



# Aqua-Master

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*"Swimming - A Life's Passion"*

## Open Water Rows off for Another Year



Ralph Mohr, on a foggy Oregon morning, rows Long Distance Chair, Bob Bruce, out on Eel Lake to set the final course for the Oregon Open Water Series.

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### *Robin is Perfect!*



Robin Parisi of MAC had 5 wins, including one National Record in the 50 Fly, at the Long Course Nationals in Cleveland. (full results on page 3)

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# Chair's Corner by Jeanne Teisher

Happy Fall.

Now that summer is a sweet memory and the chill of fall mornings and the beauty of Indian summers are upon us, it's time to begin thinking about SCY season including the training and competition. At the last OMS Board of Director meeting, a number of swim meets were approved for the 2002-2003 season. Stay tuned for more information.

At the last board meeting we also unanimously approved the appointment of Liz Cheney as the new chair for Membership. Local teams will now be sending their team registrations to Liz. For the next few months, Liz's responsibilities as the Membership chair will be evolving as she has expressed some exciting ideas for the future. The board is thrilled to have Liz as the newest member of the OMS Board of Directors and is looking forward to her contributions to OMS.

So, who is Liz Cheney? Liz and her husband moved to the Portland area here from San Francisco nearly five years ago. She was born in SF and grew up in Berkeley. As for swimming, Liz has been swimming all of her life, but not much of it was in a pool. She grew up body surfing. About the age of twenty she went from body surfing to lap swimming and began training. After a couple of years, though, she stopped. Liz didn't swim much for about twenty years until she joined a Masters team in San Francisco in 1996.

When I asked Liz what she likes most about Masters swimming, her answer was "The social aspects—having a wonderful assortment of fun people to work out with. Also, I am amazed at the implicit connection between OMS swimmers—the willingness to bond with fellow swimmers. I also have enjoyed getting in shape and seeing my swimming improve." I know many of us can relate to her comments. Liz enjoys open water swimming the most but does compete in pool meets occasionally. Sprints are her strongest events at pool meets. As for her favorite strokes, freestyle is her stroke of choice. She has done some fly, but a bad shoulder has caused her to give that up (I can relate to that!). Lately she has been working on her backstroke to add some variety to her practices.

So, what does Liz do outside of swimming? She is an artist (a painter) and a good one. I've seen her work and am very impressed with what I've seen.

As the new Membership Chair, I asked Liz what her goals were this next year. Her response was "I would like to do some profiles of various OMS members, highlighting the diversity of their swimming backgrounds, demographics and goals. I would hope to illustrate that Masters swimming offers many different things to many different people. My hope would be to attract people who might otherwise think they wouldn't fit in, weren't experienced enough, too old, too young, etc." Liz, welcome to the OMS board!

Happy swimming.

Jeanne

***To add or change your email address in the OMS email directory please contact Jeanne Teisher at: jteisher97007@yahoo.com***

*United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. 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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# Long Course Nationals - Cleveland, Ohio - August 15/18, 2002

## MAC Club

Phillip King			
Free	400	4:37.46	4
Back	100	1:08.70	2
Back	200	2:28.27	4

Tomas Oliva			
Breast	200	DQ	
Breast	50	33.87	4
IM	200	2:44.06	18

Robin Parisi			
Free	100	1:03.10	1
Free	50	28.86	1
Fly	100	1:11.99	1
Fly	50	30.40	1
IM	200	2:42.50	1

Susanne Schumann			
Free	100	1:22.73	1
Free	50	37.18	2
Breast	100	1:45.58	2
Breast	200	3:48.40	1
Breast	50	48.73	2

Shauna Simpson			
Free	100	1:08.18	13
Fly	100	1:12.83	5
Fly	50	33.01	9

Bill Zolna			
Free	400	4:24.62	4
Fly	100	59.02	2
Fly	200	2:11.71	1
IM	200	2:17.19	1
IM	400	4:52.38	1

