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## COMA - Thanks and Congratulations



Thank you Central Oregon Masters for hosting a great Association Championship Meet. Congratulations on your superb swimming and victory in the Large Team Division. Complete Association Results on pages 8-15

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## Jump Start Your Open Water Season

Gecko Tri Club, a triathlon club in east Portland, is hosting an open water swim at Hagg Lake on Sunday, June 13th. This is a swim only with no biking or running. The swims will be 800 meters, 2 K , and 4 K . The 800 starts at 9:00 and the $2 \mathrm{~K} \& 4 \mathrm{~K}$ start at 10:00. OMS Masters are invited to be a part of this open water swim. Wetsuits are welcome. There will be chip timing.
You don't need to be a USA Triathlon or USMS member for this event. The registration fee is $\$ 20.00$. Registration is on line at www.geckotriclub.com Jim Teisher, the THB Open Water Rep, has made these arrangements. In his words: "I had been looking into setting up an open water swim in Hagg Lake, which was to be sponsored by the Barracuda's. When I went to reserve the lake I learned that Gecko was already planning a swim. After visiting with a few of the members of the Gecko Club, I was asked to invite Masters swim mers to participate in the event.'
Let's show up and have a fun swim. Tri-athletes and Masters swimming together in one event should be great, plus you can wear a wetsuit if you want.

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## Chair's Corner by Jeanne Teisher

And The Winner Is.....
As you know, OMS depends on volunteers to run the organization. There are so many ways individuals, groups and organizations contribute to OMS that it is difficult to list them all. Once a year OMS honors a few of the volunteers that have gone beyond the call of duty. Unfortunately, there are MANY other individuals, groups and organizations that deserve to be recognized but we just don't have the resources to do so. We also may not be aware of those volunteers who work tirelessly behind the scene. That is why the OMS board depends on our membership to inform us of those outstanding and dedicated individuals. If you know of someone or some group or organization that deserves recognition, please notify a board member.
This year's award recipients are truly worthy of the awards. They include:
Ol Barn Award (Volunteer of the Year)
Bert Petersen was the recipient of this award for the great work he has done to update all the swimming records and keep them current. For the first time ever, any new record broken in a meet is listed in the Aqua Master results when the newsletter goes to print, which is usually just a few days after a meet. It's great that we are able to recognize the record setters.
Special Service (there were 3 winners this year)
Alison Moore was recognized for her work with the meet entry blanks and designing logos for OMS. She has also volunteered on a variety of other tasks this past last year, which benefited OMS. Alison is very good with a computer and has been a great help to Dave Radcliff, Aqua Master editor, assisting him with the newsletter.
Jody Welborn, in addition to her duties as the Safety Chairperson for OMS, took on a big project this year. She served as event director for the USMS Fitness Check-off Challenge. This event had 300 participants and made $\$ 1,500$. The money will be given to OMS.
Nike has continually supported OMS over the years. Since the Nike pool opened 3 years ago, they have allowed us to host 3 meets at their beautiful facility, at little cost, and have made Masters swimmers feel very welcome. Nike has also donated generously to OMS, based on employee volunteerism. They are a very supportive company!
Hazel Bressie Female Spirit Award (a tie)
Tam Jenkins not only shows enthusiasm and support for her teammates and other Masters swimmers, she is enthusiastic about supporting OMS as a club. A prime example of this enthusiasm and support is her participation in the postal swimming events. Tam was recently heard saying how meaningful it was for her to contribute to an outstanding team effort, and how much she personally enjoyed swimming these events to support the team. And support the team, she did! In 2003, Tam participated in her very first 10K Postal Swim. She swam the 10 K with a group at Mount Hood Community College. Before she started swimming, Tam wasn't sure if she could complete the swim. Well, not only did she complete the 10 K , continued on page 7

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## OMS Board Openings This Fall



For this years Open Water Association Championship at Dorena Lake (August 22) we have been unable to reserve a group camp site. There are many individual sites available currently, but they should be reserved soon. To reserve go to 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 minimun 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.

## University of Oregon Swim Team Reunion



The U. of O Swimming Alumni Reunion for team members from 1958 through 1987 (Coach Don Van Rosen era) will take place September 10th-12th, 2004 at the University. Tentative plans include: No host get together Friday evening. brunch and swim on Saturday morning at the pool, tailgate party and football game followed by a picnic/barbecue and more activities on Sunday. Contact Chris Ramey at cramey@darkwing.uoregon.edu or Charlie Van Rossen at mcvr-cpa@comcast.net for full details.

## Bob Bruce Named Head Coach for US Swimmers at FINA Meet

Oregon and COMA Coach Bob Bruce has been named as Head Coach of the US Team for the 10th FINA World Masters
 Swimming Championships, to be held in Riccione, Italy, June 3-10, 2004. He will head a contingent of six outstanding coaches from across the nation whose goal is to provide leadership and assistance to USMS-registered swimmers at these Championships. Although the meet organizers have not yet confirmed the size of the US contingent, Bob predicts about 250 US swimmers (and more than 5000 swimmers overall!) based on previous attendance at World Championship Meets.
June 3-9 will feature pool racing in two adjacent 50-meter pools simultaneously, and June 10 will conclude the swimming with a 3-km open water swim. Based on his experience as US Head Coach at the last World Championships in New Zealand in 2002 (and as Oregon Coach at several national championships), Bob has asked his staff to be prepared to meet two great coaching challenges. First, the coaches will need to meet and work instantly and effectively with many swimmers whom they have never met. Second, the warm-up and racing is predicted to last about twelve hours each day, making stamina a factor. In addition, Bob will face a staff scheduling challenge, since each coach is also slated to swim several events (Bob plans to swim the 800 freestyle, 400 IM, 200 backstroke, and - of course - the open water swim).
Bob knows of several other Oregonians who plan to attend, including Pat Allender, Steve Johnson, and Brent Lake. If you plan to go and haven't notified Bob yet, please contact him at bobbruce13@attglobal.net right away!

## Forbes Mack Passes Away

[^1]

## Caffeine Revisited

In the eyes of the Olympic Committee caffeine has been a controlled or restricted substance for many years. However, in 2004, the World Anti Doping Agency removed caffeine from its prohibited list. Before this change took place, more than 12 micrograms of caffeine per millimeter in your urine was considered illegal. To reach this prohibited level a person weighing 155 pounds would have to drink 5 to 6 cups of coffee (rapidly) right before competition. Those of us who sit around sipping espressos would never come close to that amount. Caffeine was always referred to as a potentially performance enhancing drug, which implied that high doses of caffeine are needed to improve one's performance.
Research has found that in well-trained athletes caffeine provides a small enhancement to exercise endurance. The amount of caffeine needed to affect performance is quite low, making higher amounts unnecessary. Lawrence Spriet, PhD., of the University of Guelph in Ontario, Canada, states: "The lowest dose reported to increase endurance during running and cycling is three milligrams per kilogram body mass or 210 mg for a 155 pound person when taken an hour before exercise."
A strong cup of coffee (10-12 oz) could contain 210 mg of caffeine. Other caffeine sources include tea ( 8 oz provides $25-50 \mathrm{mg}$ caffeine), 12 oz of cola ( 50 mg ) and chocolate ( $15-50 \mathrm{mg}$ ). Some energy drinks can provide caffeine, up to 80 mg , and caffeinated gels can provide $20-50 \mathrm{mg}$. The amount of caffeine normally consumed in ones daily diet may be all that is needed to improve performance.

Recent data also indicated that as little as $1-1.5 \mathrm{mg}$ of caffeine per kg of body mass taken during exercise can improve performance. This date reinforces practices in cycling, running and triathlon of ingesting defizzed Coke. While not practical during pool meets it may have some benefit in long distance swimming. Currently no evidence exists that consuming higher amounts of caffeine (more than $1-1.5 \mathrm{mg}$ per kg of body mass) before or during exercise provides more performance benefit. Prior research used very high levels of caffeine but athletes experienced adverse side affect with higher amounts. "Most people will feel little at 3 mg per kg if they do take caffeine sometimes, and more effects at 5 mg per kg , but side effects get problematic at 9 mg per kg body mass" says Spriet.
Side effects may include gastrointestinal disturbances, jitters, headaches, rapid heartbeat and sleep disturbances. Female athletes should also be aware that since they have higher estrogen levels than men, they probably do not metabolize caffeine as quickly and ingestion will have a more prolonged impact.

In small amounts, caffeine poses no health advantages. The fact that caffeine is no longer on the banned list should help with the message that large amounts of caffeine provides no performance advantage. Say Spriet "The most important information is that caffeine will not work for everyone and must be tried before competition."
And remember, the performance benefits of caffeine are not as high as the performance benefits of consuming fluid during exercise! Reference: Monique Ryan, MS, RD.

## OMS Swimming Awards

## Most Splashes Awards:

Women: Joy Ward (42), Elfie Stevenin (42), Men: Chyle Edic (40)
OMS Outstanding Swimmer Awards: (based on Top Ten performances)

| Women Over 50 | Men Over 50 | Women Under 50 | Men Under 50 |
| :--- | :--- | :--- | :--- |
| Barbara Frid | Tom Landis | Karen Andrus-Hughes | Pat Allender |
| Ginger Pierson | Robert Smith | Robin Parisi | William Zolna |
| Joy Ward | Andrew Holden | Colette Crabbe | John Keppeler |

## LONG DISTANCE SWIMMING

## BOB BRUCE - LONG DISTANCE CHAIR

Camping is always one of the great features of the Oregon open water season, and this year promises to be no different. Here is the camping information for all four venues; plan ahead and reserve your campsites early!

1. Southern Oregon Swim Carnival at Applegate Lake (July 17 \& 18): Host team Rogue Valley Masters has reserved Beaver Sulfur Campground-located 3 miles up Road \#20 off Upper Applegate Road, 11 miles from the Lake-a scenic and secluded campground with vault toilets, well water, tables, and a beautiful creek. This is a group campground with 10 individual sites, each of which can accommodate several tents, making it a great team campsite. Camping at Beaver Sulfer is $\$ 4 /$ adult $/$ night and must be reserved in advance on a first-come/first-served pre-paid basis (this fee does not include the $\$ 5$ Day Use Pass for the race site; smart swimmers may choose to carpool to the races and back). There will be a camp host to check for campers who have registered. At Hartish Park (the race site) there will also be 4 small sites (each site holds 2 large or 3 small tents only) that may be reserved in advance at a cost of $\$ 30$ for both nights with day-use parking included. Self-contained RV camping at Hartish Park is $\$ 10 /$ site/night, payable to the park concessionaire (includes the day-use fee); there are no hookups. To check availability, call 541-899-9912. There are a few other campgrounds along Upper Applegate road. Jackson C.G. is one mile past Rd. \#20 while Watkins C.G. is located at the south end of the lake. These sites are occupied on a first-come/first-served basis only. Note: The race venue at Hartish Park has a $\$ 5$ day use fee; please bring exact change.
2. Cascade Lakes Swim Festival at Elk Lake (July 30 thru August 1): COMA has again reserved the Little Fawn Group Site, and you may pay for Friday \& Saturday night camping with your entry at $\$ 4 /$ adult/day. If you wish other days, buy them at the Lake from the Camp Host. The Group Camp is a large area designed to hold 50 campers \& 30 cars (small \& medium motor homes too). COMA will have a Camp Host on site to help you get settled in. Dogs
are allowed in the campground-always on a leash of 6 feet or less-but not at the race site. Parking will be limited to a pullout off the Cascade Lakes Highway or in the Little Fawn campground, and there will be no parking at the race site until all event activities have been concluded, so please plan to park at the campground even if you are not camping. A shuttle bus will run between the campground and the race site during registration hours and after the lunch \& awards.
3. Eel Lake (August 14): Prime camping is found at William M. Tugman State Park, which includes the race venue within walking distance of the camp sites, located on US 1018 miles south of Reedsport and 14 miles north of Coos Bay. Info: 541-759-3604. Reservations: 800-4525687. There are 100 electrical sites with water at $\$ 16 /$ night and extra vehicles at $\$ 7 /$ night. There are also 13 yurts at $\$ 27$, which will require very early reservation due to their popularity. Other camping sites include Umpqua River Lighthouse State Park (2 miles north off 101), Salmon Harbor on Winchester Bay (3 miles north on 101) and Ten Mile Lake (4 miles south on 101). There are many other camping possibilities in the Coos Bay area.
4. Dorena Lake (August 22): Host team Emerald Aquatics was unable to reserve a group camp site at Schwarz Park, just below the dam that creates the lake. However, there are many individual sites available and they should be reserved soon by calling 877-444-6777. The rules require a minimum two night stay, and you can have 3 vehicles and 3 tents with up to 8 people, or one camper/trailer $/ \mathrm{RV}$ and 2 tents for each site, at $\$ 12 /$ night. The campground has flush toilets \& showers, and is only four miles from Cottage Grove \& two miles from the race site. Dogs are allowed in the campground-always on a leash of 6 feet or less-but not at the race site. There is an additional campground at Baker Bay directly across the lake from the race site that has single camp sites, is on the lake, and has a boat ramp. Call 541-942-7669 for reservations there.
Good luck and good swimming!


