



Aqua Master

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"Swimming for Life"

The Winners - The Animals



Sean Swain and Colette Crabbe were the "Grand Masters" Winners in the 400 IM, 200 Fly and 1000 Free at the Animal Meet. Alison Moore and Bill Volckening were the "Masters" Winners in the 200 IM, 100 Fly and 500 Free at the Meet. Don't miss it next year - this is one fun meet. (Full results for the Animal Meet are on page 8)

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Dr. Jody on TV



Dr. Jody Welborn, a cardiologist with the Providence Heart Institute and the OMS Safety Chair, has been featured on recent TV spots talking about "Matters of the Heart, Women and Heart Disease." In this "Feature" she emphasized the need for exercise and gave a great "plug" for Masters Swimming. "I tell my patients that they need to exercise for a healthy lifestyle".

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Chair's Corner by Jeanne Teisher

One of the positive aspects of groups like OMS is that they attract members from all walks of life and in some cases, from various parts of the world. One such person wandered into the Tualatin Hills Barracudas in late 2003. Now that she has acclimatized to having to swim anticlockwise, I thought it was a good idea to find out how she got here. Rachel hails from Western Australia, and is a self-described "gumbies'r'us" swimmer. Below are Rachel's responses to a few questions.

What are you doing in Oregon? I thought it would be nice to see a bit of the world, and the Northwest appealed to me. I applied for a research fellowship at the Neurological Sciences Institute at OHSU. Some of what we do in the lab is investigate proprioception, which is the understanding of how we coordinate movement through stimuli produced in the body. An example is in swimming and the ability to "feel" the water. Many swimmers are able to incorporate this sensory information when planning and altering their movement pattern.

Why did you join a Masters swimming group? When I relocated, the first year was a little tough for me. I was without my usual support group, including my husband, who works in Canada. The solution was to find something to do with likeminded people, outside of work. Masters swimming, particularly the Barracudas, was exactly what I had in mind. I regret I didn't join earlier!

Have you swum competitively in the past? Actually, I have to admit that I have not raced since I was 12 and got totally whipped in a 50m backstroke heat as part of a school carnival. I also was involved in skulling relays at the interfaculty competition at the university. (The latter was not quite so much due to my ability to down beer, rather the lack of women in the engineering department. When I moved to science I was never called again!!). I'm looking forward to my first-ever real pool race at the Association meet in Bend! I have participated (rather than compete) in a number of open water ocean swims in Perth ranging from a mile to 20km events, which were always a lot of fun. The best ones are the Cottesloe mile, the Rotto swim through (also a mile), and the Rottnest channel swim – a 20km swim that you can do in a team of 4, as a duo, or (for the crazy), solo.

So what was your sporting background? I grew up in the country on a farm and spent my childhood riding horses rather than following black lines. I played a lot of volleyball and cycled, mostly in time-trials. During my time at the university, in Australia, I had a house-mate who played waterpolo. They needed a goalkeeper and I volunteered. The first game I played was A-grade and I was absolutely pelted. For some reason, I seemed to enjoy having balls hit my face. So, I continued with the sport. Thankfully, my skill level improved due to some excellent coaching. I ended up playing at the senior national level and toured in the US and Greece with the Australian Universities combined team. I would like to blame my current inability to flip-turn on the fact that I was never supposed to turn at the wall.

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OMS Board Opening



Bert Petersen will be retiring as the Records Chair and Nancy Radcliff will be retiring as the OMS Secretary. Any swimmer interested in serving in either of these positions should contact OMS Chair, Jeanne Teisher. Other positions might also open up in September when the current 2 year term of this Board ends. Please get involved. Let Jeanne know of your interest, we need you!

United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc. or Oregon Masters Swimming.

Aqua-Master is the official publication of Oregon Masters Swimming, Inc. 1211 SW Fifth Ave. Portland, OR 97204-3795. It is the source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact Darlene Staley or Doug Christensen for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$12.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc. Information is also available on line at www.swimoregon.org



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Thank You Northwest Harmony Chorus for a beautiful rendition of our National Anthem and for timing the Pentathlon Swim Meet.



***Congratulations
to
Kristin and Rob***





GET FIT

WITH JANI AND SARA

Let's PLAY!!



This is an article about play inspired by a recent observation of my nephew (8) and niece (4) in swimming lessons. They are kids, so they are supposed to play. But my thoughts as I watched were that there was not enough play in their swim lessons! The teachers saved it up until the end when they could have created more playful learning experiences throughout the session.

Aren't we just big kids? Yes, big kids with big responsibilities, busy schedules, busy lives. We may swim before work, during lunch or in the evening. My point here is that our work days are so structured and well, fortunately and unfortunately, so is our swim practice (our swim lesson)! What would you think if you showed up and the coach split your group in half and had you play water polo? Terrific! Cool! Not your usual type-A response!



or. Do you know the person 2 or 3 lanes over from you? Did you know that they are a superstar water polo player? Did you know they live around the corner from you? Additionally, consider that the skills learned and developed in water polo can boost your open water swimming tactics!!! And don't forget about laughter: When was the last

time you had a good laugh while at swim practice? Some of us laugh more often than others!

Kudos to Oregon Masters Swimming in its attempt to add to our experiences of play over the past two summers at a couple of the open water events: the dog races, the kicking race and the anything-goes race. There were also countless variety games at various pool venues as well. Are we doing enough of this fun stuff in practice? How about trivia questions? Jokes? These are really simple ways to add play to your swimming session.

There is so much mainstream theory on child's play – what about adult play? We can reap the same benefits as children: physical, social, emotional, learning to be more creative and better problem solvers. Best of all, we get to know everyone in the group in a slightly different endeavor.

I will be the first to admit that I go to swim practice for a “workout” but there are a variety of ways to “workout” or “practice” skills in the water! Go ahead, let your hair down and play a little!

Trans Fats

Trans Fats are foods to avoid. Where are they? Read the labels of foods you buy and become aware of what you are eating. Here are a few pointers:

Spreads – margarine & other non-butter spreads. Butter has close to zero but has more saturated fat than the spreads.

Packaged foods – cake mixes, Bisquick, etc. Make your

own from scratch!

Soups – ramen noodles and soup cups are very high in trans fats. Homemade soup is always better. Or try the fat-free or reduced-fat canned soups in the healthy section in your store.

Fast food – need we say more? Your best bet is to order your meat or chicken broiled or baked.

