



Aqua Master

USMS 2004 Newsletter of the Year

Volume 31, Number 10

Published Monthly by OMS, Inc.

Nov./Dec. 2004

“ S w i m m i n g f o r L i f e ”

Truly a Patriot's Game



Camas, Washington: At exactly 9:11 A.M. on the morning of September 11, two F 15 jets from the Oregon Air National Guard flew over the Grass Valley Pool in Camas. At the same time a Military Honor Guard presented the Colors inside the pool. What an appropriate way to start the Patriot Games. Thank you Grass Valley Masters and Coach Bert Petersen for this great swim meet. (Full results pages 8-11)



Photo by Jan Fardust

Inside For You

Chair's Corner	2
Truly a Patriot	3
Get Fit	4
Long Distance	5
Maui Channel Swim	6
Lynne Cox	7
SCY Top Ten	10-12
Results - Camas	8
Pool Entry Blanks	
Animal Meet	12
Pentathlon	13
World Master Games	14
Clinic	15
Convention Highlights	16
Why Compete	17
2005 OMS Team Registration	18
2005 USMS/OMS Registration	19
Schedule	Back Cover

Last Splash

Beginning with this issue, the Aqua Master will be letting you know of the passing away of an OMS member. They will be listed in a section called “Last Splash”.

Art Welch, one of the most active swimmers in the History of USMS, passed away in July. Art was born September 8, 1932 in Detroit, Michigan. He grew up in Portland and served in the U.S. Navy. Art graduated from Oregon State.

Art was one of two swimmers who attended every National Championship Meet since the beginning of USMS. This achievement made him a legend among his fellow swimmers.

At their September Board Meeting, your OMS Officers decided to Honor this accomplishment and the memory of Art by naming the “Most Splashes” Award the “Art Welch Most Splashes” Award.

Art will be missed but what he accomplished in his competitive career will live on with the presentation of this Annual Award.

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Chair's Corner by Jeanne Teisher

Recap of OMS 2004 Board Retreat

September 23-24 was a busy and productive weekend for the OMS board members. This was the weekend of the annual board retreat. It is always good to get the board members together for an extended period of time to discuss ideas and issues that we don't always have time to discuss, in much detail, during our regularly scheduled board meetings. This year the board retreat was held at Darlene Staley's comfortable home.

Some of the highlights of the retreat you might be interested in knowing include:

- Tia Sutton, of Sweet Home, is the new Membership Chair.

- Rich Minter is the new secretary.

- Gary Whitman, the guy who gets all the meet entry forms and money, has moved. Meet entries are now to be mailed to

OMS Data Manager

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- In order for our website to have the latest information about meets, special events, human interest stories, new Masters swim programs, updated pool hours or swim practices, swim records, etc., we are asking that you, the swimmer with the information, write an article or story with all the details. Submit this information to the OMS Webmaster, Robbert van Andel, at robbert@vafam.com. Also, please be sure to check out the OMS website regularly (www.swimoregon.org/). The look and information is always changing.

- We have changed the name of the annual 'Most Splashes' award. The award will now be called the Art Welch Award, in honor and memory of Art Welch who recently died. Art was an extremely dedicated swimmer who never missed a National competition. He definitely had more splashes than anyone in Oregon, at least at National level competitions.

- When we lose a fellow swimmer, it is like losing a personal friend or family member, even if we may not have known the individual. The board decided to include, in the Aqua Master, a column honoring deceased swimmers. The column will be titled "Last Splash". If you know of a current or previously registered OMS swimmer that has passed away, please notify any of the OMS board members or the newsletter editor, Dave Radcliff (dave@theradcliffs.com).

- Did you know that 18 year olds can compete in OMS swim meets beginning Jan 1, 2005? That was the ruling made at the USMS annual conference in September.

- The 2005 Association Championships, in Canby, will be one heck of a fun event. The organizing committee is working hard to make the swim competition and awards banquet enjoyable as well as efficient. I hope you and your team are planning to attend and compete in the 2005 OMS Association Championships, April 1-3.

Those are just some of the highlights of the weekend retreat. If you would like to know more of what was discussed at the retreat, please check out the minutes, which are posted on the OMS website (www.swimoregon.org/)

Our next board meeting will be Wednesday, December 1, at the Lance Armstrong Fitness Center on the Nike Campus, beginning at 7:00 PM. If you would like more information, please contact Jeanne Teisher at (503) 574-4557 or jteisher97007@yahoo.com.

Until next time.....

Jeanne

United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc. or Oregon Masters Swimming.

Aqua-Master is the official publication of Oregon Masters Swimming, Inc. 1211 SW Fifth Ave. Portland, OR 97204-3795. It is the source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact Darlene Staley or Doug Christensen 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. Information is also available on line at www.swimoregon.org

Mike Connor - Truly a Patriot

If you were at the Patriot Games Swim Meet on September 11th and if you looked around as the Colors were presented, the National Anthem sung and the F15s flew over, you might have noticed one of the new Camas swimmers standing a little taller and looking to the sky as he gave a slight nod of his head to the planes and their pilots.

This is Mike Connor. Several months ago I called Bert Petersen, the Camas Coach, and said *I hear you have a new swimmer named Mike Connor*. Bert said, I sure do, he's a pilot. I told Bert, *"No, he's much more than a pilot, he's a true American Hero and it is very fitting that he will be at your Swim Meet on 9/11"*.

Mike and I go way back to the early 70's when he was a member of my Water Polo and Swimming Teams at Chaffey High School in Ontario, California. Mike transferred into our High School when he was a Junior. He had several years to make up and he was one of the hardest workers on the team. He willingly played JV Water Polo with younger players so he could learn the game and contribute. At all times his "Irish wit and humor" kept the team loose. His form of transportation in his Senior Year was an old used hearse that he had bought. You can only imagine the late night antics as he and friends cruised the neighborhood.

Following High School, Mike headed off for UCLA and an Engineering degree. Sometime you have to have him describe Dorm Life. The Dorms at UCLA have never been the same since the Connor Era. I guarantee you will never ride an elevator or go in a laundromat without smiling after you hear his stories.

After Graduation Mike joined the Air Force. He had that special gift and he and the plane became one. Early in his career a tragic mistake by his Flight Leader almost killed him. The weather was so low that you could not see as Mike followed his leader in the "Wing" position. The first thing he saw was a tree as he struck it. Mike thought his plane would still fly but the impact had started the ejection sequence. Mike was blasted out of the cockpit. Unfortunately the seat and canopy stuck and Mike was blasted right through the canopy. He lived and after six months of traction, therapy and his total determination to return to the skies, he was able to take off once again "into the wild blue yonder".

A later assignment took Mike to the Gulf as our Country prepared for Desert Storm. Mike was the Flight Commander of a Squadron of F 104s which flew the "Wild Weasel Mission". Just like its namesake, the Wild Weasel Mission is to go in first and clear the area of SAMs, Radar and Anti Aircraft Guns. You go in first and you go in hot but you make the skies safe for the fighters and bombers that are to follow.

On the night that Desert Storm began, Mike led his Squadron of Wild Weasels to the border of Iraq. Every other night they had received orders to turn around. This night the order did not come. Desert Storm had begun and Mike's Squadron followed him into Baghdad. In his usual Irish wit, Mike told me that he thought maybe he had left his plane lights on because all of

sudden everyone was shooting at him. After the Wild Weasels completed their mission and were leaving, Mike noticed two British Bombers taking heavy fire. He rushed to their assistance. That night Mike earned the Air Medal for his actions. The next day he led another Wild Weasel Mission and earned the Distinguished Flying Cross, the second highest Air Force Medal awarded. A week later he earned a second Distinguished Flying Cross. Mike was one of the most decorated Fighter Pilots in the Gulf War and was an example and legend to his fellow fliers. In his own humble words Mike told me, *"I think I did only what most people would have done if they had been there. I saw extraordinary things more than I did them"*. No, Mike, you did much more!

After the War, Mike was loaned to the Marine Corp to teach their fighters how to fight. Think about that. Not a "Top Gun" Navy Pilot but an Air Force pilot to train the Marines. Mike's close friend, Mickey Moneta, also an OMS Swimmer, told me that Mike, without a doubt, was one of the elite fighter pilots of all time. As I said earlier, he was one with his plane and his instincts and courage were remarkable.

Eventually Mike retired from the Air Force and became a Commercial Pilot for Northwest. This did not last too long as the Military called him back into duty to shape up some of their Air National Guard units.

On 9/11 Mike was the Commander of the Alert Force Fighters based in Virginia. Although the call came too late, when it did come Mike's planes were quickly in the Air and over Washington DC, protecting our Capital from any further attacks.

Mike has now returned to his Northwest Pilot job. But I'm sure you now know why he was standing a little taller and his eyes were on the sky. Mike, I was proud to be your High School Coach, I am even prouder of everything you did for our Country and what you stand for. Welcome to Oregon and Masters Swimming. Mike, your old Coach had a great time with you at Elk Lake this summer.



