

Aqua-Master

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"Swimming - A Life's Passion"

OMS 30 Year Celebration 1972 - 2002

On July 7, 2002 Oregon Masters Swimming will celebrate its successful growth in fitness, competition, and "family" with a gigantic free picnic. A fun-filled day of WATER ACTIVITIES for ALL AGES will be held at Hagg Lake Park beginning with the open water swim at 8:30. A live band will surely ignite this event. This celebration is for all OMS swimmers (past and present). Plan on attending this fun picnic and celebration whether you are swimming the Hagg Lake Open Water Swim or not. Hope to see you there!

OMS 30 YEAR CELEBRATION
1972 - 2002

SUNDAY JULY 7

BUBBLE BLOW

LIVE BAND

PRIZES

HISTORY BOOKS VIEWING

CREATURE RACE

OPEN WATER SWIM

WATER BALLOON TOSS


PICTURES

PING PONG PUDDLE RACE

FOOD

JOIN US FOR FUN FITNESS AND FRIENDSHIP

(Begins with open water swim at 8:30 a.m.)



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Chair's Corner by Jeanne Teisher

Dear Swimmers,

Last Wednesday, the OMS board convened for their monthly meeting. Out of 18 board members, 14 were in attendance either in person or by a teleconference call. The meeting was held at Nike in Beaverton and was not a "special" meeting. It was a regularly scheduled meeting. In other words, it is not unusual to have this number (or more) of board members at a meeting, particularly when it is in the Portland area. It also helps when a phone is available for board members, who do not live in the Portland area, to attend the meeting via phone. The meeting, like most monthly meetings, concluded in less than 2 hours. As I have mentioned in other articles, it is a real joy and honor for me to serve on a board with members who are so dedicated, enthusiastic, and passionate about the organization and the sport of swimming. I'm not saying I don't occasionally get frustrated and irritated with some of the discussions and actions of some of our board members, but that is what makes our board and LMSC one of the top in USMS (a comment recently made to me by a USMS board member). It is also the dedication and commitment of the individual board members that has made me decide to run for another term as Chair. I really respect and trust the other board members.

The OMS board is in need of volunteers to serve in a couple of key board and committee positions. The amount of time that is usually dedicated for board duties on a monthly basis varies by position but on the average it is approximately 3 hours, which includes attendance at the board meeting. Would you please seriously consider volunteering to be part of the board? We need YOU! The board can definitely sympathize on the reality of busy lives with family and career commitments, other volunteer commitments, etc., but, as I mentioned above, it is a great group of people to work with and your contribution would be appreciated more than you know. So, please consider contributing your skills and expertise to OMS.

I hope we will see you at the 30 Year Celebration on Sunday, July 7, at Haag Lake. This is not a celebration just for long distance or open water swimmers. It is for all OMS members and their families and friends. This event has been in the planning stages for a year and is guaranteed to be fun for people of all ages. So, please mark your calendar and plan to join the fun on July 7. You won't be sorry!

Happy swimming.

Jeanne

I n s i d e F o r Y o u

30 Year Celebration	1	Entry Blanks	
The CHAIR'S CORNER	2	State Games	13
Hazel Bressie pictures	3	LCM Zone	14
Bend results	4	Eugene	15
Albany results	6	Hagg Lake	16
SCY Nationals results	8	Elk Lake	18
Long Distance	10	Dorena Lake	20
Get Fit	12	Open water clinic	22
Schedule	Back Cover	Eel Lake	23

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.

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It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact June Mather for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$12.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc.

Hazel Bressie Spirit Award Winners



Maggie Wells



Frank Parisi



Julie Himstreet & Rob Higley

Maggie Wells and Frank Parisi received their Spirit Awards at the Banquet during the Association Meet. Julie Himstreet received her Award at the Bend Swim Meet. Rob Higley, last year's winner did the presentation to Julie. Congratulations to Maggie, Frank and Julie. Thanks for all the spirit you bring to Oregon Masters Swimming.

Joy and Dave in Canada

While many OMS swimmers were enjoying the sun in Hawaii, Joy Ward and Dave Radcliff opted for the colder climes of Canada. They competed in the Canadian National LCM Meet in Saskatoon. Joy set a World Record in the 50 Fly.

Joy Ward

50 Free	:33.91 (Zone)	100 Free	1:18.96
50 Back	:41.59 (Zone)	100 Back	1:32.36 (Zone)
50 Fly	:36.21 (World Record)		

Dave Radcliff

400 Free	5:36.14	800 Free	11:39.19
1500 Free	21:51.84 (Zone)		



Pete Metzger had an awesome start in his 50 Back at SCY Nationals. Full Results on page 8.

Bend Freestyle Pentathlon Plus - May 4, 2002

Freestyle Pentathlon Winners

These swimmers swam the five freestyle events and won their age groups.

Women

30-34 Julie Himstreet
40-44 Brenda Knutson
45-49 Mary Sweat
50-54 Jeanne Teisher
60-64 Barbara Frid