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LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

Winter is still with us (nominally at least), but the thoughts of distance swimmers everywhere are focused on summer when we slide into Oregon's wonderful lakes and swim away. To help your dreams along, here is a description of each venue's open water offerings this summer.

1. Applegate Lake (July 17-18): Director Dan Gray and host Rogue Valley Masters have two interesting challenges for us this year. On Saturday, we will swim a 2900-meter stage race in four segments (200, 400, 800, and 1500-meters), each held about 30 minutes apart. The race will be determined by total time, much like stage races in bicycling. Last year's 1400-meter event was a blast! On Sunday, we will contest the National Open Water >1 & <3 mile Championship (Oregon's fifth National Championship in five years). Dan has advertised the distance as 3.456 km with his usual twinkle-in-eye and tongue-in-cheek—who really knows? Look for a very competitive field and the ever-bountiful RVM cookout.

2. Cascade Lakes Swim Series & Festival at Elk Lake (July 30–Aug 1): New Meet Director Jani Sutherland has been working hard on the tenth anniversary celebration of this event, which will expand to include five—yup, five—different swims. The festival will begin late Friday afternoon with a 3000-meter swim and a dessert buffet. Saturday will feature the traditional individual-start 500-meter sprint and 1500-meter swim. Sunday will open with a 5000-meter swim and conclude with a 1000-meter swim on a new shallow course. The series concept still lives, but will grow into a short series (500-1000-1500), long series (1500-3000-5000), and 'survivor' series (all five swims). Host Central Oregon Masters also promises a festival atmosphere with fun family-oriented events and the usual groaning hospitality table.

3. Eel Lake (August 14): Open water activist Ralph Mohr is reviving the popular swims at Eel Lake with the help of his loyal band of local swimmers. This one-day event will

feature classic one and two-mile swims, with a special short predicted-time swim thrown in as a special treat. Rumors are also circulating that dogs are invited again to strut their aquatic stuff! If you're looking for a family getaway in August to the Dune area of the Oregon Coast, this is your ticket.

4. Dorena Lake (August 22): The opening 1-mile swim will serve as the Oregon Association Individual and Team Open Water Championships, usually our most hotly-contested event of the year. The folks at Emerald Aquatics had such a good time with the novelty races last year that they're bringing them back to finish the day. Look for the all-equipment-legal 1000-meter and the kicking-only 500-meter races. This meeting will also conclude the annual Oregon Open Water Series with the season awards.

Camping is always one of the great features of the Oregon open water season, and this year promises to be no different. The May issue of this column will feature complete camping information for each venue at which camping is available.

Like last year, our theme this year is again VARIETY. I thought that we had good variety last year, but this year's plan may do it one better. We have a variety of attractive venues—mountain lakes to large reservoirs to coastal lakes. We have a variety of courses—cable to out-and-back to triangular to free-form. We have a variety of formats—individual-start to stage race to traditional mass start. We have a variety of novelty events—equipment to kicking to predicted time. We have a variety of race distances—16 swims from 500-meter to 5000-meter. And we have a variety of Championships—the Association 1-mile and the National 3456-meter. In short, we have an active, challenging, and fun great Oregon open water season planned for you. Please join us!

Good luck and good swimming!

Chair's Corner continued from page 2

What are your goals for swimming? My first goal is to perfect the flip-turn as I am providing way too much entertainment for the coach, at the moment. The second goal would be to improve enough to be able to swim in Dave Radcliff's lane (although I have a very long way to go!). The main reason for this is that I would like to be on his feet during open water swims and draft the whole way. My final goal is to win a race. However, to do that I might have to continue on until the war of attrition gets rid of my competitors. So, you might like to check back in when I'm about 90 to see how my life's work has gone.

Apart from friends and family, what are some things you miss from Australia? I definitely miss the sunshine (particularly in January and February), although it doesn't rain here nearly as much as I was led to believe. I miss doing kick sets during sunrise practices, in an outdoor pool. And I also miss the beach that was 10 minutes away as a swim in the ocean is still better than in chlorine...

If you ever get a chance to meet Rachel, you will have a fun time chatting with her. She is fun! Thank you, Rachel, for chatting with me.

Happy swimming. Jeanne

SCY Meet - Eugene, OR - Jan. 10, 2004

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

Women 25-29

50 Yard Freestyle		
1 Cohen, Elise	29 OREG	29.76
100 Yard Freestyle		
1 Cohen, Elise	29 OREG	1:05.52
1650 Yard Freestyle		
1 Hoke, Ginny	28 OREG	22:10.34
100 Yard IM		
1 Cohen, Elise	29 OREG	1:16.65

Women 30-34

50 Yard Freestyle		
1 Uesugi, Sandra	30 OREG	31.39
100 Yard Freestyle		
1 Farnsworth, Megan	33 OREG	1:23.44
200 Yard Freestyle		
1 Uesugi, Sandra	30 OREG	2:26.37
500 Yard Freestyle		
1 Smith, Rondamarie	33 PNA	6:04.45
2 Himstreet, Julie	33 OREG	6:09.84
3 Uesugi, Sandra	30 OREG	6:53.43
1650 Yard Freestyle		
1 Smith, Rondamarie	33 PNA	21:50.95
100 Yard Backstroke		
1 Farnsworth, Megan	33 OREG	1:35.56
200 Yard Breaststroke		
1 Smith, Rondamarie	33 PNA	2:48.35
2 Himstreet, Julie	33 OREG	3:00.11
50 Yard Butterfly		
1 Farnsworth, Megan	33 OREG	40.23
100 Yard Butterfly		
1 Farnsworth, Megan	33 OREG	1:28.21
200 Yard Butterfly		
1 Smith, Rondamarie	33 PNA	2:49.94
100 Yard IM		
1 Himstreet, Julie	33 OREG	1:14.33
2 Farnsworth, Megan	33 OREG	1:30.01
400 Yard IM		
1 Smith, Rondamarie	33 PNA	5:26.89

Women 35-39

50 Yard Freestyle		
1 Collson, Anne-Marie	36 OREG	29.57
2 Law, Cathy	36 OREG	30.36
3 Bell, Maureen	38 OREG	33.62
4 Scholz, Anne	37 OREG	34.98
100 Yard Freestyle		
1 Collson, Anne-Marie	36 OREG	1:05.99
2 Law, Cathy	36 OREG	1:09.28
3 Scholz, Anne	37 OREG	1:18.71