Dave Radcliff, the Old Coach, and Mike at Elk Lake



GET FIT WITH JANI AND SARA



USMS National Convention Fitness Report

The OMS Fitness Chairs recently attended the United States Aquatic Sports National Convention in Orlando, Florida. Yes, Florida. We miraculously timed the convention to fall between 2 major hurricanes. What luck! This is our report to you about what the National Fitness Committee has been doing the past year and the plans for the coming year. Some of you may know that it is chaired by our own Pam Himstreet. Jani Sutherland is one of two vice-chairs. There are several other Oregon members on the fitness committee as well.

Why does USMS have a fitness committee? This committee represents the entire spectrum of masters swimmers: from the solo lap swimmer, to the aspiring triathlete, to a group of friends working out together, and even the swimmer who looks to set new Masters world records. The true spectrum of fitness represents each swimmer's unique way in which they shape swimming into their life.

The goal of the USMS Fitness Committee and the OMS Fitness Committee is to invite and encourage people to become involved in a lifelong activity to maintain and/or improve health and longevity. The committees do this by creating opportunities or challenges for Masters swimmers to involve themselves and accomplish healthy goals. The goals of fitness can range from improved body composition to a best time in the 200 backstroke to completion of an open water swim. The committees provide articles of interest (on the USMS website) that are health-related by nature and provide insight and thought to the reader wishing to enhance their fitness knowledge.

This past year the national committee had a tremendous response to the Check-Off Challenge and expects this to

continue to grow. Join in! Congratulations to those who have completed it and continued good luck to those who are still working on it! Great job!

Two other large-scale fitness opportunities are ongoing: The 30 Minute Swim and the Virtual Swim Series.

The 30 Minute Swim is a non-competitive swim for anyone and everyone. It is a pretty admirable sense of accomplishment to know that you swam for 30 minutes. For others this is an excellent opportunity to improve your fitness and prepare the mind and muscles for the more competitive One Hour Swim in January.

The virtual swims are another creative and exciting opportunity to improve fitness.



Sara and Jani "crash" on the flight home from Convention

The Virtual Swims allow you to swim in bodies of water in other parts of the country. It's a fun way to track your mileage and learn about the areas in which you are "swimming". The USMS Fitness Committee has plans to expand the myriad of swims to include international waterways too. How cool to swim the English Channel in the warmth and safety of your local swimming

pool!!! The virtual swims provide an excellent framework to set and achieve goals for solo swimmers and even small training groups. They are informative about the area of the swim you are virtually swimming so that you have great stories to tell. You can even swim to the bottom off Crater Lake (back up is optional!). The benefits of swimming across Hudson Bay or through the Panama Canal may be long standing - achieving small goals each time you swim, coming closer to the "other side" or end of the waterway, and always improving your health benefits.

Please see the USMS Fitness Website (usms.org) for more information on fitness, the Fitness Article of the Month and The Virtual Swim Series.



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

Let's finish our long distance year by recognizing and honoring the 2004 winners of the Mike Morehouse Spirit Award, the most prestigious of all of our annual awards for long distance swimming in Oregon. This year the Oregon Long Distance Committee chose another two worthy honorees, joining twelve previous Award winners. According to the Award description, the Mike Morehead Spirit Award is given annually to a person or persons who display the highest character of sportsmanship during the Oregon Open Water Series, past and present. Asportsman is defined as one who engages in sports, a person who is fair and generous, and a good loser and graceful winner.

The Award honors the memory of Mike Morehouse, who was all of the above and more. A true gentleman, Mike was always thoughtful of others; wishing everyone well was his trademark, as well as enjoying his friendships. First a movie star, then a successful attorney, and finally a noted judge, Mike was also an avid open water swimmer in Southern Oregon who everyone would have wanted to be a teammate.

Joni Young from the Salem Courthouse Crew and Mike Carew from Central Oregon Masters are this year's Award winners. Joni has been a very active participant in Oregon Swimming during the past few years. As a dentist in her non-swimming life, she has rarely missed the opportunity to get into the lakes. A strong competitor and frequent winner of

the Oregon Series title in her age group, Joni also ventured far afield this year to swim in the Chesapeake Bay swim in June, a swim that she remembered as a very big challenge and as totally different than an Oregon Lake swim. She also was one of the few Oregon swimmers to tackle and complete the 10-km. National Postal Championship swim this summer—ask her sometime about her experience.

Mike Carew has been a longtime OMS member; some of



you with good retention might remember his efforts on behalf of the "Russian Women's Relay Team" twenty years ago. Mike was also an avid runner and triathlete, who's career turned for the worst several years ago with major problems resulting in a new artificial hip last year. Mike has competed at every Oregon race venue during the past three years, doggedly working his way up the Series standings to finish second in his

age group the past two years. An avid family camper, Mike was accompanied by wife Linda and daughter Katie at each swim this year. Mike finished his season later than most of the rest of us this year with a trip to and a fine swim at Whiskeytown in September.

Of course, Joni and Mike personify the spirit of open water swimming. Congratulations to our new Mike Morehouse Spirit Award winners!

Good luck and good swimming!

MAC CLUB TO HOST ANNUAL NEW YEARS DAY SWIM

The MAC will again host a new years day swim. We will swim 105 50's (or 25's) on the minute. There will be a \$5 charge. This will cover the costs of a commemorative cap and munchies. We are hoping to have trivia, prizes and possibly a raffle. Sharon Foley and Laura Tyrrell are organizing the event. For more information and starting time contact Laura at tyrrell3708@msn.com

Maui Channel Swim and Waikiki Roughwater Swim

Reported by Keith Dow: Just a note to let you know that the **Oregon Webfeet** team of Mike & Deb Douglas, Ron Thompson, Richard Juhala, Ethan Bergman (Ellensburg WA) and Keith Dow made the trip to Maui and survived the Lanai to Maui Channel Swim crossing. We found the seas to be a bit rougher than expected with swells between 3 and 6 feet with heavy chop. The team reached Maui in about 6 hours and 9 minutes so everyone was able to enjoy a good hour in the water. We were lucky to pull a good boat captain in Syd Medeiros who had his hands full keeping us on track and away from the currents north of Black Rock. While the objective was a crossing from Lanai to Maui, the island of Molokai loomed large to the northwest and into the unforgiving current. One unfortunate swimmer seemed drawn by the beauty of the island and soon became known as Molokai Deb. But Syd kept us on course and Mike produced several strong legs catching at least four boats on his first swim. We did not think it possible but Ron was able to complete a respectable leg while acting as team photographer and getting those live action shots. Not to be forgotten, "Wrong buoy Rich" nearly got us to shore a few hundred yards early when he sighted on a second orange buoy near the finish. All the while Ethan was wondering how he ever got hooked up with a motley crew from Oregon. All in all it was a terrific day and not all that bad to be teamed with a few Coma swimmers.....but you still won't get this one in a pink cap!

Three of the team continued on to Oahu the next day and completed the Waikiki Roughwater Swim with about 885 other entrants. After the ocean conditions we found between Lanai and Maui, Waikiki seemed like any other open water lake swim. But, it was easy to get lost in the beauty of the swim as you could see the ocean bottom during the entire time and observe fish, coral, turtles and the occasional baby manta ray. And a note for those who still have visions of "Jaws", there were no sharks to be seen on either day. Rich Juhala competed in the 60-64 age bracket and placed 17th within the group and 727th overall with a time of 2:05:22. Ron Thompson (40-44) was 30th (again sporting his underwater camera) in a very competitive age group and 289th overall with a time of 1:21:14. Keith Dow (45-49) finished 15th and 230th overall with a time of 1:17:47.

Another Oregon swimmer, William Butz of Durham, finished a very strong 13th in the 45-49 age group with a time of 1:15:55.

Both swims were very enjoyable and highly recommended. For some reason all the spouses or significant others decided to join the swimmers this time and spend a few days in the tropical sun. The one who danced the hula on stage after the Maui Channel Swim banquet, in front of a semi-sober crowd, shall remain anonymous.



Keith, Deb, Mike, Rich, Ron and Ethan

Lynne Cox - Swimming to Antarctica by Jim Teisher

A few weeks ago I had the opportunity to hear Lynne Cox speak at Nike. For those of you who don't recognize the name, Lynne broke the men's and women's world record, for an English Channel swim, at the age of fifteen and then again at sixteen. She has swum across the Strait of Magellan, Cape of Good Hope and Bering Strait. Her most recent swimming accomplishment was a swim, from a boat about one mile off shore, to Antarctica.

What makes Lynne's swims so amazing is that they are done without a wet suit or insulated cap. The water temperature for her Antarctica swim was 32 degrees. Her ability to swim in cold water is something the medical experts can't explain. She has written a book about her swimming entitled "Swimming to Antarctica".

Lynne has a very warm, friendly smile. Her quiet determination, though, makes you question her limits of possibility. During her presentation, Lynne spoke about swimming with dolphins and penguins and how she feels so close to nature when she swims in the open waters around the world. Her talk focused on the thoughts and feelings about some of those swims.

Some people may think Lynne has a death wish. This is definitely not true. She simply wants to stretch the limits. When she selects a swim, she

spends several years planning and training but she is aware of her limits. She stated, "When in doubt, get out." It is better to come back and try it again another time, rather than push it too far. For example, when she was in Maui for a swim, they had recently had some shark attacks. Rather than swimming, at that time, she had decided not to go in the water. Asked if she would do the Nile swim again, she stated she would not because the water was just too polluted.