Men

30-34 Robert Gilman
35-39 Rob Higley

40-44 Don Reed

45-59 John Walky

55-59 Richard Juhala

60-64 Tom Landis

65-69 Dave Radcliff

Contest Winners

Skull, feet first on back for 25 meters

Women – Shannon Gilman 34.6 seconds

Men – Bill Volckening

Plunge dive for distance

Women- Julie Himstreet 49 1/2 feet

Men – Bill Volckening 57 feet

Women 25-29				1	Topp, Suzanne	35	OREG	1:27.07	1	Teisher, Jeanne	51	OREG	1:18.13
100 SC Meter Freestyle				Women 40-44					200 SC Meter Freestyle				
1 Gabbard, Erika	27	OREG	1:31.28	50 SC Meter Freestyle		44	OREG	33.09	1 Teisher, Jeanne	51	OREG	2:51.09	
200 SC Meter Freestyle				1 Schob, Laura		40	OREG	34.78	400 SC Meter Freestyle				
1 Gabbard, Erika	27	OREG	3:29.92	2 Sittion, Tia		44	PNA	39.34	1 Teisher, Jeanne	51	OREG	6:10.29	
50 SC Meter Breaststroke				3 Knutson, Brenda					800 SC Meter Freestyle				
1 Gabbard, Erika	27	OREG	50.97	100 SC Meter Freestyle		44	OREG	1:13.18	1 Teisher, Jeanne	51	OREG	12:39.14	
100 SC Meter Breaststroke				1 Schob, Laura		44	PNA	1:24.35	50 SC Meter Backstroke				
1 Gabbard, Erika	27	OREG	1:50.50	2 Knutson, Brenda		42	OREG	1:28.77	1 Sutherland, Jani	53	OREG	48.94	
100 SC Meter IM				3 Fox, Christina					50 SC Meter Breaststroke				
1 Gabbard, Erika	27	OREG	1:49.59	200 SC Meter Freestyle		44	PNA	2:59.15	1 Sutherland, Jani	53	OREG	49.13	
Women 30-34				1 Knutson, Brenda		42	OREG	3:12.56	50 SC Meter Butterfly				
50 SC Meter Freestyle				2 Fox, Christina		44	OREG	3:18.84	1 Sutherland, Jani	53	OREG	45.52	
1 Quan, Sara	30	OREG	30.72	3 Schob, Laura					100 SC Meter IM				
2 Himstreet, Julianne	32	OREG	32.26	400 SC Meter Freestyle		44	PNA	6:16.12	1 Sutherland, Jani	53	OREG	1:42.45	
3 Topp, Deborah	33	OREG	33.31	1 Knutson, Brenda					Women 55-59				
4 Heim, Theresa	30	OREG	35.75	800 SC Meter Freestyle		44	PNA	12:46.63	50 SC Meter Freestyle				
5 Gilman, Shannon	30	OREG	38.56	1 Knutson, Brenda		42	OREG	43.64	1 Rousseau, Sandi	55	OREG	36.76	
100 SC Meter Freestyle				50 SC Meter Backstroke					2 Whiter, Peggy	59	OREG	46.16	
1 Himstreet, Julianne	32	OREG	1:08.15	1 Fox, Christina		42	OREG	1:32.07	200 SC Meter Freestyle				
2 Topp, Deborah	33	OREG	1:12.47	100 SC Meter Backstroke		42	OREG	1:44.26	1 Himstreet, Pam	59	OREG	3:27.14	
3 Gilman, Shannon	30	OREG	1:21.14	1 Fox, Christina		42	OREG	1:44.26	2 Whiter, Peggy	59	OREG	3:53.14	
200 SC Meter Freestyle				100 SC Meter Breaststroke					400 SC Meter Freestyle				
1 Himstreet, Julianne	32	OREG	2:27.69	1 Fox, Christina		44	OREG	41.30	1 Whiter, Peggy	59	OREG	8:06.13	
2 Gilman, Shannon	30	OREG	3:02.46	50 SC Meter Butterfly		44	OREG	1:29.45	800 SC Meter Freestyle				
400 SC Meter Freestyle				1 Schob, Laura					1 Himstreet, Pam	59	OREG	14:37.29	
1 Himstreet, Julianne	32	OREG	5:11.11	100 SC Meter IM		44	OREG		2 Whiter, Peggy	59	OREG	16:17.45	
2 Gilman, Shannon	30	OREG	6:17.22	1 Schob, Laura					50 SC Meter Breaststroke				
800 SC Meter Freestyle				Women 45-49					1 Himstreet, Pam	59	OREG	50.85	
1 Himstreet, Julianne	32	OREG	10:40.84	50 SC Meter Freestyle		45	OREG	35.35	2 Rousseau, Sandi	55	OREG	51.04	
2 Gilman, Shannon	30	OREG	13:03.87	1 Sweat, Mary					100 SC Meter Breaststroke				
50 SC Meter Backstroke				100 SC Meter Freestyle		45	OREG	1:14.25	1 Himstreet, Pam	59	OREG	1:49.70	
1 Quan, Sara	30	OREG	35.88	1 Sweat, Mary		48	OREG	1:35.50	50 SC Meter Butterfly				
2 Heim, Theresa	30	OREG	39.20	2 Clancey, Karin					1 Rousseau, Sandi	55	OREG	38.25	
100 SC Meter Backstroke				200 SC Meter Freestyle		45	OREG	2:38.97	100 SC Meter Butterfly				
1 Heim, Theresa	30	OREG	1:27.70	1 Sweat, Mary		47	OREG	3:38.17	1 Rousseau, Sandi	55	OREG	1:33.11	
50 SC Meter Breaststroke				2 Peterson, Connie					100 SC Meter IM				
1 Quan, Sara	30	OREG	38.37	400 SC Meter Freestyle		45	OREG	5:47.27	1 Rousseau, Sandi	55	OREG	1:35.65	
50 SC Meter Butterfly				1 Sweat, Mary		47	OREG	7:12.41	2 Himstreet, Pam	59	OREG	1:47.23	
1 Quan, Sara	30	OREG	33.18	2 Peterson, Connie					Women 60-64				
2 Topp, Deborah	33	OREG	36.78	800 SC Meter Freestyle		45	OREG	10:46.44	50 SC Meter Freestyle				
3 Heim, Theresa	30	OREG	40.22	1 Sweat, Mary		47	OREG	14:32.07	1 Frid, Barbara	60	OREG	35.75	
100 SC Meter Butterfly				2 Peterson, Connie					100 SC Meter Freestyle				
1 Topp, Deborah	33	OREG	1:21.45	50 SC Meter Backstroke		48	OREG	48.88	1 Frid, Barbara	60	OREG	1:20.24	
100 SC Meter IM				1 Roberts, Calli					200 SC Meter Freestyle				
1 Quan, Sara	30	OREG	1:14.16	50 SC Meter Breaststroke		48	OREG	55.13	1 Frid, Barbara	60	OREG	2:58.01	
2 Heim, Theresa	30	OREG	1:26.00	1 Roberts, Calli					400 SC Meter Freestyle				
3 Topp, Deborah	33	OREG	1:26.98	50 SC Meter Butterfly		48	OREG	47.72	1 Frid, Barbara	60	OREG	6:27.23	
Women 35-39				1 Roberts, Calli		47	OREG	58.17	800 SC Meter Freestyle				
50 SC Meter Freestyle				2 Peterson, Connie					1 Frid, Barbara	60	OREG	13:21.50	
1 Topp, Suzanne	35	OREG	31.63	100 SC Meter IM		48	OREG	1:47.60	Women 65-69				
100 SC Meter Freestyle				1 Roberts, Calli		47	OREG	2:02.90	50 SC Meter Freestyle				
1 Topp, Suzanne	35	OREG	1:11.21	2 Peterson, Connie					1 Schroder, Kaleo	66	OREG	51.23	
50 SC Meter Butterfly				Women 50-54					50 SC Meter Backstroke				
1 Topp, Suzanne	35	OREG	39.31	50 SC Meter Freestyle		51	OREG	34.57	1 Schroder, Kaleo	66	OREG	1:01.51	
2 Anderson, Ellen	39	OREG	49.57	1 Teisher, Jeanne					100 SC Meter Backstroke				
100 SC Meter IM				100 SC Meter Freestyle					1 Schroder, Kaleo	66	OREG	2:22.68	

50 SC Meter Breaststroke			
1 Schroder, Kaleo	66	OREG	1:09.69
100 SC Meter Breaststroke			
1 Schroder, Kaleo	66	OREG	2:32.61
Men 30-34			
50 SC Meter Freestyle			
1 Gilman, Robert	33	OREG	32.02
100 SC Meter Freestyle			
1 Gilman, Robert	33	OREG	1:09.03
200 SC Meter Freestyle			
1 Gilman, Robert	33	OREG	2:41.73
400 SC Meter Freestyle			
1 Gilman, Robert	33	OREG	5:37.90
800 SC Meter Freestyle			
1 Gilman, Robert	33	OREG	11:29.47
100 SC Meter Butterfly			
1 Kavan, Patrick	31	OREG	1:17.13
100 SC Meter IM			
1 Kavan, Patrick	31	OREG	1:13.91
Men 35-39			
50 SC Meter Freestyle			
1 Christensen, Douglas	39	OREG	29.30
2 Higley, Robert	37	OREG	32.67
100 SC Meter Freestyle			
1 Higley, Robert	37	OREG	1:08.32
200 SC Meter Freestyle			
1 Christensen, Douglas	39	OREG	2:26.13
2 Higley, Robert	37	OREG	2:32.73
400 SC Meter Freestyle			
1 Higley, Robert	37	OREG	5:13.90
800 SC Meter Freestyle			
1 Volckening, Bill	36	NEM	10:23.70
2 Higley, Robert	37	OREG	10:34.76
50 SC Meter Butterfly			
1 Christensen, Douglas	39	OREG	28.40
100 SC Meter Butterfly			
1 Christensen, Douglas	39	OREG	1:04.04
100 SC Meter IM			
1 Christensen, Douglas	39	OREG	1:07.61
Men 40-44			
50 SC Meter Freestyle			
1 Reed, Don	42	MACO	30.77
2 Hanson, Steven	40	OREG	32.19
3 Thompson, Ron	43	OREG	34.11
100 SC Meter Freestyle			
1 Reed, Don	42	MACO	1:05.65
2 Hanson, Steven	40	OREG	1:09.53
3 Thompson, Ron	43	OREG	1:17.07
200 SC Meter Freestyle			
1 Reed, Don	42	MACO	2:27.36
2 Hanson, Steven	40	OREG	2:35.33
3 Thompson, Ron	43	OREG	2:54.87
400 SC Meter Freestyle			
1 Reed, Don	42	MACO	5:04.38
2 Hanson, Steven	40	OREG	5:35.00
3 Thompson, Ron	43	OREG	6:03.09
800 SC Meter Freestyle			
1 Reed, Don	42	MACO	10:25.09
2 Hanson, Steven	40	OREG	11:32.11
3 Thompson, Ron	43	OREG	12:48.72
Men 45-49			
50 SC Meter Freestyle			
1 Tennant, Mike	49	OREG	26.22
2 Metzger, Peter	47	OREG	29.36
3 Walkky, John	49	OREG	31.95
100 SC Meter Freestyle			
1 Tennant, Mike	49	OREG	59.14
2 Hill, Gerry	46	OREG	1:06.74
3 Walkky, John	49	OREG	1:08.36
200 SC Meter Freestyle			
1 Walkky, John	49	OREG	2:27.29
400 SC Meter Freestyle			
1 Walkky, John	49	OREG	5:09.80
800 SC Meter Freestyle			
1 Walkky, John	49	OREG	10:35.62
50 SC Meter Backstroke			
1 Metzger, Peter	47	OREG	32.26
2 Hill, Gerry	46	OREG	35.63
100 SC Meter Backstroke			
1 Hill, Gerry	46	OREG	1:17.92