## Training the Older Swimmer

## (An interview with Gail Roper)

This article is reprinted from "Great Lengths" the Newsletter of Masters Swimming in British Columbia. Both Great Lengths and Gail Roper have given their permission to use this interview.
Gail is well known in the Northwest, having competed in many meets in our area. In her youth Gail was a US National Champion. She coached herself to a spot on the 1952 Olympic Team, but due to a pulled ligament in her ankle, she was not able to race. Gail swam until she was 26 , well beyond the normal age for a competitive female swimmer. It was then time to start a family and live the family life. She stayed away from swimming for 18 years raising 7 children.
It was at the age of 44 that Gail began to swim again. She competed in the first Masters meet ever held in 1970 and from the start began to break National Records in all four strokes and the IM. In 1986, Gail was diagnosed with spinal stenosis and advised to severely restrict her swimming. Following the doctor's advice, she only coached from 1991-1994, for the very successful University of San Francisco Masters.

But you can't keep a good girl out of the water and in 1994, she decided to return to swimming, instantly setting National and World Records in her new 65-69 age group. Today, at 75, she continues to swim up a storm, now with a pace maker. In her new age group she recently set 3 new World Records at Bellevue, WAin February.
Q - How and where do you feel that older (over 65) swimmers can make the most improvements?
GR - This is a delicate subject and most swimmers do not like to accept the fact that they will not improve as they grow older. I am not an exercise physiologist but from what I've experienced myself and other swimmers in my age group, everyone has a point of no return. Everyone seems to age differently depending on genetic factors and how much you have abused your body over your masters or other careers. Swimmers, who begin Masters competition later, say in their 50's and 60's appear to continue to swim well into their 60's and 70's whereas swimmers who have been in swimming from their 30's and 40's begin to slow up earlier. Once you slow down, nothing can be done to improve, rather it is a struggle to stay in one place


Sports Illustrated has called Gail the most dominant swimmer ever!
and go slower, slower than anyone else. My last PR was when I was 57.

Q - What is quality in terms of swim sets and can you give an example?

If you are over 60, you need to be very careful of stressing your body as stress causes aging. If you are training for a 200 race, then a set might be 2x100 negative split with about 20 seconds between hundreds $x$ 2. That's 400 yards of training at 90\%, that's enough Another set would be $4 \times 50$ giving yourself an interval that gives 10 seconds rest, as in a broken 200. Two broken 200's is all you need. Focus more on your quality sets as you can't do many of them without breaking down.
Q - What is garbage yardage and can you give an example?
GR - Most masters programs are geared to giving swimmers an hour's worth of variety. Any set that does not prepare you for your goal is probably not worth doing. $A$ set like $5 \times 100$ on a given short rest interval where the goal is to make the interval and not recording the time. It would be better to do a longer rest interval and keep the 100's under a goal time. Any set that mixes up the strokes without regard to the time achieved is garbage. A set like this would be $5 \times 100$ with the first 100 free, the 2nd 100, 75 free, 25 stoke, the third hundred 50-50, the fourth 25 free, 75 stoke and the last 100 all stroke. You can't work this type of set as the time for each 100 can't be repeated or worked on.
Q - How can Masters swimmers over 65 capable of 2000-3000 meter workouts apply this to workouts when training for stroke/middle distance events when they are schooled swimmers?

GR - Swimmers over 65 should give themselves a day of rest between workouts to recover if they are doing $90 \%$ efforts. On the off days, stretching programs could be included. You need to achieve your workout goals in one 6-800 yard set, enough to maintain systems. 400 m of warm up, 200 m of drills and kicks, main set of 6-800 yards, 400m of drills or kick, 200 easy. The main set could be a kick, pull or swim set of any one stroke or I.M.
Q - And not schooled swimmers, (little background in swimming technique)?
GR - I don't think any swimmer should be doing a lot of a sets without first learning proper technique. Lot's of 25 's focusing on form. This is hard as most swimmers
want a "workout" and not do technique training.
Q - Backstroke and freestyle tumble turns tend to be challenging in terms of breath control or spatial awareness especially as we grow older. Is there a time when open turns are a better choice?
GR - Yes, when the cost in oxygen depletion results in trying to recover for the first half of the next lap. It would be better to take a breath and a good pushoff than not go into oxygen debt. This will also happen to breaststrokers on the pull down off the wall and a time will come when doing this is detrimental as well as dangerous. Lack of oxygen to the brain can cause cell damage. If you feel you need air, take it. I now breathe every stroke on the 100 and every fourth on the 50.
Q - Do you suggest that older swimmers try using breaststroke kick on the fly or possibly double arm backstroke to help them. In some cases to be able to do more stokes and IM in particular?
GR - Yes. Swimming other strokes is good for flexibility and it should be permitted if they fell better doing it.
Q - How can older swimmers be integrated with other Masters swimmers sometimes 30 years younger and often very fast and fit? I know you sometimes work out with youth teams.
GR - Fast and fit is relative. Older swimmers might be faster and fitter than 30 year olds who are new to masters
swimming. It is dangerous to combine these two in one lane as the older swimmers are more prone to injury from younger inexperienced swimmers who haven't leaned to swim straight. If a 30 year old hits another 30 year old, its a bruise, a 30 year old hitting a 60 year old is a broken bone. I swam with youth teams for a lot or reasons. They were disciplined, swam straight, followed the set as given and never complained. Now that I'm 75, I can't keep up with the 10 year olds so I swim with a very small masters program run by the age-group coach.
Q - Do you have any other suggestions or hints helping older swimmers to continue to swim well as they age?
GR - Give yourself rest days to let your body recover.
Do not do excessive macho yardage challenges, like the February Fitness challenge, "training camps" that go for yardage, the New Year's day set of 50x100's etc. 2000 yards is enough to maintain.
Don't spread yourself too thin and try to do to much. Stick to the strokes you do best.
Do keep up flexibility training, maintain muscle strength, keep a healthy outlook.
Swimmers over 60 should not do hypoxic training, in or out of the wall without breathing, etc. Avoid any breath control training.
Be happy you can still swim!

## Chair's Corner continued from page 2

she was recognized as the USMS National Champion for her age group (55-59).
Karen Andrus-Hughes is such a positive, friendly person at meets and workouts. She also helps coach a high school swim team, which shows great spirit. Her family, personal swimming, coaching and being a role model shows me everything we admire in a Masters swimmer. She is also involved in organizing relays. She put together a relay at Camas where a National Record was set. I was on that relay and it was one of the most exciting experiences I have had in a long time.
Hazel Bressie Male Spirit Award
Ken Schuh has worked long and hard to get a Masters group in Canby. He runs the Animal Meet for us even though it makes his team very little money. Ask about him, with those who have gone to this meet, and you will see how much spirit he contributes to OMS and Masters swimming.

## Team Spirit Award

COMA (Central Oregon Masters Association / Bend) is a team that has come a long way in just a few years. Their
contribution to OMS and Masters swimming has been outstanding. They are known both locally and nationally as hosting some of the most well organized and fun Open Water competitions around. They are also known for hosting outstanding pool meets, making the experience fun and exciting for swimmers of all levels. If you have ever attended an Open Water event or a swim meet, you will always find COMA swimmers. They are the ones who are sitting together, providing each other support and encouragement, laughing and having fun. But, they don't keep to themselves. You will also find them providing support and encouragement to non-COMA swimmers. They are a great bunch of individuals who are fun to be around!
Connie Wilson Award (Outstanding Volunteer)
I was honored, not to mention humbled, by this prestigious award. I thank you for the recognition and support. After four years as OMS Chair, I will be handing over the gavel to a new Chair in September. More about my experiences the past four years in a future article.
To all of our volunteers, THANK YOU!!!!!
Happy swimming.
Jeanne

