



Aqua Master

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"Swimming for Life"

Relays Set 5 National Records & 1 World



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Meet the Record Setting Swimmers

Camas: Pictured upper left in clockwise order are the five record setting relays. Karen Andrus Hughes, Colette Crabbe, Jeanne Teisher and Joy Ward lowered the Womens 200-239 record in the 200 Medlley to 2:18.96. The 160-199 Mens relay of John Keppler, Mike Tennet, Pat Allender and John Hudson lowered the Mens 400 Medley record to 4:12.45. After setting the Long Course record this summer, the 240-279 Relay of Bob Bruce, Steve Johnson, Dave Radcliff and Tom Landis got back together and lowered the Short Course 800 Free Relay to 9:29.56. In the final picture, the three "iron men" Allen Stark, Robert Smith and Tom Landis swam back to back in the 200 and 400 Medley relays in the Mens 240-279 division. Bert Petersen joined them in the 200 Medley Relay and the World and National record was lowered to 2:05.07. Dave Radcliff was part of the 400 Medley Relay when the team lowered that Record to 5:05.10. What a showing Oregon and Northwest Swimmers made at this Meet. All totaled, swimmers set 54 Oregon Records, 42 Zones Records, 9 National Records, 3 World Records and 1 British Columbia Record.

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Chair's Corner by Jeanne Teisher

WELCOME TO 2004!

I would like to introduce you to the newest member of the OMS board – Robbert (pronounced with a long 'o') van Andel. Robbert has volunteered to be the LMSC's new Webmaster.

So, who is this Robbert guy and what is his swimming background and computer experience? To begin with, Robbert was born in the Netherlands and moved to the US, in 1981, when he was 6 years old. He and his family lived in Bothell, a community just north of Seattle, until 1987 when they moved to Vancouver, WA. In 1993 Robbert followed his swim coach to Springfield, OR and attempted to make the 1996 Dutch Olympic team (he unfortunately didn't qualify). After he quit swimming "full time" Robbert decided to work on a degree at the University of Oregon in Exercise and Movement Science. He transferred to Heald College and graduated in 2002.

Robbert began swimming when he was 10 years old and living in the Seattle area. As an age group swimmer, Robbert's biggest accomplishment, at the age of 17 years, was winning and setting a meet record for the 1500 meter freestyle at the Western Zone Championships. The biggest accomplishment for Robbert as a Masters swimmer was winning the 1650 freestyle at the 1997 Short Course National Championships, which set an LMSC record. The following year he swam at the Association Championships and set two LMSC records in the 200 IM and the 200 breaststroke. To date, no one has broken Robbert's mile and breaststroke records, which were set in 1997 and 1998.

In 1999, Robbert quit swimming to pursue a coaching career in Junction City, St. Helens and Vancouver. Unfortunately for the swimmers, he left the coaching field for a career in computers. Fortunately for Oregon swimmers, Robbert has stayed active in Oregon swimming by designing and editing the annual swim guide for OSI (Oregon Swimming, Inc.) and taking over the duties of Webmaster for OMS and OSI. This year, OSI voted Robbert as the Outstanding Volunteer of the Year (what a great honor!). Last Spring, Robbert decided to get back into training and is slowly getting back into competitive shape. *Continued on page 4*



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.swimmoregon.org



Thank You Gold Medal Sponsors

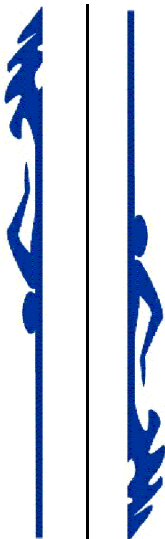
**Keith Dow
Todd Gooding
Rich Juhala
Sandi Rousseau
Earl Showerman**

**Mike Tennant
Keith Uebele
Kermit Yensen
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Become a Sponsor***



Thank You: Steph, Jon, Gary, John, Bert and Denise

The Camas Meet was very successful because of the people behind the scenes. Thank you Steph and Jon for being the "On Deck" coaches, Gary Whitman and John Schmidt for all the data and timing work (Gary demonstrates his techniques to keep water off the equipment). Bert, the Birthday boy and Meet Director, and Denise representing all of the GVM (Headhunters) swimmers who worked so hard planning, timing, setting up and all those other things that are necessary to produce an outstanding meet.





It's the New Year. Everyone has made a resolution to swim more. The pool is crowded. Your lane is crowded. Sara and Jani recently visited with Miss (Lane) Manners and here is their report:

- Make sure you are in the correct lane.
- Know who is in your lane – introduce yourself.
- Swim fastest to slowest within your lane.
- If you are catching the fastest swimmer move to a faster lane.
- If you are getting lapped move to a slower lane.
- Tap the toes of the swimmer in front of you if you would like to pass them.
- Understand that a toe tap is OK and allow that swimmer to move ahead of you.
- If your toes have been tapped stop at the wall and let that person pass.
- If you are the tapper make sure there is a large gap between you and the next swimmer. Sometimes people can only go as fast as the person in front of them. Change the order in your lane if necessary.
- Learn to read the pace clock.
- Know the interval and stay on it.
- Leave an appropriate space between you and the swimmer in front of you, 5 seconds minimum.



- Don't change the interval without checking with your lane mates AND the coach.
- Swim to the right of the lane.
- Turn in the middle of the lane at the wall and then move to the right side.
- If you must pull over or sit out a lap move to the right side of the lane (the "safe zone") so that you are out of the way.
- Be aware of where others are in your lane.
- Don't push off right in front of someone about to turn.
- Finish swims to the wall and move to the left to let others finish at the wall.
- Don't breathe on people when resting on the wall.
- Brush your teeth before morning practice.
- Count strokes when asked to.
- Descend when asked to.
- Negative split when asked to.
- Finish all swims with an underwater touch – on side for free and back, 2 hands for fly and breast.
- Encourage and support your lane mates.

Asmooth working lane will definitely enhance your fitness potential!!

Chair's Corner continued from page 2

At the Camas meet early last month, Robbert swam quite well.

When Robbert is not volunteering and swimming he works as a network operator for Charter Communications, a cable company. He is responsible for monitoring the health of the network and responding to outages by notifying the local techs of problems. Robbert also programs the company's web based tools, which assists the employees in their job.

Welcome to the OMS board, Robbert!

I would also like to extend my appreciation, on behalf of

the OMS board and swimmers, to Bert Petersen and Denise Croucher for the great job they did of organizing the meet at the Grass Valley Aquatics Center in Camas, December 6-7. This is the first time we have held a Masters swim meet at this beautiful facility and, though it was a bit chilly, the pool was definitely fast. There were 54 Oregon, 42 NW Zone, 9 National and 3 World records broken that weekend. Thanks again, Bert and Denise, for inviting us to swim at the facility.

I hope you have a great 2004.

Jeanne



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

As I write this, I can't help noticing what a skill I seem to have become for our Oregon long distance swimmers. Yet the results demand it! We now have the results of the 2003 USMS 3000 & 6000-yard National Postal Championships, and again Oregon swimmers have claimed big bragging rights. Oregon Records fell in droves, five National Records tumbled, and 13 Oregonians became National Individual or Relay Champions. The Oregon Club won the National Combined Team Title in the 3000-yard event and placed second by a single point in the 6000-yard swim. Most importantly, more of us participated than in the past two years; perhaps I can fantasize that some of you actually read and acted upon my article in the September Aqua Master.

3000-yard: 41 Oregon swimmers entered the event. Mary Sweat, Steve Johnson, and Dave Radcliff each added another national title in their respective age groups. Five Oregon Relay teams won their events (four in National Record time). In the team scoring, Oregon swept all categories—Women, Men, and Combined.

6000-yard: 9 Oregon swimmers entered this longer distance event. Joni Young and Mary Sweat took home national titles, and the men's 55+ relay team won and demolished the previous National Record. Oregon won the Women's Team scoring and was second in the Men's, and finished a very close second in the Combined team standings to a strong Ventura County (CA) squad.

Congratulations to...

- Our five individual National Champions (USMS Long Distance All-Americans!);
- Our six relay National Champions (USMS Long Distance Relay All-Americans);
- Our five National Relay Record teams;
- Our 14 Oregon Individual Record breakers;
- Our 10 Oregon Relay Record teams;
- Peggy Whiter, who enjoyed an October birthday and completed & entered both the 3000 & 6000 swims TWICE, once as a young lady of 59 and again as a slightly more mature swimmer of 60. I'm pleased to report that she is improving with age; and
- Everyone who participated!