## Oregon

Ellen Broido			
Breast	100	1:49.04	7
Fly	100	1:46.24	14
IM	400	7:47.41	9

Anne-Marie Collson			
Free	100	1:09.95	9
Free	50	31.25	8
Fly	50	34.87	12

Barbara Frid			
Free	400	6:22.19	2
Free	800	13:08.62	1
Back	100	1:32.29	2
Back	50	41.95	1

Barbara Frid (continued)			
Fly	50	37.15	2

Sandi Rousseau			
Free	100	1:20.68	4
Free	50	36.03	4
Back	50	6.02	4
Fly	100	1:33.67	2
Fly	50	37.70	1

Allen Stark			
Breast	100	1:18.02	4
Breast	200	2:52.90	5
Breast	50	33.99	3

Laura Tyrrell			
Free	200	2:25.31	3
Free	400	5:05.66	3
Free	800	10:50.43	1
Fly	50	35.41	15

Keith Uebele			
Breast	50	36.97	10
Fly	100	1:04.81	6
Fly	200	DQ	
Fly	50	29.14	12

Joy Ward			
Free	100	1:22.12	3
Free	50	33.69	2
Back	100	1:33.79	3
Back	50	42.15	2
Fly	50	35.62	1

Jody Welborn			
Free	1500	25:00.77	10
Free	400	6:21.95	11
Breast	100	1:46.81	8
Breast	200	3:50.54	10

Arthur Welch			
Free	200	3:31.76	8
Free	400	7:26.44	6
Free	800	15:16.82	4
Back	100	1:55.76	7
Back	200	3:55.78	4

Gilbert Young			
Free	100	1:29.61	2
Free	1500	29:27.87	1
Free	200	3:25.62	3
Free	400	7:21.82	1
Back	50	51.09	1



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WITH JANI AND SARA



Recently Jani received a brochure in the mail titled "Is It Time to Evaluate Your Life?". Sara thought that would be a good topic for the Fitness Column. We will list some things we feel are important (none of which were in the brochure Jani received!).

- ☐ Do you know the date of your most recent physical?
- ☐ Do you schedule regular medical checkups?
- ☐ Do you know your family history?
- ☐ Do you know your blood pressure?
- ☐ Do you know your cholesterol, both HDL and LDL?
- ☐ Do you know your resting heart rate?
- ☐ Do you know your body fat percentage?
- ☐ Do you eat fruits and vegetables on a daily basis?
- ☐ Do you limit your fat intake?
- ☐ Are you aware of the food pyramid guide for eating?
- ☐ Do you get enough sleep?
- ☐ Do you get enough exercise?
- ☐ Do you exercise too much?
- ☐ Do you take time out to have fun?
- ☐ Do you stretch on a daily basis and do you know how to properly stretch?
- ☐ Do you have too much or too little stress in your life?
- ☐ Do you have a system in place for managing the stress in your life?
- ☐ Do you have friends and family to help you through tough times?
- ☐ Do you take the time to do something nice for yourself occasionally?
- ☐ Are you satisfied with your current level of fitness?
- ☐ Do you have measurable and attainable goals?
- ☐ Is there a balance in your life?

This is not a quiz where you score points. Its food for thought (healthy food!). As we transition from open water

to the fall/winter pool season it might be time to take better charge of our lives. Its never too soon to start thinking about changes for 2003!!

#### Shoulder Stretches

We found these nifty (and easy) shoulder stretches. They are reprinted with permission from Michael Yessis, PH.D. M Dr. Yessis is president of Sports Training, Inc. More info is available on his website [www.dryyessis.com](http://www.dryyessis.com).

**Lateral arm raise:** This active stretch is used to loosen up the shoulder joints and to move the scapula (shoulder blade) through a full range of motion as needed in the recovery phase. Stand with your arms alongside your body

with the arms straight. Then raise the arms out to the sides and overhead as high as possible. The greater the height the greater the stretch in the shoulder joints. Return the straight arms under control to your sides; pause momentarily, and then repeat. This active stretch is needed to ensure a full reach on your stroke recovery.

