# Aqua-Master 

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# "Swimming - A Life's Passion" <br> Long Distance USMS All Stars 

## Elk Lake Dates <br> Changed

Here's an announcement that may affect your long-range planning. COMA has moved the dates of the Cascade Lakes Swim Series (our Elk Lake swims) to Saturday-Sunday, July 27-28, 2002. They were searching for cooler water so that swimmers wouldn't get overheated during the 5000 -meter swim on Sunday. They also wanted a better fit in the Oregon Long Distance Calendar for the Association Championships on Saturday, now having two weeks after the Hagg Lake swims and two weeks before the Dorena Lake swims. Mark your calendars."

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Sara Quan, Steve Johnson and Pam Himstreet are the 2001 USMS Long Distance All Stars for their age groups. The TOP Long Distance swimmer in each age group in the USA is honored as an All Star. This is the first time that Oregon has had 3 All Stars. Congratulations! (full story on page 6)

## Oregon Web Page



Have you checked out the Oregon Web Page? Web Master, Rich Minter, has been busy updating and initiating changes. New is the "What's New" section which highlights recent changes and special announcements. Bob Bruce has just updated the Long Distance section. Of special interest is the new Long Distance record section. All Postal results are listed and the top 12 all time Oregon swimmers are listed for each Postal Event.
The Aqua Master is now on line and you can check out the pictures in "living color". Lose your entry blank, head for www.swimoregon.org and print yourself another one. Forget your times from a meet, then head for the results section and it's all there. Forget the date of a meet or an open water swim, then surf over to the Calendar section. Spend some time on the site and then give Rich Minter, the Web Master some ideas and feedback for our Oregon Web Site.

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##  <br> by Jeanne Teisher

Nike Hosts 2002 Pentathlon

This year the annual Pentathlon will be held on Sunday, March 10, at Nike in the 25 yard, 11 lane MacCurdy pool, located in the Lance Armstrong Sports Center. This will be the first official event held in this pool for swimmers other than Nike employees or Sports Center members. As in the past, the Pentathlon is being organized and run by the Tualatin Hills Barracudas.
In keeping with the tradition of naming campus buildings after Nike partner athletes, the Lance Armstrong Sports Center was named for the young athlete who battled back from cancer to win the Tour de France three years straight. If you are planning to participate in the Pentathlon, you will have the opportunity to learn more about Lance Armstrong and his athletic and cycling career from the display cases housed in the facility lobby. Did you know Lance Armstrong was initially a triathlete? Did you know he was a pretty good swimmer? In fact, the pool is named after his coach, Chris MacCurdy, who was a real inspiration to Mr. Armstrong in his earlier years of training and competition.
Just a reminder, if you are planning to attend or swim in the Pentathlon, Nike is a "closed" campus. On weekends, access to the campus is limited through a security gate at the entrance on Walker Road. Security will be notified of the swim meet and the anticipated number of participants, officials, and possible spectators (i.e., family members and friends). If there is anyone interested in taking a walking tour of the campus, I will provide one at the conclusion of the meet. It is requested that Pentathlon participants, spectators, and officials not wander around the campus without a Nike employee escort.
The swim meet will be a fun experience for all! Our thanks to Nike for opening their doors to host this year's Pentathlon and to Jeff Kaelon, Nike aquatic program manager, for helping to make it all happen. See you soon!


Barnacle results $\quad$ u records

GINGER PIERSON sends us her results from the SCM Long Beach Invitational held December 7 - 9. New OMS Record: 200 Breast: 3:18.65, New Zone Records: 100 IM 1:26.49, 200 IM 3:14.99 and 100 Fly 1:30.99. Ginger packed away the heavy metal in 8 events. Add to the above: 50/100 Breast 41.65 and 1:31.73, 50/200 Fly 38.76 and 3:17.26. Congratulations Ginger on a job WELL DONE.

## Echo Hollow - Jan 26th

Women 19-24: Amber Kuehnast took home Gold in 5 events
Women 25-29: Angie Smith laid hold of 4 Golds while Sara Quan packed off 3, as did Dorota
United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. lt will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept respon sibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not neces sarily those of United States Masters Swimming Inc. or Oregon Masters Swimming.
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## www.swimoregon.org

## Haber-Lehigh.

Women 30-34: Jennifer Thompson splashed for 4 Golds and a Silver, Julie Himstreet packed away with 4 Golds, Julie Himstreet edged Smith Rhondamarie in the 200 IM, Julie at 2:24.69, Smfth 2:25.09. Smith Rondamarie of PNA had a great 50 Breast in 33.78 .
Women 35-39: Tia Sitton and Alix Gitelman each won two Golds.
Women 40-44 : Barb Harris posted an outstanding time in the 50 Fly at 29.36 just missing her record of 28.83 . Marlys Cappaert edged Christine Fox in the 100 Back $1: 23.92$ vs $1: 24.94$.
Women 45-49: Elke-Marion Asleson had a fine meet, going home with Five Golds 50/100/200 Fly plus the 100 and 200 IM.
Women 50-54: Sandi Rousseau swam for Gold in 4 events, all in creditable time, Georgette Lantz gave Sandi a run in the 100 Breast-Lantz 1:38.62 vs Sandi 1:37.53. OB has to mention that in the years of writing this column, Sandi, be it early, mid or late season, will always turn in excellent times.
Women 55-59: This is OMS'strongest Womens group, boasting Top Tenners: Barbara Frid, Joy Ward, Ginger Pierson and Pam Himstreet. These four, year in and year out will make the U S Top Ten. In the 100 Back, Frid came in with a $1: 23.08$ (TT8) while Ward posted a 1:24.49(TT10), Pierson swam off with 5 Golds-100/200 Breast 1:23.88 (TT2), 3:01.31(TT2), 100/200 Fly 1:21.90 (TT4) 3:00.70 (TT3), 100 IM Ginger was pushed by Barbara 1:20.00(TT7) vs 1:21.09(TT9) with Joy Ward in 3rd with a 1:23.85. Frid and Ward will continue their rivalry in the future.

Women 65-69: Kaleo Schroder had it home free, and packed off 5 Golds.
Women 75-79: Margaret Wells took two Golds.

