



# Aqua Master

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*"Swimming for Life"*

## Double Wow: Mike, Colette, Karen and Pat




8 awesome swims by Mike Tennant, Colette Crabbe, Karen Andrus Hughes and Pat Allender resulted in two new National Relay records (400 Mixed Medley and 800 Mixed Free) in the extremely tough 45 + age group. In the Medley Relay, Karen led off with 1:02 (new Zone Record), Pat split 1:03 for Breaststroke, Colette did 1:03 for the Fly and Mike brought it home in 51 for the free leg. Mike set an Oregon record of 1:59 in leading off the Free Relay, Karen did 2:07, Colette did a 2:11 and Pat anchored with a 1:52. *Full results on page 8*

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### Gerald Huestis Seriously Injured



Gerald Huestis, one of the "Grand Old Men" of Oregon Swimming, was seriously injured when he was struck by a vehicle, while he was out walking. Gerald was looking forward to some great Relay action this summer, when he, Andy Holden, Gil Young and Dave Radcliff went after some National Records in the 320 Age Group Division. Gerald's conditioning and never give up attitude developed through years of swimming is helping him fight through these injuries. The latest word from his daughter Barbara and son Doug: "He was out of the ICU for a day on the 3rd, but went back the next day - a minor set back really, but it sometimes has seemed frustratingly slow progress, and yet we do remember when we didn't think this much recovery would be possible. He is in very good spirits and enjoys visits, cards, hearing from everyone. He is very alert - and we hope will be transferred again soon out of the ICU." Cards but No Flowers can be sent to: Gerald Huestis c/o Legacy Emanuel Hospital, 2801 N. Gatenbein Avenue, Portland Oregon 97227

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## Chair's Corner by Jeanne Teisher

Guess This Masters Swimmer!

I get such a kick out of getting to know people, particularly swimmers. There is so much more to our fellow swimmers than what we see at practices and swim competitions. Unfortunately, we don't always get a chance to really visit with them during a workout or at a swim meet. The individual I'm going to tell you about in this article is someone many of you know as a good swimmer and a great person. But, there is an interesting background to this Masters swimmer.

When this swimmer tried out for his first swim team, his junior year of high school, he was not good enough for the team because of his lack of swimming skills. This was in early September. Since the season only lasted until the end of October and then started up again in January, this individual decided to learn how to swim on his own. When he tried out for the team in January, he had learned enough swimming technique to make the team and continued to swim on the city team through the summer and his senior year of high school. Just to prove how small the swimming world really is, this swimmer was beaten in his final swim race of high school. Almost fifty years later, he turned around and beat his high school competition at a Masters race. Such sweet friendly revenge!

After high school, this swimmer went to a small college where there were limited swimming facilities. After a year, he transferred to UC-Berkley and swam for the University swim team his junior and senior years, making All American both years.

After graduating from college, he was drafted into the army. While stationed at Ft. Ord, he received orders to go to Europe. At the last minute, his orders were cancelled and he was sent to Ft. McArthur for some tough military training – swimming. This was during the period when the Cold War athletic politics was being played by both the US and Russia. Russia's military also trained to be very competitive athletes. Not to be outdone, at least not in swimming, the US sent 15 top swimmers to Ft. McArthur to train, with no coach, for the 1956 Olympics. I guess this was one way you could serve your country back then! While in the army, this swimmer was able to participate in 3 of the greatest swimming experiences of his life - being part of a Goodwill Swimming Tour (in 1955) to SE Asia, which included Vietnam, Thailand, Cambodia, India, and Sri Lanka; participating in the Olympics in 1956; participating in the International Military Meet, in 1957, which included all NATO countries. The meet was held at the French Army Camp on the French Riviera. Prior to meet, though, swimmers were sent to Germany to train at one of Hitler's former SS Camps, which was located in the Bavarian part of the country.

When this individual was discharged from the army, he taught swimming while completing his education to be a schoolteacher. It was at this time he met and fell in love with a lady who became his wife. He has been a teacher, vice principal, and high school swim coach, which he considers his number one coaching experience. To this day, at 70 years old, this Masters swimmer, former swim coach, Olympic swimmer, teacher, vice principle, stays in touch with many of his former swimmers. In fact, one of them is a Masters swimmer here in Oregon.

Have you figured out whom I'm talking about? If you guessed the multiple record holder, Aqua Master Editor, DAVE RADCLIFF, you're correct. What a fascinating life!

*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.*

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## The Patriot Games ~ A Metric Pentathlon

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

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

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

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

DATE: Saturday September 11, 2004

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

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

WARM-UPS: 8AM  
MEET STARTS: 9AM

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

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

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

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

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

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

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

PHONE \_\_\_\_\_

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

BIRTHDATE \_\_\_\_\_ AGE (AS OF 12-31-04) \_\_\_\_\_ SEX \_\_\_\_\_

2004 USMS # \_\_\_\_\_

USMS CLUB (OREG, MACO, PNA, ETC) \_\_\_\_\_

IS THIS YOUR FIRST MASTERS MEET? ☐ YES ☐ NO

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359, ETC. **YOU MAY ENTER UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400M AND 800M RELAYS WILL BE SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. RELAY ENTRIES WILL CLOSE 30 MIN. BEFORE EVENT. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Enter as many as five events. If you choose to not enter all 5 events in either the sprint or mid distance category, you will not be scored as a pentathlon. OMS awards will be given to individual event winners and there will be special awards for Pentathlon winners.

### Saturday September 11, 2004 Sprint

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

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

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

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

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

### Saturday September 11, 2004 Mid Distance

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

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

Break

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

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

Break

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

Break

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

Medley Relay (11-14)

Mixed Medley Relay (18-19)

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

Free Relay (20-25)

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

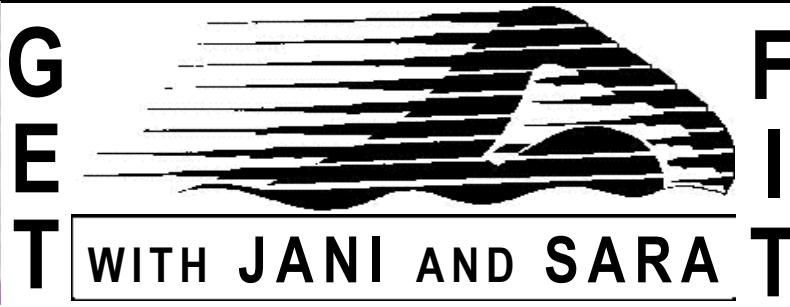
**RULES: A 10 SECOND PENALTY WILL BE ADDED TO YOUR TIME FOR ANY STROKE/TURN INFRACTION. A FLASE START ELIMINATES YOU FROM THE FIVE EVENT COMPETITION, BUT NOT FROM SWIMMING ANY OTHER RACES. YOUR TOTAL TIME FOR THE FIVE EVENTS DETERMINES YOUR FINAL PLACING.**

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

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

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

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



## Banana News

-  If you want a quick fix for flagging energy levels there's no better snack than a banana. Abanana contains three natural sugars – sucrose, fructose and glucose – which combined with fiber gives an instant sustained and substantial boost of energy.
-  Research has proven that just two bananas provide enough energy for a strenuous 90 minute workout. No wonder the banana is the number one fruit with the world's leading athletes.
-  According to a recent survey done by MIND, people suffering from depression felt better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, which is known to make you relax, improve your mood and generally make you feel happier.
-  If you suffer from PMS forget the pills, eat a banana. Bananas contain Vitamin B6 which helps regulate blood glucose levels that can affect your mood.
-  Bananas are high in iron and can stimulate the production of hemoglobin the blood and help with anemia.
-  Bananas are very high in potassium and low in salt, making them perfect for beating high blood pressure. The US Food and Drug Administration has just allowed the banana industry to make official claims for the fruits ability to reduce the risk of high blood pressure and stroke.
-  Research has shown that the potassium in bananas can assist learning by making pupils more alert.
-  Bananas are high in fiber and including them in your diet can help restore normal bowel action, helping to overcome constipation without laxatives.
-  One of the quickest ways to cure a hangover is to make a banana milk shake, sweetened with honey. The banana calms the stomach and with the help of the honey, builds up depleted blood sugars while the milk soothes and re-hydrates your system.
-  If you suffer from heartburn, try bananas. They have a natural antacid effect in the body.
-  Pregnant?? Try snacking on bananas between meals to keep blood sugar levels up and avoid morning sickness.
-  Mosquito bites?? Before reaching for the insect bite gel, try rubbing the affected area with the side of a banana skin.
-  Bananas are high in B vitamins that help calm the nervous system.
-  The banana can help with ulcers. It is the only raw fruit that can be eaten without distress to the intestinal system. It neutralized over-acidity and reduces irritation by coating the lining of the stomach.
-  Many cultures see bananas as a 'cooling' fruit that can lower both physical and emotional temperatures of expectant mothers. In Thailand pregnant women eat bananas to ensure that their baby is born with a cool temperature.
-  Bananas can help Seasonal Affective Disorder (SAD) because they contain the natural mood enhancer tryptophan.
-  Bananas can help people quit smoking. They contain Vitamin B6 and B12 as well as potassium and magnesium which help the body recover from the effects of nicotine withdrawal.
-  The potassium contained in bananas helps normalize the heartbeat, sends oxygen to the brain and regulates our body's water balance.
-  When we are stressed our metabolic rate rises which reduces our potassium levels. These can be re-balanced with the help of a high potassium banana.
-  According to research in The New England Journal of Medicine eating bananas as part of a regular diet can reduce the risk of death by strokes by as much as 40%.
-  Abanana has four times the protein of an apple, twice the carbohydrate, three times the phosphorous and five times the Vitamin A.
-  Maybe its time to change that well know phrase to ***"A banana a day keeps the doctor away!!"***





# LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

Open water swimming season opens soon. Indeed, some of you have even been at it already. This is that time of year when friends gather at the Oregon lakes, socialize a while, swim a bit, and socialize some more. The car adds a few more miles. The camping gear gains the patina of another year of hard use. And we all gain a little fitness and a lot of great experiences & memories to help us last through the long year of pool-only swimming.