Look for the full results in this Aqua Master. I can hardly wait for next year, when COMA will host these National Championships and I'll be the Meet Director.

Postal series: Eleven Oregon swimmers qualified for the

2003 Oregon Postal Series by swimming in three or more of the National Postal Swims during the year. Well done! Rob Higley, Steve Johnson, Tom Landis, and Mary Sweat swam all five events, qualifying for the new USMS Postal Participation Award. Better done! See the results in this Aqua-Master.

One Hour Swim: Remember to keep preparing for January's One-Hour swim, the ever-popular kickoff to the new calendar year. I emailed a One-Hour Swim packet to each Oregon Team Representative shortly before Christmas. This packet included information about conducting group postal events, a copy of the National One-Hour entry blank/split sheet, the Oregon Postal Series description, and a plea to participate. Organize, swim well, and have fun! The One-Hour Swim is a great fitness event and a wonderful way to kick off your fitness year. I would like to see more than 100 OMS-registered swimmers participate; we came very close to this number last year.

Web materials: I have recently updated the Long Distance section of the OMS website, which includes the list of Oregon Long Distance Postal Records, a list of the All-time Oregon Top Twelve performers dating all the way back to the first One-Hour Swim in 1977, and an assortment of other historical goodies. Visit our website (www.swimoregon.org) to see your name and where you fit into this corner of Oregon swimming history, and make your plans to create more history this year!

Open Water notes: Although this news is a bit overdue, it's still pretty exciting. A team of swimmers from Rogue Valley Masters—including Greg Frownfelter, Dan Gray, Jennifer Griffin, Todd Lantry, Tucker Whitson, and Daryl Yasui—had a fine relay swim in the Maui Channel Relay in September. Two days later, they—along with COMA's Mike Marshall and Portland's John Keppeler—had a more challenging experience in the Waikiki Rough Water Swim, considered to be the toughest day in the event's long history. Facing of a stiff longshore current and fighting the rush of a full-moon ebb tide, swimmers struggled to make the 2.4 mile distance. More than 300 race starters needed rescue! Later in September, undaunted by these tales, RVM swimmers Daniel Greenblatt, Patti Halprin, Craig & June Mather, and Frank Phillips swam in the chilly Bay waters from Alcatraz to San Francisco, all placing in their age group. Congratulations to all of these intrepid souls! There is a big world of open water swimming out there, and not all of it is as tame as our Oregon lakes. It's worth a try!

Good luck and good swimming!

Oregon Postal Series 3000 / 6000 Results

Oregon LMSC Postal 3000-Yard Swim Results

Place numbers are national places

OR = Oregon Record; NR = National Record

Women 25-29

4 Monica LaBarge	27	EA	43:50.93
7 Erika Gabbard	28	COMA	52:57.78

Women 35-39

14 Rebecca Bozarth	37	COMA	56:22.37
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Women 40-44

5 Karen Saddler	40	SCAT	39:01.57 OR
6 Joni Young	42	SCC	39:58.82
14 Sandra Chavez	42	RVM	56:58.03

Women 45-49

1 Mary Sweat	45	COMA37:40.21 OR
2 Colette Crabbe	46	MHM 38:47.60
4 Karen Andrus-Hughes	46	OWET 39:15.51
10 Theresa Copeland	45	EA 49:49.10
14 Calli Roberts	48	COMA 55:18.31
16 Connie Peterson	48	COMA 55:38.71

Women 50-54

4 Madeleine Holmberg	50	COMA	45:54.68
6 Jani Sutherland	54	COMA	48:49.75
7 Peggy Toole	51	THB	49:52.65
12 June Mather	50	RVM	55:55.00
15 Kristi Riddle	54	THB	57:35.12

Women 55-59

6 Geri Mathewson	55	RVM	48:15.95 OR
10 Pam Himstreet	59	COMA	52:13.87
11 Peggy Whiter	59	COMA	57:37.09
12 Lynn Sacks	57	RVM	57:45.00
14 Lynda Christensen	59	EA	59:01.96

Women 60-64

3 Peggy Whiter	60	COMA54:45.87 OR
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Men 25-29

2 Robbert van Andel	28	UNAT	38:56.28 OR
4 Thomas Schoenborn	28	EA	39:52.47

Men 35-39

7 Rob Higley	38	COMA36:35.24 OR
19 Chyle Edic	36	THB 45:39.30

Men 40-44

8 Doug K. Stewart	40	SOM	39:59.48
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Men 45-49

16 Daniel Greenblatt	48	RVM	48:00.01
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Men 50-54

9 Mike Tennant	50	COMA	39:40.59
14 Kermit Yensen	50	THB	43:08.00
16 Craig Mather	51	RVM	44:50.01
17 Chris Toole	52	THB	46:04.99

Men 55-59

1 Steve Johnson	55	EA	35:54.19 OR
4 Bob Bruce	55	COMA	37:24.69

Men 60-64

3 Tom Landis	61	COMA39:50.00 OR
5 Frank Phillips	60	RVM 45:12.00

Men 65-69

1 Dave Radcliff	69	THB	41:13.03 OR
3 Brent Lake	65	COMA	45:13.03
8 Dick Weick	69	EA	49:00.94
9 George Thayer	67	COMA	52:16.25

Men 75-79

4 Ray Allen	77	SOM	1:08:50.01
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Women 35+: 3 x 3000

2 OREG (Holmberg, Young, Sadler)
2:04:55.07 OR

Women 45+: 3 x 3000

1 OREG (Andrus-Hughes, Crabbe, Sweat)
1:55:43.32 NR

Women 55+: 3 x 3000

3 OREG (Whiter, Himstreet, Mathewson)
2:34:15.69 OR

Men 35+: 3 x 3000

3 OREG (Stewart, Tennant, Higley)
1:56:35.31 OR

Men 55+: 3 x 3000

1 OREG (Landis, Bruce, Johnson)
1:53:08.88 NR

Men 65+: 3 x 3000

1 OREG (Weick, Lake, Radcliff)
2:15:27.00 NR

Mixed 35+: 4 x 3000

1 OREG (Andrus-Hughes, Sadler, Tennant, Higley)
2:35:52.91 OR

Mixed 45+: 4 x 3000

1 OREG (Crabbe, Sweat, Bruce, Johnson)
2:29:46.64 NR

Mixed 55+: 4 x 3000

2 OREG (Himstreet, Mathewson, Radcliff, Landis)
3:01:32.85 OR

Women's National Team Scores:

1 OREGON	80 pts
2 Inland Northwest Masters	60
3 St Pete Masters	37

Men's National Team Scores:

1 OREGON	88 pts
2 St Pete Masters	66
3 Ventura County Masters	57

Combined National Team Scores:

1 OREGON	168 pts
2 St Pete Masters	103
3 Inland Northwest Masters	88

Oregon LMSC Postal 6000-Yard Swim Results

Place numbers are national places

OR = Oregon Record; NR = National Record**Women 40-44**

1 Joni Young 42 SCC 1:25:24.63

Women 45-49

1 Mary Sweat 45 COMA1:17:30.81 OR

Women 55-59

3 Peggy Whiter 59 COMA 2:04:52.12

Women 60-64

2 Peggy Whiter 60 COMA2:03:28.50 OR

Men 35-39

5 Rob Higley 38 COMA1:14:41.37 OR

Men 55-59

2 Steve Johnson 55 EA 1:13:18.36 OR

3 Bob Bruce 55 COMA 1:16:55.03

Men 60-64

5 Tom Landis 61 COMA1:25:23.65 OR

Men 65-69

2 Brent Lake 65 COMA 1:32:08.37

Men 75-79

2 Ray Allen 77 SOM 2:23:40.11

Men 55+: 3 x 6000

1 OREG (Landis, Bruce, Johnson)

3:55:37.04 NR

Mixed 35+: 4 x 6000

2 OREG (Whiter 60, Young, Landis, Higley)
6:10:21.77

Mixed 45+: 4 x 6000

2 OREG (Whiter 59, Sweat, Bruce, Johnson)
5:51:12.70**Women's National Team Scores:**

1 OREGON 39 pts

2 YMCA Indy Swimfit 24

3 Michigan 22

Men's National Team Scores:

1 Ventura County Masters 72 pts

2 OREGON 47

3 St Pete Masters 42

Combined National Team Scores:

1 Ventura County Masters 87 pts

2 OREGON 86

3 St Pete Masters 63

Oregon Postal Series Results 2003**Women 40-44**

1 Joni Young 42 SCC 31 pts

Women 45-49

1 Mary Sweat 46 COMA 56 pts

Women 50-54

1 Madeleine Holmberg 51 COMA 37 pts

Women 60-64

1 Peggy Whiter 60 COMA 35 pts

Men 35-39

1 Rob Higley 38 COMA 53 pts

Men 55-59

1 Steve Johnson 55 EA 56 pts

2 Bob Bruce 55 COMA 44 pts

Men 60-64

1 Tom Landis 61 COMA 56 pts

Men 65-69

1 Brent Lake 65 COMA 45 pts

2 David Radcliff 69 THB 42 pts

Men 75-79

1 Ray Allen 76 SOM 39 pts



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

Date: February 14**Location:** MAC Club**Cost:** Free to OMS Swimmers**Numbers:** 20 to 30 Swimmers

Sign Up: Final Details were being worked out when the Aqua Master went to print. Check the Oregon Web Site or email Steph Turner at the MAC (STurner@themac.com) for an entry form and final information.