Women 80-84: PAULINE STANGEL was the lone record setter for the Women - 50-100-200 Free - 50.64(TT1 0 ), 1:53.13(TT8), 4:05.01 (TT7). Great
swiming for first SCY of the season Women 85-89 : Eva Muller at 89 is anxious to age up, then watch the records go. Eva's times were excellent 200 Free 5:07.54(TT4), 100/200 Back 2:25.95(TT3), 5:21.05(TT4), 200 Breast 6:53.34(TT2) and 100 IM 2:52.69(TT3)
Men 19-24 : Nathan Boal gathered in 5 Golds, all of his wins were in very creditable time, he moves up to the 25 29 bracket and should be somebody to watch.
Men 25-29: Andrew Shaar appears to be a fine young swimmer, picking off 4 Golds.

Men 30-34: Luke Robbins and Scoff Whitlow went at it in the 50 Free, with Robbins 25.09 bettering Whdlow's 25.87. Phil Reget nosed out Scott Whitlow in the 100 free 54.44 vs 55.95 . They had a great 50 Breast - Reget 32.38, Robbins 33.52 and Wolf 33.70 . Joshua Cohen appears to be an IM'er, although he did not swim one. Phil Reget and Luke Robbins went head to head in the 50 Fly with Reget prevailing in 28.61 vs 28.74 .
Men 35-39 : Doug Stewart and John Hudson went at it in the 100 Fly with Doug in at 59.44 over John's 1:00.14.

Hudson also looked great in the 100 and 200 IM's 58.33/2:07.05. These old eyes appreciated Doug Stewart's 400 IM - 4:39.25. Avery fine age group.
Men 40-44 : Pat Allender grabbed 4 Golds with his best efforts showing in the 100 Breast - 1:05.69 and 100 Fly 57.76.

Men 45-49 : Steve Kevan beat Peter Metzger in the 100 Free- 56.49 vs 57.75 Metzgers 100 back in 1:00.05 looked good for early season. David Fryefield slid past Michael Widmann in the 100 Breast ( $1: 20.57$ vs $1: 21.76$ ) Fryefield touched out Russ Rogers in the 50 Fly 28.26 vs 28.34 . Then Metzger beat Fryefield in the 100 1:02.98 vs 1:03.40. Men 50-54 : Andrew Storer and Robert Huizenga had a great 50 Free, with Storer winning in 29.92 over Robert at 30.34.

Men 55-59: Tom Landis looked fine in this one with the 200 Free and 500 Free in 2:07.86 and 5:54.62.

Men 60-64 : Brent Lake spun the 500 Free in 6:59.36, while Bert Petersen gave us a 1:14.08 for the 100 IM
Men 65-69 : George Thayer was all alone, but served up a fine 1:19.03 for the 100 Back.
That's it for this time.


Melora Park dives in on her leg of the relay at Echo Hollow


## SHOULDERS AND OTHER GOOD STUFF

February Fitness Challenge is over!! Congratulations to all who participated. We are postponing the Crater Lake swim and focusing on shoulders this month, since many of us may have overdone it a bit for February. We will also share with you some interesting research on physical effort.
In this issue 3 rotator cuff exercises will be explained. Please note that if your shoulders are already destroyed, see a doctor! If you feel a little pain when you swim, slow down and think about your stroke. AND talk to your coach. Also be aware of your daily activities: how you sit, stand, and sleep. How is your posture? A GREAT series of articles to read are from SWIM Magazine May/June 2001 "Preventing Shoulder Injuries" \& July/August 2001"Increasing Shoulder Strength" by Wendy Weil.
First of all, what is the rotator cuff? It is four muscles that allow the arm to rotate inward \& outward, lift out to the side \& in, and move across the body; basically the muscles responsible for shoulder movement. Essential for swimmers!
The exercises described are using surgical tubing, the colored tubes you can get from a Physical Therapist or Personal Trainer. Use a light to medium resistance tube.

1) Supraspinatus: Stand with one end of tubing under right foot and other end in right hand. Turn thumb down so palm faces out. Have enough tension so that when you raise your arm parallel to the floor you are feeling the work. Do not raise above head. Raise to between 1 and 2 o'clock if you are facing 12 o'clock. Do 15-20 repetitions. Change sides and repeat.
2) Internal Rotation: Anchor tubing to a wall so it is at elbow height. Step away holding an end in your right hand and your right side is closest to the anchor. Bend your elbow to ninety degrees next to your rib cage, hold tube so that it is in your hand, thumb up, straight in front of your right arm. Control the movement across your body and back to start in front of your right arm. Maintain the ninety degree bend in elbow. Do 15-20 repetitions. Repeat on other side. DO NOT throw your body.
3) External Rotation: Same position as above, only this time hold the tube in your left hand when your right side is closest to the anchor. With tube in left hand, bend elbow to
ninety degrees, keeping elbow next to rib cage. Control the movement away from your body and back. Again, do not move your body, move your shoulder.
And now some interesting research on physical exercise, muscle damage and soreness!
Swimming fast, a hard workout or even swimming longer than usual will cause muscle damage (torn and ruptured individual muscle cells). This is a natural process to increasing muscle size. It is the repair process that causes the increased muscle size. So to get stronger you must go through some pain! And researchers have tried unsuccessfully to prevent muscle soreness. Studies show that antioxidant vitamins such as C, E and Beta Carotene have no effect on the after effects of intense training.
It would seem logical to use anti-inflammatories to help with this muscle soreness (how many of us are on "Vitamin I" (ibuprofen). Studies are very inconsistent, sometimes anti-inflammatories help, more often they don't. There is some evidence that anti-inflammatories may actually retard healing due to the fact that they inhibit prostaglandins (prostaglandins allow the body to trigger natural responses to infection and injury).
Topical products that contain anti-inflammatories seem to stimulate blood flow. These products may help you feel better but there is no evidence that they actually promote healing. Cold applications don't provide any healing but help keep swelling to a minimum (use only for a short time and immediately after activity). Heat, such as a heating pad, some hours later does help with muscle relaxation and increased blood flow, allowing for faster muscle repair.
Most important is a good, complete warm-up (starting slow). Cold muscles put to work suddenly are more likely to suffer damage than warmed up ones. And don't forget the cool down. If you stop intense activity suddenly your heart and breathing rates go back to resting levels but your muscles retain by products such as lactate. Exercising at about $60 \%$ of maximum effort keeps your hear working to help clear out your muscles.
Massage makes you feel good, even though it hasn't been proven that it helps speed healing. However, many athletes continued on page 6