500 Yard Freestyle		
1 Scholz, Anne	37 OREG	7:20.19
2 Bell, Maureen	38 OREG	7:32.93
50 Yard Backstroke		
1 Scholz, Anne	37 OREG	38.50
50 Yard Breaststroke		
1 Law, Cathy	36 OREG	39.37
100 Yard Breaststroke		
1 Law, Cathy	36 OREG	1:30.20
50 Yard Butterfly		
1 Collson, Anne-Marie	36 OREG	34.12
100 Yard IM		
1 Collson, Anne-Marie	36 OREG	1:18.77
2 Law, Cathy	36 OREG	1:18.98

Women 40-44

50 Yard Freestyle		
1 Buck, Donna	44 OREG	29.98
100 Yard Freestyle		
1 Buck, Donna	44 OREG	1:05.72
200 Yard Freestyle		
1 Fox, Christina	43 OREG	2:49.43
100 Yard Backstroke		
1 Fox, Christina	43 OREG	1:22.81
200 Yard Backstroke		
1 Fox, Christina	43 OREG	2:59.68
100 Yard IM		
1 Buck, Donna	44 OREG	1:14.76
200 Yard IM		
1 Fox, Christina	43 OREG	3:11.07

Women 45-49

50 Yard Freestyle		
1 Cappaert, Marlys	45 OREG	32.51
500 Yard Freestyle		
1 Cappaert, Marlys	45 OREG	6:58.07
1650 Yard Freestyle		
1 Higdon, Jane	45 OREG	24:23.57
50 Yard Breaststroke		
1 Cappaert, Marlys	45 OREG	43.57
200 Yard Breaststroke		
1 Higdon, Jane	45 OREG	3:11.11
50 Yard Butterfly		
1 Cappaert, Marlys	45 OREG	38.84
100 Yard IM		
1 Cappaert, Marlys	45 OREG	1:22.13

Women 50-54

50 Yard Butterfly		
1 Asleson, Elke-Marion	51 OREG	38.82

100 Yard Butterfly

1 Asleson, Elke-Marion	51 OREG	1:24.29
100 Yard IM		
1 Asleson, Elke-Marion	51 OREG	1:25.79
200 Yard IM		
1 Asleson, Elke-Marion	51 OREG	3:05.29
400 Yard IM		
1 Asleson, Elke-Marion	51 OREG	6:35.11

Women 55-59

50 Yard Freestyle		
1 Mathewson, Geri	55 OREG	33.43
2 Sacks, Lynn	58 OREG	42.00
100 Yard Freestyle		
1 Mathewson, Geri	55 OREG	1:15.11
2 Sacks, Lynn	58 OREG	1:37.13
200 Yard Freestyle		
1 Mathewson, Geri	55 OREG	2:45.84
2 Sacks, Lynn	58 OREG	3:26.37
500 Yard Freestyle		
1 Mathewson, Geri	55 OREG	7:18.17
2 Sacks, Lynn	58 OREG	9:04.80

Women 60-64

500 Yard Freestyle		
1 Himstreet, Pam	60 OREG	8:17.20
50 Yard Breaststroke		
1 Himstreet, Pam	60 OREG	48.03
100 Yard Breaststroke		
1 Himstreet, Pam	60 OREG	1:47.63
200 Yard Breaststroke		
1 Himstreet, Pam	60 OREG	3:43.51
100 Yard Butterfly		
1 Himstreet, Pam	60 OREG	1:48.38

Men 19-24

50 Yard Freestyle		
1 Lowry, Mike	19 OREG	27.22
100 Yard Freestyle		
1 Lowry, Mike	19 OREG	1:02.56
50 Yard Breaststroke		
1 Lowry, Mike	19 OREG	36.64
50 Yard Butterfly		
1 Lowry, Mike	19 OREG	33.64

Men 30-34

100 Yard Freestyle		
1 Cohen, Joshua	32 OREG	57.58
200 Yard Breaststroke		
1 Cohen, Joshua	32 OREG	2:33.61
100 Yard IM		
1 Cohen, Joshua	32 OREG	1:06.62



Megan Farnsworth



David Fryfield

Men 35-39

50 Yard Freestyle			
1 Kohlmeier, Scott	36 OREG	27.92	
100 Yard Freestyle			
1 Hayden, James	39 OREG	56.87	
2 Kohlmeier, Scott	36 OREG	1:00.43	
200 Yard Freestyle			
1 Volckening, Bill	37 NEM	1:57.73	
2 Hayden, James	39 OREG	2:06.61	
50 Yard Backstroke			
1 Kohlmeier, Scott	36 OREG	33.86	
100 Yard Backstroke			
1 Hayden, James	39 OREG	1:07.11	
2 Kohlmeier, Scott	36 OREG	1:08.08	
200 Yard Backstroke			
1 Hayden, James	39 OREG	2:23.55	
100 Yard Breaststroke			
1 Volckening, Bill	37 NEM	1:09.57	
200 Yard Butterfly			
1 Volckening, Bill	37 NEM	2:26.21	
200 Yard IM			
1 Hayden, James	39 OREG	2:23.51	

Men 40-44

50 Yard Freestyle			
1 Powell, Jay	40 OREG	24.88	
2 Garrett, Troy	42 OREG	26.30	
100 Yard Freestyle			
1 Powell, Jay	40 OREG	57.22	
2 Garrett, Troy	42 OREG	1:00.43	
200 Yard Freestyle			
1 Garrett, Troy	42 OREG	2:27.57	
500 Yard Freestyle			
1 Powell, Jay	40 OREG	6:33.62	
100 Yard Backstroke			
1 Rodriguez, Rick	41 OREG	1:04.44	
100 Yard Breaststroke			
1 Powell, Jay	40 OREG	1:18.80	
100 Yard IM			
1 Powell, Jay	40 OREG	1:07.25	

Men 45-49

50 Yard Butterfly			
1 Fryefield, David	49 OREG	27.64	
100 Yard Butterfly			
1 Fryefield, David	49 OREG	1:02.19	
200 Yard Butterfly			
1 Fryefield, David	49 OREG	2:21.64	
100 Yard IM			
1 Fryefield, David	49 OREG	1:05.96	
400 Yard IM			
1 Fryefield, David	49 OREG	5:09.12	