For the Antarctica swim, she modified her stroke so her head was very high, mostly out of the water. It was much like a water polo stroke. Since a human being loses 90% of their heat through the head, with her head out of the water she would lose less heat. Lynne also trained to do a very high stroke rate for this swim, to generate more heat. Can you imagine doing a mile of water polo stroke?

Being an open water swimmer, I found her comments on hypothermia interesting. When you go into hypothermia, one of the things you lose are fine motor skills. For a swimmer, this translates to not keeping your fingers together. When someone goes into hypothermia the body is shutting off the flow of blood to the extremities in order to keep the core body warm. I have heard that when a person has hypothermia, they must be careful how they warm up. With the body struggling to keep the core warm, while the extremities are cold, blood flow is restricted. If the victim is warmed too quickly, the blood flow to the extremities is opened up, but not all of the blood is warmed up and we have cold blood flowing into the core. This can cause cardiac arrest. Shivering is part of the warming process. The

body is adapting to the cool blood coming into the core. After the Antarctic swim Lynne laid next to people to warm up. She stated, though, if she was to do it again she would try to walk around to generate internal heat to warm up. She also has been thinking about using pocket warmers applied to the neck. The idea here is that you would warm the blood in the neck which would warm the head and core, but not the extremities. You must be careful not to warm the extremities too fast.



Missy Moss (holding mic) - Lynne Cox speaking and demonstrating at recent Clinic at NIKE

Last summer Pam Himstreet and I had talked about the prob-

lems we both have had at the end of an open water swim when you have to stand up and run that few yards to cross the finish line. I asked Lynne about this and she said it was due to your change in blood pressure going from a prone position in cold water to standing and running. I've learned to stand first, then, when I am sure I am stable, I then run.

Lynne is probably one of the most motivational speakers I have ever had the opportunity to hear. She is a robust woman, but very comfortable and confident with who she is. In our world, where so many young women are overly concerned about their figure, Lynne provides us as an excellent role model. If you ever have the opportunity to hear her speak, I urge you to do so. If you know of teenagers, or anyone else, that needs some motivation or a boost to their self esteem, take them along as well.

Patriot Games - September 11, 2004

W = Breaks listed World Record, N = Breaks listed National Record, Z = Zone Record, O = Oregon Record