50 SC Meter Breaststroke			
1 Tennant, Mike	49	OREG	39.81
100 SC Meter Breaststroke			
1 Hill, Gerry	46	OREG	1:29.71
50 SC Meter Butterfly			
1 Metzger, Peter	47	OREG	30.70
100 SC Meter IM			
1 Metzger, Peter	47	OREG	1:12.18
2 Hill, Gerry	46	OREG	1:20.08
Men 50-54			
100 SC Meter Breaststroke			
1 Bruce, Bob	54	OREG	1:31.52
Men 55-59			
50 SC Meter Freestyle			
1 Juhala, Richard	59	OREG	39.93
100 SC Meter Freestyle			
1 Juhala, Richard	59	OREG	1:38.96
200 SC Meter Freestyle			
1 Juhala, Richard	59	OREG	3:31.14
400 SC Meter Freestyle			
1 Juhala, Richard	59	OREG	7:17.01
800 SC Meter Freestyle			
1 Juhala, Richard	59	OREG	15:29.72
50 SC Meter Backstroke			
1 Reichardt, Bill	58	OREG	44.48
50 SC Meter Butterfly			
1 Reichardt, Bill	58	OREG	37.99
100 SC Meter IM			
1 Reichardt, Bill	58	OREG	1:30.83
Men 60-64			
50 SC Meter Freestyle			
1 Landis, Tom	60	OREG	29.01
2 Lake, Brent	64	OREG	36.20
100 SC Meter Freestyle			
1 Landis, Tom	60	OREG	1:03.45
2 Lake, Brent	64	OREG	1:20.92
200 SC Meter Freestyle			
1 Landis, Tom	60	OREG	2:20.13
2 Lake, Brent	64	OREG	2:59.41
400 SC Meter Freestyle			
1 Landis, Tom	60	OREG	4:59.89
2 Lake, Brent	64	OREG	6:06.05
800 SC Meter Freestyle			
1 Landis, Tom	60	OREG	10:28.10
2 Lake, Brent	64	OREG	12:44.17
50 SC Meter Butterfly			
1 Petersen, Bert	64	OREG	31.52
100 SC Meter Butterfly			
1 Petersen, Bert	64	OREG	1:17.87
100 SC Meter IM			
1 Petersen, Bert	64	OREG	1:22.49
Men 65-69			

50 SC Meter Freestyle			
1 Radcliff, David	68	OREG	32.29
100 SC Meter Freestyle			
1 Radcliff, David	68	OREG	1:12.94
2 King, Bill	69	RMM	1:15.11
200 SC Meter Freestyle			
1 Radcliff, David	68	OREG	2:46.82
2 King, Bill	69	RMM	2:57.81
400 SC Meter Freestyle			
1 Radcliff, David	68	OREG	5:55.30
2 King, Bill	69	RMM	6:21.77
800 SC Meter Freestyle			
1 Radcliff, David	68	OREG	12:01.09
50 SC Meter Backstroke			
1 Thayer, George	66	OREG	42.07
100 SC Meter Backstroke			
1 Thayer, George	66	OREG	1:35.23
Men 80-84			
50 SC Meter Backstroke			
1 Shadbeh, Khosrow	81	OREG	1:18.28
50 SC Meter Breaststroke			
1 Shadbeh, Khosrow	81	OREG	1:08.37
100 SC Meter Breaststroke			
1 Shadbeh, Khosrow	81	OREG	2:45.39
100 SC Meter IM			
1 Shadbeh, Khosrow	81	OREG	2:44.47
Relays			
Women 120-159 800 SC Meter Free Relay			
1 OREG			13:03.09
1) Gilman, S. 30			2) Gabbard, E. 27
3) Roberts, C. 48			4) Peterson, C. 47
Women 160-199 800 SC Meter Free Relay			
1 OREG			10:50.58
1) Quan, S. 30			2) Sweat, M. 45
3) Sutherland, J. 53			4) Schob, L. 44
Women 200-239 400 SC Meter Free Relay			
1 OREG			5:34.90
1) Rousseau, S. 55			2) Himstreet, P. 59
3) Frid, B. 60			4) Teisher, J. 51
Men 120-159 800 SC Meter Free Relay			
1 OREG			9:58.89
1) Tennant, M. 49			2) Gilman, R. 33
3) Higley, R. 37			4) Nelson, T. 37
Men 240-279 400 SC Meter Free Relay			
1 OREG			4:52.81
1) Thayer, G. 66			2) Lake, B. 64
3) Bruce, B. 54			4) Landis, T. 60
Mixed 240-279 200 SC Meter Free Relay			
1 OREG			2:32.53
1) Himstreet, P. 59			2) Whiter, P. 59
3) Thayer, G. 66			4) Reichardt, B. 58



Kristin Brooks, COMAswimmer and volunteer - Thanks for a great meet.

Albany Long Course Meters - June 2, 2002

Women 19-24

50 LC Meter Freestyle			
1 Kuehnast, Amber	21	OREG	30.75
2 Tipton, Megan	21	OREG	31.06
100 LC Meter Freestyle			
1 Kuehnast, Amber	21	OREG	1:08.16
2 Tipton, Megan	21	OREG	1:10.12
50 LC Meter Backstroke			
1 Tipton, Megan	21	OREG	37.48
2 Kuehnast, Amber	21	OREG	38.47
50 LC Meter Breaststroke			
1 Kuehnast, Amber	21	OREG	44.34
50 LC Meter Butterfly			
1 Kuehnast, Amber	21	OREG	35.09
2 Tipton, Megan	21	OREG	35.64
200 LC Meter IM			
1 Tipton, Megan	21	OREG	3:00.62

Women 30-34

50 LC Meter Freestyle			
1 King, Wendy	34	OREG	33.72
2 Wong, Linda	30	OREG	39.91
100 LC Meter Freestyle			
1 King, Wendy	34	OREG	1:13.73
2 Wong, Linda	30	OREG	1:30.71
200 LC Meter Freestyle			
1 King, Wendy	34	OREG	2:45.56
400 LC Meter Freestyle			
1 Heusted, Karin	34	PNA	5:35.67
800 LC Meter Freestyle			
1 Wong, Linda	30	OREG	14:10.34
50 LC Meter Backstroke			
1 King, Wendy	34	OREG	38.30
2 Heusted, Karin	34	PNA	38.84
100 LC Meter Backstroke			
1 King, Wendy	34	OREG	1:27.63
200 LC Meter Backstroke			
1 Himstreet, Julianne	32	OREG	2:49.06
2 Heusted, Karin	34	PNA	3:04.85
50 LC Meter Breaststroke			
1 Wong, Linda	30	OREG	54.31
100 LC Meter Breaststroke			
1 Heusted, Karin	34	PNA	1:37.18
50 LC Meter Butterfly			
1 Wong, Linda	30	OREG	52.90
100 LC Meter Butterfly			
1 Heusted, Karin	34	PNA	1:19.80

Women 35-39

50 LC Meter Freestyle			
1 Thompson, Jennifer	35	OREG	31.58
2 Collson, Anne-Marie	35	OREG	31.59
3 Law, Cathy	35	OREG	47.32
100 LC Meter Freestyle			
1 Collson, Anne-Marie	35	OREG	1:09.66
2 Thompson, Jennifer	35	OREG	1:10.88
3 Estrada-Rhodaback, C.	35	OREG	1:37.42
4 Law, Cathy	35	OREG	1:49.28
50 LC Meter Backstroke			
1 Law, Cathy	35	OREG	1:05.32
100 LC Meter Backstroke			
1 Crisp, Julie	36	OREG	1:44.77
50 LC Meter Breaststroke			
1 Estrada-Rhodaback, C.	35	OREG	47.99
2 Law, Cathy	35	OREG	1:01.21
100 LC Meter Breaststroke			
1 Law, Cathy	35	OREG	2:12.69
50 LC Meter Butterfly			
1 Thompson, Jennifer	35	OREG	34.23
2 Collson, Anne-Marie	35	OREG	35.30
100 LC Meter Butterfly			
1 Thompson, Jennifer	35	OREG	1:23.38
200 LC Meter IM			
1 Collson, Anne-Marie	35	OREG	3:07.15
2 Crisp, Julie	36	OREG	3:49.50

Women 40-44

100 LC Meter Freestyle			
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1 Fox, Christina	42	OREG	1:30.66
200 LC Meter Freestyle			
1 Fox, Christina	42	OREG	3:23.02
100 LC Meter Backstroke			
1 Fox, Christina	42	OREG	1:35.71
200 LC Meter Backstroke			
1 Fox, Christina	42	OREG	3:27.88

Women 45-49

100 LC Meter Freestyle			
1 Andrus-Hughes, Karen	45	OREG	1:08.31
50 LC Meter Backstroke			
1 Andrus-Hughes, Karen	45	OREG	36.40
100 LC Meter Backstroke			
1 Andrus-Hughes, Karen	45	OREG	1:17.46
200 LC Meter Backstroke			
1 Andrus-Hughes, Karen	45	OREG	2:50.54
50 LC Meter Butterfly			
1 Andrus-Hughes, Karen	45	OREG	34.87
100 LC Meter Butterfly			
1 Worden, Laura	45	OREG	1:19.20

Women 50-54

100 LC Meter Freestyle			
1 Toole, Margaret	50	OREG	1:28.15
400 LC Meter Freestyle			
1 Collins, Susan	50	OREG	6:40.89
800 LC Meter Freestyle			
1 Collins, Susan	50	OREG	13:28.96
100 LC Meter Backstroke			
1 Collins, Susan	50	OREG	1:36.19
2 Asleson, Elke	50	OREG	1:36.90
200 LC Meter Backstroke			
1 Collins, Susan	50	OREG	3:24.60
50 LC Meter Butterfly			
1 Asleson, Elke	50	OREG	43.59
100 LC Meter Butterfly			
1 Asleson, Elke	50	OREG	1:38.33
200 LC Meter IM			
1 Asleson, Elke	50	OREG	3:29.38

