlene Staley swam to three first place times

Results continued from page 16

50 Yard Butterfly
1 Sivertson, Kevin 26 OREG 27.58
400 Yard IM
1 Scheller, C. 26 OREG 5:35.84

Men 30-34

50 Yard Freestyle
1 Taylor, Curtis 30 OREG 22.26
2 Schultz, Michael 30 UNAT 24.31
3 Rand, Roger 31 OREG 25.39
4 Brown, Devin 32 OREG 25.74
5 Riga, Sean 32 OREG 26.93
6 Golden, Philip 33 OREG 27.30

100 Yard Freestyle
1 Taylor, Curtis 30 OREG 48.94
2 Schultz, Michael 30 UNAT 53.16
3 Brown, Devin 32 OREG 57.24
4 Riga, Sean 32 OREG 58.48

200 Yard Freestyle
1 Brown, Devin 32 OREG 2:12.81
2 Palmer, Jeffrey 33 OREG 2:21.66

500 Yard Freestyle
1 Brown, Devin 32 OREG 6:12.17

50 Yard Breaststroke
1 Rand, Roger 31 OREG 31.94
2 Riga, Sean 32 OREG 33.62

100 Yard Breaststroke
1 Rand, Roger 31 OREG 1:09.38
2 Schultz, Michael 30 UNAT 1:10.79
3 Riga, Sean 32 OREG 1:13.18
4 Golden, Philip 33 OREG 1:15.63