Women 30-34

50 SC Meter Freestyle

1 Weeks, Nikki 32 OREG 29.97
2 Hovde, Dina 33 OREG 33.88
3 Wilson, Sonjia 34 OREG 35.15

50 SC Meter Backstroke

1 Weeks, Nikki 32 OREG 36.91
2 Hovde, Dina 33 OREG 42.04
3 Wilson, Sonjia 34 OREG 44.39

50 SC Meter Breaststroke

1 Weeks, Nikki 32 OREG 39.26
2 Hovde, Dina 33 OREG 47.52
3 Wilson, Sonjia 34 OREG 50.00

50 SC Meter Butterfly

1 Weeks, Nikki 32 OREG 32.92
2 Hovde, Dina 33 OREG 38.14
3 Wilson, Sonjia 34 OREG 40.94

100 SC Meter IM

1 Weeks, Nikki 32 OREG 1:14.84
2 Wilson, Sonjia 34 OREG 1:32.60

Women 35-39

50 SC Meter Freestyle

1 Marsh, Kathy 37 OREG 35.09
2 Skoss, Rachel 36 OREG 35.68

100 SC Meter Freestyle

1 Shaw, Susan 37 OREG 1:23.27

50 SC Meter Backstroke

1 Marsh, Kathy 37 OREG 44.26
2 Skoss, Rachel 36 OREG 47.02

100 SC Meter Backstroke

1 Shaw, Susan 37 OREG 1:41.80

50 SC Meter Breaststroke

1 Marsh, Kathy 37 OREG 43.77
2 Skoss, Rachel 36 OREG 47.53

100 SC Meter Breaststroke

1 Shaw, Susan 37 OREG 1:42.67

50 SC Meter Butterfly

1 Marsh, Kathy 37 OREG 41.37
2 Skoss, Rachel 36 OREG 42.78

100 SC Meter Butterfly

1 Shaw, Susan 37 OREG 1:51.31

100 SC Meter IM

1 Marsh, Kathy 37 OREG 1:29.09
2 Skoss, Rachel 36 OREG 1:32.53

200 SC Meter IM

1 Shaw, Susan 37 OREG 3:28.13

Women 40-44

50 SC Meter Freestyle

1 Foley, Sharon 44 MACO 30.21
2 Holman, Tracy 42 OREG 46.88

100 SC Meter Freestyle

1 Raach, Bridget 41 OREG 1:22.37
2 Holman, Tracy 42 OREG 1:44.84

50 SC Meter Backstroke

1 Foley, Sharon 44 MACO 41.37
2 Holman, Tracy 42 OREG 50.75

50 SC Meter Breaststroke

1 Foley, Sharon 44 MACO 41.30

50 SC Meter Butterfly

1 Foley, Sharon 44 MACO 33.51

1 Raach, Bridget 41 OREG 1:40.57

100 SC Meter IM

1 Foley, Sharon 44 MACO 1:20.20

200 SC Meter IM

1 Raach, Bridget 41 OREG 3:35.10

Women 45-49

50 SC Meter Freestyle

1 Roussain, Kerri 45 OREG 32.36
2 Vincent, Nancy 45 OREG 32.50

3 Lamoureux, Lori 45 UNAT 34.31

4 Thomsen, Dianne 47 OREG 43.08

100 SC Meter Freestyle

1 Andrus-Hughes, K47 OREG 1:03.00 Z

50 SC Meter Backstroke

1 Andrus-Hughes, K 47 OREG 33.98
2 Roussain, Kerri 45 OREG 39.80

3 Lamoureux, Lori 45 UNAT 44.99

4 Vincent, Nancy 45 OREG 48.73

5 Thomsen, Dianne 47 OREG 52.48

50 SC Meter Breaststroke

1 Vincent, Nancy 45 OREG 41.92
2 Lamoureux, Lori 45 UNAT 43.83

3 Roussain, Kerri 45 OREG 45.80

4 Thomsen, Dianne 47 OREG 48.54

50 SC Meter Butterfly

1 Andrus-Hughes, K 47 OREG 33.84

2 Vincent, Nancy 45 OREG 37.76

3 Roussain, Kerri 45 OREG 38.40

4 Lamoureux, Lori 45 UNAT 39.76

5 Thomsen, Dianne 47 OREG 58.18

100 SC Meter IM

1 Andrus-Hughes, K 47 OREG 1:15.05

2 Roussain, Kerri 45 OREG 1:22.21

3 Vincent, Nancy 45 OREG 1:27.75

4 Lamoureux, Lori 45 UNAT 1:30.50

5 Thomsen, Dianne 47 OREG 1:47.02

Women 55-59

50 SC Meter Freestyle

1 Gettling, Janet 56 OREG 34.02

2 Rousseau, Sandi 57 OREG 37.67

100 SC Meter Freestyle

1 Pierson, Ginger 58 MACO 1:23.99

50 SC Meter Backstroke

1 Gettling, Janet 56 OREG 41.96

2 Rousseau, Sandi 57 OREG 47.31

100 SC Meter Backstroke

1 Pierson, Ginger 58 MACO 1:38.72

50 SC Meter Breaststroke

1 Gettling, Janet 56 OREG 42.34

2 Rousseau, Sandi 57 OREG 53.31

100 SC Meter Breaststroke

1 Pierson, Ginger 58 MACO 1:31.15

50 SC Meter Butterfly

1 Gettling, Janet 56 OREG 37.08

2 Rousseau, Sandi 57 OREG 41.84

100 SC Meter Butterfly

1 Pierson, Ginger 58 MACO 1:34.26

100 SC Meter IM

1 Gettling, Janet 56 OREG 1:26.76

2 Rousseau, Sandi 57 OREG 1:38.77

200 SC Meter IM

1 Pierson, Ginger 58 MACO 3:20.93

Women 60-64

50 SC Meter Freestyle

1 Ward, Joy 62 OREG 36.85

2 Bieze, Patricia 61 OREG 50.00

100 SC Meter Freestyle

1 Pronk, Bonnie 62 MSBC 1:21.17

50 SC Meter Backstroke

1 Ward, Joy 62 OREG 42.87

2 Bieze, Patricia 61 OREG 1:04.05

100 SC Meter Backstroke

1 Pronk, Bonnie 62 MSBC 1:29.90

50 SC Meter Breaststroke

1 Ward, Joy 62 OREG 52.41

2 Bieze, Patricia 61 OREG 1:04.32

100 SC Meter Breaststroke

1 Pronk, Bonnie 62 MSBC 1:33.65

50 SC Meter Butterfly

1 Ward, Joy 62 OREG 39.13

2 Bieze, Patricia 61 OREG 1:07.35

100 SC Meter Butterfly

1 Pronk, Bonnie 62 MSBC 1:36.46

100 SC Meter IM

1 Ward, Joy 62 OREG 1:35.19

200 SC Meter IM

1 Pronk, Bonnie 62 MSBC 3:09.90

Women 70-74

100 SC Meter Freestyle

1 Varty, Eulah 70 MSBC 1:49.24

100 SC Meter Backstroke

1 Varty, Eulah 70 MSBC 2:13.50

100 SC Meter Breaststroke

1 Varty, Eulah 70 MSBC 2:04.74

100 SC Meter Butterfly

1 Varty, Eulah 70 MSBC 2:15.95

200 SC Meter IM

1 Varty, Eulah 70 MSBC 4:27.02

Women 75-79

50 SC Meter Freestyle

1 Jackson, Barbara 75 MM 43.98 Z

50 SC Meter Backstroke

1 Jackson, Barbara 75 MM 50.25 Z

100 SC Meter Backstroke

1 Jackson, Barbara 75 MM 1:47.77 Z

50 SC Meter Breaststroke

1 Jackson, Barbara 75 MM 1:04.02

100 SC Meter Butterfly

1 Roper, Gail 75 ARIZ 1:57.26

100 SC Meter IM

1 Roper, Gail 75 ARIZ 1:38.29 W

Women 90-94

100 SC Meter Backstroke

1 Buel, Hilda 90 OREG 5:37.39 Z

50 SC Meter Breaststroke

1 Buel, Hilda 90 OREG 2:36.88 Z

100 SC Meter Breaststroke

1 Buel, Hilda 90 OREG 6:29.98 Z

50 SC Meter Butterfly

1 Buel, Hilda 90 OREG 4:00.74 Z

200 SC Meter IM

1 Buel, Hilda 90 OREG 11:57.44 Z

Men 19-24

100 SC Meter Freestyle			
1 Johnsen, Nathan	24 OREG	57.89	
100 SC Meter Backstroke			

1 Johnsen, Nathan 24 OREG 1:05.01 Z

2 Cleary, Kevin	21 OREG	1:20.86	
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100 SC Meter Breaststroke

1 Smith, Matthew	23 SCSC	1:02.90	
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2 Johnsen, Nathan	24 OREG	1:18.20	
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100 SC Meter Butterfly

1 Johnsen, Nathan	24 OREG	1:04.63	
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2 Cleary, Kevin	21 OREG	1:06.89	
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100 SC Meter IM

1 Smith, Matthew	23 SCSC	59.33	
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2 Cleary, Kevin 21 OREG 1:13.73 O**200 SC Meter IM****1 Johnsen, Nathan 24 OREG 2:25.59 O****Men 25-29****100 SC Meter Freestyle**

1 Cota, Brad	29 OREG	1:01.00	
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100 SC Meter Backstroke

1 Cota, Brad	29 OREG	1:10.63	
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100 SC Meter Breaststroke

1 Cota, Brad	29 OREG	1:15.17	
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100 SC Meter Butterfly**1 Cota, Brad 29 OREG 1:12.66 O****200 SC Meter IM**

1 Cota, Brad	29 OREG	2:32.80	
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Men 30-34**100 SC Meter Freestyle**

1 Price, Kennedy	32 OREG	1:04.20	
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100 SC Meter Backstroke

1 Price, Kennedy	32 OREG	1:18.51	
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100 SC Meter Breaststroke

1 Price, Kennedy	32 OREG	1:23.60	
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100 SC Meter Butterfly

1 Price, Kennedy	32 OREG	1:16.46	
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200 SC Meter IM

1 Price, Kennedy	32 OREG	2:43.57	
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Men 35-39**50 SC Meter Freestyle**

1 Drawz, Troy	36 MACO	26.65	
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2 Kabel, Doug	39 OREG	27.75	
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3 Gaarder, Chris	39 OREG	28.60	
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4 Nice, Alex	37 OREG	28.85	
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5 Edic, Chyle	37 OREG	31.81	
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6 Kramer, Ken	37 OREG	34.16	
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50 SC Meter Backstroke

1 Parmentier, Steve	39 OREG	32.04	
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2 Drawz, Troy	36 MACO	32.50	
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3 Kabel, Doug	39 OREG	32.87	
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4 Nice, Alex	37 OREG	36.41	
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5 Gaarder, Chris	39 OREG	38.80	
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6 Edic, Chyle	37 OREG	40.13	
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7 Kramer, Ken	37 OREG	40.40	
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50 SC Meter Breaststroke

1 Kabel, Doug	39 OREG	35.05	
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2 Gaarder, Chris	39 OREG	35.48	
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3 Drawz, Troy	36 MACO	36.82	
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4 Edic, Chyle	37 OREG	39.28	
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5 Nice, Alex	37 OREG	39.95	
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6 Kramer, Ken	37 OREG	41.43	
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50 SC Meter Butterfly

1 Drawz, Troy	36 MACO	28.70	
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2 Parmentier, Steve	39 OREG	29.29	
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3 Kabel, Doug	39 OREG	30.19	
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4 Gaarder, Chris	39 OREG	31.94	
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5 Nice, Alex	37 OREG	32.36	
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6 Edic, Chyle	37 OREG	36.98	
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7 Kramer, Ken	37 OREG	41.27	
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100 SC Meter IM

1 Drawz, Troy	36 MACO	1:08.16	
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2 Kabel, Doug	39 OREG	1:11.40	
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3 Gaarder, Chris	39 OREG	1:14.97	
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4 Nice, Alex	37 OREG	1:18.36	
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5 Edic, Chyle	37 OREG	1:19.16	
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6 Kramer, Ken	37 OREG	1:27.99	
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Men 40-44**50 SC Meter Freestyle**

1 Macdonald, Ken	43 OREG	26.37	
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2 Culbertson, Scott	42 OREG	27.56	
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3 Mirho, Charles	40 OREG	27.80	
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4 Butcher, Gano	40 OREG	28.72	
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5 Cox, Chris	43 OREG	34.93	
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100 SC Meter Freestyle

1 Macdonald, Ken	43 OREG	1:03.52	
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50 SC Meter Backstroke

1 Butcher, Gano	40 OREG	33.00	
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2 Macdonald, Ken	43 OREG	33.25	
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3 Mirho, Charles	40 OREG	36.69	
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4 Culbertson, Scott	42 OREG	37.56	
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5 Cox, Chris	43 OREG	50.67	
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50 SC Meter Breaststroke

1 Mirho, Charles	40 OREG	36.70	
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2 Butcher, Gano	40 OREG	37.02	
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3 Culbertson, Scott	42 OREG	38.92	
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4 Cox, Chris	43 OREG	49.81	
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50 SC Meter Butterfly

1 Butcher, Gano	40 OREG	30.04	
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2 Macdonald, Ken	43 OREG	30.24	
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3 Culbertson, Scott	42 OREG	31.28	
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4 Mirho, Charles	40 OREG	31.65	
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5 Cox, Chris	43 OREG	38.58	
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100 SC Meter IM

1 Butcher, Gano	40 OREG	1:09.93	
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2 Culbertson, Scott	42 OREG	1:15.09	
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3 Cox, Chris	43 OREG	1:33.12	
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Men 45-49**50 SC Meter Freestyle**

1 Metzger, Peter	49 OREG	29.18	
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2 Wallberg, Ken	45 OREG	31.53	
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3 Connor, Michael	48 OREG	34.56	
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4 Thomsen, Carl	45 OREG	39.70	
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100 SC Meter Freestyle

1 Allender, Pat	46 OREG	1:00.17	
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2 Burleson, David	47 MACO	1:02.93	
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3 Scoville, Brent	47 OREG	1:09.10	
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4 Dowd, Mike	46 MACO	1:12.35	
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5 Munro, Stuart	47 MACO	1:12.61	
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6 Fairhurst, Jon	46 OREG	1:12.70	
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50 SC Meter Backstroke

1 Metzger, Peter	49 OREG	32.99	
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2 Wallberg, Ken	45 OREG	38.95	
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3 Connor, Michael	48 OREG	48.12	
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100 SC Meter Backstroke

1 Burleson, David	47 MACO	1:09.78	
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2 Allender, Pat	46 OREG	1:13.84	
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3 Scoville, Brent	47 OREG	1:20.06	
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4 Dowd, Mike	46 MACO	1:33.28	
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5 Fairhurst, Jon	46 OREG	1:36.62	
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6 Munro, Stuart	47 MACO	1:45.32	
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50 SC Meter Breaststroke

1 Metzger, Peter	49 OREG	37.77	
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2 Wallberg, Ken	45 OREG	41.15	
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3 Thomsen, Carl	45 OREG	44.60	
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4 Connor, Michael	48 OREG	49.76	
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100 SC Meter Breaststroke

1 Allender, Pat	46 OREG	1:12.90	
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2 Burleson, David	47 MACO	1:26.85	
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3 Dowd, Mike	46 MACO	1:29.09	
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4 Fairhurst, Jon	46 OREG	1:30.05	
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5 Scoville, Brent	47 OREG	1:34.27	
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50 SC Meter Butterfly

1 Metzger, Peter	49 OREG	30.59	
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2 Wallberg, Ken	45 OREG	35.15	
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3 Connor, Michael	48 OREG	38.47	
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4 Thomsen, Carl	45 OREG	47.15	
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100 SC Meter Butterfly**1 Allender, Pat 46 OREG 1:05.58 O**

2 Burleson, David	47 MACO	1:08.63	
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3 Munro, Stuart	47 MACO	1:22.39	
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4 Scoville, Brent	47 OREG	1:23.49	
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5 Dowd, Mike	46 MACO	1:25.11	
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6 Fairhurst, Jon	46 OREG	1:32.83	
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100 SC Meter IM

