



# Aqua Master

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*"Swimming for Life"*

## 3 Swimmers = 9 All American Rankings

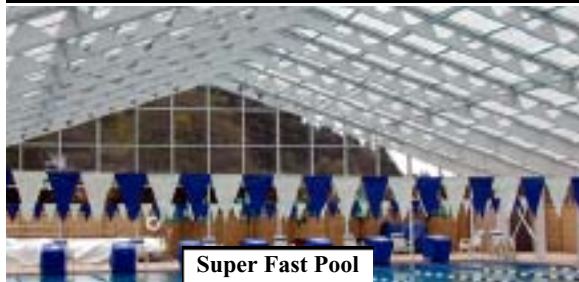


SCM Top Ten Rankings released: Karen Andrus Hughes, Robin Parisi and Robert Smith each had 3 All American rankings in the Short Course Meters Top Ten lists which were just released. All American rankings are based on having the number 1 time in the United States for the year. Congratulations to Karen, Robin and Robert for their 9 super swims which earned them this number one spot. 39 Oregon/MAC swimmers achieved Top Ten rankings. 5 Relays also earned number 1 rankings and 2 Relays were second. What a great showing for OMS. ***Full results for the 39 Individuals and Relays can be found on page 10-11.***

### Inside For You

Chair's Corner .....	2
Clinic .....	3
Get Fit .....	4
Long Distance .....	6
Results	
Bellevue .....	7
Mt. Hood .....	8
SCM Top Ten .....	10
Entry Blanks	
SCY Zone .....	12-13
T Hills .....	14
St. Games .....	15
Schedule .....	Back Cover

### Patriot Games



Super Fast Pool



Sunny Deck Area

On **9-11(-04)** Grass Valley Masters will host a 25m meet at the extremely fast Grass Valley pool

It will be called "the PATRIOT GAMES" in honor of 9-11 and will have Red, White and Blue caps and suits, color guard and Red, White and Blue bunting. The meet will be a two level sprint meet in Pentathlon style to kick off the new season.

54 Oregon Records, 42 Zone Records, 9 National Records and 3 World Records were set here in Dec. Now with warm sun and plenty of deck space let's see how more records can be set.

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## Chair's Corner by Jeanne Teisher

### How About You for Secretary?

Over the past four years I have introduced you to the various individuals who make up the OMS board of directors. I have shared with you how honored I am to be a member of such an active and devoted group of volunteers who love swimming and the organization. I doubt you could find a more involved and committed board.

In September, the terms of the four officers will expire. There is one position I would appreciate you considering. I am speaking of the secretary's position. Nancy Radcliff has served as secretary the past 3 years and has done an outstanding job. She is now ready to pass the pen and paper to another volunteer. I'm sure you can guess what the job description entails but I'll list the few tasks anyway.

- A couple of weeks prior to a board meeting, send an email to the board requesting them to submit committee reports by a certain deadline.
- Compile the committee reports and email them to the board prior to a board meeting.
- Write the minutes of the board meetings and retreats.
- After transcribing the minutes, within a few days after a meeting, email them to the board for review.
- After making any necessary revisions, email the minutes to the board for 'unofficial' approval (official approval of the minutes will occur at the next board meeting).
- Once approved, send the minutes to the webmaster to be posted on the OMS website (www.swimoregon.org).
- Attend board meetings.

That is it! Are you interested or would you like more information? Please feel free to contact either Nancy Radcliff, the current secretary, at (503) 648-7141 or nancy@theradcliffs.com or me at (503) 574-4557 or jteisher97007@yahoo.com. Either one of us will be happy to talk to you.

I hope you will seriously consider getting involved on the OMS board, particularly in this position. It is an experience I think you will enjoy. Please contact me if you're ready to get involved.

Happy swimming...

Jeanne

## OMS Board Opening



Earl Walters is retiring as OMS Historian, Nancy Radcliff is retiring as the OMS Secretary and Mary Sweat is retiring as OMS Top Ten Chair. Any swimmer interested in serving in one of these positions should contact OMS Chair, Jeanne Teisher. Other positions might also open up in September when the current 2 year term of this Board ends. Please get involved. Let Jeanne know of your interest, we need you!

*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*

## Next issue of the Aqua Master will be a combo issue for May and June

Look for the May/June Aqua Master  
either on line or in the mail  
about the middle of May

### Valentine's Day Swim Clinic

by Deb Lambourn

I had the opportunity this Valentine's day to participate in the Swim Clinic offered at the Multnomah Athletic Club. We were broken up into groups based on the strokes we were interested in working on during the swim clinic.

Then we were rotated through 3 stations:

- Turns and Starts
- Drills and Stroke Improvement
- Stroke Analysis with Underwater Videotaping

Each station gave great pointers, shared new techniques and provided opportunity for improvement. Laurie Kilbourn was one of the presenters, sharing her knowledge to help the participants evaluate and improve their strokes with video analysis. Allen Stark updated our breaststroke and gave us stroke pointers, as we swam.

The Start and Turn breakout session offered a new way to do turns. The presenter, Shelly Rawding, shared with us the Checkmark turn. She demonstrated the advantage of this style of turn by showing a video clip of Michael Phelps swimming the 400 IM and out-distancing his competition on every turn using this technique.

This turn involves 4 components

- Placing your feet high on the wall
- Pushing off at a slightly downward angle
- Utilizing dolphin kick underwater
- Allowing the air in your lungs to bring you to surface

This turn involves a good degree of breath control to fully optimize its advantages of the reduced amount of friction that being underwater versus on the surface offers.

***Special thanks: Ron Cobb for all the video work and photos for the Aqua Master. Steph Turner for coordinating the Clinic and hosting it at the Mac. OMS for sponsoring Laurie and Shelly so they could attend the ASCA Convention.***

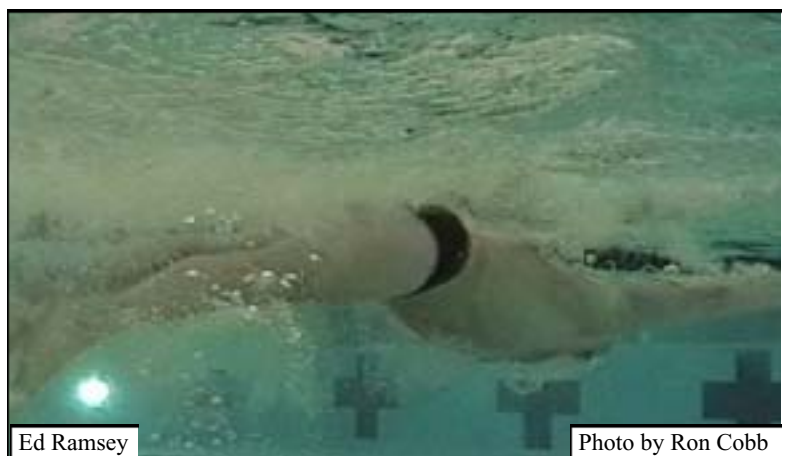


Photo by Ron Cobb



Ed Ramsey

Photo by Ron Cobb



Ed Ramsey

Photo by Ron Cobb





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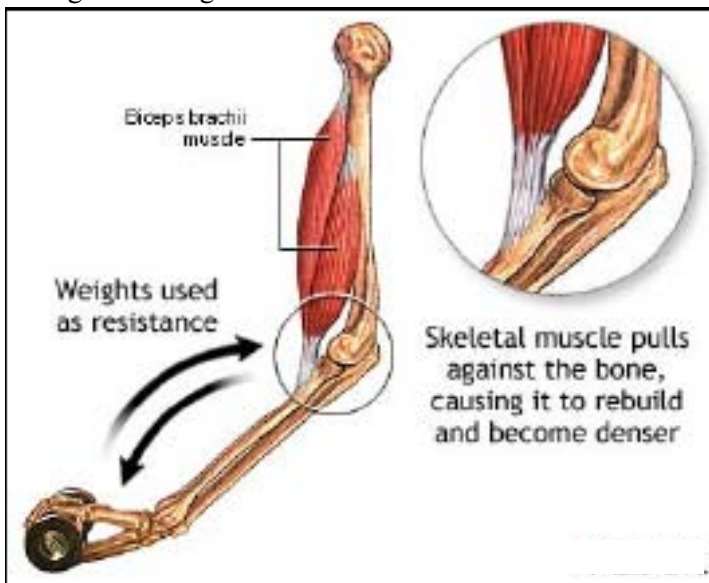
WITH JANI AND SARA



### Osteoporosis – How Much Do You Know??

Osteoporosis is a disease in which the bones become brittle. It is the most common bone disease and affects both men and women. It is a progressive disease that frequently goes undetected until a fracture occurs. It is characterized by low bone mass and thinning bone tissue, making the bones look more porous than normal, hence, quite brittle. The principal sites of osteoporotic fractures are the spine, hip and wrist. Do not ignore fractures that occur at other sites.

Both men and women need to educate themselves about the risks of this disease and take preventive measures to avoid osteoporosis. Swimmers, although we are very active and exercise almost daily, are not receiving the maximum benefits of exercise for our bones. Yes, the muscles are tugging on our bones to stress them, but not nearly as well as weight bearing exercise, for example: running, walking, hiking or dancing.



Medical technology makes accurate testing for osteoporosis available for early detection and ultimately prevention. The following are some of the risk factors for osteoporosis from the National Osteoporosis Foundation:

#### Non-modifiable:

- o Personal history of fracture as an adult.
- o History of fracture in first-degree relative.
- o Caucasian race.
- o Advanced age.
- o Female sex.

