



# *Aqua Master*

Volume 31, Number 7

Published Monthly by OMS, Inc.

August 2004

*"Swimming for Life"*

## OMS Salutes our Greatest Generation

With the dedication of the WW II Memorial and the 60th Anniversary of D Day, America has been remembering it's greatest generation. Tom Brokaw defines "the greatest generation" as American citizens who came of age during the Great Depression and the Second World War and went on to build modern America. 17 OMS members are 80 years or older, which made them 20 on D Day. In this issue we honor them. The 17 members are Lois Allen (80), Leola Baumgartner (87), Norma Bernardi (84), Hilda Buel (90), Charles Bushey (82), Allan DeLay (89), Rupert Fixott (82), Herb Hoepfner (82), Andrew Holden (85), Gerald Huestis (84), Joseph Mallon (83), Eva Muller (91), Khosrow Shadbeh (82), Pauline Stangel (82), Elfie Stevenin (82), Earl Walter (83) and Gil Young (82). Andrew Holden pictured on the right started this "issue" off in the "Greatest" manner by setting two World Records and two Zone Records in the T Hills LCM Meet on June 19. Andrew was an Officer in the US Navy stationed in the Pacific during WW II. Our full story with quotes and pictures begins on page 3.

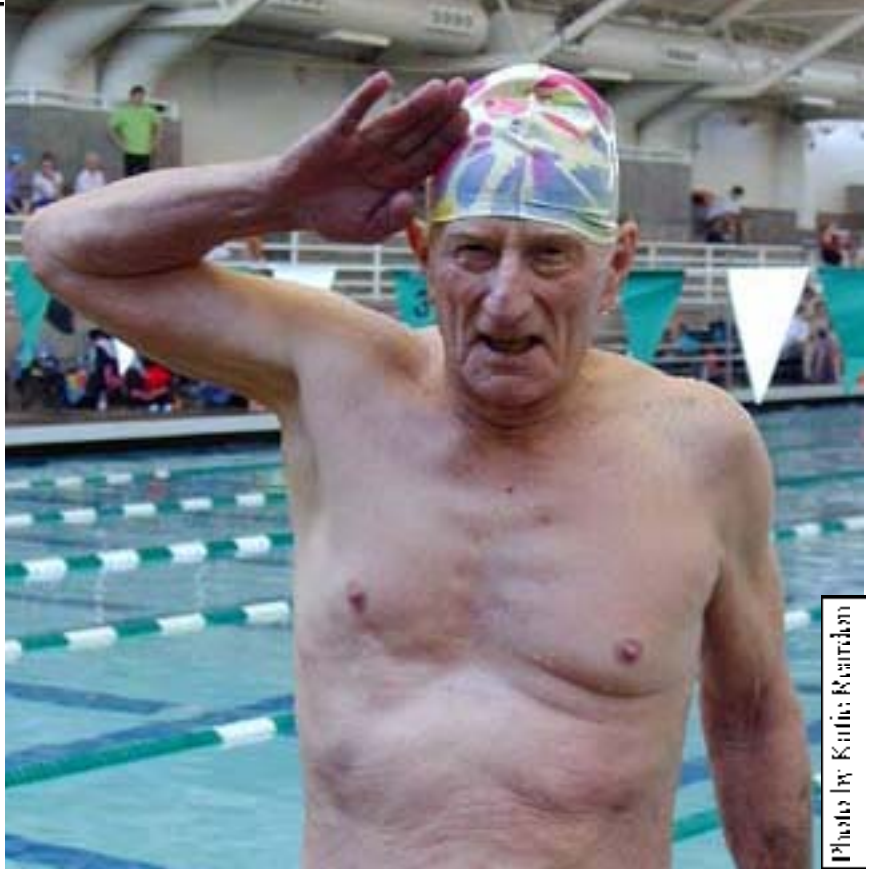


Photo by Katie Reardon

### *Inside For You*

Chair's Corner .....	2
Greatest Generation .....	3
Get Fit .....	8
Long Distance .....	9
Results	
Hagg Lake .....	10
T Hills .....	12
St. Games .....	16
Pool Entry Blanks	
Patriot Games .....	19
Open Water Entry Blanks	
Dorena Lake .....	20
Eel Lake .....	22
Schedule .....	Back Cover

### *Greatest (Craziest ?) Generation*



Which OMS member of the Greatest Generation did his training in the freezing waters of Alaska in 1943? Check out full story beginning on p.3

The people behind O.M.S. Inc.

*Chairman of the Board*

**Jeanne Teisher**

7305 SE Hyland Ct.

Beaverton, OR 97008 - (503) 574-4557

jteisher7007@yahoo.com

*Vice Chairman/Sanctions*

**Sandi Rousseau**

4179 Willow Flat Road

Hood River, OR 97031 - (541) 354-2580.

swim@gorge.net

*Secretary*

**Nancy Radcliff**

5832 SE Woll Pond Way

Hillsboro, OR 97123 - (503) 648-7141

nancy@theradcliffs.com

*Treasurer*

**Suzanne Rague**

935 N.W. 170th Place

Beaverton, OR 97006 - (503) 531-9051

Suzrague@aol.com

*Registrar*

**Darlene Staley**

8590 SW Charlotte Drive

Beaverton, OR 97007 - (503) 642-3586

dstaley@pcc.edu

*Aqua-Master Editor*

**Dave Radcliff**

(503) 648-7141

dave@theradcliffs.com

*Data Manager (for swim meets)*

**Gary Whitman**

11015 NE Mason St.

Portland, OR 97220

all5reds@msn.com (503) 255-3657

*Officials (for swim meets)*

**Jacki Allender**

(541) 753-5681

seewun@proaxis.com

*Host / Social*

**Ginger Pierson**

gingerp@qwest.net

(360) 253-5712

*Fitness Co-Chairs*

**Sara Quan**

squan01@earthlink.net

**Jani Sutherland** jani@athleticclubofbend.com

(541) 389-7718

*Safety*

**Jody Welborn**

(503) 297-5889

jowelb@teleport.com

*Coaches*

**Jon Clark**

(503) 614-7278

jclark@pcc.edu

*Awards*

**Pam Himstreet**

himstreet@bendcable.com

(541) 385-7770

*Historian*

**Earl Walter**

oldbarn@seasurf.net

(503) 738-3763

*Records*

**Bert Petersen**

petersen@exchangenet.net

(503) 252-6081

*Membership*

**Doug Christensen**

dchristensen@rivermarkcu.org

(503) 754-2747

*Long Distance*

**Bob Bruce**

bobbruce13@attglobal.net

H(541) 317-4851 W(541) 389-7665

*Web Master*

**Robbert van Andel**

robbert@vafam.com

*Top Ten*

**Mary Sweat**

marysweat@email.com

(541) 504-5338

*Sprint*

**Robert Smith**

dobbsmith@attbi.com

(503) 639-4505

*Past Chair*

**Suzanne Rague**

Suzrague@aol.com

(503) 531-9051

## Chair's Corner by Jeanne Teisher

### New Changes for Teams Hosting Meets

For many years, hosting a swim meet was considered a fairly easy way for a swim team or organization to raise money. Unfortunately, this is no longer the case for most teams around Oregon. With budget cuts and sluggish economy, park districts, community centers and aquatic programs have had to find alternative ways to keep swimming facilities open for operation. What this has meant to us swimmers is increased pool fees and, in some areas, a reduction of hours for team or organized workouts. The days of closing a pool for a swim meet, at little to no cost to the team or organization, is pretty much history. Any group or team interested in hosting a swim meet may now be responsible for picking up the tab for pool rental fees, lifeguards, front desk personnel, etc. Depending on the size of the meet, a team could very well lose money on the event rather than make any money. If they did make money, they would most likely not make much for all their time and effort, unless they did some exceptional recruiting of sponsors to offset some of the expenses.

The OMS board has been very concerned with this issue and, at the June board meeting, voted on a new contract for meet hosts. After much email discussion in May and additional discussion at the June board meeting, the board unanimously approved the below meet reimbursement scale, which will go into effect September 2004.

Type of Meet	Base Amount + Amount Per Swimmer
One (1) Day Meet	\$300 + \$10/swimmer
Two (2) Day Meet	\$500 + \$10/swimmer
Three (3) Day Meet	\$700 + \$10/swimmer

I want to thank Sandi Rousseau and Alison Moore for their work in developing this new plan and for the board in making the proposal a reality.

Also, at the board meeting, we approved two new committee chairs. We welcome Jon Clark (Beaverton) as the new Chair of the Coaches Committee and Jacki Allender (Corvallis) as the new Chair of the Officials Committee. We are really looking forward to their contribution to the board and OMS. It is great to have them on the board.

I also would like to express my appreciation to the OMS senior swimmers (see article). Without their contribution, dedication, and enthusiasm for swimming and the organization, who knows where OMS would be today. They are truly a group worth honoring and recognizing.

Until next month, happy swimming.

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*

## Greatest Generation

Oregon Masters Swimming salutes our Greatest Generation. 17 members of OMS met our criteria of being at least 20 years old on D Day. The Aqua Master contacted each of the 17 by mail and asked them the following three questions:

1. (Where) Where were you and what were you doing on D Day?
2. (Swimming) Were you swimming back in the 1940s or how did you get into swimming?
3. (Advice) Your Generation has been called the "Greatest Generation". What words of advice or encouragement would you pass on to all of us?

We also asked them to send us a picture from their "younger" days. Several of the 17 did not live in the USA on D Day. Your Editor considers all of our Master Swimmers as part of our Greatest Generation. One poignant story regarding this occurred when Elfie Stevenin talked with your OMS Secretary at the T Hills meet. Elfie told her that she had been contacted by the Aqua Master but that they wouldn't want her story since she had been in Germany at that time. Elfie - a beautiful young lady gloriously dancing ballet on the stage in Nordhausen, Germany was not our enemy. We are so glad that you are part of OMS and all 17 of you are part of our Greatest Generation. Here they are "in their lane" in picture and word.



Andrew Holder - 85 years

Where? - *I was a Naval Officer and on D Day I was probably in Hawaii.*

Swimming? - *1941 was my last year of swimming on the University of Washington Swim Team.*

Advice? - *Do not destroy your environs.*

*Use it up.*

*Wear it out.*

*Make it do or do without.*



Norma Bernardi - 84 years

Where? - *I was living in Blue Ridge Summit, Pennsylvania. (Mason-Dixon Line, Catoclin Mountains). Husband was stationed at Camp Ritchie, Maryland*

Swimming? - *I began swimming at four years of age. My father tossed me into the Kishwaukee River, Northern Illinois, by coaxing and coaching. Like all swimmers, dog paddling, both arms flaying forward, body limply tagging along. Entered the Red Cross swimming progressive programs becoming a lifeguard and swimming instructor. Have been a lifetime competitive runner and swimmer. As a Second Lt. in the Army Nurse Corps, Camp Barkeley, Texas, in 1942, met my Husband at the Taylor County Swimming Pool. Soon to celebrate 62 years of matrimony.*

Advice? - *Thank you so much for including a relatively large segment of American athletics, swimming as an important part of the "Greatest Generation." We sacrificed, we were resolute, united, patriotic, thus maintaining and providing the greatest democracy in the world. Be motivated, disciplined and competitive. Maintain a toned body by stretching, walking, weights. A wholesome diet is most important. From an octogenarian, "keep moving!"*



Pauline Stangel (left - modeling the swim wear of the time) - 82 years

Where? - *I lived in Portland with my parents. We were on our usual Sunday drive. Got back in the late afternoon to boys selling extras on the corner with the news of D Day. We didn't have a car radio.*

Swimming? - *My family usually went swimming every summer weekend. I didn't get into competitive swimming till 1988. Had to learn to swim for competition.*

Advice? - *Keep active, don't loose your resolve and hang in there.*  
*Greatest Generation continued on page 4*





Elfie Stevenin - 82 years

Where? - *I was a ballerina under contract at the Municipal Theatre of Nordhausen in the Harz Mountains of Germany. We were not very much influenced by D-Day as life went on its usual way. But when the nightly bombing raids targeted our cities it brought the horror of war close to home and many wondered when will all this end?*

Swimming? - *I learned to swim in High School in a summer swim program. After coming to the USA as a war bride in 1948 I became aware of the competitive swim program for youngsters. I had a daughter who joined the Tualatin Hills Swim Club under Rod Harmon and remained in the age group, High School and College swimming until we both in 1974*

*became Master Swimmers. I have enjoyed my Masters Swimming very much and hope to be able to remain in it for a good many years to come.*

Advice? - *We must have more understanding and compassion toward our fellow men. Peace in the world starts right here at home. We should be loyal Americans and proud citizens.*

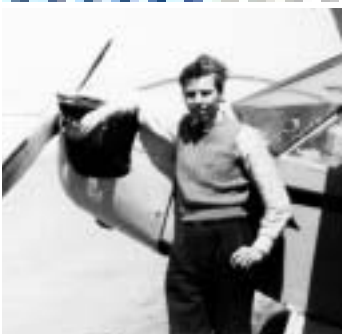


Rupert Fixott - 82 years

Where? - *I was at the Naval Hospital, Farragut, Idaho working as a hospital corpsman on a scarlet fever ward.*

Swimming? - *Jack Cody taught me swimming at the MAC about 1929. I have enjoyed swimming all my life, but I didn't compete until the late Bob Morrison invited me to join Oregon Masters Swimming about 10 years ago.*

Advice? - *Values, morals, and character are very important, and a sense of humor makes difficult times bearable. Helping others and seeing your children succeed and become good citizens are among life's greatest rewards. Our generation hopes and expects the next generation to be even greater.*



Charles Bushey - 82 years

Where? - *On D-day I was a cadet at the Naval Air Station in Pensacola, Florida on my way to becoming a Navy pilot.*