Men 50-54

50 Yard Freestyle			
1 Tremblay, Vic	52 OREG	29.31	
2 Huizenga, Robert	54 OREG	31.11	

100 Yard Freestyle			
1 Widmann, Michael	50 OREG	1:04.31	
200 Yard Freestyle			
1 Tremblay, Vic	52 OREG	2:29.69	
500 Yard Freestyle			
1 Widmann, Michael	50 OREG	6:37.73	
200 Yard Breaststroke			
1 Widmann, Michael	50 OREG	2:58.82	
50 Yard Butterfly			
1 Widmann, Michael	50 OREG	31.93	
2 Tremblay, Vic	52 OREG	32.88	
3 Huizenga, Robert	54 OREG	35.61	
100 Yard IM			
1 Widmann, Michael	50 OREG	1:15.45	

Men 55-59

50 Yard Freestyle			
1 Blair, Ron	59 UNAT	1:17.25	
100 Yard Freestyle			
1 Blair, Ron	59 UNAT	3:43.58	
500 Yard Freestyle			
1 Johnson, Steve	55 OREG	5:37.74	
50 Yard Backstroke			
1 Blair, Ron	59 UNAT	2:12.63	
100 Yard Backstroke			
1 Blair, Ron	59 UNAT	4:04.74	
200 Yard Backstroke			
1 Blair, Ron	59 UNAT	8:36.69	
50 Yard Butterfly			
1 Johnson, Steve	55 OREG	28.14	

Men 60-64

50 Yard Freestyle			
1 Philipps, Frank	61 OREG	29.18	
2 Mohr, Ralph	62 OREG	35.59	
100 Yard Freestyle			
1 Philipps, Frank	61 OREG	1:05.82	
200 Yard Freestyle			
1 Mohr, Ralph	62 OREG	2:46.54	
500 Yard Freestyle			
1 Philipps, Frank	61 OREG	7:01.01	
2 Mohr, Ralph	62 OREG	7:13.05	
50 Yard Breaststroke			
1 Philipps, Frank	61 OREG	37.68	
50 Yard Butterfly			
1 Philipps, Frank	61 OREG	36.05	
100 Yard Butterfly			
1 Mohr, Ralph	62 OREG	1:20.74	
100 Yard IM			
1 Mohr, Ralph	62 OREG	1:27.60	

Men 65-69

50 Yard Freestyle			
1 Radcliff, David	69 OREG	28.30	
2 Weick, Dick	69 OREG	28.94	
3 Thayer, George	67 OREG	29.12	
4 Weaver, Roger	68 OREG	1:03.78	

100 Yard Freestyle			
1 Thayer, George	67 OREG	1:10.00	
200 Yard Freestyle			
1 Thayer, George	67 OREG	2:40.14	

50 Yard Backstroke			
1 Weick, Dick	69 OREG	37.09	
2 Thayer, George	67 OREG	37.25	
3 Radcliff, David	69 OREG	41.02	
50 Yard Breaststroke			
1 Weick, Dick	69 OREG	38.74	
2 Radcliff, David	69 OREG	40.27	
3 Weaver, Roger	68 OREG	1:13.83	
50 Yard Butterfly			
1 Weick, Dick	69 OREG	34.18	
2 Radcliff, David	69 OREG	34.61	

Men 80-84

50 Yard Freestyle			
1 Holden, Andrew	84 OREG	34.81	
100 Yard Freestyle			
1 Holden, Andrew	84 OREG	1:19.92	
50 Yard Butterfly			
1 Holden, Andrew	84 OREG	40.06	
100 Yard IM			
1 Holden, Andrew	84 OREG	1:37.94	

Relays**Women 25+ 200 Yard Free Relay**

1 OREG	2:15.59
1) Uesugi, S. 30	2) Cappaert, M. 45
3) Fox, C. 43	4) Law, C. 36

Women 25+ 200 Yard Medley Relay

1 OREG	2:31.00
1) Fox, C. 43	2) Uesugi, S. 30
3) Cappaert, M. 45	4) Law, C. 36

Mixed 25+ 200 Yard Free Relay

1 UNAT	2:00.50
1) Farnsworth, M. 33	2) Bell, M. 38
3) Volckening, B. 37	4) Widmann, M. 50
2 OREG	2:06.35
1) Weick, D. 69	2) Higdon, J. 45
3) Huizenga, R. 54	4) Himstreet, J. 33

Mixed 25+ 200 Yard Medley Relay

1 OREG	2:11.81
1) Himstreet, J. 33	2) Weick, D. 69
3) Fryefield, D. 49	4) Johnson, S. 55
2 UNAT	2:21.88
1) Bell, M. 38	2) Widmann, M. 50
3) Farnsworth, M. 33	4) Volckening, B. 37

Mixed 35+ 200 Yard Free Relay

3 OREG	2:08.88
1) Sacks, L. 58	2) Powell, J. 40
3) Mathewson, G. 55	4) Kohlmeier, S. 36
4 OREG	2:47.86
1) Weaver, R. 68	2) Law, C. 36
3) Fox, C. 43	4) Tremblay, V. 52



Lynn Sacks



Frank Philipps

Animal Meet - Canby, OR - Jan. 24 , 2004

Place	Name	First Name	Age	Team	200 Yd. IM	100 Yd. Fly	500 yd. Free	Cumulative Time
Women - Master Events								
1	Moore	Alison	33	OREG	2:38.29	1:12.34	6:24.13	10:14.76
2	Vincent	Nancy	44	OREG	2:52.31	1:19.91	6:45.66	10:57.88
3	Hodge	Peggie	63	OREG	3:37.32	1:45.95	9:19.89	14:43.16
Men - Master Events								
1	Volckening	Bill	37	NEW	2:13.86	1:01.89	5:19.95	8:35.70
2	Coryell	Jason	32	OREG	2:13.02	:57.04	5:28.66	8:38.72
3	Hayden	James	39	OREG	2:20.14	1:05.77	5:55.16	9:21.07
4	Sessa	Steve	40	OREG	2:22.00	1:05.95	6:12.21	9:40.16
5	Price	Kennedy	31	OREG	2:34.87	1:13.35	5:53.83	9:42.05
6	Smith	Robert	60	OREG	2:23.68 Z	1:08.25	6:20.53	9:52.46
7	Radcliff	Dave	69	OREG	2:47.05	1:21.36	6:09.74	10:18.15
8	Munro	Stuart	46	MACO	2:49.20	1:13.83	6:20.40	10:23.43
9	Beckley	Gary	52	OREG	2:44.00	1:12.81	6:30.36	10:27.17
10	Toole	Chris	52	OREG	2:59.89	1:30.06	6:46.57	11:16.52
11	Juhala	Richard	59	OREG	3:33.10	1:40.08	8:52.95	14:06.13