Obviously, open water swimming—with its great benefits—holds great allure for some of us. After all, this is our voluntary return trip into the primordial ooze. But others approach open water swimming with apprehension or trepidation, caused by many factors: distance, temperature, depth, visibility, currents, waves, water quality, and critters. Over the years, I have learned that one other factor—the mass start—concerns, even terrifies, more would-be open water swimmers than any other single factor.

Most open water races and triathlons begin with a mass start. Everyone begins together from the same starting line, either in the water or on the beach. The starting signal induces a flurry of frenzied lemming-like behavior. Arms fly. Feet thrash. Waves abound. Adrenaline flows. Heart rates soar. It seems like everyone has entered your lane intent upon running you over. So much for your plans for an enjoyable, controlled, measured, steady paced swim.

There are several strategies to overcome this unruly brouhaha and survive mass starts on your own terms:

- Position yourself appropriately before the start by speed. If you are among the fastest swimmers, go to the front and start on the line, allowing you to break away at the beginning and avoid swimming over or around slower folks. If you are one of the slowest swimmers, go to the rear, preventing the aggravation of being run over. If you swim in the middle of the pack, start somewhere in the middle.
- Position yourself appropriately before the start according to your willingness to 'mix it up'. If you enjoy the melee at the start, find a place inside the pack. If you prefer a bit more calm and quiet, head for the right or left edge of the pack; you may swim a tiny bit farther, but find little or no interference.
- Respond to the starting command in a way appropriate to your own goals. If you wish to win the race at the start, go for it! If you want to find the draft right away, find some feet. If pace is your game, relax and find that pace right away without blasting off with the others. If a calm and serene swim is your aim, stand poised, Zen-like, for the first few seconds, then plunge in and begin your quest.

- Resolve to be fair and sporting to others by not beating on them at the start.

- Best of all, practice group swimming before you get to the race. In your home pool, do some short sets of one-length swims placing the whole team in one lane. Experiment with various situations: swimmers ranked fast-to-slow; swimmers mixed by ability; swimmers ranked slow-to-fast. Try swimming three abreast on two-second start intervals for a real treat. Practice being assertive without being unkind. And always remember to be safe with your precious teammates.

Triathletes, be alert and prepared! Mass starts at triathlons are typically much more vigorous and aggressive than mass starts at open water swims, I believe for five reasons.

First, the size of triathlon starting fields or flights are usually larger (although I have been in some huge mass swim starts, notably at La Jolla).

Second, the swimming skill and comfort in water of the average triathlete is somewhat less than those of the average open water swimmer (often far, far less), leading to erratic & unpredictable swim behavior.

Third, many triathletes, having trained alone, lack the group swimming & management skills and cohesive group dynamic ethic so cherished by swimmers, who usually train together.

Fourth, triathletes often seem amazingly oblivious or unconcerned about their speed & aquatic ability relative to the rest of the starting field, and thus seed and/or position themselves for disaster at the start.

Fifth, triathletes are often clad in neoprene armor, which somehow conveys the right—perhaps even expectation—to bash away at others. So when starting a triathlon, resolve to be fair and sporting, yet be prepared for a very physical experience. And, remembering that being first out of the water is no guarantee of success in the whole event (particularly in non-draft races), have a controlled swim.

Most Oregon open water races this summer will use mass starts. Due to the modest size of the fields, you should be able to use the strategies above to help you enhance and enjoy your swim. Yet this year there are several swims scheduled that will use alternative starts. The unique stage race at Applegate Lake and the new 1000-meter swim at Elk Lake will use small group starts, and the Elk Lake 500-meter time trial will retain its traditional one-at-a-time start. Try these alternatives.

See you at the lakes! Good luck and good swimming!



Oregon and MAC Swimmers swim well at USMS SCY Nationals in Indianapolis and have much to smile about.

## USMS National SCY Championships -Indianapolis - April 22-25

**N** = Breaks listed National Record

**Z** = Zone Record

**O** = Oregon Record

### Name Time Place

#### Multnomah Athletic Club

#### Foley, Sharon E

100 Fly	1:10.90	23
50 Breast	35.76	12
100 Free	58.64	17
50 Free	26.22	14
50 Fly	30.43	28
100 Breast	1:18.03	14

#### King, Phillip J

400 IM	4:28.53	3
50 Back	27.30	7
200 Breast	2:20.80	7
200 Back	2:12.42	6

#### Miesen, Lee J

50 Breast	42.86	2
100 IM	1:40.24	2
200 Breast	4:07.42	4
200 Back	3:35.59	2
100 Breast	1:40.59	4



#### Oliva, Tomas

50 Breast	29.24	9
200 Free	1:57.22	25
100 IM	59.46	16
200 IM	2:12.02	12

#### Otto, Douglas E

100 Back	1:00.44	10
100 IM	59.65	13
200 Breast	2:28.10	13
200 Back	2:13.47	7
200 IM	2:12.75	10
100 Breast	1:06.57	14

#### Parisi, Robin B

100 Fly	1:02.44	2
<b>100 IM</b>	<b>1:04.51</b>	<b>1 Z</b>
100 Free	56.76	2
50 Free	26.07	2
50 Fly	28.23	1

#### Pierson, Ginger L

100 Fly	1:20.35	3
50 Breast	35.66	1



100 IM	1:16.60	2
200 Fly	2:52.10	2
200 Breast	2:55.13	1
<b>100 Breast</b>	<b>1:17.43</b>	<b>1 N</b>
<b>Stoinoff, Lavelle M</b>		
<b>1000 Free</b>	<b>13:58.55</b>	<b>1 N</b>
200 Free	2:36.06	1
100 Free	1:14.20	1
<b>500 Free</b>	<b>6:46.78</b>	<b>1 N</b>
200 Back	3:06.47	1
<b>50 Free</b>	<b>34.13</b>	<b>1 Z</b>
<b>Mixed 200 Free Relay</b>	<b>1:38.46</b>	<b>8</b>

Parisi, Robin B      Oliva, Tomas  
Foley, Sharon E      King, Phillip J

**Oregon Masters****Alden, Jennifer N**

100 Fly	1:02.53	7
<b>100 Back</b>	<b>1:01.55</b>	<b>3 O</b>
100 IM	1:04.13	7
<b>50 Back</b>	<b>28.73</b>	<b>3 O</b>
50 Free	26.05	9
50 Fly	27.44	6

**Fryefield, David C**

100 Fly	1:01.33	17
<b>400 IM</b>	<b>5:05.09</b>	<b>8 O</b>
<b>200 Fly</b>	<b>2:27.87</b>	<b>9 O</b>
200 IM	2:22.82	13

**Gaarder, Chris**

50 Breast	31.01	16
200 Free	2:04.67	28
100 IM	1:04.38	30
200 Breast	2:35.62	15
50 Fly	28.27	28
100 Breast	1:06.88	15

**Griffin, Steven E**

100 Fly	1:06.66	28
100 Free	58.49	39

**Jenkins, Valerie G**

<b>100 Back</b>	<b>1:00.71</b>	<b>1 Z</b>
<b>100 IM</b>	<b>1:03.11</b>	<b>1 Z</b>
<b>50 Back</b>	<b>28.09</b>	<b>1 Z</b>
<b>500 Free</b>	<b>5:37.12</b>	<b>4 O</b>
<b>200 Back</b>	<b>2:15.20</b>	<b>1 O</b>
<b>50 Fly</b>	<b>27.57</b>	<b>5 O</b>

**Metzger, Peter R**

100 Back	59.70	9
100 IM	1:00.31	16
50 Back	28.00	8
200 Back	2:14.55	8

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50 Fly	26.44	17
<b>Rousseau, Sandi</b>		
50 Breast	43.56	6
100 IM	1:23.47	7
50 Back	39.77	5
100 Free	1:10.37	8
50 Free	31.44	5
50 Fly	33.50	3