Women 55-59

200 LC Meter Freestyle			
1 Quattro, Jackie	55	OREG	3:02.89
400 LC Meter Freestyle			
1 Quattro, Jackie	55	OREG	6:32.57
800 LC Meter Freestyle			
1 Himstreet, Pam	59	OREG	14:36.09
50 LC Meter Backstroke			
1 Quattro, Jackie	55	OREG	44.99
200 LC Meter Backstroke			
1 Quattro, Jackie	55	OREG	3:48.14
50 LC Meter Breaststroke			
1 Pierson, Ginger	56	MACO	43.34
100 LC Meter Breaststroke			
1 Pierson, Ginger	56	MACO	1:40.05
200 LC Meter Breaststroke			
1 Pierson, Ginger	56	MACO	3:38.01
100 LC Meter Butterfly			
1 Pierson, Ginger	56	MACO	1:36.07
400 LC Meter IM			
1 Himstreet, Pam	59	OREG	8:08.34

Women 65-69

50 LC Meter Freestyle			
1 Ranck, Evelyn	65	OREG	50.82
2 Huntley, Jane	69	OREG	51.31
3 Schroder, Kaleo	66	OREG	51.68
50 LC Meter Backstroke			
1 Ranck, Evelyn	65	OREG	55.59
2 Schroder, Kaleo	66	OREG	58.15
3 Huntley, Jane	69	OREG	1:02.19
100 LC Meter Backstroke			
1 Schroder, Kaleo	66	OREG	2:19.84
50 LC Meter Breaststroke			
1 Schroder, Kaleo	66	OREG	1:09.30
100 LC Meter Breaststroke			
1 Schroder, Kaleo	66	OREG	2:35.03

Women 75-79

50 LC Meter Freestyle			
1 Wells, Margaret	76	OREG	59.65
100 LC Meter Freestyle			
1 Wells, Margaret	76	OREG	2:11.88
50 LC Meter Backstroke			
1 Wells, Margaret	76	OREG	1:04.22
50 LC Meter Breaststroke			
1 Wells, Margaret	76	OREG	1:22.43
50 LC Meter Butterfly			
1 Wells, Margaret	76	OREG	1:09.46

Women 80-84

50 LC Meter Freestyle			
1 Stangel, Pauline	81	OREG	59.03
100 LC Meter Freestyle			
1 Stangel, Pauline	81	OREG	2:12.47
200 LC Meter Freestyle			
1 Stangel, Pauline	81	OREG	4:53.72
400 LC Meter Freestyle			
1 Stangel, Pauline	81	OREG	10:03.88
100 LC Meter Backstroke			
1 Stevenin, Elfie	81	OREG	3:39.50
200 LC Meter Backstroke			
1 Stevenin, Elfie	81	OREG	7:17.89
100 LC Meter Butterfly			
1 Stevenin, Elfie	81	OREG	5:02.15
200 LC Meter IM			
1 Stevenin, Elfie	81	OREG	8:43.10

Men 19-24

50 LC Meter Freestyle			
1 Boal, Nathan	24	OREG	27.49
100 LC Meter Freestyle			
1 Boal, Nathan	24	OREG	1:01.86
100 LC Meter Breaststroke			
1 Boal, Nathan	24	OREG	1:19.24
50 LC Meter Butterfly			
1 Boal, Nathan	24	OREG	28.18
100 LC Meter Butterfly			
1 Boal, Nathan	24	OREG	1:10.60

Men 35-39

50 LC Meter Freestyle			
1 Gaarder, Chris	37	OREG	28.75
2 Butcher, Gano	38	OREG	28.88
3 Edic, Chyle	35	OREG	32.25
100 LC Meter Freestyle			
1 Gaarder, Chris	37	OREG	1:04.10
2 Butcher, Gano	38	OREG	1:05.23
3 Edic, Chyle	35	OREG	1:15.00
200 LC Meter Freestyle			
1 Gaarder, Chris	37	OREG	2:26.07
400 LC Meter Freestyle			
1 Stewart, Douglas	38	OREG	4:36.67
100 LC Meter Backstroke			
1 Edic, Chyle	35	OREG	1:59.52
50 LC Meter Breaststroke			
1 Gaarder, Chris	37	OREG	36.52
2 Edic, Chyle	35	OREG	40.83
100 LC Meter Breaststroke			
1 Stewart, Douglas	38	OREG	1:22.04
2 Butcher, Gano	38	OREG	1:23.72
3 Gaarder, Chris	37	OREG	1:26.02
4 Edic, Chyle	35	OREG	1:34.24
200 LC Meter Breaststroke			
1 Stewart, Douglas	38	OREG	2:54.77

50 LC Meter Butterfly			
1 Butcher, Gano	38	OREG	29.92
100 LC Meter Butterfly			
1 Stewart, Douglas	38	OREG	1:05.54
2 Butcher, Gano	38	OREG	1:16.84
400 LC Meter IM			
1 Stewart, Douglas	38	OREG	5:18.96

Men 40-44

50 LC Meter Freestyle			
1 George, Steve	43	OREG	28.56
100 LC Meter Freestyle			
1 George, Steve	43	OREG	1:05.18

50 LC Meter Backstroke				1 Smith, Richard	53 OREG	1:09.50	50 LC Meter Freestyle				
1 George, Steve	43	OREG	33.46	200 LC Meter Freestyle			1 Thayer, George	66	OREG	33.46	
50 LC Meter Breaststroke				1 Collins, John	51 OREG	3:15.56	50 LC Meter Backstroke				
1 Allender, Pat	44	OREG	34.70	400 LC Meter Freestyle			1 Thayer, George	66	OREG	41.48	
2 George, Steve	43	OREG	40.97	1 Collins, John	51 OREG	6:38.41	2 Radcliff, David	68	OREG	49.31	
100 LC Meter Breaststroke				800 LC Meter Freestyle			200 LC Meter Backstroke				
1 Allender, Pat	44	OREG	1:15.29	1 Johnson, Steve	54 OREG	10:27.87	1 Thayer, George	66	OREG	3:32.81	
200 LC Meter Breaststroke				2 Collins, John	51 OREG	13:41.01	50 LC Meter Breaststroke				
1 Allender, Pat	44	OREG	2:42.98	50 LC Meter Backstroke			1 Radcliff, David	68	OREG	48.41	
50 LC Meter Butterfly				1 Smith, Richard	53 OREG	39.14	Men 80-84				
1 George, Steve	43	OREG	30.58	100 LC Meter Backstroke			50 LC Meter Freestyle				
200 LC Meter IM				1 Smith, Richard	53 OREG	1:29.78	1 Hoeptner, Herb	80	OREG	47.85	
1 Allender, Pat	44	OREG	2:30.11	2 Collins, John	51 OREG	1:44.19	100 LC Meter Freestyle				
Men 45-49				200 LC Meter Backstroke			1 Hoeptner, Herb	80	OREG	1:46.56	
50 LC Meter Freestyle				1 Smith, Richard	53 OREG	3:11.98	200 LC Meter Freestyle				
1 Kalil, Adrian	49	OREG	29.12	2 Collins, John	51 OREG	3:34.09	1 Hoeptner, Herb	80	OREG	4:03.60	
100 LC Meter Freestyle				200 LC Meter Breaststroke			400 LC Meter Freestyle				
1 Kalil, Adrian	49	OREG	1:06.94	1 Toole, Christopher	51 OREG	3:41.22	1 Hoeptner, Herb	80	OREG	8:23.48	
2 Friedman, Keith	46	OREG	1:46.97	Men 55-59			2 Fixott, Rupert	81	OREG	10:13.74	
200 LC Meter Freestyle				50 LC Meter Freestyle			800 LC Meter Freestyle				
1 Munro, Stuart	45	MACO	2:36.46	1 Juhala, Richard	59 OREG	38.75	1 Young, Gilbert	80	OREG	15:17.98	
400 LC Meter Freestyle				100 LC Meter Freestyle			2 Hoeptner, Herb	80	OREG	16:44.53	
1 Munro, Stuart	45	MACO	5:32.26	1 Juhala, Richard	59 OREG	1:39.73	50 LC Meter Backstroke				
2 Friedman, Keith	46	OREG	8:44.40	50 LC Meter Backstroke			1 Fixott, Rupert	81	OREG	49.31	
50 LC Meter Backstroke				1 Smith, Robert	59 OREG	47.27	50 LC Meter Breaststroke				
1 Metzger, Peter	47	OREG	31.62	2 Juhala, Richard	59 OREG	49.34	1 Fixott, Rupert	81	OREG	1:02.28	
100 LC Meter Backstroke				200 LC Meter Backstroke			100 LC Meter Breaststroke				
1 Metzger, Peter	47	OREG	1:09.15	1 Smith, Robert	59 OREG	2:58.13	1 Fixott, Rupert	81	OREG	2:29.95	
2 Kalil, Adrian	49	OREG	1:30.86	50 LC Meter Breaststroke			Men 85-89				
50 LC Meter Breaststroke				1 Juhala, Richard	59 OREG	49.34	50 LC Meter Freestyle				
1 Metzger, Peter	47	OREG	35.75	50 LC Meter Butterfly			1 De Lay, Allan	87	OREG	51.29	
2 Friedman, Keith	46	OREG	52.11	1 Smith, Robert	59 OREG	31.96	50 LC Meter Backstroke				
100 LC Meter Breaststroke				100 LC Meter Butterfly			1 De Lay, Allan	87	OREG	1:21.68	
1 Friedman, Keith	46	OREG	2:04.75	1 Juhala, Richard	59 OREG	1:54.61	50 LC Meter Breaststroke				
200 LC Meter Breaststroke				400 LC Meter IM			1 De Lay, Allan	87	OREG	1:23.81	
1 Munro, Stuart	45	MACO	3:22.16	1 Smith, Robert	59 OREG	6:35.83	Relays				
50 LC Meter Butterfly				Men 60-64			Men 120-159 800 LC Meter Free Relay				
1 Friedman, Keith	46	OREG	56.37	50 LC Meter Backstroke			1 OREG			9:01.70	
100 LC Meter Butterfly				1 Lake, Brent	64 OREG	40.35	1) Stewart, D. 38			2) Boal, N. 24	
1 Munro, Stuart	45	MACO	1:22.91	50 LC Meter Breaststroke			3) Allender, P. 44			4) George, S. 43	
400 LC Meter IM				1 Beggs, James	63 OREG	55.08	Mixed 200-239 200 LC Meter Medley Relay				
1 Munro, Stuart	45	MACO	6:55.33	100 LC Meter Breaststroke			1 OREG			3:05.23	
Men 50-54				1 Beggs, James	63 OREG	2:01.72	1) Collins, J. 51			2) Toole, C. 51	
50 LC Meter Freestyle				200 LC Meter Breaststroke			3) Collins, S. 50			4) Toole, M. 50	
1 Smith, Richard	53	OREG	30.03	1 Beggs, James	63 OREG	4:31.50					
100 LC Meter Freestyle				Men 65-69							