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Place	Name	First Name	Age	Team	400 Yd. IM	200 Yd. Fly	1000 yd. Free	Cumulative Time
Women - Grand Master Events								
1	Crabbe	Colette	47	OREG	5:03.17	2:25.26	12:13.35	19:41.78
2	Staley	Darlene	53	OREG	6:30.82	3:11.28	14:28.10	24:10.20
3	Welborn	Jody	48	MACO	6:39.84	3:38.33	14:18.36	24:36.53
4	Lambourn	Debra	35	OREG	6:43.49	3:27.49	16:31.98	26:42.96
5	Quattro	Jackie	56	OREG	(Official split for 500)	6:44.99	13:43.65	
Men - Grand Master Events								
1	Swain	Sean	32	OREG	4:30.77	2:08.47	10:32.43	17:11.67
2	Stewart	Doug	39	OREG	4:43.48	2:12.07	10:56.15	17:51.70
3	Higley	Robert	37	OREG	5:06.98	2:30.65	11:47.48	19:25.11
4	Tennant	Mike	50	OREG	5:08.09	2:40.32	12:05.60	19:54.01
5	McIntire	Jerry	42	OREG	5:54.09	3:06.03	13:35.64	22:35.76
6	Kralovec	Charles	50	OREG	7:24.43	3:38.51	17:02.16	28:05.10



Alison Moore and Nancy Vincent



Charles Kralovec and Jerry McIntire

Pentathlon Meet - Beaverton, OR - Feb. 7 , 2004**P=Pentathlon Record N = Breaks listed National Record Z = Zone Record O = Oregon Record**

Place	Name	Team	Total Time	50 Free	50 Back	50 Breast	50 Fly	100 IM
Women 19-24								
1	Alden, Jennifer	OREG	3:03.18 P	26.65	28.58 Z	34.71	28.15 O	1:05.09 O
2	Wilkinson, Christina	OREG	3:37.25	29.87	34.98	40.46	35.29	1:16.65
Women 25-29								
1	Cohen, Elise	OREG	3:37.25	29.49	38.92	38.84	34.29	1:15.71
-	Gibbs, Zan	OREG				38.16		
Women 30-34								
1	Blain-Reimer, Shelley	OREG	3:23.67	27.97	33.81	39.01	31.33	1:11.55
2	Kramer, Laura	OREG	3:34.20	29.11	35.57	40.84	32.53	1:16.15
3	Frieder, Marisa	OREG	3:49.64	33.37	38.82	39.22	37.31	1:20.92
4	Kelly, Sharon	OREG	3:52.86	31.21	38.72	44.39	37.42	1:21.12
5	Zayas, Kimberly	OREG	4:08.80	32.07	40.31	50.40	37.58	1:28.44
6	Wong, Linda	OREG	4:28.90	36.16	45.91	47.79	45.05	1:33.99
Women 35-39								
1	Ralle, Martina	OREG	3:30.77	29.46	34.54	39.62	32.72	1:14.43
2	Moorhead, Liz	OREG	3:56.39	32.94	39.16	46.55	35.32	1:22.42
3	Lambourn, Debra	OREG	4:15.02	35.59	41.67	46.58	41.45	1:29.73
-	Hyde, Sandra	OREG			39.34	44.37	37.00	
Women 40-44								
1	Jenkins, Valerie	OREG	3:07.06 P	26.78	29.77	35.48	28.74 O	1:06.29 O
2	Foley, Sharon	MACO	3:21.38	26.62	36.43	36.02	30.33	1:11.98
3	Viales, Dianne	OREG	3:21.44	27.76	33.87	38.28	31.65	1:09.88
4	Vincent, Nancy	OREG	3:46.04	29.78	44.58	38.52	33.69	1:19.47
5	Raach, Bridget	OREG	4:27.57	34.34	55.20dq	50.09	37.61	1:30.33
-	Fox, Christina	OREG					43.53	
Women 45-49								
1	Parisi, Robin	MACO	3:08.15 P	26.58	31.89	35.63	28.15	1:05.90
2	Andrus-Hughes, K	OREG	3:12.98	26.88	30.18	37.70	30.44	1:07.78
-	Miles, Carole	OREG		38.78	49.04	45.75		1:42.19
Women 50-54								
1	Budd, Elizabeth	OREG	3:56.82	33.30	39.43	43.43	37.72	1:22.94
2	Sutherland, Jani	OREG	4:15.15	34.09	43.16	45.86	41.00	1:31.04
Women 55-59								
1	Pierson, Ginger	MACO	3:39.44 P	32.00	37.63	37.32	35.34	1:17.15

continued on page 10**Barb Frid and Joy Ward****Bert Petersen and George Thayer**