200 Yard Breaststroke
1 Rand, Roger 31 OREG 2:31.96

50 Yard Butterfly
1 Taylor, Curtis 30 OREG 24.95
100 Yard Butterfly
1 Palmer, Jeffrey 33 OREG 1:10.00

100 Yard IM
1 Schultz, Michael 30 UNAT 1:02.50
2 Golden, Philip 33 OREG 1:07.49

200 Yard IM
1 Schultz, Michael 30 UNAT 2:19.11

Men 35-39

50 Yard Freestyle
1 Parmentier, Steve 36 OREG 24.69
2 Gaarder, Chris 36 OREG 24.91

100 Yard Freestyle
1 Gaarder, Chris 36 OREG 55.44
200 Yard Freestyle
1 Gaarder, Chris 36 OREG 2:03.53

50 Yard Backstroke
1 Parmentier, Steve 36 OREG 28.26

50 Yard Breaststroke
1 Gaarder, Chris 36 OREG 31.48
2 Parmentier, Steve 36 OREG 32.42

50 Yard Butterfly
1 Parmentier, Steve 36 OREG 26.28

Men 40-44

50 Yard Freestyle
1 Haslach, Timothy 40 MACO 23.84
2 Dowd, Mike 42 MACO 27.54

100 Yard Freestyle
1 Haslach, Timothy 40 MACO 53.79
2 Dowd, Mike 42 MACO 1:02.26

100 Yard Backstroke
1 Burleson, David 44 MACO 1:04.39

200 Yard Backstroke
1 Burleson, David 44 MACO 2:10.03

1 Dowd, Mike 42 MACO 34.83
100 Yard Breaststroke
1 Dowd, Mike 42 MACO 1:15.83

200 Yard Breaststroke
1 Dowd, Mike 42 MACO 2:52.08

50 Yard Butterfly
1 Burleson, David 44 MACO 26.67
2 Haslach, Timothy 40 MACO 28.03

100 Yard IM
1 Haslach, Timothy 40 MACO 1:04.98

Men 45-49

50 Yard Freestyle
1 Gilliland, Michael 47 OREG 26.87

100 Yard Freestyle
1 Gilliland, Michael 47 OREG 1:04.02

200 Yard Freestyle
1 Metzger, Peter 46 OREG 2:04.95

50 Yard Backstroke
1 Metzger, Peter 46 OREG 27.95

200 Yard Backstroke
1 Metzger, Peter 46 OREG 2:13.06

50 Yard Breaststroke
1 Darnell, Stephen 47 OREG 40.53

100 Yard Breaststroke
1 Darnell, Stephen 47 OREG 1:29.82

50 Yard Butterfly
1 Darnell, Stephen 47 OREG 35.43
2 Minter, Richard 49 OREG 41.21

100 Yard IM
1 Darnell, Stephen 47 OREG 1:18.09
2 Minter, Richard 49 OREG 1:25.92

Men 50-54

50 Yard Freestyle
1 Dasch, Vern 52 OREG 25.84

100 Yard Freestyle
1 Dasch, Vern 52 OREG 57.20

200 Yard Freestyle
1 Maestre, Robert 51 MACO 2:05.48
2 Dasch, Vern 52 OREG 2:12.16

500 Yard Freestyle
1 Toole, Christopher 50 OREG 7:10.55

100 Yard Backstroke
1 Maestre, Robert 51 MACO 1:09.91

200 Yard Backstroke
1 Maestre, Robert 51 MACO 2:34.68

50 Yard Breaststroke
1 Dasch, Vern 52 OREG 34.94

100 Yard Breaststroke
1 Toole, Christopher 50 OREG 1:26.09

Men 60-64

50 Yard Freestyle

1 Petersen, Bert 62 OREG 27.38
100 Yard Freestyle
1 Petersen, Bert 62 OREG 1:03.79

Men 65-69

50 Yard Freestyle
1 Thayer, George 65 OREG 28.99
2 Bigler, Jim 66 MACO 32.65

100 Yard Freestyle
1 Thayer, George 65 OREG 1:11.56
2 Bigler, Jim 66 MACO 1:13.89

200 Yard Freestyle
1 Bigler, Jim 66 MACO 2:45.35

500 Yard Freestyle
1 Bigler, Jim 66 MACO 7:24.68

50 Yard Backstroke
1 Thayer, George 65 OREG 38.51

50 Yard Breaststroke
1 Thayer, George 65 OREG 39.33

Men 80-84

50 Yard Freestyle
1 Mallon, Joseph 80 OREG 57.54

100 Yard Freestyle
1 Mallon, Joseph 80 OREG 2:07.06

200 Yard Freestyle
1 Mallon, Joseph 80 OREG 4:35.99

500 Yard Freestyle
1 Mallon, Joseph 80 OREG 11:35.43

Men 85-89

50 Yard Freestyle
1 De Lay, Allan 86 OREG 40.33

50 Yard Backstroke
1 De Lay, Allan 86 OREG 1:02.43

50 Yard Breaststroke
1 De Lay, Allan 86 OREG 1:04.94

Relays**Women 19+ 200 Yard Free Relay**

1 OREG 2:17.83
1) Gorsline, L. 26 2) Schaub, A. 22
3) Thornton, S. 36 4) Favre-Bonvin, V. 32

Men 25+ 200 Yard Free Relay

1 OREG 1:46.53
1) Metzger, P. 46 2) Gaarder, C. 36
3) Parmentier, S. 36 4) Sivertson, K. 26

Mixed 25+ 200 Yard Medley Relay

1 OREG 1:59.02
1) Himstreet, J. 31 2) Rand, R. 31
3) Parmentier, S. 36 4) Jenkins, V. 38

Mixed 45+ 200 Yard Free Relay

1 OREG 2:19.03
1) Minter, R. 49 2) Toole, M. 49
3) Toole, C. 50 4) Staley, D. 51



Margaret "Maggie" Wells had four first place finishes



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 15 —————>*)

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: <small>(Please register with the name you will use for competition.)</small>	First Name:	M.I.:
--	-------------	-------

Address:

City:	State:	Zip:
-------	--------	------

Phone:	Date of Birth:	Age:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F
--------	----------------	------	--

Email Address:

<input type="checkbox"/> 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 <input type="checkbox"/> No <input type="checkbox"/>
---	---

Club: OMS is comprised of two clubs or you may register unattached. Local Team: Choose abbreviation from list below. _____	<input type="checkbox"/> OREG <input type="checkbox"/> MACO <input type="checkbox"/> UNATTACHED (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: _____

O M S L O C A L T E A M A B B R E V I A T I O N S

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
 Mittleman 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
*Jan. 26	SCY	Eugene	Lynda Christiansen ericandlynda@netzero.net
*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 AAdamsswim@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 Hutinger,	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

OMS Board Meetings

Jan. 25	Eugene	7:00 PM	May 5	Bend - Pam's House	9:00 AM
Feb. 27	Nike Campus	7:00 PM	June 5	Burkhart Dental Supply	7:00 PM
April 6	Corvallis - Annual Meeting	Before Banquet	July 7	Mt. Hood C. C.	10:00 AM
			Aug. 28	Nike Campus	7:00 PM

Aqua-Master
January 2002

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

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Inside: Results - Tigard/Tualatin and MAC Meets