1 Metzger, Peter	49 OREG	1:13.54	
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2 Wallberg, Ken	45 OREG	1:22.50	
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3 Connor, Michael	48 OREG	1:43.54	
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200 SC Meter IM

1 Allender, Pat	46 OREG	2:26.05	
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2 Scoville, Brent	47 OREG	2:58.00	
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3 Munro, Stuart	47 MACO	3:01.82	
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4 Dowd, Mike	46 MACO	3:02.69	
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5 Fairhurst, Jon	46 OREG	3:09.74	
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Men 50-54**50 SC Meter Freestyle**

1 Darnell, Stephen	50 OREG	33.92	
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2 Cecil, Patrick	50 OREG	34.01	
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3 Harris, Ed	54 OREG	42.20	
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100 SC Meter Freestyle

1 Harris, Ed	54 OREG	1:37.28	
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50 SC Meter Backstroke

1 Darnell, Stephen	50 OREG	42.71	
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2 Cecil, Patrick	50 OREG	46.64	
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50 SC Meter Breaststroke

1 Darnell, Stephen	50 OREG	46.49	
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2 Cecil, Patrick	50 OREG	55.57	
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50 SC Meter Butterfly

1 Darnell, Stephen	50 OREG	39.16	
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2 Cecil, Patrick	50 OREG	41.97	
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100 SC Meter IM

1 Darnell, Stephen	50 OREG	1:31.83	
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2 Cecil, Patrick	50 OREG	1:32.41
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100 SC Meter Butterfly				100 SC Meter IM			1 Ritter, Will	70 OREG	1:41.51
1 Rueff, Daniel	57 OREG	1:24.50		1 Smith, Robert	61 OREG	1:15.22	Men 85-89		
100 SC Meter IM				2 Politano, Leon	61 MSBC	1:38.88	50 SC Meter Freestyle		
1 Stout, Jon	58 OREG	1:16.70		200 SC Meter IM			1 Holden, Andrew 85 OREG 38.99 Z		
200 SC Meter IM				1 Juhala, Richard	61 OREG	3:54.51	50 SC Meter Backstroke		
1 Rueff, Daniel	57 OREG	3:00.40		Men 65-69			1 Holden, Andrew 85 OREG 1:07.16		
Men 60-64				50 SC Meter Freestyle			50 SC Meter Breaststroke		
50 SC Meter Freestyle				1 Thayer, George	68 OREG	33.37	1 Holden, Andrew 85 OREG 58.91 O		
1 Smith, Robert	61 OREG	27.94		2 Michael, Ed	65 OREG	38.62	50 SC Meter Butterfly		
2 Politano, Leon	61 MSBC	36.35		100 SC Meter Freestyle			1 Holden, Andrew 85 OREG 47.89 W		
100 SC Meter Freestyle				1 Michael, Ed	65 OREG	1:26.76	Relays		
1 Juhala, Richard	61 OREG	1:33.53		50 SC Meter Backstroke			Women 120-159 200 SC Meter Free Relay		
50 SC Meter Backstroke				1 Thayer, George	68 OREG	42.20	1 OREG 2:36.56		
1 Smith, Robert	61 OREG	32.45		50 SC Meter Breaststroke			1) Holman, T. 42 2) Marsh, K. 37		
2 Reid, Walt	64 PNA	40.51		1 Thayer, George	68 OREG	46.65	3) Wilson, S. 34 4) Raach, B. 41		
3 Politano, Leon	61 MSBC	53.65		50 SC Meter Butterfly			Men 100-119 200 SC Meter Free Relay		
100 SC Meter Backstroke				1 Thayer, George	68 OREG	45.71	1 OREG 1:54.02		
1 Juhala, Richard	61 OREG	1:53.87		100 SC Meter IM			1) Cleary, K. 21 2) Edic, C. 37		
50 SC Meter Breaststroke				1 Thayer, George	68 OREG	1:33.51	3) Price, K. 32 4) Johnsen, N. 24		
1 Smith, Robert	61 OREG	38.42		Men 70-74			Men 120-159 200 SC Meter Medley Relay		
2 Reid, Walt	64 PNA	41.42		50 SC Meter Freestyle			1 OREG 2:12.03		
3 Politano, Leon	61 MSBC	45.11		1 Ritter, Will	70 OREG	37.79	1) Wallberg, K. 45 2) Cota, B. 29		
100 SC Meter Breaststroke				50 SC Meter Backstroke			3) Kabel, D. 39 4) Culbertson, S. 42		
1 Juhala, Richard	61 OREG	1:46.81		1 Ritter, Will	70 OREG	47.14	Mixed 240-279 400 SC Meter Free Relay		
50 SC Meter Butterfly				50 SC Meter Breaststroke			1 OREG 5:06.15 Z		
1 Smith, Robert	61 OREG	30.86		1 Ritter, Will	70 OREG	49.84	1) Gettling, J. 56 2) Ward, J. 62		
2 Politano, Leon	61 MSBC	40.57		50 SC Meter Butterfly			3) Thayer, G. 68 4) Smith, R. 61		
100 SC Meter Butterfly				1 Ritter, Will	70 OREG	49.51			
1 Juhala, Richard	61 OREG	1:52.87		100 SC Meter IM					

Sprint Pentathlon

Pl Swimmer	Age	Club	Pentathlon	50 Fly	50 Back	50 Breast	50 Free	100 IM
Women 30-34								
1 Weeks, Nikki	32	OREG	03:33.98	00:33.00	00:36.91	00:39.26	00:29.97	01:14.84
2 Hovde, Dina	33	OREG	04:19.82	00:38.14	00:42.04	00:47.52	00:33.88	01:38.24
3 Wilson, Sonjia	34	OREG	04:23.08	00:40.94	00:44.39	00:50.00	00:35.15	01:32.60
Women 35-39								
1 Marsh, Kathy	37	OREG	04:13.58	00:41.37	00:44.26	00:43.77	00:35.09	01:29.09
2 Skoss, Rachel	36	OREG	04:25.54	00:42.78	00:47.02	00:47.53	00:35.68	01:32.53
Women 40-44								
1 Foley, Sharon	44	MACO	03:46.59	00:33.51	00:41.37	00:41.30	00:30.21	01:20.20
Women 45-49								
1 Roussain, Kerri	45	OREG	03:58.57	00:38.40	00:39.80	00:45.80	00:32.36	01:22.21
2 Vincent, Nancy	45	OREG	04:08.66	00:37.76	00:48.73	00:41.92	00:32.50	01:27.75
3 Lamoureux, Lori	45	UNAT	04:13.39	00:39.76	00:44.99	00:43.83	00:34.31	01:30.50
4 Thomsen, Dianne	47	OREG	05:09.30	00:58.18	00:52.48	00:48.54	00:43.08	01:47.02
Women 55-59								
1 Gettling, Janet	56	OREG	04:02.16	00:37.08	00:41.96	00:42.34	00:34.02	01:26.76
2 Rousseau, Sandi	57	OREG	04:38.90	00:41.84	00:47.31	00:53.31	00:37.67	01:38.77
Women 60-64								
1 Ward, Joy	62	OREG	04:26.45	00:39.13	00:42.87	00:52.41	00:36.85	01:35.19
Men 35-39								
1 Drawz, Troy	36	MACO	03:12.83	00:28.70	00:32.50	00:36.82	00:26.65	01:08.16
2 Kabel, Doug	39	OREG	03:17.26	00:30.19	00:32.87	00:35.05	00:27.75	01:11.40
3 Gaarder, Chris	39	OREG	03:29.79	00:31.94	00:38.80	00:35.48	00:28.60	01:14.97
4 Nice, Alex	37	OREG	03:35.93	00:32.36	00:36.41	00:39.95	00:28.85	01:18.36
5 Edic, Chyle	37	OREG	03:47.36	00:36.98	00:40.13	00:39.28	00:31.81	01:19.16
6 Kramer, Ken	37	OREG	04:05.25	00:41.27	00:40.40	00:41.43	00:34.16	01:27.99
Men 40-44								
1 Butcher, Gano	40	OREG	03:18.71	00:30.04	00:33.00	00:37.02	00:28.72	01:09.93
2 Culbertson, Scott	42	OREG	03:30.41	00:31.28	00:37.56	00:38.92	00:27.56	01:15.09
3 Cox, Chris	43	OREG	04:27.11	00:38.58	00:50.67	00:49.81	00:34.93	01:33.12
Men 45-49								
1 Metzger, Peter	49	OREG	03:24.07	00:30.59	00:32.99	00:37.77	00:29.18	01:13.54
2 Wallberg, Ken	45	OREG	03:49.28	00:35.15	00:38.95	00:41.15	00:31.53	01:22.50