## Notes from Poolside

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

One of the great pleasures of serving as Host Coach at our local meets or as Oregon Coach at National meets has been meeting and talking with swimmers whom I might not have met otherwise. Having served in these roles many times in the past few years, I have had the opportunity of meeting and befriending many of you. During this coaching, I field lots of questions. This month, I will list and answer succinctly some of the most common of these questions. Of course, many of the questions can be answered in much greater detail-and length!-but I have deliberately kept the answers brief.
Question: How much warm-up do I need before racing? Answer: Probably more than you think. Most swimmers have felt the phenomenon of achieving best practice results deep into a practice session. If you have been training well and are in good health, you should gain great benefits and not feel fatigued by pre-meet warm-ups of over 1000 yards! I recommend to my team 400 swim, 300 kick including several 25 's at full speed, 6-12 x 50 at good pace (depending on your events that day), and 200 swim easy. Individualize your own standard warm-up through experiment. I believe that it is very difficult to warm up too much.
Question: I have a hard time doing flip turns during races, yet everyone tells me that they are faster. Should I continue doing them, even though I feel that they tire me out? Answer: Somersault turns during racing are generally faster than open turns, but not always and not for everyone. Some people have physical infirmities that prevent them from executing efficient flip turns; others lack the core muscular strength to continue doing flip turns over longer races; still others believe that the advantage of an extra breath during an open turn outweighs the speed advantage of the flip turn. Experiment! Have someone time you through several trials of both turns, flags to flags. If you find that your results are close, use the turn most comfortable for you.
Question: My goggles keep coming off when I dive. Should I be safe and start in the water?
Answer: Starting in the water is a safe and easy way to keep your goggles on. However, just think of the great speed and distance advantage that you lose to others who dive! I prefer that you practice your dives during training, always working on keeping your head down while breaking through the water's surface. Consider adjusting your goggle straps. There is always some risk of losing your goggles while racing, yet the speed advantage gaining from
diving is so great that I would rather see you prepare to dive than always take the safe but much slower alternative. Question: The starting blocks at my training pool are always put away except for meets. How can I practice starts?
Answer: Do them from the pool edge! Although there is an obvious difference between starting from pool edge and blocks, that difference is much less than you think for the sake of the overall skill. Practice from the pool edge at home, and practice them from the starting blocks at the meet (at the appropriate time, of course).
Question: I'm a distance swimmer-always have been and always will be. Do I need to do any sprinting as I train? Answer: Yes! All racing, including the longer distances, involves some anaerobic activity-going out hard, changing gears in the middle, and accelerating into the finish all demand anaerobic metabolism. Although your primary preparation for the longer races must consist of aerobic training, you still need to do some practicing at faster speeds than average lap speed. Note: those among you who believe that the 500 -yard freestyle is a distance race need to reconsider this nonsense!
Question: I love to sprint, yet my coach insists on my doing some distance training nearly every practice. Why? Answer: Because it's good for you! First, all sprint races-even the 50's-require some endurance. Second, you need endurance to consistently practice and repeat skills during training. Third, you need many repetitions to master your skills. Sprinters need plenty of sprinting during training, but they cannot forget the good effects of endurance training and longer swimming. If you would like me to continue this question \& answer dialogue in future columns, please send me your questions at bobbruce13@attglobal.net.
Good luck and good swimming.
Announcement: Coach Bob Bruce will host the 2nd annual OMS Swim Technique Camp at Mt. Hood Community College on June 22-23. This camp was a huge hit in its first year, and will have new \& improved features the second time around. Registration is first-come-first-served and spaces are predicted to go quickly. Great cost \& value! Information and registration forms may be obtained from the 'Coaching'section of the OMS Website (www.swimoregon.org) or from Bob Bruce, 61200 Parrell Rd., Bend, OR 97702 or 541/317-4851 or bobbruce13@attglobal.net.


## LONG DISTANCE SWIMMING

## BOB BRUCE - LONG DISTANCE CHAIR

The highest distinction for a Masters long distance swimmer is to be named to the USMS Long Distance All-Star Team. To be considered for this honor, swimmers must participate in at least three of the ten National Long Distance Championship events, including at least one open water and one postal event. Points are tabulated on their placement in each event, much like our system of scoring the Oregon Open Water or Postal Series. The top pointscorer in each age group is named to the All-Star Team. This year, three Oregonians-Steve Johnson, Pam Himstreet, and Sara Quan-join 18 other outstanding swimmers in the nation in earning that honor!
Steve Johnson (Emerald Aquatics, Men's 50-54 age group) has been a driving force in long distance swimming for a long time, having served as Meet Director for numerous open water swims and triathlons in the Eugene area.
Among his many distinctions was his second place finish overall in the 1998 Open Water World Championships in Morocco (talk to Steve sometime about water quality issues!). Last year, Steve swam in six national long distance events, winning the $5-\mathrm{km}$ Postal and placing second or third in the others. Steve found that persistence pays, narrowly outscoring world record holder Jim McConica by participating in more of the swims! Steve holds all of the Oregon Long Distance Records in his age group.
Pam Himstreet (COMA, Women's 55-59 age group) has played a active role in the administration of long distance swimming in Oregon for many years. As long-time Vice President of OMS, she supervised both pool meets and open water swimming until the Long Distance Committee was created six years ago. She was meet director for the popular island swim in the Columbia River years ago, and Get Fit continued from page 4
have reported less muscle soreness after massage. Small amounts of moderate exercise are much better for recovery than inactivity. You don't want to exercise hard enough for more muscle damage. So warm up well, swim hard, warm down and then swim easy the next day.
Lastly, there are recent reports from the German National Swim Team that fresh pineapple, papayas, mangos and passion fruit eaten daily helped allow the body to recover faster. With that in mind lets all head for Nationals in Hawaii!!
And, as promised, here are several interesting websites for fitness conscious swimmers:
www.oceanswims.com
www.usda.gov/chpp/ (scroll to Interactive Healthy Eating
now serves as the administrative director for COMA events, including the Cascade Lakes Swim Series at Elk Lake and the recent 5 \& 10K National Postal Championships. In 2001, she swam in six national long distance events, winning the 3000 -meter Open Water and the 3000 -yard, 6000 -yard, and $10-\mathrm{km}$ Postal Championships. She also holds four of the five Oregon Long Distance Swim Records.
In contrast to Steve and Pam, Sara Quan (COMA, Women's 25-29 age group) does not have a long history of administration in long distance swimming in Oregon, although she is the newly appointed OMS Fitness CoChair. She just swims fast! Sara swam in five national long distance events in 2002, winning the 3000 -meter Open Water and the One-hour, 3000 -yard, and $10-\mathrm{km}$ Postal Championships and placing second in the $5-\mathrm{km}$ swim. She holds the National Records for her age group in the $3000-\mathrm{yd}, 6000-\mathrm{yd}$, and $10-\mathrm{km}$ swims, and owns all of the Oregon Long Distance Records. In addition, she was the first swimmer-male or female-across the line in the Association 1500-meter Open Water Championships in August. She's pretty good at the short events too, having won titles in the 500 -yard \& 1650-yard freestyles at the National Short Course Championships and the 400-meter IM \& 1500-meter freestyle at the National Long Course Championships. Sara is already making waves in 2002. Not only did she swim farther than all other Oregon swimmers in the One-hour swim ( 5310 yds), but her 3000-yard split time of $33: 37.75$ was more than one minute faster than her National Record at that distance!
Congratulations to Steve, Pam, and Sara for their stunning achievement!
Index to check your overall diet quality
www.cookinglight.com
www.healthweb.org
www.infoaging.org (American Federation for Aging Research, info on recent studies, Q \& A)
www.healthyideas.com (info on health, fitness and nutrition from Prevention Magazine)
www.halls.md/blinks/fitnesssites.htm (collection of websites devoted to fitness and exercise
http://pe.central.vt.edu/websites.fitnesssite (links to fitness websites and the Longevity Game)
www.library.mwc.edu/health.html (links to diet, allergies, fitness, nutrition, women's and men's health)
Happy fitness surfing