Pentathlon Meet Results continued from page 9

-	Quattro, Jackie	OREG				38.14		
Women 60-64								
1	Frid, Barbara	OREG	3:45.35	31.92	37.53	41.71 Z	34.21	1:19.98
2	Ward, Joy	OREG	3:52.03	32.09	38.22	45.02	33.42	1:23.28
-	Sitter, Darby	OREG					1:04.16	2:16.94
Women 80-84								
1	Stevenin, Elfie	OREG	13:06.56	2:08.25	1:41.29	2:27.74	2:19.62	4:29.66
Men 30-34								
1	Taylor, Curtis	OREG	2:43.15	22.62	27.29	29.70	25.41	58.13
2	Coryell, Jason	OREG	2:50.71	23.65	28.03	33.41	25.05	1:00.57
3	August, Brian	OREG	2:52.34	23.40	28.61	34.04	25.15	1:01.14
4	Pospisil, Radek	OREG	3:05.93	25.64	32.31	31.93	29.30	1:06.75
Men 35-39								
1	Cooper, Greg	MACO	2:47.18	23.83	28.29	30.65	25.66	58.75
2	Volckening, Bill	NEM-NE	2:48.91	23.71	28.35	30.54	26.30	1:00.01
3	Hibler, Kelly	OREG	2:59.72	24.21	29.70	35.63	27.53	1:02.65
4	Karyukin, Andrei	OREG	3:17.46	28.31	35.02	35.84	28.85	1:09.44
5	Blouin, Pierre	OREG	3:32.21	28.59	37.43	36.14	35.36	1:14.69
-	Parmentier, Steve	OREG			28.49		26.13	
-	Kramer, Ken	OREG		37.67	38.08			
Men 40-44								
1	Oliva, Tomas	MACO	2:51.75	24.11	30.35	30.15	26.59	1:00.55
2	Butcher, Gano	OREG	2:56.78	25.24	29.40	32.35	26.16	1:03.63
3	Palanuk, Jon	OREG	3:14.84	26.07	32.51	36.37	30.12	1:09.77
4	Curran, Patrick	OREG	3:21.27	27.97	33.98	35.86	31.71	1:11.75
5	Cox, Chris	OREG	4:02.68	32.08	43.60	46.97	35.62	1:24.41
-	Winroth, Glen	OREG		40.81	58.83			2:21.45
Men 45-49								
1	Wren, Mark	OREG	3:09.69	25.49	34.42	35.39	28.37	1:06.02
2	Dwight, Charles	UNAT	3:10.53	26.00	33.85	33.99	28.54	1:08.15
3	Ramsey, Ed	OREG	3:17.39	28.04	32.33	37.21	29.86	1:09.95
4	Butz, Bill	OREG	3:20.69	27.30	35.64	35.49	31.42	1:10.84
5	Darnell, Stephen	OREG	3:47.18	30.04	38.83	40.96	35.29	1:22.06
6	Friedman, Keith	OREG	4:47.66	34.31	59.92	47.10	43.56	1:42.77
-	Metzger, Peter	OREG						1:02.83
Men 50-54								
1	Yensen, Kermit	OREG	3:13.59	26.49	32.75	37.70	28.69	1:07.96
2	Wallis, Gary	OREG	3:16.23	26.89	33.73	35.43	31.26	1:08.92
3	McDaniel, Tim	OREG	3:51.66	29.41	42.50	39.78	35.81	1:24.16



Lee Miesen



Shelley Blain-Reimer

4	Toole, Chris	OREG	3:52.95	30.43	44.07	39.70	37.37	1:21.38
-	Kalil, Adrian	OREG		26.88	34.18			1:15.78

Men 55-59

1	Stout, Jon	OREG	3:07.01	25.58	30.69	35.20	29.53	1:06.01
2	Stark, Allen	OREG	3:11.73	27.00	34.78	30.99	28.78	1:10.18
3	Silvey, Michael	OREG	3:35.17	28.85	36.63	43.20	30.86	1:15.63
4	Lambert, Roy	OREG	3:44.29	30.33	42.32	37.29	35.55	1:18.80
5	Carriker, Buz	OREG	3:48.86	29.78	42.98	40.14	35.22	1:20.74
-	Cronin, Jed	OREG		26.87	32.69	38.25	28.99	

Men 60-64

1	Smith, Robert	OREG	2:53.65 P	24.04 Z	27.82 N	32.27	26.75 N	1:02.77 Z
2	Nakata, Ronald	OREG	3:23.53	28.25	34.64	37.44	31.21	1:11.99
3	Juhala, Richard	OREG	4:10.91	37.51	44.95	39.62	39.96	1:28.87

Men 65-69

1	Petersen, Bert	OREG	3:27.23	28.08	38.54	37.15	28.53 Z	1:14.93
2	Thayer, George	OREG	3:36.25	28.24	35.29	39.19	35.95	1:17.58
3	Ritter, Will	OREG	4:18.92	33.75	43.12	44.99	45.55	1:31.51
4	Schieltz, Jon	OREG	5:17.28	40.23	1:00.60	52.57	49.95	1:53.93

Men 70-74

1	Weick, Dick	OREG	3:30.38 P	28.82 O	35.25	37.74	32.88	1:15.69 O
2	Marks, Milton	OREG	3:53.48	31.59	39.52	39.04	39.34	1:23.99

Men 80-84

1	Holden, Andrew	OREG	4:23.84	33.37	43.59	50.59	39.76	1:36.53
2	Fixott, Rupert	OREG	5:59.80	46.80	55.57	56.29	1:05.67	2:15.47

Place	Name	Team	Total Time	100 Free	100 Back	100 Breast	100 Fly	200 IM
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Women 25-29

-	Gibbs, Zan	OREG				1:26.87		
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Women 30-34

1	Himstreet, Julie	OREG	7:24.33	1:04.28	1:12.40	1:22.58	1:12.77	2:32.30
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Women 35-39

1	Thornton, Susan	OREG	9:43.49	1:16.34	1:41.17	1:34.68	1:43.69	3:27.61dq
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Women 40-44

-	Fox, Christina	OREG		1:15.36	1:19.86	1:31.16		3:02.37
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Women 55-59

-	Quattro, Jackie	OREG		1:09.92				
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Women 60-64

1	Hodge, Peggie	OREG	10:29.42 P	1:30.30	1:53.24	1:44.29	1:45.31	3:36.28
-	Sitter, Darby	OREG		2:00.98	2:27.27	2:30.05		

continued on page 12**Dick Weick****Susi Thornton**

**Jon Stout****Robin Parisi****Pentathlon Results continued from page 11****Women 75-79**

1	Wells, Margaret	OREG	14:58.08 P	2:09.12	2:20.15	2:54.07	2:39.25	4:55.49
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Men 30-34

1	Swain, Sean	OREG	6:00.34	50.13	1:00.87	1:06.58	57.67	2:05.09
2	Cohen, Joshua	OREG	6:31.20	55.98	1:05.80	1:07.19	1:06.95	2:15.28
3	Price, Kennedy	OREG	7:09.55	59.92	1:10.43	1:16.81	1:10.27	2:32.12

Men 35-39

1	Hayden, James	OREG	6:41.18	55.54	1:05.10	1:16.51	1:02.33	2:21.70
2	Gaarder, Chris	OREG	6:45.83	55.04	1:11.90	1:08.00	1:03.53	2:27.36
-	Kramer, Ken	OREG		1:15.36		1:25.07		

Men 40-44

1	Christensen, Douglas	OREG	6:25.79	56.76	1:04.62	1:09.44	58.50	2:16.47
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Men 45-49

1	Burleson, David	MACO-O	6:32.34	53.49	1:08.38	1:18.14	58.55	2:13.78
2	Scoville, Brent	OREG	7:35.04	1:02.62	1:14.18	1:23.70	1:14.53	2:40.01
3	Munro, Stuart	MACO-O	7:53.61	1:03.70	1:34.47	1:18.99	1:11.75	2:44.70
4	Neubert, Mark	OREG	8:39.12	1:12.68	1:31.07	1:25.04	1:31.07	2:59.26