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. There will be video taping and these tapes will be analyzed.

SCM Zone Meet - Port Orchard, WA - Nov. 8-9, 2003

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

Women 45-49

400 SC Meter Freestyle			
1 Welborn, Jody	48	OREG	6:18.86
100 SC Meter IM			
1 Welborn, Jody	48	OREG	1:38.45
200 SC Meter IM			
1 Welborn, Jody	48	OREG	3:35.49
400 SC Meter IM			
1 Welborn, Jody	48	OREG	7:35.65

Women 55-59

50 SC Meter Freestyle			
1 Pierson, Ginger	57	MACO	37.54
50 SC Meter Backstroke			
1 Pierson, Ginger	57	MACO	43.82
200 SC Meter Backstroke			
1 Pierson, Ginger	57	MACO	3:25.83
50 SC Meter Breaststroke			
1 Pierson, Ginger	57	MACO	41.51
100 SC Meter IM			
1 Pierson, Ginger	57	MACO	1:30.21

Women 60-64

50 SC Meter Backstroke			
2 Ward, Joy	61	OREG	42.97
100 SC Meter Backstroke			
2 Ward, Joy	61	OREG	1:32.58
100 SC Meter IM			
1 Ward, Joy	61	OREG	1:34.01
200 SC Meter IM			
1 Ward, Joy	61	OREG	3:30.22
400 SC Meter IM			
1 Ward, Joy	61	OREG	7:22.28 Z

Men 35-39

100 SC Meter Freestyle			
1 Gaarder, Chris	38	OREG	1:02.76
200 SC Meter Freestyle			
1 Gaarder, Chris	38	OREG	2:19.39
50 SC Meter Breaststroke			
1 Gaarder, Chris	38	OREG	34.76
100 SC Meter Breaststroke			
1 Gaarder, Chris	38	OREG	1:16.94
200 SC Meter Breaststroke			
1 Gaarder, Chris	38	OREG	2:52.68
50 SC Meter Butterfly			
1 Gaarder, Chris	38	OREG	31.58

Men 45-49

100 SC Meter Breaststroke			
1 Allender, Pat	45	OREG	1:12.18 Z
200 SC Meter Breaststroke			
1 Allender, Pat	45	OREG	2:36.99 O
100 SC Meter Butterfly			
1 Allender, Pat	45	OREG	1:06.32 O
100 SC Meter IM			
1 Allender, Pat	45	OREG	1:06.56
200 SC Meter IM			
1 Allender, Pat	45	OREG	2:23.32 O
400 SC Meter IM			
1 Allender, Pat	45	OREG	5:11.11 O
Men 50-54			
50 SC Meter Freestyle			
1 Tennant, Mike	50	OREG	26.65
200 SC Meter Freestyle			
2 Tennant, Mike	50	OREG	2:13.72 Z

400 SC Meter Freestyle

1 Tennant, Mike	50	OREG	4:49.96 O
50 SC Meter Breaststroke			
1 Stark, Allen	54	OREG	33.64
2 Tennant, Mike	50	OREG	38.39
100 SC Meter Breaststroke			
1 Stark, Allen	54	OREG	1:15.70
2 Tennant, Mike	50	OREG	1:25.07
200 SC Meter Breaststroke			
1 Stark, Allen	54	OREG	2:47.15

Men 65-69

400 SC Meter Freestyle			
1 Lake, Brent	65	OREG	6:05.24
800 SC Meter Freestyle			
1 Lake, Brent	65	OREG	12:18.44
1500 SC Meter Freestyle			
1 Lake, Brent	65	OREG	23:55.77
50 SC Meter Backstroke			
1 Lake, Brent	65	OREG	39.48
100 SC Meter Backstroke			
1 Lake, Brent	65	OREG	1:26.43
200 SC Meter Backstroke			
1 Lake, Brent	65	OREG	3:09.21

Men 80-84

50 SC Meter Butterfly			
1 Holden, Andrew	84	OREG	44.70
100 SC Meter Butterfly			
1 Holden, Andrew	84	OREG	2:01.64 Z
100 SC Meter IM			
1 Holden, Andrew	84	OREG	1:47.95

SCM Meet - Camas, WA Dec. 6-7, 2003

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

Women 19-24

50 SC Meter Freestyle			
1 Crandell, Kelly	23	PNA	32.50
2 Wilkinson, Christina	19	OREG	33.18
100 SC Meter Freestyle			
1 Crandell, Kelly	23	PNA	1:11.12
2 Wilkinson, Christina	19	OREG	1:15.36
200 SC Meter Freestyle			
1 Crandell, Kelly	23	PNA	2:29.75
400 SC Meter Freestyle			
1 Crandell, Kelly	23	PNA	5:23.51
50 SC Meter Backstroke			
1 Wilkinson, Christina	19	OREG	38.84
100 SC Meter Backstroke			
1 Wilkinson, Christina	19	OREG	1:25.40
200 SC Meter Breaststroke			
1 Crandell, Kelly	23	PNA	3:16.29

Women 25-29

50 SC Meter Freestyle			
1 Jordan, Kara	27	OREG	32.68
100 SC Meter Freestyle			
1 Cohen, Elise	29	OREG	1:13.46
50 SC Meter Butterfly			
1 Cohen, Elise	29	OREG	38.34
200 SC Meter Butterfly			
1 Jordan, Kara	27	OREG	3:09.46
100 SC Meter IM			
1 Cohen, Elise	29	OREG	1:25.62

Women 30-34

50 SC Meter Freestyle			
1 Butcher, Jennifer	31	OREG	30.06
2 Hovde, Dina	32	UNAT	34.90
100 SC Meter Freestyle			
1 Butcher, Jennifer	31	OREG	1:07.13

2 Hovde, Dina	32	UNAT	1:15.51
800 SC Meter Freestyle			
1 Hovde, Dina	32	UNAT	11:57.73
50 SC Meter Backstroke			
1 Butcher, Jennifer	31	OREG	35.28
100 SC Meter Backstroke			
1 Butcher, Jennifer	31	OREG	1:17.38
2 Hovde, Dina	32	UNAT	1:32.56

Women 35-39

50 SC Meter Freestyle			
1 Wessel, Caroline	35	OREG	37.75
100 SC Meter Freestyle			
1 Austin, Connie	35	OREG	1:14.82
200 SC Meter Freestyle			
1 Austin, Connie	35	OREG	2:41.44
400 SC Meter Freestyle			
1 Tyrrell, Laura	36	MACO	5:13.29
800 SC Meter Freestyle			
1 Austin, Connie	35	OREG	12:00.10

1500 SC Meter Freestyle

1 Tyrrell, Laura	36	MACO	20:38.95 O
2 Healey, Sandra	36	OREG	21:38.84
50 SC Meter Backstroke			
1 Wessel, Caroline	35	OREG	49.38
100 SC Meter Breaststroke			
1 Healey, Sandra	36	OREG	1:31.35
2 Hyde, Sandra	35	OREG	1:42.80
50 SC Meter Butterfly			
1 Austin, Connie	35	OREG	38.85
2 Hartman, Kimberly	38	OREG	45.13
100 SC Meter Butterfly			
1 Hyde, Sandra	35	OREG	1:34.39
100 SC Meter IM			
1 Austin, Connie	35	OREG	1:27.96

2 Hartman, Kimberly	38	OREG	1:40.94
200 SC Meter IM			
1 Healey, Sandra	36	OREG	3:04.45

Women 40-44

50 SC Meter Freestyle			
1 Foley, Sharon	43	MACO	30.46
1 Vincent, Nancy	44	OREG	33.30
2 Dyehouse, Cheryl	42	OREG	39.30
4 Holman, Tracy	41	OREG	51.20
100 SC Meter Freestyle			
1 Jenkins, Valerie	40	OREG	1:05.33
2 Foley, Sharon	43	MACO	1:11.48
3 Dyehouse, Cheryl	42	OREG	1:27.75