# Bend Freestyle Pentathlon swim meet entry <br> Go to www.swimoregon.org for your copy 

Association swim meet entry
Go to www.swimoregon.org for your copy

# OMS Association Championship 

## April 5,6,7, 2002 OFFICIAL RULES AND GUIDELINES

DISTANCE EVENTS CHECK-IN DEADLINES

Friday, April 5, 400 I.M. - 5:30 p.m., 1650 Free - 6:00 p.m.
Saturday, April 6, 1000 Free - Between the start of the 100 Free and the start of 200 I.M. Sunday, April 7, 500 Free - 8:30 a.m.

## RELAY ENTRIES DEADLINES <br> Saturday, April 6, Medley Relay - 9:15 a.m.

Mixed Free Relay - By the end of the 50 Breast Sunday, April 7, Mixed Medley Relay - 9:30 a.m.

Free Relay - By the end of the 50 Fly

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

TEAM SCORING: As in years past, there will be three team categories based on the number of "entered" swimmers from a team. Only teams registered by March 15, 2001 will be able to score points. There will be a meeting of all the team representatives on Saturday morning at 8:45 a.m. to vote on the breakdown of the teams into these three cate-gories. At this meeting we announce the number of swimmers entered per team and look for the "natural breaks" in those numbers. For example, we have used as a guideline the groupings of 1 to $9,10-19$, and 20 or more swimmers. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. These are the current local teams in Oregon Masters Swimming. Make sure your team is registered. As of Feb. 11, there were 27 teams registered. They are:

| Albany Masters -----------ALB | Multnomah Athletic Club - - - - - - MACO |
| :---: | :---: |
| Central Oregon Masters - - - - - -COMA | No. Clackamas Masters Swimming - -NCMS |
| Chehalem Masters- - --------CMST | Oregon City Swim Team- - --------OCST |
| Circumnavigating Beavers - --- - CBAT | Oregon Wetmasters- ------------OWET |
| Club Sports Sea Lions - - - - - - -CSSL | Pendleton Masters- ----------PEND |
| Columbia-Willamette YMCA - - -CWY | Portland Masters Swimming - - --PMS |
| Corvallis Aquatic Masters - ----CAT | Portland Upstream - ---------PUP |
| Downtown Athletic Club- - - - - -DAC | Rogue Valley Masters - - - - - - -RVM |
| Emerald Aquatics-----------EA | Salem Courthouse Crew- ------SCC |
| Eugene Nomads ------------EN | Southern Oregon Masters- -------SOM |
| Fish Stick Masters- ----------FISH | Steelheads - - - - - - - - - STHD |
| Klamath Falls Masters - ------KLF | Tigard-Tualatin Swim Club-------TTSC |
| Mt. Hood Masters - - - - - - - - - - - | Tualatin Hills Barracudas - - - - -THB |

Mountain Park Masters - - - - - -MPM


More to come next month. Get your registration forms in! What you write down on your entry form is it and no exceptions will be allowed. If you leave this Local Team space blank you will be entered as the team listed on your 2002 USMS card for scoring purposes.
TEAM AWARDS: Awards for First, Second, and Third Place will be awarded for each team category

## 2002 Association Championship Information

Corvallis is the site of this year's Championship. Osborn Aquatic Center promises us a really great weekend so show your support and get your team together for this fun competition. This is a fast, deep pool, which will produce some really good times. Here are some additional particulars:
Meet T- Shirts. A custom design by IBP, creators of the Association shirts for '98 and '99, all the Elk Lake shirts and the 2001 Lake Dorena and 5K, 10K Postal Swim shirt. Cost is $\$ 12.00$ for short sleeve, $\$ 18.00$ for long sleeve. Add $\$ 2.00$ for XXL. Order with entry form.
Participation Award. Each swimmer will receive an Oregon Masters Swimming wide-top water bottle with the date and meet logo on it. Really cool.
Awards Banquet. A yummy, catered event. Location to be announced in next month's Aquamaster. Cost: $\$ 13.00$. Lots of good carbos for Sunday's events. Top ten and long distance awards and honored OMS swimmer trophies will be presented. Starts at 6:00 P.M.
Speakers: Karen Gaffney and the Team Gaffney English Channel Relay Swimmers. Video and comments by those who swam The Channel last summer. And don't forget the Annual OMS Meeting before the dinner at 5:00 PM . Everyone is welcome. Let the Board hear your concerns and suggestions.
Hotels: Shanico Inn, 1113 NW 9th Ave., just down from the pool. Phone: 1-800-432-1233 or: 541-7547474
1 queen 63.22 senior: 1 queen $\$ 56.68$. Both have tax included.