#### o Dementia.

#### o Poor health/frailty.

#### Potentially modifiable:

- o Current cigarette smoking.
- o Low body weight (less than 127 pounds).
- o Estrogen deficiency.
- β Early menopause (age 45 or earlier) or bilateral ovariectomy.
- β Prolonged pre-menopausal amenorrhea (more than 1 year).
- o Low calcium intake (lifelong).
- o Alcoholism.
- o Impaired eyesight despite adequate correction.
- o Recurrent falls.
- o Inadequate physical activity.
- o Poor health/frailness.

Below are 6 statistics that we should all be aware of:

1. The average adult takes in 450-650 mg of calcium per day but it is recommended to take 1000-1500 mg/day.
2. We tend to lose bone mass density at 0.5% to 1% per year after the age of 30.
3. A woman's risk of developing osteoporosis doubles every 5 years after menopause (age 50).
4. Approximately 1 in 6 women over age 50 will experience an osteoporotic hip fracture in her lifetime, with the risk dramatically increasing with age.
5. One in 8 men over age 50 will experience an osteoporotic fracture during his lifetime.
6. On the average a man loses 20-30% of his total bone mass in his lifetime; a woman loses 30-40%.

#### Preserving Bone Health:

- Eliminate or reduce risks – tobacco, alcohol, caffeine and steroid use.
- Alcohol damages osteoblasts, making it difficult for these cells to build new bone.
- It is known that excess caffeine promotes calcium loss into the urine via the kidneys (conflicting evidence about how much is detrimental).
- The average person loses 100-250 milligrams of calcium into the urine each day.

- The greatest calcium loss in urine after drinking caffeinated coffee occurs within the first 3 hours after drinking coffee; this loss can be minimized if calcium intake is at least 600 milligrams per day.

- Ingesting more than 1000 milligrams per day of caffeine markedly increases calcium loss in the urine.

- How much is too much caffeine? More than 400 milligrams per day – approx 3-4 cups of coffee – has been deemed the “critical point” by pharmacologists.

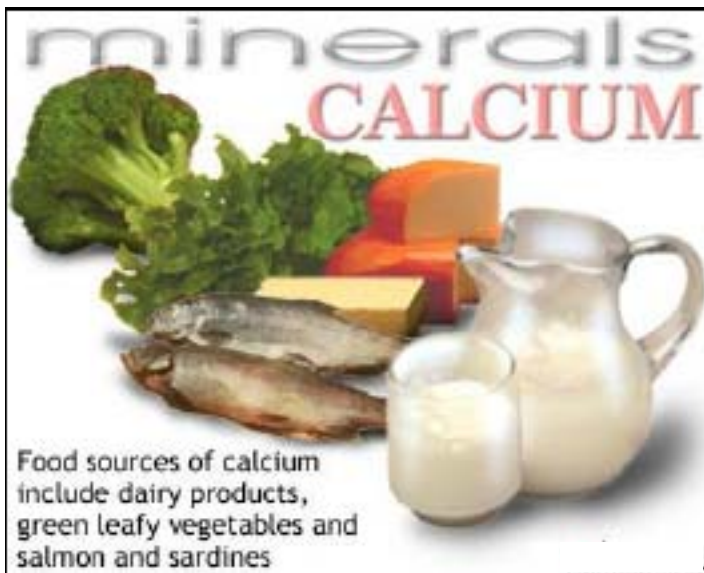
- Use extreme caution walking on slippery surfaces (pool decks & locker rooms); improper or poorly fitting footwear may increase your risk of falling.

- Foot problems can increase risk of falling.

- Due to age-related bone loss, most women & many men in their seventies are at risk for fractures from falls.

Vitamins & Minerals role in your body:

- Calcium's role in the body is to provide strength and hardness to the structural framework.



- Vitamin D's role in the body: help calcium to be absorbed in the intestines – help keep calcium levels in body balanced.



- Ninety-five percent of body's calcium is in your bones.

- Calcium is also necessary for muscle contraction, regular heart beat, proper brain and nerve functions, kidney function, teeth to be hard, and blood to clot.

- Bone acts as a reservoir for calcium.

- It is agreed by clinicians world wide that the single most important thing you can do to prevent and treat osteoporosis is to obtain adequate calcium & Vitamin D.

- Healthy bones require healthy eating habits.

Exercise information:

- Abdominal breathing increases capacity to take in oxygen & encourages relaxation.

- Exercise essentials: warm up, stretch, and cool down.

- Weight bearing exercise + strength training + balance + posture exercises = strong bones.

- Unfortunately aquatic exercise (vertical or horizontal) does not seem to give the same bone building benefits as weight bearing or working against gravity on dry land. Why is this important? The increased stress load on the hip with weight bearing exercises improves hip strength (walking, slow jogging, running, hiking, stair climbing, dancing).

- Note that there are special exercise considerations if you have osteoporosis – see your doctor, or health care practitioner.

Women and Estrogen:

- Risks of taking estrogen include: breast cancer, menstrual bleeding, and osteoporosis.

- Benefits include: stronger bones, heart, lipids, and relief of menopausal symptoms.

- Make an informed decision with your health care provider.

Internet sites for more information:

American Society for Bone & Mineral Research: [www.asbmr.org](http://www.asbmr.org).

Foundation of Osteoporosis Research & Education: [www.fore.org](http://www.fore.org).

International Society for Clinical Densitometry: [www.iscd.org](http://www.iscd.org).

The North American Menopause Society: [www.menopause.org](http://www.menopause.org).

Osteoporosis National Resource Center: [www.osteoporosis.org](http://www.osteoporosis.org).

Osteoporosis Links: <http://www.pslgroup.com/OSTEOPOROSIS.HTM>.

National Osteoporosis Foundation: [www.nof.org](http://www.nof.org).

LOEL (Local Osteoporosis Education Link): <http://www.LOEL.net>.

Source: Cole, Raymond E: Osteoporosis: Unmasking A Silent Thief: 2000.



# LONG DISTANCE SWIMMING

## BOB BRUCE - LONG DISTANCE CHAIR

### Oregon LMSC Postal One-Hour Swim Results 2004

Place numbers are national places

OR = Oregon Record; NR = National Record

#### Women 25-29

10 Jenny Marine	28	COMA	4720
23 Kelly Gouldson	27	COMA	4470
47 Monica LaBarge	28	EA	4120
102 Erika Gabbard	28	COMA	3355

#### Women 30-34

17 Julie Himstreet	33	EA	4460
43 Jennifer Dewald	34	PAC	4125
71 Cyndi Smidt	34	COMA	3740
72 Heather Law	30	PAC	3720

#### Women 35-39

39 Connie Austen	35	COMA	4210
75 Jocelyn Sanford	38	RVM	3875
118 Debra Lambourne	35	PAC	3430
124 Rebecca Bozarth	37	COMA	3380

#### Women 40-44

12 Karen Sadler	40	COMA	4500
31 Joni Young	42	SCC	4230
166 Laurie Mickels	41	?	2705

#### Women 45-49

<b>4 Mary Sweat</b>	<b>46</b>	<b>COMA</b>	<b>4735 OR</b>
54 Marlys Cappaert	45	CAT	3950
57 Jody Welborn	48	OWET	3935
66 Jane Higdon	45	EA	3800
80 Teresa Copeland	47	EA	3550
114 Connie Peterson	48	COMA	3280
137 Calli Roberts	49	COMA	3050
173 Linda McGill	46	THB	2155

#### Women 50-54

11 Cathy Imwalle	53	COMA	4145
14 Darlene Staley	53	THB	3995
36 Peggy Toole	51	THB	3600
43 June Mather	50	RVM	3505
86 Diane Cardwell	52	COMA	2930
92 Susan Chamberlain	54	CGM	2880
107 Lee Husk	52	COMA	2610
120 Kathy Mellow	53	CGM	2170

#### Women 55-59

12 Geri Mathewson	55	RVM	3850
28 Tam Jenkins	55	OWET	3415
36 Kristina Panayotoff	55	THB	3240
48 Lynn Sacks	58	RVM	3145

64 Gail Newton	59	EA	2565
73 Sandra Haynie	58	CGM	1855

#### Women 60-64

<b>1 Barbara Frid</b>	<b>61</b>	<b>THB</b>	<b>4005</b>
14 Peggy Whiter	60	COMA	3270
19 Peggie Hodge	63	COMA	2950

#### Women 70-74

17 Cynthia Rosik	71	Unat	2250
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#### Women 85-89

<b>5 Hilda Buel</b>	<b>89</b>	<b>Unat</b>	<b>1000 OR</b>
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#### Men 25-29

26 Todd Lantry	28	RVM	4410
29 Tom Schoenborn	29	EA	4390

#### Men 30-34

28 Dave Cloninger	34	COMA	4590
45 Nathan Sanford	34	RVM	4315

#### Men 35-39

9 Hardy Lussier	38	COMA	5250
21 Rob Higley	38	COMA	4790

#### Men 40-44

17 Doug Otto	44	MACO	4810
52 Mike Marshall	42	COMA	4345

#### Men 45-49

7 Dave Burleson	46	MACO	5035
29 Ed Ramsey	47	THB	4560
32 David Fryfield	49	EA	4535
38 Scott McAllister	49	CGM	4440
123 Daniel Greenblatt	48	RVM	3675

#### Men 50-54

17 Charlie Swanson	52	EA	4615
23 Mike Tennant	50	COMA	4490
40 Kermit Yensen	50	THB	4195
52 John Downey	51	NCMS	4100
67 Chris Toole	52	THB	3985
103 Curt Simkins	53	COMA	3500