Swimming? - *As a young kid, I learned to swim in the Mississippi River and ultimately swam on the Wittenberg University (Springfield, Ohio) swim team. Not everything mellows with time - I now take two minutes longer to swim a 200 yard race.*

Advice? - *In my opinion, the Golden Rule has too often been replaced by self-centered motivation. It would be wonderful if every person would establish good moral principals based on*

*God's directions and do his or her best to adhere to that which is right and fair.*

Before e-mail there were one penny postcards - Charles and his Dad played chess via penny postcards through his four years of college. *I would write a postcard with the news of the day and my move and immediately send the card on its way. We kept this going for four years and found it a marvelous way to keep in touch with each other on almost an every-other-day basis.*



Joseph Mallon - 83 years

Where? - *Aboard a Troop Ship on the way to the Island of Saipan. The 2nd Marine Division landed on the Island on June 15, 1944. Then on to Tinian Island, Okinawa and Japan. I spent 36 years in the Active and Reserve Military Service.*

Swimming? - *I started swimming about 25 years ago to help my running and track and field. I did not swim in high school or in the University.*

Advice? - *Be a good citizen. I like the way most of the young people from the Generations raise to the situation at the time that the Nation needs them.*



Allan DeLay - 89 years

Where? - *At Adak, Aleutian Islands in Alaska on special Duty as part of a six man G.I. Show Troupe, the "Arctic Antics". In seven months, we gave 171 shows, covering all the Alaska-Aleutian Command. I played my Musical Saw! (That was Allan in the ice on page 1)*

Swimming? - *Yes, I was swimming back in the 40's. Just before enlisting in Feb. 1942, I assisted Jimmy Hicks, Portland Red Cross, as a Water Safety Instructor, in teaching G.I.s how to be qualified Life Guards. I learned to swim in YMCA classes in Topeka, Kansas at age 9-10. Earned Boy Scout swimming tests and Life Saving Merit Badge and all the Red Cross categories. Remained an active swimmer and Spring board diver all my life. Probably culminated in World Masters Competition, 2000 Munich, with three Golds in Diving and two bronze and a fifth in swimming.*

Advice? - *Another year, -- another "Generation", each to be the BEST! Keep America - AMERICA -- freedom for ALL! Understanding, Tolerance and Respect for ALL! Give of our time, experience and skills to youth.*



Lois Allan - 81 years

Where? - *I was finishing my degree at Ohio State University at that time. Reading and hearing about the D-Day invasion and its terrible losses made it hard to concentrate on studies. A dear cousin was one of its thousands of casualties. I lost him and several friends in the European battles. Today, when I consider the 60 years of full life I've had since then, I continue to grieve for those who were denied the same.*

Swimming? - *I learned to swim as a child and remember particularly taking my junior Red Cross lifesaving training with a large male adult who thought nothing of greasing his body to make it difficult for a twelve year old girl to get a grip and tow him. That was the closest I came to a structured program until I joined the Barracudas at age 70. For me, swimming is still for pleasure and fitness rather than competition.*

Advice? - *Work for peace, which means work to eliminate the causes of war: poverty, oppression, ignorance, etc. as well as imperialism and aggressiveness. Also keep on swimming.*



Leola Baumgartner - 87 years

Where? - *I was in Seattle going to the University of Washington*

Swimming? - *No I was not swimming back then. I was married, had a baby boy and followed my husband across the States until he left for the war to fly P38s over the Hump. I began swimming when I was in Ilwaco, Washington and learned to swim when I was about age 4 at China Beach. We would lay on our stomachs and let the tide come in to get us and we would dog paddle in. Then up in the Columbia Gorge, where my Dad fished and lived in the boat house. I learned to swim in spite of my dog, Rex, who would pull me in if he thought I was in danger of being too deep. I swam across the Columbia at the age of 10 and have continued swimming the rest of my life. Then really learned to swim when I became a Master.*

Advice? - *I am still swimming - not just to win but just to enjoy. Winning the race is not my goal - just be in for the fun.*



Herb Hoeptner - 82 years

Where? - *I was an Engine Specialist on B-29 airplanes stationed in Pyote, Texas on D Day. On Dec. 7, 1941 I was sitting in a cowboy tack room in Phoenix, Ariz.. I was a breakboy for wild horses, which were bought from the Indians. I joined the Civilian Pilot Training Program (CPT) since I was too young to join the regular Army Air Corp. I couldn't wait to do my part. I even looked into joining the Canadian Air Force. After receiving my "Wings" I heard that the Air Force had lowered their age requirement and I enlisted. I failed the Color Vision requirement, which was the worst day of my life. I went on from there to be an Engine Specialist.*

Swimming? - *I began swimming when I was 4. My Mother and Father were both good swimmers. My Mother entered the Shore to Kelp swim in Santa Barbara, CA and was second for two years. After the war I went to Los Angeles City College. While I was there I let-tered in Swimming, Water Polo and Football for three years.*

**Continued on page 6**

*The next 2 years were spent at the Univ. of So. California. I lettered in Water Polo at USC and was voted the "Spirit Man" Award on the team. After College I didn't swim until about 1980.*

*My distance swim (one mile) time was OK, so I joined the Masters Swimming.*

*Advice? - If we were the "Greatest Generation" I believe that it was because we were taught obedience at a young age. We were taught how to get along in society by obeying it's rules. This was accomplished by a quick swat on the butt, which was carefully monitored to see that the child did what it was told to do. Dr. Spock's book had not come out yet to upset the apple cart. I do believe that the 2003 and 2004 generation is currently doing a great job and will be the next Great Generation.*



Hilda Buel - 90 years

*Where? - I was living at Fort McDowell, Angel Island, San Francisco Bay, the San Francisco port of embarkation for War in the Pacific Theater. My husband, Captain Buel had been sent to The Command and General Staff School in Kansas City for instruction about invading Europe on June 5, 1944 (It was postponed one day, but he was not allowed to discuss this Top Secret matter). He was transferred to France in 1945 and the children and I joined him there. After the war my husband decided to stay in Europe as a civilian employee as the director of American Schools for occupation families.*

*Swimming? - In the 1940's I swam recreationally in San Francisco Bay. I had learned to swim at the Multnomah Athletic Club in Portland in 1927-29. Ray and Zada Taft, coaches of the San Mateo Marlins recruited me to swim for the Marlins in 1981 when I was 69. In their*

*memory and that of my husband, I've been competing ever since.*

*Advice? - Regular strenuous exercise helps us stay healthy. Everyone should participate in an enjoyable sport or exercise program.*



Gil Young - 82 years

*Where? - On D Day I was part of an Armored Unit stationed in Camp Cook, California. We were slated to be sent to the Pacific. When D Day happened we were sent to England instead. From England we were sent to be part of General Patton's forces. On first fighting was in the Battle of the Bulge. On that first day we lost 657 men and 50 tanks. From there we raced to the Rhine River and then south along the Czech Border and into Austria. We liberated Mauthausen Concentration Camp.*

*Swimming? - I swam as a youth in competition. In 1937 I swam at the MAC Club and Earl Walter was one of my teammates. I swam my last meet in the summer of 1942 before going into the Army. In that meet I represented one of eight Portland City pools and our pool won the City Championship.*

*Advice? - Things were tough at that point and that is what made us what we were and are. My advice is to hang in there through the tough times and it will make you a better person.*



Gerald Huestis - 84 years

*Where? - On D Day I was attending the University of Oregon Medical School earning my MD Degree. After receiving my Degree I served two years in the Medical Service in Occupied Japan. I stayed on another two years in Japan in Public Health. I finished my Surgical train in Santa Barbara and then practiced for 25 years in Orange County, California. Following retirement I served as a Medical Missionary in Mexico, Thailand and the Caribbean.*

*Swimming? - I was able to swim at the MAC Club while I attended Med School*

*Advice? - Do the best you can in what ever you do. My motto is love, good will and charity to all mankind. To all my friends, "Love without measure"*

*Update: Gerald is still in Emanuel Hospital. I visited with him recently and his spirit is good. He had taken a few steps that day with the help of a walker. He joked about the brace and pins in his leg. "My kick needed help so I have this extra weight to strengthen it." Visits and cards are greatly appreciated.*







Earl Walter - 83 years

Where? - *I was on a Troop Ship, 3 days out of San Francisco, heading for the Pacific. I was an Army Paratrooper.*

Swimming? - *I was swimming in the mid to late 1930's in the Portland area. I swam for Coach McKenna at the Central "Y". I then attended Black Fox Military Prep School in Southern California and swam for Clyde Swendsen. After two years there I returned to Portland and swam for Jack Cody at the MAC Club. I swam for one year at the University of Oregon before the war and after the war I swam 3 more years for the "Ducks" while I completed my degree.*

Advice? - *Young people - set your goals - work towards them - don't give up*

Special Thanks - In 1971 Earl and Connie Wilson started Masters Swimming in Oregon. Earl picked the name "Aqua Master" for our Newsletter. Thank you Earl for the great start and being with us through all the years.



Eva Muller - 92 years

Where? - *I lived in New Jersey with my husband who was a machinist. We belonged to a hiking club and I believe we were out hiking on D Day*

Swimming? - *I was very involved with swimming back then. I was a Swimming Instructor and worked with the Girl Scouts and the YWCA. I did not race during those times. I actually taught myself to swim when I was about 13. I didn't have lessons when I was young. I had stroke lessons much later in life when I started swimming in competition. I recommend swimming lessons for anyone. You should learn to swim correctly.*

Advice? - *From my early days of swimming and hiking I have always tried to exercise. I think it is important to continue it all of your life and most important be regular in your exercise.*



Khosrow Shadbeh - 83 years

Where? - *I was in Iran in 1944. I moved to the United States in 1977.*

Swimming? - *In my younger days I was a runner in Iran. I had the fastest time in Iran for 5000 Meters and 1500 Meters. I also did a lot of biking and mountain climbing in Iran. I knew how to swim but it was not my main sport. My swimming in competition began after I joined Masters. My best performance was in 1998 at the World Masters Games where I was second in both the 50 and 100 Breaststroke.*

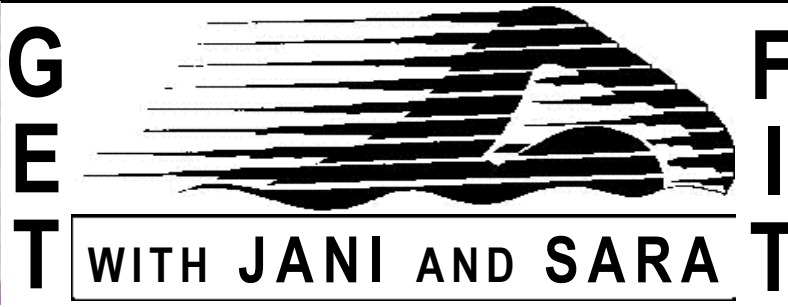
Advice? - *I wish for people to know that they should never quit. Continue trying and you can do it. Set your goals. Practice, practice and you can make your goals.*

Tonight as I was watching the All Star Baseball Game they were talking about honoring the O Ts, the Old Timers. These 17 Masters are our O Ts and OMS is very proud of them. I am sure as you have read about all they have accomplished and contributed that you also are very proud of them. When you see them at the pool let them know how much they have met to OMS and to our Country.

I asked Lois Allan, a member of the Greatest Generation, an Author and a friend, to write the conclusion to this article

*The First World War was touted as the "war to end all wars." When it didn't, the Second World War was supposed to really do it. Sadly, that one didn't end war either, but it wasn't because the men and women of our country didn't try. They recognized the threat to the world by the Nazis and met the challenge—at tremendous cost—to defeat them. They were then required, after the attack at Pearl Harbor, to fight and defeat Japan as well. Finally, they were free to come home, acquire educations, jobs, and families. They turned their attention to rebuilding their lives and their country's economy. That they were successful can be seen today in the accomplishments of the two subsequent generations. Those of us who are 80-plus are very fortunate in being around to witness it.*

*In reading the reminiscences of OMS swimmers one is impressed not only by their patriotic actions at the time of D-Day, but also by their active lives from that time right up to the present. Swimming, as part of these active lives, may help to account for the privilege of being able to look back on the defining event of their youth from the vantage point of so many years.*



## Stress Can Be Harmful To Your Health

What do sun, Twinkies and french fries all have in common? If experienced in excess they can be harmful to your health. What about stress? We all experience some stress in our lives, we all have a constant amount of stress that is "normal" (called eustress). Once our stress meters are topping out its time to check with ourselves and see how we can eliminate the excess stress. Consider how exercise, rest and relaxation, sleep, and environmental adjustments can help minimize stress.

Exercise is a physical stress-reducing technique. Exercise can reduce stress by improving fitness, relaxing muscles and helping us fall asleep at night. The key to exercise is to keep it fun. Other positive benefits of exercise are:

- improved blood circulation through the brain to supply necessary sugars and oxygen for intense thinking and to remove waste faster and more efficiently.
- endorphins that are released with exercise, giving the feeling of happiness and improved overall well-being.

Rest and relaxation are necessary to reduce stress besides being a human requirement to thrive. If periods of stress are short lived we can more easily rebound from the sleep deprivation. If periods of stress are long without relief, there is an increased risk of burnout. Daily and weekly rest are essential and can include a hobby or activity that is fun and enjoyable like reading, watching movies, socializing & vacations.