Other hotels near the pool:
Holiday Inn Express: 541-752-0800
Motel Orleans: 541-758-9125
Salbasgeon Inn \& Suites: 541-753-5681 or 800-965-8808 1 king (2 people) $\$ 93+$ tax 2 queen $\$ 96+$ tax 2 kings \$101 +tax

## The F-Word is OK in Swimming

The puzzle below contains 9 words, that all start with an F. Try to find out all the words by looking at the clues:

1. One of the competitive strokes, arms move simultaneously.
2. The other competitive stroke.
3. This pair partly takes care of your propulsion in the water.
4. The last lap is your $\qquad$ lap.
5. The last part of a race.
6. The more you $\qquad$ the less effort it takes to swim.
7. The quickest turn.
8. This way of swimming is the basis of competitive swimming.
9. Laughter and $\qquad$ , the 2 important aspects of Masters Swimming.
und $6{ }^{\prime}{ }^{7} \mathrm{Fse}_{\mathrm{d}} 8$




## SCY Zone swim meet entry and Information Go to www.swimoregon.org for your copy

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Rob Huizenga, of the host Emerald Aquatics and the band "Papa Oom", got the meet off to a rousing start.
Women 19-24
50 Yard Freestyle
1 Kuehnast, Amber
20 OREG
27.79

100 Yard Freestyle
1 Kuehnast, Amber 200 Yard Freestyle
1 Kuehnast, Amber 100 Yard Backstroke
1 Kuehnast, Amber
100 Yard IM
1 Kuehnast, Amber
20 OREG 1:15.45
Women 25-29
50 Yard Freestyle

| 1 Robbins, Taeryn | 27 OREG | 31.28 |
| :--- | :--- | ---: |
| 2 Haber-Lehigh, Dorota | 28 OREG | 34.07 |
| 3 Wong, Linda | 29 OREG | 36.47 |
| 100 Yard Freestyle |  |  |
| 1 Smith, Angie | 28 OREG | $1: 03.73$ |
| 2 Robbins, Taeryn | 27 OREG | $1: 09.04$ |
| 3 Criscione, Anicia | 28 OREG | $1: 15.19$ |
| 4 Wong, Linda | 29 OREG | $1: 21.03$ |
| 200 Yard Freestyle |  |  |
| 1 Quan, Sara | 29 OREG | $2: 07.70$ |
| 2 Wong, Linda | 29 OREG | $2: 57.38$ |
| 50 Yard Backstroke |  |  |
| 1 Smith, Angie | 28 OREG | 34.44 |
| 2 Haber-Lehigh, Dorota | 28 OREG | 41.17 |

100 Yard Backstroke
1 Smith, Angie
2 Criscione, Anicia
200 Yard Backstroke
1 Smith, Angie
28 OREG 1:11.74
28 OREG 1:21.08

50 Yard Breaststroke
1 Haber-Lehigh, Dorota
2 Wong, Linda
100 Yard Breaststroke
1 Criscione, Anicia
200 Yard Breaststroke

1 Quan, Sara
50 Yard Butterfly
1 Haber-Lehigh, Dorota
29 OREG 2:43.00

2 Wong, Linda
28 OREG
36.41
48.79

100 Yard IM
1 Haber-Lehigh, Dorota
28 OREG
1:25.29
2 Robbins, Taeryn
27 OREG
1:27.53
200 Yard IM
1 Quan, Sara
29 OREG 2:20.40
Women 30-34
50 Yard Freestyle
1 Topp, Suzanne
34 OREG 28.80
2 King, Wendy 100 Yard Freestyle
1 Thompson, Jennifer
33 OREG 31.36

34 OREG 1:01.49
34 OREG 1:03.03
31 OREG 1:04.98
34 OREG 1:05.31
33 OREG 1:06.73
3 Freeburg, Rachel
4 Topp, Suzanne
5 King, Wendy


## Linda Wong

200 Yard Freestyle
1 Himstreet, Julie
2 Topp, Suzanne
3 King, Wendy
50 Yard Backstroke
1 Rondamarie, Smith
100 Yard Backstroke
1 Thompson, Jennifer
200 Yard Backstroke
1 Himstreet, Julie
50 Yard Breaststroke
1 Rondamarie, Smith
200 Yard Breaststroke
1 Himstreet, Julie
50 Yard Butterfly
1 Rondamarie, Smith
2 Thompson, Jennifer
3 Topp, Suzanne

31 PNA 31.32
34 OREG 1:13.91
31 OREG 2:12.85
34 OREG 2:26.92
33 OREG 2:28.82

33 OREG 1:16.47
31 OREG 2:26.67
31 PNA 33.78
31 OREG 2:52.13
31 PNA 29.36

34 OREG 30.79
34 OREG
33.42

4 Collson, Anne-Marie 34 OREG 33.56
100 Yard Butterfly
1 Thompson, Jennife
34 OREG 1:09.45
2 Freeburg, Rachel 31 OREG 1:15.81
100 Yard IM
1 Thompson, Jennifer 34 OREG 1:12.55
2 King, Wendy 33 OREG 1:17.95
200 Yard IM
1 Himstreet, Julie 31 OREG 2:24.69
2 Rondamarie, Smith 31 PNA 2:25.09
3 Freeburg, Rachel 31 OREG 2:39.70
Women 35-39
50 Yard Freestyle
1 Sitton, Tia
100 Yard Freestyle
1 Gitelman, Alix
100 Yard Backstroke
1 Gitelman, Alix
50 Yard Breaststroke
1 Sitton, Tia
Women 40-44
100 Yard Freestyle
1 Foley, Sharon
2 Park, Melora
3 Cappaert, Marlys
4 Higdon, Jane
5 Fox, Christine
100 Yard Backstroke
1 Cappaert, Marlys
2 Fox, Christine
200 Yard Backstroke
1 Fox, Christine
100 Yard Breaststroke
1 Foley, Sharon
2 Park, Melora
3 Fox, Christine
50 Yard Butterfly
1 Harris, Barb
100 Yard Butterfly
continued on page 15


Jane Higdon


200 Yard Freestyle
1 Lantz, Georgette 50 Yard Breaststroke
1 Lantz, Georgette
100 Yard Breaststroke
1 Rousseau, Sandi
2 Lantz, Georgette
50 Yard Butterfly
1 Sutherland, Jani
100 Yard Butterfly
1 Rousseau, Sandi
100 Yard IM
1 Rousseau, Sandi
200 Yard IM
1 Sutherland, Jani Women 55-59
100 Yard Freestyle
1 Frid, Barbara
2 Ward, Joy
3 Himstreet, Pam
100 Yard Backstroke


