



Aqua Master

Happy

Valentines

Volume 31, Number 2

Published Monthly by OMS, Inc.

February 2004

“ S w i m m i n g f o r L i f e ”

Neither Sleet Nor Snow Can Stop Eugene



Gina Dohm, Coach of the Emerald Aquatics Masters and Ginny Hoke, Echo Hollow Meet Director, ran a great meet on January 10. The weather of the preceeding week kept many swimmers away. Congratulations to those who challenged the roads and braved the weather condintions. Many thanks to Gina and Ginny for their work.

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Eel Lake Returns for Open Water



Open water swimming will be returning to the Oregon coast in 2004. Scheduled for Saturday, August 14, three events will be held in Eel Lake north of the Coos Bay area. There will be the standard 3000 meter and 1500 meter swims sandwiched around “a predicted time” 500 meter event. In the 500 swimmers will predict their time on their entry form, and winners in the event will be those who swim closest to their predicted time.

The people behind O.M.S. Inc.

Chairman of the Board

Jeanne Teisher

7305 SE Hyland Ct.

Beaverton, OR 97008 - (503) 574-4557

jteisher97007@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 • (503) 255-3657

all5reds@msn.com

Officials (for swim meets)

Gary Wallis

(503) 524-3660

wallis@ci.wilsonville.or.us

Host / Social

Ginger Pierson

(360) 253-5712

gingerp@qwest.net

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

Steph Turner

(503) 223-6251 x226

STurner@themac.com

Awards

Pam Himstreet

(541) 385-7770

himstreet@bendcable.com

Historian

Earl Walter

(503) 738-3763

oldbarn@seasurf.net

Records

Bert Petersen

(503) 252-6081

petersen@exchangenet.net

Membership

Doug Christensen

(503) 754-2747

dchrste@safewaynw.org

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

(541) 504-5338

marysweat@email.com

Sprint

Robert Smith

(503) 639-4505

dobbssmith@attbi.com

Past Chair

Suzanne Rague

(503) 531-9051

Suzrague@aol.com

Chair's Corner by Jeanne Teisher

Time to Recognize the Outstanding Volunteers for 2003

This year, COMA is hosting the annual Association Championship meet, April 2-4. I know many of you have already been training and planning for this annual event, which is always filled with excitement, camaraderie, team spirit, great swims, etc. If you have never participated in this event, I do hope you will plan to do so this year. If you have swum in this meet, you know what I'm talking about.

At the annual OMS Awards Banquet, which will be held Saturday evening, April 3, we will be recognizing and honoring a few special volunteers. If you know of someone that deserves any of the below awards for their volunteer contribution during 2003 or over the past few years, please notify Pam Himstreet by February 25 either by email or phone (himstreet@bendcable.com or (541) 385-7770). The OMS board will discuss the nominees and make their final selection at the February 25 board meeting (the next board meeting is at the Association Meet, April 3). The winners will be announced at the Awards Banquet. If you would like to review a list of previous winners, log on to the OMS website, www.swimoregon.org, and click on OMS History and Award Recipients).

The annual volunteer awards are:

- The Connie Wilson Award, which memorializes Connie Wilson, founder and former Chair of Oregon Masters Swimming as well as longtime participant. This award is given to an individual who, in the opinion of the OMS Board of Directors, has made an outstanding, long-term leadership contribution to this organization and to Masters Swimming.
- The Ol' Barn Award honors Earl Walter (a.k.a. the Old Barnacle), a founding member of Oregon Masters Swimming and a longtime participant and contributor to Oregon swimming in many capacities. This award is given to the individual who, in the opinion of the OMS Board of Directors, has shown outstanding leadership, dedication, and devotion throughout the year to this organization and to Masters swimming.
- The Hazel Bressie Spirit-Female is awarded to the female who has shown enthusiasm and spirit to her team and/or other Masters swimmers during the past year.
- The Hazel Bressie Spirit-Male is awarded to the male who has shown enthusiasm and spirit to his team and/or other Masters swimmers during the past year.
- The Special Services award is given to an individual, organization, business, or group that has gone the extra mile by contributing outstanding service to a team or OMS.

Please contact Pam if you know someone that is deserving of any of the above awards.

Happy Swimming.

Jeanne

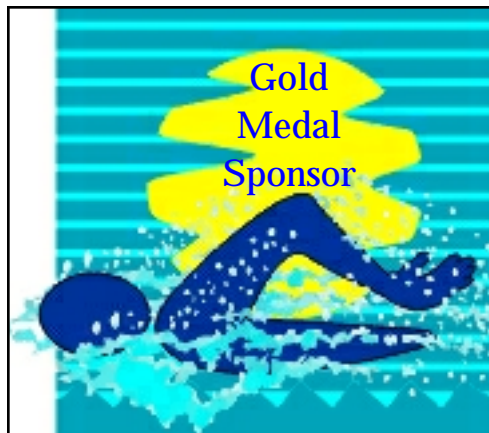
OMS Board Opening



Nancy Radcliff will be retiring as the OMS Secretary in September. Any swimmer interested in serving in this position 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 Kristin Brooks 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



Thank You Gold Medal Sponsors

Owen Clymer
Keith Dow
Todd Gooding
Rich Juhala
Adrian Kalil
Annamaria Picollo

Sandi Rousseau
Earl Showerman
Michael Silvey
Mike Tennant
Keith Uebele
Kermit Yensen



If you have not renewed your OMS Membership for 2004, GO to the Membership Renewal Form on page 19 of this Aqua Master, fill it out and send it in. This will be the last Aqua Master for those 2003 Members who did not renew. Don't be left out of all the fun and excitement in 2004. Re-Up now!



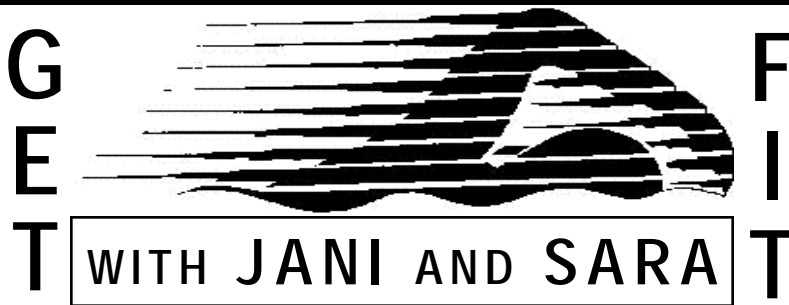
Don't Be Left On The Blocks

If you want to receive your Aqua Master electronically on line you should sign up for the secured Aqua Master Email group. Beginning in March you will start receiving your Aqua Master by email. Contact Rich Minter at rich.minter@verizon.net to confirm.