#### Men 55-59

<b>2 Steve Johnson</b>	<b>55</b>	<b>EA</b>	<b>4960 OR</b>
4 Bob Bruce	55	COMA	4710
9 Jed Cronin	55	THB	4525

#### Men 60-64

<b>5 Tom Landis</b>	<b>61</b>	<b>COMA</b>	<b>4510 OR</b>
18 Ralph Mohr	62	COMA	3960
37 Roger Rudolph	60	COMA	3435
42 Bill Mellow	62	CGM	3380
51 Nick Chamberlain	64	CGM	2950



51 Rich Juhala	60	NCMS	2950
<b>Men 65-69</b>			
<b>1 Dave Radcliff</b>	<b>69</b>	<b>THB</b>	<b>4375 OR</b>
11 Brent Lake	65	COMA	3900
20 Dick Weick	69	EA	3635
28 George Thayer	67	COMA	3425
37 Jon Schieltz	65	THB	3120
<b>Men 75-79</b>			
<b>10 Ray Allen</b>	<b>77</b>	<b>SOM</b>	<b>2660 OR</b>
<b>Men 80-84</b>			
<b>5 Charles Bushey</b>	<b>82</b>	<b>Unat</b>	<b>2410 OR</b>
Women 25+: 3 x One-hour			
OREG (J Himstreet, Sadler, Marine)			13,680
<b>Women 45+: 3 x One-hour</b>			
<b>OREG (Staley, Imwalle, Sweat)</b>			<b>12,875 OR</b>
Women 55+: 3 x One-hour			
OREG (Whiter, Jenkins, Frid)			10,690
<b>Men 55+: 3 x One-hour</b>			
<b>OREG (Landis, Bruce, Johnson)</b>			<b>14,180 OR</b>
<b>Men 65+: 3 x One-hour</b>			
<b>OREG (Lake, Weick, Radcliff)</b>			<b>11,910 OR</b>
Mixed 25+: 4 x One-hour			
OREG (Sadler, Marine, Higley, Lussier)			19,260

**Mixed 45+: 4 x One-hour****OREG (Imwalle, Bruce, Sweat, Johnson) 18,550 OR****Mixed 55+: 4 x One-hour****OREG (Jenkins, Frid, Radcliff, Landis) 16,305 OR****Highlights:**

Congratulations to the 77 Oregon-registered swimmers (42 women & 35 men, representing 11 local teams) who swam and entered the National One-Hour Swim. This is a good turnout, but down from last year's record-high numbers.

And a pat on the back to the other swimmers—I know of at least three dozen—who swam the event for fun and fitness but chose not to enter.

Congratulations to One-Hour Swim National Champions Barbara Frid and Dave Radcliff, again among the nation's elite. Ever so close was Steve Johnson, who placed second in his age group.

Atip of the hat to Mary Sweat, Hilda Buel, Steve Johnson, Tom Landis, Dave Radcliff, Ray Allen, and Charles Bushey for breaking Oregon One-Hour Individual Records, and to the members of the five relay teams that broke Oregon One-Hour Relay Records.

Mary Sweat (4735 yds) and Hardy Lussier (5250 yds) topped the Oregon women's and men's categories respectively.

National relay results and team scoring were not available at press time.

## SCM Meet - Bellevue, WA - Feb. 15, 2004

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

**Women 60-64**

50 SC Meter Freestyle			
<b>1 Ward, Joy</b>	<b>62 OR</b>	<b>36.14</b>	
50 SC Meter Backstroke			
<b>1 Ward, Joy</b>	<b>62 OR</b>	<b>43.10</b>	
200 SC Meter Backstroke			
<b>1 Ward, Joy</b>	<b>62 OR</b>	<b>3:22.53</b>	
50 SC Meter Butterfly			
<b>1 Ward, Joy</b>	<b>62 OR</b>	<b>39.20</b>	
100 SC Meter Butterfly			
<b>1 Ward, Joy</b>	<b>62 OR</b>	<b>1:36.11 Z</b>	

**Men 35-39**

100 SC Meter Freestyle			
<b>2 Volckening, Bill</b>	<b>38 NEM</b>	<b>58.66</b>	
100 SC Meter Backstroke			
<b>1 Volckening, Bill</b>	<b>38 NEM</b>	<b>1:08.99</b>	
50 SC Meter Breaststroke			
<b>2 Volckening, Bill</b>	<b>38 NEM</b>	<b>34.72</b>	

**Men 60-64**

1500 SC Meter Freestyle			
<b>1 Smith, Robert</b>	<b>61 OR</b>	<b>22:53.97</b>	
50 SC Meter Backstroke			
<b>1 Smith, Robert</b>	<b>61 OR</b>	<b>31.31 N</b>	
100 SC Meter Backstroke			
<b>1 Smith, Robert</b>	<b>61 OR</b>	<b>1:09.20 Z</b>	

**Men 70-74**

200 SC Meter Freestyle			
<b>1 Radcliff, David</b>	<b>70 OR</b>	<b>2:30.60 Z</b>	
400 SC Meter Freestyle			
<b>1 Radcliff, David</b>	<b>70 OR</b>	<b>5:25.28 Z</b>	
800 SC Meter Freestyle			
<b>Radcliff, David</b>	<b>70 OR</b>	<b>11:32.24 Z</b>	
1500 SC Meter Freestyle			
<b>1 Radcliff, David</b>	<b>70 OR</b>	<b>21:25.90 Z</b>	



**Joy Ward, Bill Volckening, Robert Smith and Dave Radcliff celebrated Valentines Day with some fast swimming. Robert set a National Record.**