| $\mathbf{N}=$ Break |  | listed | National Record |  |  | $\mathbf{Z}=$ Zone Record |  |  | $\mathbf{O}=$ Oregon Record |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Women 19-24 |  |  |  | 1 | Gibbs, Zan | 29 | THB | 3:10.44 | 3 | Weeks, Nikki | 31 | CGM | 34.12 |
| 50 Yard Freestyle |  |  |  | 2 | Gabbard, Erika | 29 | COMA | 3:48.96 | 4 | Kramer, Laura | 34 | CAT | 35.42 |
| 1 Wilkinson, Christina | 19 | COMA | 28.44 |  | 0 Yard Butterfly |  |  |  | 5 | Rogers, Arlene | 30 | MHM | 36.18 |
| 2 Zoppo, Jeanne | 21 | THB | 29.10 | 1 | Alden, Jennifer | 25 | THB | 27.94 | 6 | Bryce, Katy | 31 | COMA | 36.42 |
| 100 Yard Freestyle |  |  |  | 2 | Marine, Jenny | 29 | COMA | 30.38 | 7 | Simpson, Shauna | 32 | OWET | 37.54 |
| 1 Zoppo, Jeanne | 21 | THB | 1:02.47 | 3 | Gouldson, Kelly | 27 | COMA | 30.83 |  | 0 Yard Backstroke |  |  |  |
| 2 Wilkinson, Christina | 19 | COMA | 1:07.31 | 4 | Cohen, Elise | 29 | OWET | 34.83 | 1 | Barber, Tori | 31 | COMA | 1:07.67 |
| 200 Yard Freestyle |  |  |  | 5 | Thompson, Jennifer | 27 | COMA | 41.46 | 2 | Quan, Sara | 31 | COMA | 1:14.64 |
| 1 Zoppo, Jeanne | 21 | THB | 2:28.13 |  | 00 Yard Butterfly |  |  |  | 3 | Rogers, Arlene | 30 | MHM | 1:19.87 |
| 2 Dodson, Erin | 20 | RVM | 2:51.03 | 1 | Alden, Jennifer | 25 | THB | 1:05.42 |  | Bryce, Katy | 31 | COMA | 1:22.09 |
| 500 Yard Freestyle |  |  |  | 2 | Marine, Jenny | 29 | COMA | 1:07.97 |  | 0 Yard Backstroke |  |  |  |
| 1 Weiler, Jocelyn | 23 | OWET | 6:09.07 |  | 00 Yard Butterfly |  |  |  | 1 | Barber, Tori | 31 | COMA | 2:28.93 |
| 2 Dodson, Erin | 20 | RVM | 7:36.33 | 1 | Jordan, Kara | 28 | OWET | 2:45.20 | 2 | Quan, Sara | 31 | COMA | 2:30.28 |
| 1650 Yard Freestyle |  |  |  |  | 00 Yard IM |  |  |  | 3 | Himstreet, Julie | 33 | EA | 2:34.50 |
| 1 Weiler, Jocelyn | 23 | OWET | 20:59.71 | 1 | Alden, Jennifer | 25 | THB | 1:06.78 | 4 | Rogers, Arlene | 30 | MHM | 2:51.71 |
| 50 Yard Backstroke |  |  |  | 2 | Gouldson, Kelly | 27 | COMA | 1:08.36 | 5 | Kramer, Laura | 34 | CAT | 2:53.83 |
| 1 Zoppo, Jeanne | 21 | THB | 34.60 | 3 | Marine, Jenny | 29 | COMA | 1:12.17 | 6 | Bryce, Katy | 31 | COMA | 2:56.22 |
| Wilkinson, Christina | 19 | COMA | 35.57 | 4 | Cohen, Elise | 29 | OWET | 1:17.97 |  | Yard Breaststroke |  |  |  |
| 3 Householder, S. | 24 | COMA | 37.14 | 5 | Thompson, Jennifer | 27 | COMA | 1:31.45 | 1 | Weeks, Nikki | 31 | CGM | 36.87 |
| 100 Yard Backstroke |  |  |  |  | 00 Yard IM |  |  |  | 2 | Keiser, Jamie | 34 | OWET | 40.67 |
| 1 Wilkinson, Christina | 19 | COMA | 1:15.03 | 1 | Marine, Jenny | 29 | COMA | 2:29.64 |  | 0 Yard Breaststrok |  |  |  |
| 2 Householder, S. | 24 | COMA | 1:20.18 | 2 | Gabbard, Erika | 29 | COMA | 3:23.25 | 1 | Moore, Alison | 33 | THB | 1:21.48 |
| 200 Yard Backstroke |  |  |  |  | 00 Yard IM |  |  |  | 2 | Smidt, Cynthia | 34 | COMA | 1:29.00 |
| 1 Weiler, Jocelyn | 23 | OWET | 2:25.02 | 1 | Alden, Jennifer | 25 | THB | 5:06.56 | 3 | Bodine, Michell | 31 | COMA | 1:32.57 |
| 50 Yard Butterfly |  |  |  | 2 | Gabbard, Erika | 29 | COMA | 7:19.53 | 4 | Keiser, Jamie | 34 | OWET | 1:33.08 |
| 1 Wilkinson, Christina | 19 | COMA | 35.28 |  | Women 30-34 |  |  |  |  | 0 Yard Breaststroke |  |  |  |
| 100 Yard IM |  |  |  |  | 0 Yard Freestyle |  |  |  | 1 | Quan, Sara | 31 | COMA | 2:43.87 |
| 1 Weiler, Jocelyn | 23 | OWET | 1:07.70 | 1 | Blain-Reimer, S. | 34 | COMA | 27.23 | 2 | Moore, Alison | 33 | THB | 2:57.42 |
| 2 Householder, S. | 24 | COMA | 1:17.74 | 2 | Weeks, Nikki | 31 | CGM | 27.41 | 3 | Himstreet, Julie | 33 | EA | 2:58.63 |
| 3 Zoppo, Jeanne | 21 | THB | 1:18.03 | 3 | Bodine, Michelle | 31 | COMA | 29.04 | 4 | Smidt, Cynthia | 34 | COMA | 3:23.89 |
| 4 Wilkinson, Christina | 19 | COMA | 1:18.13 | 4 | Barber, Tori | 31 | COMA | 29.84 |  | Yard Butterfly |  |  |  |
| 5 Dodson, Erin | 20 | RVM | 1:34.78 | 5 | Shera, Kimberly | 30 | THB | 31.24 | 1 | Weeks, Nikki | 31 | CGM | 30.14 |
| 200 Yard IM |  |  |  | 6 | Keiser, Jamie | 34 | OWET | 32.43 | 2 | Blain-Reimer, S. | 34 | COMA | 30.81 |
| 1 Weiler, Jocelyn | 23 | OWET | 2:26.42 | 7 | Rogers, Arlene | 30 | MHM | 32.49 | 3 | Simpson, Shauna | 32 | OWET | 32.10 |
| 2 Zoppo, Jeanne | 21 | THB | 2:48.06 | 8 | Miller, Dorothy | 31 | COMA | 33.18 | 4 | Kramer, Laura | 34 | CAT | 33.41 |
| 3 Householder, S. | 24 | COMA | 2:49.75 |  | 00 Yard Freestyle |  |  |  | 5 | Bodine, Michelle | 31 | COMA | 33.52 |
| Women 25-29 |  |  |  | 1 | Blain-Reimer, S. | 34 | COMA | 1:01.17 | 6 | Smidt, Cynthia | 34 | COMA | 35.81 |
| 50 Yard Freestyle |  |  |  | 2 | Himstreet, Julie | 33 | EA | 1:05.40 | 7 | Miller, Dorothy | 31 | COMA | 37.70 |
| 1 Gouldson, Kelly | 27 | COMA | 26.83 | 3 | Bodine, Michelle | 31 | COMA | 1:06.19 | 8 | Farnsworth, Megan | 33 | UVM | 38.90 |
| 2 Jordan, Kara | 28 | OWET | 9.39 | 4 | Farnsworth, Megan | 33 | UVM | 1:10.32 |  | Yard Butterfly |  |  |  |
| 3 Cohen, Elise | 29 | OWET | 29.46 | 5 | Rogers, Arlene | 30 | MHM | 1:12.81 | 1 | Simpson, Shauna | 32 | OWET | 1:13.29 |
| 4 Thompson, Jennifer | 27 | COMA | 31.82 | 6 | Keiser, Jamie | 34 | OWET | 1:13.46 | , | Blain-Reimer, S. | 34 | COMA | 1:15.24 |
| 5 Gibbs, Zan | 29 | THB | 33.27 |  | Miller, Dorothy | 31 | COMA | 1:13.89 |  | 0 Yard IM |  |  |  |
| 100 Yard Freestyle |  |  |  | 8 | Wong, Linda | 32 | NCMS | 1:19.70 | 1 | Quan, Sara | 31 | COMA | 1:07.63 |
| 1 Gouldson, Kelly | 27 | COMA | 58.11 |  | 00 Yard Freestyle |  |  |  | 2 | Weeks, Nikki | 31 | CGM | 1:09.81 |
| 2 Jordan, Kara | 28 | OWET | 1:03.78 | 1 | Moore, Alison | 33 | THB | 2:22.52 | 3 | Blain-Reimer, S. | 34 | COMA | 1:11.22 |
| 3 Cohen, Elise | 29 | OWET | 1:04.28 | 2 | Simpson, Shauna | 32 | OWET | 2:29.82 | 4 | Barber, Tori | 31 | COMA | 1:13.28 |
| 4 Gibbs, Zan | 29 | THB | 1:15.17 | 3 | Shera, Kimberly | 30 | THB | 2:39.57 | 5 | Smidt, Cynthia | 34 | COMA | 1:17.05 |
| 200 Yard Freestyle |  |  |  | 4 | Miller, Dorothy | 31 | COMA | 2:46.52 | 6 | Bryce, Katy | 31 | COMA | 1:20.32 |
| 1 Gouldson, Kelly | 27 | COMA | 2:10.45 | 5 | Wong, Linda | 32 | NCMS | 3:03.56 | 7 | Rogers, Arlene | 30 | MHM | 1:26.11 |
| 2 Marine, Jenny | 29 | COMA | 2:16.81 |  | 00 Yard Freestyle |  |  |  | 8 | Wong, Linda | 32 | NCMS | 1:39.61 |
| 3 Cohen, Elise | 29 | OWET | 2:23.22 | 1 | Himstreet, Julie | 33 | EA | 6:13.65 |  | 0 Yard IM |  |  |  |
| 4 Gabbard, Erika | 29 | COMA | 2:49.68 | 2 | Moore, Alison | 33 | THB | 6:21.05 | 1 | Quan, Sara | 31 | COMA | 2:27.58 |
| 500 Yard Freestyle |  |  |  | 3 | Simpson, Shauna | 32 | OWET | 6:39.62 | 2 | Smidt, Cynthia | 34 | COMA | 2:55.60 |
| 1 Gabbard, Erika | 29 | COMA | 7:49.64 | 4 | Smidt, Cynthia | 34 | COMA | 7:03.58 | 3 | Bryce, Katy | 31 | COMA | 2:56.74 |
| 1650 Yard Freestyle |  |  |  | 5 | Bryce, Katy | 31 | COMA | 7:09.98 | 4 | Farnsworth, Megan | 33 | UVM | 3:06.77 |
| 1 Marine, Jenny | 29 | COMA | 19:39.84 | 6 | Shera, Kimberly | 30 | THB | 7:15.59 |  | omen 35-39 |  |  |  |
| 50 Yard Backstroke |  |  |  |  | Miller, Dorothy | 31 | COMA | 7:36.25 |  | Yard Freestyle |  |  |  |
| 1 Alden, Jennifer | 25 | THB | 28.81 Z | 8 | Wong, Linda | 32 | NCMS | 7:56.68 | 1 | Hecksel, Toni | 38 | CAT | 28.65 |
| 100 Yard Backstroke |  |  |  |  | 000 Yard Freestyle |  |  |  | 2 | Glaeser, Sharon | 39 | OWET | 29.11 |
| 1 Alden, Jennifer | 25 | THB | 1:04.48 | 1 | Quan, Sara | 31 | COMA | 11:29.31 | 3 | Moorhead, Liz | 35 | MHM | 31.81 |
| 50 Yard Breaststroke |  |  |  |  | Moore, Alison | 33 | THB | 13:04.36 | 4 | Sanford, Jocelyn | 39 | RVM | 31.90 |
| 1 Gibbs, Zan | 29 | THB | 39.29 | 3 | Wong, Linda | 32 | NCMS | 16:16.72 |  | 0 Yard Freestyle |  |  |  |
| 2 Jordan, Kara | 28 | OWET | 40.11 |  | 650 Yard Freestyle |  |  |  | 1 | Moss, Susan | 38 | COMA | 59.69 |
| 3 Thompson, Jennifer | 27 | COMA | 45.31 | 1 | Moore, Alison | 33 | THB | 21:48.85 | 2 | Hecksel, Toni | 38 | CAT | 1:02.05 |
| 100 Yard Breaststroke |  |  |  | 2 | Wong, Linda | 32 | NCMS | 26:58.93 | 3 | Austin, Connie | 35 | COMA | 1:04.28 |
| 1 Cohen, Elise | 29 | OWET | 1:23.38 | 3 | Keiser, Jamie | 34 | OWET | 28:03.61 | 4 | Sanford, Jocelyn | 39 | RVM | 1:08.38 |
| 2 Gibbs, Zan | 29 | THB | 1:29.94 |  | Yard Backstroke |  |  |  | 5 | Moorhead, Liz | 35 | MHM | 1:09.66 |
| 3 Gabbard, Erika | 29 | COMA | 1:41.63 | 1 | Barber, Tori | 31 | COMA | 32.64 | 6 | Young, Kim | 36 | COMA | 1:10.75 |
| 200 Yard Breaststroke |  |  |  | 2 | Blain-Reimer, S. | 34 | COMA | 33.43 |  | 0 Yard Freestyle |  |  |  |