Short Course Yards



"Just Scheduled"
Northwest Zone
Short Course Yards
Championship Meet
Corvallis, Oregon
May 1-2, 2004



Are You Breathing?

In the recent American Swimming Magazine, Cecil Colwin discusses breath control and swimming efficiency in his article: "Breathe Better Swim Faster".

The fitness gals wish to share with you some of the major points from this article.

- Breath control is timing the breath within the rhythm of the stroke and the lungs job of supplying oxygen for the work of the body.
- The goal while swimming is to take "a deep breath quickly and easily...to keep the action long, loose and rhythmic."
- Diaphragmatic breathing will enhance your swimming skills. The diaphragm contracts and is moving the lungs when we inhale and it is moving upward for an exhale.
- Inhale should be quick and reflexive to avoid gasping air.
- Exhale gradually, allowing the air to flow out easily, gently and steadily.
- An important "breathing rule in swimming: the ratio of the outward breath to the inward breath should always be at

least twice as long (2:1)."

- Longer exhalation allows a swimmer more time within each cycle of the stroke to maintain balance and streamline as well as rhythm and stroke length, frequently referred to as "glide".
- Bonus: relaxation occurs with breath control. Relaxation also promotes and enhances swimming streamline and great technique.
- 3 options for exhalation:

1. Inhale through mouth & exhale through nose only. This helps practice the 2:1 ratio of prolonged exhalation.



2. Inhale through mouth & exhale through mouth together. This can be useful when more air needs to be exhaled.

3. Inhale through mouth & exhale through mouth only. This is a great learning-to-swim breathing technique, reminding the swimmer to gradually exhale air through pursed lips.

Use these breathing tips to help improve your swimming!!

Time for the February Fitness Challenge

The Entry Blank for the 2004 February Fitness Challenge is on page 10 in this issue of the Aqua Master. Here are some good reasons to participate:

- | | |
|--|--|
| <ul style="list-style-type: none"> • A good time to practice your breathing technique • Build your base and get in shape for the Association Meet. • Keep your New Year's Resolutions and start your fitness year right • Groove and develop all of your strokes | <ul style="list-style-type: none"> • Empathize and strengthen a weakness • Make your team stronger • A great sense of accomplishment and pride when you reach your goal • Improve your aerobic capacity • To quote Bob Bruce - "Because it's there" |
|--|--|

SCM Oregon Records for 2003

Oregon had a fine SCM season. 69 Individual Oregon Records were set and 7 Oregon Relays were set. Bert Petersen, OMS Records "Guru", has just posted the new records to the OMS Web Site. Check them out!

Congratulations to the following top record setters:

Pat Allender and Robert Smith each set 6 new Individual Oregon Records.

Bob Bruce, John Keppeler and Ginger Pierson each set 5 new Individual Oregon Records.

Andrew Holden and Mike Tennant each set 4 new Individual Oregon Records.



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

Practice Etiquette

Etiquette in life allows people to live and associate in close quarters with a minimum of interpersonal friction. Etiquette during practice allows swimmers of different abilities, achievements, and goals to train together harmoniously. In our practices, appropriate etiquette is a requirement, not an option.

Practice etiquette is based on respect for others, open communication with others, and time-tested forms of common behavior towards others. In my view, it is a way of creating both space (literal and figurative) and a positive environment in which we may all be able to pursue our individual goals in a group setting.

Here are the main points of practice etiquette:

- Swim in the appropriate speed lane; when in doubt, consult with the coach.
- Learn the names of other swimmers in your lane; introduce yourself if necessary.
- Never change the practice content without permission from the coach.
- If the coach permits a modification of practice content, confer with your lane-mates before the change.
- Learn to read the pace clock consistently and accurately.
- Know the interval, stay on it, and help others stay on it.
- Never change the interval without permission from the coach.
- If the coach permits a change of interval, confer with your lane-mates before the change.
- Count lengths, and stop at the appropriate number.
- Count repeats, and stop at the appropriate number.

- Know your times.
- Swim in the proper order, fastest to slowest.
- Take no longer than 30 seconds to negotiate proper order.
- Change order when needed; avoid swimming on the feet of others.
- Change lanes—faster or slower—when needed.
- Give the slowest swimmer in the lane appropriate rest.
- Leave at 5 seconds apart (10 seconds apart when feasible) unless the coach specifies otherwise.
- Swim on the right side of the lane.
- Turn in the middle of the lane.
- Finish swims at the wall, then move to the left to allow others to finish.
- Be aware of the positions of others in your lane.
- When you are about to be passed, stop at the wall and let others pass.
- Never push off right in front of a turning swimmer who is faster.
- Be aware of your oral hygiene, and never breathe on others at the wall.
- Speak and act positively; never whine or make negative comments.
- Treat your teammates as the treasures that they are.
- Treat your coach as the deity that he or she is.

Good luck and good swimming!

Remember to complete and submit your National One-Hour Postal Swim entry to the Meet Host right away. If you have submitted your individual entry in National Event, and if you wish to be considered for Oregon Club relays in the National Event, send your name, age, and distance to me at bobbruce13@attglobal.net or 61200 Parrell Rd., Bend, OR 97702 (e-mail preferred). DEADLINE: I need to receive this information before February 7!



Congratulations to Jim Teisher who swam the Ironman Course in Kona three times on his recent vacation in Hawaii. Jim also found time to train with the Kona Masters. Jim reports that the swim is a fantastic open water experience. Most of the distance is a gorgeous snorkel with brightly colored fish keeping you company. Jim did part of the swim as a "hypoxic" workout so he could spend more time viewing the fish. He highly recommends this fun 2.4 mile swim to all open water swimmers.



February Fitness Challenge 2004

Host: Tualatin Hills Barracudas, Beaverton, Oregon

Purpose: To promote fitness through aquatics by encouraging participants to visit the pool regularly and to track results over a monthly period.

Rules & Eligibility: Use of training aids and equipment **IS** permitted. You must be at least 18 years of age.

Three Challenges: We have three challenges: 1) count your yardage; 2) count your days; and 3) count the number of people in your group.