3	Connor, Michael	48	OREG	04:34.45	00:38.47	00:48.12	00:49.76	00:34.56	01:43.54
Men 50-54									
1	Darnell, Stephen	50	OREG	04:14.11	00:39.16	00:42.71	00:46.49	00:33.92	01:31.83
2	Cecil, Patrick	50	OREG	04:30.60	00:41.97	00:46.64	00:55.57	00:34.01	01:32.41
Men 55-59									
1	Stout, Jon	58	OREG	03:36.85	00:34.21	00:35.76	00:40.96	00:29.22	01:16.70
Men 60-64									
1	Smith, Robert	61	OREG	03:24.89	00:30.86	00:32.45	00:38.42	00:27.94	01:15.22
2	Politano, Leon	61	BC	04:34.56	00:40.57	00:53.65	00:45.11	00:36.35	01:38.88
Men 65-69									
1	Thayer, George	68	OREG	04:21.44	00:45.71	00:42.20	00:46.65	00:33.37	01:33.51
Men 70-74									
1	Ritter, Will	70	OREG	04:45.79	00:49.51	00:47.14	00:49.84	00:37.79	01:41.51
Distance Pentathlon									
Pl	Swimmer	Age	Club	Pentathlon	100 Fly	100 Back	100 Breast	100 Free	200 IM
Women 35-39									
1	Shaw, Susan	37	OREG	10:07.18	01:51.31	01:41.80	01:42.67	01:23.27	03:28.13
Women 55-59									
1	Pierson, Ginger	58	MACO	09:29.05	01:34.26	01:38.72	01:31.15	01:23.99	03:20.93
Women 60-64									
1	Pronk, Bonnie	62	BC	09:11.08	01:36.46	01:29.90	01:33.65	01:21.17	03:09.90
Women 70-74									
1	Varty, Eulah	70	BC	12:50.45	02:15.95	02:13.50	02:04.74	01:49.24	04:27.02
Men 19-24									
1	Johnsen, Nathan	24	OREG	06:51.32	01:04.63	01:05.01	01:18.20	00:57.89	02:25.59
Men 25-29									
1	Cota, Brad	29	OREG	07:12.26	01:12.66	01:10.63	01:15.17	01:01.00	02:32.80
Men 30-34									
1	Price, Kennedy	32	OREG	07:46.34	01:16.46	01:18.51	01:23.60	01:04.20	02:43.57
Men 45-49									
1	Allender, Pat	46	OREG	06:58.54	01:05.58	01:13.84	01:12.90	01:00.17	02:26.05
2	Scoville, Brent	47	OREG	08:24.92	01:23.49	01:20.06	01:34.27	01:09.10	02:58.00
3	Dowd, Mike	46	MACO	08:42.52	01:25.11	01:33.28	01:29.09	01:12.35	03:02.69
4	Fairhurst, Jon	46	OREG	09:01.94	01:32.83	01:36.62	01:30.05	01:12.70	03:09.74
Men 55-59									
1	Rueff, Daniel	57	OREG	08:43.95	01:24.50	01:29.72	01:39.81	01:09.52	03:00.40
Men 60-64									
1	Juhala, Richard	61	OREG	11:01.59	01:52.87	01:53.87	01:46.81	01:33.53	03:54.51



Dave Burleson also "flew" at the Patriots Games



Hilda Buel set 5 Zone Records at Patriot Games

Zone Record is really a National Record. In the last issue we reported that Lavelle Stoinoff has set a Zone Record in the 800 M. Free at the USMS LCM Nationals. Actually it was much more - it was a National Record!

Third Annual Animal Masters Meet

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

Eligibility: Currently registered USMS swimmers, 18 years and older.
Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #375-01



Location: Canby Municipal Pool
1150 S Ivy
Canby, Oregon 97013
5 lanes competition-electronic timing
1 lane continuous warm-up/down lanes

Date: Saturday, January 22, 2005

Positive Check-in at Clerk of Course: 2PM
Warm-ups: 2PM-2:50PM
Meet Starts: 3PM

Hosted by: Canby Swim Club "The GATORS"

Meet director: Kenneth Schuh • Phone: 503-266-1345 • E-mail kdschuhmeister@aol.com

Directions to the pool: **Southbound-** I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto HWY 99E (Oregon City, Canby). continue south on 99E, turn left on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center •
Northbound- I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn right on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center

Lodging: Canby Country Inn, 463 SW 1st Ave (99E), Canby, OR 97013 • 503-266-5400

Willamette Gables Riverside Estate, www.willamettegables.com, 503-678-2195

Swimmers will receive one basic Heat Sheet upon completion of final seeding. Commemorative Heat Sheets with color logo will be available for purchase. An ample assortment of refreshments, including espresso will be available for purchase throughout the meet. **J.D. Pence** will be on-site to fill your swimwear and swim gear needs.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2005 USMS REGISTRATION CARD OR 2005 REGISTRATION FORM WITH THIS ENTRY
ENTRY DEADLINE: POSTMARK NO LATER THAN Tuesday, January 11, 2005

< FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY >

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____
E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
2005 USMS # _____
USMS CLUB (OREG, MACO, PNA, ETC) _____
IS THIS YOUR FIRST OREGON MASTERS MEET? _____ YES _____ NO

Entry includes a **cool t-shirt** (If entry is received after January 13th, a commemorative t-shirt is not guaranteed).

Trophy for lowest cumulative Male and Female times for each session. Chose Animal Masters or Animal Grand Masters-**Not Both**

Animal Masters

200 I.M. (1-2) _____ : _____ . _____
100 FLY (5-6) _____ : _____ . _____
500 FREE (9-10) _____ : _____ . _____

All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time plus 15 seconds for Disqualifications, Slowest time plus 60 seconds for no show

Animal Grand Masters

400 I.M. (3-4) _____ : _____ . _____
200 FLY (7-8) _____ : _____ . _____
1000 FREE (11-12) _____ : _____ . _____

All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time plus 30 seconds for Disqualifications, Slowest time plus 2 minutes for no show

"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 _____

Shirt size (circle) S M L XL 2XL

MEET ENTRY FEE: \$25.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072



Tualatin Hills Pentathlon

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

"One of the most fun, highly competitive and best attended meets in the OMS schedule year!"

Eligibility: Currently registered USMS swimmers, 18 years and older.

Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #375-02

Place: Tualatin Hills Aquatic Center Pool
15707 SW Walker Rd.

Beaverton, Oregon

6-8 lanes competition-electronic timing

Separate continuous warm-up/down lanes

Hosted by the Tualatin Hills Barracudas

Meet director: Rachel Skoss • 503-644-2622 • skossr@yahoo.com

Date: Saturday, February 19, 2005

Warm-ups: 8AM

Meet Starts: 9AM

Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

**All entrants must submit a photocopy of their current 2005 registration card
or the 2005 registration form and fee with this entry.**

ENTRY DEADLINE: POSTMARK NO LATER THAN FEBRUARY 4, 2005

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

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2005 USMS # _____

USMS CLUB (OREG, MACO, PNA, ETC) _____

IS THIS YOUR FIRST OREGON MASTERS MEET? _____ YES _____ NO

"Enter as many as five events. If you choose to not enter all 5 events in either the sprint or mid distance category, you will not be scored as a pentathlon."

Sprint

50 FLY (1) _____ : _____ . _____

50 BACK (3) _____ : _____ . _____

50 BREAST (5) _____ : _____ . _____

50 FREE (7) _____ : _____ . _____

100 I.M. (9) _____ : _____ . _____

Feb. 19, 2005

Mid Distance

100 FLY (2) _____ : _____ . _____

100 BACK (4) _____ : _____ . _____

Break

100 BREAST (6) _____ : _____ . _____

100 FREE (8) _____ : _____ . _____

Break

200 I.M. (10) _____ : _____ . _____

* PLEASE ENTER YOUR BEST TIME OR ESTIMATED TIME. DO NOT USE NT (NO TIME). ENTERING "SANDBAGGED" TIMES TO GET ADDED REST TIME BETWEEN EVENTS OR CALM WATER IS DISCOURAGED. PLEASE BE FAIR TO ALL... THANKS

RULES: A 10 SECOND PENALTY WILL BE ADDED TO YOUR TIME FOR ANY STROKE/TURN INFRACTION. A FALSE START ELIMINATES YOU FROM THE FIVE EVENT COMPETITION, BUT NOT FROM SWIMMING ANY OTHER RACES. YOUR TOTAL TIME FOR THE FIVE EVENTS

DETERMINES YOUR FINAL PLACING.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & 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: \$25.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072

EDMONTON WORLD MASTER GAMES - July 22-27, 2005

Dear Oregon Master Swimmers,

I am a fellow (CANADIAN) OMS member, from Calgary, Alberta, and know Edmonton well thru a college friend, (Lora Dagenais /University of Edmonton). Lora and I are willing to be tour guides for OMS. We would like to extend this opportunity to any swimmers who are interested in competing at the World Masters Games to be held at the Kinsmen Pool July 22 -27, 2005.

I was the Oregon Swimming All Star / Zone manager in 2003, and we participated in the Keyano Invitational Meet, held at the very same pool, in April, 2003. Because of this, I have hands on experience and knowledge of the facility, our Canadian hosts, accommodations, meals, transport, etc. I would be inclined to book in a very similar fashion, as our group was very satisfied!

- Pool : Excellent facility, updated, fast pool, 50 m plus diving tank and warm up/cool down pool. Many of our OSI swimmers achieved L.C. best times, very early in the season, at this pool!