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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 1 Austin, Connie | 35 | COMA | 2:21.53 | 4 | Mickels, Laurie | 41 | CGM | 1:30.83 | 1 | Andrus-Hughes, K. | 46 | OWET | 2:06.78 |
|  | 2 Young, Kim | 36 | COMA | 2:40.46 |  | 00 Yard Freestyle |  |  |  | 2 | Sweat, Mary | 46 | COMA | 2:18.13 |
|  | 3 Daniels, Karen | 38 | COMA | 2:40.83 | 1 | Touchette, Cherie | 40 | COMA | 2:12.14 | 3 | Peterson, Connie | 49 | COMA | 3:13.70 |
|  | 500 Yard Freestyle |  |  |  | 2 | Ross, Ginny | 44 | THB | 2:46.19 |  | Anderson, Shelley | 49 | OWET | 4:01.71 |
|  | 1 Austin, Connie | 35 | COMA | 6:28.37 |  | 00 Yard Freestyle |  |  |  |  | 500 Yard Freestyle |  |  |  |
|  | 2 Kilbourn, Laurie | 37 | THB | 6:48.74 | 1 | Jenkins, Valerie | 40 | OWET | 5:39.33 O |  | Crabbe, Colette | 47 | MHM | 5:49.58 |
|  | 3 Daniels, Karen | 38 | COMA | 6:59.88 | 2 | Touchette, Cherie | 40 | COMA | 5:52.22 |  | Sweat, Mary | 46 | COMA | 5:54.61 |
|  | 4 Young, Kim | 36 | COMA | 7:06.87 | 3 | Viales, Dianne | 42 | MHM | 6:11.64 |  | Douglas, Deb | 49 | COMA | 7:00.73 |
|  | 5 Moorhead, Liz | 35 | MHM | 7:27.45 | 4 | Mickels, Laurie | 41 | CGM | 9:32.20 |  | Welborn, Jody | 48 | OWET | 7:17.03 |
|  | 6 Bozarth, Rebecca | 38 | COMA | 8:30.93 |  | 000 Yard Freestyle |  |  |  |  | Peterson, Connie | 49 | COMA | 8:27.79 |
|  | 1000 Yard Freestyle |  |  |  | 1 | Touchette, Cherie | 40 | COMA12 | 12:07.14 O |  | Mcgill, Linda | 47 | THB | 13:36.20 |
|  | 1 Kilbourn, Laurie | 37 | THB | 14:02.14 | 2 | Ross, Ginny | 44 | THB | 16:07.66 |  | 1000 Yard Freestyle |  |  |  |
|  | 2 Bozarth, Rebecca | 38 | COMA | 16:41.55 | 3 | Mickels, Laurie | 41 | CGM | 19:19.93 |  | Sweat, Mary | 46 | COMA | 12:10.51 |
|  | 1650 Yard Freestyle |  |  |  |  | 650 Yard Freestyle |  |  |  |  | Peterson, Connie | 49 | COMA | 17:48.34 |
|  | 1 Austin, Connie | 35 | COMA | 22:19.03 | 1 | Touchette, Cherie | 40 | COMA2 | :12.30 0 |  | 1650 Yard Freestyle |  |  |  |
|  | 50 Yard Backstroke |  |  |  |  | Sorlie, Nancy | 41 | COMA | 25:28.87 |  | Sweat, Mary | 46 | COMA | 20:12.21 |
|  | 1 Gebelt, Janet | 37 | THB | 36.91 |  | 0 Yard Backstroke |  |  |  |  | Peterson, Connie | 49 | COMA | 30:36.37 |
|  | 2 Moorhead, Liz | 35 | MHM | 37.59 | 1 | Jenkins, Valerie | 40 | OWET | 29.03 Z |  | Mcgill, Linda | 47 | THB | 44:36.76 |
|  | 3 Bozarth, Rebecca | 38 | COMA | 44.22 | 2 | Goodman, Ann | 44 | MHM | 37.14 |  | 50 Yard Backstroke |  |  |  |
|  | 100 Yard Backstroke |  |  |  | 3 | Andrus Murphy, Jutis |  | OWET | 38.22 |  | 1 Andrus-Hughes, K. | 46 | OWET | 29.92 |
|  | 1 Skoss, Rachel | 35 | THB | 1:32.76 |  | 00 Yard Backstroke |  |  |  | 2 | Straley, Deidre | 47 | COMA | 34.82 |
|  | 200 Yard Backstroke |  |  |  | 1 | Jenkins, Valerie | 40 | OWET | 1:04.18 O |  | Gustafson, Kristi | 48 | MHM | 36.07 |
|  | 1 Skoss, Rachel | 35 | THB | 3:20.66 | 2 | Fox, Christina | 43 | CAT | 1:18.80 |  | Douglas, Deb | 49 | COMA | 36.96 |
|  | 50 Yard Breaststroke |  |  |  | 3 | Goodman, Ann | 44 | MHM | 1:19.66 |  | Roberts, Calli | 49 | COMA | 46.44 |
|  | 1 Glaeser, Sharon | 39 | OWET | 40.25 |  | 00 Yard Backstroke |  |  |  |  | Moss, Helen | 45 | OWET | 47.02 |
|  | 2 Hyde, Sandra | 35 | MHM | 44.76 |  | Jenkins, Valerie | 40 | OWET | 2:25.76 |  | Miles, Carole | 48 | MHM | 48.88 |
|  | 3 Bozarth, Rebecca | 38 | COMA | 48.78 | 2 | Fox, Christina | 43 | CAT | 2:50.26 |  | Winton, Leslie | 49 | THB | 50.30 |
|  | 100 Yard Breaststroke |  |  |  | 3 | Goodman, Ann | 44 | MHM | 2:58.55 |  | Peterson, Connie | 49 | COMA | 54.33 |
|  | 1 Young, Kim | 36 | COMA | 1:24.73 |  | 0 Yard Breaststroke |  |  |  |  | 10 Mcgill, Linda | 47 | THB | 1:01.13 |
|  | 2 Hyde, Sandra | 35 | MHM | 1:35.05 | 1 | Foley, Sharon | 43 | MACO | 36.53 |  | 100 Yard Backstroke |  |  |  |
|  | 3 Skoss, Rachel | 35 | THB | 1:41.03 | 2 | Allen, Karen | 40 | COMA | 36.62 |  | Andrus-Hughes, K. | 46 | OWET | 1:05.73 |
|  | 4 Bozarth, Rebecca | 38 | COMA | 1:48.00 | 3 | Thalman, Danielle | 41 | RVM | 41.60 |  | Gustafson, Kristi | 48 | MHM | 1:16.08 |
|  | 200 Yard Breaststroke |  |  |  |  | 00 Yard Breaststroke |  |  |  | 3 | Straley, Deidre | 47 | COMA | 1:16.35 |
|  | 1 Glaeser, Sharon | 39 | OWET | 3:07.02 | 1 | Allen, Karen | 40 | COMA | 1:21.68 |  | Douglas, Deb | 49 | COMA | 1:23.53 |
|  | 2 Skoss, Rachel | 35 | THB | 3:17.78 | 2 | Viales, Dianne | 42 | MHM | 1:24.74 |  | Roberts, Calli | 49 | COMA | 1:40.89 |
|  | 3 Hyde, Sandra | 35 | MHM | 3:20.79 | 3 | Fox, Christina | 43 | CAT | 1:30.57 |  | 200 Yard Backstroke |  |  |  |
|  | 4 Daniels, Karen | 38 | COMA | 3:29.04 |  | 00 Yard Breaststroke |  |  |  | 1 | Gustafson, Kristi | 48 | MHM | 2:46.95 |
|  | 50 Yard Butterfly |  |  |  |  | Thalman, Danielle | 41 | RVM | 3:13.81 | 2 | Welborn, Jody | 48 | OWET | 3:16.62 |
|  | 1 Moss, Susan | 38 | COMA | 30.23 | 2 | Fox, Christina | 43 | CAT | 3:20.54 | 3 | Roberts, Calli | 49 | COMA | 3:26.99 |
|  | 2 Kilbourn, Laurie | 37 | THB | 32.65 |  | 0 Yard Butterfly |  |  |  |  | 50 Yard Breaststroke |  |  |  |
|  | 3 Gebelt, Janet | 37 | THB | 33.81 |  | Jenkins, Valerie | 40 | OWET | 27.790 |  | Crabbe, Colette | 47 | MHM | 34.13 Z |
|  | 4 Moorhead, Liz | 35 | MHM | 34.56 | 2 | Allen, Karen | 40 | COMA | 29.90 |  | Burkholder, Jody | 45 | OWET | 39.72 |
|  | 100 Yard Butterfly |  |  |  | 3 | Goodman, Ann | 44 | MHM | 38.09 |  | Miles, Carole | 48 | MHM | 47.85 |
|  | 1 Hecksel, Toni | 38 | CAT | 1:14.82 |  | 00 Yard Butterfly |  |  |  |  | Winton, Leslie | 49 | THB | 48.71 |
|  | 2 Kilbourn, Laurie | 37 | THB | 1:17.46 |  | Ross, Ginny | 44 | THB | 1:30.61 |  | 100 Yard Breaststroke |  |  |  |
|  | 200 Yard Butterfly |  |  |  |  | 00 Yard Butterfly |  |  |  |  | Crabbe, Colette | 47 | MHM | 1:14.28 |
|  | 1 Hecksel, Toni | 38 | CAT | 2:45.61 | 1 | Ross, Ginny | 44 | THB | 3:40.30 |  | Burkholder, Jody | 45 | OWET | 1:27.51 |
|  | 2 Kilbourn, Laurie | 37 | THB | 3:18.68 |  | 00 Yard IM |  |  |  | 3 | Miles, Carole | 48 | MHM | 1:47.43 |
|  | 100 Yard IM |  |  |  | 1 | Jenkins, Valerie | 40 | OWET | 1:05.29 Z |  | Roberts, Calli | 49 | COMA | 1:51.34 |
|  | 1 Austin, Connie | 35 | COMA | 1:15.04 | 2 | Viales, Dianne | 42 | MHM | 1:10.82 |  | Moss, Helen | 45 | OWET | 1:58.04 |
|  | 2 Gebelt, Janet | 37 | THB | 1:17.27 | 3 | Allen, Karen | 40 | COMA | 1:11.45 |  | 200 Yard Breaststroke |  |  |  |
|  | 3 Glaeser, Sharon | 39 | OWET | 1:18.44 | 4 | Goodman, Ann | 44 | MHM | 1:21.52 | 1 | Crabbe, Colette | 47 | MHM | 2:40.55 |
|  | 4 Young, Kim | 36 | COMA | 1:18.56 | 5 | Fox, Christina | 43 | CAT | 1:23.77 | 2 | Welborn, Jody | 48 | OWET | 3:38.10 |
|  | 5 Moorhead, Liz | 35 | MHM | 1:20.42 |  | 00 Yard IM |  |  |  |  | 3 Miles, Carole | 48 | MHM | 3:46.57 |
|  | 6 Kilbourn, Laurie | 37 | THB | 1:20.53 | 1 | Viales, Dianne | 42 | MHM | 2:38.16 |  | 50 Yard Butterfly |  |  |  |
|  | 7 Sanford, Jocelyn | 39 | RVM | 1:21.48 | 2 | Fox, Christina | 43 | CAT | 3:01.41 | 1 | Straley, Deidre | 47 | COMA | 32.68 |
|  | 8 Bozarth, Rebecca | 38 | COMA | 1:38.48 | 3 | Ross, Ginny | 44 | THB | 3:13.92 |  | Welborn, Jody | 48 | OWET | 40.04 |
|  | 200 Yard IM |  |  |  |  | 00 Yard IM |  |  |  |  | Roberts, Calli | 49 | COMA | 43.37 |
|  | 1 Hecksel, Toni | 38 | CAT | 2:36.67 | 1 | Viales, Dianne | 42 | MHM | 5:38.20 | 4 | Winton, Leslie | 49 | THB | 43.40 |
|  | 2 Austin, Connie | 35 | COMA | 2:46.90 | 2 | Ross, Ginny | 44 | THB | 7:01.87 |  | Moss, Helen | 45 | OWET | 44.49 |
|  | 3 Young, Kim | 36 | COMA | 2:53.22 |  | Nomen 45-49 |  |  |  |  | 6 Peterson, Connie | 49 | COMA | 51.48 |
|  | 4 Skoss, Rachel | 35 | THB | 3:09.26 |  | 0 Yard Freestyle |  |  |  |  | 200 Yard Butterfly |  |  |  |
|  | 400 Yard IM |  |  |  | 1 | Andrus-Hughes, K. | 46 | OWET | 25.84 |  | 1 Straley, Deidre | 47 | COMA | 2:55.73 |
|  | 1 Hecksel, Toni | 38 | CAT | 5:31.11 | 2 | Straley, Deidre | 47 | COMA | 28.90 |  | 100 Yard IM |  |  |  |
|  | 2 Skoss, Rachel | 35 | THB | 6:50.55 | 3 | Burkholder, Jody | 45 | OWET | 31.16 | 1 | Straley, Deidre | 47 | COMA | 1:14.33 |
|  | Women 40-44 |  |  |  | 4 | Winton, Leslie | 49 | THB | 36.53 | 2 | Gustafson, Kristi | 48 | MHM | 1:21.26 |
|  | 50 Yard Freestyle |  |  |  | 5 | Mcgill, Linda | 47 | THB | 48.87 | 3 | Douglas, Deb | 49 | COMA | 1:28.33 |
|  | 1 Allen, Karen | 40 | COMA | 26.57 |  | 00 Yard Freestyle |  |  |  | 4 | 4 Winton, Leslie | 49 | THB | 1:36.25 |
|  | 2 Touchette, Cherie | 40 | COMA | 27.65 | 1 | Andrus-Hughes, K. | 46 | OWET | 57.81 | 5 | 5 Roberts, Calli | 49 | COMA | 1:39.86 |
|  | 3 Andrus Murphy, Julie |  | OWET | 31.57 | 2 | Burkholder, Jody | 45 | OWET | 1:08.67 |  | 6 Miles, Carole | 48 | MHM | 1:43.48 |
|  | 4 Mickels, Laurie | 41 | CGM | 36.70 | 3 | Winton, Leslie | 49 | THB | 1:23.35 |  | 200 Yard IM |  |  |  |
|  | 100 Yard Freestyle |  |  |  | 4 | Miles, Carole | 48 | MHM | 1:31.58 | 1 | Crabbe, Colette | 47 | MHM | 2:20.82 |
|  | 1 Allen, Karen | 40 | COMA | 1:00.15 | 5 | Anderson, Shelley | 49 | OWET | 1:45.71 |  | Andrus-Hughes, Kar |  | 46 | OWET |
|  | 2 Touchette, Cherie | 40 | COMA | 1:00.48 | 6 | Mcgill, Linda | 47 | THB | 2:03.71 |  | 2:27.82 |  |  |  |
|  | 2 Viales, Dianne | 42 | MHM | 1:00.48 |  | 00 Yard Freestyle |  |  |  | 3 | 3 Gustafson, Kristi | 48 | MHM | 2:54.21 |