With 16 National Championships in Hawaii, Gil Young (6 wins), Ginger Pierson (5 wins) and Tom Landis (5 wins) had a lot to talk over at the Albany Meet. Way to Go! Oregon is real proud of you.

USMS SCY Nationals - May 14-17, 2002

Women 25-29

200 Yard Freestyle
2 Quan, Sara 29 OREG 1:59.45

500 Yard Freestyle
1 Quan, Sara 29 OREG 5:10.86

1650 Yard Freestyle
1 Quan, Sara 29 OREG 17:36.01

200 Yard IM
2 Quan, Sara 29 OREG 2:12.01

400 Yard IM
1 Quan, Sara 29 OREG 4:39.73

Women 30-34

50 Yard Freestyle
5 Hafner, Cara 31 OREG 25.75

10 Topp, Suzanne 34 OREG 27.26

100 Yard Freestyle
10 Topp, Suzanne 34 OREG 1:00.67

50 Yard Backstroke
9 Topp, Suzanne 34 OREG 37.74

50 Yard Breaststroke
2 Hafner, Cara 31 OREG 31.83

100 Yard Breaststroke
3 Hafner, Cara 31 OREG 1:09.10

50 Yard Butterfly
11 Topp, Suzanne 34 OREG 30.93

100 Yard IM
4 Hafner, Cara 31 OREG 1:03.40

14 Topp, Suzanne 34 OREG 1:13.54

200 Yard IM

10 Hafner, Cara 31 OREG 2:19.97

Women 35-39
50 Yard Freestyle

13 Jenkins, Valerie 38 OREG 26.57

24 Kahl, Pam 38 OREG 30.23

50 Yard Backstroke
1 Jenkins, Valerie 38 OREG 28.10

100 Yard Backstroke
2 Jenkins, Valerie 38 OREG 1:01.07

200 Yard Backstroke
3 Jenkins, Valerie 38 OREG 2:19.04

50 Yard Butterfly
4 Jenkins, Valerie 38 OREG 27.93

100 Yard IM
6 Jenkins, Valerie 38 OREG 1:03.22

Women 40-44

50 Yard Freestyle
11 Foley, Sharon 42 MACO 26.63

15 Oblatz, Becky 42 MACO 27.16

100 Yard Freestyle
10 Foley, Sharon 42 MACO 59.05

200 Yard Freestyle
11 Hoagland, Sarah 40 MACO 2:15.68

1000 Yard Freestyle
6 Hoagland, Sarah 40 MACO 12:31.72

100 Yard Backstroke
8 Hoagland, Sarah 40 MACO 1:11.22

200 Yard Backstroke
8 Hoagland, Sarah 40 MACO 2:41.59

50 Yard Breaststroke
8 Oblatz, Becky 42 MACO 34.78

13 Foley, Sharon 42 MACO 36.86

100 Yard Breaststroke
8 Oblatz, Becky 42 MACO 1:14.22

14 Foley, Sharon 42 MACO 1:20.99

200 Yard Breaststroke
10 Oblatz, Becky 42 MACO 2:46.74

50 Yard Butterfly
12 Foley, Sharon 42 MACO 29.98

100 Yard Butterfly
10 Hoagland, Sarah 40 MACO 1:08.26

100 Yard IM
12 Oblatz, Becky 42 MACO 1:08.68

200 Yard IM
13 Hoagland, Sarah 40 MACO 2:37.39

14 Oblatz, Becky 42 MACO 2:37.66

Women 45-49

50 Yard Freestyle
1 Parisi, Robin 47 MACO 25.61

100 Yard Freestyle
1 Parisi, Robin 47 MACO 56.08

500 Yard Freestyle
16 Peterson, Connie 47 OREG 8:09.05

1650 Yard Freestyle
7 Welborn, Jody 47 OREG 23:50.59

10 Peterson, Connie 47 OREG 26:41.74

100 Yard Backstroke
6 Hendryx, Teri 48 MACO 1:15.18

200 Yard Backstroke
6 Hendryx, Teri 48 MACO 2:39.57

100 Yard Breaststroke
2 Crabbe, Colette 45 OREG 1:11.61

8 Hendryx, Teri 48 MACO 1:20.66

200 Yard Breaststroke
1 Crabbe, Colette 45 OREG 2:35.43

8 Hendryx, Teri 48 MACO 3:02.15

15 Welborn, Jody 47 OREG 3:26.17

50 Yard Butterfly
1 Parisi, Robin 47 MACO 27.23

14 Peterson, Connie 47 OREG 50.54

100 Yard Butterfly
1 Parisi, Robin 47 MACO 1:01.22

200 Yard Butterfly
2 Crabbe, Colette 45 OREG 2:21.48

100 Yard IM
1 Crabbe, Colette 45 OREG 1:04.94

8 Hendryx, Teri 48 MACO 1:12.51

200 Yard IM
1 Parisi, Robin 47 MACO 2:19.91

2 Crabbe, Colette 45 OREG 2:21.46

12 Welborn, Jody 47 OREG 3:11.90

14 Peterson, Connie 47 OREG 3:42.03

400 Yard IM
1 Crabbe, Colette 45 OREG 4:54.46

2 Parisi, Robin 47 MACO 4:59.60

7 Hendryx, Teri 48 MACO 5:49.44

13 Welborn, Jody 47 OREG 6:47.27

Women 50-54

50 Yard Freestyle
11 Call, Kathy 50 OREG 29.26

15 Rousseau, Sandi 54 OREG 30.83

100 Yard Freestyle
14 Rousseau, Sandi 54 OREG 1:10.19

200 Yard Freestyle
8 Buck, Kathleen 51 OREG 2:26.84

10 Rousseau, Sandi 54 OREG 2:38.96

500 Yard Freestyle
5 Buck, Kathleen 51 OREG 6:28.91

1000 Yard Freestyle
4 Buck, Kathleen 51 OREG 13:36.07

50 Yard Backstroke
11 Call, Kathy 50 OREG 38.42

50 Yard Breaststroke
6 Call, Kathy 50 OREG 38.73

100 Yard Breaststroke
3 Call, Kathy 50 OREG 1:23.81

7 Buck, Kathleen 51 OREG 1:30.84

200 Yard Breaststroke
2 Buck, Kathleen 51 OREG 3:05.95

50 Yard Butterfly
9 Rousseau, Sandi 54 OREG 33.06

13 Asleson, Elke 50 OREG 35.53

100 Yard Butterfly
5 Rousseau, Sandi 54 OREG 1:19.22

7 Asleson, Elke 50 OREG 1:21.05

200 Yard Butterfly
4 Asleson, Elke 50 OREG 3:15.59

100 Yard IM
5 Call, Kathy 50 OREG 1:16.24

9 Rousseau, Sandi 54 OREG 1:21.91

10 Asleson, Elke 50 OREG 1:22.25

200 Yard IM

1 Buck, Kathleen 51 OREG 2:52.48

3 Asleson, Elke 50 OREG 2:58.29

400 Yard IM

4 Asleson, Elke 50 OREG 6:28.05

Women 55-59

50 Yard Breaststroke
1 Pierson, Ginger 56 MACO 35.06

100 Yard Breaststroke
1 Pierson, Ginger 56 MACO 1:18.30

200 Yard Breaststroke
1 Pierson, Ginger 56 MACO 2:54.95

100 Yard Butterfly
1 Pierson, Ginger 56 MACO 1:17.75

200 Yard Butterfly
1 Pierson, Ginger 56 MACO 2:51.53

100 Yard IM
3 Pierson, Ginger 56 MACO 1:16.88

Women 60-64

50 Yard Freestyle
2 Schumann, Susanne 64 MACO 34.04

100 Yard Freestyle
1 Schumann, Susanne 64 MACO 1:11.49

1650 Yard Freestyle
2 Hodge, Peggie 62 OREG 29:26.75

50 Yard Breaststroke
3 Schumann, Susanne 64 MACO 42.98

100 Yard Breaststroke
2 Schumann, Susanne 64 MACO 1:32.05

7 Hodge, Peggie 62 OREG 1:43.83

200 Yard Breaststroke
2 Schumann, Susanne 64 MACO 3:17.82

5 Hodge, Peggie 62 OREG 3:40.49

100 Yard Butterfly
5 Hodge, Peggie 62 OREG 1:46.30

100 Yard IM
4 Hodge, Peggie 62 OREG 1:36.17

200 Yard IM
6 Hodge, Peggie 62 OREG 3:32.66

Women 65-69

50 Yard Freestyle
10 Schroder, Kaleo 66 OREG 44.04

50 Yard Backstroke
6 Schroder, Kaleo 66 OREG 50.21

100 Yard Backstroke
6 Schroder, Kaleo 66 OREG 1:55.73

50 Yard Breaststroke
6 Schroder, Kaleo 66 OREG 57.59

Women 70-74

200 Yard Freestyle
5 L'Esperance, Beverly 70 OREG 3:51.79

500 Yard Freestyle
3 L'Esperance, Beverly 70 OREG 10:21.47

50 Yard Backstroke
3 L'Esperance, Beverly 70 OREG 1:01.63

100 Yard Backstroke
3 L'Esperance, Beverly 70 OREG 2:05.32

200 Yard Backstroke
4 L'Esperance, Beverly 70 OREG 4:39.28

Men 30-34

500 Yard Freestyle
5 Zolna, William 32 MACO 4:50.96

100 Yard Butterfly
2 Zolna, William 32 MACO 51.93

200 Yard Butterfly
1 Zolna, William 32 MACO 1:55.18

100 Yard IM