# SCY - Mt. Hood C.C. - Gresham, OR - March 7 , 2004

N = Breaks listed National Record

Z = Zone Record

O = Oregon Record

**Women 25-29**

50 Yard Freestyle

1 Johnson, Ashley 25 OREG 26.68

50 Yard Breaststroke

1 Johnson, Ashley 25 OREG 32.80

100 Yard Breaststroke

1 Johnson, Ashley 25 OREG 1:11.94

**Women 30-34**

50 Yard Freestyle

1 Butcher, Jennifer 31 OREG 28.02

2 Blain-Reimer, S. 34 OREG 28.17

3 Kelly, Sharon 31 OREG 31.55

100 Yard Freestyle

1 Blain-Reimer, S. 34 OREG 1:00.24

2 Butcher, Jennifer 31 OREG 1:02.12

3 Moore, Alison 33 OREG 1:05.80

200 Yard Freestyle

1 Moore, Alison 33 OREG 2:22.79

500 Yard Freestyle

1 Moore, Alison 33 OREG 6:11.10

50 Yard Backstroke

1 Butcher, Jennifer 31 OREG 32.04

100 Yard Backstroke

1 Butcher, Jennifer 31 OREG 1:09.73

2 Kelly, Sharon 31 OREG 1:25.26

50 Yard Breaststroke

1 Frieder, Marisa 34 OREG 39.91

100 Yard Breaststroke

1 Moore, Alison 33 OREG 1:22.64

2 Butcher, Jennifer 31 OREG 1:22.71

3 Frieder, Marisa 34 OREG 1:23.42

4 Kelly, Sharon 31 OREG 1:36.02

50 Yard Butterfly

1 Blain-Reimer, S. 34 OREG 30.78

2 Kelly, Sharon 31 OREG 36.69

3 Frieder, Marisa 34 OREG 39.03

100 Yard IM

1 Blain-Reimer, S. 34 OREG 1:11.61

2 Frieder, Marisa 34 OREG 1:21.26

3 Kelly, Sharon 31 OREG 1:21.75

**Women 35-39**

50 Yard Freestyle

1 Tyrrell, Laura 36 MACO 27.89

2 Moorhead, Liz 35 OREG 32.38

100 Yard Freestyle

1 Tyrrell, Laura 36 MACO 59.75

2 Crisp, Julie 37 OREG 1:22.69

200 Yard Freestyle

1 Tyrrell, Laura 36 MACO 2:12.89

500 Yard Freestyle

1 Tyrrell, Laura 36 MACO 5:59.72

100 Yard Backstroke

1 Crisp, Julie 37 OREG 1:26.53

2 Moorhead, Liz 35 OREG 1:26.83

3 Thornton, Susan 38 OREG 1:37.81

100 Yard Breaststroke

1 Hyde, Sandra 35 OREG 1:33.33

2 Thornton, Susan 38 OREG 1:36.54

50 Yard Butterfly

1 Moorhead, Liz 35 OREG 34.82

100 Yard Butterfly

1 Thornton, Susan 38 OREG 1:48.46

100 Yard IM

1 Moorhead, Liz 35 OREG 1:23.26

200 Yard IM

1 Moorhead, Liz 35 OREG 3:04.15

2 Crisp, Julie 37 OREG 3:19.14

3 Thornton, Susan 38 OREG 3:23.72

**Women 40-44**

50 Yard Freestyle

1 Dyehouse, Cheryl 42 OREG 35.02

100 Yard Freestyle

1 Foley, Sharon 43 MACO 1:00.28

2 Dyehouse, Cheryl 42 OREG 1:19.34

200 Yard Freestyle

1 Jenkins, Valerie 40 OREG 2:07.34

2 Raach, Bridget 40 OREG 2:51.19

3 Dyehouse, Cheryl 42 OREG 2:54.33

500 Yard Freestyle

1 Raach, Bridget 40 OREG 7:37.10

50 Yard Backstroke

1 Jenkins, Valerie 40 OREG 29.92

2 Dyehouse, Cheryl 42 OREG 40.66

100 Yard Backstroke

1 Jenkins, Valerie 40 OREG 1:06.53

50 Yard Breaststroke

1 Dyehouse, Cheryl 42 OREG 48.84

100 Yard Breaststroke

1 Foley, Sharon 43 MACO 1:18.32

50 Yard Butterfly

1 Raach, Bridget 40 OREG 39.98

100 Yard Butterfly

1 Foley, Sharon 43 MACO 1:09.10

100 Yard IM

1 Jenkins, Valerie 40 OREG 1:06.61

**Women 45-49**

100 Yard Freestyle

1 Parisi, Robin 49 MACO 58.41

2 Peterson, Connie 48 OREG 1:30.81

500 Yard Freestyle

1 Peterson, Connie 48 OREG 8:03.05

50 Yard Backstroke

1 Peterson, Connie 48 OREG 54.21

100 Yard Backstroke

1 Parisi, Robin 49 MACO 1:08.69

100 Yard Breaststroke

1 Parisi, Robin 49 MACO 1:16.11

100 Yard Butterfly

1 Parisi, Robin 49 MACO 1:06.17

100 Yard IM

1 Peterson, Connie 48 OREG 1:48.20

200 Yard IM

1 Parisi, Robin 49 MACO 2:25.61

2 Peterson, Connie 48 OREG 3:44.27

**Women 50-54**

50 Yard Freestyle

1 Royle, Mary Anne 51 OREG 35.19

100 Yard Freestyle

1 Budd, Elizabeth 50 OREG 1:13.27

2 Royle, Mary Anne 51 OREG 1:17.34

50 Yard Backstroke

1 Royle, Mary Anne 51 OREG 41.31

100 Yard Backstroke

1 Budd, Elizabeth 50 OREG 1:23.82

50 Yard Butterfly

1 Budd, Elizabeth 50 OREG 37.66

100 Yard IM

1 Budd, Elizabeth 50 OREG 1:22.25

**Women 55-59**

200 Yard Freestyle

1 Quattro, Jackie 56 OREG 2:30.56

500 Yard Freestyle

1 Quattro, Jackie 56 OREG 6:46.79

100 Yard Backstroke

1 Quattro, Jackie 56 OREG 1:25.09

50 Yard Breaststroke

1 Pierson, Ginger 57 MACO 38.23

100 Yard Breaststroke

1 Pierson, Ginger 57 MACO 1:22.46

200 Yard Breaststroke

1 Pierson, Ginger 57 MACO 3:03.07

100 Yard Butterfly

1 Pierson, Ginger 57 MACO 1:21.75

200 Yard Butterfly

1 Pierson, Ginger 57 MACO 2:57.69

**Women 60-64**

50 Yard Freestyle

1 Ward, Joy 61 OREG 32.04

2 Calnek-Morris, Sue 60 OREG 32.94

3 Hodge, Peggie 63 OREG 39.49

4 Bieze, Patricia 60 OREG 41.77

5 Sitter, Darby 60 OREG 51.07

100 Yard Freestyle

1 Calnek-Morris, Sue 60 OREG 1:15.13

2 Hodge, Peggie 63 OREG 1:54.96

200 Yard Freestyle

1 Calnek-Morris, Sue 60 OREG 2:45.73

500 Yard Freestyle

1 Calnek-Morris, Sue 60 OREG 7:34.33

2 Himstreet, Pam 60 OREG 8:31.29

50 Yard Backstroke

1 Ward, Joy 61 OREG 37.80

100 Yard Backstroke

1 Ward, Joy 61 OREG 1:22.48

2 Sitter, Darby 60 OREG 2:21.76

50 Yard Breaststroke

1 Hodge, Peggie 63 OREG 48.30

2 Bieze, Patricia 60 OREG 55.48

100 Yard Breaststroke

1 Sitter, Darby 60 OREG 2:26.35

200 Yard Breaststroke

1 Himstreet, Pam 60 OREG 3:44.83

50 Yard Butterfly

1 Ward, Joy 61 OREG 34.45

2 Hodge, Peggie 63 OREG 44.91

3 Sitter, Darby 60 OREG 1:04.68

4 Bieze, Patricia 60 OREG 1:05.20

100 Yard Butterfly

1 Ward, Joy 61 OREG 1:25.73

200 Yard Butterfly

1 Himstreet, Pam 60 OREG 4:02.55

100 Yard IM

1 Himstreet, Pam 60 OREG 1:40.76

2 Sitter, Darby 60 OREG 2:13.32

400 Yard IM

1 Hodge, Peggie 63 OREG 7:41.47

**Women 65-69**

50 Yard Backstroke

1 Schroder, Kaleo 67 OREG 57.88

100 Yard Backstroke

1 Schroder, Kaleo 67 OREG 2:06.82

50 Yard Breaststroke

1 Schroder, Kaleo 67 OREG 1:04.86

100 Yard Breaststroke

1 Schroder, Kaleo 67 OREG 2:21.08

200 Yard Breaststroke

1 Schroder, Kaleo 67 OREG 5:20.79

**Women 75-79**

200 Yard Freestyle

1 Wells, Margaret 77 OREG 4:44.91

100 Yard Backstroke

1 Wells, Margaret 77 OREG 2:20.24

100 Yard Butterfly

1 Wells, Margaret 77 OREG 2:34.53

100 Yard IM

1 Wells, Margaret 77 OREG 2:19.07



**Men 19-24**

100 Yard Butterfly				
1 Cleary, Kevin	20	OREG	59.17	
100 Yard IM				
1 Cleary, Kevin	20	OREG	1:05.65	

**Men 30-34**

50 Yard Freestyle				
1 Pospisil, Radek	34	OREG	25.83	
2 Leach, Rob	32	UNAT	29.32	
100 Yard Freestyle				
1 Leach, Rob	32	UNAT	1:04.88	
500 Yard Freestyle				
1 Leach, Rob	32	UNAT	7:09.80	
50 Yard Breaststroke				
1 Pospisil, Radek	34	OREG	31.87	
2 Tujo, Christian	32	OREG	32.39	
100 Yard Breaststroke				
1 Pospisil, Radek	34	OREG	1:09.66	
2 Tujo, Christian	32	OREG	1:10.09	
3 Leach, Rob	32	UNAT	1:26.07	

50 Yard Butterfly				
1 Tujo, Christian	32	OREG	27.30	
100 Yard Butterfly				
1 Tujo, Christian	32	OREG	1:01.92	
100 Yard IM				
1 Tujo, Christian	32	OREG	1:04.35	

**Men 35-39**

50 Yard Freestyle				
1 Cooper, Greg	36	MACO	23.84	
2 Rice, David	37	OREG	24.10	
3 Gooding, Todd	37	MACO	26.64	
100 Yard Freestyle				
1 Rice, David	37	OREG	52.01	
2 Cooper, Greg	36	MACO	52.20	
3 Gooding, Todd	37	MACO	58.86	

200 Yard Freestyle				
1 Gooding, Todd	37	MACO	2:09.38	

500 Yard Freestyle				
1 Wicks, Mark	37	OREG	6:12.81	

100 Yard Backstroke				
1 King, Phillip	37	MACO	59.27	
2 Gooding, Todd	37	MACO	1:09.47	

200 Yard Backstroke				
1 King, Phillip	37	MACO	2:11.71	
2 Volckening, Bill	38	NEM	2:14.21	

50 Yard Breaststroke				
1 Cooper, Greg	36	MACO	30.65	
2 Gaarder, Chris	39	OREG	31.46	
3 Rice, David	37	OREG	32.70	

100 Yard Breaststroke				
1 Cooper, Greg	36	MACO	1:07.11	
2 Gaarder, Chris	39	OREG	1:09.60	

100 Yard Butterfly				
1 Gaarder, Chris	39	OREG	1:07.23	

400 Yard IM				
1 King, Phillip	37	MACO	4:35.03	
2 Volckening, Bill	38	NEM	4:58.32	

**Men 40-44**

50 Yard Freestyle				
1 Winroth, Glen	41	OREG	41.19	
100 Yard Freestyle				
1 Otto, Douglas	44	MACO	55.38	
2 Butcher, Gano	40	OREG	56.21	

50 Yard Backstroke				
1 Butcher, Gano	40	OREG	30.28	
2 Winroth, Glen	41	OREG	53.94	

100 Yard Backstroke				
1 Otto, Douglas	44	MACO	1:04.38	
100 Yard Breaststroke				
1 Otto, Douglas	44	MACO	1:09.21	
2 Butcher, Gano	40	OREG	1:12.85	

50 Yard Butterfly				
1 Butcher, Gano	40	OREG	26.39	
100 Yard Butterfly				
1 Christensen, Douglas	41	OREG	59.30	

2 Butcher, Gano	40	OREG	1:01.75	
3 Otto, Douglas	44	MACO	1:03.87	
100 Yard IM				
1 Christensen, Douglas	41	OREG	1:02.84	
200 Yard IM				
1 Otto, Douglas	44	MACO	2:18.14	

**Men 45-49**

50 Yard Freestyle				
1 Burleson, David	46	MACO	24.87	
2 Koch, Steve	46	OREG	27.70	
3 Fairhurst, Jon	45	OREG	29.80	
4 Darnell, Stephen	49	OREG	30.09	
100 Yard Freestyle				
1 Koch, Steve	46	OREG	1:05.77	
2 Darnell, Stephen	49	OREG	1:12.59	
3 Friedman, Keith	47	OREG	1:31.20	