| 1 Wellman, David | 21 | COMA | 1:04.83 | 2 August, Brian | 33 | THB | 28.21 | 1 | Hibler, Kelly | 37 | THB | 11:17.56 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 50 Yard Butterfly |  |  |  | 3 Ferreira, Kevin | 34 | COMA | 28.67 | 2 | Higley, Robert | 38 | COMA | 11:46.22 |
| 1 Wellman, David | 21 | COMA | 29.01 | 4 Sanford, Nathan | 34 | RVM | 29.28 |  | 50 Yard Freestyle |  |  |  |
| 100 Yard IM |  |  |  | 5 Price, Kennedy | 31 | THB | 33.82 | 1 | Higley, Robert | 38 | COMA | 19:47.92 |
| 1 Wellman, David | 21 | COMA | 1:04.51 | 100 Yard Backstroke |  |  |  | 2 | Clark, Jon | 37 | THB | 24:21.60 |
| Men 25-29 |  |  |  | 1 Cohen, Joshua | 32 | OWET | 1:07.66 | 50 | Yard Backstroke |  |  |  |
| 50 Yard Freestyle |  |  |  | 2 Hodge, Damen | 30 | COMA | 1:13.91 | 1 | Keppeler, John | 36 | THB | 25.38 |
| 1 Hemphill, Brian | 28 | COMA | 25.38 | 200 Yard Backstroke |  |  |  | 2 | Peters, Keith | 38 | OWET | 27.99 |
| 2 Raskauskas, Jesse | 28 | THB | 26.05 | 1 Cohen, Joshua | 32 | OWET | 2:25.54 | 3 | Kramer, Ken | 37 | CAT | 38.19 |
| 100 Yard Freestyle |  |  |  | 50 Yard Breaststroke |  |  |  | 4 | Sloop, Steven | 38 | COMA | 42.44 |
| 1 Lantry, Todd | 28 | RVM | 55.55 | 1 Pospisil, Radek | 34 | OWET | 32.04 | 10 | 0 Yard Backstroke |  |  |  |
| 2 Hemphill, Brian | 28 | COMA | 57.28 | 2 Reget, Phil | 34 | COMA | 32.98 | 1 | Hayden, James | 39 | THB | 1:06.67 |
| 200 Yard Freestyle |  |  |  | 3 Ferreira, Kevin | 34 | COMA | 33.93 | 2 | Sloop, Steven | 38 | COMA | 1:31.42 |
| 1 Lantry, Todd | 28 | RVM | 2:06.12 | 100 Yard Breaststroke |  |  |  | 20 | 0 Yard Backstroke |  |  |  |
| 2 Hemphill, Brian | 28 | COMA | 2:07.59 | 1 Cohen, Joshua | 32 | OWET | 1:07.61 | 1 | Keppeler, John | 36 | THB | 2:05.06 |
| 500 Yard Freestyle |  |  |  | 2 Pospisil, Radek | 34 | OWET | 1:08.08 | 2 | Hayden, James | 39 | THB | 2:23.28 |
| 1 Lantry, Todd | 28 | RVM | 5:39.29 | 3 Tujo, Christian | 32 | MPM | 1:11.67 | 3 | Higley, Robert | 38 | COMA | 2:27.20 |
| 2 Eliott, Scot | 29 | COMA | 5:57.02 | 4 Reget, Phil | 34 | COMA | 1:12.99 | 4 | Griffin, Steven | 35 | THB | 3:06.14 |
| 1000 Yard Freestyle |  |  |  | 5 Hodge, Damen | 30 | COMA | 1:16.05 | 50 | Yard Breaststroke |  |  |  |
| 1 Eliott, Scot | 29 | COMA | 12:34.95 | 200 Yard Breaststroke |  |  |  | 1 | Gaarder, Chris | 39 | OWET | 31.46 |
| 1650 Yard Freestyle |  |  |  | 1 Cohen, Joshua | 32 | OWET | 2:26.71 | 2 | Sloop, Steven | 38 | COMA | 37.62 |
| 1 Eliott, Scot | 29 | COMA | 21:07.50 | 50 Yard Butterfly |  |  |  | 10 | 0 Yard Breaststroke |  |  |  |
| 2 Curran, Paul | 29 | THB | 22:57.20 | 1 August, Brian | 33 | THB | 24.55 | 1 | Lussier, Hardy | 38 | COMA | 1:03.62 |
| 100 Yard Backstroke |  |  |  | 2 Taylor, Curtis | 32 | THB | 25.05 | 2 | Gaarder, Chris | 39 | OWET | 1:09.55 |
| 1 Raskauskas, Jesse | 28 | THB | 1:22.33 | 3 Smit, Karel | 30 | UNAT | 25.10 | 3 | Sloop, Steven | 38 | COMA | 1:18.80 |
| 100 Yard Breaststroke |  |  |  | 4 Ferreira, Kevin | 34 | COMA | 26.34 | 4 | Clark, Jon | 37 | THB | 1:20.94 |
| 1 Lantry, Todd | 28 | RVM | 1:09.80 | 5 Cloninger, David | 34 | COMA | 26.88 | 5 | Kramer, Ken | 37 | CAT | 1:24.82 |
| 2 Hemphill, Brian | 28 | COMA | 1:16.44 | 6 Reget, Phil | 34 | COMA | 26.97 | 20 | 0 Yard Breaststroke |  |  |  |
| 50 Yard Butterfly |  |  |  | 7 Tujo, Christian | 32 | MPM | 27.67 | 1 | Lussier, Hardy | 38 | COMA | 2:18.78 |
| 1 Eliott, Scot | 29 | COMA | 27.16 | 8 Hodge, Damen | 30 | COMA | 28.83 | 2 | Sloop, Steven | 38 | COMA | 2:55.25 |
| 100 Yard Butterfly |  |  |  | 9 Pospisil, Radek | 34 | OWET | 29.36 | 3 | Griffin, Steven | 35 | THB | 3:09.63 |
| 1 Eliott, Scot | 29 | COMA | 1:01.75 | 10 Yax, Justin | 32 | COMA | 34.92 | 50 | Yard Butterfly |  |  |  |
| 2 Hemphill, Brian | 28 | COMA | 1:05.60 | 100 Yard Butterfly |  |  |  | 1 | Hibler, Kelly | 37 | THB | 26.70 |
| 3 Raskauskas, Jesse | 28 | THB | 1:22.71 | 1 Smit, Karel | 30 | UNAT | 55.13 | 2 | Gessner, John | 38 | COMA | 27.06 |
| 100 Yard IM |  |  |  | 2 Tujo, Christian | 32 | MPM | 1:02.24 | 3 | Hoffmann, Michael | 37 | COMA | 28.30 |
| 1 Eliott, Scot | 29 | COMA | 1:03.19 | 200 Yard Butterfly |  |  |  | 4 | Gaarder, Chris | 39 | OWET | 28.33 |
| 2 Hemphill, Brian | 28 | COMA | 1:05.69 | 1 Smit, Karel | 30 | UNAT | 2:04.53 | 5 | Karyukin, Andrei | 38 | THB | 28.92 |
| 3 Raskauskas, Jesse | 28 | THB | 1:15.68 | 100 Yard IM |  |  |  | 10 | 0 Yard Butterfly |  |  |  |
| 200 Yard IM |  |  |  | 1 Ferreira, Kevin | 34 | COMA | 1:00.84 | 1 | Gessner, John | 38 | COMA | 1:00.84 |
| 1 Lantry, Todd | 28 | RVM | 2:17.06 | 2 Sanford, Nathan | 34 | RVM | 1:02.30 | 2 | Hayden, James | 39 | THB | 1:04.76 |
| Men 30-34 |  |  |  | 3 Cohen, Joshua | 32 | OWET | 1:04.72 | 3 | Nice, Alex | 36 | OWET | 1:06.91 |
| 50 Yard Freestyle |  |  |  | 4 Tujo, Christian | 32 | MPM | 1:05.03 | 4 | Karyukin, Andrei | 38 | THB | 1:07.72 |
| 1 Swain, Sean | 33 | THB | 23.27 | 5 Price, Kennedy | 31 | THB | 1:08.00 | 5 | Griffin, Steven | 35 | THB | 1:07.75 |
| 2 Sanford, Nathan | 34 | RVM | 23.84 | 6 Hodge, Damen | 30 | COMA | 1:08.04 |  | 0 Yard Butterfly |  |  |  |
| 3 Reget, Phil | 34 | COMA | 24.45 | 200 Yard IM |  |  |  | 1 | Nice, Alex | 36 | OWET | 2:28.13 |
| 4 Ferreira, Kevin | 34 | COMA | 24.46 | 1 Swain, Sean | 33 | THB | 2:04.78 | 2 | Higley, Robert | 38 | COMA | 2:29.80 |
| 5 Price, Kennedy | 31 | THB | 26.78 | 2 Cohen, Joshua | 32 | OWET | 2:16.35 | 3 | Griffin, Steven | 35 | THB | 2:44.68 |
| 6 Pfeifer, Jeff | 32 | OWET | 26.90 | 3 Tujo, Christian | 32 | MPM | 2:23.36 | 4 | Karyukin, Andrei | 38 | THB | 2:56.11 |
| 100 Yard Freestyle |  |  |  | 400 Yard IM |  |  |  |  | 0 Yard IM |  |  |  |
| 1 Taylor, Curtis | 32 | THB | 49.28 | 1 Swain, Sean | 33 | THB | 4:28.19 | 1 | Peters, Keith | 38 | OWET | 58.22 |
| 2 Swain, Sean | 33 | THB | 50.01 | Men 35-39 |  |  |  | 2 | Gessner, John | 38 | COMA | 1:03.37 |
| 3 August, Brian | 33 | THB | 50.57 | 100 Yard Freestyle |  |  |  | 3 | Karyukin, Andrei | 38 | THB | 1:10.55 |
| 4 Cloninger, David | 34 | COMA | 52.63 | 1 Keppeler, John | 36 | THB | 49.23 O |  | 0 Yard IM |  |  |  |
| 5 Sanford, Nathan | 34 | RVM | 53.18 | 2 Lussier, Hardy | 38 | COMA | 49.77 | 1 | Lussier, Hardy | 38 | COMA | 2:02.53 |
| 6 Price, Kennedy | 31 | THB | 58.07 | 3 Peters, Keith | 38 | OWET | 51.10 | 2 | Keppeler, John | 36 | THB | 2:05.13 |
| 7 Hodge, Damen | 30 | COMA | 1:02.44 | 4 Hibler, Kelly | 37 | THB | 52.05 | 3 | Peters, Keith | 38 | OWET | 2:08.53 |
| 8 Yax, Justin | 32 | COMA | 1:05.32 | 5 Hoffmann, Michael | 37 | COMA | 55.67 | 4 | Hayden, James | 39 | THB | 2:21.17 |
| 200 Yard Freestyle |  |  |  | 6 Hayden, James | 39 | THB | 56.87 | 5 | Gessner, John | 38 | COMA | 2:21.55 |
| 1 Swain, Sean | 33 | THB | 1:55.05 | 7 Gaarder, Chris | 39 | OWET | 57.08 | 6 | Nice, Alex | 36 | OWET | 2:25.52 |
| 2 Price, Kennedy | 31 | THB | 2:10.06 | 8 Gessner, John | 38 | COMA | 57.32 |  | 0 Yard IM |  |  |  |
| 3 Yax, Justin | 32 | COMA | 2:30.37 | 9 Griffin, Steven | 35 | THB | 1:01.30 | 1 | Lussier, Hardy | 38 | COMA | 4:25.04 |
| 500 Yard Freestyle |  |  |  | 10 Clark, Jon | 37 | THB | 1:02.40 | 2 | Higley, Robert | 38 | COMA | 5:02.96 |
| 1 Swain, Sean | 33 | THB | 5:17.20 | 11 Karyukin, Andrei | 38 | THB | 1:03.65 | 3 | Nice, Alex | 36 | OWET | 5:19.89 |
| 2 Hodge, Damen | 30 | COMA | 6:37.72 | 12 Sloop, Steven | 38 | COMA | 1:07.95 |  | en 40-44 |  |  |  |
| 3 Yax, Justin | 32 | COMA | 6:51.11 | 13 Kramer, Ken | 37 | CAT | 1:12.67 |  | Yard Freestyle |  |  |  |
| 4 Pfeifer, Jeff | 32 | OWET | 7:00.65 | 200 Yard Freestyle |  |  |  | 1 | Sessa, Steve | 41 | SCC | 23.56 |
| 1000 Yard Freestyle |  |  |  | 1 Lussier, Hardy | 38 | COMA | 1:49.03 | 2 | Riley, Mike | 42 | COMA | 24.53 |
| 1 Price, Kennedy | 31 | THB | 11:29.88 | 2 Hayden, James | 39 | THB | 2:06.66 | 3 | Powell, Jay | 40 | RVM | 24.96 |
| 2 Cloninger, David | 34 | COMA | 12:14.98 | 3 Griffin, Steven | 35 | THB | 2:17.67 | 4 | Palanuk, Jon | 43 | OWET | 25.79 |
| 1650 Yard Freestyle |  |  |  | 500 Yard Freestyle |  |  |  | 5 | Van Der Zwan, Davi |  | RVM | 27.73 |
| 1 Cloninger, David | 34 | COMA | 19:48.56 | 1 Peters, Keith | 38 | OWET | 5:27.35 | 6 | Thompson, Ron | 44 | COMA | 28.44 |
| 2 Yax, Justin | 32 | COMA | 24:10.84 | 2 Higley, Robert | 38 | COMA | 5:37.26 | 7 | Marshall, Mike | 42 | COMA | 28.55 |
| 3 Pfeifer, Jeff | 32 | OWET | 24:26.35 | 3 Nice, Alex | 36 | OWET | 5:57.66 | 8 | Dushan, Allan | 40 | CGM | 31.96 |
| 50 Yard Backstroke |  |  |  | 4 Gaarder, Chris | 39 | OWET | 5:57.71 | 9 | Johnisee, Charles | 44 | CGM | 32.03 |
| 1 Taylor, Curtis | 32 | THB | 28.06 | 1000 Yard Freestyle |  |  |  | 10 | Morse, Douglas | 42 | THB | 37.13 |