**Smith, Robert S**

<b>50 Breast</b>	<b>32.11</b>	<b>3 O</b>
<b>100 Back</b>	<b>1:02.53</b>	<b>2 N</b>
<b>100 IM</b>	<b>1:01.51</b>	<b>1 N</b>
<b>50 Back</b>	<b>27.62</b>	<b>1 N</b>
<b>50 Free</b>	<b>23.87</b>	<b>2 Z</b>
50 Fly	26.95	2

**Swain, Sean C**

200 Free	1:44.91	3
100 Free	48.37	4
50 Free	22.78	14
500 Free	4:49.63	2

**Ward, Joy**

100 Back	1:21.49	1
100 IM	1:21.72	1
50 Back	36.78	2
50 Free	31.44	3
50 Fly	33.45	1

**Mixed 200 Medley Relay** 1:48.93 7

Jenkins, Valerie G      Gaarder, Chris

Alden, Jennifer N      Swain, Sean C

**Women 200 Free Relay** 1:55.07 12

Jenkins, Valerie G      Ward, Joy

Rousseau, Sandi      Alden, Jennifer

**Men 200 Free Relay** 1:36.07 12

Gaarder, Chris      Fryefield, David C

Metzger, Peter R      Swain, Sean C

**Women 200 Medley Relay** 2:07.56 15

Alden, Jennifer N      Jenkins, Valerie G

Ward, Joy      Rousseau, Sandi

**Men 200 Medley Relay** 1:47.09 13

Metzger, Peter R      Gaarder, Chris

Swain, Sean C      Fryefield, David

**Mixed 200 Free Relay** 1:39.76 12

Swain, Sean C      Jenkins, Valerie

Gaarder, Chris      Alden, Jennifer N

**UNAT Unattached**

Blair, Ron G

100 Back	3:06.67	15
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(All photos by Valerie Jenkins)

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# Northwest Zone SCY Championships - Corvallis - May 1-2

N = Breaks listed National Record				Z = Zone Record			O = Oregon Record		
<b>Women 19-24</b>				200 Yard IM			1	Andrus-Hughes, K	46 OREG 2:22.35
200 Yard Freestyle				1	Gitelman, Alix	39 OREG 2:48.83	2	Welborn, Jody	49 OREG 3:14.08
1	Dolan, Mary	19 MM	2:19.37	400 Yard IM			3	Peterson, Connie	49 OREG 4:03.42
1000 Yard Freestyle				1	Lefabre, Karen	36 UNAT 5:13.76	50 Yard Breaststroke		
1	Dolan, Mary	19 MM	12:45.76	2	Topp, Suzanne	36 UTAH 6:06.72	1	Welborn, Jody	49 OREG 45.65
50 Yard Butterfly				<b>Women 40-44</b>			100 Yard Breaststroke		
1	Dolan, Mary	19 MM	32.84	50 Yard Freestyle			1	Snyder, Lynn	47 OREG 1:31.83
<b>Women 25-29</b>				1	Foley, Sharon	43 MACO 26.37	2	Welborn, Jody	49 OREG 1:36.74
50 Yard Freestyle				100 Yard Freestyle			3	Peterson, Connie	49 OREG 1:57.87
1	Anderson, Kristin	28 OREG	28.21	1	Goddard, Grace	44 OREG 1:00.57	200 Yard Breaststroke		
100 Yard Freestyle				2	Fox, Christina	43 OREG 1:14.67	1	Peterson, Connie	49 OREG 4:06.95
1	Anderson, Kristin	28 OREG	1:01.50	500 Yard Freestyle			50 Yard Butterfly		
200 Yard Freestyle				1	Fox, Christina	43 OREG 7:12.13	1	Worden, Laura	46 OREG 31.32
1	Anderson, Kristin	28 OREG	2:18.32	50 Yard Backstroke			2	Buck, Donna	45 OREG 32.20
100 Yard IM				1	Goodman, Ann	44 OREG 36.56	3	Straley, Deidre	47 OREG 33.16
1	Anderson, Kristin	28 OREG	1:14.74	100 Yard Backstroke			4	Welborn, Jody	49 OREG 40.05
<b>Women 30-34</b>				1	Goodman, Ann	44 OREG 1:17.69	100 Yard Butterfly		
100 Yard Freestyle				2	Fox, Christina	43 OREG 1:18.16	1	Worden, Laura	46 OREG 1:11.15
1	Wong, Linda	32 OREG	1:20.82	200 Yard Backstroke			100 Yard IM		
500 Yard Freestyle				1	Fox, Christina	43 OREG 2:49.74	1	Buck, Donna	45 OREG 1:11.14
1	Wong, Linda	32 OREG	7:51.09	2	Goodman, Ann	44 OREG 2:51.13	2	Worden, Laura	46 OREG 1:14.05
1650 Yard Freestyle				50 Yard Breaststroke			3	Dunton, Nancy	45 OREG 1:15.00
1	Wong, Linda	32 OREG	26:52.75	1	Thalman, Danielle	41 OREG 41.50	4	Eckert-Mason, Kathy	46 OREG 1:25.21
50 Yard Backstroke				100 Yard Breaststroke			5	Knutson, Brenda	45 PNA 1:29.26
1	Kramer, Laura	34 OREG	36.06	1	Foley, Sharon	43 MACO 1:18.42	400 Yard IM		
2	Wong, Linda	32 OREG	49.45	2	Thalman, Danielle	41 OREG 1:28.89	1	Worden, Laura	46 OREG 5:40.85
100 Yard Backstroke				3	Fox, Christina	43 OREG 1:29.56	2	Cappaert, Marlys	45 OREG 5:56.73
1	Kramer, Laura	34 OREG	1:16.03	200 Yard Breaststroke			<b>Women 50-54</b>		
200 Yard Backstroke				1	Thalman, Danielle	41 OREG 3:12.58	50 Yard Freestyle		
1	Kramer, Laura	34 OREG	2:45.82	50 Yard Butterfly			1	Budd, Elizabeth	50 OREG 32.31
50 Yard Butterfly				1	Foley, Sharon	43 MACO 30.34	2	Asleson, Elke	52 OREG 32.81
1	Kramer, Laura	34 OREG	32.69	2	Goodman, Ann	44 OREG 38.14	3	Seeliger, Jana	50 OREG 44.18
100 Yard IM				100 Yard IM			100 Yard Freestyle		
1	Kramer, Laura	34 OREG	1:15.64	1	Goodman, Ann	44 OREG 1:22.47	1	Budd, Elizabeth	50 OREG 1:09.77
2	Wong, Linda	32 OREG	1:38.91	200 Yard IM			500 Yard Freestyle		
<b>Women 35-39</b>				1	Fox, Christina	43 OREG 2:56.40	1	Imwalle, Catherine	54 OREG 6:20.30
50 Yard Freestyle				2	Goodman, Ann	44 OREG 3:01.18	50 Yard Backstroke		
1	Lefabre, Karen	36 UNAT	27.14	<b>Women 45-49</b>			1	Budd, Elizabeth	50 OREG 38.41
2	Law, Cathy	36 OREG	29.12	50 Yard Freestyle			100 Yard Backstroke		
3	Nefczyk, Julia	35 PNA	30.49	1	Andrus-Hughes, K	46 OREG 26.41	1	Imwalle, Catherine	54 OREG 1:17.20
4	Wasikowski, Carolyn	39 OREG	31.54	2	Crabbe, Colette	47 OREG 27.56	2	Budd, Elizabeth	50 OREG 1:23.73
5	Topp, Suzanne	36 UTAH	31.85	3	Buck, Donna	45 OREG 28.31	200 Yard Backstroke		
100 Yard Freestyle				4	Straley, Deidre	47 OREG 28.94	1	<b>Imwalle, Catherine</b>	54 <b>OREG 2:44.10 O</b>
1	Nefczyk, Julia	35 PNA	1:10.94	5	Snyder, Lynn	47 OREG 31.91	50 Yard Breaststroke		
500 Yard Freestyle				6	Eckert-Mason, Kathy	46 OREG 32.05	1	Imwalle, Catherine	54 OREG 37.63
1	Nefczyk, Julia	35 PNA	7:01.63	100 Yard Freestyle			100 Yard Breaststroke		
2	Hotchkiss, Martha	38 OREG	8:40.41	1	Andrus-Hughes, K	46 OREG 56.53	1	Imwalle, Catherine	54 OREG 1:19.84
1000 Yard Freestyle				2	Crabbe, Colette	47 OREG 59.07	2	Seeliger, Jana	50 OREG 2:06.45
1	Nefczyk, Julia	35 PNA	14:26.68	3	Buck, Donna	45 OREG 1:03.36	50 Yard Butterfly		
1650 Yard Freestyle				4	Dunton, Nancy	45 OREG 1:05.69	1	Asleson, Elke	52 OREG 37.20
1	Nefczyk, Julia	35 PNA	24:12.10	5	Cappaert, Marlys	45 OREG 1:07.24	1	Budd, Elizabeth	50 OREG 37.20
50 Yard Backstroke				6	Eckert-Mason, Kathy	46 OREG 1:10.90	100 Yard IM		
1	Wasikowski, Carolyn	39 OREG	43.91	200 Yard Freestyle			1	Imwalle, Catherine	54 OREG 1:14.14
100 Yard Backstroke				1	Dunton, Nancy	45 OREG 2:23.26	2	Budd, Elizabeth	50 OREG 1:20.32
1	Gitelman, Alix	39 OREG	1:14.44	2	Eckert-Mason, Kathy	46 OREG 2:38.36	400 Yard IM		
50 Yard Breaststroke				500 Yard Freestyle			1	Asleson, Elke	52 OREG 6:37.97
1	Law, Cathy	36 OREG	38.71	1	Welborn, Jody	49 OREG 7:05.49	<b>Women 55-59</b>		
2	Wasikowski, Carolyn	39 OREG	42.26	2	Eckert-Mason, Kathy	46 OREG 7:14.90	50 Yard Freestyle		
3	Hotchkiss, Martha	38 OREG	54.35	3	Peterson, Connie	49 OREG 8:31.45	1	Pierson, Ginger	58 MACO 31.82
100 Yard Breaststroke				1650 Yard Freestyle			2	Hansen, Marsha	57 PNA 38.17
1	Law, Cathy	36 OREG	1:25.94	1	Sweat, Mary	46 OREG 20:07.95	200 Yard Freestyle		
50 Yard Butterfly				2	Knutson, Brenda	45 PNA 24:56.59	1	Hansen, Marsha	57 PNA 3:26.43
1	Lefabre, Karen	36 UNAT	29.12	50 Yard Backstroke			50 Yard Backstroke		
2	Gitelman, Alix	39 OREG	33.43	1	<b>Andrus-Hughes, K</b>	46 <b>OREG 29.32 Z</b>	1	Pierson, Ginger	58 MACO 40.70
3	Nefczyk, Julia	35 PNA	34.56	2	Crabbe, Colette	47 OREG 33.09	100 Yard Backstroke		
4	Wasikowski, Carolyn	39 OREG	36.56	3	Welborn, Jody	49 OREG 43.52	1	Pierson, Ginger	58 MACO 1:24.12
100 Yard IM				100 Yard Backstroke			50 Yard Breaststroke		
1	Gitelman, Alix	39 OREG	1:15.34	1	Snyder, Lynn	47 OREG 1:26.32	1	Pierson, Ginger	58 MACO 37.02
2	Law, Cathy	36 OREG	1:16.38	<b>(split)Andrus-Hughes, K</b>			2	Hansen, Marsha	57 PNA 48.12
3	Wasikowski, Carolyn	39 OREG	1:22.10	200 Yard Backstroke			100 Yard Breaststroke		