1 Frid, Barbara
2 Ward, Joy
100 Yard Breaststroke
1 Pierson, Ginger
2 Frid, Barbara
3 Himstreet, Pam
200 Yard Breaststroke
1 Pierson, Ginger
100 Yard Butterfly
1 Pierson, Ginger
2 Ward, Joy
200 Yard Butterfly
1 Pierson, Ginger
100 Yard IM
1 Pierson, Ginger
2 Frid, Barbara
3 Ward, Joy
200 Yard IM
1 Himstreet, Pam
Women 65-69

50 OREG 3:00.33

50 OREG 45.90

54 OREG 1:37.53
50 OREG 1:38.62

52 OREG 41.22

54 OREG 1:23.94

54 OREG 1:26.66

52 OREG 3:15.78

59 OREG 1:11.92
59 OREG 1:17.02
58 OREG 1:21.69


50 Yard Freestyle
1 Schroder, Kaleo
50 Yard Backstroke
1 Schroder, Kaleo
100 Yard Backstroke
1 Schroder, Kaleo
50 Yard Breaststroke
1 Schroder, Kaleo
100 Yard Breaststroke
1 Schroder, Kaleo
Women 75-79
100 Yard Freestyle
1 Wells, Margaret
100 Yard Backstroke
1 Wells, Margaret
Women 80-84
50 Yard Freestyle
1 Stangel, Pauline
100 Yard Freestyle
1 Stangel, Pauline
2 Stevenin, Elfie 200 Yard Freestyle
1 Stangel, Pauline
2 Stevenin, Elfie 100 Yard Backstroke
1 Stevenin, Elfie
100 Yard Butterfly
1 Stevenin, Elfie
100 Yard IM
1 Stevenin, Elfie
Women 85-89
200 Yard Freestyle
1 Muller, Eva
100 Yard Backstroke
1 Muller, Eva
200 Yard Backstroke
1 Muller, Eva
200 Yard Breaststroke
1 Muller, Eva
100 Yard IM
1 Muller, Eva
continued on page 16

65 OREG 47.44

65 OREG 55.52
65 OREG 2:05.69
65 OREG 1:00.46
65 OREG 2:18.10

75 OREG 1:59.44

75 OREG 2:12.16

80 OREG 50.64
80 OREG 1:53.13
80 OREG 2:49.68

80 OREG 4:05.01
80 OREG 6:01.61
80 OREG 2:56.80

80 OREG 4:01.43
80 OREG 3:25.00

89 OREG 5:07.54

89 OREG 2:25.95
89 OREG 5:21.05

89 OREG 6:53.34
89 OREG 2:52.69

results continued from page 15

## Men 19-24

100 Yard Freestyle

1 Boal, Nathan
100 Yard Breaststroke
1 Boal, Nathan
100 Yard Butterfly
1 Boal, Nathan
100 Yard IM
1 Boal, Nathan
200 Yard IM
1 Boal, Nathan
Men 25-29
100 Yard Freestyle
1 Shaar, Andrew
500 Yard Freestyle
1 Kendall, Mark
200 Yard Backstroke
1 Shaar, Andrew
200 Yard Butterfly
1 Shaar, Andrew
200 Yard IM
1 Shaar, Andrew
Men 30-34
50 Yard Freestyle
1 Robbins, Luke
2 Whitlow, Scott 100 Yard Freestyle
1 Reget, Phil
2 Whitlow, Scott
3 Cohen, Joshua
4 Wolf, Robert
200 Yard Freestyle
1 Whitlow, Scott
500 Yard Freestyle 1 Whitlow, Scott 100 Yard Backstroke 1 Cohen, Joshua 50 Yard Breaststroke
1 Reget, Phil
2 Robbins, Luke
3 Wolf, Rober
100 Yard Breaststroke
1 Cohen, Joshua


29 OREG 2:19.59

32 OREG 25.09
32 OREG

32 OREG 54.44
32 OREG 55.95
30 OREG 58.28
33 OREG 1:01.54

32 OREG 2:00.83
32 OREG 5:33.68
30 OREG 1:08.07

32 OREG 32.38
32 OREG 33.52
33 OREG 33.70

30 OREG 1:08.46

2 Wolf, Robert
50 Yard Butterfly
1 Reget, Phil
2 Robbins, Luke
100 Yard Butterfly
1 Cohen, Joshua 200 Yard IM
1 Whitlow, Scott
Men 35-39
50 Yard Freestyle 1 Sessa, Steve 100 Yard Freestyle
1 Gaarder, Chris
2 Buchanan, Joe 200 Yard Freestyle 1 Buchanan, Joe 500 Yard Freestyle 1 Stewart, Doug 50 Yard Backstroke
1 Rodriguez, Rick
100 Yard Backstroke


| 1 Rodriguez, Rick | 39 OREG | $1: 00.58$ |
| :--- | :--- | ---: |
| 200 Yard Backstroke |  |  |
| 1 Rodriguez, Rick | 39 OREG | $2: 18.00$ |
| 50 Yard Breaststroke |  |  |
| 1 Sessa, Steve | 38 OREG | 31.55 |
| 2 Buchanan, Joe | 39 OREG | 34.04 |
| 100 Yard Breaststroke |  |  |
| 1 Hudson, John | 35 OREG | $1: 03.55$ |
| 2 Sessa, Steve | 38 OREG | $1: 07.55$ |
| 3 Gaarder, Chris | 37 OREG | $1: 11.20$ |
| 4 Buchanan, Joe | 39 OREG | $1: 15.37$ |
| 200 Yard Breaststroke |  |  |
| 1 Hudson, John | 35 OREG | $2: 21.22$ |
| 2 Stewart, Doug | 37 OREG | $2: 30.28$ |
| 100 Yard Butterfly |  |  |
| 1 Stewart, Doug | 37 OREG | 59.44 |
| 2 Hudson, John | 35 OREG | $1: 00.14$ |
| 3 Gaarder, Chris | 37 OREG | $1: 06.15$ |
| 200 Yard Butterfly |  |  |
| 1 Stewart, Doug | 37 OREG | $2: 08.30$ |
| 100 Yard IM |  |  |