Sleep needs vary from 3-11 hours with 8 hours being the

average required amount. Regular decreased sleep periods can diminish our concentration and energy levels, thus the domino effect: we are less effective at work and that increases stress, we more easily make mistakes and eventually lose control and that also increases stress. Stress and

anxiety can hinder sleep: our thoughts are busy and we can't relax. Some tips to reduce this:

- stop doing mentally demanding work a few hours before bedtime.
- read an enjoyable and 'light' book as you relax your body, allow your eyes to tire and let go of your worries.
- write your thoughts and ideas in a journal.
- have a consistent bedtime helps create routine for body and mind.
- cut back on alcohol and caffeine.
- don't do a hard work out just before bed time.



*If you see anything other than two dolphins, take a few days off and unwind.....*

Environmental stress is our daily

interaction at home, work and everywhere in between. A good environment includes: privacy, ergonomic furniture, plenty of light to work under, air quality, and well-maintained living and working environments. Become aware of your surroundings and how they affect your stress level.

Masters swimmers have an edge on controlling stress: we have exercise, we have a fun group of people to be around and water is a relaxing environment. It's up to each of us to make each day unique and take care of ourselves; do the things you enjoy and see the people you like. If life becomes stressful and unpleasant, work to restore BALANCE to your life. Make time for yourself and make time for relaxing, enjoyable activities.

Just say, "NO to stress"!





# LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

We have had an early start to our summer open water season. Our local season started with a swim at Hagg Lake on June 13. Two intrepid travelers crossed the California border and participated in the swims at Lake Berryessa the preceding weekend. And a few hardy souls even flew all the way to Italy to compete in the 3-km. open water swim at the FINA World Masters Championships!

Hagg Lake proved to be an interesting opener to the local season. Organized and run by the Gecko Triathlon Club from the Portland Metro area, this swim was not a sanctioned Oregon Masters event. Nonetheless, it provided a good early-season opportunity or excuse to get into the lakes. Since the water was cooler than most folks appreciate, nearly all swimmers wore wetsuits, with the notable exceptions being Rob Higley (who placed 3rd overall), his bride-to-be Kristin Brooks and Jim Teisher. I hope that this swim or one like it can continue to be the opening of the Oregon summer open water scene—wetsuits or not, it's fun to hit the open water earlier in the year than we usually do. Some results already appeared in the July Aqua Master.

Keith Dow and Rich Juhala trekked to Lake Berryessa (near Davis, CA) where they both participated in this large and very popular event on June 5. Keith placed 16th and Rich placed 8th in their respective age groups in the 2-mile race, and finished 20th and 7th in the following 1-mile race. I give them full marks for making the road trip and testing the waters in this traditional event.

Four Oregon athletes—Mikenzie Mattison & Steve Johnson from Emerald Aquatics and Brent Lake & myself from COMA joined over 1100 other swimmers in the World Championships open water swim. The 3-km. race was run in the Adriatic Sea, providing the unusual challenges (for us) of salt water, difficult navigational sighting, invisible intermediate buoys, and a stiff current. The event was run in heats—everyone who started with you was in your age group! I believe that the counterclockwise course measured short, insuring amazingly fast times.

- The first leg was 800 meters running along the beach but

gradually moving into deeper water. The tactical key was starting nearest the shore where you could run and dolphin 20 or 25 meters farther than those who were in deeper water.

- The outward leg was 300 meters away from shore, with a fast current coming from the right. The tactical key was steering to the right to compensate for the current.
- The longshore leg was 1200 meters running parallel to the shore with the current. Wow, was it fast! The tactical key here was to stay with your draft, or (in my case because I was leading a pack) to control the pace and conserve energy for the final push.
- The final leg was about 700 meters straight in to the beach, with the current now coming from the left. The tactical key was to steer far to the left to minimize the drift from the current; I picked a building about two blocks from the true line of the course for my initial aim.
- A wood finish panel was suspended about a foot above the water surface in waist deep water. Touching the panel completed your race. The tactical key was getting into the final 25-meter chute on the correct line without blocking others (a disqualifying infraction) from their straight finishing line.

Mikenzie had a strong race on little training and finished 22nd in Women's 25-29. Brent swam well but was caught like many others in the cross current on the final leg, and placed 13th in Men's 65-69 (we joked about his swim to Venice). Steve swam a very strong race and was edged at the finish to place 2nd in Men's 55-59, while I swam a fine tactical race (perhaps the best of my career) and finished 6th in the same age group.

By the time you read this, the Applegate 3.5-km. National Championship swim and the 2.9-km. Stage Race will be in the books. We'll be making final preparations for the Cascade Lakes Swim Series & Festival at Elk Lake, and remembering to send in our entries for the Eel Lake Swims and the Association Championships at Dorena Lake. See you at the lakes! Good luck and good swimming!



**Dorena is ready for the Association Champs and YOU!**

# Hagg Lake Open Water Swim - June 13, 2004

Name	Age	Time	Pl
------	-----	------	----

**Women - 800 mtrs**

Erin Jenkins	30	0:13:56.6	1
Donna Suvada	30	0:16:58.4	2
Kim Robinette	37	0:17:48.3	3
Laura Hoffmann	23	0:18:07.4	4
Alexa Vanselow	26	0:21:13.6	5
Laura Worzniak	24	0:22:28.9	6
Rebecca Marlowe	25	0:22:40.1	7
Kathy Dadcic	46	0:25:57.1	8
Wendy Hambridge	50	0:28:06.7	9

**Women - 2000 mtrs**

Kristina Hughes	33	0:35:24.7	1
Merideth Webber	39	0:35:45.5	2
Bridget Raach	40	0:36:27.4	3
Sarah Vinopal	29	0:36:36.4	4
Brandie Stoeck	32	0:37:15.3	5
Michelle White	32	0:37:33.6	6
Monique Matt	37	0:39:57.5	7
Kristi Englander	33	0:40:37.3	8
Amy Homs	31	0:40:46.5	9
Kathy Harris	32	0:47:05.9	10
Patricia Davis	29	0:51:06.4	11
Linda Scott	36	0:54:24.0	12
Joyce Bahler	74	0:56:51.0	13
Wendy Straight	37	0:57:49.5	14
Lauren Godfrey	28	1:01:40.4	15

**Women - 4000 mtrs**

Toni Hecksel	38	0:58:20.9	1
Kristin Brooks	38	1:11:08.9	2
Jennifer Wardell	36	1:13:38.9	3
Amanda Tucker	37	1:20:27.2	4
Julie DeRoos	45	1:23:38.2	5
Angela Burns	28	1:25:51.3	6
Zan Gibbs	29	1:26:09.3	7
Kristy Hansen	39	1:26:37.0	8
Joy Pollock	27	1:29:34.4	9
Christine Troxel	35	1:29:50.1	10
Cheryl Banks	35	1:29:52.7	11
Jennifer Donnelly	35	1:30:00.2	12
Kristina Panayotoff	55	1:30:07.8	13
Shari Green	39	1:35:22.4	14
Amber Smith	30	1:50:05.4	15

**Men - 800 mtrs**

Thomas Barella	48	0:22:30.9	1
----------------	----	-----------	---

**Men - 2000 mtrs**

Kennedy Price	32	0:28:18.2	1
Dave Radcliff	70	0:29:09.6	2
Frank Fawcett	40	0:30:45.0	3
Dieter Hoffmann	46	0:30:52.4	4
Mark Haun	41	0:31:47.5	5
Bryan Wallace	29	0:32:14.0	6
Brian O'VEY	42	0:33:05.7	7
Phill Anderson	51	0:33:36.0	8
James Schwetz	53	0:34:27.6	9



**OMS Swimmers joined with Tri Athletes for the first Open Water Swim of the year. 87 swimmers "braved" 64 degree water for this first swim of the summer. OMS swimmers were the overall winners in both the 2 K and 4 K Races. Toni Hecksel won the 4 K and Kennedy Price was the winner in the 2 K. Nice going OMS!**



Name	Age	Time	Pl
Mike Healey	51	0:34:47.9	10
Brad Burnett	46	0:35:07.7	11
Wayne Toning	40	0:35:28.8	12
Christopher Toole	53	0:35:34.4	13
Bab Bob Chambers	28	0:36:38.7	14
Kevin Sayler	29	0:37:16.9	15
Michael Clark	53	0:40:09.9	16
Matt Brenes	35	0:42:23.5	17
Zachery Sachen	30	0:42:26.8	18
Brandon Chase	34	0:43:01.9	19
Ron Petti	45	0:45:43.2	20
Bruce Olddenburg	48	0:49:21.0	21
Bob Rakoz	41	0:49:48.2	22
Mariano Barges	41	0:54:25.9	23

**Men - 4000 mtrs**

Dave Campbell	35	0:58:24.9	1
Rob Higley	38	0:58:30.3	2
Kevin Cooper	32	1:02:41.8	3
Calvin Kendall	29	1:04:47.4	4
Jim Teisher	54	1:07:03.5	5
John Fitzgerald	37	1:07:08.0	6
John Coffey	48	1:09:09.7	7
Paul Scagnett	36	1:11:31.6	8
Danny Burns	38	1:12:02.9	9
G Raff	52	1:17:16.6	10
Ted Lamb	40	1:17:47.5	11
Tim Johnson	43	1:18:58.9	12
Casey Davidson	34	1:19:11.7	13
Marc Crowder	49	1:19:27.8	14
Allan Dushan	40	1:20:17.5	15
William Mellow	62	1:22:52.1	16
Eric Stouck	34	1:23:20.0	17
Scott Benjamin	43	1:24:03.0	18
Robert Joerger	55	1:26:46.7	19
Paul Lindberg	38	1:27:50.5	20
Jeffrey Jensen	45	1:27:55.5	21
Keith Phillips	36	1:31:18.8	22
Rick Hinman	51	1:32:30.4	23
Todd Trzcinski	44	1:40:28.6	24

## Lake Berryessa Open Water Swim

Keith Dow and Rich Juhala traveled to Lake Berryessa (near Sacramento, California) for an Open Water Swim in early June. Wet suits and travel are the way to get a jump on the season.

Keith Dow

1 Mile	27.18
2 Mile	53.23

Rich Juhala

1 Mile	42:13
2 Mile	1:19:30



# FINA World Masters Championships Riccione, Italy June 3-10, 2004

**Women's 25-29:****Mikenzie Mattison**

3-km Open Water	44:37.5	22nd
-----------------	---------	------

**Men's 45-49:****Pat Allender**

50 Breast	33.32	12th
-----------	-------	------

100 Breast	1:13.30	7th
------------	---------	-----

200 Breast	2:40.12	4th
------------	---------	-----

<b>200 IM</b>	<b>2:26.66</b>	<b>6th Z</b>
---------------	----------------	--------------

**Men's 55-59****Steve Johnson**

<b>200 Free</b>	<b>2:21.11</b>	<b>8th Z</b>
-----------------	----------------	--------------

<b>400 Free</b>	<b>4:58.96</b>	<b>6th Z</b>
-----------------	----------------	--------------

<b>800 Free</b>	<b>10:19.68</b>	<b>4th Z</b>
-----------------	-----------------	--------------

100 Fly	1:15.43	8th
---------	---------	-----

3-km Open Water	37:24.4	2nd
-----------------	---------	-----

**Bob Bruce**

800 Free	11:23.29	11th
----------	----------	------

200 Back	2:56.71	11th
----------	---------	------

400 IM	6:30.34	6th
--------	---------	-----

3-km Open Water	41:34.6	6th
-----------------	---------	-----

**Men's 65-69:****Brent Lake**

400 Free	6:04.91	13th
----------	---------	------

800 Free	12:35.71	9th
----------	----------	-----

50 Back	39.38	6th
---------	-------	-----

100 Back	1:29.01	5th
----------	---------	-----

200 Back	3:10.71	8th
----------	---------	-----

3-km Open Water	50:27.4	13th
-----------------	---------	------

**Men's 70-74:****Dick Weick**

50 Free	32.63	5th
---------	-------	-----

<b>100 Free</b>	<b>1:14.47</b>	<b>2nd O</b>
-----------------	----------------	--------------

50 Back	40.59	1st
---------	-------	-----

50 Breast	43.92	7th
-----------	-------	-----

<b>200 IM</b>	<b>3:23.76</b>	<b>3rd Z</b>
---------------	----------------	--------------

Dick Weick won the World Championship in the 50 Backstroke!

Bob Bruce also served as the Head Coach for the US Team for these World Championships.

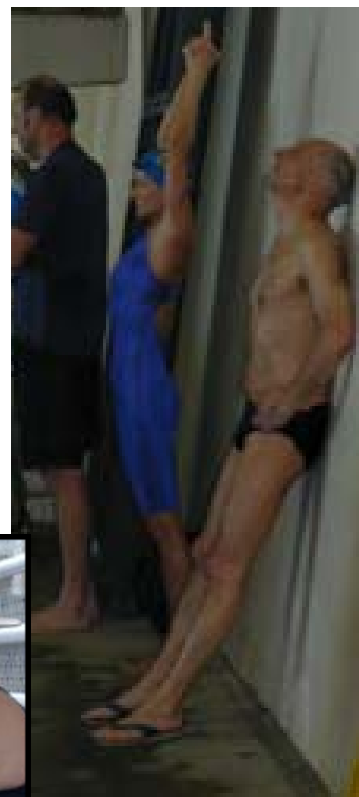


Technically it might be called a Mixed Relay but this was a Family Relay when Jerry Phillips and his family swam a 4 Generation Relay. The Relay: Great Granddaughter, Lauren Lisoski (20); Daughter, Jerri Kawabata (70); 90 year old Patriarch, Jerry Phillips; Grandson, Jerry Andrus (45).