**Shoulder shrugs:** Assume a standing position with your shoulders relaxed and torso straight. When you are ready, raise your shoulders as high as possible while your

arms are relaxed and at your sides. If you have good flexibility, the shoulders will come up close to the level of your lower ears. After reaching the uppermost position, lower the shoulder completely and repeat in a rhythmical manner.

**Protraction and retraction:** Protraction and retraction stretches help to stretch the shoulders and shoulder girdle in a forward and backward direction. The retraction is needed to help get the shoulder and arm out of the water to begin the recovery movement. To execute, stand erect but relaxed with your arms at your sides. Move the shoulders as far forward as possible by rounding the shoulders and then bring the shoulders back as far to the rear as possible as you push your chest forward. Only the shoulders should be in motion.

#### *Jani's quote*

#### *for the month:*

***"You can't burn out  
if you've never  
caught fire."***





# Notes from Poolside

by Coach Bob Bruce  
ASCA Certified Level 5 Coach



Happy Swimmers' New Year! Now that fall is here, it's time for most of us to begin another annual swimming cycle. Let's discuss something important and timely--your goals. I fervently believe that the most important hour of your entire swimming year is the hour in which you consider your annual goals, write them down, and commit to them!

We are motivated by goals, thrive on goals, thirst for goals. Planning requires goals. Long-term success demands goals. Ambitions are fueled by goals. Goals drive effective practices. Yet how many of us spend time addressing our goals, developing them adequately, and committing ourselves to them? Here's your chance! Now's the time!

As you set your goals, be practical and progressive. Lofty goals may prove to be far out of reach, and doom you to continued disappointment and frustration. Goals that are achieved quickly and easily cheat you of the joy and satisfaction of significant accomplishment. Choose annual goals that challenge you but that you feel can be reached, then set smaller intermediate goals to help you stay motivated and keep you on track. Goals can be achieved cumulatively, and can be reset when you achieve them.

What motivates you to swim? Are you out to improve your overall health and fitness, lose a few pounds, or feel and look better? Are you seeking new experiences, new challenges, and new friendships? Are you looking to shave a few tenths or seconds (or minutes!) from your favorite events? Whatever your motivation, pick appropriate goals for you and your life situation. I offer several common goals for swimmers, coupled with some advice about attaining them. Perhaps this little list may be helpful as you define your own goals.

- **Improve health & fitness:** Exercise consistently, at least 3-4 times each week. Add variety to your activity, even choosing activities away from the pool. Train with a group when you can. Laugh a lot.
- **Lose some weight:** Eat fewer calories and burn more calories (sounds easy, right?). I'm no nutritionist, so I'll make no comment about the input side of that equation. Burn more calories by adding one practice per week to

your regular number, or by adding 10 to 15 minutes of steady aerobic time to each practice.

- **Learn a new stroke (or improve the old ones):** Seek appropriate instruction now. Learn as a child does, by feel and repetition. Master the supporting drills. Practice at slow speeds while you are fresh to maximize learning without inference from fatigue. Gradually integrate your new stroke into your regular practice routine. Have your coach or teammates check your skills and progress often.
- **Seek new experiences & challenges:** If you haven't tried competing, enter and swim in a meet--I guarantee that it will challenge you and that you'll learn lots about swimming, and yourself. If you already compete, try a race at a

new distance, or in another stroke, or in a multi-event format (like a pentathlon). Or leave the black line behind and sample our wonderful lakes.

- **Increase endurance:** Add another practice per week, or 10 to 15 minutes to each of your current practices. Find your anaerobic threshold, and do more of your aerobic training at or near this intensity. Throw in an extra-long swim once every few weeks. Train using all strokes. Quit smoking!

- **Increase speed:** Develop endurance first, for you need endurance to train effectively for

speed. Then try a short to medium length interval set or two every week holding speeds faster than your racing pace (don't overdo--these sets are stressful); continue for 4 to 6 weeks to adapt to the training speeds. Then race fast and enjoy!

- **Build your training group:** Most of us have discovered that it's more fun (and more motivating) to train in a group rather than alone. To find others, look among consistent lap swimmers and inactive masters swimmers--many of them are just waiting to be asked and encouraged to join you. Share the great benefits of swimming with others.