33 OREG $1: 13.22 \quad 1$ Hudson, John 35 OREG 58.33
37 OREG 1:06.12
39 OREG 1:10.15

35 OREG 2:07.05

37 OREG 4:39.25

43 OREG 53.12
44 OREG 1:04.13

44 OREG 2:29.31

44 OREG 37.21

43 OREG 1:05.69

43 OREG 57.76

43 OREG 1:00.49

| 47 OREG | 26.01 |
| :--- | :--- | :--- |
| 46 OREG | 30.50 |
| 45 OREG | 37.04 |

47 OREG 56.49
46 OREG 57.75
48 OREG 1:05.55
46 OREG 1:06.08
48 OREG 1:06.36
45 OREG 1:27.64

47 OREG 2:05.08
45 OREG 2:13.37
45 OREG 3:30.69

45 OREG 6:12.48
48 OREG 6:45.89

46 OREG 1:00.05
47 OREG 1:07.02

| www.swimoregon.org |  |  |  |
| :---: | :---: | :---: | :---: |
| continued from page 16 |  |  |  |
| 3 Unger, Jimmy | 48 | OREG | 1:27.07 |
| 50 Yard Breaststroke |  |  |  |
| 1 Rogers, Russ | 45 | OREG | 36.30 |
| 2 Friedman, Keith | 45 | OREG | 49.28 |
| 100 Yard Breaststroke |  |  |  |
| 1 Fryefield, David | 47 | OREG | 1:20.57 |
| 2 Widmann, Michael | 48 | OREG | 1:21.76 |
| 3 Unger, Jimmy | 48 | OREG | 1:27.51 |
| 4 Friedman, Keith | 45 | OREG | 1:47.97 |
| 50 Yard Butterfly |  |  |  |
| 1 Fryefield, David | 47 | OREG | 28.26 |
| 2 Rogers, Russ | 45 | OREG | 28.34 |
| 3 Livelybrooks, Dean | 46 | OREG | 33.96 |
| 100 Yard Butterfly |  |  |  |
| 1 Metzger, Peter | 46 | OREG | 1:02.98 |
| 2 Fryefield, David | 47 | OREG | 1:03.40 |
| 3 Widmann, Michael | 48 | OREG | 1:17.43 |
| 100 Yard IM |  |  |  |
| 1 Metzger, Peter | 46 | OREG | 1:02.12 |
| 2 Fryefield, David | 47 | OREG | 1:06.16 |
| 3 Widmann, Michael | 48 | OREG | 1:18.51 |
| 4 Livelybrooks, Dean | 46 | OREG | 1:20.99 |
| 5 Unger, Jimmy | 48 | OREG | 1:21.06 |
| 200 Yard IM |  |  |  |
| 1 Kevan, Steve | 47 | OREG | 2:23.96 |
| Men 50-54 |  |  |  |
| 50 Yard Freestyle |  |  |  |
| 1 Storer, Andrew | 50 | OREG | 29.92 |
| 2 Huizenga, Robert | 52 | OREG | 30.34 |
| 100 Yard Freestyle |  |  |  |
| 1 Tremblay, Vic |  | OREG | 1:03.73 |
| 2 Storer, Andrew | 50 | OREG | 1:09.37 |
| 3 Collins, John | 50 | OREG | 1:12.28 |
| 200 Yard Freestyle |  |  |  |
| 1 Collins, John | 50 | OREG | 2:41.51 |
| 500 Yard Freestyle |  |  |  |
| 1 Swanson, Charlie | 50 | OREG | 6:00.81 |
| 2 Collins, John | 50 | OREG | 7:18.48 |
| 50 Yard Backstroke |  |  |  |
| 1 Storer, Andrew | 50 | OREG | 39.44 |
| 100 Yard Backstroke |  |  |  |
| 1 Anderson, Tom | 50 | OREG | 1:09.49 |
| 2 Storer, Andrew | 50 | OREG | 1:28.60 |
| 3 Collins, John | 50 | OREG | 1:32.54 |
| 200 Yard Backstroke |  |  |  |
| 1 Collins, John | 50 | OREG | 3:06.36 |
| 50 Yard Breaststroke |  |  |  |
| 1 Swanson, Charlie | 50 | OREG | 33.66 |
| 2 Fenton, John | 50 | OREG | 35.43 |
| 100 Yard Breaststroke |  |  |  |
| 1 Fenton, John | 50 | OREG | 1:19.15 |
| 2 Tremblay, Vic | 51 | OREG | 1:30.82 |
| 3 Huizenga, Robert | 52 | OREG | 1:36.81 |
| 4 Storer, Andrew | 50 | OREG | 1:45.00 |
| 200 Yard Breaststroke |  |  |  |
| 1 Swanson, Charlie | 50 | OREG | 2:46.68 |
| 50 Yard Butterfly |  |  |  |
| 1 Johnson, Steve | 53 | OREG | 29.15 |
| 2 Tremblay, Vic | 51 | OREG | 32.88 |
| 100 Yard Butterfly |  |  |  |
| 1 Tremblay, Vic | 51 | OREG | 1:17.64 |
| 100 Yard IM |  |  |  |
| 1 Tremblay, Vic | 51 | OREG | 1:19.75 |
| Men 55-59 |  |  |  |

continued from page 16
3 Unger, Jimmy
1 Rogers, Russ
2 Friedman, Keith Yard Breaststroke

2 Widmann, Michael
3 Unger, Jimmy
50 Yard Butterfly
1 Fryefield, David
3 Livelybrooks, Dean 100 Yard Butterfly
Metzger, Peter
3 Widmann, Michael 100 Yard IM
1 Metzger, Peter
2 Fryefield, David
3 Widmann, Michael
4 Livelybrooks, Dean
200 Yard IM
Kevan, Steve
Men 50-54
50 Yard Freestyle Storer, Andrew

100 Yard Freestyle
1 Tremblay, Vic
Storer, Andrew

200 Yard Freestyle
Collins, John
1 Swanson, Charlie
2 Collins, John
50 Yard Backstroke

100 Yard Backstroke
Anderson, Tom
Sorer, Andrew
200 Yard Backstroke
1 Collins, John

Swanson,
2 Fenton, John
aststroke
Tremblay, Vic
3 Huizenga, Robert
4 Storer, Andrew 200 Yard Breaststroke

Sanson, Charlie 1 Jan Bur 2 Tremblay Vic 100 Yard Butterfly
1 Tremblay, Vic 100 Yard IM

Men 55-59

100 Yard Freestyle

1 Landis, Tom
2 Juhala, Richard
3 Blair, Ron
200 Yard Freestyle
1 Landis, Tom
2 Blair, Ron
500 Yard Freestyle
1 Landis, Tom
100 Yard Backstroke
1 Juhala, Richard
2 Blair, Ron
100 Yard Breaststroke
1 Juhala, Richard
100 Yard Butterfly
1 Juhala, Richard
100 Yard IM
1 Juhala, Richard
Men 60-64
100 Yard Freestyle
1 Petersen, Bert
2 Lake, Brent
3 Beggs, James
500 Yard Freestyle
1 Lake, Brent
100 Yard Backstroke
1 Lake, Brent
2 Petersen, Bert
50 Yard Breaststroke
1 Beggs, James
100 Yard Breaststroke
1 Petersen, Bert
2 Lake, Brent