Group Participation: To be eligible for one of the top Group Participation Awards, groups must send entries together, in one packet. Groups may consist of individuals who do either challenge. Please specify the group name and contact person. There is no additional fee.

Recording Results: Beginning February 1, 2004, record on the form below: either the number of **yards** completed each day (for lap swim, jog-a-lap, etc.), AND/OR the number of **days** you visit the pool for an aquatic fitness activity (e.g. water aerobics, etc.). PLEASE BE AS ACCURATE AS POSSIBLE!

Conversions: To convert meters to yards for yardage counting, add 10% to the meter distance to obtain the yard distance.

Monthly Totals: At month's end, add daily results to obtain monthly total.

Caution: Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

Age Groups: 18-24, 25-29, 30-34....etc., (in five-year increments). Age

is determined by your age on February 29, 2004.

Awards & Results: All participants receive final results and an achievement certificate. Three female and three male swimmers in each age group with the highest monthly yardage totals receive awards. A special FFC pin will be given to every swimmer who swims each day. Please allow at least 30 days after deadline for mailing of results and awards.

Group Awards: The top three groups with the largest number of participants will receive special awards. The group with the top total yardage will receive a special award.

Entry Fee: \$8.00 for one individual challenge. Select either "Counting Yardage" or "Counting Days" on the form (below). If you would like to do both individual challenges, select "Both" and add \$4 to your entry fee. All fees payable to **Tualatin Hills Barracudas**.

T-Shirts & Caps: \$14.00 for short sleeve, 100% cotton T-shirts, with the 2004 Fitness Frog. Custom Latex swim caps with frog logo available for \$4.00.

Entry Deadline: Entries must be RECEIVED by March 12, 2004. Late entries will not be accepted.

Entry Procedure: Send form below and fees to:

February Fitness Challenge
16055 SW Walker Road #126
Beaverton, Oregon 97006

e-mail: FebFitness@swimoregon.org

web page: <http://www.barracudas.org>

International Entries: \$8.00 additional postage fee required; mail early to ensure arrival by entry deadline.

Workout/Fitness Brochure: Check the Barracuda Web Page for a special February Fitness Challenge Workout Brochure. (Can be down loaded

February Fitness Challenge 2004: Entry Form (please Print)

NAME: _____ **AGE(as of 2/29/04)** _____ **SEX:** _____

ADDRESS: _____ **CITY** _____ **STATE** _____

ZIP _____ **COUNTRY** _____ **PHONE** _____

E-MAIL _____ **NAME OF GROUP** _____

RESULTS ☐ **Electronic results via email address listed above** ☐ **Paper results via US Postal**

Select Your Challenge(s) (please check one): 1) Counting Yardage _____ 2) Counting Days _____ 3) Both _____

Yards/Days		Yards/Days		Yards/Days		Yard/Days	
Sun Feb 1	_____	Wed Feb 11	_____	Sat Feb 21	_____	Thu Feb 26	_____
Mon Feb 2	_____	Thu Feb 12	_____	Sun Feb 22	_____	Fri Feb 27	_____
Tue Feb 3	_____	Fri Feb 13	_____	Mon Feb 23	_____	Sat Feb 28	_____
Wed Feb 4	_____	Sat Feb 14	_____	Tue Feb 24	_____	Sun Feb 29	_____
Thu Feb 5	_____	Sun Feb 15	_____	Wed Feb 25	_____		
Fri Feb 6	_____	Mon Feb 16	_____				
Sat Feb 7	_____	Tue Feb 17	_____				
Sun Feb 8	_____	Wed Feb 18	_____				
Mon Feb 9	_____	Thu Feb 19	_____				
Tue Feb 10	_____	Fri Feb 20	_____				

MONTHLY TOTALS = _____ **YDS** _____ **DAYS**

Signature: _____ **Date** _____

(I attest that the above results are accurate and true)

Fees: Entry Fee \$ 8.00 _____(required)
2nd Challenge \$ 4.00 _____(optional)
T-Shirt ___ x \$14.00 _____(optional)
*Circle T-shirt size (s): S M L XL XXL
Swim Cap ___ x \$ 4.00 _____(optional)
International Fee \$ 8.00 _____(outside US)
Total: _____ (US funds only)
(please make checks payable to **Tualatin Hills Barracudas**)

Mt. Hood Community College • Short Course Yards Meet

Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #373-04

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

OMS registered swimmers must submit a copy of their 2004 card and unregistered swimmers must submit a 2004 registration form and fee with this entry.

Place: Mt. Hood Community College

26000 SE Stark St.

Gresham, Oregon

5 lanes competition-electronic timing

1 lane for continuous warm-up/down

Sunday, March 7, 2004

Warm-ups: 8AM

Meet Starts: 9:15AM

Meet directors: Phil King and Donna Ryan • Phone: 503-491-7243 • E-mail ryand@mhcc.edu

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

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2004 FORM WITH THIS ENTRY**ENTRY DEADLINE: POSTMARK NO LATER THAN February 20, 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 OREGON MASTERS MEET? Yes _____ No _____

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

400 I.M. (1) _____ : _____ . _____**100 BREAST** (2) _____ : _____ . _____**200 FREE** (3) _____ : _____ . _____**50 FLY** (4) _____ : _____ . _____****BREAK******MIXED FREE RELAYS (5-7)****100 BACK** (8) _____ : _____ . _____**200 FLY** (9) _____ : _____ . _____**50 FREE** (10) _____ : _____ . _____**200 I.M.** (11) _____ : _____ . _____****BREAK******MEDLEY RELAYS (12-15)****100 FLY** (16) _____ : _____ . _____**200 BACK** (17) _____ : _____ . _____**50 BREAST** (18) _____ : _____ . _____**100 I.M.** (19) _____ : _____ . _____****BREAK******FREE RELAYS (20-25)****100 FREE** (26) _____ : _____ . _____**200 BREAST** (27) _____ : _____ . _____**50 BACK** (28) _____ : _____ . _____**MIXED MEDLEY RELAYS (29-31)******BREAK******500 FREE** (32) _____ : _____ . _____

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

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$15.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