200 SC Meter Freestyle

1 Jenkins, Valerie	40	OREG	2:24.29 Z
400 SC Meter Freestyle			
1 Jenkins, Valerie	40	OREG	5:06.370
2 Raach, Bridget	40	OREG	6:43.37
3 Croucher, Denise	40	OREG	7:17.99
4 Holman, Tracy	41	OREG	8:11.17
1500 SC Meter Freestyle			
1 Croucher, Denise	40	OREG	29:13.42
50 SC Meter Backstroke			
1 Dyehouse, Cheryl	42	OREG	46.63
2 Holman, Tracy	41	OREG	55.08
100 SC Meter Backstroke			
1 Holman, Tracy	41	OREG	2:00.73
200 SC Meter Backstroke			
1 Fox, Christina	43	OREG	3:14.02
50 SC Meter Breaststroke			
1 Vincent, Nancy	44	OREG	43.36
2 Croucher, Denise	40	OREG	48.54
3 Dyehouse, Cheryl	42	OREG	58.76

100 SC Meter Breaststroke		
1	Vincent, Nancy	44 OREG 1:31.65
2	Fox, Christina	43 OREG 1:43.14
3	Croucher, Denise	40 OREG 1:49.61
200 SC Meter Breaststroke		
1	Vincent, Nancy	44 OREG 3:23.77
50 SC Meter Butterfly		
1	Foley, Sharon	43 MACO 34.84
2	Raach, Bridget	40 OREG 44.27
100 SC Meter Butterfly		
1	Foley, Sharon	43 MACO 1:23.73
2	Raach, Bridget	40 OREG 1:44.81

Women 45-49**50 SC Meter Freestyle**

1	Andrus-Hughes, Karen	46 OREG 28.59 Z
2	Tomlinson-Macias, M.	45 INWM 38.03

100 SC Meter Freestyle

1	Andrus-Hughes, Karen	46 OREG 1:03.49 Z
2	Tomlinson-Macias, M.	45 INWM 1:33.37

200 SC Meter Freestyle

1	Tomlinson-Macias, M.	45 INWM 3:29.10
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400 SC Meter Freestyle

1	Crabbe, Colette	47 OREG 5:08.87 Z
2	Parisi, Robin	49 MACO 5:15.26
3	Welborn, Jody	48 OREG 6:10.56

50 SC Meter Backstroke

1	Tomlinson-Macias, M.	45 INWM 44.21
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100 SC Meter Backstroke

1	Andrus-Hughes, Karen	46 OREG 1:20.55
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200 SC Meter Backstroke

1	Andrus-Hughes, Karen	46 OREG 2:40.94
2	Welborn, Jody	48 OREG 3:34.03

50 SC Meter Breaststroke

1	Crabbe, Colette	47 OREG 38.77 Z
2	Thomsen, Dianne	46 OREG 49.48

100 SC Meter Breaststroke

1	Parisi, Robin	49 MACO 1:25.67
2	Budd, Elizabeth	49 OREG 1:44.90
3	Thomsen, Dianne	46 OREG 1:48.69

50 SC Meter Butterfly

1	Parisi, Robin	49 MACO 31.20 Z
2	Welborn, Jody	48 OREG 47.38

100 SC Meter Butterfly

1	Parisi, Robin	49 MACO 1:11.90 Z
2	Crabbe, Colette	47 OREG 1:14.24

200 SC Meter Butterfly

1	Crabbe, Colette	47 OREG 2:42.19 Z
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100 SC Meter IM

1	Parisi, Robin	49 MACO 1:12.66 Z
2	Crabbe, Colette	47 OREG 1:15.85
3	Budd, Elizabeth	49 OREG 1:32.90
4	Thomsen, Dianne	46 OREG 1:52.50

400 SC Meter IM

1	Welborn, Jody	48 OREG 7:30.61
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Women 50-54**50 SC Meter Freestyle**

1	Teisher, Jeanne	52 OREG 32.64 O
2	Royle, Mary Anne	51 OREG 37.77

100 SC Meter Freestyle

1	Royle, Mary Anne	51 OREG 1:25.28
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200 SC Meter Freestyle

1	Teisher, Jeanne	52 OREG 2:44.58
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400 SC Meter Freestyle

1	Toole, Peggy	51 OREG 6:28.52
2	Sutherland, Jani	54 OREG 6:46.44

800 SC Meter Freestyle

1	Staley, Darlene	53 OREG 12:43.88
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50 SC Meter Backstroke

1	Royle, Mary Anne	51 OREG 45.40
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100 SC Meter Backstroke

1	Royle, Mary Anne	51 OREG 1:38.18
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200 SC Meter Backstroke

1	Sutherland, Jani	54 OREG 3:44.07
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100 SC Meter Breaststroke

1	Sutherland, Jani	54 OREG 1:54.64
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Continued on page 10

Pat Allender (above) and Mike Tennant (below) are the swimmers of the Month for this Issue of the Aqua Master. Pat had 1 Zone Record and 4 Oregon Records at the SCM Zone Meet in Washington. He followed this up with a National Record and 3 Zone Records (which are also 3 Oregon Records) and was part of the National Record setting 160 - 199 Division 200 Medley Relay at the Camas Meet. What a way to end 2003. Mike Tennant was also right in there for Swimmer of this Issue. Mike had a Zone Record and 2 Oregon Records in Washington and 2 Zone and 3 Oregon Records at Camas. Mike was also part of the National Record setting Relay. Congratulations Pat and Mike on two great Meets.



Camas Meet continued from page 9

200 SC Meter Butterfly
1 Staley, Darlene 53 OREG 3:29.48

Women 55-59

50 SC Meter Freestyle
1 Casey, Kathrine 55 PNA 34.71

100 SC Meter Freestyle

1 Quattro, Jackie 56 OREG 1:16.21 Z
2 Casey, Kathrine 55 PNA 1:18.88

200 SC Meter Freestyle
1 Quattro, Jackie 56 OREG 2:48.34

800 SC Meter Freestyle
1 Quattro, Jackie 56 OREG 12:16.17
2 Riddle, Kristi 55 OREG 15:46.44

1500 SC Meter Freestyle
1 Quattro, Jackie 56 OREG 22:56.13

50 SC Meter Backstroke
1 Quattro, Jackie 56 OREG 42.79

100 SC Meter Backstroke
1 Pierson, Ginger 57 MACO 1:33.45

50 SC Meter Breaststroke
1 Pierson, Ginger 57 MACO 42.13
2 Riddle, Kristi 55 OREG 55.09

100 SC Meter Breaststroke
1 Pierson, Ginger 57 MACO 1:32.59
2 Casey, Kathrine 55 PNA 1:42.85
3 Riddle, Kristi 55 OREG 2:00.00