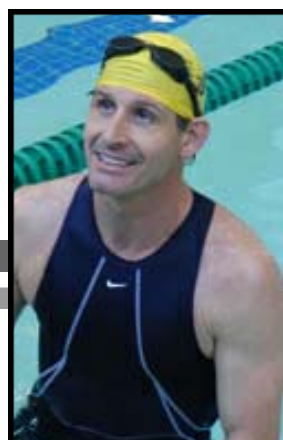
# SIZZLING SUMMER

## LONG COURSE METERS MEET



Pictures and layout by Katie Reardon,  
Year Book Editor, Glencoe High School





# T Hills "Sizzling Summer" LCM Meet - June 19, 2004

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

## Women 25-29

50 LC Meter Freestyle			
1 Casey, Anna	28	OREG	42.00
200 LC Meter Freestyle			
1 Casey, Anna	28	OREG	3:10.59
50 LC Meter Backstroke			
1 Casey, Anna	28	OREG	55.02
100 LC Meter Butterfly			
1 Casey, Anna	28	OREG	1:51.04
200 LC Meter IM			
1 Casey, Anna	28	OREG	3:37.40

## Women 30-34

50 LC Meter Freestyle			
1 Butcher, Jennifer	32	OREG	30.69
100 LC Meter Freestyle			
1 Butcher, Jennifer	32	OREG	1:08.15
200 LC Meter Freestyle			
1 Moore, Alison	34	OREG	2:38.76
800 LC Meter Freestyle			
1 Smith, Rondamarie	34	PNA	11:03.55
2 Moore, Alison	34	OREG	11:35.57
50 LC Meter Backstroke			
1 Butcher, Jennifer	32	OREG	35.48
100 LC Meter Backstroke			
1 Butcher, Jennifer	32	OREG	1:18.00
50 LC Meter Breaststroke			
1 Smith, Rondamarie	34	PNA	40.11
50 LC Meter Butterfly			
1 Smith, Rondamarie	34	PNA	33.22
200 LC Meter IM			
1 Smith, Rondamarie	34	PNA	2:47.74
400 LC Meter IM			
1 Smith, Rondamarie	34	PNA	6:00.60

## Women 35-39

50 LC Meter Freestyle			
1 Nefczyk, Julia	36	PNA	34.80
2 Skoss, Rachel	36	OREG	36.11
100 LC Meter Freestyle			
1 Skoss, Rachel	36	OREG	1:20.79
2 Nefczyk, Julia	36	PNA	1:24.50
3 Crisp, Julie	38	OREG	1:35.26
200 LC Meter Freestyle			
1 Nefczyk, Julia	36	PNA	3:03.57
800 LC Meter Freestyle			
1 Nefczyk, Julia	36	PNA	13:17.72
50 LC Meter Backstroke			
1 Crisp, Julie	38	OREG	47.66
100 LC Meter Backstroke			
1 Crisp, Julie	38	OREG	1:41.00
2 Skoss, Rachel	36	OREG	1:43.58
100 LC Meter Breaststroke			
1 Skoss, Rachel	36	OREG	1:43.55
50 LC Meter Butterfly			
1 Nefczyk, Julia	36	PNA	40.97
200 LC Meter IM			
1 Crisp, Julie	38	OREG	3:46.22

## Women 40-44

50 LC Meter Freestyle			
1 Foley, Sharon	44	MACO	31.12
100 LC Meter Freestyle			
1 Burgman, Erin	42	PNA	1:07.21
2 Foley, Sharon	44	MACO	1:13.25
200 LC Meter Freestyle			
1 Burgman, Erin	42	PNA	2:32.48
50 LC Meter Backstroke			
1 Fox, Christina	44	OREG	43.56
100 LC Meter Backstroke			
1 Burgman, Erin	42	PNA	1:25.30
2 Fox, Christina	44	OREG	1:33.31

200 LC Meter Backstroke			
1 Burgman, Erin	42	PNA	3:03.60
2 Fox, Christina	44	OREG	3:17.09
50 LC Meter Breaststroke			
1 Thalman, Danielle	42	OREG	46.48
100 LC Meter Breaststroke			
1 Foley, Sharon	44	MACO	1:36.06
2 Thalman, Danielle	42	OREG	1:41.64
3 Fox, Christina	44	OREG	1:45.83
200 LC Meter Breaststroke			
1 Thalman, Danielle	42	OREG	3:37.49
2 Fox, Christina	44	OREG	3:48.27

## Women 45-49

50 LC Meter Butterfly			
1 Foley, Sharon	44	MACO	35.07
100 LC Meter Butterfly			
1 Foley, Sharon	44	MACO	1:26.76
200 LC Meter IM			
1 Burgman, Erin	42	PNA	2:59.24
50 LC Meter Freestyle			
1 Vincent, Nancy	45	OREG	32.30
2 Lamoureux, Lori	45	UNAT	34.82
3 Snyder, Lynn	48	OREG	37.37
4 Eichner, Mitzi	46	OREG	48.04

100 LC Meter Freestyle			
1 Andrus-Hughes, K	47	OREG	1:05.58
2 Lamoureux, Lori	45	UNAT	1:21.19
3 Snyder, Lynn	48	OREG	1:24.71
4 Eichner, Mitzi	46	OREG	1:58.57
200 LC Meter Freestyle			
1 Vincent, Nancy	45	OREG	2:45.56
50 LC Meter Backstroke			
1 Andrus-Hughes, K	47	OREG	33.90
2 Snyder, Lynn	48	OREG	46.37
3 Eichner, Mitzi	46	OREG	1:02.32

100 LC Meter Backstroke			
1 Andrus-Hughes, K	47	OREG	1:18.48
200 LC Meter Backstroke			
1 Andrus-Hughes, K	47	OREG	2:48.99
50 LC Meter Breaststroke			
1 Vincent, Nancy	45	OREG	42.52
2 Lamoureux, Lori	45	UNAT	46.09
100 LC Meter Breaststroke			
1 Vincent, Nancy	45	OREG	1:33.44
2 Lamoureux, Lori	45	UNAT	1:40.67
200 LC Meter Breaststroke			
1 Vincent, Nancy	45	OREG	3:22.94

## Women 50-54

50 LC Meter Freestyle			
1 Parisi, Robin	50	MACO	30.34 Z
2 Anderson, Shelley	50	OREG	51.76
100 LC Meter Freestyle			
1 Anderson, Shelley	50	OREG	2:00.58
800 LC Meter Freestyle			
1 Staley, Darlene	54	OREG	13:16.87
200 LC Meter Butterfly			
1 Staley, Darlene	54	OREG	3:31.46
200 LC Meter IM			
1 Parisi, Robin	50	MACO	2:45.85 Z
400 LC Meter IM			
1 Staley, Darlene	54	OREG	7:19.79

## Women 55-59

800 LC Meter Freestyle			
1 Jenkins, Tam	56	OREG	14:36.65
50 LC Meter Backstroke			
1 Panayotoff, Kristi	56	OREG	53.86
100 LC Meter Backstroke			
1 Panayotoff, Kristi	56	OREG	1:55.30
50 LC Meter Breaststroke			
1 Pierson, Ginger	58	MACO	43.74

2 Panayotoff, Kristi	56	OREG	57.61
100 LC Meter Breaststroke			
1 Pierson, Ginger	58	MACO	1:37.05
200 LC Meter Breaststroke			
1 Pierson, Ginger	58	MACO	3:33.85
50 LC Meter Butterfly			
1 Panayotoff, Kristi	56	OREG	50.49
100 LC Meter Butterfly			
1 Pierson, Ginger	58	MACO	1:38.14
200 LC Meter Butterfly			
1 Pierson, Ginger	58	MACO	3:31.50
200 LC Meter IM			
1 Panayotoff, Kristi	56	OREG	4:12.44

## Women 60-64

100 LC Meter Freestyle			
1 Ward, Joy	62	OREG	1:25.54
800 LC Meter Freestyle			
1 Hodge, Peggine	64	OREG	17:27.37
50 LC Meter Backstroke			
1 Ward, Joy	62	OREG	43.30
50 LC Meter Breaststroke			
1 Hodge, Peggine	64	OREG	54.36
100 LC Meter Breaststroke			
1 Hodge, Peggine	64	OREG	1:57.26
50 LC Meter Butterfly			
1 Ward, Joy	62	OREG	38.31
2 Hodge, Peggine	64	OREG	51.28
100 LC Meter Butterfly			
1 Ward, Joy	62	OREG	1:36.71 Z
200 LC Meter IM			
1 Hodge, Peggine	64	OREG	4:08.52

## Women 70-74

50 LC Meter Freestyle			
1 Rosik, Cynthia	71	OREG	59.26
100 LC Meter Freestyle			
1 Stoinoff, Lavelle	71	MACO	1:26.44
2 L'Esperance, Beverly	72	OREG	2:09.93
200 LC Meter Freestyle			
1 Stoinoff, Lavelle	71	MACO	3:04.93
2 L'Esperance, Beverly	72	OREG	4:40.85
800 LC Meter Freestyle			
1 Stoinoff, Lavelle	71	MACO	13:17.14
50 LC Meter Backstroke			
1 L'Esperance, Beverly	72	OREG	1:06.76
100 LC Meter Backstroke			
1 L'Esperance, Beverly	72	OREG	2:32.71
200 LC Meter Backstroke			
1 Stoinoff, Lavelle	71	MACO	3:33.48
2 L'Esperance, Beverly	72	OREG	5:21.98
50 LC Meter Breaststroke			
1 Rosik, Cynthia	71	OREG	1:08.86
100 LC Meter Breaststroke			
1 Rosik, Cynthia	71	OREG	2:28.13
200 LC Meter Breaststroke			
1 Rosik, Cynthia	71	OREG	5:20.61

## Women 75-79

200 LC Meter Freestyle			
1 Wells, Margaret	78	OREG	5:41.86
200 LC Meter Backstroke			
1 Wells, Margaret	78	OREG	5:32.69
200 LC Meter Breaststroke			
1 Wells, Margaret	78	OREG	7:10.57
200 LC Meter IM			
1 Wells, Margaret	78	OREG	5:54.79

## Women 80-84

100 LC Meter Backstroke			
1 Stevenin, Elfie	83	OREG	3:41.77
200 LC Meter Backstroke			
1 Stevenin, Elfie	83	OREG	7:54.38



50 LC Meter Butterfly  
1 Stevenin, Elfie 83 OREG 2:27.48  
200 LC Meter IM  
1 Stevenin, Elfie 83 OREG 9:40.98  
400 LC Meter IM  
1 Stevenin, Elfie 83 OREG 20:00.15

**Men 19-24**

50 LC Meter Freestyle  
**1 Bannan, Brett 22 UNAT 25.74 O**  
50 LC Meter Butterfly  
1 Bannan, Brett 22 UNAT 27.15

**Men 30-34**

100 LC Meter Freestyle  
1 Price, Kennedy 32 OREG 1:06.57  
200 LC Meter Freestyle  
1 Price, Kennedy 32 OREG 2:24.77  
800 LC Meter Freestyle  
1 Price, Kennedy 32 OREG 10:41.63  
200 LC Meter IM  
1 Price, Kennedy 32 OREG 2:52.30

**Men 35-39**

50 LC Meter Freestyle  
1 Drawz, Troy 36 MACO 26.13  
2 Gaarder, Chris 39 OREG 29.13  
100 LC Meter Freestyle  
1 Drawz, Troy 36 MACO 58.54  
2 Karyukin, Andrei 39 OREG 1:12.19

50 LC Meter Backstroke  
1 Parmentier, Steve 39 OREG 33.37  
50 LC Meter Breaststroke  
1 Gaarder, Chris 39 OREG 36.06  
2 Karyukin, Andrei 39 OREG 41.35

100 LC Meter Breaststroke  
1 Gaarder, Chris 39 OREG 1:21.76  
200 LC Meter Breaststroke  
1 Gaarder, Chris 39 OREG 3:08.60

50 LC Meter Butterfly  
1 Drawz, Troy 36 MACO 28.61  
2 Parmentier, Steve 39 OREG 29.95  
3 Karyukin, Andrei 39 OREG 33.02

100 LC Meter Butterfly  
1 Karyukin, Andrei 39 OREG 1:20.39

**Men 40-44**

50 LC Meter Freestyle  
1 Lautze, John 40 MACO 27.02  
2 Oliva, Tomas 42 OREG 27.86  
3 Turcott, Michael 41 PNA 30.92

100 LC Meter Freestyle  
1 Turcott, Michael 41 PNA 1:19.54  
200 LC Meter Freestyle  
1 Butcher, Gano 40 OREG 2:28.91  
800 LC Meter Freestyle  
1 Butcher, Gano 40 OREG 11:14.87

50 LC Meter Backstroke  
1 Oliva, Tomas 42 OREG 35.74  
100 LC Meter Backstroke  
1 Turcott, Michael 41 PNA 1:49.81

50 LC Meter Breaststroke  
1 Oliva, Tomas 42 OREG 34.95  
100 LC Meter Breaststroke  
1 Turcott, Michael 41 PNA 1:47.28

200 LC Meter Breaststroke  
1 Butcher, Gano 40 OREG 3:08.08  
50 LC Meter Butterfly  
1 Oliva, Tomas 42 OREG 29.76  
2 Turcott, Michael 41 PNA 43.77

200 LC Meter IM  
1 Butcher, Gano 40 OREG 2:37.85  
2 Oliva, Tomas 42 OREG 2:39.40

**Men 45-49**

50 LC Meter Freestyle  
1 Eichner, Doug 46 OREG 32.99  
100 LC Meter Freestyle  
1 Munro, Stuart 47 MACO 1:12.47  
2 Eichner, Doug 46 OREG 1:16.36

200 LC Meter Freestyle  
1 Eichner, Doug 46 OREG 2:54.31  
800 LC Meter Freestyle  
1 Ramsey, Ed 48 OREG 11:07.77  
2 Munro, Stuart 47 MACO 11:53.75