MAIL FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220



Top Ten

Results

L C M

Mary Sweat

Top Ten

Chair



Name	Age	Time	Event	Rank	Club						
Women 19-24						Janet Gettling	55	2:57.76	200 Free	5	OREG
Beca Moffat	22	21:01.16	1500 Free	9	OREG	Janet Gettling	55	6:19.10	400 Free	5	OREG
Beca Moffat	22	2:51.89	200 IM	8	OREG	Janet Gettling	55	13:03.02	800 Free	4	OREG
Women 25-29						Janet Gettling	55	24:54.67	1500 Free	4	OREG
Ashley Johnson	25	37.66	50 Breast	4	OREG	Janet Gettling	55	42.33	50 Back	2	OREG
Ashley Johnson	25	1:23.97	100 Breast	7	OREG	Janet Gettling	55	43.44	50 Breast	5	OREG
Women 30-34						Janet Gettling	55	1:41.35	100 Breast	4	OREG
Jennifer Butcher	31	36.33	50 Back	7	OREG	Janet Gettling	55	37.92	50 Fly	2	OREG
Jennifer Butcher	31	1:20.25	100 Back	8	OREG	Janet Gettling	55	1:31.78	100 Fly	2	OREG
Jennifer Butcher	31	2:52.52	200 Back	7	OREG	Janet Gettling	55	3:40.24	200 Fly	2	OREG
Alison Moore	33	22:31.50	1500 Free	10	OREG	Janet Gettling	55	7:19.62	400 IM	5	OREG
Alison Moore	33	3:23.41	200 Breast	7	OREG	Jackie Quattro	56	35.44	50 Free	10	OREG
Kristine Lewis	33	3:21.30	200 Breast	6	OREG	Jackie Quattro	56	1:19.39	100 Free	7	OREG
Marisa Frieder	34	1:34.32	100 Breast	10	OREG	Jackie Quattro	56	2:54.68	200 Free	4	OREG
Women 40-44						Jackie Quattro	56	6:11.83	400 Free	3	OREG
Valerie Jenkins	40	33.89	50 Back	3	OREG	Jackie Quattro	56	12:47.09	800 Free	2	OREG
Valerie Jenkins	40	1:13.43	100 Back	3	OREG	Jackie Quattro	56	45.04	50 Back	10	OREG
Valerie Jenkins	40	2:45.08	200 Back	4	OREG	Sandi Rousseau	56	38.04	50 Fly	3	OREG
Becky Oblatz	43	39.50	50 Breast	9	MACO	Ginger L Pierson	57	3:30.08	200 Breast	2	MACO
Becky Oblatz	43	1:25.39	100 Breast	6	MACO	Ginger L Pierson	57	3:19.27	200 IM	2	MACO
Becky Oblatz	43	3:12.17	200 Breast	8	MACO	Ginger Pierson	57	44.81	50 Back	8	MACO
Sharon Foley	43	1:17.26	100 Fly	10	MACO	Ginger Pierson	57	1:39.74	100 Back	10	MACO
Women 45-49						Ginger Pierson	57	3:33.82	200 Back	7	MACO
K AndrusHughes	46	1:04.91	100 Free	2	OREG	Ginger Pierson	57	41.81	50 Breast	1	MACO
K AndrusHughes	46	33.49	50 Fly	4	OREG	Ginger Pierson	57	1:33.38	100 Breast	1	MACO
K AndrusHughes	46	2:47.84	200 IM	4	OREG	Ginger Pierson	57	1:32.68	100 Fly	3	MACO
K AndrusHughes	46	6:06.37	400 IM	5	OREG	Ginger Pierson	57	3:25.55	200 Fly	1	MACO
K Andrus-Hughes	46	29.27	50 Free	1	OREG	Ginger Pierson	57	7:14.69	400 Im	4	MACO
K Andrus-Hughes	46	2:23.62	200 Free	3	OREG	Women 60-65					
K Andrus-Hughes	46	33.89	50 Back	1	OREG	Pam Himstreet	60	4:01.06	200 Breast	4	OREG
K Andrus-Hughes	46	1:13.88	100 Back	1	OREG	Pam Himstreet	60	4:25.70	200 Fly	6	OREG
K Andrus-Hughes	46	2:48.34	200 Back	3	OREG	Pam Himstreet	60	4:05.68	200 IM	9	OREG
Laura Worden	46	1:19.72	100 Fly	9	OREG	Pam J Himstreet	60	27:51.18	1500 Free	8	OREG
Laura Worden	46	6:24.53	400 IM	9	OREG	Pam J Himstreet	60	1:57.34	100 Breast	9	OREG
Colette Crabbe	47	5:06.80	400 Free	4	OREG	Pam J Himstreet	60	2:00.70	100 Fly	8	OREG
Colette Crabbe	47	10:39.02	800 Free	4	OREG	Pam J Himstreet	60	8:25.78	400 IM	7	OREG
Colette M Crabbe	47	1:23.51	100 Breast	1	OREG	Barbara Frid	61	36.64	50 Free	5	OREG
Colette M Crabbe	47	2:59.79	200 Breast	1	OREG	Barbara Frid	61	1:22.92	100 Free	3	OREG
Colette M Crabbe	47	1:11.25	100 Fly	2	OREG	Barbara Frid	61	3:02.79	200 Free	2	OREG
Colette M Crabbe	47	2:42.61	200 Fly	1	OREG	Barbara Frid	61	6:25.82	400 Free	4	OREG
Colette M Crabbe	47	2:35.74	200 IM	1	OREG	Barbara Frid	61	13:06.12	800 Free	4	OREG
Colette M Crabbe	47	5:38.12	400 IM	1	OREG	Barbara Frid	61	42.49	50 Back	1	OREG
Robin Parisi	49	1:09.48	100 Free	10	MACO	Barbara Frid	61	1:36.11	100 Back	3	OREG
Robin Parisi	49	1:22.25	100 Back	8	MACO	Barbara Frid	61	47.57	50 Breast	3	OREG
Robin Parisi	49	33.50	50 Fly	5	MACO	Barbara Frid	61	1:44.71	100 Breast	2	OREG
Women 50-54						Barbara Frid	61	39.09	50 Fly	3	OREG
Elke Asleson	51	3:37.90	200 Fly	7	OREG	Joy Ward	61	35.52	50 Free	3	OREG
Elke Asleson	51	3:26.67	200 IM	10	OREG	Joy Ward	61	1:24.13	100 Free	4	OREG
Kathy Call	52	1:40.30	100 Breast	10	OREG	Joy Ward	61	43.53	50 Back	2	OREG
Darlene Staley	53	24:53.02	1500 Free	10	OREG	Joy Ward	61	1:34.87	100 Back	1	OREG
Darlene Staley	53	3:33.75	200 Fly	6	OREG	Joy Ward	61	3:18.12	200 Back	2	OREG
Women 55-59						Joy Ward	61	37.27	50 Fly	2	OREG
Janet Gettling	55	34.49	50 Free	4	OREG	Joy Ward	61	1:39.27	100 Fly	2	OREG
Janet Gettling	55	1:19.51	100 Free	8	OREG	Joy Ward	61	3:25.59	200 IM	2	OREG
						Joy Ward	61	7:28.76	400 IM	3	OREG