1 Hansen, Marsha	57	PNA	1:47.08
50 Yard Butterfly			
1 Pierson, Ginger	58	MACO	36.31
100 Yard Butterfly			
1 Hansen, Marsha	57	PNA	1:48.35
100 Yard IM			
1 Pierson, Ginger	58	MACO	1:20.14
2 Hansen, Marsha	57	PNA	1:40.64
200 Yard IM			
1 Pierson, Ginger	58	MACO	2:56.89
400 Yard IM			
1 Pierson, Ginger	58	MACO	6:14.57
<b>Women 60-64</b>			
50 Yard Freestyle			
1 Frid, Barbara	62	OREG	31.59
200 Yard Freestyle			
1 Frid, Barbara	62	OREG	2:38.38
1000 Yard Freestyle			
1 Frid, Barbara	62	OREG	14:24.44
50 Yard Backstroke			
1 Hodge, Peggie	64	OREG	53.70
100 Yard Backstroke			
1 Ward, Joy	61	OREG	1:21.16
200 Yard Backstroke			
1 Ward, Joy	61	OREG	2:51.82
2 Hodge, Peggie	64	OREG	4:00.88
100 Yard Breaststroke			
1 Hodge, Peggie	64	OREG	1:41.48
50 Yard Butterfly			
1 Ward, Joy	61	OREG	34.34
2 Hodge, Peggie	64	OREG	42.84
200 Yard Butterfly			
1 Ward, Joy	61	OREG	3:15.37 O
2 Hodge, Peggie	64	OREG	3:48.20
200 Yard IM			
1 Ward, Joy	61	OREG	3:05.41
2 Hodge, Peggie	64	OREG	3:32.41
<b>Women 65-69</b>			
100 Yard Freestyle			
1 Schroder, Kaleo	67	OREG	1:48.84
50 Yard Backstroke			
1 Schroder, Kaleo	67	OREG	55.33
100 Yard Backstroke			
1 Schroder, Kaleo	67	OREG	2:09.03
50 Yard Breaststroke			
1 Schroder, Kaleo	67	OREG	1:02.85
100 Yard Breaststroke			
1 Schroder, Kaleo	67	OREG	2:18.94
200 Yard Breaststroke			
1 Schroder, Kaleo	67	OREG	5:00.09
<b>Women 70-74</b>			
50 Yard Breaststroke			
1 Rosik, Cynthia	71	OREG	1:00.88
100 Yard Breaststroke			
1 Rosik, Cynthia	71	OREG	2:12.07
200 Yard Breaststroke			
1 Rosik, Cynthia	71	OREG	4:46.73
50 Yard Butterfly			
1 Rosik, Cynthia	71	OREG	1:03.46
100 Yard IM			
1 Rosik, Cynthia	71	OREG	2:12.46
<b>Women 75-79</b>			
50 Yard Freestyle			
1 Wells, Margaret	78	OREG	58.58
1650 Yard Freestyle			
1 Wells, Margaret	78	OREG	43:51.41
200 Yard Breaststroke			
1 Wells, Margaret	78	OREG	5:59.19
50 Yard Butterfly			
1 Wells, Margaret	78	OREG	1:08.61
<b>Women 90-94</b>			
100 Yard Backstroke			
1 Buel, Hilda	90	OREG	4:55.13
50 Yard Breaststroke			
1 Buel, Hilda	90	OREG	2:08.70 Z
100 Yard Breaststroke			

1 Buel, Hilda	90	OREG	5:03.18 Z
200 Yard IM			
1 Buel, Hilda	90	OREG	10:07.67 Z
<b>Men 19-24</b>			
50 Yard Freestyle			
1 Lowry, Mike	19	OREG	26.26
100 Yard Freestyle			
1 Lowry, Mike	19	OREG	1:03.27
200 Yard Freestyle			
1 Lowry, Mike	19	OREG	2:27.50
50 Yard Backstroke			
1 Lowry, Mike	19	OREG	35.85
50 Yard Breaststroke			
1 Lowry, Mike	19	OREG	34.95
100 Yard Butterfly			
1 Lowry, Mike	19	OREG	30.91
200 Yard Butterfly			
1 Cleary, Kevin	20	OREG	2:24.41
<b>Men 30-34</b>			
50 Yard Freestyle			
1 Smit, Karel	30	RMM	23.44
100 Yard Freestyle			
1 Hodge, Damen	30	OREG	1:00.38
200 Yard Freestyle			
1 Scott, Muir	30	MM	2:03.44
50 Yard Backstroke			
1 Hodge, Damen	30	OREG	32.14
100 Yard Backstroke			
1 Hodge, Damen	30	OREG	1:10.87
50 Yard Breaststroke			
1 Latta, Gregory	34	OREG	27.67
100 Yard Breaststroke			
1 Latta, Gregory	34	OREG	58.51 Z
2 Scott, Muir	30	MM	1:06.56
200 Yard Breaststroke			
1 Latta, Gregory	34	OREG	2:13.58
50 Yard Butterfly			
1 Latta, Gregory	34	OREG	24.06 O
2 Smit, Karel	30	RMM	25.09
3 Hodge, Damen	30	OREG	28.12
100 Yard IM			
1 Latta, Gregory	34	OREG	54.12
2 Hodge, Damen	30	OREG	1:06.16