Now, select your goals, write them down, commit yourself to pursuing them, and begin the process of achieving them. Remember, you can't reach your goals if you haven't any!

Good luck and good swimming!

## Quote Bag:

*"80% of success is  
just showing up."*

**Woody Allen**

*"Fitness is something  
that happens to you  
while you're practicing  
good technique."*

**Terry Laughlin**

# Eel Lake - Oregon Open Water Swim Series

Place	Name	Age	Team	.5mi.time	Overall	2-mile Results				
1/2-mile Results						Women				
Women						25-29				
19-24						1	Casey, Anna	25	OR-thb	54:56 19
1	Ebothner, Danielle	20	OR-som	12:42	2	30-34				
30-34						1	Himstreet, Julie	31	OR-ea	47:00 7
1	Simpson, Shauna	30	MACO	12:22	1	2	Smidt, Cynthia	32	OR-coma	54:42 17
45-49						3	Vintrova, Renate	30	OR-pms	58:01 24
1	Roberts, Calli	47	OR-coma	15:35	5	35-39				
Men						1	Brooks, Kristin	37	OR-coma	54:10 15
50-54						2	Rohlf, Karen	36	unat	1:03:39 29
1	Carew, Mike	52	OR-coma	12:42	4	40-44				
60-64						1	Young, Joni	41	OR-scc	47:01 8
1	Mohr, Ralph	60	OR-coma	13:22	3	2	Schob, Laura	43	OR-coma	51:34 13
1-mile Results						45-49				
Women						1	Sweat, Mary	45	OR-coma	42:13 3
19-24						2	Cheney, Liz	45	OR-fish	54:57 20
1	Ebothner, Danielle	20	OR-som	23:37	9	3	Holmberg, Madeleine	49	OR-coma	55:14 21
30-34						4	Peterson, Connie	47	OR-coma	1:05:34 31
1	Smidt, Cynthia	32	OR-coma	26:10	16	50-54				
40-44						1	Shoemaker, Cynthia	50	OR-coma	59:32 26
1	Young, Joni	41	OR-scc	23:36	8	2	Jenkins, Tam	54	OR-owet	1:00:59 28
2	Schob, Laura	43	OR-coma	25:18	14	3	Riddle, Kristi	53	OR-thb	1:08:49 33
3	Lamear-Tucker, Diane	44	OR-fish	27:29	22	55-59				
45-49						1	Himstreet, Pam	58	OR-coma	59:32 25
1	Sweat, Mary	45	OR-coma	20:46	4	Men				
2	Cheney, Liz	45	OR-fish	27:05	21	25-29				
3	Holmberg, Madeleine	49	OR-coma	27:42	23	1	Nishimura, Takeo	29	OR-coma	53:35 14
4	Roberts, Calli	47	OR-coma	31:38	28	35-39				
5	Peterson, Connie	47	OR-coma	31:41	29	1	Nelson, Tim	36	OR-coma	40:35 1
50-54						2	Higley, Rob	37	OR-coma	45:49 5
1	Shoemaker, Cynthia	50	OR-coma	30:01	26	3	Van Der Zwan, David	39	OR-som	49:37 12
55-59						4	Giller, Roland	39	OR-coma	54:38 16
1	Himstreet, Pam	58	OR-coma	29:38	25	40-44				
2	Whiter, Peggy	58	OR-coma	34:44	32	1	Ireland, Bill	42	SCAQ	45:03 4
Men						2	Soares, Don	42	OR-rvm	54:54 18
25-29						3	Thompson, Ron	42	OR-coma	55:16 22
1	Nishimura, Takeo	29	OR-coma	26:07	15	4	Bragg, Robin	42	OR-ncm	1:00:49 27
35-39						45-49				
1	Nelson, Tim	36	OR-coma	20:04	1	1	Dow, Keith	47	OR-ncm	49:10 10
2	Volckening, Bill	36	NEM	20:41	3	2	Douglas, Mike	45	OR-coma	49:11 11
3	Higley, Rob	37	OR-coma	22:51	6	50-54				
4	Van Der Zwan, David	39	OR-som	23:41	11	1	Johnson, Steve	54	OR-ea	41:34 2
40-44						2	Teisher, Jim	52	OR-thb	46:48 6
1	Thompson, Ron	42	OR-coma	26:17	17	55-59				
2	Soares, Don	42	OR-rvm	26:31	18	1	Juhala, Rich	58	OR-ncm	1:05:20 30
3	Bragg, Robin	42	OR-ncm	31:03	27	60-64				
45-49						1	Kanner, Burt	63	OR-scc	55:53 23
1	Douglas, Mike	45	OR-coma	23:33	7	2	Beggs, James	62	OR-coma	1:07:26 32
2	Dow, Keith	47	OR-ncm	24:06	13	65-69				
50-54						1	Radcliff, David	68	OR-thb	49:10 9
1	Johnson, Steve	54	OR-ea	20:39	2	2-mile Results (Wetsuit)				
2	Teisher, Jim	52	OR-thb	22:45	5	Women				
3	Carew, Mike	52	OR-coma	23:37	10	50-54				
55-59						1	Sutherland, Jani	53	OR-coma	55:47 1
1	Gray, Dan	57	OR-rvm	29:24	24	Dog & Human Results				
2	Juhala, Rich	58	OR-ncm	32:34	31	Sporting Breed				
60-64						1	Ally & Mike Douglas	OR-coma	1:29.28	1
1	Mohr, Ralph	60	OR-coma	26:39	19	2	Quinn & Rob Higley	OR-coma	1:33.67	2
2	Kanner, Burt	63	OR-scc	26:41	20	3	Zoomer & Jani Sutherland	OR-coma	1:45.63	3
3	Beggs, James	62	OR-coma	32:07	30	4	Buster & Connie Peterson	OR-coma	2:25.40	4
65-69							Mia & Dave Van Der Zwan	OR-som		DNF
1	Radcliff, David	68	OR-thb	23:44	12		Maggie & Peggy Whiter	OR-coma		DNF
2	Oakes, Joe	67	OR-thb	41:46	33	Non-Sporting Breed				
1-mile Results (Wetsuit)						1	Sadie & Pam Himstreet	OR-coma	59.56	1
Women						2	Pulga & Don Soares	OR-rvm	1:07.61	2
50-54										
1	Sutherland, Jani	53	OR-coma	28:06	1					



# LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

The 2002 OMS Open Water Season has ended, and it's time to recognize our season achievements:

- We hosted ten swims at four venues this year. We'd love to have a fifth venue as we did in 2000!
  - 215 Oregon swimmers from 16 Oregon local teams (and 60 unattached swimmers) took part, totaling 602 swims.
  - 29 visitors from other states and provinces joined us for 40 swims.
  - Judge Robert Beach, longtime masters swimmers and former USMS officer from Florida, traveled the furthest to swim with us. Vinus Van Baalen was our single international visitor, traveling from Edmonton, Ontario, Canada. Both participated in the 1-mile National Championship at Dorena Lake.
  - USMS President Jim Miller joined us for a well-received clinic on the day before the Dorena Lake swims.
  - 42 Oregon swimmers—the most ever—swam in at least three venues, thus qualifying for the Oregon Open Water Swim Series awards (see results in this Aqua-Master).
  - 22 Oregon swimmers swam in all four venues, up sharply from only 11 last year! Of these, 14 swam in every possible race! I enjoyed spending my summer weekends with them.
  - The 1-mile National Championship at Dorena Lake proved to be the largest race with 114 swimmers. The next largest swims were the Hagg Lake 1-mile with 102 swimmers and the Association Championship 1500-meter at Elk Lake with 94 competitors.
  - The Elk Lake 500-meter time trial was our shortest distance, drawing 73 sprinters. The Squaw Lake 5000-meter was our longest, with 52 folks completing the distance.
  - The doggie race at Eel Lake was the spectator hit of the season, featuring 8 canine thoroughbreds, a motley cast of humans, and some unique racing tactics. →
  - The camping was great and the weather was cooperative (even counting on-again off-again drizzle at Eel Lake).
- Congratulations to...
- Our 13 1-mile National Champions (automatic USMS Long Distance All-Americans!);
  - Our 17 1500-meter Association Individual Champions;
  - COMA, our Association Large Team Champions for the fourth consecutive year;
  - CAT, our Association Small Team Champions;