5 Zolna, William 32 MACO 55.89

200 Yard IM
5 Zolna, William 32 MACO 1:59.75

400 Yard IM
5 Zolna, William 32 MACO 4:14.76

Men 35-39

50 Yard Freestyle
12 Rodriguez, Rick 39 OREG 23.22

200 Yard Freestyle				11 Juhala, Richard	58 OREG	3:27.50	1) Hendryx, T. 48	2) Pierson, G. 56
15 Nelson, Timothy	36 OREG	1:51.08	400 Yard IM				3) Parisi, R. 47	4) Schumann, S. 64
19 Rodriguez, Rick	39 OREG	1:53.86	12 Juhala, Richard	58 OREG	6:57.53	8 OREG		2:33.23
500 Yard Freestyle			Men 60-64			1) Asleson, E. 50	2) Buck, K. 51	
10 Nelson, Timothy	36 OREG	4:56.17	50 Yard Freestyle			3) Rousseau, S. 54	4) Hodge, P. 62	
1000 Yard Freestyle			1 Landis, Tom	60 OREG	24.90	Men 25+ 200 Yard Free Relay		
4 Nelson, Timothy	36 OREG	10:01.95	100 Yard Freestyle			3 MACO	1:32.35	
50 Yard Backstroke			1 Landis, Tom	60 OREG	54.51	1) Zolna, W. 32	2) Otto, D. 43	
3 Rodriguez, Rick	39 OREG	26.07	200 Yard Freestyle			3) Burleson, D. 45	4) Haslach, T. 40	
100 Yard Backstroke			1 Landis, Tom	60 OREG	2:01.52	Men 25+ 200 Yard Medley Relay		
8 Rodriguez, Rick	39 OREG	58.93	500 Yard Freestyle			3 MACO	1:44.15	
200 Yard Backstroke			1 Landis, Tom	60 OREG	5:38.67	1) Burleson, D. 45	2) Otto, D. 43	
9 Rodriguez, Rick	39 OREG	2:08.27	1650 Yard Freestyle			3) Zolna, W. 32	4) Haslach, T. 40	
100 Yard IM			1 Landis, Tom	60 OREG	19:18.93	Men 35+ 200 Yard Free Relay		
8 Rodriguez, Rick	39 OREG	58.04	Men 65-69			10 OREG	1:38.39	
400 Yard IM			500 Yard Freestyle			1) Rodriguez, R. 39	2) Nelson, T. 36	
10 Nelson, Timothy	36 OREG	4:32.45	10 Welch, Arthur	69 OREG	7:55.77	3) Douglas, M. 44	4) Metzger, P. 46	
Men 40-44			1000 Yard Freestyle			Men 35+ 200 Yard Medley Relay		
50 Yard Freestyle			5 Welch, Arthur	69 OREG	16:10.73	9 OREG	1:52.65	
15 Haslach, Timothy	40 MACO	23.15	50 Yard Backstroke			1) Rodriguez, R. 39	2) Metzger, P. 46	
100 Yard Freestyle			9 Welch, Arthur	69 OREG	46.71	3) Nelson, T. 36	4) Douglas, M. 44	
18 Haslach, Timothy	40 MACO	52.02	100 Yard Backstroke			Men 45+ 200 Yard Free Relay		
200 Yard Freestyle			10 Welch, Arthur	69 OREG	1:42.25	11 OREG	1:53.82	
23 Douglas, Michael	44 OREG	2:14.03	50 Yard Butterfly			1) Landis, T. 60	2) Bruce, R. 54	
50 Yard Backstroke			5 Welch, Arthur	69 OREG	43.65	3) Call, T. 51	4) Juhala, R. 58	
13 Otto, Douglas	43 MACO	28.51	Men 80-84			Men 45+ 200 Yard Medley Relay		
100 Yard Backstroke			50 Yard Freestyle			10 OREG	2:07.15	
8 Otto, Douglas	43 MACO	1:00.89	1 Young, Gilbert	80 OREG	37.37	1) Bruce, R. 54	2) Juhala, R. 58	
200 Yard Backstroke			100 Yard Freestyle			3) Landis, T. 60	4) Call, T. 51	
4 Otto, Douglas	43 MACO	2:16.52	1 Young, Gilbert	80 OREG	1:18.82	Mixed 25+ 200 Yard Free Relay		
100 Yard Breaststroke			200 Yard Freestyle			11 MACO	1:40.74	
13 Otto, Douglas	43 MACO	1:05.76	1 Young, Gilbert	80 OREG	2:57.16	1) Burleson, D. 45	2) Zolna, W. 32	
19 Haslach, Timothy	40 MACO	1:08.26	500 Yard Freestyle			3) Hoagland, S. 40	4) Oblatz, B. 42	
50 Yard Butterfly			1 Young, Gilbert	80 OREG	8:06.86	Mixed 25+ 200 Yard Medley Relay		
19 Haslach, Timothy	40 MACO	26.39	1650 Yard Freestyle			9 MACO	1:54.30	
100 Yard IM			1 Young, Gilbert	80 OREG	27:48.01	1) Otto, D. 43	2) Pierson, G. 56	
13 Otto, Douglas	43 MACO	59.04	50 Yard Backstroke			3) Zolna, W. 32	4) Foley, S. 42	
200 Yard IM			1 Young, Gilbert	80 OREG	50.59	Mixed 35+ 200 Yard Free Relay		
11 Otto, Douglas	43 MACO	2:13.40	Relays			5 MACO	1:37.46	
Men 45-49			Women 25+ 200 Yard Free Relay			1) Haslach, T. 40	2) Otto, D. 43	
50 Yard Freestyle			3 OREG	1:46.54		3) Foley, S. 42	4) Parisi, R. 47	
11 Metzger, Peter R.	46 OREG	23.91	1) Topp, S. 34	2) Quan, S. 29		8 OREG	1:39.54	
1650 Yard Freestyle			3) Hafner, C. 31	4) Jenkins, V. 38		1) Rodriguez, R. 39	2) Jenkins, V. 38	
3 Burleson, David	45 MACO	18:37.84	Women 25+ 200 Yard Medley Relay			3) Harris, B. 42	4) Metzger, P. 46	
50 Yard Backstroke			1 OREG	1:55.42		Mixed 35+ 200 Yard Medley Relay		
3 Metzger, Peter R.	46 OREG	26.76	1) Jenkins, V. 38	2) Hafner, C. 31		5 OREG	1:50.04	
5 Burleson, David	45 MACO	27.53	3) Quan, S. 29	4) Topp, S. 34		1) Rodriguez, R. 39	2) Metzger, P. 46	
100 Yard Backstroke			Women 35+ 200 Yard Free Relay			3) Jenkins, V. 38	4) Harris, B. 42	
4 Metzger, Peter R.	46 OREG	58.60	10 OREG	2:04.75		8 MACO	1:52.71	
5 Burleson, David	45 MACO	59.26	1) Harris, B. 42	2) Call, K. 50		1) Burleson, D. 45	2) Oblatz, B. 42	
200 Yard Backstroke			3) Crabbe, C. 45	4) Peterson, C. 47		3) Parisi, R. 47	4) Haslach, T. 40	
5 Metzger, Peter R.	46 OREG	2:09.97	Women 35+ 200 Yard Medley Relay			Mixed 45+ 200 Yard Free Relay		
6 Burleson, David	45 MACO	2:10.20	12 OREG	2:19.36		13 OREG	1:55.31	
100 Yard IM			1) Call, K. 50	2) Crabbe, C. 45		1) Call, T. 51	2) Call, K. 50	
4 Metzger, Peter R.	46 OREG	58.89	3) Harris, B. 42	4) Peterson, C. 47		3) Buck, K. 51	4) Bruce, R. 54	
8 Burleson, David	45 MACO	1:01.23	Women 45+ 200 Yard Free Relay			Mixed 45+ 200 Yard Medley Relay		
400 Yard IM			4 MACO	1:58.09		9 OREG	2:06.86	
6 Burleson, David	45 MACO	4:46.92	1) Parisi, R. 47	2) Hendryx, T. 48		1) Bruce, R. 54	2) Crabbe, C. 45	
Men 50-54			3) Pierson, G. 56	4) Schumann, S. 64		3) Rousseau, S. 54	4) Call, T. 51	
500 Yard Freestyle			10 OREG	2:14.09		Mixed 55+ 200 Yard Free Relay		
12 Bruce, Robert	54 OREG	5:53.62	1) Buck, K. 51	2) Rousseau, S. 54		6 OREG	2:22.86	
16 Call, Tom	51 OREG	7:55.78	3) Asleson, E. 50	4) Hodge, P. 62		1) Landis, T. 60	2) L'Esperance, B. 70	
1650 Yard Freestyle			Women 45+ 200 Yard Medley Relay			3) Hodge, P. 62	4) Juhala, R. 58	
5 Bruce, Robert	54 OREG	20:35.71	1 MACO	2:08.51				
50 Yard Backstroke								
14 Call, Tom	51 OREG	38.27						
100 Yard Backstroke								
10 Call, Tom	51 OREG	1:28.03						
400 Yard IM								
8 Bruce, Robert	54 OREG	5:33.31						
Men 55-59								
50 Yard Freestyle								
28 Juhala, Richard	58 OREG	33.70						
200 Yard Freestyle								
21 Gray, Daniel	57 OREG	2:31.25						
1000 Yard Freestyle								
15 Gray, Daniel	57 OREG	14:44.05						
1650 Yard Freestyle								
11 Juhala, Richard	58 OREG	28:26.73						
200 Yard Backstroke								