Men 50-54

1	Tennant, Mike	OREG	6:37.89 P	51.76 Z	1:09.55	1:15.65	1:02.50	2:18.43
2	Widmann, Michael	OREG	7:44.92	1:03.99	1:22.16	1:21.04	1:12.94	2:44.79
-	Kalil, Adrian	OREG		1:01.40				

Men 60-64

1	Landis, Tom	OREG	7:25.51 P	57.99	1:16.37	1:22.89	1:12.13	2:36.13
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Men 75-79

1	Miesen, Lee	MACO	12:17.62 P	2:07.20	1:44.36	1:46.93	2:16.97	4:22.16
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**Ron Nakata****Laura Kramer**

OMS Association Championship

April 2-4, 2004

OFFICIAL RULES AND GUIDELINES

DISTANCE EVENTS CHECK- IN DEADLINES/TIME PERIODS

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

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

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

RELAY ENTRIES DEADLINES

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

Mixed Free Relay - By the end of the 100 Free

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

Mixed Medley Relay - By the end of the 100 IM

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

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

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

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

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

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

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

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

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

OREGON MASTERS SWIMMING ASSOCIATION SHORT COURSE YARDS CHAMPIONSHIPS

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

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

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

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

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

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

OMS souvenir/participation award for all entrants

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

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

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

ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 12, 2004

✂ FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY ✂

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____
E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
2004 USMS # _____
LOCAL TEAM (SEE LISTINGS ON 2004 REG. FORM) _____
USMS CLUB (OREG, MACO, PNA, ETC) _____
IS THIS YOUR FIRST MASTERS MEET? _____ Yes _____ No

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 19+, 25+, 35+, 45+, 55+, 65+ AND 75+. YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS 4 RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY. ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE CONTESTED AND COUNTED FOR TEAM POINTS. THE 400M, 500, 1000 & 1650 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE REGARDING CHECK-IN CLOSING TIMES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDS SLOW TO FAST. SEE GUIDELINE PAGE FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2004 IN ORDER TO SCORE POINTS.

Friday, April 2, 2004

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

Saturday, April 3, 2004

200 IM (3) _____ : _____ . _____
50 FLY (4) _____ : _____ . _____
200 BACK (5) _____ : _____ . _____
100 FREE (6) _____ : _____ . _____

* break *

200 MEDLEY RELAYS (7-8)

50 BACK (9) _____ : _____ . _____
200 FLY (10) _____ : _____ . _____
100 BREAST (11) _____ : _____ . _____

* break *

200 MIXED FREE RELAYS (12)

1000 FREE (13) _____ : _____ . _____

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

Sunday, April 4, 2004

500 FREE (14) _____ : _____ . _____

Break- 20 minute warm-up

50 FREE (15) _____ : _____ . _____
200 BREAST (16) _____ : _____ . _____
100 FLY (17) _____ : _____ . _____

* break *

200 FREE RELAYS (18-19)

100 IM (20) _____ : _____ . _____
50 BREAST (21) _____ : _____ . _____
200 FREE (22) _____ : _____ . _____
100 BACK (23) _____ : _____ . _____

200 MIXED MEDLEY RELAYS (24)

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

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

SIGNATURE _____

DATE _____

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

AWARDS BANQUET _____

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

T-SHIRTS _____ X \$15=

MEET ENTRY FEE **22.00**

TOTAL ENCLOSED _____

MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

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

2004 Association Meet in Bend

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

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

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

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

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

Fairfield Inn (new hotel, Marriott chain)

1626 NW Hill Street

541-318-1747

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

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

Phoenix Inn

300 NW Franklin

888-291-4764

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

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

Sleep Inn

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

541-330-0050

1-2 persons, 1 bed \$62.10

2-4 persons, 2 beds \$69.00

Red Lions North and South (2 hotels)

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

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

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

Super 8

1275 S Business Hy 97, 2 miles to pool

541-388-6888

1-2 persons, 1 bed \$41.00

3-4 persons, 2 beds \$45.88

Hampton Inn (Hilton chain)

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

541-388-4114

\$69 for 1-4 people

HOST (House Our Swimmers Tonight): Peggy Whiter is coordinating the HOST program which provides housing for out of area swimmers with one of the COMA families. You can contact Peggy at: peggywhiter@hotmail.com or 541 382-5181. This is great way to meet other swimmers and have a fun experience while you swim at the Association Meet.

Northwest Zone Short Course Yards Championship

May 1-2, 2004

Supplemental Information

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

Motel 6

935 NW Garfield Ave; (541) 758-9125

Single \$47.99 + tax; Double \$53.99 + tax

Less than a mile from the pool; 10% discount for swimmers. No other discounts apply.

Econo Lodge

345 NW 2nd; (541) 752-9601

Single \$55.00; Double \$65.00

3 miles from pool

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

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

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

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

Get Fit -Trans Fats continued from page 4

Frozen food – pies, pot pies, waffles, pizzas, breaded fish. Go for baked instead of breaded. Recognize that if there is not a lot of trans fats there may be a lot of saturated fat! Ugh.

Baked goods – commercially baked have the highest content of trans fats. Recognize that higher quality baked goods may use butter instead of margarine, only to increase the saturated fats not the trans fats. Again, there is no place like home – to make and enjoy baked goods! You can very easily cut in half the amount of butter or oil in a recipe with little difference in results – your heart will love you more.

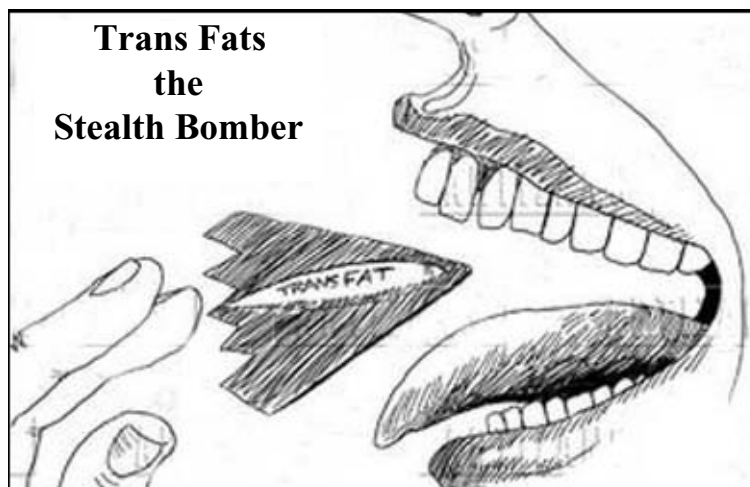
Chips and crackers – how do they get so crispy? Surprise, shortening will do that texture trick. A better choice may be pretzels, toast or pita bread with some cheese.