| Tennant, Mike | 50 | COMA | 24.17 | 100 Yard Butterfly |  |  |  | 50 Yard Butterfly |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Brockbank, Doug | 50 | OWET | 26.06 | Yensen, Kermit | 50 | THB | 1:03.56 | Johnson, Steve | 56 | EA | 28.37 |
| Dasch, Vern | 54 | THB | 26.52 | Fryefield, David | 50 | EA | 1:04.13 | Cronin, Jed | 55 | THB | 29.01 |
| Smith, Richard | 54 | RVM | 26.60 | Simkins, Curt | 53 | COMA | 1:33.80 | Rueff, Daniel | 56 | THB | 31.25 |
| Huizenga, Robert | 54 | EA | 30.81 | Minter, Richard | 51 | THB | 1:44.55 | 100 Yard Butterfly |  |  |  |
| Collins, John | 52 | THB | 31.29 | 200 Yard Butterfly |  |  |  | Johnson, Steve | 56 | EA | 1:05.58 |
| Gallagher, Dennis | 54 | COMA | 36.18 | 1 Fryefield, David | 50 | EA | 2:28.78 O | Cronin, Jed | 55 | THB | 1:07.75 |
| 100 Yard Freestyle |  |  |  | Yensen, Kermit | 50 | THB | 2:41.71 | 200 Yard Butterfly |  |  |  |
| Tennant, Mike | 50 | COMA | 52.31 | Minter, Richard | 51 | THB | 3:51.63 | 1 Cronin, Jed | 55 | THB | 3:09.58 |
| Pendleton, Mike | 52 | CGM | 55.44 | 100 Yard IM |  |  |  | 100 Yard IM |  |  |  |
| Yensen, Kermit | 50 | THB | 56.62 | Mann, Steve | 51 | COMA | 1:04.59 | Stout, Jon | 57 | THB | 1:06.24 |
| Mann, Steve | 51 | COMA | 57.46 | Pendleton, Mike | 52 | CGM | 1:05.10 | 200 Yard IM |  |  |  |
| Dasch, Vern | 54 | THB | 58.40 | Brockbank, Doug | 50 | OWET | 1:07.07 | Rueff, Daniel | 56 | THB | 2:44.23 |
| Brockbank, Doug | 50 | OWET | 59.56 | Wallis, Gary | 51 | THB | 1:10.50 | Carriker, Buz | 56 | MHM | 2:57.81 |
| Smith, Richard | 54 | RVM | 1:01.30 | Huizenga, Robert | 54 | EA | 1:27.85 | 400 Yard IM |  |  |  |
| Wallis, Gary | 51 | THB | 1:01.39 | Gallagher, Dennis | 54 | COMA | 1:41.52 | Bruce, Bob | 56 | COMA | 5:38.47 |
| Huizenga, Robert | 54 | EA | 1:11.20 | 200 Yard IM |  |  |  | Carriker, Buz | 56 | MHM | 6:26.85 |
| 10 Gallagher, Dennis | 54 | COMA | 1:19.88 | Tennant, Mike | 50 | COMA | 2:19.96 | Men 60-64 |  |  |  |
| 200 Yard Freestyle |  |  |  | Fryefield, David | 50 | EA | 2:20.99 | 50 Yard Freestyle |  |  |  |
| Tennant, Mike | 50 | COMA | 2:02.04 | Pendleton, Mike | 52 | CGM | 2:25.16 | Smith, Robert | 60 | FISH | 24.96 |
| Pendleton, Mike | 52 | CGM | 2:07.34 | Dasch, Vern | 54 | THB | 2:37.22 | Nakata, Ronald | 64 | MHM | 28.12 |
| Yensen, Kermit | 50 | THB | 2:08.72 | Wallis, Gary | 51 | THB | 2:41.19 | Philipps, Frank | 61 | RVM | 28.43 |
| Dasch, Vern | 54 | THB | 2:16.83 | Huizenga, Robert | 54 | EA | 3:14.25 | Frid, Brian | 60 | THB | 31.20 |
| Toole, Chris | 52 | THB | 2:33.39 | 400 Yard IM |  |  |  | Mellow, Bill | 62 | CGM | 31.89 |
| 500 Yard Freestyle |  |  |  | Pendleton, Mike | 52 | CGM | 5:16.86 | 6 Rudolph, Roger | 60 | COMA | 32.29 |
| Tennant, Mike | 50 | COMA | 5:42.00 | Yensen, Kermit | 50 | THB | 5:31.69 | 100 Yard Freestyle |  |  |  |
| Dasch, Vern | 54 | THB | 6:29.45 | Men 55-59 |  |  |  | Landis, Tom | 61 | COMA | 58.28 |
| Toole, Chris | 52 | THB | 6:58.14 | 50 Yard Freestyle |  |  |  | Philipps, Frank | 61 | RVM | 1:03.58 |
| Simkins, Curt | 53 | COMA | 7:24.94 | Stout, Jon | 57 | THB | 25.72 | Nakata, Ronald | 64 | MHM | 1:06.10 |
| Collins, John | 52 | THB | 7:35.44 | Lambert, Roy | 57 | THB | 29.53 | Frid, Brian | 60 | THB | 1:13.45 |
| Carew, Michael | 54 | COMA | 7:48.79 | Jenkins, James | 56 | OWET | 37.36 | Mellow, Bill | 62 | CGM | 1:16.04 |
| 1000 Yard Freestyle |  |  |  | 100 Yard Freestyle |  |  |  | 200 Yard Freestyle |  |  |  |
| Toole, Chris | 52 | THB | 14:14.38 | Stout, Jon | 57 | THB | 58.17 | Landis, Tom | 61 | COMA | 2:34.85 |
| Collins, John | 52 | THB | 15:43.29 | Cronin, Jed | 55 | THB | 59.75 | Mohr, Ralph | 62 | COMA | 2:39.35 |
| Simkins, Curt | 53 | COMA | 15:46.26 | Rueff, Daniel | 56 | THB | 1:02.70 | Frid, Brian | 60 | THB | 2:52.63 |
| Minter, Richard | 51 | THB | 16:33.12 | Lambert, Roy | 57 | THB | 1:05.74 | Mellow, Bill | 62 | CGM | 3:01.98 |
| 1650 Yard Freestyle |  |  |  | Jenkins, James | 56 | OWET | 1:24.24 | 500 Yard Freestyle |  |  |  |
| Collins, John | 52 | THB | 26:08.25 | 200 Yard Freestyle |  |  |  | 1 Landis, Tom | 61 | COMA | 6:17.33 |
| Carew, Michael | 54 | COMA | 26:14.26 | 1 Cronin, Jed | 55 | THB | 2:17.98 | Philipps, Frank | 61 | RVM | 6:59.60 |
| Simkins, Curt | 53 | COMA | 26:33.41 | Jenkins, James | 56 | OWET | 3:13.53 | 3 Mohr, Ralph | 62 | COMA | 7:07.93 |
| 50 Yard Backstroke |  |  |  | 500 Yard Freestyle |  |  |  | 1000 Yard Freestyle |  |  |  |
| Mann, Steve | 51 | COMA | 30.63 | Johnson, Steve | 56 | EA | 5:37.62 | 1 Mellow, Bill | 62 | CGM | 16:39.26 |
| Brockbank, Doug | 50 | OWET | 31.38 | Bruce, Bob | 56 | COMA | 6:00.29 | 2 Rudolph, Roger | 60 | COMA | 17:01.62 |
| Smith, Richard | 54 | RVM | 33.39 | Cronin, Jed | 55 | THB | 6:27.36 | 1650 Yard Freestyle |  |  |  |
| 100 Yard Backstroke |  |  |  | Carriker, Buz | 56 | MHM | 6:41.90 | 1 Landis, Tom | 61 | COMA | 20:52.98 |
| Mann, Steve | 51 | COMA | 1:06.14 | Gray, Daniel | 58 | RVM | 7:35.28 | 2 Juhala, Richard | 60 | NCMS | 31:03.15 |
| Brockbank, Doug | 50 | OWET | 1:10.55 | 6 Jenkins, James | 56 | OWET | 9:12.31 | 50 Yard Backstroke |  |  |  |
| Smith, Richard | 54 | RVM | 1:16.41 | 1000 Yard Freestyle |  |  |  | 1 Frid, Brian | 60 | THB | 43.55 |
| Collins, John | 52 | THB | 1:26.87 | 1 Johnson, Steve | 56 | EA | 11:41.00 O | 200 Yard Backstroke |  |  |  |
| Minter, Richard | 51 | THB | 1:46.99 | Gray, Daniel | 58 | RVM | 15:43.48 | Smith, Robert | 60 | FISH | 2:28.02 O |
| 200 Yard Backstroke |  |  |  | 1650 Yard Freestyle |  |  |  | Juhala, Richard | 60 | NCMS | 3:32.29 |
| Collins, John | 52 | THB | 3:08.06 | Bruce, Bob | 56 | COMA | 21:04.43 | 50 Yard Breaststroke |  |  |  |
| Minter, Richard | 51 | THB | 3:58.03 | Rueff, Daniel | 56 | THB | 22:45.14 | Smith, Robert | 60 | FISH | 35.52 |
| 50 Yard Breaststroke |  |  |  | 50 Yard Backstroke |  |  |  | Philipps, Frank | 61 | RVM | 38.49 |
| Wallis, Gary | 51 | THB | 35.53 | Bruce, Bob | 56 | COMA | 31.04 | Juhala, Richard | 60 | NCMS | 40.15 |
| Gallagher, Dennis | 54 | COMA | 45.79 | Stout, Jon | 57 | THB | 31.12 | 4 Mellow, Bill | 62 | CGM | 40.58 |
| Carew, Michael | 54 | COMA | 46.52 | 3 Gray, Daniel | 58 | RVM | 43.46 | 5 Frid, Brian | 60 | THB | 42.82 |
| 100 Yard Breaststroke |  |  |  | 4 Jenkins, James | 56 | OWET | 48.78 | 100 Yard Breaststroke |  |  |  |
| Wallis, Gary | 51 | THB | 1:16.75 | 100 Yard Backstroke |  |  |  | Smith, Robert | 60 | FISH | 1:14.60 O |
| Dasch, Vern | 54 | THB | 1:18.33 | Stout, Jon | 57 | THB | 1:10.20 | 2 Philipps, Frank | 61 | RVM | 1:23.12 |
| Toole, Chris | 52 | THB | 1:26.52 | 2 Jenkins, James | 56 | OWET | 1:55.92 | 3 Frid, Brian | 60 | THB | 1:37.55 |
| Huizenga, Robert | 54 | EA | 1:34.02 | 200 Yard Backstroke |  |  |  | 200 Yard Breaststroke |  |  |  |
| Gallagher, Dennis | 54 | COMA | 1:40.73 | Bruce, Bob | 56 | COMA | 2:41.19 O | Juhala, Richard | 60 | NCMS | 3:22.95 |
| 200 Yard Breaststroke |  |  |  | 2 Gray, Daniel | 58 | RVM | 3:30.20 | 2 Mellow, Bill | 62 | CGM | 3:25.43 |
| Pendleton, Mike | 52 | CGM | 2:44.24 | 50 Yard Breaststroke |  |  |  | 50 Yard Butterfly |  |  |  |
| Wallis, Gary | 51 | THB | 2:53.55 | Carriker, Buz | 56 | MHM | 38.59 | Philipps, Frank | 61 | RVM | 34.45 |
| Toole, Chris | 52 | THB | 3:10.40 | 2 Gray, Daniel | 58 | RVM | 57.55 | 2 Rudolph, Roger | 60 | COMA | 40.30 |
| 50 Yard Butterfly |  |  |  | 100 Yard Breaststroke |  |  |  | 100 Yard Butterfly |  |  |  |
| Fryefield, David | 50 | EA | 27.56 | Lambert, Roy | 57 | THB | 1:20.61 | Nakata, Ronald | 64 | MHM | 1:14.75 |
| Yensen, Kermit | 50 | THB | 27.99 | 2 Carriker, Buz | 56 | MHM | 1:23.77 | 2 Mohr, Ralph | 62 | COMA | 1:21.93 |
| Mann, Steve | 51 | COMA | 29.12 | 200 Yard Breaststroke |  |  |  | 200 Yard Butterfly |  |  |  |
| Brockbank, Doug | 50 | OWET | 29.21 | 1 Bruce, Bob | 56 | COMA | 2:54.22 | 1 Juhala, Richard | 60 | NCMS | 3:57.30 |
| Toole, Chris | 52 | THB | 37.43 | 2 Lambert, Roy | 57 | THB | 2:58.51 | 100 Yard IM |  |  |  |
| Simkins, Curt | 53 | COMA | 38.13 | 3 Carriker, Buz | 56 | MHM | 3:07.74 | 1 Smith, Robert | 60 | FISH | 1:09.27 |
| 7 Minter, Richard | 51 | THB | 41.44 | 4 Gray, Daniel | 58 | RVM | 4:10.24 | 2 Nakata, Ronald | 64 | MHM | 1:13.15 |