200 Yard IM			
1 Latta, Gregory	34	OREG	1:58.74
400 Yard IM			
1 Scott, Muir	30	MM	5:02.51
<b>Men 35-39</b>			
50 Yard Freestyle			
1 Drawz, Troy	36	MACO	22.89
2 Williams, John	35	PNA	23.40
3 Prickett, Ian	36	UNAT	27.89
4 Kramer, Ken	37	OREG	32.01
100 Yard Freestyle			
1 Drawz, Troy	36	MACO	50.07
2 Williams, John	35	PNA	50.77
3 Prickett, Ian	36	UNAT	1:02.21
200 Yard Freestyle			
1 Williams, John	35	PNA	1:53.21
2 Stewart, Douglas	39	OREG	1:54.89
3 Prickett, Ian	36	UNAT	2:19.65
500 Yard Freestyle			
1 Stewart, Douglas	39	OREG	5:04.45
2 Williams, John	35	PNA	5:15.01
1000 Yard Freestyle			
1 Williams, John	35	PNA	11:02.72
2 Gabriel, John	39	OREG	12:55.93
1650 Yard Freestyle			
1 Stewart, Douglas	39	OREG	17:20.94 Z
50 Yard Backstroke			
1 Kramer, Ken	37	OREG	36.19
100 Yard Backstroke			
1 Kramer, Ken	37	OREG	1:25.86
100 Yard Breaststroke			
1 Cooper, Greg	36	MACO	1:07.15
2 Kramer, Ken	37	OREG	1:23.02
200 Yard Breaststroke			
1 Kramer, Ken	37	OREG	3:08.33
50 Yard Butterfly			
1 Drawz, Troy	36	MACO	24.92
2 Cooper, Greg	36	MACO	25.36
3 Gabriel, John	39	OREG	29.72
4 Prickett, Ian	36	UNAT	30.33
100 Yard Butterfly			
1 Drawz, Troy	36	MACO	56.66
200 Yard Butterfly			



**Hilda Buel, 90 years old had a busy weekend, as she set 3 Zone Records. Hilda is pictured with two of the high school swimmers who timed her.**


**National Record - 800 Free Relay - 45 + Age Group: Deidre Straley, Karen Andrus Hughes, Mary Sweat and Colette Crabbe**

1	Stewart, Douglas	39	OREG	2:06.77	100 Yard IM	3	Digiulio, James	52	OREG	31.55		
100 Yard IM					1 Butcher, Gano	40	OREG	1:00.16	100 Yard Freestyle			
1	Prickett, Ian	36	UNAT	1:11.27	2 Shellhammer, T	40	OREG	1:04.80	1 Tennant, Mike	50	OREG	52.54
200 Yard IM					400 Yard IM				2 Albright, Stephen	51	OREG	1:02.40
1	Prickett, Ian	36	UNAT	2:38.74	1 Garcia, Doug	42	INWM	6:03.71	3 Digiulio, James	52	OREG	1:10.45
400 Yard IM					<b>Men 45-49</b>				200 Yard Freestyle			
1	Stewart, Douglas	39	OREG	4:36.55	50 Yard Freestyle				1 Digiulio, James	52	OREG	2:37.64
<b>Men 40-44</b>					1 Scoville, Brent	46	OREG	28.61	<b>(split) Tennant, Mike</b>	<b>50</b>	<b>OREG</b>	<b>1:59.53 O</b>
50 Yard Freestyle					200 Yard Freestyle				500 Yard Freestyle			
1	Butcher, Gano	40	OREG	24.75	<b>1 Allender, Pat</b>	<b>45</b>	<b>OREG</b>	<b>1:53.08 O</b>	1 Digiulio, James	52	OREG	7:14.63
2	Turcott, Michael	40	PNA	26.70	2 Burleson, David	47	MACO	2:01.59	1000 Yard Freestyle			
3	Garcia, Doug	42	INWM	28.61	1000 Yard Freestyle				1 Albright, Stephen	51	OREG	13:37.03
100 Yard Freestyle					1 Burleson, David	47	MACO	11:09.36	2 Tremblay, Vic	53	OREG	14:00.43
1	Shellhammer, T	40	OREG	57.04	100 Yard Backstroke				3 Digiulio, James	52	OREG	15:30.53
2	Turcott, Michael	40	PNA	1:02.90	1 Scoville, Brent	46	OREG	1:09.29	50 Yard Butterfly			
200 Yard Freestyle					2 Johnson, Randy	47	OREG	1:12.09	1 Tennant, Mike	50	OREG	27.48
1	Shellhammer, T	40	OREG	2:05.76	200 Yard Backstroke				2 Tremblay, Vic	53	OREG	31.96
2	Garcia, Doug	42	INWM	2:29.04	<b>1 Burleson, David</b>	<b>47</b>	<b>MACO</b>	<b>2:06.34 Z</b>	100 Yard IM			
500 Yard Freestyle					2 Scoville, Brent	46	OREG	2:31.21	1 Tennant, Mike	50	OREG	1:02.20
1	Garcia, Doug	42	INWM	6:41.23	50 Yard Breaststroke				2 Albright, Stephen	51	OREG	1:13.41
2	Turcott, Michael	40	PNA	7:28.76	1 Allender, Pat	45	OREG	30.34	3 Digiulio, James	52	OREG	1:30.50
50 Yard Backstroke					100 Yard Breaststroke				<b>Men 55-59</b>			
1	Turcott, Michael	40	PNA	40.01	<b>1 Allender, Pat</b>	<b>45</b>	<b>OREG</b>	<b>1:03.90 O</b>	50 Yard Freestyle			
100 Yard Backstroke					2 Downing, Greg	45	OREG	1:16.66	1 Hewes, Thomas	57	OREG	28.31
1	Turcott, Michael	40	PNA	1:27.38	3 Harris, Floyd	46	OREG	1:25.15	100 Yard Freestyle			
200 Yard Backstroke					50 Yard Butterfly				1 Hewes, Thomas	57	OREG	1:06.51
1	Butcher, Gano	40	OREG	2:17.88	1 Downing, Greg	45	OREG	30.14	1000 Yard Freestyle			
50 Yard Breaststroke					100 Yard Butterfly				<b>1 Johnson, Steve</b>	<b>56</b>	<b>OREG</b>	<b>11:24.29 O</b>
1	Shellhammer, T	40	OREG	32.72	1 Allender, Pat	45	OREG	58.50	50 Yard Backstroke			
2	Turcott, Michael	40	PNA	37.01	100 Yard IM				1 Stout, Jon	57	OREG	31.30
100 Yard Breaststroke					1 Allender, Pat	45	OREG	1:00.58	50 Yard Breaststroke			
1	Hanson, Steven	41	OREG	1:17.14	2 Johnson, Randy	47	OREG	1:10.92	1 Stark, Allen	55	OREG	30.32
2	Turcott, Michael	40	PNA	1:24.62	400 Yard IM				100 Yard Breaststroke			
50 Yard Butterfly					1 Downing, Greg	45	OREG	5:32.84	<b>1 Stark, Allen</b>	<b>55</b>	<b>OREG</b>	<b>1:07.17 Z</b>
1	Butcher, Gano	40	OREG	25.68	<b>Men 50-54</b>				200 Yard Breaststroke			
2	Turcott, Michael	40	PNA	34.86	50 Yard Freestyle				<b>1 Stark, Allen</b>	<b>55</b>	<b>OREG</b>	<b>2:32.14 Z</b>
100 Yard Butterfly					1 Tennant, Mike	50	OREG	23.32	50 Yard Butterfly			
1	Butcher, Gano	40	OREG	59.69	2 Tremblay, Vic	53	OREG	28.51	1 Hewes, Thomas	57	OREG	34.82