200 Yard Freestyle				
1 Friedman, Keith	47	OREG	3:25.38	

500 Yard Freestyle				
<b>1 Allender, Pat</b>	<b>45</b>	<b>OREG</b>	<b>5:14.37 O</b>	

2 Burleson, David	46	MACO	5:28.84	
3 Ramsey, Ed	47	OREG	5:50.77	
4 Friedman, Keith	47	OREG	9:47.22	

50 Yard Backstroke				
1 Metzger, Peter	48	OREG	28.11	
2 Dwight, Charles	49	UNAT	32.39	

100 Yard Backstroke				
1 Metzger, Peter	48	OREG	1:01.69	
2 Ramsey, Ed	47	OREG	1:10.15	

50 Yard Breaststroke				
1 Allender, Pat	45	OREG	30.66	

100 Yard Breaststroke				
1 Allender, Pat	45	OREG	1:05.13	
2 Darnell, Stephen	49	OREG	1:34.65	

200 Yard Breaststroke				
<b>1 Allender, Pat</b>	<b>45</b>	<b>OREG</b>	<b>2:20.92 O</b>	
2 Fairhurst, Jon	45	OREG	3:05.34	

50 Yard Butterfly				
1 Metzger, Peter	48	OREG	26.09	
2 Burleson, David	46	MACO	26.24	
3 Dwight, Charles	49	UNAT	28.48	
4 Friedman, Keith	47	OREG	41.93	

100 Yard IM				
1 Burleson, David	46	MACO	1:02.24	
2 Dwight, Charles	49	UNAT	1:07.61	
3 Ramsey, Ed	47	OREG	1:08.62	
4 Koch, Steve	46	OREG	1:17.37	
5 Fairhurst, Jon	45	OREG	1:19.64	
6 Darnell, Stephen	49	OREG	1:21.40	

200 Yard IM				
<b>1 Allender, Pat</b>	<b>45</b>	<b>OREG</b>	<b>2:08.67 O</b>	
2 Metzger, Peter	48	OREG	2:23.92	
3 Friedman, Keith	47	OREG	3:48.66	

100 Yard Freestyle				
1 Philbrick, Larry	51	OREG	54.46	
2 Beckley, Gary	53	OREG	1:03.68	

500 Yard Freestyle				
1 Beckley, Gary	53	OREG	6:32.59	
50 Yard Backstroke				
1 Limoges, Craig	50	UNAT	29.83	

100 Yard Backstroke				
1 Philbrick, Larry	51	OREG	1:05.59	
2 Limoges, Craig	50	UNAT	1:06.23	

100 Yard Breaststroke				
1 Philbrick, Larry	51	OREG	1:09.72	
50 Yard Butterfly				
1 Limoges, Craig	50	UNAT	28.46	

100 Yard IM				
1 Philbrick, Larry	51	OREG	1:01.38	
2 Limoges, Craig	50	UNAT	1:09.05	
3 Beckley, Gary	53	OREG	1:12.36	

200 Yard IM				
1 Beckley, Gary	53	OREG	2:40.71	

**Men 55-59**

50 Yard Freestyle				
1 Jenkins, James	56	OREG	37.40	

100 Yard Freestyle				
1 Jenkins, James	56	OREG	1:23.37	

200 Yard Freestyle				
1 Stout, Jon	57	OREG	2:15.53	
2 Jenkins, James	56	OREG	3:14.26	

50 Yard Backstroke				
1 Stout, Jon	57	OREG	31.29	
2 Jenkins, James	56	OREG	50.68	

200 Yard IM				
1 Stout, Jon	57	OREG	2:29.30	

<b>Men 60-64</b>				
50 Yard Freestyle				
1 Michael, Ed	64	OREG	35.19	

100 Yard Freestyle				
1 Michael, Ed	64	OREG	1:17.58	

200 Yard Freestyle				
1 Michael, Ed	64	OREG	3:00.26	
2 Juhala, Richard	60	OREG	3:22.60	

200 Yard Backstroke				
1 Juhala, Richard	60	OREG	3:48.66	
200 Yard Breaststroke				
1 Juhala, Richard	60	OREG	3:35.04	

200 Yard Butterfly				
1 Juhala, Richard	60	OREG	4:05.38	

400 Yard IM				
1 Juhala, Richard	60	OREG	7:27.66	

<b>Men 65-69</b>				
50 Yard Freestyle				
1 Thayer, George	68	OREG	29.03	

100 Yard Freestyle				
1 Radcliff, David	69	OREG	1:01.10	

200 Yard Freestyle				
1 Radcliff, David	69	OREG	2:20.27	
2 Lake, Brent	65	OREG	2:37.88	

50 Yard Backstroke				
1 Thayer, George	68	OREG	35.91	
2 Lake, Brent	65	OREG	36.91	

100 Yard Backstroke				
1 Lake, Brent	65	OREG	1:18.98	
2 Thayer, George	68	OREG	1:19.61	

50 Yard Butterfly				
1 Petersen, Bert	65	OREG	28.54	

<b>Men 70-74</b>				
50 Yard Freestyle				
1 Marks, Milton	73	OREG	31.44	
2 Jelinek, Don	70	MM	42.73	

100 Yard Freestyle				
1 Weick, Dick	70	OREG	1:06.17	
50 Yard Breaststroke				
1 Marks, Milton	73	OREG	39.23	
2 Jelinek, Don	70	MM	47.83	

100 Yard Breaststroke				
1 Marks, Milton	73	OREG	1:30.56	
2 Jelinek, Don	70	MM	1:48.65	

200 Yard Breaststroke				
1 Marks, Milton	73	OREG	3:23.69	
2 Jelinek, Don	70	MM	4:14.97	

50 Yard Butterfly				
1 Weick, Dick	70	OREG	33.87	
100 Yard IM				
1 Jelinek, Don	70	MM	1:51.60	

200 Yard IM				
<b>1 Weick, Dick</b>	<b>70</b>	<b>OREG</b>	<b>2:56.05 O</b>	

<b>Men 80-84</b>				
50 Yard Freestyle				
1 Holden, Andrew	84	OREG	33.21	
2 Young, Gilbert	81	OREG	37.07	
3 Bushey, Charles	82	OREG	47.47	

100 Yard Freestyle				
1 Young, Gilbert	81	OREG	1:22.79	
2 Bushey, Charles	82	OREG	1:55.01	

<i>continued on page 10</i>				
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## Continued from page 9

3	Shadbeh, Khosrow	82	OREG	2:11.32
200 Yard Freestyle				
1	Young, Gilbert	81	OREG	3:07.63
2	Bushey, Charles	82	OREG	4:21.81
500 Yard Freestyle				
1	Bushey, Charles	82	OREG	11:21.11
50 Yard Backstroke				
1	Holden, Andrew	84	OREG	44.46
2	Shadbeh, Khosrow	82	OREG	1:17.85
50 Yard Breaststroke				
1	Shadbeh, Khosrow	82	OREG	1:08.69
100 Yard Breaststroke				
1	Holden, Andrew	84	OREG	2:06.63
2	Shadbeh, Khosrow	82	OREG	2:33.89
100 Yard Butterfly				
1	Holden, Andrew	84	OREG	1:48.29

## Relays

## Women 35+ 200 Yard Medley Relay

1	OREG	2:55.32
1)	Royle, M. 51	2) Dyehouse, C. 42
3)	Bieze, P. 60	4) Raach, B. 40

## Men 35+ 200 Yard Free Relay

1	MACO	1:39.40
1)	King, P. 37	2) Gooding, T. 37
3)	Otto, D. 44	4) Cooper, G. 36

## Men 35+ 200 Yard Medley Relay

1	MACO	1:50.34
1)	King, P. 37	2) Cooper, G. 36
3)	Burleson, D. 46	4) Gooding, T. 37

## 2 OREG

1)	Darnell, S. 49	2) Fairhurst, J. 45
3)	Koch, S. 46	4) Wicks, M. 37

## Mixed 25+ 200 Yard Medley Relay

1	UNAT	2:14.09
1)	Kelly, S. 31	2) Thornton, S. 38
3)	Metzger, P. 48	4) Dwight, C. 49

## Mixed 35+ 200 Yard Free Relay

1	MACO	1:42.24
1)	Otto, D. 44	2) Foley, S. 43
3)	Tyrrell, L. 36	4) Cooper, G. 36
2	OREG	2:04.04
1)	Koch, S. 46	2) Wicks, M. 37
3)	Dyehouse, C. 42	4) Raach, B. 40

## Mixed 35+ 200 Yard Medley Relay

1	MACO	1:54.76
1)	King, P. 37	2) Cooper, G. 36
3)	Parisi, R. 49	4) Foley, S. 43
2	OREG	2:32.35
1)	Dyehouse, C. 42	2) Darnell, S. 49
3)	Fairhurst, J. 45	4) Royle, M. 51