Women 70-74

Cynthia Rosik	70	5:09.61	200 Breast	10	OREG
Lavelle Stoinoff	70	1:23.09	100 Free	1	MACO
Lavelle Stoinoff	70	2:57.28	200 Free	1	MACO
Lavelle Stoinoff	70	6:11.92	400 Free	1	MACO
Lavelle Stoinoff	70	12:57.12	800 Free	1	MACO
Lavelle Stoinoff	70	24:24.13	1500 Free	1	MACO
Lavelle Stoinoff	70	50.48	50 Back	3	MACO
Lavelle Stoinoff	70	1:40.88	100 Back	1	MACO
Lavelle Stoinoff	70	3:30.86	200 Back	1	MACO

Women 80-84

Elfie Stevenin	82	1:58.87	50 Fly	7	OREG
Elfie Stevenin	82	5:11.71	100 Fly	5	OREG
Elfie Stevenin	82	11:38.19	200 Fly	3	OREG
Elfie Stevenin	82	9:14.58	200 IM	8	OREG
Elfie Stevenin	82	19:06.32	400 IM	4	OREG
Pauline Stangel	82	1:00.07	50 Free	9	OREG
Pauline Stangel	82	2:27.84	100 Free	8	OREG
Pauline Stangel	82	4:50.52	200 Free	6	OREG
Pauline Stangel	82	10:58.79	400 Free	7	OREG
Pauline Stangel	82	2:56.69	100 Back	10	OREG
Pauline Stangel	82	5:53.03	200 Breast	4	OREG
Norma Bernardi	83	2:31.49	100 Free	9	OREG
Norma Bernardi	83	1:08.02	50 Back	8	OREG
Norma Bernardi	83	2:08.49	100 Back	4	OREG
Norma Bernardi	83	5:17.94	200 Back	6	OREG

Women 85-89

Leola Baumgartner	85	1:44.11	50 Back	8	OREG
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Women 90-94

Eva Muller	91	1:17.68	50 Back	1	OREG
Eva Muller	91	6:28.70	200 Back	1	OREG
Eva Muller	91	3:49.99	100 Breast	1	OREG

Men 30-34

Patrick Kavan	32	5:15.52	400 IM	4	OREG
Brian August	33	2:08.95	200 Free	5	OREG
Brian August	33	1:03.26	100 Fly	8	OREG
Gregory Latta	34	32.00	50 Breast	2	OREG
Gregory Latta	34	27.42	50 Fly	6	OREG
Gregory Latta	34	2:17.27	200 IM	2	OREG

Men 35-39

Doug Stewart	39	9:23.75	800 Free	7	OREG
Douglas Stewart	39	17:44.13	1500 Free	4	OREG
Douglas Stewart	39	2:18.39	200 Fly	7	OREG
Douglas Stewart	39	5:16.90	400 IM	10	OREG

Men 40-44

Steve George	44	31.17	50 Back	5	OREG
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Men 45-59

Curt LaCount	45	28.38	50 Fly	10	OREG
Pat Allender	45	4:34.28	400 Free	7	OREG
Pat Allender	45	33.35	50 Breast	4	OREG
Pat Allender	45	1:12.66	100 Breast	3	OREG
Pat Allender	45	2:37.89	200 Breast	1	OREG
Pat Allender	45	1:05.18	100 Fly	8	OREG
Pat Allender	45	2:29.71	200 IM	10	OREG
David Burleson	46	31.35	50 Back	6	MACO
David Burleson	46	2:31.35	200 Back	10	MACO

Men 50-54

Mike Tennant	50	26.06	50 Free	3	OREG
Mike Tennant	50	58.35	100 Free	5	OREG
Mike Tennant	50	2:12.73	200 Free	8	OREG
Allen Stark	54	35.49	50 Breast	4	OREG
Allen Stark	54	1:21.15	100 Breast	6	OREG
Allen Stark	54	3:00.57	200 Breast	8	OREG

Men 55-59

Bob Bruce	55	20:55.88	1500 Free	7	OREG
Bob Bruce	55	36.38	50 Back	9	OREG
Bob Bruce	55	2:53.46	200 Back	6	OREG
Bob Bruce	55	6:07.83	400 IM	4	OREG
Steve Johnson	55	19:40.64	1500 Free	3	OREG

Men 60-64

Robert Smith	60	27.62	50 Free	1	OREG
Robert Smith	60	1:11.48	100 Free	9	OREG
Robert Smith	60	12:45.82	800 Free	10	OREG
Robert Smith	60	33.01	50 Back	2	OREG
Robert Smith	60	1:17.22	100 Back	3	OREG
Robert Smith	60	2:55.66	200 Back	5	OREG
Robert Smith	60	37.82	50 Breast	3	OREG
Robert Smith	60	2:57.81	200 IM	5	OREG
Tom Landis	61	29.14	50 Free	5	OREG
Tom Landis	61	1:03.60	100 Free	2	OREG
Tom Landis	61	2:25.09	200 Free	2	OREG
Tom Landis	61	5:13.00	400 Free	2	OREG
Tom Landis	61	11:04.06	800 Free	2	OREG
Tom Landis	61	20:41.67	1500 Free	1	OREG
Tom Landis	61	1:18.00	100 Fly	5	OREG
Tom Landis	61	3:08.26	200 Fly	4	OREG
Tom Landis	61	2:53.59	200 IM	4	OREG
Tom Landis	61	6:13.67	400 IM	3	OREG