50 LC Meter Backstroke  
1 Metzger, Peter 49 OREG 32.38  
100 LC Meter Backstroke  
1 Burleson, David 47 MACO 1:08.92

200 LC Meter Backstroke  
**1 Burleson, David 47 MACO 2:30.69 O**  
50 LC Meter Breaststroke  
1 Eichner, Doug 46 OREG 49.91

100 LC Meter Breaststroke  
1 Munro, Stuart 47 MACO 1:30.27  
50 LC Meter Butterfly  
1 Metzger, Peter 49 OREG 29.83

100 LC Meter Butterfly  
1 Munro, Stuart 47 MACO 1:21.03  
200 LC Meter IM  
1 Metzger, Peter 49 OREG 2:40.08  
2 Munro, Stuart 47 MACO 3:08.45

**Men 50-54**

50 LC Meter Freestyle  
1 Yensen, Kermit 51 OREG 28.34  
2 Bannan, Charles 52 UNAT 28.53  
3 Darnell, Stephen 50 OREG 32.59

100 LC Meter Freestyle  
1 Yensen, Kermit 51 OREG 1:04.97  
2 Darnell, Stephen 50 OREG 1:22.51

200 LC Meter Freestyle  
1 Yensen, Kermit 51 OREG 2:29.43  
50 LC Meter Backstroke  
1 Darnell, Stephen 50 OREG 42.73

50 LC Meter Breaststroke  
1 Darnell, Stephen 50 OREG 48.59  
50 LC Meter Butterfly  
1 Bannan, Charles 52 UNAT 30.64  
2 Yensen, Kermit 51 OREG 31.76  
3 Darnell, Stephen 50 OREG 40.52

100 LC Meter Butterfly  
1 Yensen, Kermit 51 OREG 1:19.18

**Men 55-59**

50 LC Meter Freestyle  
1 Silvey, Michael 59 OREG 31.36  
100 LC Meter Freestyle  
1 Rueff, Daniel 57 OREG 1:10.32  
2 Silvey, Michael 59 OREG 1:14.66

50 LC Meter Butterfly  
1 Rueff, Daniel 57 OREG 34.00  
2 Silvey, Michael 59 OREG 34.57  
100 LC Meter Butterfly  
1 Silvey, Michael 59 OREG 1:28.97

200 LC Meter IM  
1 Rueff, Daniel 57 OREG 3:00.33  
400 LC Meter IM  
1 Rueff, Daniel 57 OREG 6:37.04

**Men 60-64**

50 LC Meter Freestyle  
1 Keudell, David 64 OREG 39.49  
2 Juhala, Richard 61 OREG 42.80

200 LC Meter Freestyle  
1 Blair, Ron 60 UNAT 7:06.92  
800 LC Meter Freestyle  
1 Blair, Ron 60 UNAT 33:10.46

50 LC Meter Backstroke  
1 Keudell, David 64 OREG 50.59  
2 Juhala, Richard 61 OREG 53.24  
3 Blair, Ron 60 UNAT 1:36.47

100 LC Meter Backstroke  
1 Blair, Ron 60 UNAT 4:13.52  
200 LC Meter Backstroke  
1 Blair, Ron 60 UNAT 8:42.78

50 LC Meter Breaststroke  
1 Keudell, David 64 OREG 44.21  
2 Juhala, Richard 61 OREG 46.16

100 LC Meter Breaststroke  
1 Keudell, David 64 OREG 1:41.60  
50 LC Meter Butterfly  
1 Juhala, Richard 61 OREG 45.10  
400 LC Meter IM  
1 Juhala, Richard 61 OREG 8:45.06

**Men 65-69**

50 LC Meter Freestyle  
1 Thayer, George 68 OREG 32.20  
50 LC Meter Backstroke  
1 Thayer, George 68 OREG 41.88

100 LC Meter Backstroke  
1 Thayer, George 68 OREG 1:32.30  
200 LC Meter Backstroke  
1 Thayer, George 68 OREG 3:31.19

**Men 70-74**

50 LC Meter Freestyle  
**1 Radcliff, David 70 OREG 30.26 Z**  
200 LC Meter Freestyle  
**1 Radcliff, David 70 OREG 2:36.67 Z**

800 LC Meter Freestyle  
**1 Radcliff, David 70 OREG 11:37.06 Z**  
50 LC Meter Breaststroke  
1 Marks, Milton 74 OREG 44.80

100 LC Meter Breaststroke  
1 Marks, Milton 74 OREG 1:45.49  
200 LC Meter Breaststroke  
1 Marks, Milton 74 OREG 4:01.64  
200 LC Meter IM  
1 Marks, Milton 74 OREG 3:54.77

**Men 80-84**

50 LC Meter Freestyle  
1 Bushey, Charles 83 OREG 57.22  
100 LC Meter Freestyle  
1 Bushey, Charles 83 OREG 2:16.98  
2 Shadbeh, Khosrow 83 OREG 2:40.67

200 LC Meter Freestyle  
1 Bushey, Charles 83 OREG 5:05.91  
50 LC Meter Backstroke  
1 Shadbeh, Khosrow 83 OREG 1:28.45  
50 LC Meter Breaststroke  
1 Shadbeh, Khosrow 83 OREG 1:18.41

100 LC Meter Breaststroke  
1 Shadbeh, Khosrow 83 OREG 3:04.75

**Men 85-89**

50 LC Meter Backstroke  
**1 Holden, Andrew 85 OREG 49.14 Z**  
50 LC Meter Butterfly  
**1 Holden, Andrew 85 OREG 46.48 W**

100 LC Meter Butterfly  
**1 Holden, Andrew 85 OREG 2:02.53 W**  
200 LC Meter Butterfly  
**1 Holden, Andrew 85 OREG 4:59.02 Z**

**Andrew Holden**

# St. Games of Oregon LCM Meet - July 10-11, 2004

W= Breaks listed World Record, N = Breaks listed National Record, Z = Zone Record, O = Oregon Record, S = St. Games Record

## Women 25-29

1500 LC Meter Freestyle				
1 Gibbs, Zan	29	OREG	28:39.64	
50 LC Meter Breaststroke				
1 Gibbs, Zan	29	OREG	45.97	
200 LC Meter Breaststroke				
1 Gibbs, Zan	29	OREG	3:55.83	

## Women 30-34

50 LC Meter Freestyle				
1 Butcher, Jennifer	32	OREG	30.66	
100 LC Meter Freestyle				
1 Butcher, Jennifer	32	OREG	1:08.58	
2 Moore, Alison	34	OREG	1:16.09	
400 LC Meter Freestyle				
1 Moore, Alison	34	OREG	5:31.44	
800 LC Meter Freestyle				
1 Moore, Alison	34	OREG	11:18.89	
50 LC Meter Backstroke				
1 Butcher, Jennifer	32	OREG	36.30	
100 LC Meter Backstroke				
1 Butcher, Jennifer	32	OREG	1:16.56	
200 LC Meter Breaststroke				
1 Moore, Alison	34	OREG	3:20.49	

## Women 35-39

50 LC Meter Freestyle				
1 Collson, Anne-Marie	37	OREG	31.52	
2 Law, Cathy	37	OREG	33.12	
3 Skoss, Rachel	36	OREG	36.67	
4 Scholz, Anne	38	OREG	38.59	
100 LC Meter Freestyle				
1 Collson, Anne-Marie	37	OREG	1:11.95	
2 Shaw, Susan	37	OREG	1:27.12	
200 LC Meter Freestyle				
1 Scholz, Anne	38	OREG	3:23.06	
800 LC Meter Freestyle				
1 Skoss, Rachel	36	OREG	13:05.99	
50 LC Meter Backstroke				
1 Scholz, Anne	38	OREG	43.65	
100 LC Meter Backstroke				
1 Crisp, Julie	38	OREG	1:38.85	
2 Shaw, Susan	37	OREG	1:45.50	
50 LC Meter Breaststroke				
1 Law, Cathy	37	OREG	44.76	
100 LC Meter Breaststroke				
1 Shaw, Susan	37	OREG	1:48.42	
50 LC Meter Butterfly				
1 Collson, Anne-Marie	37	OREG	37.78	
2 Schmidt, Anne	38	UNAT	1:20.39	
100 LC Meter Butterfly				
1 Schmidt, Anne	38	UNAT	3:02.88	
200 LC Meter IM				
1 Law, Cathy	37	OREG	3:16.55	
2 Skoss, Rachel	36	OREG	3:24.14	
3 Shaw, Susan	37	OREG	3:33.98	
4 Crisp, Julie	38	OREG	3:42.38	

## Women 40-44

50 LC Meter Freestyle				
1 Foley, Sharon	44	MACO	30.63	
2 Viales, Dianne	42	OREG	32.36	
3 Anderson, Ellen	41	UNAT	39.54	
100 LC Meter Freestyle				
1 Foley, Sharon	44	MACO	1:09.69	
2 Anderson, Ellen	41	UNAT	1:28.98	

200 LC Meter Freestyle				
1 Fox, Christina	44	OREG	3:07.84	
50 LC Meter Backstroke				
1 Anderson, Ellen	41	UNAT	56.13	
100 LC Meter Backstroke				
1 Fox, Christina	44	OREG	1:31.85	
50 LC Meter Breaststroke				
1 Foley, Sharon	44	MACO	41.95	
100 LC Meter Breaststroke				
1 Foley, Sharon	44	MACO	1:32.64	
50 LC Meter Butterfly				
1 Foley, Sharon	44	MACO	34.37	
100 LC Meter Butterfly				
1 Foley, Sharon	44	MACO	1:27.33	
200 LC Meter IM				
1 Viales, Dianne	42	OREG	3:03.83	
2 Fox, Christina	44	OREG	3:19.70	

## Women 45-49

50 LC Meter Freestyle				
1 Andrus-Hughes, K	47	OREG	29.52	
2 Lamoureux, Lori	45	UNAT	35.80	
3 Snyder, Lynn	48	OREG	36.86	
100 LC Meter Freestyle				
1 Vincent, Nancy	45	OREG	1:15.77	
2 Snyder, Lynn	48	OREG	1:24.67	
3 Kimberling, Gail	48	OREG	1:39.64	
4 Miles, Carole	49	OREG	1:46.17	
200 LC Meter Freestyle				
1 Andrus-Hughes, K	47	OREG	2:25.82	
2 Vincent, Nancy	45	OREG	2:47.69	
400 LC Meter Freestyle				
1 Andrus-Hughes, K	47	OREG	5:16.11	
2 Vincent, Nancy	45	OREG	6:01.95	
3 Kimberling, Gail	48	OREG	7:16.14	
50 LC Meter Backstroke				
<b>1 Andrus-Hughes, K</b>	<b>47</b>	<b>OREG</b>	<b>33.98 S</b>	
2 Snyder, Lynn	48	OREG	47.07	
3 Kimberling, Gail	48	OREG	1:02.25	
100 LC Meter Backstroke				
1 Snyder, Lynn	48	OREG	1:45.14	
Split Andrus-Hughes, K	47	OREG	1:16.94	
50 LC Meter Breaststroke				
1 Vincent, Nancy	45	OREG	42.94	
2 Lamoureux, Lori	45	UNAT	45.67	
3 Snyder, Lynn	48	OREG	48.17	
4 Warner, Malia	49	UNAT	1:54.31	
100 LC Meter Breaststroke				
1 Vincent, Nancy	45	OREG	1:32.84	
2 Snyder, Lynn	48	OREG	1:45.13	
3 Miles, Carole	49	OREG	1:57.44	
4 Warner, Malia	49	UNAT	4:00.51	
200 LC Meter Breaststroke				
1 Crabbe, Colette	48	OREG	3:05.72	
2 Vincent, Nancy	45	OREG	3:23.17	
3 Lamoureux, Lori	45	UNAT	3:41.07	
50 LC Meter Butterfly				
1 Crabbe, Colette	48	OREG	33.48	
2 Kimberling, Gail	48	OREG	55.43	
200 LC Meter IM				
1 Crabbe, Colette	48	OREG	2:43.33	
2 Andrus-Hughes, K	47	OREG	2:49.96	

## Women 50-54

50 LC Meter Freestyle				
1 Royle, Mary Anne	52	OREG	38.72	

100 LC Meter Freestyle				
1 Parker, Lissa	53	UNAT	1:35.13	
400 LC Meter Freestyle				
1 Staley, Darlene	54	OREG	6:32.00	
2 Parker, Lissa	53	UNAT	7:10.13	
100 LC Meter Backstroke				
1 Royle, Mary Anne	52	OREG	1:46.03	
50 LC Meter Butterfly				
1 Parker, Lissa	53	UNAT	55.34	
200 LC Meter Butterfly				
1 Staley, Darlene	54	OREG	3:38.53	

## Women 55-59

50 LC Meter Freestyle				
1 Pierson, Ginger	58	MACO	38.94	
2 Graf, Carolyn	57	UNAT	1:00.21	
100 LC Meter Freestyle				
1 Gettling, Janet	56	OREG	1:20.88	
2 Graf, Carolyn	57	UNAT	2:12.80	
400 LC Meter Freestyle				
1 Jenkins, Tam	56	OREG	6:55.53	
800 LC Meter Freestyle				
<b>1 Gettling, Janet</b>	<b>56</b>	<b>OREG</b>	<b>12:57.60 S</b>	
50 LC Meter Backstroke				
1 Pierson, Ginger	58	MACO	46.91	
100 LC Meter Backstroke				
1 Pierson, Ginger	58	MACO	1:40.11	
200 LC Meter Backstroke				
1 Pierson, Ginger	58	MACO	3:40.56	
50 LC Meter Breaststroke				
1 Pierson, Ginger	58	MACO	43.83	
2 Gettling, Janet	56	OREG	44.38	
3 Graf, Carolyn	57	UNAT	1:03.54	
100 LC Meter Breaststroke				
1 Gettling, Janet	56	OREG	1:41.54	
2 Graf, Carolyn	57	UNAT	2:15.24	
50 LC Meter Butterfly				
1 Graf, Carolyn	57	UNAT	1:09.06	
100 LC Meter Butterfly				
1 Gettling, Janet	56	OREG	1:33.31	
200 LC Meter IM				
1 Pierson, Ginger	58	MACO	3:28.17	
2 Graf, Carolyn	57	UNAT	4:47.67	