**National Record - 800 Free Relay - 65 + Age Group: Brent Lake, Dick Weick, Dave Radcliff and George Thayer**

100 Yard IM					100 Yard IM					Women 25+ 200 Yard Free Relay				
1	Hewes, Thomas	57	OREG	1:19.51	1	Thayer, George	68	OREG	1:18.61	1	OREG	1:58.16		
<b>Men 60-64</b>					<b>Men 70-74</b>					1) Dunton, N. 45 2) Cappaert, M. 45				
50 Yard Freestyle					50 Yard Freestyle					3) Gitelman, A. 39 4) Anderson, K. 28				
1	Larson, Sterling	64	UTAH	35.92	1	<b>Radcliff, David</b>	70	<b>OREG</b>	<b>27.06 Z</b>	2	OREG	2:02.42		
2	Juhala, Richard	60	OREG	37.83	2	Weick, Dick	70	OREG	29.70	1	Law, C. 36	2) Fox, C. 43		
200 Yard Freestyle					100 Yard Freestyle					3) Wasikowski, C. 39 4) Kramer, L. 34				
1	Juhala, Richard	60	OREG	3:07.98	1	<b>Radcliff, David</b>	70	<b>OREG</b>	<b>59.66 Z</b>	<b>Women 25+ 200 Yard Medley Relay</b>				
500 Yard Freestyle					200 Yard Freestyle					1) OREG 2:15.95				
1	Juhala, Richard	60	OREG	8:29.96	<b>(split) Radcliff, David</b>					1) Gitelman, A. 39 2) Cappaert, M. 45				
50 Yard Backstroke					500 Yard Freestyle					3) Worden, L. 46 4) Anderson, K. 28				
1	Juhala, Richard	60	OREG	44.92	1	<b>Radcliff, David</b>	70	<b>OREG</b>	<b>6:04.27 Z</b>	2	OREG	2:22.25		
50 Yard Breaststroke					1000 Yard Freestyle					1) Fox, C. 43 2) Law, C. 36				
1	Juhala, Richard	60	OREG	40.19	1	<b>Radcliff, David</b>	70	<b>OREG</b>	<b>12:42.97 Z</b>	3) Kramer, L. 34	4) Wasikowski, C. 39			
200 Yard Breaststroke					1650 Yard Freestyle					<b>Women 45+ 800 Yard Free Relay</b>				
1	Juhala, Richard	60	OREG	3:36.71	1	<b>Radcliff, David</b>	70	<b>OREG</b>	<b>21:23.79 Z</b>	1	OREG	8:52.54 N		
50 Yard Butterfly					<b>Men 75-79</b>					1) Andrus-Hughes, K. 46 2) Straley, D. 47				
1	Juhala, Richard	60	OREG	38.34	50 Yard Freestyle					3) Sweat, M. 46 4) Crabbe, C. 47				
400 Yard IM					1 Allen, Raymond 78 OREG 49.80					<b>Men 35+ 200 Yard Free Relay</b>				
1	Juhala, Richard	60	OREG	7:22.74	100 Yard Freestyle					1) OREG 1:49.66				
<b>Men 65-69</b>					1 Allen, Raymond 78 OREG 1:49.91					1) Tremblay, V. 53 2) Hewes, T. 57				
50 Yard Freestyle					200 Yard Freestyle					3) Downing, G. 45 4) Shellhammer, T. 40				
1	Thayer, George	68	OREG	30.08	1 Allen, Raymond 78 OREG 3:51.79					<b>Men 65+ 800 Yard Free Relay</b>				
100 Yard Freestyle					500 Yard Freestyle					1) OREG 9:45.84 N				
1	Thayer, George	68	OREG	1:08.20	1 Allen, Raymond 78 OREG 10:32.24					1) Radcliff, D. 70 2) Thayer, G. 68				
500 Yard Freestyle					1000 Yard Freestyle					3) Lake, B. 65 4) Weick, D. 70				
1	Lake, Brent	65	OREG	6:49.63	1 Allen, Raymond 78 OREG 21:17.87					<b>Mixed 25+ 200 Yard Medley Relay</b>				
1000 Yard Freestyle					1650 Yard Freestyle					1) OREG 2:12.42				
1	Lake, Brent	65	OREG	13:48.92	1 Allen, Raymond 78 OREG 36:44.13					1) Fox, C. 43 2) Kramer, K. 37				
1650 Yard Freestyle					<b>Men 80-84</b>					3) Budd, E. 50 4) Latta, G. 34				
1	Lake, Brent	65	OREG	23:31.12	50 Yard Freestyle					<b>Mixed 45+ 800 Yard Free Relay</b>				
50 Yard Backstroke					1 Shadbeh, Khosrow 82 OREG 59.71					1) OREG 8:11.18 N				
1	Lake, Brent	65	OREG	35.98	100 Yard Freestyle					1) Tennant, M. 50 2) Andrus-Hughes, K. 46				
2	Thayer, George	68	OREG	36.16	1 Young, Gilbert 82 OREG 1:21.28					3) Crabbe, C. 47 4) Allender, P. 45				
100 Yard Backstroke					500 Yard Freestyle					<b>Mixed 45+ 400 Yard Medley Relay</b>				
1	Lake, Brent	65	OREG	1:17.91	1 Young, Gilbert 82 OREG 8:17.07					1) OREG 4:00.80 N				
2	Thayer, George	68	OREG	1:20.45	50 Yard Butterfly					1) Andrus-Hughes, K. 46 2) Allender, P. 45				
200 Yard Backstroke					1 Shadbeh, Khosrow 82 OREG 1:36.80					3) Crabbe, C. 47 4) Tennant, M. 50				
1	Lake, Brent	65	OREG	2:50.39	<b>Relays</b>									



## Oregon Swimmers Set Records

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

USA LCM Meet May 1-2, 2004

**Dennis Baker**

**400 IM**                      **4:49.75**                      **Z**

**400 Free**                      **4:11.55**                      **Z**

Arizona State Championships - SCY

**Lavelle Stoinoff**

**1650 Free**                      **23:45.69**                      **N**

**50 Back**                      **42.73**                      **O**

British Columbia Meet - SCM

**Allen Stark**

**50 Breast**                      **34.26**                      **Z**

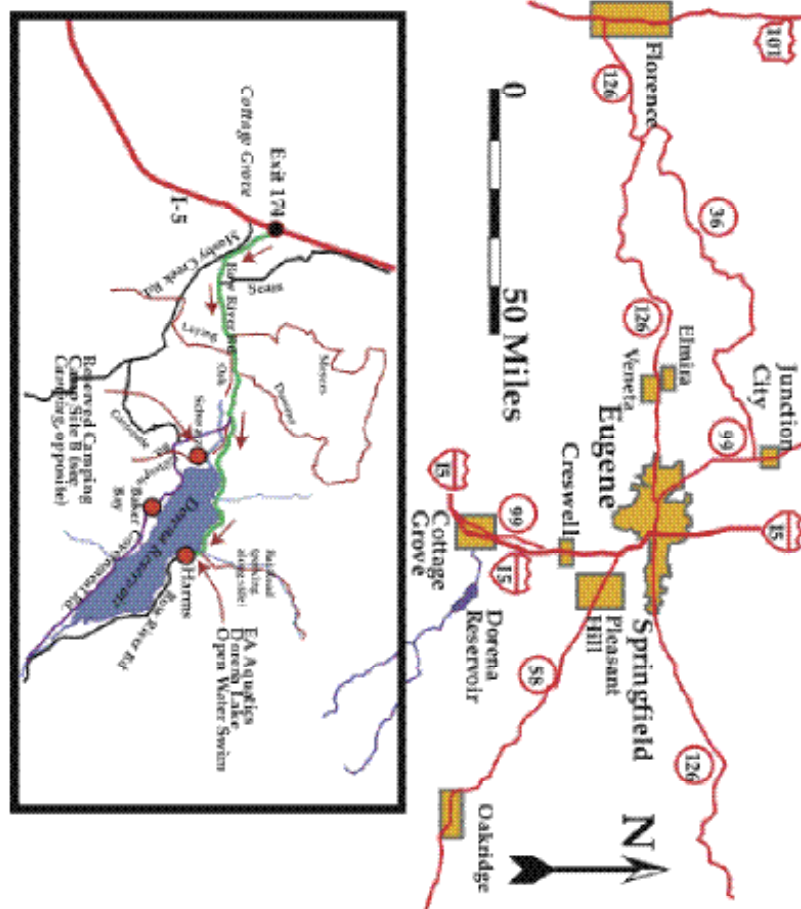
**100 Breast**                      **1:16.24**                      **Z**

**200 Breast**                      **2:47.88**                      **Z**



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

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



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

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

**Schedule:**

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

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

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

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

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

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

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

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

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

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

**add \$10 for late entries**

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

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

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

**Make checks payable to Emerald Aquatics**

**All fees are non-refundable.**

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

Address \_\_\_\_\_

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

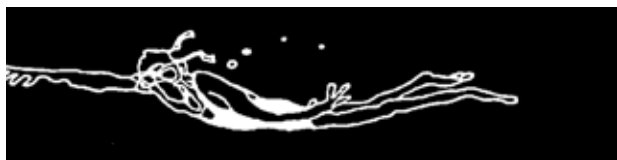
3000 meter swim	_____	One Swim - \$15	_____
500 meter swim	seed time: _____	Two Swims - \$20	_____
1500 meter swim		Late Fee - \$10	_____
		Total	_____

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

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

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

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



## **ROGUE VALLEY MASTERS**



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### **2004 USMS OPEN WATER NATIONAL CHAMPIONSHIP** **SATURDAY, JULY 17--APPLEGATE LAKE--3.5K**

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**Event:** The course distance is 3.5 kilometers (approximately 2.1 miles) and will be circular in shape. Start and finish will be in the water. Expected water temperature is 70-74 degrees.

**Schedule:** Registration: 8:30-10:00am **Registration closes at 10:00am. No entries will be accepted after 10:00am.**

Pre-race instructions: 10:30am

Race begins: 10:45am

Barbeque lunch: 12:30pm. Awards presentation will take place following lunch.

**Eligibility:** This event is open to all USMS registered swimmers 19 years of age as of July 17, 2004. All entrants must submit a copy of their registration card with their entry. One event USMS registration will be available for \$12.00 on race day. However, one-event swimmers are not eligible for either USMS All-American or All-Star status.