59 OREG 58.37
58 OREG 1:22.84
57 OREG 2:59.79

59 OREG 2:07.86
57 OREG 6:58.14

59 OREG 5:54.62

58 OREG 1:42.14
57 OREG 3:40.16
58 OREG 1:29.48

58 OREG 1:30.46

58 OREG 1:31.63

63 OREG 1:05.95
63 OREG 1:11.50
62 OREG 1:23.28

63 OREG 6:59.36
63 OREG 1:17.62
63 OREG 1:24.75
62 OREG 49.35

1 OREG

1) Gitelman, A. 36
2) Park, M. 42

2:25.90
2) Fox, C. 41
4) Cappaert, M. 43

Men 19+ 200 Yard Free Relay
1 OREG
1:42.98

1) Fryefield, D. 47 2) Johnson, S. 53
2) Cohen, J. 30 4) Boal, N. 24

Men 19+ 200 Yard Medley Relay
1 OREG 1:54.68

1) Fryefield, D. $47 \quad$ 2) Cohen, J. 30
2) Johnson, S. $53 \quad$ 4) Boal, N. 24

Mixed 19+ 200 Yard Free Relay
1 OREG 1:54.17

1) Himstreet, J. 31 2) Swanson, C. 50
2) Kuehnast, A. $20 \quad$ 4) Rogers, R. 45

Mixed 19+ 200 Yard Medley Relay
1 OREG 2:01.74

1) Himstreet, J. 31 2) Swanson, C. 50
2) Kuehnast, A. $20 \quad$ 4) Rogers, R. 45

Mixed 25+ 200 Yard Free Relay
1 OREG 1:57.91

1) Robbins, T. 27 2) Haber-Lehigh, D. 28
2) Fenton, J. 50

2 OREG
4) Robbins, L. 32

2:05.44

1) Livelybrooks, D. 46
2) Huizenga, R. 52
3) Higdon, J. 43
4) Unger, J. 48

Mixed 25+ 200 Yard Medley Relay
1 OREG 2:03.23

1) Smith, A. 28
2) Wolf, R. 33
3) Freeburg, R. 31
4) Shaar, A. 29

Mixed 35+ 200 Yard Medley Relay
63 OREG 1:30.64 1 OREG 2:28.99
63 OREG 1:38.44

1) Livelybrooks, D. 46


## John Hudson

3 Beggs, James 100 Yard IM
1 Petersen, Bert
2 Lake, Brent
Men 65-69
200 Yard Freestyle
1 Thayer, George
100 Yard Backstroke
1 Thayer, George
200 Yard Breaststroke
1 Thayer, George
Relays
Women 35+ 200 Yard Medley Relay

62 OREG 1:49.97

63 OREG 1:14.08
63 OREG 1:23.24
3) Higdon, J. 43
4) Unger, J. 48

## Challenge Winners

Women

1st
2nd
3rd
Men
1st
2nd
3rd

Susan Collins
Jennifer Thompson
Sandi Rousseau

Pat Allender
Vic Tremblay
Michael Widmann


OREGON MASTERS SWIMMING LOCAL TEAM REGISTRATION YEAR 2002


This form must be postmarked by the entry deadlines to compete as a "local team" at the 2002 OMS Association Championships in April and the 2002 OMS Open Water Championships. Local team members must list the official "local team abbreviation" on their Association Championship entry blanks. (Current names and abbreviations are listed at the bottom of page 19

Team name $\qquad$
Abbreviation $\qquad$

Team Representative information (Must be OMS member)
Rep. name $\qquad$
Address $\qquad$
Phone $\qquad$
Email $\qquad$

## Coach information

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

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

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

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


# OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING YEAR 2002 REGISTRATION 

Renewal - 2001 USMS \# 371- $\qquad$
$\square$ New Member

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

Address:
City: $\quad$ State: $\quad$ Zip:

| Phone: | Date of Birth: | Age: | Sex: | $\square \mathbf{M} \quad \square \mathrm{F}$ |
| :--- | :--- | :--- | :--- | :--- |

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

Do you coach a Masters Team? Yes
No

Club: OMS is comprised of two clubs or you may register unattached. $\quad$\begin{tabular}{l}
$\square$ <br>
\hline

 OREG 

$\square$ <br>
MACO
\end{tabular}$\quad \square \quad$ 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 $\mathbf{\$ 1 . 0 0}$ (or $\$$ $\qquad$ ) to the International Swimming Hall of Fame Foundation. I have added a contribution of $\$ 1.00$ (or $\$$ $\qquad$ ) to the United States Masters Swimming Foundation.

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

## OMS LOCAL TEAM ABBREVIATIONS

Albany Masters-ALB
Central Oregon Masters - COMA
Chehalem Masters-CMST
Circumnavigating Beavers - CBAT
Club Sports Sea Lions - CSSL
Columbia-Willamette YMCA - CWY
Corvallis Aquatic Masters - CAT
Downtown Athletic Club-DAC
Emerald Aquatics-EA
Eugene Nomads -EN
Fish Stick Masters-FISH
Klamath Falls Masters - KLF
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
Pendleton Masters-PEND
Portland Masters Swimming - PMS
Portland Upstream - PUP
Rogue Valley Masters - RVM
Salem Courthouse Crew-SCC
Southern Oregon Masters-SOM Steelheads - STHD
Tigard-Tualatin Swim Club - TTSC
Tualatin Hills Barracudas - THB
No Local Team-NLT

Not Registered for 2002
Beaver Aquatic Masters-BAM
Grants Pass YMCA - GPY Health Experience Ath. Club-HEAC Klamath Basin Aquatic Sports-BASN Lincoln City Masters-LCM McMinnville Masters-MCM Mittleman Jewish Comm. Ctr-MJCC North Bend Aqua Masters - NBAM Riverplace Athletic Club - RAC South Coast Aquatic Club - SCAT Umpqua Valley Masters-UVM Willamette Athletic Club - WAC



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

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| Permit No. 1292 |

Inside: Eugene $S$ wim Meet


[^0]:    "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