200 SC Meter Breaststroke
1 Casey, Kathrine 55 PNA 3:42.87

50 SC Meter Butterfly
1 Pierson, Ginger 57 MACO 41.68
2 Riddle, Kristi 55 OREG 49.04

100 SC Meter Butterfly
1 Pierson, Ginger 57 MACO 1:30.88

200 SC Meter Butterfly
1 Casey, Kathrine 55 PNA 3:37.40

100 SC Meter IM
1 Riddle, Kristi 55 OREG 1:48.33

200 SC Meter IM
1 Riddle, Kristi 55 OREG 4:00.33

400 SC Meter IM
1 Pierson, Ginger 57 MACO 6:56.33

Women 60-64

50 SC Meter Freestyle
1 Pronk, Bonnie 61 MSBC 34.63
2 Ward, Joy 61 OREG 35.67
3 Bieze, Patricia 60 OREG 52.38

100 SC Meter Freestyle
1 Frid, Barbara 61 OREG 1:23.80

200 SC Meter Freestyle
1 Himstreet, Pam 60 OREG 3:30.29

1500 SC Meter Freestyle
1 Himstreet, Pam 60 OREG 28:23.01

50 SC Meter Backstroke
1 Frid, Barbara 61 OREG 41.80

100 SC Meter Backstroke
1 Frid, Barbara 61 OREG 1:38.69

200 SC Meter Backstroke
1 Himstreet, Pam 60 OREG 4:22.70

50 SC Meter Breaststroke
1 Bieze, Patricia 60 OREG 1:04.87

50 SC Meter Butterfly
1 Ward, Joy 61 OREG 38.34
2 Frid, Barbara 61 OREG 43.13

100 SC Meter Butterfly
1 Ward, Joy 61 OREG 1:39.03 O

200 SC Meter Butterfly
1 Pronk, Bonnie 61 MSBC 3:24.49

100 SC Meter IM
1 Frid, Barbara 61 OREG 1:31.95

400 SC Meter IM
1 Pronk, Bonnie 61 MSBC 6:28.90
2 Himstreet, Pam 60 OREG 8:27.16

Women 65-69

50 SC Meter Freestyle
1 Lance, Sherin 67 OREG 52.22

100 SC Meter Freestyle

1 Lance, Sherin 67 OREG 2:00.10

400 SC Meter Freestyle
1 Lance, Sherin 67 OREG 9:04.95

50 SC Meter Backstroke
1 Lance, Sherin 67 OREG 1:05.86

50 SC Meter Breaststroke
1 Lance, Sherin 67 OREG 1:17.02

Women 70-74
1 Rosik, Cynthia 70 OREG 1:05.55

50 SC Meter Butterfly
1 Rosik, Cynthia 70 OREG 1:09.95 O

100 SC Meter Butterfly
1 Rosik, Cynthia 70 OREG 2:38.45

Women 75-79

50 SC Meter Backstroke
1 Wells, Margaret 77 OREG 1:10.64 O

50 SC Meter Breaststroke
1 Wells, Margaret 77 OREG 1:30.25

200 SC Meter Breaststroke
1 Wells, Margaret 77 OREG 6:45.97

200 SC Meter IM
1 Wells, Margaret 77 OREG 5:42.44

400 SC Meter IM
1 Wells, Margaret 77 OREG 10:26.76 Z

Women 80-84
200 SC Meter Backstroke
1 Stevenin, Elfie 82 OREG 7:38.15

50 SC Meter Butterfly
1 Stevenin, Elfie 82 OREG 2:06.49

100 SC Meter Butterfly
1 Stevenin, Elfie 82 OREG 4:52.58 O

200 SC Meter Butterfly
1 Stevenin, Elfie 82 OREG 11:03.48

100 SC Meter IM
1 Stevenin, Elfie 82 OREG 3:56.19

400 SC Meter IM
1 Stevenin, Elfie 82 OREG 18:13.06

Men 19-24

50 SC Meter Freestyle
1 Lowry, Mike 19 OREG 29.52

100 SC Meter Freestyle
1 Lowry, Mike 19 OREG 1:08.61
2 Vandehey, Dustin 23 OREG 1:12.76

200 SC Meter Freestyle
1 Vandehey, Dustin 23 OREG 2:58.91

50 SC Meter Backstroke
1 Lowry, Mike 19 OREG 41.07

50 SC Meter Breaststroke
1 Lowry, Mike 19 OREG 41.34

50 SC Meter Butterfly
1 Lowry, Mike 19 OREG 33.80

Men 25-29

1500 SC Meter Freestyle
1 Curran, Paul 28 OREG 22:51.61

100 SC Meter Breaststroke
1 Van Andel, Robbert 29 OREG 1:18.10

50 SC Meter Butterfly
1 Van Andel, Robbert 29 OREG 30.29

100 SC Meter IM
1 Van Andel, Robbert 29 OREG 1:09.35

Men 30-34

50 SC Meter Freestyle
1 Swain, Sean 32 OREG 25.99
2 Price, Kennedy 31 OREG 31.45

100 SC Meter Freestyle
1 Swain, Sean 32 OREG 57.19
2 Schulz, Tom 32 PNA 1:07.55
3 Price, Kennedy 31 OREG 1:11.13

200 SC Meter Freestyle
1 Swain, Sean 32 OREG 2:03.83 O

2 Price, Kennedy 31 OREG 2:33.01

400 SC Meter Freestyle
1 Schulz, Tom 32 PNA 5:34.29

200 SC Meter Backstroke
1 Cohen, Joshua 32 OREG 2:44.88

100 SC Meter Breaststroke
1 Cohen, Joshua 32 OREG 1:15.83

2 Schulz, Tom 32 PNA 1:29.52

200 SC Meter Butterfly
1 Swain, Sean 32 OREG 2:28.71

100 SC Meter IM
1 Schulz, Tom 32 PNA 1:21.27

200 SC Meter IM
1 Swain, Sean 32 OREG 2:23.31
2 Cohen, Joshua 32 OREG 2:36.97
3 Schulz, Tom 32 PNA 2:59.76

Men 35-39

50 SC Meter Freestyle
1 Rice, David 36 OREG 26.68
2 Blouin, Pierre 37 OREG 32.36

100 SC Meter Freestyle
1 Keppeler, John 36 OREG 53.62 Z

2 Rice, David 36 OREG 59.04
3 Gaarder, Chris 38 OREG 1:03.12
4 Karyukin, Andrei 38 OREG 1:10.53

200 SC Meter Freestyle
1 Keppeler, John 36 OREG 1:58.99 Z

2 Peters, Keith 38 OREG 2:09.59
3 Rice, David 36 OREG 2:18.05

400 SC Meter Freestyle
1 Blouin, Pierre 37 OREG 6:20.03

50 SC Meter Backstroke
1 Keppeler, John 36 OREG 27.92 Z

2 Edic, Chyle 36 OREG 39.26
3 Blouin, Pierre 37 OREG 40.77

100 SC Meter Backstroke
1 Keppeler, John 36 OREG 1:05.38
2 Edic, Chyle 36 OREG 1:22.86

200 SC Meter Backstroke
1 Keppeler, John 36 OREG 2:08.57 Z

50 SC Meter Breaststroke
1 Hudson, John 37 OREG 32.18
2 Gaarder, Chris 38 OREG 35.27
3 Wicks, Mark 37 OREG 38.32
4 Edic, Chyle 36 OREG 38.63

100 SC Meter Breaststroke
1 Hudson, John 37 OREG 1:11.24
2 Gaarder, Chris 38 OREG 1:17.48
3 Edic, Chyle 36 OREG 1:24.94
4 Blouin, Pierre 37 OREG 1:31.52

50 SC Meter Butterfly
1 Karyukin, Andrei 38 OREG 32.07

100 SC Meter Butterfly
1 Hudson, John 37 OREG 1:05.65
2 Karyukin, Andrei 38 OREG 1:18.11

100 SC Meter IM
1 Hudson, John 37 OREG 1:04.82
2 Peters, Keith 38 OREG 1:05.40
3 Wicks, Mark 37 OREG 1:15.36
4 Edic, Chyle 36 OREG 1:19.10

200 SC Meter IM
1 Volckening, Bill 37 NEM 2:27.03
2 Gaarder, Chris 38 OREG 2:44.39

400 SC Meter IM
1 Volckening, Bill 37 NEM 5:18.52

Men 40-44

50 SC Meter Freestyle
1 Culbertson, Scott 41 OREG 28.19
2 Thompson, Ron 44 OREG 32.78
3 Thomsen, Carl 44 OREG 39.97

100 SC Meter Freestyle
1 Christensen, Douglas 40 OREG 1:02.94
2 Thompson, Ron 44 OREG 1:12.30
3 Cox, Chris 42 OREG 1:19.03

200 SC Meter Freestyle
1 Culbertson, Scott 41 OREG 2:27.91
2 Thompson, Ron 44 OREG 2:39.70

400 SC Meter Freestyle
1 Dybdahl, Eric 43 PNA 4:57.23

800 SC Meter Freestyle
1 Thompson, Ron 44 OREG 11:51.64

50 SC Meter Breaststroke
1 Culbertson, Scott 41 OREG 40.79
2 Thomsen, Carl 44 OREG 45.78

100 SC Meter Breaststroke

1	Oliva, Tomas	41	MACO	1:14.99
2	Thomsen, Carl	44	OREG	1:44.50
3	Cox, Chris	42	OREG	1:45.49

50 SC Meter Butterfly

1	Christensen, Douglas	40	OREG	29.70
2	Culbertson, Scott	41	OREG	33.74
3	Cox, Chris	42	OREG	39.33

200 SC Meter Butterfly

1	Dybdahl, Eric	43	PNA	2:34.48
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100 SC Meter IM

1	Oliva, Tomas	41	MACO	1:07.60
2	Cox, Chris	42	OREG	1:35.06

200 SC Meter IM

1	Oliva, Tomas	41	MACO	2:34.30
2	Christensen, Douglas	40	OREG	2:34.41

Men 45-49

50 SC Meter Freestyle

1	Allender, Pat	45	OREG	27.50
2	Friedman, Keith	47	OREG	41.58
3	Macias, Jesse	45	INWM	57.55

100 SC Meter Freestyle

1	Burleson, David	46	MACO	59.20
2	Koch, Steve	46	OREG	1:13.73
3	Macias, Jesse	45	INWM	2:34.95

200 SC Meter Freestyle

1	Munro, Stuart	46	MACO	2:35.00
2	Macias, Jesse	45	INWM	5:53.07

400 SC Meter Freestyle

1	Munro, Stuart	46	MACO	5:28.16
2	Mcclung, Doug	48	OREG	5:41.74
3	Koch, Steve	46	OREG	6:25.74
4	Friedman, Keith	47	OREG	8:13.12