**Entry Fees:** \$30.00 if postmarked by July 3<sup>rd</sup>

\$40.00 for both Saturday & Sunday events

\$35.00/\$45.00 if postmarked after July 3<sup>rd</sup>

\$40.00 for race-day entries **Please do not mail any entries after July 13<sup>th</sup>.**

Entry fees include cap, t-shirt and lunch. Additional lunches are available for \$5.00 per person. Race-day entrants are not guaranteed a shirt on race day but orders may be taken and shirts sent promptly after the event. There will be a limited number of t-shirts for sale on race day at a cost of \$12.00. Fifty percent of all fees are refundable with at least 7 days prior notice via phone or in person to the Race Director. Cancellations will not be accepted via e-mail.

**Awards:** 1<sup>st</sup> through 8<sup>th</sup> place in each male & female age group (i.e. 19-24, 25-29, etc.) will receive USMS National Championship medals. Age group winners (male & female) will receive USMS National Championship patches. The fastest overall male and female swimmers will receive special commemorative awards.

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### **2800 METER OPEN WATER STAGE RACE** **SUNDAY, JULY 18**

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**Event:** This is a two-part event:

**Part I:** Swimmers will compete in a 1400-meter mass start open water swim. The course will be out and back with a turnaround at the 700-meter mark. All swims will start and finish in the water.

**Part II:** The stage event consists of three separate races: 200 meters, 400 meters and 800 meters. This is a straightaway course marked by two parallel cables, each extending 400 meters from the shoreline and marked with large buoys at the 200- and 400-meter points. For the 200- and 400-meter races, swimmers will swim (i.e., warm up) out to the 200 and 400 meter buoys respectively and then race to shore. The 800-meter race will follow the outside of the 400-meter course, making a turn inward at the 400-meter buoy. Swimmers must complete all three distances and their times will be totaled. Heats will be seeded by age groups or seed time. Please put your 500-yard seed time on the entry form. To ensure that this event runs smoothly, multiple watches will be in use. Consequently, several heats may be run concurrently.

**Schedule: Part I:** Registration: 8:00-9:00am

Pre-race instructions: 9:15am

Race begins: 9:30am

**Part II:** Race begins: 10:30am

**Fees:** \$20.00 if postmarked by July 3<sup>rd</sup>

\$40.00 for both Saturday & Sunday events

\$30.00 for late or race-day entries

Fees include cap and post-race lunch. Additional lunches are available for \$5.00/person as are T-shirts for \$12.00 each.

**Awards:** Swimmers finishing 1<sup>st</sup> through 3<sup>rd</sup> in each age group will receive awards. The three male & female swimmers whose combined 200, 400, and 800 times come closest to matching their 1400M time will receive special USMS awards. To be eligible for awards and Oregon Open Water Series points, swimmers must complete both parts of this event.

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**Race Director:** Dan Gray: 541-890-5483/dangray45@hotmail.com

**Sanctions & Rules:** These events are sanctioned by OMS, Inc for USMS #374-OW1. In addition, both are part of the Oregon Open Water Swim Series. Current USMS rules will cover all swims. The use of pull buoys, hand paddles and fins are prohibited. All participants must wear the caps provided for each race. In addition, wetsuits are prohibited in the USMS National Championship.

**Safety:** Lifeguards & safety personnel will monitor the course on both Saturday and Sunday. In addition, lifeguards will be present before and after each for warm-ups and cool-downs. Local EMT's will be on site near the start/finish area.

**Parking:** There is a day use parking fee of \$5.00 payable to the park concessionaire at Hart-Tish Park (free with a Northwest Pass.)

**Camping:** Rogue Valley Masters has reserved Beaver Sulfur Campground located 11 miles northeast of Applegate Lake. This is a very scenic and secluded campground with vault toilets and well water. Beaver Sulfur is a group campground with 10 individual sites and each site can accommodate several tents. Camping at Beaver Sulfur is \$4/adult/night and must be reserved in advance on a first-come/first-served pre-paid basis. At Hart-Tish Park, there will also be 2-3 small sites (each site holds 2 tents only) that may be reserved in advance at a cost of \$30.00 for 2 nights with day-use parking included. Self-contained RV camping at Hart-Tish Park is \$10/site/night, payable to the park concessionaire (includes the day-use fee.) There are no hookups.

**Directions:** From either north or south on I-5 take exit #27, Barnett Rd, in Medford. Go west to Riverside Av. and turn right (north.) Proceed to East Main St, Hwy 238, turning left (west.) Continue on this highway through Medford and Jacksonville, turning right in Jacksonville. Highway 238 continues to the town of Ruch at which point the road will fork. Go left, following the signs to Applegate Lake. Proceed past the dam for another .7 miles until you reach Hart-Tish Park on the left. There will be signs posted along the way directing you to the park. It is a 45-minute drive from Medford to Hart-Tish Park. Please allow plenty of time to drive and park.

**This event is under special use authorization with the Rogue River National Forest.**

**U.S. Forest Service rules: No pets are allowed at Hart-Tish Park.**

**Local Attractions:** There is an abundance of summer entertainment and outdoor recreational activities in the Rogue Valley. For information, contact the Ashland Chamber of Commerce: 541-482-3486 or the Medford Visitors/Convention Bureau: 541-779-4847.

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address/City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_ Club: \_\_\_\_\_ Team \_\_\_\_\_

USMS Reg # \_\_\_\_\_ (Please attach copy of card.) Please send results: E-mail \_\_\_\_/USPS mail \_\_\_\_\_

**ALL SWIMMERS MUST BE CURRENT MEMBERS OF USMS, INC. (One-event registration available @\$12.00)**

USMS Nat'l Championship only: \_\_\_\_\_ \$30.00

2800 Stage Race & Swim only: \_\_\_\_\_ \$20.00 (500-yard seed time: \_\_\_\_:\_\_\_\_)

Both Events: \_\_\_\_\_ \$40.00

T-Shirts: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL (\$2 extra) \_\_\_\_\_

Extra Lunch: \_\_\_\_\_ \$5.00 per person/per day

Extra T-Shirt: \_\_\_\_\_ \$12.00 (Size \_\_\_\_\_)

Camping: Beaver Sulfur \_\_\_\_\_ \$4.00/adult/night (# of Adults \_\_\_\_\_ Fri night \_\_\_\_\_ Sat night \_\_\_\_\_)

Camping: Hart-Tish Park \_\_\_\_\_ \$30.00 (2 night minimum--includes day use parking)

**TOTAL:** \$ \_\_\_\_\_ Please make checks payable to: RVM Lake Swim

MAIL ENTRY FORM, CHECK, & COPY OF 2004 USMS REGISTRATION TO: RVM LAKE SWIM

PO BOX 3338

ASHLAND, OR 97520

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: US MASTERS SWIMMING, INC, THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

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





# **CASCADE LAKES SWIM SERIES & FESTIVAL**

**500, 1000, 1500, 3000 & 5000 meter Open Water Swims at Elk Lake**

**July 30, 31 and August 1, 2004**

**Hosted by Central Oregon Masters Aquatics and Bend Metro Park and Recreation District**

**Sanctioned by Oregon Masters Swimming Inc. for USMS #374-OW2, USA Sanction pending. Operating under Special Permit from the U.S. Forest Service**

**RACES:** Five open water swims over three days! Participants may enter any or all of the five swims. Friday's swim is a **3000-meter** swim in an out-and-back course. Saturday's swims begins with a **500-meter** swim in a "time-trial" style with swimmers starting individually at intervals and following a straight out and back course marked by a continuous floating line. The **1500-meter** event will be swum on a triangular course. Sunday's first swim, the **5000-meter** will feature a 2000 meter out-and-back diamond-shaped course followed by two 1500 meter triangular loops. The final event, the **1000-meter**, will follow a short triangular course.

**SERIES:** The **Cascade Lakes Swim Series** includes a **Short Series** (three swims: 500, 1000, and 1500); a **Long Series** (three swims: 1500, 3000 and 5000); and a **Survivor Series** (all five swims). Only those who complete all the designated series swims will be eligible for the Series awards. A swimmer may enter only one of the three series.

**FESTIVAL:** Elk Lake is a great place to bring your family for an outdoors extravaganza. Fun events for the whole family are being planned.

**LOCATION:** All swims take place at Elk Lake, a beautiful, clear mountain lake nestled in the sunny Central Oregon Cascades 32 miles from Bend. Water temperature can vary from 66-72 degrees Fahrenheit and will be posted at registration.

**ELIGIBILITY:** This event is open to all USMS registered swimmers 19 years or older as of July 30, 2004. USA Swimming registered swimmers 13 years or older may enter the 1500, 3000 and the 5000 swims. USA swimmers 10 years and older may enter the 500 and 1000 swims. A photocopy of your USMS or USA Swimming registration card or proof of membership in a foreign Masters organization must accompany your entry. A "single event" USMS registration, covering all races, is available for adults 19 and over for \$15. A parent or guardian must sign the liability waiver for all swimmers under 18.

**ENTRY FEES:** One Race is \$25. Add just \$5 for each additional race. Entry fee includes a T-Shirt, swim cap and the post race lunch. Entries must be **postmarked by July 15<sup>th</sup>** or pay an additional \$10 late fee. A donation of \$3 per person, per day, is requested for spectator lunches (pay at the lake).