Men 65-69

Bert Petersen	65	31.21	50 Free	8	OREG
Bert Petersen	65	2:46.30	200 Free	9	OREG
Bert Petersen	65	31.41	50 Fly	1	OREG
Bert Petersen	65	1:20.86	100 Fly	1	OREG
Brent Lake	65	12:17.59	800 Free	5	OREG
Brent Lake	65	24:30.48	1500 Free	5	OREG
Brent Lake	65	39.95	50 Back	5	OREG
Brent Lake	65	1:28.29	100 Back	4	OREG
Brent Lake	65	3:08.93	200 Back	3	OREG
George D Thayer	67	1:36.49	100 Back	10	OREG
George D Thayer	67	3:32.50	200 Back	8	OREG
George Thayer	67	42.22	50 Back	8	OREG
Jim Bigler	68	25:58.26	1500 Free	9	MACO
David Radcliff	69	2:34.88	200 Free	4	OREG
David Radcliff	69	5:33.84	400 Free	3	OREG
David Radcliff	69	11:28.28	800 Free	2	OREG
David Radcliff	69	22:09.37	1500 Free	2	OREG

Men 70-74

Eric Guest	73	2:44.57	100 Fly	8	OREG
Eric Guest	73	4:18.09	200 IM	9	OREG
Milton Marks	73	45.14	50 Breast	10	OREG
Milton Marks	73	1:41.86	100 Breast	7	OREG
Milton Marks	73	3:53.16	200 Breast	5	OREG
Milton Marks	73	8:13.53	400 IM	6	OREG

Men 75-59

Lee Miesen	76	1:54.44	100 Breast	9	MACO
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Men 80-84

Gilbert Young	80	39.32	50 Free	5	OREG
Gilbert Young	80	1:30.46	100 Free	3	OREG
Gilbert Young	80	7:22.57	400 Free	2	OREG
Gilbert Young	80	15:39.52	800 Free	2	OREG
Gilbert Young	80	54.52	50 Back	10	OREG
Herbert Hoepfner	80	43.88	50 Free	9	OREG
Herbert Hoepfner	80	1:41.20	100 Free	7	OREG
Herbert Hoepfner	80	3:42.33	200 Free	3	OREG
Herbert Hoepfner	80	7:40.27	400 Free	3	OREG

continued on page 10

Top 10 continued from page 9

Herbert Hoepfner	80	16:39.97	800 Free	4	OREG
Gilbert Young	81	2:10.06	100 Back	10	OREG
Joseph Mallon	82	46:07.38	1500 Free	10	OREG
Khosrow Shadbeh	82	1:43.21	50 Fly	9	OREG
Andrew Holden	84	37.53	50 Free	2	OREG
Andrew Holden	84	1:30.98	100 Free	4	OREG
Andrew Holden	84	46.25	50 Back	2	OREG
Andrew Holden	84	44.97	50 Fly	1	OREG
Andrew Holden	84	2:03.80	100 Fly	1	OREG
Andrew Holden	84	4:57.38	200 Fly	1	OREG

Women Relays

Age	Time	Event	Rank	Club
200 +	5:36.41	400 Free Relay	3	OREG
Janet Gettling	55	Barbara Frid		61
Jackie Quattro	56	Joy Ward		61

Men Relays

160+	4:45.70	400 Medley Relay	7	OREG
Douglas Stewart	39	Gregory Latta		34
Pat Allender	45	Stephen Albright		51
200 +	5:23.94	400 Medley Relay	7	OREG
Brent Lake	65	Bob Bruce		55
Tom Landis	61	Mike Tennant		50
240 +	2:16.73	200 Medley Relay	2	OREG
Robert Smith	60	Allen Stark		54
Bert Petersen	65	George Thayer		67
	4:40.41	400 Free Relay	2	OREG
Robert Smith	60	George Thayer		67
Bert Petersen	65	Mike Tennant		50
	9:41.00	800 Free Relay	1	OREG
Tom Landis	61	David Radcliff		69
Bob Bruce	55	Steve Johnson		55

280 +	2:40.07	200 Free Relay	7	OREG
Gilbert Young	81	Eric Guest		74
Andrew Holden	84	Milton Marks		73
320 +	3:17.93	200 Medley Relay	2	OREG
Rupert Fixott	82	Milton Marks		73
Andrew Holden	84	Gilbert Young		81
Mixed Relays				
120 +	9:40.54	800 Free Relay	3	OREG
Eric Askerman	36	Alison Moore		33
K Andrus-Hughes	46	Brian August		33
	12:22.01	800 Free Relay	7	OREG
Chyle Edic	36	Robin Bragg		43
Colette Crabbe	47	Linda Wong		31
200 +	5:39.13	400 Free Relay	7	OREG
Will Ritter	69	Nancy Vincent		44
Patricia Jenkins	40	Stephen Darnell		49
240 +	2:30.26	200 Medley Relay	4	OREG
Robert Smith	60	Barbara Frid		61
Bert Petersen	65	Jackie Quattro		56
	4:54.95	400 Free Relay	1	OREG
Joy Ward	61	Tom Landis		61
Barbara Frid	61	Robert Smith		60
320 +	3:24.68	200 Free Relay	1	OREG
Eva Muller	91	Gilbert Young		81
Pauline Stangel	82	Andrew Holden		84
	3:57.06	200 Medley Relay	1	OREG
Margaret Wells	77	Pauline Stengel		82
Andrew Holden	84	Gilbert Young		81



Date: February 14
Location: MAC Club
Cost: Free to OMS Swimmers
Numbers: 20 to 30 Swimmers
Sign Up: Entry Form not available when the Aqua Master went to press. Check the Oregon Web Site or email Steph Turner at the MAC (STurner@themac.com) for an entry form and final information. It is also anticipated that entry forms will be available at the Animal Meet in Canby and at the Pentathlon Meet in Beaverton. Please contact Steph Turner ASAP to make sure that a spot is reserved for you. Because of the video work only a limited number of

OMS Coaches Presents Stroke / Video Clinic Featuring: Laurie Kilbourn, Allen Stark, Shelly Rawding and Steph Turner

spots are available for OMS swimmers.
Content: This clinic will include the latest information and techniques from the American Swimming Coaches Association Annual Convention held earlier this year. Laurie and Shelly attended this Convention. Allen will be sharing knowledge and techniques from the Olympic Training Center. This is an "in the water" clinic so you will be able practice and learn what the Presenters are talking about. You will be taped during part of your time in the water and these tapes will be analyzed.
Sign up by Email now - don't be left out.

OMS Association Championship

April 2-4, 2004

OFFICIAL RULES AND GUIDELINES

DISTANCE EVENTS CHECK- IN DEADLINES/TIME PERIODS

Friday, April 2, **400 I.M.** - 5:30 p.m., **1650 Free** - 6:00 p.m.

Saturday, April 3, **1000 Free** - Between the start of the 100 free and the start of the 200 Fly

Sunday, April 4, **500 Free** - 8:30 a.m.