## Mixed 45+ 200 Yard Free Relay

1	OREG	2:19.23
1)	Fairhurst, J. 45	2) Royle, M. 51
3)	Michael, E. 64	4) Bieze, P. 60



## Top Ten Results S C M

## Mary Sweat Top Ten Chair



Name	Age	Time	Event	Rank	Club	Steve Johnson	55	2:17.33	200 Free	3	OREG
<b>Men 25-29</b>											
Paul Curran	28	22:51.61	1500 Free	9	OREG	<b>Men 60-64</b>					
<b>Men 30-34</b>						Richard Juhala	60	4:16.30	200 Fly	10	OREG
Brian August	33	55.94	100 Free	10	OREG	Tom Landis	61	2:26.53	200 Free	4	OREG
Sean Swain	32	2:03.83	200 Free	3	OREG	Tom Landis	61	10:55.00	800 Free	3	OREG
Sean Swain	32	2:28.71	200 Fly	4	OREG	Tom Landis	61	20:17.07	1500 Free	3	OREG
Sean Swain	32	2:23.31	200 IM	9	OREG	Tom Landis	61	6:16.09	400 IM	3	OREG
<b>Men 35-39</b>						Robert Smith	60	26.52	50 Free	3	OREG
John Hudson	37	32.18	50 Breast	6	OREG	<b>Robert Smith</b>	<b>60</b>	<b>31.54</b>	<b>50 Back</b>	<b>1</b>	<b>OREG</b>
John Hudson	37	1:11.24	100 Breast	8	OREG	Robert Smith	60	1:09.43	100 Back	2	OREG
John Hudson	37	1:04.82	100 IM	8	OREG	Robert Smith	60	35.59	50 Breast	3	OREG
John Keppeler	36	53.62	100 Free	5	OREG	<b>Robert Smith</b>	<b>60</b>	<b>30.30</b>	<b>50 Fly</b>	<b>1</b>	<b>OREG</b>
John Keppeler	36	1:58.99	200 Free	7	OREG	<b>Robert Smith</b>	<b>60</b>	<b>1:09.39</b>	<b>100 IM</b>	<b>1</b>	<b>OREG</b>
John Keppeler	36	27.92	50 Back	2	OREG	Robert Smith	60	6:30.57	400 IM	5	OREG
John Keppeler	36	59.56	100 Back	2	OREG	<b>Men 65-69</b>					
John Keppeler	36	2:08.57	200 Back	2	OREG	Brent Lake	65	6:02.80	400 Free	6	OREG
<b>Men 45-49</b>						Brent Lake	65	12:18.4	800 Free	3	OREG
Pat Allender	45	33.04	50 Breast	5	OREG	Brent Lake	65	23:55.8	1500 Free	4	OREG
Pat Allender	45	1:11.49	100 Breast	3	OREG	Brent Lake	65	39.48	50 Back	3	OREG
Pat Allender	45	2:33.83	200 Breast	3	OREG	Brent Lake	65	1:26.43	100 Back	3	OREG
Pat Allender	45	2:23.32	200 IM	4	OREG	Brent Lake	65	3:09.21	200 Back	4	OREG
Pat Allender	45	5:11.11	400 IM	4	OREG	<b>Bert Petersen</b>	<b>65</b>	<b>30.71</b>	<b>50 Fly</b>	<b>1</b>	<b>OREG</b>
David Burleson	46	18:54.33	1500 Free	7	MACO	<b>Bert Petersen</b>	<b>65</b>	<b>1:13.32</b>	<b>100 Fly</b>	<b>1</b>	<b>OREG</b>
David Burleson	46	1:07.52	100 Back	9	MACO	Bert Petersen	65	1:25.30	100 IM	6	OREG
David Burleson	46	2:25.51	200 Back	8	MACO	Dave Radcliff	69	11:35.85	800 Free	2	OREG
<b>Men 50-54</b>						David Radcliff	69	5:43.97	400 Free	3	OREG
Allen Stark	54	33.64	50 Breast	3	OREG	David Radcliff	69	21:50.02	1500 Free	2	OREG
<b>Allen Stark</b>	<b>54</b>	<b>1:14.50</b>	<b>100 Breast</b>	<b>1</b>	<b>OREG</b>	George Thayer	67	39.86	50 Back	6	OREG
Allen Stark	54	2:47.15	200 Breast	3	OREG	George Thayer	67	1:28.35	100 Back	7	OREG
Mike Tennant	50	26.17	50 Free	6	OREG	George Thayer	67	3:15.61	200 Back	5	OREG
Mike Tennant	50	58.21	100 Free	6	OREG	<b>Men 70-74</b>					
Mike Tennant	50	2:13.72	200 Free	7	OREG	Milton Marks	73	44.44	50 Breast	6	OREG
Mike Tennant	50	4:49.96	400 Free	10	OREG	Milton Marks	73	1:42.81	100 Breast	10	OREG
<b>Men 55-59</b>						Milton Marks	73	3:53.35	200 Breast	7	OREG
Bob Bruce	55	5:07.82	400 Free	8	OREG	<b>Men 80-84</b>					
Bob Bruce	55	10:51.17	800 Free	7	OREG	Rupert Fixott	82	11:07.56	400 Free	10	OREG
Bob Bruce	55	20:18.9	1500 Free	4	OREG	Andrew Holden	84	37.80	50 Free	2	OREG
Bob Bruce	55	2:49.57	200 Back	5	OREG	Andrew Holden	84	1:30.23	100 Free	2	OREG
Bob Bruce	55	6:01.79	400 IM	5	OREG	Andrew Holden	84	49.38	50 Back	4	OREG
						Andrew Holden	84	1:54.80	100 Back	5	OREG