Bob Bruce, Barb Harris, Peggie Hodge and Kathleen Buck in Hawaii



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

Summer is almost here, which means that beautiful warm weather and open water season can't be far behind (although as I write this, in the early morning on June 8, in Bend, there is ice on the sprinkler heads...Hmmm). Here's an overview of the great swims that our intrepid open water Meet Directors have lined up this year—each swim and site has its own attractive special features.

Hagg Lake (Sun 7 July): We start our season just west of the Portland Metro area with the PMS-hosted 1 & 2-mile swims. Enjoy the large & varied cast of swimmers, the large picnic pavilion, and the squishy mud! Discover what kind of goodies Andrea Milano has unearthed for her famous raffle & door prize giveaway! As a special bonus this year, the Hagg Lake swims are also a part of the Oregon Masters Swimming 30th Anniversary Picnic & Celebration, featuring food, more prizes, activities & games, and a live band! These swims and the celebration promise to provide a very full and social day!

Elk Lake (Sat-Sun 27-28 July): Our next stop is beautiful and clear Elk Lake, nestled high in the Cascades above Bend, for the three swims of the Cascades Lakes Swim Series. The 500-meter sprint and the 1500-meter swim—which will be the Oregon Association Open Water Individual and Team Championship—will be held on the first day. Day two features a 5000-meter swim, our longest swim of the season and the practice run for the 2003 5K National Championships. Let's not forget the traditional COMA hospitality (oinkluding the famous lunch tables groaning with goodies), the incomparable wilderness camping, and the unique pottery awards.

Dorena Lake (Sat-Sun 10-11 August): Dorena Lake is the geographic midpoint of Oregon open water swimming. On that Sunday, we'll return its clear and warm waters for the USMS 1-mile Open Water Championship (the third consecutive year in which Oregon has hosted a National Championship!), an 800-meter swim later that morning, and a fine picnic provided by host team EA. We have a special treat on Saturday, an open water clinic featuring Jim Miller—our current USMS President and the first-ever USMS Coach-of-the-Year—as the head clinician. The clinic, swims, and great car camping make this weekend a standout!

Eel Lake (Sat 24 August): Last on our itinerary is coastal Eel Lake (named for its meandering shape, not its aquafau-na!). Tucked off Highway 101 in the scenic Oregon Dunes area, this one-day event hosted by COMA boasts a 1/2, 1, & 2-mile swim on the same morning. All swims will be

held on a 1/4 mile rope cable course, a new format for Oregon and a friendly way for open water newcomers to try lake swimming. This being our last open water swim, we will also recognize the cumulative season-long Oregon Open Water Swim Series participants. Then use your campsite as a base to visit the Coos Bay Blackberry Festival or explore the dunes.

Here's what do you need to do to participate successfully in the 2002 Oregon open water season:

- Plan ahead. Mark the open water dates on your calendar. Check the meet entry forms (found in Aqua-Master or on our website) for camping information, and call ahead for reservations if necessary.
- Learn or review your open water swimming skills, including straight-line swimming, navigating, rounding buoys, handling crowds, and drafting. Drills for these skills are different and exciting, and will certainly add spice to your daily swim routine. For more information, see my article "Making Swimming Fun" in the May-June issue of Swim Magazine.
- Get in shape. After all, these are long distance events, and require aerobic training on your part. Commit yourself to spending the needed time in the water.
- Try a postal swim. They have been a crucial part of my physical and mental training for the lake swims for the past few years. Besides, after swimming 10K in the pool, all of the open water swims seemed short! You can find information about available opportunities on the Away-From-Home postal signup form in last month's Aqua-Master. First Postal Results are listed below
- Consider swimming in the Oregon Open Water Swim Series. To be eligible for the Series awards, you need to participate in three different venues. You can find full information about the Series in this Aqua-Master or in the Long Distance section of the OMS website

www.swimoregon.org

See you at the Lakes. Good luck and good swimming!

First 5K Postal Results

Here are the results of the Albany 5K Postal swim:

Sweat, Mary	1:13:13.37
Landis, Tom	1:14:51.62
Young, Joni	1:17:18.90
Radcliff, Dave	1:20:48.83
Dow, Keith	1:23:22.59
Lake, Brent	1:29:29.43

Kanner, Bert	1:29:29.99	age group! All the other swims are strong, with many personal bests! This is good start for Oregon in defense of
Toole, Chris	1:38:05.71	their National 5K Postal Title from last year. Check out the
Jenkins, Tam	1:42:36.84	Away-From-Home postal signup form in last month's Aqua
Juhala, Rich	1:48:57.43	Master for the upcoming dates so you can participate.
Tom Landis in his swim bettered the previous National		We need all Oregon and MACO swimmers to give it a try.
Long Distance Record of 1:15:34.99 for the Men's 60-64		

Oregon Open Water Swim Series 2002

Series: This is a series of open water swims that are conducted at local lakes. Individual results are tabulated for Oregon athletes, with scoring, awards, and recognition for a cumulative series, similar to the Oregon Long Distance Postal Swim Series. The purpose of this series is to promote fitness, competition, and fellowship in unique outdoor settings.

Events: The series consists of these six swims at three venues:

Venue	Event	Dates
Portland Metro Swims at Hagg Lake	2-mile & 1-mile	Sun, July 7, 2002
Cascade Lakes Swim Series at Elk Lake	500-meter & 1500-meter	Sat, Jul 27, 2002
	5000-meter	Sun, Jul 28, 2002
Eugene Area Swims at Dorena Lake	Open Water Clinic	Sat, Aug 10, 2002
	1-mile & 800-meter	Sun, Aug 11, 2002
Eel Lake	2-mile, 1/2 mile, & 1-mile	Sat, Aug 24, 2002

(The Dorena Lake 1-mile swim is the USMS National Championship. The Elk Lake 1500-meter swim is the Oregon Association Individual & Team Championship. The Elk Lake 500-meter swim & Eel Lake 1/2-mile swim will not count towards the cumulative series scoring.)