3 Rudolph, Roger 200 Yard IM 1 Landis, Tom 2 Nakata, Ronald 3 Mohr, Ralph 400 Yard IM 1 Landis, Tom 2 Nakata, Ronald 3 Mohr, Ralph 4 Juhala, Richard Men 65-69
50 Yard Freestyle 1 Thayer, George Norton, Nick 100 Yard Freestyle 1 Radcliff, David 2 Norton, Nick 3 Schieltz, Jon 200 Yard Freestyle 1 Radcliff, David 2 Norton, Nick 500 Yard Freestyle 1 Radcliff, David 2 Lake, Brent 3 Norton, Nick 1000 Yard Freestyle 1 Radcliff, David 2 Lake, Brent 1650 Yard Freestyle 1 Radcliff, David 2 Lake, Brent 50 Yard Backstroke 1 Thayer, George 2 Lake, Brent 100 Yard Backstroke 1 Lake, Brent 200 Yard Backstroke
1 Lake, Brent 2 Thayer, George 50 Yard Breaststroke 1 Thayer, George 2 Schieltz, Jon 100 Yard Breaststroke
1 Thayer, George
200 Yard Breaststroke 1 Schieltz, Jon
50 Yard Butterfly
1 Schieltz, Jon
100 Yard IM
1 Thayer, George 400 Yard IM
Radcliff, David
Men 70-74
50 Yard Freestyle
1 Guest, Eric
2 Holman, William 100 Yard Freestyle
1 Guest, Eric
2 Holman, William
500 Yard Freestyle
1 Holman, William 1000 Yard Freestyle 1 Holman, William 50 Yard Breaststroke
1 Guest, Eric
Men 75-79
50 Yard Freestyle
1 Allen, Raymond
100 Yard Freestyle
1 Allen, Raymond
200 Yard Freestyle
1 Allen, Raymond
500 Yard Freestyle
1 Allen, Raymond

| 60 | COMA | $1: 35.01$ |
| :--- | :--- | :--- |
|  |  |  |
| 61 | COMA | $2: 34.80$ |
| 64 | MHM | $2: 48.01$ |
| 62 | COMA | $3: 02.65$ |
|  |  |  |
| 61 | COMA | $5: 44.38$ |
| 64 | MHM | $6: 12.84$ |
| 62 | COMA | $6: 34.28$ |
| 60 | NCMS | $7: 32.66$ |


| 68 | COMA | 28.43 |
| :--- | :--- | :--- |
| 69 | COMA | 35.14 |
| 65 | THB | 40.65 |


| 1000 Yard Freestyle |  |  |  |
| :---: | :---: | :---: | :---: |
| Allen, Raymond | 78 | RVM | 23:15.07 |
| 1650 Yard Freestyle |  |  |  |
| 1 Allen, Raymond | 78 | RVM | 37:43.32 |
| 100 Yard Backstroke |  |  |  |
| Miesen, Lee | 76 | MACO | 1:48.18 |
| 200 Yard Backstroke |  |  |  |
| Miesen, Lee | 76 | MACO | 3:47.22 |
| 50 Yard Breaststroke |  |  |  |
| Miesen, Lee | 76 | MACO | 44.40 |
| 100 Yard Breaststroke |  |  |  |
| Miesen, Lee | 76 | MACO | 1:47.77 |
| 200 Yard Breaststroke |  |  |  |
| Miesen, Lee | 76 | MACO | 4:14.00 |
| 50 Yard Butterfly |  |  |  |
| Miesen, Lee | 76 | MACO | 54.01 |


| 69 | THB | $1: 01.70$ | Relays |
| :--- | :--- | :---: | :--- |
| 69 | COMA | $1: 23.34$ | Women 19+ 200 Yard Free Relay |
| 65 | THB | $1: 30.20$ | 1 |


| 1) Zoppo, J. 21 | 2) Moore, A. 33 |
| :--- | :--- |
| 3) Shera, K. 30 | 4) Alden, J. 25 |
| 2 COMA | 1:57.25 |
| 1) Smidt, C. 34 | 2) Wilkinson, C. 19 |
| 3) Bodine, M. 31 | 4) Barber, T. 31 |
| 3 OWET | 2:03.90 |
| 1) Weiler, J. 23 | 2) Keiser, J. 34 |
| 3) Welborn, J. 48 | 4) Glaeser, S. 39 |
| 4 COMA | 2:06.14 |
| 1) Miller, D. 31 | 2) Douglas, D. 49 |
| 3) Thompson, J. 27 | 4) Householder, S. 24 |
| 5 RVM | 2:28.89 |
| 1) Sacks, L. 58 | 2) Thalman, D. 41 |
| 3) Dodson, E. 20 | 4) Sanford, J. 39 |

4) Sanford, J. 39

Women 19+ 200 Yard Medley Relay

| $1 \quad$ THB | $2: 13.29$ |
| :--- | :--- |
| 1) Zoppo, J. 21 | 2) Gibbs, Z. 29 |

3) Alden, J. 25 4) Moore, A. 33

2 COMA
2:15.49

1) Bryce, K. 31 2) Young, K. 36
2) Blain-Reimer, S. 34 4) Wilkinson, C. 19

3 COMA

1) Householder, S. 24 2) Thompson, J. 27
2) Bodine, M. 31 4) Smidt, C. 34

4 OWET

1) Weiler, J. 23
2) Keiser, J. 34
3) Welborn, J. 48 4) Andrus Murphy, J. 43

5 RVM
2:52.76

1) Dodson, E. 20
2) Sanford, J. 39
3) Mathewson, G. 55 4) Sacks, L. 58

Women 25+ 200 Yard Free Relay
68 COMA 1:17.56 69 THB 6:40.77

MA

1) Marine, J. 29 2) Quan, S. 31
2) Gouldson, K. 27 4) Blain-Reimer, S. 34

2 MHM

1) Rogers, A. 30

2:02.18
3) Moorhead, L. 35 4) Viales, D. 42

3 OWET

1) Ward, J. 61

2:02.77

| 74 | COMA | 38.41 | 3) Moorhead, L. 35 | 4) Viales, D. 42 |
| :---: | :---: | :---: | :---: | :---: |
| 72 | NCMS | 41.47 | 3 OWET | 2:02.77 |
|  |  |  | 1) Ward, J. 61 | 2) Jordan, K. 28 |
| 74 | COMA | 1:31.29 | 3) Simpson, S. 32 | 4) Cohen, E. 29 |
| 72 | NCMS | 1:34.92 | Women 25+ 200 Yard Medley Relay |  |
|  |  |  | 1 COMA | 2:02.55 |
| 72 | NCMS | 9:28.30 | 1) Barber, T. 31 | 2) Quan, S. 31 |
|  |  |  | 3) Marine, J. 29 | 4) Gouldson, K. 27 |
| 72 | NCMS | 19:25.66 | 2 OWET | 2:18.46 |
|  |  |  | 1) Ward, J. 61 | 2) Jordan, K. 28 |
| 74 | COMA | 50.29 | 3) Simpson, S. 32 | 4) Cohen, E. 29 |
|  |  |  | 3 CAT | 2:42.63 |
|  |  |  | 1) Kramer, L. 34 | 2) Fox, C. 43 |
| 78 | RVM | 49.21 | 3) Hecksel, T. 38 | 4) Stangel, P. 82 |
|  |  |  | 4 COMA | 2:44.61 |
| 78 | RVM | 1:49.85 | 1) Roberts, C. 49 | 2) Gabbard, E. 29 |
|  |  |  | 3) Miller, D. 31 | 4) Peterson, C. 49 |
| 78 | RVM | 4:07.09 | Women 35+200 Y | ree Relay |
|  |  |  | 1 OWET | 1:51.94 |
| 78 | RVM | 10:58.32 | 1) Jenkins, V. 40 | 2) Andrus Murphy, J. 43 |


| 3) Burkholder, J. 45 | 4) Andrus-Hughes, K. 46 |
| :---: | :---: |
| 2 COMA | 1:54.63 |
| 1) Austin, C. 35 | 2) Daniels, K. 38 |
| 3) Touchette, C. 40 | 4) Allen, K. 40 |
| 3 THB | 2:07.16 |
| 1) Skoss, R. 35 | 2) Ross, G. 44 |
| 3) Kilbourn, L. 37 | 4) Gebelt, J. 37 |
| 4 COMA | 2:32.45 |
| 1) Young, K. 36 | 2) Bozarth, R. 38 |
| 3) Roberts, C. 49 | 4) Peterson, C. 49 |
| 5 MHM | 2:32.81 |
| 1) Miles, C. 48 | 2) Milner, N. 52 |
| 3) Hyde, S. 35 | 4) Clum, C. 58 |
| Women 35+ 200 Yard Medley Relay |  |
| OWET | 2:06.33 |
| 1) Andrus-Hughes, K. 46 | 2) Squires, L. 40 |
| 3) Jenkins, V. 40 | 4) Burkholder, J. 45 |
| 2 COMA | 2:13.97 |
| 1) Austin, C. 35 | 2) Allen, K. 40 |
| 3) Moss, S. 38 | 4) Bozarth, R. 38 |
| 3 MHM | 2:14.82 |
| 1) Goodman, A. 44 | 2) Crabbe, C. 47 |
| 3) Viales, D. 42 | 4) Moorhead, L. 35 |
| Women 45+ 200 Yard Free Relay |  |
| COMA | 2:03.58 |
| 1) Straley, D. 47 | 2) Sutherland, J. 55 |
| 3) Holmberg, M. 51 | 4) Sweat, M. 46 |
| 2 MHM | 2:07.28 |
| 1) Calnek-Morris, S. 60 | 2) Zabudsky, A. 59 |
| 3) Gustafson, K. 48 | 4) Crabbe, C. 47 |
| 3 THB | 2:22.37 |
| 1) Winton, L. 49 | 2) Toole, P. 51 |
| 3) Collins, S. 51 | 4) Staley, D. 54 |
| Women 45+200 Yard Medley Relay |  |
| COMA | 2:20.07 |
| 1) Douglas, D. 49 | 2) Holmberg, M. 51 |
| 3) Straley, D. 47 | 4) Sweat, M. 46 |
| 2 MHM | 2:30.16 |
| 1) Gustafson, K. 48 | 2) Clum, C. 58 |
| 3) Milner, N. 52 | 4) Calnek-Morris, S. 60 |
| 3 THB | 2:42.53 |
| 1) Collins, S. 51 | 2) Winton, L. 49 |
| 3) Staley, D. 54 | 4) Toole, P. 51 |
| Women 55+ 200 Yard Free Relay |  |
| COMA | 2:46.61 |
| 1) Schroder, K. 67 | 2) Himstreet, P. 60 |
| 3) Whiter, P. 60 | 4) Hodge, P. 64 |
| 2 THB | 3:15.84 |
| 1) Allan, L. 80 | 2) Hughes, K. 77 |
| 3) Panayotoff, K. 55 | 4) Frid, B. 61 |
| Women 55+ 200 Yard Medley Relay |  |
| 1 COMA | 2:54.97 O |
| 1) Whiter, P. 60 | 2) Himstreet, P. 60 |
| 3) Hodge, P. 64 | 4) Sutherland, J. 55 |
| 2 THB | 3:33.59 |
| 1) Allan, L. 80 | 2) Frid, B. 61 |
| 3) Panayotoff, K. 55 | 4) Hughes, K. 77 |
| Men 19+200 Yard Free Relay |  |
| 1 COMA | 2:06.53 |
| 1) Wellman, D. 21 | 2) Kelleher, B. 43 |
| 3) Gallagher, D. 54 | 4) Giller, R. 40 |
| Men 19+200 Yard Medley Relay |  |
| 1 COMA | 2:13.76 |
| 1) Wellman, D. 21 | 2) Cobarrubia, F. 40 |
| 3) Yax, J. 32 | 4) Hickmann, T. 40 |
| Men 25+ 200 Yard Free Relay |  |
| 1 COMA | 1:37.85 |
| 1) Ferreira, K. 34 | 2) Eliott, S. 29 |
| 3) Hemphill, B. 28 | 4) Reget, P. 34 |
| 2 THB | 1:39.77 |
| 1) Price, K. 31 | 2) Raskauskas, J. 28 |
| 3) Mirho, C. 40 | 4) Swain, S. 33 |
| 3 RVM | 1:39.79 |
| 1) Lantry, T. 28 | 2) Smith, R. 54 |
| 3) Powell, J. 40 | 4) Sanford, N. 34 |