Andrew Holden	84	55.54	50 Breast	3	OREG	Pam Himstreet	60	1:53.07	100 Breast	8	OREG
<b>Andrew Holden</b>	<b>84</b>	<b>44.70</b>	<b>50 Fly</b>	<b>1</b>	<b>OREG</b>	Pam Himstreet	60	3:56.21	200 Breast	8	OREG
<b>Andrew Holden</b>	<b>84</b>	<b>2:01.64</b>	<b>100 Fly</b>	<b>1</b>	<b>OREG</b>	Pam Himstreet	60	1:59.39	100 Fly	5	OREG
Andrew Holden	84	1:47.90	100 IM	2	OREG	Pam Himstreet	60	4:19.14	200 Fly	4	OREG
Joseph Mallon	82	43:26.24	1500 Free	7	OREG	Pam Himstreet	60	3:54.98	200 IM	6	OREG
Gilbert Young	81	40.14	50 Free	4	OREG	Pam Himstreet	60	8:27.16	400 IM	6	OREG
Gilbert Young	81	1:30.82	100 Free	3	OREG	Joy Ward	61	34.30	50 Free	3	OREG
Gilbert Young	81	3:23.31	200 Free	2	OREG	Joy Ward	61	1:23.07	100 Free	3	OREG
Gilbert Young	81	29:07.77	1500 Free	2	OREG	Joy Ward	61	41.69	50 Back	2	OREG
<b>Women 25-29</b>						Joy Ward	61	1:30.56	100 Back	2	OREG
Kara Jordan	27	3:09.46	200 Fly	8	OREG	Joy Ward	61	3:18.41	200 Back	3	OREG
<b>Women 30-34</b>						Joy Ward	61	51.24	50 Breast	4	OREG
Jennifer Butcher	31	35.28	50 Back	9	OREG	<b>Joy Ward</b>	<b>61</b>	<b>36.95</b>	<b>50 Fly</b>	<b>1</b>	<b>OREG</b>
Jennifer Butcher	31	1:17.38	100 Back	7	OREG	Joy Ward	61	1:39.03	100 Fly	3	OREG
<b>Women 35-39</b>						Joy Ward	61	1:30.36	100 IM	2	OREG
Laura Tyrrell	36	20:38.95	1500 Free	10	MACO	Joy Ward	61	3:21.53	200 IM	2	OREG
<b>Women 40-44</b>						Joy Ward	61	7:22.28	400 IM	4	OREG
Valerie Jenkins	40	2:24.29	200 Free	10	OREG	<b>Women 70-74</b>					
<b>Women 45-49</b>						Cynthia Rosik	70	1:09.95	50 Fly	8	OREG
<b>K Andrus-Hughes</b>	<b>46</b>	<b>1:03.49</b>	<b>100 Free</b>	<b>1</b>	<b>OREG</b>	Cynthia Rosik	70	2:38.45	100 Fly	4	OREG
<b>K Andrus-Hughes</b>	<b>46</b>	<b>28.59</b>	<b>50 Free</b>	<b>1</b>	<b>OREG</b>	<b>Women 75-79</b>					
K Andrus-Hughes	46	32.74	50 Back	2	OREG	Margaret Wells	77	6:45.97	200 Breast	9	OREG
<b>K Andrus-Hughes</b>	<b>46</b>	<b>2:40.94</b>	<b>200 Back</b>	<b>1</b>	<b>OREG</b>	Margaret Wells	77	5:42.44	200 IM	7	OREG
Colette Crabbe	47	5:08.87	400 Free	4	OREG	Margaret Wells	77	10:26.76	400 IM	5	OREG
Colette Crabbe	47	38.77	50 Breast	5	OREG	<b>Women 80-84</b>					
Colette Crabbe	47	1:14.24	100 Fly	3	OREG	Elfie Stevenin	82	7:38.15	200 Back	9	OREG
<b>Colette Crabbe</b>	<b>47</b>	<b>2:42.19</b>	<b>200 Fly</b>	<b>1</b>	<b>OREG</b>	Elfie Stevenin	82	2:06.49	50 Fly	7	OREG
Colette Crabbe	47	1:16.00	100 IM	4	OREG	Elfie Stevenin	82	4:52.58	100 Fly	3	OREG
Robin Parisi	49	5:15.26	400 Free	7	MACO	Elfie Stevenin	82	11:03.5	200 Fly	3	OREG
Robin Parisi	49	1:25.67	100 Breast	6	MACO	Elfie Stevenin	82	3:56.19	100 IM	7	OREG
<b>Robin Parisi</b>	<b>49</b>	<b>31.20</b>	<b>50 Fly</b>	<b>1</b>	<b>MACO</b>	Elfie Stevenin	82	18:13.06	400 IM	3	OREG
<b>Robin Parisi</b>	<b>49</b>	<b>1:11.90</b>	<b>100 Fly</b>	<b>1</b>	<b>MACO</b>	<b>Relays - Mixed Relays</b>					
<b>Robin Parisi</b>	<b>49</b>	<b>1:12.66</b>	<b>100 IM</b>	<b>1</b>	<b>MACO</b>	<b>Distance</b>	<b>Time</b>	<b>Place</b>	<b>Team</b>		
<b>Women 50-54</b>						<b>Mixed 160-199</b>					
Darlene Staley	53	3:29.48	200 Fly	6	OREG	200 Medley	2:07.07	2	MACO		
Darlene Staley	53	12:43.88	800 Free	10	OREG	David Burleson (46)	Tomas Oliva (41)				
Jeanne Teisher	52	2:44.58	200 Free	9	OREG	Robin Parisi (49)	Sharon Foley (43)				
<b>Women 55-59</b>						<b>Mixed 240-279</b>					
Ginger Pierson	57	43.34	50 Back	6	MACO	200 Free	2:06.56	2	OREG		
Ginger Pierson	57	1:33.45	100 Back	7	MACO	Robert Smith (60)	Barbara Frid (61)				
Ginger Pierson	57	3:25.83	200 Back	6	MACO	Joy Ward (61)	Tom Landis (61)				
Ginger Pierson	57	40.27	50 Breast	2	MACO	<b>Women's Relays</b>					
Ginger Pierson	57	1:27.95	100 Breast	2	MACO	<b>Women 200 - 239</b>					
Ginger Pierson	57	3:17.54	200 Breast	2	MACO	200 Free	2:41.63	6	OREG		
Ginger Pierson	57	39.83	50 Fly	4	MACO	Dianne Thomsen (46)	Patricia Bieze (60)				
Ginger Pierson	57	1:30.49	100 Fly	3	MACO	Mary Anne Royle (51)	Nancy Vincent (44)				
<b>Ginger Pierson</b>	<b>57</b>	<b>3:16.34</b>	<b>200 Fly</b>	<b>1</b>	<b>MACO</b>	<b>200 Medley</b>	<b>2:18.96</b>	<b>1</b>	<b>OREG</b>		
Ginger Pierson	57	1:26.13	100 IM	3	MACO	<b>K AndrusHughes (46)</b>	<b>Colette Crabbe (47)</b>				
<b>Ginger Pierson</b>	<b>57</b>	<b>3:13.83</b>	<b>200 IM</b>	<b>1</b>	<b>MACO</b>	<b>Joy Ward (61)</b>	<b>Jeanne Teisher (52)</b>				
Ginger Pierson	57	6:56.33	400 IM	4	MACO	<b>Men's Relays</b>					
Jackie Quattro	56	36.06	50 Free	9	OREG	<b>Men 160-199</b>					
Jackie Quattro	56	1:16.21	100 Free	4	OREG	<b>400 Medley</b>	<b>4:12.45</b>	<b>1</b>	<b>OREG</b>		
Jackie Quattro	56	2:48.34	200 Free	3	OREG	<b>John Keppeler (36)</b>	<b>John Hudson (37)</b>				
Jackie Quattro	56	6:03.42	400 Free	4	OREG	<b>Pat Allender (45)</b>	<b>Mike Tennant (50)</b>				
Jackie Quattro	56	12:16.2	800 Free	3	OREG	<b>Men 240-279</b>					
Jackie Quattro	56	22:56.13	1500 Free	5	OREG	<b>200 Medley</b>	<b>2:05.07</b>	<b>1</b>	<b>OREG</b>		
Jackie Quattro	56	42.79	50 Back	5	OREG	<b>Robert Smith (60)</b>	<b>Allen Stark (54)</b>				
<b>Women 60-64</b>						<b>Bert Petersen (65)</b>	<b>Tom Landis (61)</b>				
Barbara Frid	61	1:23.80	100 Free	6	OREG	<b>400 Medley</b>	<b>5:05.10</b>	<b>1</b>	<b>OREG</b>		
Barbara Frid	61	41.80	50 Back	3	OREG	<b>Robert Smith (60)</b>	<b>Allen Stark (54)</b>				
Barbara Frid	61	01:38.7	100 Back	6	OREG	<b>Tom Landis (61)</b>	<b>David Radcliff (69)</b>				
Barbara Frid	61	43.13	50 Fly	6	OREG	<b>800 Free</b>	<b>9:29.56</b>	<b>1</b>	<b>OREG</b>		
Barbara Frid	61	01:32.0	100 IM	3	OREG	<b>Steve Johnson (55)</b>	<b>David Radcliff (69)</b>				
Pam Himstreet	60	7:06.57	400 Free	10	OREG	<b>Bob Bruce (55)</b>	<b>Tom Landis (61)</b>				
Pam Himstreet	60	28:23.01	1500 Free	8	OREG						



# Northwest Zone Short Course Yards Championship

May 1-2, 2004

## Supplemental Information

**Accommodations:** The following hotels/motels are available in the Corvallis area. Many hotels in the area are already booked due to the OSU Mom's weekend, but there are some rooms reserved for Masters swimmers at these two motels. Book a room early and identify yourself as a 'Masters Swimmer' when booking. You'll need to put the room on your credit card, and all non booked rooms will be released one week prior to the event.

### Motel 6

935 NW Garfield Ave; (541) 758-9125  
Single \$47.99 + tax; Double \$53.99 + tax  
Less than a mile from the pool; 10% discount for swimmers. No other discounts apply.

### Econo Lodge

345 NW 2nd; (541) 752-9601  
Single \$55.00; Double \$65.00  
3 miles from pool

**Camping:** KOA Campground off Highway 34 between Albany and Corvallis (541-967-8521) and Benton Oaks RV Campground (fairgrounds) 541-757-1521 [www.bentonoaks.com](http://www.bentonoaks.com)

**HOST (House Our Swimmers Tonight):** Contact Mark or Laura Worden at [marklauraworden@comcast.net](mailto:marklauraworden@comcast.net) if you would like to stay with a local swimmer and meet some new friends or prefer camping.

**Social:** Information regarding an informal gathering after the meet on Saturday will be available at the meet.

**Northwest Zone Meeting:** Doug Garcia, NW Zone Chair, is planning a Zone meeting on Saturday, May 1, 2004, at 10:30 AM, prior to the start of warm-ups. Location is at the pool. Please plan to attend to represent your LMSC.

## Association Meet is Local Team Time

### John Leonard's "What does it mean to be part of a Team" recognizes our OMS Teams

What does it mean to be part of a team by John Leonard

To become a part of a team is a privilege. Few people ever get the wonderful opportunity to experience the support of teammates and friends in the crucible of the competitive arena. A team lifts and elevates the performance of an individual to heights never before achieved. Each individual must also recognize their responsibility to the team.

A team is a collection of individuals who have chosen to pursue one or more common goals. One of these goals, by tacit agreement of all concerned, is the improvement of each individual, which can result in improvement of the team performance. This is true in swimming. We compete individually, but preparation for competition is best accomplished in a team environment. No individual can create this environment for excellence on their own. It takes a team.

There is no such thing as a free lunch. If an individual wishes to benefit from the team, they must give to the team. Successful teams nurture the individual, and expect the individual to respond by also nurturing the team. Individual sacrifices on behalf of the team are just as much a part of the team environment as team accommodation of the individual. Individuals on successful teams also have some common characteristics;

- 1) They give back. If they want to be cheered for, they cheer for teammates. If they need special attention, they provide special attention to others.
- 2) They recognize that the fastest swimmer and the slowest swimmer on any team have unique responsibilities. The

team will go no higher than the fastest, and will be limited by the efforts of the slowest. The individuals put special effort into assisting each to maximize their potential.

3) They know that Rules do not make teams, but traditions based on what it takes to achieve group goals do make a team.

TEAM has been described as "Together Everyone Achieves More" Anyone who has been on a good team, will agree with that acronym.

Some "Team Quotes"

The Team Takes Care of Me, and I Take Care of The Team."

"Each member of a team has a responsibility to be better today, than they were yesterday, as an athlete, and as a person. That's how teams get better."

On our team, the fastest swimmers help the slower swimmers every day. Then when the meet comes around the slower swimmers do better, but they also cheer so hard for the fast swimmers that they'd bust a gut."

"Team means together. We do a lot of things outside the pool together. When you know your teammates as people, it makes it a lot easier to support them when it counts."

"A team is knowing other people care about you."

"We all commit easier to group goals than we do to our own. We want to not let anyone else down....why else do we swim faster on relays than in individual events?"

"Teams double the pleasure and half the pain."

# Northwest Zone Short Course Yards Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #374-06

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

Unregistered swimmers must submit a 2004 registration form and fee with this form.

Hosted by: Osborn Aquatic Center  
1940 NW Highland Dr.  
Corvallis, OR 97330  
25 yards • 8 lanes competition - electronic timing  
6 lane continuous warm-up/down area

DATE: Saturday & Sunday, May 1-2, 2004

SATURDAY WARM-UPS: 12 NOON MEET STARTS: 1PM  
SUNDAY WARM-UPS: 8AM MEET STARTS: 9AM

Meet director: Mark Worden • phone: 541-766-6300 • email: marklauraworden@comcast.net

Directions to the pool: Take I-5 to Exit 228 (Highway 34). Go west on Highway 34, following signs to Corvallis. Hwy 34 turns left, but keep going straight over the Willamette River. Continue straight through 4 stoplights. Turn right at the 5th light onto 9th Street. Take 9th Street to Circle Blvd and turn left. Go one block, turn left at Highland Drive, and pool is on your right.