- Accommodation: The Edmonton Plaza Hotel is a five star hotel that could

serve as host hotel (same chain of hotels as the Benson, in Portland, OR). The hotel is about a 10 minute drive from the pool. Costs (approximate US dollars) are as follows: Single \$80.00 / Double \$85.00 (tax of 10% not included). Extra person is \$18 per room per night; cots are \$18 as well. Maximum per room is 4 persons. This is a group rate, and this hotel is well worth the expense. Most other good hotels will be more costly. Cheaper hotels are further away and available, and Lora could help assess these for you.

- Meal package: Two per day, buffet style, geared for swimmers/athletes. Buffet costs: Breakfast: \$8.00 US, Dinner \$16.00 US (plus 7% tax, sorry!). Lunch would be best at the pool, I think. The meals (buffets) will be set up in the restaurant, so one can also eat at the hotel at any other time.

- Transportation: I propose booking 2 vans (Budget). One van can rotate to/from the pool, and the other can be used for miscellaneous (coordinated) trips elsewhere, i.e. airport, etc.

Car rental is available too, but I will not be responsible for that. Airport to the hotel is about a 45-60 min. drive.

- Coaching: I think it would be great to have a seasoned coach come along for OMS, but if this is not possible, I am current (Level 2 ASCA), and am willing to assist.

- Entries into Meet: This will be on your own. For more info, please go to www.2005worldmasters.com, click on sports, and then swimming.

- Relays: I am willing to assist with this if no other OMS coach can go.

I would recommend this experience. Edmonton is a nice city to visit. The above proposed set up can be fine tuned, and everything now is tentative. I am currently holding 6 rooms (up to 24 people), and I can add more as needed. I

will need 3 days payment initially, early in 2005, as there will be so many athletes that the good hotels will be booked.

Anyone who MAY be going, please e-mail me at asle-soe@wou.edu by Dec.31, 2004, so we can adjust or cancel hotel, van(s), meals, etc., early in January. Please forward



Colette Crabbe and Elke Asleson

ward YOUR ideas as well!!!

In closing, it would be my pleasure to bring you all to Canada!! (I will be swimming more again in 2005; took a break for a couple of marathons this fall /winter, but will be back on deck soon). Please send any questions to me or call. I hope to hear from many of you. Thanks to the OMS Board for allowing my input and for encouragement to follow thru on this exciting option for OMS!!!

Elke Asleson

Aquatics /Fitness Manager

Western Oregon University

#345 N. Monmouth Ave.

Monmouth, OR 97361

E mail: aslesoe@wou.edu

Telephone: 503-838-8692; Fax#503-838-8473

Held at the
CANBY
SWIM
CENTER
1150 South
Ivy Street
Canby OR
503-266-2761

ANITA NALL
OLYMPIC GOLD MEDAL SWIM CLINIC
AT THE **CANBY POSTAL ANNEX PLUS--SR SMITH**
23RD ANNUAL CANBY ANIMAL MEET
SATURDAY DECEMBER 18, 2004
Hosted by the Canby Swim Club

Questions?
Contact
KEN
SCHUH
Canby Swim
Club Meet
Director
503-266-1345









Anita Nall-Richesson

Viewed as one of the All-Time greatest American swimmers, Anita broke through at a very young age. An Olympic Gold, Silver and Bronze Medalist at the 1992 Barcelona Olympic Games, Anita was on top of the World. After a severe illness forced her to take almost 2 years off, Anita returned to competitive swimming qualifying for subsequent American Olympic Trials. Anita has developed a huge, loyal following of fans throughout the World and is a highly regarded corporate and athletic motivational speaker.



Athletic and Clinician Experience:

-  1992 Olympic Gold, Silver and Bronze Medalist
(Youngest member of the 1992 USA Swim Team)
-  3 Time World & 6 Time American Record Holder
-  3 Time Olympic Trials Qualifier

-  1999 World University Games finalist and
Women's Team Co-Captain.
-  American Swim Coaches Association Lecturer.
-  International Swim Clinician for over 10 years.

GENERAL REGISTRATION

for US MASTERS SWIMMERS and Non-USA SWIMMING--US MASTERS Swimmers

This Clinic is a US Masters Swimming Recognized Event (Recognized by Oregon LMSC for USMS, Inc. Recognition #374-01C) and a USA Swimming Approved Event. US Masters or USA Swimming insurance will cover all participants with active USMS or USA-S Registration. All Participants agree by signing below to waive any and all rights to claims for loss, damage, or injury against all parties associated with running this event. Non USMS and USA-S participants must have their own insurance. A maximum of 90 Swimmers will be allowed to register for the In-Water portion of the Clinic. Full Clinic includes one talk time and the in-water session. Talk time includes an autograph and personal moment with Anita. She will have her Olympic medals for you to view. Autographed professional 8X10 Photo (taken and printed during talk time) available at additional cost. Please check the appropriate boxes and fill out the blanks below. Payment must accompany the completed registration form.

SCHEDULE: AM Talk 10:00-11:30 AM, In-Water 12:15-2:15 PM, PM Talk 3:00-4:30 PM

____ (\$30) SIGN ME UP FOR THE FULL CLINIC-----PICK ONE TALK TIME: AM____PM____
OR

____ (\$10) SIGN ME UP FOR JUST A TALK TIME-----PICK ONE TALK TIME: AM____PM____

I WANT TO BUY (QTY)____ 8 x 10 AUTOGRAPHED PHOTO'S @ \$17 each. (\$20 at the clinic)

Please make your CHECK for the total payable to the CANBY SWIM CLUB and mail it with the completed form to: Entry must be received by December 11th, 2004.

ANITA NALL CLINIC
CANBY SWIM CLUB
PO BOX 21
CANBY OR 97013

Entry confirmation will be made by e-mail or telephone. Maps and directions available on request. Talk times will be held at the Lee School Gym adjacent to the Canby Swim Center. Please check in with the Clerk Of Course on the Pool Deck prior to your first session (AM Talk, In-Water, or PM Talk depending on what you have signed up for). Questions? Call 503-266-1345!

Swimmer Name:_____

Phone:_____ E-Mail:_____

Address_____

Signature (Parent or Guardian if under 18)_____

**United States Aquatic Sports
Convention XXV Information
Orlando, Florida
September 15-19, 2004**

Highlights:

The recommended bidder for the USMS National Publication, Douglas Murphy Communications Inc., was approved by the House of Delegates. The first issue of our new magazine will be the March/April 2005 issue. The House of Delegates acknowledged the many years of service to USMS by Sports Publications Inc. and in particular, the Editor in Chief of SWIM magazine Phil Whitten.

After a year's worth of hard work by the Planning Committee and several fruitful public sessions at convention, the House of Delegates approved sweeping changes to the makeup of the USMS Board of Directors (BOD). Election of the new BOD members will take place at the 2005 convention, and much more work to finalize all of the required processes will take place this coming year.

Election Results:

June Krauser is retiring from the office of FINA Representative in 2005. An election was held in the HOD meetings, and Nancy Ridout of the Pacific LMSC will be our new FINA Representative upon June's retirement.

Awards Presented:

- * Ransom J. Arthur Award: Leo Letendre - Ozark LMSC
- * Speedo USMS Coach of the Year: Scott Williams, The Olympic Club - Pacific LMSC
- * Tyr Newsletter of the Year: Oregon LMSC - "Aqua-Master" - Dave Radcliffe, Editor
- * National Championship Award: Hill Carrow - North Carolina LMSC
- * David Yorzyk Award: Barbara Dunbar - San Diego - Imperial LMSC
- * Fitness Award: Jody Welborn - Oregon LMSC
- * 2005 Rule Book dedicated to: Walt Reid - Pacific Northwest LMSC
- * Dorothy Donnelly USMS Service Award:
 - Joan Alexander - Pacific LMSC
 - Trisha Commons - Southern Pacific LMSC
 - Marilyn Fink - San Diego - Imperial LMSC
 - Cheryl Gettelfinger - Indiana LMSC
 - David LaMott - San Diego - Imperial LMSC
 - Dennis Mc Manus - Michigan LMSC
 - Chris Meier-Windes - Pacific LMSC
 - Mary Meyer Hull - Southern Pacific LMSC
 - Mark Moore - Southern Pacific LMSC
 - Jeff Moxie - Southern Pacific LMSC
 - Anna Lea Roof - Missouri Valley LMSC
 - George Simon - North Carolina LMSC
 - Dotty Whitcomb - Southeastern LMSC
 - Mary Beth Windrath - Minnesota LMSC
 - Robert Zeitner - Central LMSC

2006 Pool Championships Awarded To:

- * Short Course Yards: Coral Springs Aquatic Complex, Coral Springs, FL. The tentative meet dates are May 4-7, 2006
- * Long Course Meters: There will be no 2006 USMS Long Course National Championships due to the 2006 FINA World Championships being held at Stanford from August 7 - 14, 2006.

2006 Long Distance Championships Awarded To:

- * One Hour Postal: OHIO
- * 3000/6000 Y Postal: Rio Grande
- * 5K/10K Postal: Lawrence, KS, River City Sharks
- * 2 Mile Cable: Virginia Masters
- * 1 Mile Open Water: OHIO
- * 1-3 Mile Open Water: Clemson Aquatic Team (3K)
- * 3-6 Mile Open Water: Chicago Masters (5k)
- * 6+ Mile Open Water: Fort Collins (10K)

As OMS looks forward to another year of swimming, meets, and postal events, the Aqua Master thought it would be useful to ask the question, Why compete? Should you take part in a meet? Should you do one of the Postal Swims? There's a lot to think about. Emmet Hines, a former USMS Coach of the Year has written the following article. The AM is reprinting it from the Library of Swim City. Read it and think about it. We hope to see you at the OMS Association Championships in April.