- Those Oregonians who ventured far afield to find other open water challenges;
- Our race directors and host teams, who can take a collective deep breath and enjoy a few months off;
- Our sponsors, who made much possible and who kept us all in goodies;
- Everyone who participated!

Even though open water season in Oregon has finished, you're still got some swimming to do! October is the last month of the National 3000-yard & 6000-yard Postal Championships. These swims must be done in a 25-yard pool—making them accessible to most of us!—and completed by October 31st. As a coach, I believe strongly that these swims can be solid early season training swims, great conditioning benchmarks, and fun team-building events, and absolute requirements for aspiring distance swimmers. You know that these swims are included in COMA's training plan! Please join us in doing them. See [www.usms.org](http://www.usms.org) for information & entry blanks. Incidentally, if you officially enter one or both of these events, please send me your result (name, age, & time) promptly, so that I can enter the best Oregon relays—at no cost to you—by the entry deadline.

Good luck and good swimming!



Pam Himstreet and Sadie winning the Non-Sporting Dog category in the "Six Paw" Open Water Swim at Eel Lake

## Oregon Open Water Series 2002

## Series Final Summary

AgeGr	Place	Name	Team	Points	Swims	Venue	Overall
<b>Women</b>							
19-24	1	Dhom, Gina	EA	57	6	3	23
	2	Ebothner, Danielle	SOM	41	6	3	33
25-29	1	Quan, Sara	COMA	70	6	3	12t
	2	Law, Heather	PMS	40	5	3	34t
30-34	1	Milano, Andrea	PMS	64	7	3	15
	2	Smidt, Cyndi	COMA	54	8	4	26
	3	Himstreet, Julie	EA	42	3	3	32
	4	Simpson, Shauna	MACO	40	6	4	34t
35-39	1	Brooks, Kristin	COMA	73	8	4	9t
40-44	1	Young, Joni	SCC	71	9	4	11
	2	Schob, Laura	COMA	56	8	4	24t
	3	Roussain, Kerri	PMS	53	4	3	27
45-49	1	Sweat, Mary	COMA	84	9	4	1t
	2	Cheney, Liz	FISH	58	7	4	21t
	3	Peterson, Connie	COMA	50	9	4	28t
	4	Welborn, Jody	CWY	27	3	3	42
50-54	1	Shoemaker, Cynthia	COMA	78	9	4	6t
	2	Sutherland, Jani	COMA	63	8	4	16t
	3	Riddle, Kristi	THB	40	6	4	34t
	4	Jenkins, Tam	OWET	38	4	3	38
55-59	1	Himstreet, Pam	COMA	84	9	4	1t
	2	Whiter, Peggy	COMA	33	3	3	39
<b>Men</b>							
25-29	1	Nishimura, Takeo	COMA	78	9	4	6t
30-34	1	Reget, Phil	COMA	60	6	3	19t
35-39	1	Nelson, Tim	COMA	70	6	3	12t
	2	Higley, Rob	COMA	65	9	4	14
	3	VanDerZwan, Dave	SOM	39	6	3	37
40-44	1	Thompson, Ron	COMA	63	9	4	16t
	2	Soares, Don	RVM	60	7	3	19t
	3	Bragg, Robin	NCM	43	9	4	31
45-49	1	Dow, Keith	NCM	73	9	4	9t
	2	Douglas, Mike	COMA	61	6	3	18
	3	Moneta, Mike	unat	28	4	3	41
50-54	1	Johnson, Steve	EA	84	9	4	1t
	2	Teisher, Jim	THB	56	9	4	24t
	3	Carew, Mike	COMA	30	7	3	40
55-59	1	Juhala, Rich	NCM	78	8	4	6t
	2	Smith, Robert (!)	FISH	45	4	3	30
60-64	1	Landis, Tom	COMA	84	7	3	1t
	2	Kanner, Bert	SCC	58	6	3	21t
	3	Beggs, Jim	COMA	50	9	4	28t
65-69	1	Radcliff, Dave	THB	84	9	4	1t