800 SC Meter Freestyle

1	Burleson, David	46	MACO	9:57.94
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1500 SC Meter Freestyle

1	Burleson, David	46	MACO	18:54.33 Z
2	Mcclung, Doug	48	OREG	22:39.99
3	Scoville, Brent	46	OREG	22:55.60

50 SC Meter Backstroke

1	Burleson, David	46	MACO	31.77
2	Darnell, Stephen	49	OREG	42.89

100 SC Meter Backstroke

1	Burleson, David	46	MACO	1:07.52
2	Metzger, Peter	48	OREG	1:09.98
3	Darnell, Stephen	49	OREG	1:40.35

200 SC Meter Backstroke

1	Burleson, David	46	MACO	2:25.51
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50 SC Meter Breaststroke

1	Allender, Pat	45	OREG	33.04 Z
2	Fairhurst, Jon	45	OREG	44.92
3	Darnell, Stephen	49	OREG	46.57
4	Friedman, Keith	47	OREG	56.60

100 SC Meter Breaststroke

1	Allender, Pat	45	OREG	1:11.49 Z
2	Metzger, Peter	48	OREG	1:24.02
3	Fairhurst, Jon	45	OREG	1:39.02
4	Darnell, Stephen	49	OREG	1:47.07

200 SC Meter Breaststroke

1	Allender, Pat	45	OREG	2:33.83 N
2	Munro, Stuart	46	MACO	3:22.09

50 SC Meter Butterfly

1	Metzger, Peter	48	OREG	30.10
2	Fairhurst, Jon	45	OREG	42.98
3	Friedman, Keith	47	OREG	52.56
4	Macias, Jesse	45	INWM	1:26.11

100 SC Meter Butterfly

1	Metzger, Peter	48	OREG	1:11.29
2	Munro, Stuart	46	MACO	1:22.73

200 SC Meter Butterfly

1	Munro, Stuart	46	MACO	3:06.04
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100 SC Meter IM

1	Metzger, Peter	48	OREG	1:10.40
2	Darnell, Stephen	49	OREG	1:29.97

400 SC Meter IM

1	Scoville, Brent	46	OREG	6:33.04
2	Munro, Stuart	46	MACO	6:37.58

Men 50-54

50 SC Meter Freestyle

1	Tennant, Mike	50	OREG	26.17 Z
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100 SC Meter Freestyle

1	Tennant, Mike	50	OREG	58.21 Z
2	Wallis, Gary	50	OREG	1:09.22

200 SC Meter Freestyle

1	Yensen, Kermit	50	OREG	2:33.03
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400 SC Meter Freestyle

1	Yensen, Kermit	50	OREG	5:33.62
2	Toole, Chris	52	OREG	5:59.25

800 SC Meter Freestyle

1	Lautman, Scott	51	PNA	9:31.18 Z
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50 SC Meter Breaststroke

1	Wallis, Gary	50	OREG	39.56
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100 SC Meter Breaststroke

1	Stark, Allen	54	OREG	1:17.01
2	Wallis, Gary	50	OREG	1:25.65
3	Toole, Chris	52	OREG	1:36.50

50 SC Meter Butterfly

1	Yensen, Kermit	50	OREG	32.70
2	Wallis, Gary	50	OREG	35.63

100 SC Meter Butterfly

1	Lautman, Scott	51	PNA	1:02.74 Z
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200 SC Meter Butterfly

1	Lautman, Scott	51	PNA	2:18.69 W
2	Yensen, Kermit	50	OREG	3:16.08

100 SC Meter IM

1	Yensen, Kermit	50	OREG	1:17.40
2	Wallis, Gary	50	OREG	1:17.62

200 SC Meter IM

1	Tennant, Mike	50	OREG	2:36.03 O
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Men 55-59

50 SC Meter Freestyle

1	Prentice, Douglas	55	OREG	28.20
2	Cronin, Jed	55	OREG	30.02
3	Silvey, Michael	58	OREG	30.81
4	Peterson, Steven	57	PNA	32.06
5	Jenkins, James	56	OREG	41.98

100 SC Meter Freestyle

1	Peterson, Steven	57	PNA	1:12.12
2	Silvey, Michael	58	OREG	1:13.95
3	Jenkins, James	56	OREG	1:33.20

400 SC Meter Freestyle

1	Bruce, Bob	55	OREG	5:07.82 O
2	Jenkins, James	56	OREG	7:53.56

800 SC Meter Freestyle

1	Peterson, Steven	57	PNA	11:35.47
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1500 SC Meter Freestyle

1	Bruce, Bob	55	OREG	20:18.89 O
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50 SC Meter Backstroke

1	Jenkins, James	56	OREG	53.61
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200 SC Meter Backstroke

1	Bruce, Bob	55	OREG	2:49.57 O
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50 SC Meter Breaststroke

1	Peterson, Steven	57	PNA	37.64
2	Prentice, Douglas	55	OREG	40.04

100 SC Meter Breaststroke

1	Prentice, Douglas	55	OREG	1:28.37
2	Peterson, Steven	57	PNA	3:00.04
2	Bruce, Bob	55	OREG	3:15.39

50 SC Meter Butterfly

1	Prentice, Douglas	55	OREG	32.32
2	Cronin, Jed	55	OREG	32.73
3	Silvey, Michael	58	OREG	35.80

100 SC Meter Butterfly

1	Cronin, Jed	55	OREG	1:19.26
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400 SC Meter IM

1	Bruce, Bob	55	OREG	6:01.79 O
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Men 60-64

50 SC Meter Freestyle

1	Rudolph, Roger	60	OREG	37.93
2	Michael, Ed	64	OREG	39.20

100 SC Meter Freestyle

1	Rudolph, Roger	60	OREG	1:29.99
2	Michael, Ed	64	OREG	1:30.35

200 SC Meter Freestyle

1	Landis, Tom	61	OREG	2:44.84
2	Juhala, Richard	60	OREG	3:31.87

400 SC Meter Freestyle

1	Landis, Tom	61	OREG	5:46.83
2	Juhala, Richard	60	OREG	7:40.95

1500 SC Meter Freestyle

1	Landis, Tom	61	OREG	20:17.07 Z
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50 SC Meter Backstroke

1	Smith, Robert	60	OREG	31.91
2	Reid, Walter	63	PNA	39.56
3	Mellow, Bill	62	OREG	50.37

50 SC Meter Breaststroke

1	Reid, Walter	63	PNA	40.64
2	Mellow, Bill	62	OREG	45.24
3	Juhala, Richard	60	OREG	46.69

100 SC Meter Breaststroke

1	Reid, Walter	63	PNA	1:34.26
2	Mellow, Bill	62	OREG	1:41.91

200 SC Meter Breaststroke

1	Mellow, Bill	62	OREG	3:46.69
2	Juhala, Richard	60	OREG	3:50.93

50 SC Meter Butterfly

1	Rudolph, Roger	60	OREG	43.87
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100 SC Meter IM

1	Smith, Robert	60	OREG	1:09.39 W
2	Mellow, Bill	62	OREG	1:40.61
3	Juhala, Richard	60	OREG	1:41.69
4	Rudolph, Roger	60	OREG	1:45.92

400 SC Meter IM

1	Landis, Tom	61	OREG	6:16.09 Z
2	Smith, Robert	60	OREG	6:30.57
3	Juhala, Richard	60	OREG	8:08.06

Men 65-69

50 SC Meter Freestyle

1	Ritter, Will	69	OREG	38.01
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400 SC Meter Freestyle

1	Radcliff, David	69	OREG	5:43.97
2	Lake, Brent	65	OREG	6:02.80

800 SC Meter Freestyle

1	Lake, Brent	65	OREG	12:31.91
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1500 SC Meter Freestyle

1	Radcliff, David	69	OREG	21:50.02 Z
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50 SC Meter Backstroke

1	Lake, Brent	65	OREG	39.85
2	Thayer, George	67	OREG	39.86
3	Schimschock, James	67	MACO	1:15.55

100 SC Meter Backstroke

1	Thayer, George	67	OREG	1:28.35
2	Lake, Brent	65	OREG	1:28.99
3	Ritter, Will	69	OREG	1:51.90

200 SC Meter Backstroke

1	Lake, Brent	65	OREG	3:09.95
2	Thayer, George	67	OREG	3:15.61

100 SC Meter Breaststroke

1	Ritter, Will	69	OREG	1:52.49
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50 SC Meter Butterfly

1	Petersen, Bert	65	OREG	31.95
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100 SC Meter IM

1	Ritter, Will	69	OREG	1:42.11
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Men 70-74

50 SC Meter Breaststroke

1	Marks, Milton	73	OREG	44.44
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100 SC Meter Breaststroke

1	Marks, Milton	73	OREG	1:42.81
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200 SC Meter Breaststroke

1	Marks, Milton	73	OREG	3:53.35 O
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100 SC Meter IM

1	Marks, Milton	73	OREG	1:37.28
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Welcome to Oregon! Sean Swain from British Columbia and John Keppeler, formerly of the Olympic Club had record setting swims.