How to participate:

- Join Oregon Masters Swimming, Inc; registration forms are found in Aqua-Master or on the OMS website (www.swimoregon.org).
- Obtain the meet information and entry blanks for each event, also found in Aqua-Master or on the OMS website (www.swimoregon.org).
- Enter the event(s) by submitting your completed entry blank & fee before the entry deadline.
- Travel to the venue. Swim the event(s). Have fun!

How the Oregon Series is conducted:

- Each Event Director will record the results for all masters registered athletes for each event, and report them in the Aqua-Master and on the OMS website.
- The Oregon Series Coordinator will score all Oregon Masters registered athletes for each event.
- After the season is completed, the Oregon Series Coordinator will tabulate the cumulative Oregon point results, present awards to all swimmers who qualify for them, and report the results in the Aqua-Master and on the website.

Scoring:

- Individual age group scoring to ten places in each non-wetsuit event: 14-11-9-7-6-5-4-3-2-1. Scoring for wetsuits: place by final time minus 5 points.
- Swimmers must swim at least one qualifying event in at least three venues to qualify for the Oregon Series Championship; the top scores for each swimmer will be counted for age group and overall place in the Series.
- If a swimmer moves up in age group between his/her first and last swim of the series, age group points accumulated in the first age group will carry over to the second in the cumulative scoring.
- There is no team scoring in the series.

Awards:

- Age Group: suitable awards for three places in each age group, female and male.
- Overall: suitable award for the overall champion, female and male.
- Participation: suitable awards for swimmers who swim at least one event in all four venues.

Need More Information? Contact Bob Bruce, Oregon Long Distance Chair:

- 61200 Parrell Rd., Bend, OR 97702
- bobbbruce13@attglobal.net
- 541/317-4851



GET FIT

WITH JANI AND SARA



Carbohydrates and the Glycemic Index

Recently there has been much discussion about diets and how many carbs we need. Everyone seems to have a different opinion. Carbohydrates were the bad guy in the 70's with Dr. Atkins No Carbohydrate Diet. Then in the 80's and 90's carbohydrates became the good guy. We learned how important they were for exercise performance. High carbohydrate diets became popular. The message was you could eat all the carbs you wanted and not gain weight. Enter the food industry and thousands of non-fat and low-fat foods. The message however was not totally accurate. High carbohydrate diets rich in whole grains, fruits, vegetables, beans, low fat dairy and meat products can promote weight loss. But people forgot that calories count in the energy balance equation. You can't take in more calories than you expend if you expect to lose weight! Low-fat products may be lower in fat but not necessarily lower in calories. For example, 3 fat-free Fig Newtons have only 3% fewer calories than regular Fig Newtons (yes they have less fat). Selecting a lower fat food does not always reduce the total energy intake, especially if you eat more of the fat-free item! Americans have been focused on fat reduction but have not been as successful in total calorie (energy) reduction.

The media is again targeting carbohydrates as the bad guy. Carbohydrates are our primary source of energy, providing 50-80% of the energy we consume each day, depending on our activity level. Eighty percent of carbs are converted to glucose, which among other things fuels our muscles. High fat or high protein diets don't provide adequate amounts of carbohydrates to replace the muscle glycogen used during intense exercise.

We all need carbohydrates. Carbohydrates are our brain's only source of fuel and they provide the energy for our bodies to swim. And to swim consistently well we need adequate carbohydrates in our daily diet. The higher the fitness level the easier our bodies can handle carbohydrates. (Jani has never met a carbohydrate she didn't like!). Complex carbohydrates are the way to go. Complex carbs are fruits, veggies, whole grains (beans, cereals, pasta) and legumes (beans, peas, lentils). They are good sources of vitamins, minerals and fiber and their structure is more complex. Carbohydrates from processed foods (crackers, snacks, sweet cereals) or those high in sugar are called simple carbohydrates. These contain primarily glucose, fructose or high fructose corn syrup and are low in vitamins,

minerals and fiber.

OK, so you already know some of this. But things have gotten more complicated. Enter the glycemic index. Foods are now classified as producing high, moderate or low glycemic responses. The glycemic response to a food is determined by measuring the change in blood glucose over a 2 hour period after eating 50 grams of a single food. Foods that produce a high glycemic response (a large rise in blood glucose and insulin) would be expected to produce a greater increase in muscle and liver glycogen than foods producing a low glycemic response (not much rise in blood glucose and insulin). A high glycemic food would be a great way for an endurance athlete to refuel after intense exercise. But these same foods can cause prolonged increases in blood glucose and insulin for individuals who are sedentary, overweight and or at risk for diabetes and this is not a good thing.

Everyone's response is unique. As athletes we want a stable level of glucose and insulin to prevent fatigue while exercising for long periods of time. How our body responds to dietary carbohydrate load is very individual and depends on several things. One is fitness level - the higher the fitness level the lower the insulin rise and blood sugar rise. A fit person's body uses carbohydrates better. Another factor is energy balance level. Does energy in equal energy out? If more energy is taken in than is expended it is stored as fat. Also affecting your glycemic response is your metabolic state (how the body uses dietary carbohydrate). Health and age also affect the metabolic response. The metabolic response of a healthy person is much different than the response of a diabetic person or someone who produces too much insulin. Exercise can help those with diabetes. Diabetics should consult with a trained dietician as their meal needs are different than the general populations.

The glycemic index of a meal will be different than that of a single food. Foods are not usually eaten alone. A diet of whole fruits, grains, cereals and legumes in small mixed meals will avoid large fluctuations in blood glucose. Remember carbohydrate is necessary to fuel muscles and the brain and provide energy while exercising. It is a great source of vitamins, minerals and fiber and it is the only thing that can replace muscle and liver glycogen after exercise. Active individuals need to have adequate levels of carbohydrates in their diets.

Reference: ACSM, Melinda Manroe.

Pages 13 - 23 contained following entry blanks:

Pool

Eugene

Information on LCM Zone meet

Open Water

Hagg

Elk

Dorena

Eel

Clinic

Open water clinic

All of these entry blanks are available on this web site in PDF format.



OREGON MASTERS SWIMMING
LOCAL TEAM REGISTRATION
YEAR 2002



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

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

E-mail:

☐

I 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 Master - COMA

Chehalem Masters-CMST

Circumnavigating Beavers - CBAT

Corvallis Aquatic Masters - CAT

Downtown Athletic Club-DAC

Emerald Aquatics-EA

Fish Stick Masters-FISH

Grants Pass YMCA - GPY

Health Experience Ath. Club-HEAC

Klamath Basin Aquatic Sports-BASN

Klamath Falls Masters - KLF

Lincoln City Masters-LCM

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

Oregon City Swim Team-OCST

Oregon Wetmasters-OWET

Parkrose Masters - PMSC

Pendleton Masters-PEND

Portland Masters Swimming - PMS

Riverplace Athletic Club - RAC

Rogue Valley Masters - RVM

Salem Courthouse Crew-SCC

South Coast Aquatic Team - SCAT

Southern Oregon Masters-SOM

Steelheads - STHD

Tigard-Tualatin Swim Club - TTSC

Tualatin Hills Barracudas - THB

Umpqua Valley Masters-UVM

Willamette Athletic Club - WAC

No Local Team-NLT

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
July 13-14	LCM	State Games Mt. Hood C. C. - Gresham	Kristi Gustafson kristigus@aol.com
*July 20	LCM	Eugene	Arden Adams AAdamsswim@aol.com
Aug. 23-25	Zone LCM	Salt Lake City	Dennis Tesch d.tesch@attbi.com Cathy Philpot cphilpot@velocitus.net

National Championships 2002

Aug. 15-18	LCM	Cleveland, Ohio	USMS Web Page www.usms.org
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Open Water

Date	Distance	Location	Contact
*July 7	1 - 2 mile	Hagg Lake - Forest Grove, OR	Andrea Milano elleroy@hotmail.com
*July 27-28	500, 1500 , 5K	Elk Lake - Assn. Champs Bend, OR	Pam Himstreet himstreet@bendcable.com
*Aug. 10	Open Water Clinic	@Lake Dorena	Dan Gray dangray45@hotmail.com
*Aug. 11	Nat. 1 mile 800 M cable	Lake Dorena Cottage Grove, OR	Steve Johnson stevej@nsdssurvey.org
*Aug. 24	1/2, 1 and 2 mile	Eel Lake, North Bend, OR	Bob Bruce bobbruce13@attglobal.net

Postal Championships 2002

May 15-Sept. 30	5K / 10K Postal	Jill wright	swimjmw@aol.com
Sept. 1-Oct 31	3000 / 6000	Marty Hamburger	3000-6000@dynamomasters.com

* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

Aqua-Master
July 2002

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

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Inside: Results - Bend, Albany and SCY Nationals