**Pictured above: Mary Sweat, Pam Himstreet, Steve Johnson, Dave Radcliff, (Tom Landis missing), overall winners of the Oregon Open Water Series with 84 points each. Pictured below: Cynthia Shoemaker, Takeo Nishimura, , Rich Juhala, Robin Bragg, Jim Teisher, Connie Peterson, Dave Radcliff, Rob Higley, Joni Young, Keith Dow, Steve Johnson, Mary Sweat, Pam Himstreet, top three finishers in the Oregon Open Water Series.**





# Mt. Hood Community College • Short Course Yards Meet

Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #372-09

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

OMS registered swimmers must submit a 2002 and unregistered swimmers must submit a 2003 registration form and fee with this form.

Place: Mt. Hood Community College  
26000 SE Stark St.  
Gresham, Oregon  
5 lanes competition-electronic timing  
1 lane for continuous warm-up/down



**DATE: Sunday, November 10, 2002**

Warm-ups: 7AM  
Meet Starts: 8AM

Meet directors: Phil King and Donna Ryan • Phone: 503-491-7224 • E-mail kingp@mhcc.edu

Directions to the pool: Take I-84. Use Exit 17. Follow Frontage Road to 257th and take a right. Follow 257th past Stark St. to 17th St. and take a left. Take the first left after the soccer field and left again into the aquatic center parking lot.

**ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2003 FORM WITH THIS ENTRY**

**ENTRY DEADLINE: POSTMARK NO LATER THAN OCTOBER 25, 2002**

Fill in lower portion completely. Return lower portion. Fill in lower portion completely.

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_  
E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
2002-2003 USMS # \_\_\_\_\_  
USMS CLUB (OREG, MACO, PNA, ETC) \_\_\_\_\_  
IS THIS YOUR FIRST OREGON MASTERS MEET? ☐ YES ☐ NO

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 19+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y AND 800Y (800Y FOR FREE RELAYS ONLY). THE 400Y AND 800Y RELAYS WILL BE SEEDED IN HEATS FOLLOWING THE 200Y RELAYS OF THE SAME TYPE. THE 500 AND 1000 FREESTYLES WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND CLOSE 30 MIN. BEFORE THE 1000 FREE IS TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

**Sunday, November 10, 2002**

**400 I.M.** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FLY** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 BACK** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 FREE** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\*\*5 MINUTE BREAK\*\***

**MIXED FREE RELAYS (5-7)**

**50 BACK** (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FLY** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 BREAST** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 I.M.** (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**500 FREE** (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\*\*5 MINUTE BREAK\*\***

**MEDLEY RELAYS (13-16)**

**50 FREE** (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 BREAST** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 FLY** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 I.M.** (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\*\*5 MINUTE BREAK\*\***

**MIXED MEDLEY RELAYS (21-22)**

**50 BREAST** (23) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FREE** (24) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 BACK** (25) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\*\*5 MINUTE BREAK\*\***

**FREE RELAYS (26-31)**

**1000 FREE** (32) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

"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 & competition), including possible permanent disability or death, and agree to assume all 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, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MEET ENTRY FEE: \$15.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.  
MAIL FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220



# Northwest Zone Short Course Meters Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #372-10  
Eligibility: Currently registered USMS swimmers, 19 years and older.  
Unregistered swimmers must submit a 2003 registration form and fee with this form.