Camas Records continued from Page 11

2 Young, Gilbert 81 OREG 1:30.82

200 SC Meter Freestyle

1 Young, Gilbert 81 OREG 3:23.31 Z

400 SC Meter Freestyle

1 Fixott, Rupert 82 OREG 11:07.56

1500 SC Meter Freestyle

1 Young, Gilbert 81 OREG 29:07.77 Z

2 Mallon, Joseph 82 OREG 43:26.24

50 SC Meter Backstroke

1 Holden, Andrew 84 OREG 49.97

100 SC Meter Backstroke

1 Holden, Andrew 84 OREG 1:54.80

Relays

Women 160-199 200 SC Meter Free Relay

1 OREG 2:41.42

1) Dyehouse, C. 42 2) Raach, B. 40

3) Holman, T. 41 4) Hartman, K. 38

Women 160-199 200 SC Meter Medley Relay

1 OREG 2:55.22

1) Dyehouse, C. 42 2) Croucher, D. 40

3) Raach, B. 40 4) Hartman, K. 38

Women 200-239 200 SC Meter Free Relay

1 OREG 2:41.63

1) Thomsen, D. 46 2) Bieze, P. 60

3) Royle, M. 51 4) Vincent, N. 44

Women 200-239 200 SC Meter Medley Relay

1 OREG 2:18.96 N

1) Andrus-Hughes, K. 46 2) Crabbe, C. 47

3) Ward, J. 61 4) Teisher, J. 52



MAC's Zone Setting Mixed 200 M. Medley Relay: Sharon Foley, Robin Parisi, Dave Burleson and Tomas Oliva.

Men 160-199 200 SC Meter Free Relay

1 OREG 1:59.41

1) Culbertson, S. 41 2) Wicks, M. 37

3) McClung, D. 48 4) Koch, S. 46

Men 160-199 200 SC Meter Medley Relay

1 OREG 2:28.15

1) Culbertson, S. 41 2) Wicks, M. 37

3) McClung, D. 48 4) Koch, S. 46

Men 160-199 400 SC Meter Medley Relay

1 OREG 4:12.45 N

1) Keppeler, J. 36 2) Hudson, J. 37

3) Allender, P. 45 4) Tennant, M. 50

Men 200-239 200 SC Meter Free Relay

1 OREG 2:25.95

1) Fairhurst, J. 45 2) Ritter, W. 69

3) Darnell, S. 49 4) Michael, E. 64

Men 200-239 200 SC Meter Medley Relay

1 OREG 2:56.79

1) Ritter, W. 69 2) Thomsen, C. 44

3) Darnell, S. 49 4) Michael, E. 64

Men 240-279 800 SC Meter Free Relay

1 OREG 9:29.56 N

1) Johnson, S. 55 2) Radcliff, D. 69

3) Bruce, B. 55 4) Landis, T. 61

Men 240-279 200 SC Meter Medley Relay W

1 OREG 2:05.07

1) Smith, R. 60 2) Stark, A. 54

3) Petersen, B. 65 4) Landis, T. 61

Men 240-279 400 SC Meter Medley Relay

1 OREG 5:05.10 N

1) Smith, R. 60 2) Stark, A. 54

3) Landis, T. 61 4) Radcliff, D. 69

Mixed 160-199 200 SC Meter Free Relay

1 OREG 2:12.71

1) Culbertson, S. 41 2) Vincent, N. 44

3) Raach, B. 40 4) Darnell, S. 49

2 OREG 2:15.45

1) Wicks, M. 37 2) Koch, S. 46

3) Wessel, C. 35 4) Dyehouse, C. 42

3 OREG 2:28.02

1) Hartman, K. 38 2) McClung, D. 48

3) Thomsen, C. 44 4) Croucher, D. 40

Mixed 160-199 200 SC Meter Medley Relay

1 MACO 2:07.07 Z

1) Burleson, D. 46 2) Oliva, T. 41

3) Parisi, R. 49 4) Foley, S. 43

2 OREG 2:37.85

1) Royle, M. 51 2) Thomsen, D. 46

3) Culbertson, S. 41 4) Fairhurst, J. 45

3 OREG 2:44.38

1) Hartman, K. 38 2) Wessel, C. 35

3) McClung, D. 48 4) Koch, S. 46

Mixed 200-239 200 SC Meter Free Relay

1 OREG 2:38.92

1) Fairhurst, J. 45 2) Ritter, W. 69

3) Bieze, P. 60 4) Royle, M. 51

Mixed 200-239 200 SC Meter Medley Relay

1 OREG 2:49.81

1) Ritter, W. 69 2) Vincent, N. 44

3) Raach, B. 40 4) Darnell, S. 49

2 OREG 3:08.37

1) Holman, T. 41 2) Bieze, P. 60

3) Wicks, M. 37 4) Michael, E. 64

Mixed 240-279 200 SC Meter Free Relay

1 OREG 2:06.56 Z

1) Smith, R. 60 2) Frid, B. 61

3) Ward, J. 61 4) Landis, T. 61

RECORD SETTING "SPLIT" SWIMS

Robert Smith - Mens 60-64,

50 Fly, 30.30 N

Bob Bruce - Mens 55-59

800 Free 10:51.17 O

Steve Johnson - Mens 55-59

200 Free 2:17.23 Z

Karen Andrus-Hughes - Womens 45-49

50 Back 32.74 Z

John Keppeler - Mens 35-39

100 Back 59.57 Z

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

Second Annual Animal Masters Meet

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
 Eligibility: Currently registered USMS swimmers, 19 years and older.
 Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #374-02



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

Date: Saturday, January 24, 2004

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

Hosted by: Canby Swim Club "The GATORS"

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

Directions to the pool: **Southbound-** I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto HWY 99E (Oregon City, Canby), continue south on 99E, turn left on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center •

Northbound- I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn right on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center

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

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

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

ENTRY DEADLINE: POSTMARK NO LATER THAN Friday, January 9, 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 _____

Entry includes a cool t-shirt (if entry is received after January 14th, a commemorative t-shirt is not guaranteed).

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

Animal Masters I

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

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

Animal Masters II

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

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

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

SIGNATURE _____ DATE _____

Shirt size (circle) S M L XL 2XL

MEET ENTRY FEE: \$20.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
 MAIL FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220



Tualatin Hills Pentathlon

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

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

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

Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #374-03

Place: Tualatin Hills Aquatic Center Pool

15707 SW Walker Rd.

Beaverton, Oregon

6-8 lanes competition-electronic timing

Separate continuous warm-up/down lanes

Hosted by the Tualatin Hills Barracudas

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

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

Date: February 7, 2004

Warm-ups: 8AM
Meet Starts: 9AM

All entrants must submit a photocopy of their current 2004 registration card
or the 2004 registration form and fee with this entry.

ENTRY DEADLINE: POSTMARK NO LATER THAN JANUARY 23, 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 _____

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

Sprint

50 FLY (1) _____ : _____ . _____

50 BACK (3) _____ : _____ . _____

50 BREAST (5) _____ : _____ . _____

50 FREE (7) _____ : _____ . _____

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

Mid Distance

100 FLY (2) _____ : _____ . _____

100 BACK (4) _____ : _____ . _____

Break

100 BREAST (6) _____ : _____ . _____

100 FREE (8) _____ : _____ . _____

Break

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

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

RULES: A 10 SECOND PENALTY WILL BE ADDED TO YOUR TIME FOR ANY STROKE/TURN INFRACTION. A 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 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

27th Annual One Hour Postal Swim

2004 United States Masters Swimming Long Distance National Championship

Sanctioned by the Pacific Masters MSC for USMS, Inc.