RELAY ENTRIES DEADLINES

Saturday, April 3, **Medley Relay** - 9:15 a.m.

Mixed Free Relay - By the end of the 100 Free

Sunday, April 4, **Free Relay** - By the end of the 50 Free

Mixed Medley Relay - By the end of the 100 IM

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

TEAM SCORING: There will be three team categories (Small, Medium, and Large) based on the number of "entered" swimmers from a team. Only teams registered by March 12, 2004, will be able to score points. There will be a meeting of all the team representatives on Saturday morning at 8:45 a.m. to vote on the breakdown of the teams into three categories. At this meeting we announce the number of swimmers entered per team and look for the "natural breaks" in those numbers. For example, in the past we have used as a guideline the groupings of 1-9, 10--19, and 20 or more swimmers, but this can vary from year to year. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. Team names and abbreviations are listed on the 2004 OMS registration form in this issue of the Aquamaster. Someone from your team must register the team for 2004.

The team registration form is included in this issue. Please make sure your team is registered.

As of Januray 5th, there are 27 teams registered. They are:

Albany Aquatics AAA
Central Oregon Masters Aquatics COMA
Circumnavigating Beavers Aquatics Team ... CBAT
Columbia Gorge Masters CGM
Columbia-Willamette YMCA CWY
Corvallis Aquatic Team Masters CAT
Downtown AthleticCclub DAC
Emerald Aquatics EA
Eugene Nomads EN
Fishsticks FISH
Grass Valley Masters GVM
Mittleman Jewish Community Center MJCC
Mount Hood Masters MHM
Mountain Park Masters MPM

Multnomah Athletic Club MACO
North Clackamas Masters Club NCMS
Oregon Wetmasters OWET
Parkrose Masters Swim Team PMST
Pendleton Masters Swim PEND
Portland Aquatic Club PAC
Portland Upstream PUPS
Rogue Valley Masters RVM
Salem Courthouse Crew SCC
Southern Oregon Masters SOM
Steelheads STHD
Tualatin Hills Barracudas THB
Umpqua Valley Masters UVM
Yawama Masters Swim Club YSC

What you write down on your entry form is your team designation for the meet and no exceptions will be allowed. If you leave this Local Team space blank you will be entered as the team listed on your 2004 USMS card for scoring purposes.

TEAM AWARD: Awards for First, Second, and Third Place will be awarded for each team category

**IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET
PLEASE CONTACT Sandi Rousseau at swim@gorge.net or 541-354-2580**

OREGON MASTERS SWIMMING ASSOCIATION SHORT COURSE YARDS CHAMPIONSHIPS

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #374-05

Eligibility: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 2004 registration form and fee with this form.

Hosted by: Central Oregon Masters Aquatics
Juniper Swim & Fitness Center
Bend, Oregon

DATE: Fri., Sat. & Sun.-April 2-4, 2004

25 yards
8 lanes competition-electronic timing
5 20 yd. lanes for continuous warm-up/down area

FRIDAY: WARM-UPS: 5PM • MEET STARTS: 6PM
SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM
SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM

OMS souvenir/participation award for all entrants

Meet director: Kristin Brooks • Phone: 541-382-3337 • E-mail: Bendbrooks@msn.com

Directions to the pool: From North or South, take Business highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool.

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 MARCH 12, 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 # _____
LOCAL TEAM (SEE LISTINGS ON 2004 REG. FORM) _____
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+ AND 75+. YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS 4 RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY. ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE CONTESTED AND COUNTED FOR TEAM POINTS. THE 400M, 500, 1000 & 1650 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE REGARDING CHECK-IN CLOSING TIMES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDS SLOW TO FAST. SEE GUIDELINE PAGE FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2004 IN ORDER TO SCORE POINTS.

Friday, April 2, 2004

400 IM (1) _____ : _____ . _____
1650 FREE (2) _____ : _____ . _____

Saturday, April 3, 2004

200 IM (3) _____ : _____ . _____
50 FLY (4) _____ : _____ . _____
200 BACK (5) _____ : _____ . _____
100 FREE (6) _____ : _____ . _____
* break*
200 MEDLEY RELAYS (7-8)
50 BACK (9) _____ : _____ . _____
200 FLY (10) _____ : _____ . _____
100 BREAST (11) _____ : _____ . _____

* break*

200 MIXED FREE RELAYS (12)

1000 FREE (13) _____ : _____ . _____

ASSOCIATION/AWARDS BANQUET - 6PM - ASPEN HALL - BEND

Sunday, April 4, 2004

500 FREE (14) _____ : _____ . _____

Break- 20 minute warm-up

50 FREE (15) _____ : _____ . _____

200 BREAST (16) _____ : _____ . _____

100 FLY (17) _____ : _____ . _____

* break*

200 FREE RELAYS (18-19)

100 IM (20) _____ : _____ . _____

50 BREAST (21) _____ : _____ . _____

200 FREE (22) _____ : _____ . _____

100 BACK (23) _____ : _____ . _____

200 MIXED MEDLEY RELAYS (24)

Please plan
to attend the OMS Annual Meeting at 4:30pm
and be a part of this great organization.
Aspen Hall

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

SIGNATURE _____

DATE _____

Association/Awards Banquet • Saturday Evening \$13.00 (all ages) _____ each @ \$13.00

AWARDS BANQUET _____

T-Shirts \$15.00 ea. (circle size) S M L XL XXL (\$17)

T-SHIRTS _____ X \$15=

MEET ENTRY FEE 22.00

TOTAL ENCLOSED _____

MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220

2004 Association Meet in Bend

Join the gang at Central Oregon Master Aquatics for a fun-filled weekend. As you know this is a major snow year so there will be lots of the white stuff still hanging around the mountains in April. That means you can enjoy great competition plus snow shoeing and skiing. There is even a Gallery Walk on Friday night for you art enthusiasts. Here is what you need to know to plan a wonderful visit to Bend.

T-Shirts: designed by the artist that brought you the Association shirt at Corvallis in 2001 and the yearly Elk Lake and Dorena Lake swim shirts. Sure to be a keeper! Order with your entry.