## Women 60-64

50 LC Meter Freestyle				
1 Frid, Barbara	62	OREG	35.34	
2 Ward, Joy	62	OREG	35.49	
3 Calnek-Morris, Sue	61	OREG	38.18	
4 Bieze, Patricia	61	OREG	50.47	
100 LC Meter Freestyle				
1 Frid, Barbara	62	OREG	1:24.25	
2 Calnek-Morris, Sue	61	OREG	1:33.67	
200 LC Meter Freestyle				
1 Frid, Barbara	62	OREG	3:06.12	
2 Calnek-Morris, Sue	61	OREG	3:15.07	
400 LC Meter Freestyle				
1 Frid, Barbara	62	OREG	6:30.47	
2 Calnek-Morris, Sue	61	OREG	6:48.58	
800 LC Meter Freestyle				
1 Calnek-Morris, Sue	61	OREG	13:45.69	
100 LC Meter Backstroke				
<b>1 Ward, Joy</b>	<b>62</b>	<b>OREG</b>	<b>1:34.80 S</b>	
200 LC Meter Backstroke				
<b>1 Ward, Joy</b>	<b>62</b>	<b>OREG</b>	<b>3:19.72 S</b>	

50 LC Meter Breaststroke				100 LC Meter Butterfly				2 Culbertson, Scott	42 UNAT	1:32.49
1 Frid, Barbara	62 OREG	47.94		1 Wells, Margaret	78 OREG	3:05.67		50 LC Meter Butterfly		
2 Calnek-Morris, Sue	61 OREG	54.38		<b>Women 80-84</b>				1 Cox, Chris	43 OREG	37.72
100 LC Meter Breaststroke				50 LC Meter Freestyle				100 LC Meter Butterfly		
1 Frid, Barbara	62 OREG	1:46.67		1 Stangel, Pauline	83 OREG	1:08.91		<b>1 Baker, Dennis</b>	<b>43 OREG</b>	<b>58.39 Z</b>
200 LC Meter Breaststroke				100 LC Meter Freestyle				200 LC Meter Butterfly		
1 Hodge, Peggie	64 OREG	4:10.90		1 Stangel, Pauline	83 OREG	2:35.47		<b>1 Baker, Dennis</b>	<b>43 OREG</b>	<b>2:05.55 W</b>
100 LC Meter Butterfly				200 LC Meter Freestyle				200 LC Meter IM		
1 Hodge, Peggie	64 OREG	2:00.61		1 Stangel, Pauline	83 OREG	5:29.68		1 Oliva, Tomas	42 MACO	2:32.74
200 LC Meter Butterfly				400 LC Meter Freestyle				2 Cox, Chris	43 OREG	3:26.96
<b>1 Ward, Joy</b>	<b>62 OREG</b>	<b>3:45.27 O</b>		1 Stangel, Pauline	83 OREG	11:25.70		400 LC Meter IM		
200 LC Meter IM				800 LC Meter Freestyle				1 Oliva, Tomas	42 MACO	5:47.09
<b>1 Ward, Joy</b>	<b>62 OREG</b>	<b>3:26.36 S</b>		<b>1 Stevenin, Elfie</b>	<b>83 OREG</b>	<b>35:20.05 S</b>		<b>Men 45-49</b>		
<b>Women 65-69</b>				100 LC Meter Butterfly				50 LC Meter Freestyle		
50 LC Meter Freestyle				1 Stevenin, Elfie	83 OREG	6:09.50		1 Andrus, Gerald	45 UNAT	28.37
1 Martin, Tachiko	69 UNAT	1:10.46		200 LC Meter Butterfly				2 Dolan, Dan	49 UNAT	30.91
100 LC Meter Freestyle				1 Stevenin, Elfie	83 OREG	13:36.98		3 Helm, Charles	48 UNAT	37.17
1 Martin, Tachiko	69 UNAT	2:49.44		<b>Men 19-24</b>				100 LC Meter Freestyle		
200 LC Meter Freestyle				50 LC Meter Butterfly				<b>1 Allender, Pat</b>	<b>46 OREG</b>	<b>1:00.54 S</b>
1 Martin, Tachiko	69 UNAT	5:48.89		1 Cleary, Kevin	21 OREG	30.98		2 Otto, Douglas	45 MACO	1:03.72
400 LC Meter Freestyle				400 LC Meter IM				3 Burleson, David	47 MACO	1:04.28
1 Martin, Tachiko	69 UNAT	12:15.78		1 Cleary, Kevin	21 OREG	6:24.68		4 Dolan, Dan	49 UNAT	1:09.46
50 LC Meter Backstroke				<b>Men 35-39</b>				5 Dowd, Mike	46 MACO	1:15.59
1 Martin, Tachiko	69 UNAT	1:23.47		50 LC Meter Freestyle				6 Helm, Charles	48 UNAT	1:31.61
50 LC Meter Breaststroke				<b>1 Drawz, Troy</b>	<b>36 MACO</b>	<b>26.59 S</b>		200 LC Meter Freestyle		
1 Martin, Tachiko	69 UNAT	1:35.25		2 Karyukin, Andrei	39 OREG	32.72		1 Munro, Stuart	47 MACO	2:34.03
<b>Women 70-74</b>				100 LC Meter Freestyle				400 LC Meter Freestyle		
50 LC Meter Freestyle				<b>1 Drawz, Troy</b>	<b>36 MACO</b>	<b>58.47 S</b>		1 Munro, Stuart	47 MACO	5:26.35
1 Kawabata, Jerri	70 UNAT	56.35		2 Lindsey, John	38 UNAT	1:11.78		800 LC Meter Freestyle		
100 LC Meter Freestyle				3 Karyukin, Andrei	39 OREG	1:13.80		1 Munro, Stuart	47 MACO	11:13.92
1 Stoinoff, Lavelle	71 MACO	1:23.73		400 LC Meter Freestyle				2 Helm, Charles	48 UNAT	16:55.05
2 L'Esperance, Beverly	72 OREG	2:13.42		1 Drawz, Troy	36 MACO	4:38.47		Split Burleson, Dave	47 MACO	10:42.10
200 LC Meter Freestyle				2 Lindsey, John	38 UNAT	6:05.13		1500 LC Meter Freestyle		
1 Stoinoff, Lavelle	71 MACO	3:01.93		1500 LC Meter Freestyle				1 Otto, Douglas	45 MACO	19:57.07
2 L'Esperance, Beverly	72 OREG	4:47.81		1 Akeson, Thomas	36 UNAT	24:23.90		2 Burleson, David	47 MACO	19:57.45
400 LC Meter Freestyle				2 Mcguirk, Richard	36 OREG	48:07.24		50 LC Meter Backstroke		
<b>1 Stoinoff, Lavelle</b>	<b>71 MACO</b>	<b>6:12.81 S</b>		50 LC Meter Backstroke				1 Dowd, Mike	46 MACO	47.56
2 L'Esperance, Beverly	72 OREG	10:19.86		1 Parmentier, Steve	39 OREG	32.70		2 Helm, Charles	48 UNAT	1:01.55
3 Rosik, Cynthia	71 OREG	10:26.55		2 Lindsey, John	38 UNAT	42.85		100 LC Meter Backstroke		
1500 LC Meter Freestyle				50 LC Meter Breaststroke				1 Burleson, David	47 MACO	1:12.29
1 Stoinoff, Lavelle	71 MACO	24:37.45		1 Karyukin, Andrei	39 OREG	42.37		2 Dolan, Dan	49 UNAT	1:24.56
50 LC Meter Backstroke				200 LC Meter Breaststroke				200 LC Meter Backstroke		
<b>1 Stoinoff, Lavelle</b>	<b>71 MACO</b>	<b>50.07 O</b>		1 Akeson, Thomas	36 UNAT	3:31.71		1 Burleson, David	47 MACO	2:45.53
2 L'Esperance, Beverly	72 OREG	1:09.86		50 LC Meter Butterfly				2 Dowd, Mike	46 MACO	3:31.51
100 LC Meter Backstroke				1 Drawz, Troy	36 MACO	28.57		50 LC Meter Breaststroke		
1 Stoinoff, Lavelle	71 MACO	1:44.93		2 Parmentier, Steve	39 OREG	29.55		1 Allender, Pat	46 OREG	33.95
2 L'Esperance, Beverly	72 OREG	2:39.06		3 Karyukin, Andrei	39 OREG	34.01		2 Helm, Charles	48 UNAT	57.10
200 LC Meter Backstroke				4 Lindsey, John	38 UNAT	42.51		100 LC Meter Breaststroke		
1 L'Esperance, Beverly	72 OREG	5:33.20		100 LC Meter Butterfly				1 Allender, Pat	46 OREG	1:14.44
50 LC Meter Breaststroke				1 Drawz, Troy	36 MACO	1:04.47		2 Otto, Douglas	45 MACO	1:20.21
1 Rosik, Cynthia	71 OREG	1:10.69		2 Karyukin, Andrei	39 OREG	1:22.71		3 Dowd, Mike	46 MACO	1:31.02
200 LC Meter Breaststroke				<b>Men 40-44</b>				200 LC Meter Breaststroke		
1 Rosik, Cynthia	71 OREG	5:32.04		100 LC Meter Freestyle				1 Allender, Pat	46 OREG	2:44.95
50 LC Meter Butterfly				1 Culbertson, Scott	42 UNAT	1:03.60		2 Otto, Douglas	45 MACO	2:59.92
1 Rosik, Cynthia	71 OREG	1:16.47		2 Mirho, Charles	40 OREG	1:05.67		3 Munro, Stuart	47 MACO	3:14.87
<b>Women 75-79</b>				3 Bragg III, Robin	44 OREG	1:35.05		50 LC Meter Butterfly		
100 LC Meter Freestyle				200 LC Meter Freestyle				1 Dolan, Dan	49 UNAT	33.33
1 Austen, Betsy	77 MACO	2:19.14		1 Bragg III, Robin	44 OREG	3:20.03		2 Dowd, Mike	46 MACO	36.74
400 LC Meter Freestyle				400 LC Meter Freestyle				3 Helm, Charles	48 UNAT	56.26
1 Austen, Betsy	77 MACO	10:12.92		1 Mirho, Charles	40 OREG	5:38.58		100 LC Meter Butterfly		
2 Wells, Margaret	78 OREG	11:39.94		2 Bragg III, Robin	44 OREG	7:10.20		1 Burleson, David	47 MACO	1:15.29
50 LC Meter Backstroke				1500 LC Meter Freestyle				200 LC Meter Butterfly		
1 Wells, Margaret	78 OREG	1:17.69		1 Cox, Chris	43 OREG	24:51.82		1 Munro, Stuart	47 MACO	3:04.77
2 Austen, Betsy	77 MACO	1:22.99		2 Bragg III, Robin	44 OREG	28:29.14		200 LC Meter IM		
200 LC Meter Backstroke				200 LC Meter Backstroke				1 Otto, Douglas	45 MACO	2:32.86
<b>1 Austen, Betsy</b>	<b>77 MACO</b>	<b>5:46.76 S</b>		1 Bragg III, Robin	44 OREG	5:03.56		400 LC Meter IM		
50 LC Meter Breaststroke				50 LC Meter Breaststroke				1 Burleson, David	47 MACO	5:41.65
1 Wells, Margaret	78 OREG	1:34.20		<b>1 Oliva, Tomas</b>	<b>42 MACO</b>	<b>33.61 S</b>		2 Munro, Stuart	47 MACO	6:48.58
50 LC Meter Butterfly				100 LC Meter Breaststroke				<i>Continued on page 18</i>		
1 Wells, Margaret	78 OREG	1:20.53		1 Oliva, Tomas	42 MACO	1:16.05				