Sanction Number: 38-04-02

Date: All swims must take place during January 2004.

OBJECTIVE: To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

VENUE: Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards.)

ELIGIBILITY: Each participant must be registered for 2004 with USMS, or if non-US, a similar body in the swimmer's country. **A COPY OF YOUR 2004 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!**

INDIVIDUAL EVENTS: Men and women separately will compete as individuals in the following age groups: 19-24, 25-29, ..., 100+. The swimmer's age on the day the event is swum determines the entrant's age for the One Hour Swim.

RELAY EVENT: Two team relay events will be contested: 1) a 3 swimmer, same gender team and 2) a mixed 4 person team (2 men & 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: 19+, 25+, ..., 95+. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached teams are not permitted.

CLUB EVENT: Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in each division will receive an award. Three divisions will be recognized based on the number of swimmers entered in the event from each club, as determined by the event host and Long Distance Committee chair. Relay yards will not be counted.

AWARDS: USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 relay teams in each age group relay team event. First place finishers in individual and

team relay events also receive USMS Champion patches. Distinctive awards will be given to the top 3 Clubs in each division of the Club event.

RULES: Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they must each swim on one side of the lane during the entire race (i.e. no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count lengths, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 yards to 2760). (See Venue section for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group. No adjustment may be made for swims completed at altitude. Split sheets must be kept for each swimmer and a copy included with your entry. Using a stopwatch, record cumulative split times to the nearest second and tenth or hundredths for each 50 split.

FEES: Individual entry fees are US \$6 per swimmer for US (\$8 for non-US swimmers). Team entry fees are US \$15 per relay (\$18 for non-US entries). All fees are non-refundable. Make checks payable to Tamalpais Aquatic Masters and mail entries to: *Tamalpais Aquatic Masters, One Hour Postal Swim, PO Box 150516, San Rafael, CA, 94915.* International entrants please submit US funds via international money order or bank check drawn on a bank with a USA affiliate. **ENTRIES MUST BE RECEIVED by February 10, 2004.** Swimmers submitting incomplete entries will be contacted by collect phone call or e-mail.

T-SHIRTS: A 2004 USMS One Hour Postal National Championship T-shirt is available at a cost of \$15. (International orders please add US \$5 postage for each shirt.) Shirt is white with colorful logo pictured above.

MORE INFO: Address questions to:

Nancy Ridout
nancyridout@mindspring.com
415.898-3467

Christine Foote
c71foote@yahoo.com
415.457-9645



Relay Entry Form - Use only for relay entries (please print clearly)

Club Name: _____ Relay Type: F _____ M _____ Mixed _____

Mail Results/awards to: _____

Contact Person: _____

Address: _____

City: _____ State: _____ Country: _____ Club Abbreviation: _____

Name of Swimmer # 1: _____ Gender: _____ Age: _____ Yards swum: _____

Name of Swimmer # 2: _____ Gender: _____ Age: _____ Yards swum: _____

Name of Swimmer # 3: _____ Gender: _____ Age: _____ Yards swum: _____

Name of Swimmer # 4: _____ Gender: _____ Age: _____ Yards swum: _____

Total Team Yards: _____

Team Entry Fees: US \$15 (\$18 for non-US entries). Payment in US \$ from US Banks or international Money Order ONLY.

Please note:

Each relay team member must also have submitted an individual entry form or the relay will be disqualified.

2004 USMS One Hour Postal Swim National Championship Individual Entry Form — Please Print Clearly

NAME _____ USMS Reg. NUMBER _____
(As it appears on registration card) (Include COPY of 2004 USMS Reg. Card or NGB equivalent)
 ADDRESS _____ PHONE _____
 CITY _____ STATE _____ ZIP _____ GENDER M F
 E-Mail Address: _____ AGE _____ BIRTHDATE _____
(mm/dd/yy)
 CLUB _____ CLUB ABBR. _____

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 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.

I swam this event in a 25yd _____, 25m _____, 50 m _____ pool. Distance in meters: _____ meters x 1.0936 = _____ yards.
(If you have swum this event in a 25m or 50m pool, the conversion to yards is distance in meters x 1.0936, rounded down to the nearest 5 yards increment.)

I certify that I have read the rules of this competition and that on _____ I swam _____ yards at _____
(mm/dd/yy) (distance) (pool name/city)

Swimmer's Signature _____

Entry Fee: \$6.00 (US Only) \$8.00 (International/non-US) — \$ _____

T-shirt Order: Indicate T-shirt quantity ordered at

\$15/shirt in US; \$20/shirt international

Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____ \$ _____

TOTAL(US \$): — \$ _____

Verifier's Signature _____

IMPORTANT— You Must Include:

(1) Masters 2004 Registration Card, (2) Official Entry Form and (3) Split Sheet.

Make Checks Payable To: Tamalpais Aquatic Masters

Send Entries to: Tamalpais Aquatic Masters, One Hour Postal Swim, PO Box 150516, San Rafael, CA 94915.

Must be RECEIVED by February 10, 2004

Results: ☐ Electronic results via email address listed above
☐ Paper results via US Postal

Awards: Please check if you DO NOT wish to receive your
☐ Championship Medal ☐ Patch



Record Split Entries using **CUMULATIVE** split times to the nearest second and tenth or hundredth.

50	1050	2050	3050	4050	5050
100	1100	2100	3100	4100	5100
150	1150	2150	3150	4150	5150
200	1200	2200	3200	4200	5200
250	1250	2250	3250	4250	5250
300	1300	2300	3300	4300	5300
350	1350	2350	3350	4350	5350
400	1400	2400	3400	4400	5400
450	1450	2450	3450	4450	5450
500	1500	2500	3500	4500	5500
550	1550	2550	3550	4550	5550
600	1600	2600	3600	4600	5600
650	1650	2650	3650	4650	5650
700	1700	2700	3700	4700	5700
750	1750	2750	3750	4750	5750
800	1800	2800	3800	4800	5800
850	1850	2850	3850	4850	5850
900	1900	2900	3900	4900	5900
950	1950	2950	3950	4950	5950
1000	2000	3000	4000	5000	6000

Total Yardage: _____



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 _____

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: <small>(Please register with the name you will use for competition.)</small>	First Name:	M.I.:
---	--------------------	--------------

Address:

City:	State:	Zip:
--------------	---------------	-------------

Phone:	Date of Birth:	Age:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F
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E-mail Address: _____ <input type="checkbox"/> Electronic Delivery <i>(Starting in March I prefer to receive the Aqua Master electronically)</i>	Do you coach a Masters Team Yes <input type="checkbox"/> No <input type="checkbox"/>
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Club: OMS is comprised of two clubs or you may register unattached.	<input type="checkbox"/> OREG	<input type="checkbox"/> MACO	<input type="checkbox"/> UNATTACHED <small>(Unattached members cannot swim in relays)</small>
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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
 Corvallis Aquatic Masters . . . CAT
 Downtown Athletic Club DAC
 Eugene Nomads EN
 Grass Valley Masters. GVM
 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
 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
 Emerald Aquatics. EA
 Fishstick Masters FISH
 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



Date	Event	Location	Contact
Pool Meets			
Jan. 10	SCY	Eugene, OR	Ginny Hoke virginiawildberry@yahoo.com
*Jan. 24	SCY	Canby, OR - “Animal” Meet	Ken Schuh kdschuhmeister@aol.com
*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
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. 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			
Jan. 1 - Dec. 31	USMS Virtual Swim Series (Hosted by COMA)		Pam Himstreet himstreet@bendcable.com
Jan. 2004	1 Hour Swim	nancyridout@mindspring.com or www.usms.org	
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			
Board Meetings			July 11, 2004 MHCC 10 AM
Jan. 28, 2004	NIKE	7 PM	Aug. 25, 2004 NIKE 7 PM
Feb. 25, 2004	NIKE	7 PM	Sept. 24-26, 2004 Retreat
April 3, 2004	Bend	4 PM	All Board Meetings are open. OMS members are encouraged to attend. Contact Jeanne Teisher, OMS Chair, for more details.
May 12, 2004	NIKE	7 PM	
June 18, 200	Tualatin Hills	7 PM	

Aqua Master
January 2004

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

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Inside: Results of the Camas Meet