Participation Award: All entrants will receive a special participation award, provided by OMS

Banquet: The Banquet and Awards Presentation will start at 6PM at beautiful Aspen Hall in Shevlyn Park along Tumalo Creek. The Annual OMS General meeting will be from 4:30-6PM at Aspen Hall. Please come to this important meeting. Hors-d'oeuvres will be served. We will have a social period preceding the Banquet buffet from 6-6:30. You must BRING YOUR OWN SPIRITS. We will have soft drinks and coffee and glasses for your libations. Dinner will consist of lasagna, (meat and meatless), garlic bread, salad, and dessert. A speaker will give you valuable information on health, aging and competing before the Awards are presented. Purchase tickets with your entry.

Hotels: This list has your special rates. Identify yourself as a competitor in the meet. Call the numbers below as some of them are sales offices that will give you the discount. All hotels serve some form of breakfast, from basically toast and coffee at Super 8 to a full spread with hot items at the Phoenix Inn. Bend has more hotels per population than any other town in Oregon so the choices are endless. To get to any of these motels and to the pool, do not take the Hy. 97 Bypass. Take Business Hy. 97 (3rd St.).

Fairfield Inn (new hotel, Marriott chain)

1626 NW Hill Street

541-318-1747

walk five blocks to downtown, 1 _ miles to pool, across street from river park

2 beds reg. \$89. If 10 rooms are booked, price drops to \$59. Call to see if 10 rooms are booked.

Phoenix Inn

300 NW Franklin

888-291-4764

walk two blocks to downtown, 1 mile to pool, mountain views

2 persons, two beds \$79. Extra person \$10

Sleep Inn

600 NE Bellevue Drive (off Hy. 20), 1 _ miles to pool, near Costco and movie theater, east of town

541-330-0050

1-2 persons, 1 bed \$62.10

2-4 persons, 2 beds \$69.00

Red Lions North and South (2 hotels)

1415 NE 3rd St. and 849 NE 3rd St., _ mile to the pool, closest motels to the pool

1-2 persons, 1 or 2 beds \$55.00 \$10 each additional person

Must call Sales Dept. 541-382-7011, ext. 4242

Super 8

1275 S Business Hy 97, 2 miles to pool

541-388-6888

1-2 persons, 1 bed \$41.00

3-4 persons, 2 beds \$45.88

Hampton Inn (Hilton chain)

15 NE Butler Market Rd., 1 _ miles to pool,
near shopping mall and restaurants

541-388-4114

\$69 for 1-4 people



Local Team Registration

This form must be postmarked by the entry deadlines of the 2004 OMS Association Championship and the 2004 OMS Open Water Championships, in order for a team to compete as a "local team" at those events.

TEAM NAME _____ ABBREVIATION _____

TEAM REPRESENTATIVE INFORMATION (must be an OMS member)

Rep. Name _____

Address _____

Phone 1 _____ Phone 2 _____

Email _____

TEAM INFORMATION

Number of swimmers on team _____

COACH INFORMATION

Coach Name _____

Address _____

Phone 1 _____ Phone 2 _____

Email _____

POOL INFORMATION

Pool Name _____

Address _____

Phone 1 _____

Workout Schedule _____

Mail to : DOUG CHRISTENSEN, MEMBERSHIP CHAIR, 11700 SW RIDGECREST DR.
BEAVERTON, OR 97008 (dchrister@safewaynw.org)



OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING YEAR 2004 REGISTRATION

☐

Renewal - 2003 USMS # _____

☐

New Member

Last Name:

First Name:

M.I.:

(Please register with the name you will use for competition.)

Address:

City:

State:

Zip:

Phone:

Date of Birth:

Age:

Sex:

☐ M

☐ F

E-mail Address: _____

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

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

☐ OREG

☐ MACO

☐ UNATTACHED

(Unattached members cannot swim in relays)

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

Registered for 2004

Albany Masters ALB
Central Oregon Masters. . . COMA
Circumnavigating Beavers. . CBAT
Columbia Gorge Masters ... CGM
Columbia-Willamette YMCA . CWY
Corvallis Aquatic Masters ... CAT
Downtown Athletic Club DAC
Emerald Aquatics EA
Eugene Nomads EN
Fishsticks FISH

Grass Valley Masters. GVM
Mittleman Jewish C.C. MJCC
Mountain Park Masters MPM
Mt. Hood Masters. MHM
Multnomah Athletic Club . MACO
North Clackamas Masters . NCMS
Oregon Wetmasters. OWET
Parkrose Masters Swim Team. PMST
Pendleton Masters PEND
Portland Aquatic Club PAC
Portland Upstream PUPS

Rogue Valley Masters RVM
Salem Courthouse Crew SCC
Southern Oregon Masters ... SOM
Steelheads STHD
Tualatin Hills Barracudas ... THB
Umpqua Valley Masters UVM
Yawama Masters Swim Club . YSC
Not Registered for 2004
Columbia River Swim Masters CRSM
Oregon City Swim Team OCST
Tigard-Tualatin Masters TTM
No Local Team NLT

\$38.00 Single Registration: Valid November 1, 2003 to December 31, 2004. Make checks payable to OMS, Inc.**\$66.00 Joint registration:** Two members at one address/One Aqua-Master. **One Registration Form per member please.**

Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

☐ I have added a contribution of \$ _____ for Oregon Masters Swimming. We value your support!

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

☐ I have added a contribution of \$1.00 (or \$ _____) to the United States Masters Swimming Foundation.

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

Signature: _____ Date: _____

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

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

2004 Meet SCHEDULE

Date	Event	Location	Contact	
Pool Meets				
Feb. 7	SCY	Pentathlon - Beaverton	Kennedy Price/Chyle Edic	thbmeetdirector@yahoo.com
*March 7	SCY	Mt. Hood CC - Gresham, OR	Phil King	kingp@mhcc.cc.or.us
*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
Open Water				
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
National Championships				
April 22-25	SCY	Indianapolis, IN	www.usms.org	
Aug. 12-15	LCM	Savannah, GA	www.usms.org	
Postal Championships 2004				
*February	February Fitness Challenge		FebFitness@swimoregon.org	
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER				
Board Meetings			July 11, 2004 MHCC 10 AM	
Feb. 25, 2004	NIKE	7 PM	Aug. 25, 2004	NIKE 7 PM
April 3, 2004	Bend	4 PM	Sept. 24-26, 2004 Retreat	
May 12, 2004	NIKE	7 PM	All Board Meetings are open. OMS members are encouraged to attend. Contact Jeanne Teisher, OMS Chair, for more details.	
June 18, 200	Tualatin Hills	7 PM		

Aqua Master
February 2004

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

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