Why compete? by Emmet Hines

You call yourself a fitness swimmer. You attend 2 - 4 workouts per week intending to get your heart rate up for a goodly period of time while enjoying a group atmosphere and, hopefully, improving your swimming technique and speed. Your doctor, your co-workers and friends, your significant other, numerous magazine articles and the conventional wisdom all hold that this kind of activity is good for you and you should do it (or something like it) for the rest of your life. You swim because it is good for you, not because you are one of those hard-core, competition driven, yardage crazy, lactate hungry, racing animals in the fast lane.

"Therefore," you conclude, "competition is not for me."

Let's think through this for a moment. If we were to poll the ranks of "competitive" swimmers and inquire as to their desires regarding fitness, I suspect we would find little difference between your interests and theirs. Almost without exception, competitors call themselves "fitness swimmers" too. Why, then, do they enter events, pay entry fees, wear special suits, shave their bodies bald, drag themselves around the globe (or perhaps just across town) and generally subject themselves to the rules and rigors of the competitive experience?

In a word, motivation. When you train your body to perform an activity, it is natural to want to measure your ability from time to time. When you see improvement it spurs a desire for further advances through additional training. This training / feedback / training cycle continues to feed upon itself, creating daily motivation to Just Do It.

Swimming in competition is a wonderful way to measure your ability. If your key desire is aerobic fitness, swimming the distance events in pool meets or doing open water swims are ideal. If your fitness goals include raw speed, power and explosiveness then sprint events are going to be appealing.

Planning ahead for a competition motivates you to train so that you will be prepared for the event. The extra adrenalin experienced during competition helps you to put forth your best effort in determining how good you really are at that moment. Improvements are realized in dropping minutes, seconds or tenths of seconds off your times from one competition to the next. Seeing these improvements provides motivation to go back to the workout pool and train for further improvements.

Besides feeding the training / feedback / training cycle, competition offers additional opportunities to learn from other swimmers that are going through the same experiences you are. Learning experiences in meets contribute to the motivation you take back to the training pool.

And perhaps most importantly, swimming in a meet occasionally provides much needed variety to your swimming experience.

So, if you concluded somewhere along the line that competition was not for you, I would urge you to rethink your position and perhaps attend one of the low-key meets this fall, like the Houstonian meet in October. You don't have to get hard-core. Just Do It cuz it's good for you.

Coach Emmett Hines is the head coach of H2Ouston Swims. He has coached competitive Masters swimming in Houston since 1982 and was selected as United States Masters Swimming's Coach of the Year in 1993. Currently he coaches workouts at the University of Texas Health Science Center, the University of Houston and The Houstonian Club.



Local Team Registration

This form must be postmarked by the entry deadlines of the 2005 OMS Association Championship and the 2005 OMS Open Water Championships, in order for a team to compete as a "local team" at those events.

TEAM NAME_____ **ABBREVIATION**_____

TEAM REPRESENTATIVE INFORMATION (must be an OMS member)

Rep. Name_____

Address_____

Phone 1_____ **Phone 2**_____

Email_____

TEAM INFORMATION

Number of swimmers on team_____

Workout Schedule_____

COACH INFORMATION

Coach Name_____

Address_____

Phone 1_____ **Phone 2**_____

Email_____

POOL INFORMATION

Pool Name_____

Address_____

Phone_____

Mail to: Tia Sitton, Membership Chair, 42455 N River Dr. Sweet Home, OR 97386
email - tsitton@samhealth.org



OREGON MASTERS SWIMMING

UNITED STATES MASTERS SWIMMING

YEAR 2005 REGISTRATION

☐ Renewal - 2004 USMS # _____

☐ 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 Address:

☐ Electronic Delivery (I prefer to receive the Aqua Master electronically)
Do you coach a Yes ☐Masters Team No ☐

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

☐ OREG☐ MACO☐ UNATTACHED

(Unattached members cannot swim in relays)

Local Team: Choose name and abbreviation from list below (Name) _____ (Abbreviation) _____

Albany Masters	ALB	Grass Valley Masters	GVAM	Portland Aquatic Club	PAC
Central Oregon Masters	COMA	Lincoln City Masters	LCM	Portland Upstream	PUPS
Circumnavigating Beavers	CBAT	Mittleman Jewish C.C.	MJCC	Rogue Valley Masters	RVM
Columbia Gorge Masters	CGM	Mountain Park Masters	MPM	Salem Courthouse Crew	SCC
Columbia-Willamette YMCA	CWY	Mt. Hood Masters	MHM	Southern Oregon Masters	SOM
Corvallis Aquatic Masters	CAT	Multnomah Athletic Club	MACO	Steelheads	STHD
Downtown Athletic Club	DAC	North Clackamas Masters	NCMS	Tualatin Hills Barracudas	THB
Emerald Aquatics	EA	Oregon Wetmasters	OWET	Umpqua Valley Masters	UVM
Eugene Nomads	EN	Parkrose Masters Swim Team	PMST	Yawama Masters Swim Club	YSC
Fishstick Masters	FISH	Pendleton Masters	PEND		

\$38.00 Single Registration: Valid November 1, 2004 to December 31, 2005. Make checks payable to OMS, Inc.

(Fee breakdown: USMS = \$20.00, (Includes \$8.00 for USMS Swimmer Magazine), OMS = \$18.00)

\$66.00 Joint registration: Two members at one address/One Aqua-Master. One Registration Form per member please.**\$28.00 Senior Registration (65 Years or older):** Valid November 1, 2004 to December 31, 2005.**\$46.00 Two Seniors (65 years or older) at one address/One Aqua-Master. One Registration 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 \$_____ for Oregon Masters Swimming. We value your support!

☐ I have added a contribution of \$50 as a Gold Medal Sponsor of Oregon Masters Swimming.

☐ 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: _____

MAIL TO: DARLENE STALEY, OMS REGISTRAR, 8590 SW CHARLOTTE DRIVE, BEAVERTON, OR 97007

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

2004-05 Meet SCHEDULE

Date	Event	Location	Contact
Pool Meets			
Jan 1	New Years Day Swim	MAC Club	Laura Tyrrell tyrrell3708@msn.com
*Jan. 22	SCY - Animal Meet	Canby, OR	Ken Schuh kdschuhmeister@aol.com
Feb. 19	SCY - Pentathlon	Beaverton - T Hills	Rich Minter rich.minter@intel.com
April 1-3	SCY - Assn. Champs	Canby, OR	Ken Schuh kdschuhmeister@aol.com
April 8-10	SCY - Zone Champs	Federal Way, WA	Hugh Moore swimmoore@comcast.net
April 30	SCY - (afternoon)	Hood River, OR	Shelly Rawding hrvst_coach@hotmail.com
July 9-10	LCM - St. Games	Mt. Hood C.C.	Colette Crabbe colettecrabbe@hotmail.com
Sept. 11	SCM Pentathlon	Camas, WA	Bert Petersen petersen@exchangenet.net
Patriot Games	+ Relay		
National Championships			
May 19-22	SCY Nationals	Ft. Lauderdale, FL	www.usms.org
Aug. 10-14	LCM Nationals	Mission Viejo, CA	www.usms.org
Postal Championships 2004/2005			
*Sept. 1 - Oct. 31	3000/6000	Central Oregon Masters Aquatics	bobbruce13@attglobal.net
Jan. 2005	1 Hour Postal	Indiana	www.usms.org
International Championships			
Pan Pacific Masters Games	Nov. 6-14, 2004	Queensland, Australia	www.aussimastersgld.com.au
World Masters Games - July 22 - 31, 2005		Edmonton, Canada	http://www.2005worldmasters.com/
FINA World Masters Championship - August 2006		Stanford, California	
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			
Board Meetings		Board Meetings	
All Board Meetings are open. OMS members are encouraged to attend. Contact Jeanne Teisher or Sandi Rousseau, OMS Co Chairs, for more details.		Apr. 27 7 PM NIKE	
Oct. 27 7 PM NIKE		June 1 7 PM NIKE	
Dec. 1 7 PM NIKE		July 10 10:00 AM MHCC (State Games)	
Jan. 22 12:00 Noon Canby (Animal Meet)		Aug. 24 7 PM NIKE	
Feb. 19 (30 min. after the last event) Beaverton (Pentathlon)		Sept. 28 7 PM NIKE	
Apr. 1 5:00 PM (approx.) Canby / Association Meet / General Membership Mtg.		Oct. 7 7:00 PM Portland (Board Meeting)	
		Oct. 8 9:00 AM Portland (Board Retreat)	
		Oct. 26 7 PM NIKE	

Aqua Master
November / December 2004

Oregon Masters Swimming, Inc.
5832 SE Woll Pond Way
Hillsboro, OR 97123-6970

**Nonprofit
Organization**
U.S. Postage
Paid
Portland, Oregon
Permit No. 1292

Inside: Results - Patriot Games Meet, Entry Blanks