## St. Games Results continued from page 17

## Men 50-54

50 LC Meter Freestyle  
1 Lentz, Peter 52 UNAT 32.87

50 LC Meter Backstroke  
1 Darnell, Stephen 50 OREG 43.54

100 LC Meter Backstroke  
1 Darnell, Stephen 50 OREG 1:37.31

200 LC Meter Backstroke  
1 Darnell, Stephen 50 OREG 3:42.95

50 LC Meter Breaststroke  
1 Darnell, Stephen 50 OREG 48.13

100 LC Meter Breaststroke  
1 Darnell, Stephen 50 OREG 1:51.97

200 LC Meter Breaststroke  
1 Darnell, Stephen 50 OREG 4:09.96

## Men 55-59

50 LC Meter Freestyle  
1 Silvey, Michael 59 OREG 31.62

100 LC Meter Freestyle  
1 Silvey, Michael 59 OREG 1:13.90

2 Cronin, Jed 56 OREG 1:15.74

1500 LC Meter Freestyle  
1 Rueff, Daniel 57 OREG 23:51.75

50 LC Meter Breaststroke  
1 Stark, Allen 55 OREG 35.19 Z

2 Adams, Doug 55 UNAT 38.98

100 LC Meter Breaststroke  
1 Stark, Allen 55 OREG 1:20.75 Z

200 LC Meter Breaststroke  
1 Stark, Allen 55 OREG 3:02.19 Z

2 Adams, Doug 55 UNAT 3:22.53

50 LC Meter Butterfly  
1 Cronin, Jed 56 OREG 33.07

2 Rueff, Daniel 57 OREG 34.33

3 Silvey, Michael 59 OREG 34.71

100 LC Meter Butterfly  
1 Silvey, Michael 59 OREG 1:32.44

200 LC Meter Butterfly  
1 Stark, Allen 55 OREG 3:23.16

400 LC Meter IM  
1 Rueff, Daniel 57 OREG 6:50.18

2 Stark, Allen 55 OREG 6:53.87

## Men 60-64

50 LC Meter Freestyle  
1 Mccrea, Don 64 UNAT 39.66

2 Keudell, David 64 OREG 39.93

100 LC Meter Freestyle  
1 Keudell, David 64 OREG 1:29.10

1500 LC Meter Freestyle  
1 Blair, Ron 60 UNAT 67:20.84

50 LC Meter Backstroke  
1 Keudell, David 64 OREG 51.04

100 LC Meter Backstroke  
1 Blair, Ron 60 UNAT 3:54.90

200 LC Meter Backstroke  
1 Juhala, Richard 61 OREG 3:57.39

50 LC Meter Breaststroke  
1 Keudell, David 64 OREG 44.04

2 Juhala, Richard 61 OREG 46.27

100 LC Meter Breaststroke  
1 Keudell, David 64 OREG 1:39.35

200 LC Meter Breaststroke  
1 Keudell, David 64 OREG 3:42.87

2 Juhala, Richard 61 OREG 3:58.49

200 LC Meter Butterfly  
1 Juhala, Richard 61 OREG 4:23.32

200 LC Meter IM  
1 Juhala, Richard 61 OREG 3:57.15

400 LC Meter IM  
1 Juhala, Richard 61 OREG 8:24.29

## Men 65-69

50 LC Meter Freestyle  
1 Petersen, Bert 66 OREG 32.34 S

2 Floresfiol, Oscar 66 UNAT 37.25

3 Ngan, Wai-Bong 67 UNAT 38.17

100 LC Meter Freestyle  
1 Ngan, Wai-Bong 67 UNAT 1:29.07

200 LC Meter Freestyle  
1 Bigler, Jim 69 MACO 3:04.74

1500 LC Meter Freestyle  
1 Bigler, Jim 69 MACO 27:16.13

50 LC Meter Breaststroke  
1 Ngan, Wai-Bong 67 UNAT 46.27

2 Floresfiol, Oscar 66 UNAT 49.82

100 LC Meter Breaststroke  
1 Ngan, Wai-Bong 67 UNAT 1:41.80

50 LC Meter Butterfly  
1 Petersen, Bert 66 OREG 32.13

## Men 70-74

50 LC Meter Freestyle  
1 Ritter, Will 70 OREG 38.05

2 Holman, William 73 OREG 44.85

100 LC Meter Freestyle  
1 Radcliff, David 70 OREG 1:07.79 Z

2 Holman, William 73 OREG 1:46.26

200 LC Meter Freestyle  
1 Radcliff, David 70 OREG 2:32.24 Z

400 LC Meter Freestyle  
1 Radcliff, David 70 OREG 5:31.23 Z

2 Holman, William 73 OREG 8:13.78

1500 LC Meter Freestyle  
1 Radcliff, David 70 OREG 22:06.39 Z

50 LC Meter Backstroke  
1 Marks, Milton 74 OREG 45.43

2 Ritter, Will 70 OREG 47.87

3 Holman, William 73 OREG 1:13.28

200 LC Meter Backstroke  
1 Ritter, Will 70 OREG 4:05.34

50 LC Meter Breaststroke  
1 Marks, Milton 74 OREG 44.78

100 LC Meter Breaststroke  
1 Marks, Milton 74 OREG 1:45.13

200 LC Meter Breaststroke  
1 Marks, Milton 74 OREG 3:59.42

200 LC Meter IM  
1 Marks, Milton 74 OREG 3:51.72

2 Ritter, Will 70 OREG 4:00.10

400 LC Meter IM  
1 Marks, Milton 74 OREG 8:24.96

## Men 75-79

50 LC Meter Freestyle  
1 Austen, Clark 77 MACO 53.46

2 Hersey, Cal 77 UNAT 56.70

3 Jones, Sheridan 77 OREG 1:18.56

100 LC Meter Freestyle  
1 Austen, Clark 77 MACO 2:04.98

400 LC Meter Freestyle  
1 Austen, Clark 77 MACO 9:59.01

800 LC Meter Freestyle  
1 Austen, Clark 77 MACO 21:11.02

50 LC Meter Backstroke  
1 Hersey, Cal 77 UNAT 1:11.84

2 Austen, Clark 77 MACO 1:23.61

50 LC Meter Breaststroke  
1 Jones, Sheridan 77 OREG 1:30.65

## Men 80-84

50 LC Meter Freestyle  
1 Fixott, Rupert 83 OREG 53.90

2 Bushey, Charles 83 OREG 57.76

100 LC Meter Freestyle  
1 Young, Gil 82 OREG 1:36.48

2 Shadbeh, Khosrow 83 OREG 2:34.84

200 LC Meter Freestyle  
1 Young, Gil 82 OREG 3:39.79

2 Bushey, Charles 83 OREG 5:09.83

3 Mallon, Joseph 83 OREG 5:51.90

400 LC Meter Freestyle  
1 Young, Gil 82 OREG 7:56.57 S

2 Mallon, Joseph 83 OREG 11:59.88

800 LC Meter Freestyle  
1 Young, Gil 82 OREG 16:33.38 S

2 Bushey, Charles 83 OREG 22:29.40

3 Mallon, Joseph 83 OREG 24:05.34

50 LC Meter Backstroke  
1 Fixott, Rupert 83 OREG 1:06.82

50 LC Meter Breaststroke  
1 Fixott, Rupert 83 OREG 1:04.05

100 LC Meter Breaststroke  
1 Fixott, Rupert 83 OREG 2:31.88

2 Shadbeh, Khosrow 83 OREG 3:00.71

50 LC Meter Butterfly  
1 Shadbeh, Khosrow 83 OREG 1:49.79

## Men 85-89

50 LC Meter Freestyle  
1 Holden, Andrew 85 OREG 37.21 Z

100 LC Meter Breaststroke  
1 Holden, Andrew 85 OREG 2:28.47 O

200 LC Meter Butterfly  
1 Holden, Andrew 85 OREG 4:47.63 W

200 LC Meter IM  
1 Holden, Andrew 85 OREG 4:15.59 Z

## Men 90-94

50 LC Meter Freestyle  
1 Phillips, Gerald 90 UNAT 1:41.70

## Relays

## Men 160-199 200 LC Meter Medley Relay

1 UNAT 3:23.02  
1) Akesson, T. 36 2) Helm, C. 48  
3) Juhala, R. 61 4) Bragg Iii, R. 44

## Men 200-239 200 LC Meter Free Relay

1 UNAT 3:00.44  
1) Holman, W. 73 2) Helm, C. 48  
3) Juhala, R. 61 4) Bragg Iii, R. 44

## Men 200-239 400 LC Meter Free Relay

1 UNAT 5:16.76 O  
1) Darnell, S. 50 2) Ritter, W. 70  
3) Petersen, B. 66 4) Culbertson, S. 42

## Mixed 160-199 400 LC Meter Free Relay

1 UNAT 5:22.63  
1) Bragg Iii, R. 44 2) Viales, D. 42  
3) Akesson, T. 36 4) Crabbe, C. 48

## Mixed 200-239 200 LC Meter Free Relay

1 OREG 2:20.65  
1) Vincent, N. 45 2) Darnell, S. 50  
3) Royle, M. 52 4) Petersen, B. 66

## Mixed 200-239 400 LC Meter Medley Relay

1 OREG 4:59.89 Z  
1) Andrus-Hughes, K. 472) Stark, A. 55  
3) Crabbe, C. 48 4) Cronin, J. 56

## Mixed 240-279 200 LC Meter Free Relay

1 OREG 2:48.40  
1) Calnek-Morris, S. 61 2) Juhala, R. 61

## The Patriot Games ~ A Metric Pentathlon

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #374-08

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

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

Hosted by: LaCamas Swim & Sport  
Grass Valley Aquatic Center  
2950 NW 38th Ave.  
Camas, WA 98607

DATE: Saturday September 11, 2004

Show your patriotic spirit and swim  
the **911** red, white and blue meet  
Saturday, September 11, 2004!

WARM-UPS: 8AM  
MEET STARTS: 9AM

25 meters  
6-8 lanes competition-electronic timing  
Continuous 1-3 lanes warm-up/down area

Meet directors: Bert Petersen • Phone: 503-252-6081 • E-mail petersen@exchangenet.net & Doug Lumbard • Phone: 360-241-1153 • raslum@aol.com

Directions to Pool: Take I-205 North or South. Take Exit Highway 14 (Vancouver/Camas); go East on Highway 14 toward Camas. Exit on 192nd (second exit), cross Highway 14, and turn right on Brady (first right). Climb up the hill and go approximately 2 miles to the third stop sign. Turn right onto NW 38th Avenue. Go approximately 1/2 mile, and pool is on your right.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2004 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY, AUGUST 27, 2004

 FILL IN LOWER PORTION COMPLETELY \_ RETURN LOWER PORTION \_ FILL IN LOWER PORTION COMPLETELY 

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

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

PHONE \_\_\_\_\_

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

BIRTHDATE \_\_\_\_\_ AGE (AS OF 12-31-04) \_\_\_\_\_ 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: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359, ETC. **YOU MAY ENTER UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400M AND 800M RELAYS WILL BE SEEDDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. *RELAY ENTRIES WILL CLOSE 30 MIN. BEFORE EVENT.* ALL EVENTS WILL BE SEEDDED SLOW TO FAST.

*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. OMS awards will be given to individual event winners and there will be special awards for Pentathlon winners.*

### Saturday September 11, 2004 Sprint

50m FLY (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50m BACK (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50m BREAST(5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50m FREE (7) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100m I.M. (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

### Saturday September 11, 2004 Mid Distance

100m FLY (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100m BACK (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

Break

100m BREAST(6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100m FREE (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

Break

200m I.M. (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

Break

### Relays - starting after the break following the 200 IM

Medley Relay (11-14)

Mixed Medley Relay (18-19)

Mixed Free Relay (15-17) \*break\*

Free Relay (20-25)

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 FLASE 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 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 \_\_\_\_\_

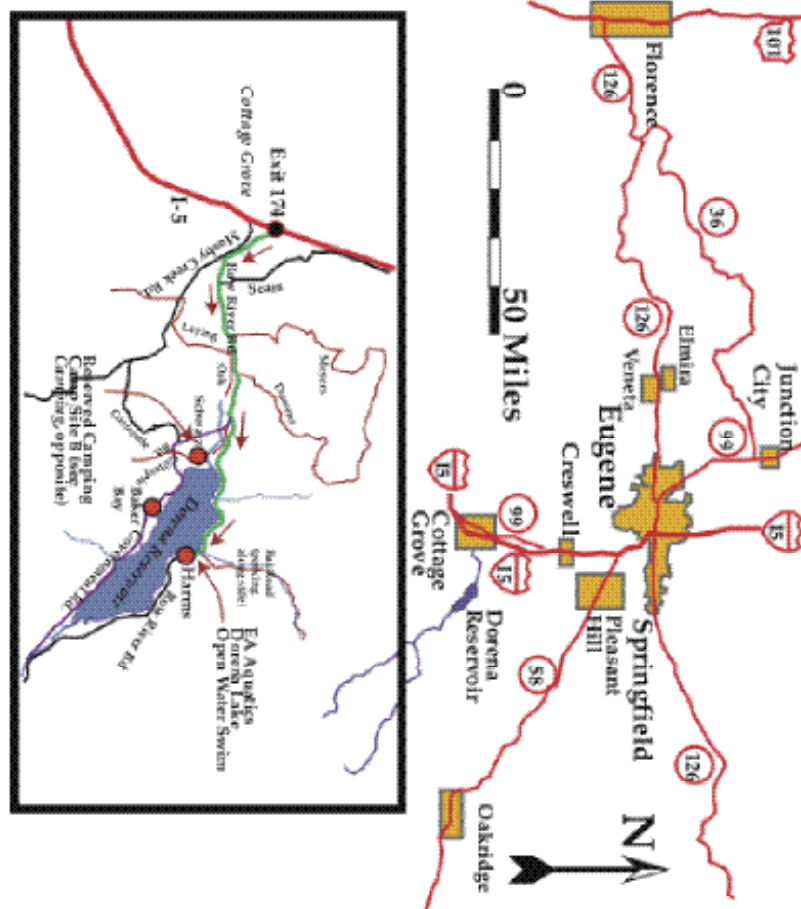
MEET ENTRY FEE: \$15.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.  
SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220



Bring your paddles and fins for the Whiteley 1000 and your kick boards for the Flatfoot Kick

## Camping Information and Directions for Dorena Lake Open Water Swim

**Camping:** Individual camping sites can be reserved for Schwarz Park. To reserve go to [www.reserveamerica.com](http://www.reserveamerica.com) and use the search engine to go to Schwarz Park in Oregon. You can also call 1-877-444-6777. The rules are a minimum two night stay and you can have 3 vehicles and 3 tents with up to 8 people, or one camper/trailer/RV and two tents for each site. The cost is \$12 per night. Directions: I5 Exit 174, Row River Rd. east for 5 miles, entrance on left (see below). [Other camping reservations at Baker Bay (541-942-7669).]





**2004 OMS 1500m OPEN WATER SWIM CHAMPIONSHIP— DORENA LAKE**  
**SUNDAY, AUGUST 22**  
**SPONSORED BY EMERALD AQUATICS**  
**WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS**

**Sanctioned by OMS, Inc. for USMS, Inc.** Every swimmer must be a current USMS member to compete.  
**USMS Sanction #:** 374-OW4 One-event USMS registration will be available at check-in for a fee of \$15.00.