Hosted by: Oregon City Swim Team  
1211 Jackson Street  
Oregon City, Oregon  
5 lanes competition-electronic timing  
1 lane for continuous warm-up/down area

**DATE: Saturday & Sunday, December 14 & 15, 2002**

**SATURDAY: WARM-UPS: 10AM • MEET STARTS: 11AM**  
**SUNDAY: WARM-UPS: 7AM • MEET STARTS: 8AM**

Meet director: Colette Crabbe • Phone: 503-659-2114 • E-mail colettecabbe@hotmail.com

Directions to the pool: From I-205 North or South, take exit #9 (99E, Oregon City, Gladstone), turn left or go South on 99E. At the 1st light (coming from South) or at the 2nd light (coming from North), go left on 14th St., go two blocks, turn right on Washington St., go 2 blocks, turn left on 12th St, go up the hill until Jackson St. The pool is at the corner of 12th and Jackson on the left hand side.

**ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2003 FORM WITH THIS ENTRY.**

RECOMMENDED HOTELS NEAR THE POOL: (BOTH HAVE BREAKFAST) • RIVERHOUSE HOTEL, 503-655-7141 • OXFORD SUITES MOTEL, 503-722-7777

**ENTRY DEADLINE: POSTMARK NO LATER THAN NOVEMBER 29, 2002**

✂ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY ✂

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_  
E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
2002-2003 USMS # \_\_\_\_\_  
USMS CLUB (OREG, MACO, PNA, ETC) \_\_\_\_\_  
IS THIS YOUR FIRST MASTERS MEET? ☐ YES ☐ NO

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 79-99, 110-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359, ETC. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400M AND 800M RELAYS WILL BE SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. THE 400, 800 AND 1500 FREESTYLES & 400 IM WILL BE DECK SEEDED. *CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. CHECK IN FOR THE 1500 WILL OPEN MIDWAY THROUGH SUNDAY'S EVENTS.* ALL EVENTS WILL BE SEEDED SLOW TO FAST. **YOU MAY SWIM EITHER THE 800 FREE OR 1500 FREE BUT NOT BOTH.**

## Saturday, December 14, 2002

**800 FREE** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**20 minute warm-up. Event 2 will not start before noon.**

**200 BACK** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BREAST** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 I.M.** (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\*\*5 MINUTE BREAK\*\***

### **MIXED MEDLEY RELAYS (6-7)**

**50 FLY** (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FREE** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BACK** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\*\*5 MINUTE BREAK\*\***

### **FREE RELAYS (11-16)**

**400 I.M.** (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**ZONE MEETING TO FOLLOW THIS SESSION**

## Sunday, December 15, 2002

**400 FREE** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**20 minute warm-up. Event 19 will not start before 9AM**

**200 FLY** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BREAST** (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FREE** (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 I.M.** (22) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\*\*5 MINUTE BREAK\*\***

### **MIXED FREE RELAYS (23-25)**

**100 FLY** (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BACK** (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BREAST** (28) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\*\*5 MINUTE BREAK\*\***

### **MEDLEY RELAYS (29-32)**

**1500 FREE** (33) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

"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 & 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, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**MEET ENTRY FEE: \$18.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.**  
**SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220**

## 2002/2003 Calendar and Meet Schedule

### Pool Meets

Date	Event	Location	Contact
Oct. 19	SCY	Bainbridge Island, WA	Lynn Wells swimlynn@usms.org
Nov. 10	*SCY	Mt. Hood Com. College	Phil King kingp@mhcc.edu
Dec 14-15	*SCM	NW Zone Championship Oregon City	Colette Crabbe colettecrabbe@hotmail.com 503 659 2114

### National Championships 2003

May 15-18	SCY	Tempe, AZ	www.usms.org
Aug. 14-17	LCM	Rutgers Univ. NJ	www.usms.org

### Open Water 2003

Date	Distance	Location	Contact
July 27	5K Nat. Champ	Elk Lake, OR	Pam Himstreet himstreet@bendcable.com

### Postal Championships 2002/2003

Sept. 1-Oct 31	3000 / 6000	Marty Hamburger	3000-6000@dynamomasters.com
Jan. 2003	1 Hour Swim	Kristine Lewis	onehour@swimoregon.org

\* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

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*October 2002*

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**Inside: Results - LCM Nationals & Eel Lake**