**RULES:** Current USMS rules will govern this event. The use of neoprene wetsuits or other nonporous attire is allowed in all five swims. All multiple swim series will use a scoring system that deducts points from the swimmer's place in each swim when a wetsuit is worn. **The Forest Service does not allow dogs at the lake but they may be in the campground on a leash.**

**SAFETY:** Lifeguards and safety boats will monitor the entire course. Swimmers must wear a bright colored swim cap and have a race number on their arms. Medical personnel will be at the site.

**SEEDING:** The 1500, 3000 and 5000 swims will use a mass start. Wetsuit swimmers will start later in a separate heat in these events. The 500 and 1000 swims will be seeded fastest-to-slowest based on the swimmer's entered estimated 500 yard time. Day-of-Race entries or those not submitting a seed time will not be seeded in advance and will swim last. *No changes allowed in 500 seeding times at the race.*

## **SCHEDULE: Friday, July 30, 2004**

3:30-4:30 pm Registration/Check-In for 3000

5:00 pm Est. Start of 3000 meter

## **Saturday, July 31, 2004**

8:00 – 9:00am Registration/Check-In for 500 & 1500

9:30–10:30am Start of 500 meters–Interval Starts

10:30–11:30am Registration/Check-In for 1500

12:00 noon Start of 1500 meter race

## **Sunday, August 1, 2004**

7:30 am- 8:30 am Check-In for 5000 & 1000

9:00 am Start of 5000 meter race

10:30 – 11:30 pm Check-In for 1000 meters

12:00 noon Start of 1000 meter race – Interval Starts

Pre-race instructions will be given 15 minutes before the start time of each swim. A picnic lunch and awards ceremony will follow the finish of races each day. Festival activities will occur on Saturday.

**AWARDS:** Age groups are 19-24, 25-29, 30-34 and so on in five-year increments as high as necessary for both men and women. Ribbons will go to the top three finishers in each age group in each race in both wetsuit and non-wetsuit categories. For the series awards, points will be awarded based on the age group finish order in each race, with deductions for wearing wetsuits. Handmade ceramic coasters will be awarded to the top 3 finishers in each age group.

**SOUVENIRS:** Each participant will receive a distinctive event t-shirt (indicate size on entry form). Participants may also purchase a souvenir hand-made ceramic mug commemorating the 10<sup>th</sup> anniversary of this event. Include the \$16 fee in your entry form. Please also email Pam Himstreet at [himstreet@bendbroadband.com](mailto:himstreet@bendbroadband.com) before July 1 to order. Deadline for ordering the mugs is July 1, 2004.

**DIRECTIONS/PARKING:** Elk Lake is located on the Cascade Lakes Scenic Byway. From Highway 97 in Bend, follow the signs to Mt Bachelor Ski Area/Cascade Lakes. Continue approximately 10 miles past Mt Bachelor Ski Area. The start/finish area for all swims is located at the Beach Picnic Area, the last Elk Lake exit, if coming from Bend. Parking will be limited to a large pullout off Cascades Lakes Hwy. or Little Fawn Group Campground. There will be no parking at the race site until after all event activities have concluded. A shuttle bus will run between the campground and the race site before and during registration. Signs will be posted for directions to parking and all important sites.

**CAMPING/LODGING:** Swimmers and spectators may camp on the lake at Little Fawn Group Campground, reserved for the swim. Dogs must be on a maximum 6 ft. leash. Tents or small and medium sized motor homes only. Camping fee is \$4 per adult per day. Include fee with your entry form for Friday and Saturday night camping to secure a spot. If you wish other days, purchase them at the lake from the Camp Host. For cabins on the lakeshore, stay at Elk Lake Resort. ([www.elklakeresort.com](http://www.elklakeresort.com)). Host hotel in Bend is the Phoenix Inn. Phone: 541-317-9292. The Bend area also offers numerous motels, resorts and other campgrounds at various price levels.

**RACE DIRECTOR:** Jani Sutherland, Phone (541) 389-7718 (E-mail: [jani@athleticclubofbend.com](mailto:jani@athleticclubofbend.com))



# Entry Form

Cascade Lakes Swim Series and Festival

July 30, 31 and August 1, 2004

Elk Lake near Bend Oregon

5 Races (500, 1000, 1500, 3000, and 5000 meter swims)  
over 3 days!



Name: \_\_\_\_\_ USMS/USA Swimming Number: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Sex: (Male) \_\_\_\_ (Female) \_\_\_\_

Date of Birth: \_\_\_\_\_ Age: (on race day): \_\_\_\_\_ Phone (home): \_\_\_\_\_ Phone (work): \_\_\_\_\_

E-Mail address: \_\_\_\_\_ Results via: (Email) \_\_\_\_ or (Mail) \_\_\_\_

Emergency contact (Name): \_\_\_\_\_ (Phone): \_\_\_\_\_

Club: \_\_\_\_\_ Local Oregon Team (if applicable): \_\_\_\_\_

1. Estimated 500-yard pool time (for seeding purposes only in 500 & 1000 meter events): \_\_\_\_\_

2. Adult size T-shirt (please circle one): Small Medium Large Extra Large

3. Estimated number of spectators (not counting yourself) for meals: (Fri) \_\_\_\_ (Sat) \_\_\_\_ (Sun) \_\_\_\_

4. Check series (if any) you want to enter: Short (500, 1000, 1500) \_\_\_\_ Long (1500, 3000, 5000) \_\_\_\_ Survivor (All Swims) \_\_\_\_

## 5. FEES: MAKE CHECKS PAYABLE TO CENTRAL OREGON MASTERS AQUATICS (COMA)

### A. Races: 1<sup>st</sup> race \$25.00, each additional race \$5.00. Check the races you want to enter:

Participants may enter any or all of the five swims. To enter a series, check the both the series name (above) and each race composing that series (below).

Race #1 (Friday) 3,000 meter swim: \_\_\_\_\_

Race #2 (Saturday) 500 meter swim: \_\_\_\_\_ Race #3 (Saturday) 1500 meter swim: \_\_\_\_\_

Race #4 (Sunday) 5000 meter swim: \_\_\_\_\_ Race #5 (Sunday) 1000 meter swim: \_\_\_\_\_

\$25 (First Race) + \_\_\_\_ (Additional Races) x \$5 = Total Race Fees: \_\_\_\_\_

B. Late Fee: if entry postmarked after July 15, 2004: pay an extra +\$10 \_\_\_\_\_

C. One Event Registration (required if not USMS or USA Swimming Member): Add +\$15 \_\_\_\_\_

D. 10 Year Ceramic Souvenir Mug (also email [himstreet@bendbroadband.com](mailto:himstreet@bendbroadband.com) by July 1) +\$16 \_\_\_\_\_

E. Group Camping (Add \$4.00 per adult per day) \$4 X \_\_\_\_ adults X \_\_\_\_ nights: \_\_\_\_\_

Check if Camping \_\_\_\_ Friday Night \_\_\_\_ Saturday Night

Total Payment Enclosed: \_\_\_\_\_

**Mail your completed entry, check made out to COMA and copy of your USMS Registration card to:**  
**Cascade Lakes Swim Series & Festival, P.O. Box 6953, Bend, OR 97708-6953**

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

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

(Parent signature required for swimmers under the age of 18)

**Thanks to the following Major Sponsors: Tennant Developments, The Athletic Club of Bend, Rebound Physical Therapy, and Cascade Veterinary Hospital.**

# 2004



Date	Event	Location	Contact
Pool Meets			
July 10-11	St.Games LCM	Mt. Hood CC - Gresham, OR	Colette Crabbe ColetteCrabbe@hotmail.com
July 24-25	Zone LCM	Port Orchard, WA	Steve Peterson speterson@bandwagon.net
Entry blank for the Zone Meet available at <i>www.swimpna.org or from Steve Peterson</i>			
*Sept. 11 (Patriot Games)	SCM (Pentathlon)	Camas, Washington (near Vancouver, WA)	Doug Lumbard Bert Petersen raslum@aol.com petersen@exchangenet.net
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			
Aug. 12-15	LCM	Savannah, GA	www.usms.org
Postal Championships 2004			
International Championships			
World Masters Games - July 22 - 31, 2005		Edmonton, Canada	http://www.2005worldmasters.com/
FINA World Masters Championship - August 2006		Stanford, California	
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

**Board Meetings**

May 5, 2004	NIKE	7 PM
June 18, 200	Tualatin Hills	7 PM
July 11, 2004	MHCC	10 AM

Aug. 25, 2004	NIKE	7 PM
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Sept. 24-26, 2004	Retreat
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All Board Meetings are open. OMS members are encouraged to attend. Contact Jeanne Teisher, OMS Chair, for more details.

**Aqua Master**  
July 2004

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

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**Inside: Results - Nationals and Zone**