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

HOST (HOUSE OUR SWIMMERS TONIGHT): CONTACT MARK WORDEN • 541-753-5726 • marklauraworden@comcast.net

**ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY APRIL 16, 2004**



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY



NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

2004 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: 19+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 8 INDIVIDUAL EVENTS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY PLUS RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). A PERSON MAY SWIM THE 200Y, 400Y & 800Y DISTANCE OF EACH RELAY ONCE. THE 400 AND 800 RELAY WILL BE SEEDING IN HEATS AFTER THE 200 RELAYS OF THE SAME EVENT. THE 500, 1000 AND 1650 FREESTYLES & 400 IM WILL BE DECK SEEDING. *CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. CHECK IN FOR THE 1650 WILL OPEN MIDWAY THROUGH SUNDAY'S EVENTS.* ALL EVENTS WILL BE SEEDING SLOW TO FAST.

## Saturday, May 1, 2004

**200 BACK** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BREAST** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**400 IM** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

### **FREE RELAYS (5-10)**

**50 FLY** (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FREE** (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BACK** (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

### **MIXED MEDLEY RELAYS (14-15)**

**1000 FREE** (16) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

## Sunday, May 2, 2004

**500 FREE** (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

## Sunday (con't)

**20 min. warm-up in competition pool. Event 18 will not start before 10AM**

**100 IM** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

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

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

\*\*\*break\*\*\*

### **MEDLEY RELAYS (22-25)**

**200 IM** (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FLY** (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BACK** (28) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BREAST** (29) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

### **MIXED FREE RELAYS (30-32)**

\*\*\*break\*\*\*

**1650 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, 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."

Meet Entry **\$18.00**

Each Extra Event (7th &/or 8th) \$3 ea. \_\_\_\_\_

Total enclosed \_\_\_\_\_

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**

# TUALATIN HILLS "SIZZLING SUMMER" LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #374-07

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

Place: Tualatin Hills Aquatic Center Pool

15707 SW Walker Rd.

Beaverton, Oregon

50 meters - 8-9 lanes competition-electronic timing

Continuous warm-up/down in 1-2 lanes

DATE: Saturday, June 19, 2004

**WARM-UPS: 8AM**

**MEET STARTS: 9AM**

Meet directors: Kennedy Price • 503-443-1366 & Chyle Edic • 503-642-4041 • thbmeetchief@yahoo.com

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.

Submit a 2004 registration card or 2004 registration form and fee with this form.

**ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY JUNE 4, 2004**



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

2004 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 95+. RELAY AGES: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE BY DEC. 31ST, 2004. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET.** 200, 400, AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400 IM, 400 AND 800 FREESTYLES WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS ARE TO BE SWUM. ALL EVENTS WILL BE SEEDS SLOW TO FAST.

## Saturday, June 19, 2004

**200 IM** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BACK** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**\* BREAK\*** \_\_\_\_\_

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

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

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

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

**400 IM** (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\* BREAK\***

### **FREE RELAYS (12-17)**

**50 FLY** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**100 FREE** (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**50 BREAST** (23) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FLY** (24) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BACK** (25) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

### **MEDLEY RELAYS (26-29)**

**800 FREE** (30) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

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

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



# 2004 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS

Recognized by Oregon LMSC for USMS, Inc. #375-07R

ELIGIBILITY: STATE OF OREGON RESIDENT AND/OR REGISTERED OMS MEMBER

Mt. Hood Community College,  
26000 SE Stark, Gresham, Oregon  
8 lanes competition, elec. timing, 1 lane warm-up/down  
Packet pick-up at pool only.

DATE: Saturday & Sunday, July 10 & 11, 2004

**WARM-UPS: 1PM SATURDAY & SUNDAY**  
**MEET STARTS: 2PM SATURDAY & SUNDAY**

Opening Ceremony: Friday, July 9, 2004, Tualatin Hills Recreation Center, 6PM. Food, music, raffles, and fun! Parade of Athletes at 7 PM.

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

Meet Hotels: Best Western Inn 23525 NE Halsey 503-491-9700 • Holiday Inn Exp. 1000 NW Graham Rd. 503-492-2900  
Hampton Inn 3039 NE 181st 503-669-7000

AWARDS: T-SHIRTS FOR ALL ENTRANTS • MEDALS FOR 1ST 2ND & 3RD PLACES (EXTRA CHARGE FOR RELAY AWARDS)

ALL REGISTERED MASTERS SWIMMERS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.

ENTRY DEADLINE: RECEIVED BY FRIDAY JUNE 25, 2004



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

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

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
2004 USMS # (IF A MEMBER) \_\_\_\_\_  
USMS CLUB (OREG OR MACO) \_\_\_\_\_  
IS THIS YOUR FIRST MASTERS MEET? \_\_\_\_ YES \_\_\_\_ NO

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 95+. RELAY AGES: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE BY DEC. 31ST, 2004. DISABLED SWIMMERS MAY ENTER AS "DISABLED" AND BE TREATED AS A SEPARATE AGE GROUP CATEGORY FOR AWARDS. ENTER RELAYS AT THE MEET. 200, 400, AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400, 800 AND 1500 FREESTYLES & 400 IM WILL BE DECK SEEDED. **YOU MAY ENTER EITHER THE 800 OR THE 1500 BUT NOT BOTH.** CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS IS TO BE SWUM. ALL EVENTS WILL BE SEEDS SLOW TO FAST.

## Saturday, July 10, 2004

200 IM (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
100 FLY (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
200 FREE (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
50 BREAST (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

## MEDLEY RELAYS (5-8)

100 BACK (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
200 BREAST (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
50 FREE (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

## MIXED FREE RELAYS (12-14)

\*\*\*break\*\*\*

800 FREE\* (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
1500 FREE\* (16) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

## Sunday, July 11, 2004

400 FREE (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
100 BREAST (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
200 BACK (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
50 FLY (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

## MIXED MEDLEY RELAYS (21-22)

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

\*\*\*break\*\*\*

## FREE RELAYS (26-31)

400 IM (32) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* You may enter either the 800 Or 1500 Free but not both

I am a disabled swimmer and wish to enter the meet in this special category. \_\_\_\_\_ (check if appropriate)

In consideration of being allowed to participate in any way in the State Games of Oregon Athletic and/or Sports Program, and related events and activities, the undersigned: acknowledges and fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time; assumes all the foregoing risk and accepts personal responsibility for the damages following such injury, permanent disability or death; releases, waives, discharges and covenants not to sue the State Games of Oregon, its affiliated clubs, their respective administrators, directors, agents, coaches, volunteers, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, the National Congress of State Games, and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability to each of the undersigned, his/her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage of property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise. In the event of injury, the athlete will pay all medical costs. I have read the above waiver and release, understand that I give up substantial rights by signing it and sign it voluntarily.

T-SHIRT SIZE: (CIRCLE ONE)

SMALL MEDIUM LARGE X-LARGE

Meet Entry (\$21 for first 2 events) \$21.00  
\$4 for each additional event \_\_\_\_\_  
(limit of 6 individual events and no more than 5 events in one day)  
Total enclosed \_\_\_\_\_

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

MAIL ENTRY FEE AND FORM TO: STATE GAMES OF OREGON  
4840 SW WESTERN AVENUE, SUITE 900, BEAVERTON, OREGON 97005

# 2004 Meet SCHEDULE

Date	Event	Location	Contact
<b>Pool Meets</b>			
April 2-4	Assn. Champs	Bend, OR	Kristin Brooks    bendbrooks@aol.com
*May 1-2	SCY Zone	Corvallis, OR	Mark Warden    marklauraworden@comcast.net
*June 19	LCM	Beaverton, OR	Chyle Edic/Kennedy Price    thbmeetdirector@yahoo.com
*July 10-11	St.Games LCM	Mt. Hood CC - Gresham, OR	Colette Crabbe    ColetteCrabbe@hotmail.com
Sept. 11	SCM (Pentathlon)	Camas, Washington (near Vancouver)	Doug Lumbard    raslum@aol.com Bert Petersen    petersen@exchangenet.net
<b>Open Water</b>			
July 17	Nat. Champs 3.5K	Applegate Lake	Dan Gray    dangray45@hotmail.com
July 18	OMS Series Events Series = 1400, 200, 400 and 800	Applegate Lake	Dan Gray    dangray45@hotmail.com
July 30-Aug. 1	OMS Series Events	Elk Lake	Jani Sutherland    jani@athleticclubofbend.com
Aug. 14	3000, 500, 1500	Eel Lake	Ralph Mohr    magister@coosnet.com
Aug. 22	OMS Series Events	Dorena Lake	Steve Johnson    stevej@nsdssurvey.org
<b>National Championships</b>			
April 22-25	SCY	Indianapolis, IN	www.usms.org
Aug. 12-15	LCM	Savannah, GA	www.usms.org
<b>Postal Championships 2004</b>			

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

## Board Meetings

April 3, 2004	Bend	4 PM
May 12, 2004	NIKE	7 PM
June 18, 200	Tualatin Hills	7 PM
July 11, 2004	MHCC	10 AM

Aug. 25, 2004    NIKE    7 PM

Sept. 24-26, 2004    Retreat

All Board Meetings are open. OMS members are encouraged to attend. Contact Jeanne Teisher, OMS Chair, for more details.

**Aqua Master**  
April 2004

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

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**Inside: Results - SCM Top Ten and Mt. Hood**