Breakfast food – some boxed dry cereals and energy bars contain trans fats. Check your labels. Alternatives are whole wheat toast or bagels.

Cookies and candies – compare labels of your favorites. The source for this article suggests gummy bears or jelly

beans and thankfully says that if chocolate is a must to go for dark chocolate!

Toppings and dips – nondairy creamers & flavored coffees, whipped toppings, gravy mixes & salad dressings contain trans fats. Natural oils such as olive oil and canola oil don't contain trans fats – so enjoy in moderation! If you need to add a "whitener" to your coffee try skim milk or nonfat dry milk.



Conclusion – it is not realistic to eliminate trans fats entirely from our diets. To reduce the amount we do consume is a heart healthy choice we can make.

Northwest Zone Short Course Yards Championship

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

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

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

Hosted by: Osborn Aquatic Center
1940 NW Highland Dr.
Corvallis, OR 97330

25 yards • 8 lanes competition - electronic timing
6 lane continuous warm-up/down area

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

SATURDAY WARM-UPS: 12 NOON MEET STARTS: 1PM

SUNDAY WARM-UPS: 8AM MEET STARTS: 9AM

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

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

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

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

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



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY ☐

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2004 USMS # _____

USMS CLUB (OREG, MACO, PNA, ETC) _____

IS THIS YOUR FIRST MASTERS MEET? Yes No

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 19+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. YOU MAY ENTER A MAXIMUM OF 8 INDIVIDUAL EVENTS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY PLUS RELAYS. ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). A PERSON MAY SWIM THE 200Y, 400Y & 800Y DISTANCE OF EACH RELAY ONCE. THE 400 AND 800 RELAY WILL BE SEEDING IN HEATS AFTER THE 200 RELAYS OF THE SAME EVENT. THE 500, 1000 AND 1650 FREESTYLES & 400 IM WILL BE DECK SEEDING. CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWIM. CHECK IN FOR THE 1650 WILL OPEN MIDWAY THROUGH SUNDAY'S EVENTS. ALL EVENTS WILL BE SEEDING SLOW TO FAST.

Saturday, May 1, 2004

200 BACK (1) _____ : _____ . _____

50 FREE (2) _____ : _____ . _____

100 BREAST (3) _____ : _____ . _____

400 IM (4) _____ : _____ . _____

break

FREE RELAYS (5-10)

50 FLY (11) _____ : _____ . _____

200 FREE (12) _____ : _____ . _____

100 BACK (13) _____ : _____ . _____

break

MIXED MEDLEY RELAYS (14-15)

1000 FREE (16) _____ : _____ . _____

Sunday, May 2, 2004

500 FREE (17) _____ : _____ . _____

Sunday (con't)

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

100 IM (18) _____ : _____ . _____

200 FLY (19) _____ : _____ . _____

50 BREAST (20) _____ : _____ . _____

100 FREE (21) _____ : _____ . _____

break

MEDLEY RELAYS (22-25)

200 IM (26) _____ : _____ . _____

100 FLY (27) _____ : _____ . _____

50 BACK (28) _____ : _____ . _____

200 BREAST (29) _____ : _____ . _____

MIXED FREE RELAYS (30-32)

break

1650 FREE (33) _____ : _____ . _____

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

Meet Entry \$18.00

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

Total enclosed

SIGNATURE _____

DATE _____

MEET ENTRY FEE: \$18.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

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



Local Team Registration

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

TEAM NAME _____ ABBREVIATION _____

TEAM REPRESENTATIVE INFORMATION (must be an OMS member)

Rep. Name _____

Address _____

Phone 1 _____ Phone 2 _____

Email _____

TEAM INFORMATION

Number of swimmers on team _____

COACH INFORMATION

Coach Name _____

Address _____

Phone 1 _____ Phone 2 _____

Email _____

POOL INFORMATION

Pool Name _____

Address _____

Phone 1 _____

Workout Schedule _____

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



OREGON MASTERS SWIMMING

UNITED STATES MASTERS SWIMMING

YEAR 2004 REGISTRATION

☐ Renewal - 2003 USMS # _____

☐ New Member

Last Name:

First Name:

M.I.:

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

Address:

City:

State:

Zip:

Phone:

Date of Birth:

Age:

Sex:

☐ M☐ F

E-mail Address:

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

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

☐ OREG☐ MACO☐ UNATTACHED

(Unattached members cannot swim in relays)

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

Registered for 2004

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

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

Portland Upstream PUPS
 Rogue Valley Masters RVM
 Salem Courthouse Crew SCC
 Southern Oregon Masters ... SOM
 Steelheads STHD
 Tualatin Hills Barracudas ... THB
 Umpqua Valley Masters UVM
 Yawama Masters Swim Club . YSC
 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.swimmoregon.org

2004



Date	Event	Location	Contact
Pool Meets			
March 7	SCY	Mt. Hood CC - Gresham, OR	Donna Ryan ryand@mhcc.edu
*April 2-4	Assn. Champs	Bend, OR	Kristin Brooks bendbrooks@aol.com
*May 1-2	SCY Zone	Corvallis, OR	Mark Warden marklauraworden@comcast.net
June 19	LCM	Beaverton, OR	Chyle Edic/Kennedy Price thbmeetdirector@yahoo.com
July 10-11	St.Games LCM	Mt. Hood CC - Gresham, OR	Colette Crabbe ColetteCrabbe@hotmail.com
Aug. 21	SCM	Camas, Washington (near Vancouver)	Doug Lumbard raslum@aol.com Bert Petersen 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			
April 22-25	SCY	Indianapolis, IN	www.usms.org
Aug. 12-15	LCM	Savannah, GA	www.usms.org
Postal Championships 2004			

* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

Board Meetings

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

Aug. 25, 2004 NIKE 7 PM

Sept. 24-26, 2004 Retreat

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

Aqua Master
March 2004

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

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