**Schedule:**

<b>OMS 1500 Championship</b>	<u>1500m:</u> Check-in closes 8:30 am	Pre-race instructions 8:45 am	Race starts 9:00 am
<b>Whiteley 1000</b>	<u>1000m:</u> Check-in closes 10:30 am	Pre-race instructions 10:45 am	Race starts 11:00 am
<b>Flatfoot Kick</b>	<u>500m:</u> Check-in closes 11:30 am	Pre-race instructions 11:45 am	Race starts 12:00 am

**Course:** The course will be marked by buoys. Water temperature is expected to be 74-76 degrees and will be posted at check-in.

**Equipment:** 1500 Champ.: Swimmers wearing wetsuits are ineligible for awards. Other USMS open water swimming rules apply. Qualifies for Oregon Open Water Series.  
 Whiteley 1000: Use of pull buoys, fins, hand paddles, etc. are allowed (and encouraged!).  
 Flatfoot Kick: Bring a kickboard for this event. Propulsion by kicking only. No fins!

**Safety:** The course will have safety marshals, lifeguards, a boat patrol (including a lead boat, a chase boat, perimeter boats, and an "ambulance" boat. In addition paramedics and an ambulance will be on boat ramp during the swim. No pets at the race, please.

**Eligibility:** Open to all USMS (U.S. Masters Swimming) members. Every swimmer must be a current USMS member to compete.

**Awards:** Prizes will be raffled during picnic after swim, must be present to win.

**Picnic:** Following the Flatfoot Kick, around 12:30, Emerald Aquatics will host a finger-food picnic. All are invited (\$5 donation for non-swimmers).

**Directions:** From I-5 take exit 174 and go east to the reservoir. Follow Row River Road on the north side of the lake for two miles to Harms Park. Signs will be provided on Row River road. (see map, opposite). At race venue follow traffic instructions for parking. Most parking will be on Rat Road, west side.

**Information:** Steve Johnson, Race Director, (541) 683-5758 (see over for camping information)

**ENTRIES MUST BE POSTMARKED BY August 6<sup>th</sup>**

**add \$10 for late entries**

Mail entries	EA Lake Swim	1500m & Whiteley & Flatfoot	\$35.00	T-shirt	\$10.00	Total	_____
to:	P.O. Box 3708	1500m & one other race	\$25.00	T-shirt	\$10.00	Total	_____
	Eugene, OR 97403	Whiteley or Flatfoot only	\$15.00	T-shirt	\$10.00	Total	_____

USMS Reg# \_\_\_\_\_ T-shirt: (circle one) S M L XL XXL

Please attach a copy of your USMS registration card. **TOTAL** \_\_\_\_\_

**Make checks payable to Emerald Aquatics**

**All fees are non-refundable.**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

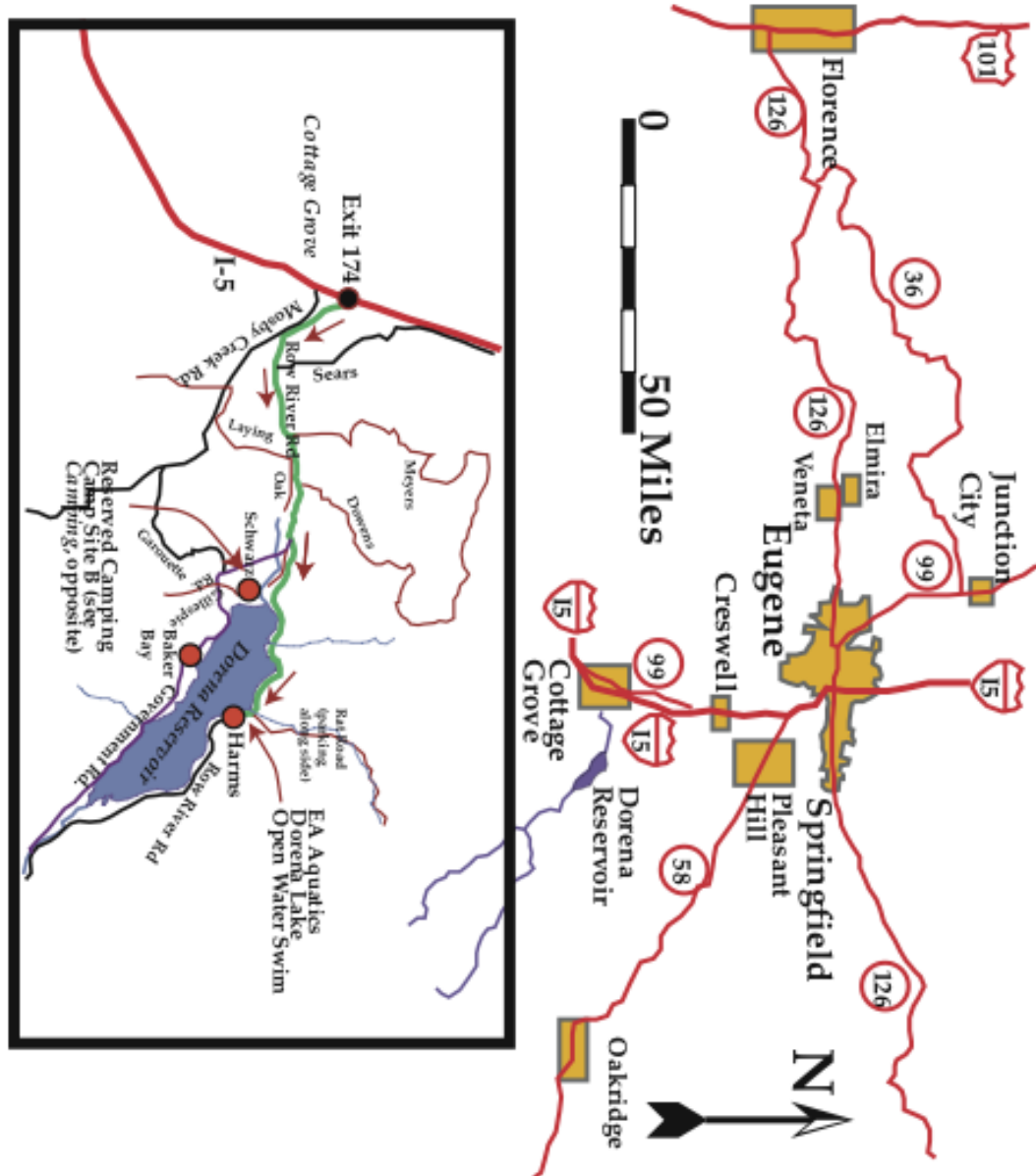
City/State/Zip \_\_\_\_\_ Local Team \_\_\_\_\_

Birthdate \_\_\_\_\_ Day phone \_\_\_\_\_ Evening phone \_\_\_\_\_ Fax \_\_\_\_\_

"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 & competitions) 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. Finally, I specifically acknowledge that I am aware of all risks inherent in open water swimming, and agree to assume those risks."

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Camping:** Individual camping sites can be reserved for Schwarz Park. To reserve go to [www.reserveamerica.com](http://www.reserveamerica.com) and use the search engine to go to Schwarz Park in Oregon. You can also call 1-877-444-6777. The rules are a minimum two night stay and you can have 3 vehicles and 3 tents with up to 8 people, or one camper/trailer/RV and two tents for each site. The cost is \$12 per night. Directions: I5 Exit 174, Row River Rd. east for 5 miles, entrance on left (see below). [Other camping reservations at Baker Bay (541-942-7669).]



## **Eel Lake Open Water Swims Information**

### **Saturday - August 14, 2004**

**Events:** Three races in one day. You may choose to swim all of them or any two or just one. We will start with a 3000 meter swim on a triangular course, twice around the buoys. Then we will have a predicted time 500 meter swim around a well marked cable, up and back. The winners will be the swimmers who are closest to his or her predicted time. Last will the standard 1500 meter swim, around once around the same course as for the 3000.

There will be some navigational challenges. The first buoy for the 3000 and 1500 swims will be a straight line swim over 500 meters. The swimmer will have to go around a point of land to reach the second buoy. The home stretch will be a straight 250 meter swim.

**Location:** Eel Lake is a freshwater lake on the Oregon coast halfway between Reedsport and Coos Bay on Hwy. 101. Turn off at Tugman Park. Water temperature can be between 67 and 73 degrees Fahrenheit. In between swims you can watch osprey catch fish or go fishing yourself.

**Eligibility:** The races are open to all USMS registered swimmers 19 years or older as of August 14, 2004. USA Swimming registered swimmers 13 years or older may enter any of the swims. USA swimmers 10 years or older may enter the 500 and 1500 meter swims. A photocopy of your USMS or USA Swimming registration card or proof of membership in a foreign Masters organization must accompany your entry.. A single event USMS registration, covering all races, is available for adults 19 years or older for \$15. A parent or guardian must sign the liability waiver for all swimmers under 18.

**Entry Fees:** One race is \$15. Two or three are \$20. Entry fee includes a swim cap. Entries must be postmarked by Monday, August 4, 2004 or pay an additional late fee of \$10. T-shirts & lunches are not provided; bring your own!

**Rules:** Current USMS rules shall govern these swims. The use of neoprene wetsuits or other nonporous attire is allowed in all three swims.

**Safety:** Lifeguards and safety boats will monitor the entire course. Swimmers must wear a bright colored swim cap (provided or use your own) and have a race number on their arms. Medical personnel will be available near the site.

**Procedure:** The 3000 and 1500 swims will use a mass start. The 500 swim will be seeded fastest to slowest, based upon the swimmer's estimated 500 meter time. Day of the Race entries or those not submitting a seeded time will not be seeded in advance and will swim last in order of registration. No changes will be allowed in 500 seedings at the race.

**Awards:** Swimmers finishing 1st through 3rd in each age group for each distance will receive awards. Rewards for the 3000 and 1500 swims will be based upon time. Rewards for the 500 swim will be based upon how close the swimmer is to his or her predicted time to the nearest second. Ties in the 500 will be broken by consideration of times to the nearest tenth or hundredth of a second, whichever is appropriate. There will be separate award categories for those swimming in wetsuits and for USA swimmers. USA swimmers will be grouped 13 and up or 12 and Under.

**Schedule:** Warmups, Registration/Check in for 3000 - 8-9 AM  
Pre-race meetings - 10 minutes before the swims  
3000 meter swim - 9 AM  
Check in for 500 and 1500 swims - after the 3000 swim  
500 meter Predicted Time Swim - approximately 11 AM  
1500 meter swim - approximately 12 Noon  
Awards - approximately 1 PM



**Eel Lake Open Water Swims Entry Form**  
**Saturday - August 14, 2004**

Sanctioned by Oregon Masters Swimming #372-OW4  
Operating under Special Permit from the Oregon Parks & Recreation Department

**EVENTS:** 3000 meter swim, twice around a triangular 1500 meter course.  
500 meter predicted time cable swim.  
1500 meter swim, once around a triangular 1500 course.

**Cheap Entry Deadline:** Mailed by August 4, 2004.

**RULES:** Current United States Masters Swimming rules apply. Swimmers must be registered members of USMS. Single Day membership may be purchased at the swim for \$15. Swimmers wearing wetsuits will be considered in a separate category for results & awards.

**SERIES:** The 3000 meter & 1500 meter swims are qualifying swims for the Oregon Open Water Swim Series. The 500 predicted time swim is not a qualifying swim.

**LOCATION:** William M. Tugman State Park, along Highway 101, 12 miles south of Reedsport and 8 miles north of North Bend. There is ample parking.

**CAMPING:** William M. Tugman & Umpqua Lighthouse State Parks are both fully equipped campgrounds in the Oregon Dunes area. Reserve early by calling Reservations Northwest at 800-452-5687. There is also RV camping at Osprey Point RV Campsite, Lakeside, OR.

**INFO:** Contact Ralph Mohr, Meet Director at <magister@coosnet.com>; or P.O. Box 186, Coos Bay, OR 97420; or 541-269-1565.

-----  
Complete entry form, sign liability waiver, and send with photocopy of USMS registration card.

**Swims** (check all that apply):

3000 meter swim	_____	One Swim - \$15	_____
500 meter swim	seed time: _____	Two Swims - \$20	_____
1500 meter swim		Late Fee - \$10	_____
		Total	_____

Name: \_\_\_\_\_ 2004 USMS Number: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_  
E-mail: \_\_\_\_\_ USMS Club (OR, MAC): \_\_\_\_\_ Local Team: \_\_\_\_\_

Waiver: 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 THERETO, I HEARBY 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

CHECKS payable to Ralph Mohr. MAIL by Aug. 4 to Ralph Mohr, P.O. Box 186, Coos Bay, OR 97420

# 2004-05 Meet SCHEDULE

Date	Event	Location	Contact	
Pool Meets				
*Sept. 11	SCM	Camas, Washington	Doug Lumbard	raslum@aol.com
(Patriot Games)	(Pentathlon)	(near Vancouver, WA)	Bert Petersen	petersen@exchangenet.net
Jan. 22	SCY - Animal Meet	Camby, OR	Ken Schuh	kdschuhmeister@aol.com
Open Water				
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
National Championships				
Aug. 12-15	LCM	Savannah, GA	www.usms.org	
Postal Championships 2004				
International Championships				
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			All Board Meetings are open. OMS members are encouraged to attend. Contact Jeanne Teisher, OMS Chair, for more details.	
Aug. 25, 2004	NIKE	7 PM		
Sept. 24-26, 2004	Retreat			

**Aqua Master**  
August 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 - T Hills & St. Games**