4 OWET

1) Cohen, J. 32
2) Pospisil, R. 34
3) Pfeifer, J. 32

5 COMA

1) Marshall, M. 42
2) Nice, A. 36

1:55.30
2) Yax, J. 32
3) Thompson, R. 44
4) Higley, R. 38

Men 25+ 200 Yard Medley Relay
1 THB 1:47.33

1) August, B. 33
2) Mirho, C. 40
3) Taylor, C. 32 4) Swain, S. 33

2 COMA

1) Ferreira, K. 34
2) Cloninger, D. 34

3 OWET

1) Cohen, J. 32
2) Nice, A. 36

4 RVM

1) Smith, R. 54
2) Lantry, T. 28

5 COMA

1) Higley, R. 38
2) Hodge, D. 30

6 THB

1) Price, K. 31

1:54.54
2) Reget, P. 34
4) Eliott, S. 29

1:56.19
2) Pospisil, R. 34
4) Palanuk, J. 43

1:56.99
2) Powell, J. 40
4) Sanford, N. 34

2:03.47
2) Sloop, S. 38
4) Hemphill, B. 28

2:06.37
2) Hayden, J. 39
3) Karyukin, A. 38 4) Griffin, S. 35

## Men 35+ 200 Yard Free Relay

## 1 COMA 1:37.65

1) Riley, M. 42
2) Gessner, J. 38
3) Steinhauff, E. 44 4) Lussier, H. 38

2 OWET
1:39.81

1) Butcher, G. 40
2) Palanuk, J. 43
3) Gaarder, C. 39
4) Peters, K. 38

3 THB

1) Uebele, K. 42
2) Hayden, J. 39

4 THB

1) Karyukin, A. 38
2) Roney, K. 49

5 CGM

1) Mellow, B. 62

1:42.24
2) Clark, J. 37
4) Christensen, D. 41

1:48.04
2) Griffin, S. 35
4) Cobb, R. 47

2:02.86
2) Johnisee, C. 44
3) Dushan, A. 40

## Men 35+ 200 Yard Medley Relay

1) Keppeler, J. 36
2) Uebele, K. 42

2 OWET

1) Peters, K. 38
2) Butcher, G. 40

3 COMA

1) Gessner, J. 38
2) Steinhauff, E. 44

4 COMA

1) Giller, R. 40
2) Hoffmann, M. 37

5 CGM

1) Pendleton, M. 52
2) Mellow, B. 62

6 RVM

1) Gray, D. 58
2) Van Der Zwan, D. 41 4) Allen, R. 78

Men 45+ 200 Yard Free Relay

1 THB

1) Ramsey, E. 47
2) Yensen, K. 50

2 EA

1) Fryefield, D. 50
2) Huizenga, R. 54

3 COMA

1) Mann, S. 51
2) Simkins, C. 53

4 MHM

1) Bergstrom, R. 47
2) Nakata, R. 64

5 THB

1) Wallis, G. 51
2) Philipps, F. 61

1:46.07
2) Christensen, D. 41
4) Hibler, K. 37

1:47.84
2) Gaarder, C. 39
4) Baker, D. 42

1:52.89
2) Riley, M. 42
4) Lussier, H. 38

2:04.00
2) Kelleher, B. 43
4) Thompson, R. 44 2:25.43
2) Johnisee, C. 44
4) Dushan, A. 40

2:45.51

1:47.12
2) Becker, M. 49
4) Dasch, V. 54

1:49.14
2) Johnson, S. 56
4) Kevan, S. 49

1:52.91
2) Carew, M. 54
4) Tennant, M. 50

1:53.02
2) Carriker, B. 56
4) Jensen, E. 49

1:58.22
2) Toole, C. 52
3) Lambert, R. 57 4) Cecil, P. 49

Men 45+ 200 Yard Medley Relay
1 OWET 1:50.76

1) Metzger, P. 48 2) Koch, G. 45
2) Wren, M. 45 4) Brockbank, D. 50

2 THB

1) Ramsey, E. 47
2) Yensen, K. 50

3 EA

1) Fryefield, D. 50
2) Johnson, S. 56

4 THB

1) Cobb, R. 47
2) Becker, M. 49

5 COMA

1) Mann, S. 51
2) Simkins, C. 53

6 MHM

1) Jensen, E. 49
2) Nakata, R. 64

7 THB

1) Frid, B. 60

2:00.21
2) Wallis, G. 51
4) Roney, K. 49

2:06.14
2) Huizenga, R. 54
4) Kevan, S. 49

2:14.51
2) Toole, C. 52
4) Cecil, P. 49

2:17.68
2) Tennant, M. 50
4) Gallagher, D. 54

2:18.61
2) Harris, F. 46
4) Bergstrom, R. 47

2:20.73
3) Rueff, D. 56
2) Dasch, V. 54
4) Collins, J. 52

00 Yard Free Relay

1) Radcliff, D. 69

## 1:49.57

2 COMA
4) Stout, J. 57 1:58.68

1) Landis, T. 61
2) Mohr, R. 62
3) Rudolph, R. 60

## Men 55+ 200 Yard Medley Relay

1 THB
2:03.99

1) Stout, J. 57
2) Cronin, J. 55

2 COMA

1) Bruce, B. 56
2) Lambert, R. 57
3) Radcliff, D. 69

2:19.46
2) Mohr, R. 62
3) Landis, T. 61

Men 65+ 200 Yard Free Relay

| 1 COMA | 2:19.43 |
| :--- | :--- |
| 1) Lake, B. 65 | 2) Norton, N. 69 |
| 3) Guest, E. 74 | 4) Thayer, G. 68 |

Men 65+ 200 Yard Medley Relay
1 COMA 2:42.65

1) Lake, B. 6

2:42.65
3) Guest, E. 74
2) Thayer, G. 68

Mixed 19+ 200 Yard Free Relay
1 THB 1.3921

1) August, B. 33 2) Zoppo, J. 21
2) Alden, J. 25 4) Taylor, C. 32

2 COMA

1) Wellman, D. 21
2) Blain-Reimer, S. 34

3 COMA

1) Wilkinson, C. 19
2) Hemphill, B. 28

4 OWET

1) Cohen, J. 32
2) Pfeifer, J. 32

5 COMA

1) Hickmann, T. 40
2) Quan, S. 31
3) Reget, P. 34

1:50.68
2) Barber, T. 31
4) Eliott, S. 29

1:52.90
2) Cohen, E. 29
4) Weiler, J. 23

2:01.99
2) Miller, D. 31
3) Householder, S. 24 4) Hodge, D. 30

Mixed 19+ 200 Yard Medley Relay

## 1 COMA <br> 1:58.04

1) Wellman, D. 21
2) Eliott, S. 29

2 COMA

1) Wilkinson, C. 19
2) Blain-Reimer, S. 34

3 THB

1) Zoppo, J. 21
2) Griffin, S. 35

4 COMA

1) Householder, S. 24
2) Bodine, M. 31

5 OWET
2) Quan, S. 31
4) Marine, J. 29

2:07.66
2) Sloop, S. 38
4) Hemphill, B. 28

2:12.97
2) Gibbs, Z. 29
4) Raskauskas, J. 28 2:24.63
2) Gallagher, D. 54
4) Yax, J. 32

2:26.98

1) Weiler, J. 23
2) Pospisil, R. 34
3) Pfeifer, J. 32

Mixed 25+ 200 Yard Free Relay
1 COMA
1:41.62

1) Ferreira, K. 34 2) Marine, J. 29
2) Gouldson, K. 27 4) Cloninger, D. 34

2 COMA 1:51.62
$\begin{array}{ll}\text { 1) Hoffmann, M. } 37 & \text { 2) Smidt, C. } 34\end{array}$
3) Bodine, M. 31 4) Higley, R. 38

3 OWET 1:52.13

1) Pospisil, R. 34 2) Simpson, S. 32
2) Jordan, K. 28 4) Gaarder, C. 39

4 CAT

1) Allender, P. 45 2) Hecksel, T. 38
2) Kramer, L. 34 4) Kramer, K. 37

5 THB 1:54.92

1) Price, K. $31 \quad$ 2) Gibbs, Z. 29
2) Moore, A. 33 4) Swain, S. 33

6 COMA 2:00.96

1) Marshall, M. 42 2) Young, K. 36
2) Bryce, K. 31 4) Thompson, R. 44

7 MHM

1) Winroth, G. 42
2) Goodman, A. 44

2:18.50
2) Rogers, A. 30

8 NCMS

1) Wong, L. 32 2) Bragg Iii, R. 44
2) Lance, S. 68 4) Dow, K. 48

Mixed 25+ 200 Yard Medley Relay
1 COMA $\quad 1: 56.44$

1) Barber, T. $31 \quad$ 2) Reget, P. 34
2) Ferreira, K. 34 4) Gouldson, K. 27

2 THB 1:58.83

1) Alden, J. 25 2) Moore, A. 33
2) Swain, S. 33 4) Price, K. 31

3 OWET 2:09.82

1) Cohen, J. 32 2) Jordan, K. 28
2) Simpson, S. 32 4) Gaarder, C. 39

4 COMA
$\begin{array}{ll}\text { 1) Bryce, K. } 31 & \text { 2) Young, K. } 36\end{array}$
3) Hodge, D. 30 4) Higley, R. 38

5 CGM 2:16.52

1) Weeks, N. 31
2) Pendleton, M. 52
3) Mellow, B. 62

6 NCMS
4) Rousseau, S. 56

1) Lance, S. 68
2) Wong, L. 32
3) Juhala, R. 60
4) Dow, K. 48

Mixed 35+ 200 Yard Free Relay
1 COMA 1:43.08

1) Allen, K. $40 \quad$ 2) Austin, C. 35
2) Gessner, J. 38 4) Lussier, H. 38

2 OWET 1:43.53

1) Koch, G. 45 2) Andrus-Hughes, K. 46
2) Andrus Murphy, J. 43 4) Baker, D. 42

3 OWET 1:46.36

1) Butcher, G. 40 2) Ward, J. 61
2) Jenkins, V. 40 4) Peters, K. 38

4 THB

1) Keppeler, J. 36
2) Kilbourn, L. 37

1:49.12
2) Gebelt, J. 37

5 MHM

1) Bergstrom, R. 47
2) Crabbe, C. 47

6 THB

1) Hayden, J. 39
2) Ross, G. 44

7 CGM

1) Johnisee, C. 44
2) Hibler, K. 37

1:52.76
2) Viales, D. 42
4) Jensen, E. 49

1:56.12
2) Skoss, R. 35
4) Mirho, C. 40

2:17.49
Rousseau, S. 56
Mixed 35+ 200 Yard Medley Relay
1 OWET 1:52.25

1) Andrus-Hughes, K. 46 2) Koch, G. 45
2) Baker, D. 42
3) Andrus Murphy, J. 43

2 OWET 1:58.88

1) Jenkins, V. 40 2) Peters, K. 38
2) Butcher, G. 40
3) Glaeser, S. 39

| 1 OWET | 1:52.25 |
| :--- | :--- |
| 1) Andrus-Hughes, K. 46 | 2) Koch, G. 45 |
| 3) Baker, D. 42 | 4) Andrus Murphy, J. 43 |
| 2 OWET | 1:58.88 |
| 1) Jenkins, V. 40 | 2) Peters, K. 38 |
| 3) Butcher, G. 40 | 4) Glaeser, S. 39 |


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| :---: | :---: | :---: | :---: | :---: | :---: |
| 3 COMA | 1:58.89 | 4 THB | 2:07.14 | 3) Carriker, B. 56 | 4) Nakata, R. 64 |
| 1) Gessner, J. 38 | 2) Allen, K. 40 | 1) Ramsey, E. 47 | 2) Winton, L. 49 | 3 COMA | 2:05.33 |
| 3) Lussier, H. 38 | 4) Touchette, C. 40 | 3) Collins, S. 51 | 4) Yensen, K. 50 | 1) Landis, T. 61 | 2) Himstreet, P. 60 |
| 4 THB | 2:06.34 | 5 COMA | 2:09.53 | 3) Sutherland, J. 55 | 4) Bruce, B. 56 |
| 1) Uebele, K. 42 | 2) Mirho, C. 40 | 1) Mohr, R. 62 | 2) Simkins, C. 53 | 4 COMA | 2:20.88 |
| 3) Gebelt, J. 37 | 4) Skoss, R. 35 | 3) Douglas, D. 49 | 4) Holmberg, M. 51 | 1) Lake, B. 65 | 2) Hodge, P. 64 |
| 5 COMA | 2:09.90 | 6 COMA | 2:35.87 | 3) Whiter, P. 60 | 4) Thayer, G. 68 |
| 1) Austin, C. 35 | 2) Riley, M. 42 | 1) Peterson, C. 49 | 2) Roberts, C. 49 | 5 RVM | 2:24.18 |
| 3) Steinhauff, E. 44 | 4) Daniels, K. 38 | 3) Gallagher, D. 54 | 4) Rudolph, R. 60 | 1) Sacks, L. 58 | 2) Gray, D. 58 |
| 6 MHM | 2:12.00 | 7 OWET | 2:36.07 | 3) Mathewson, G. 55 | 4) Philipps, F. 61 |
| 1) Viales, D. 42 | 2) Bergstrom, R. 47 | 1) Anderson, S. 49 | 2) Jenkins, J. 56 | Mixed 55+ 200 Yard | dley Relay |
| 3) Crabbe, C. 47 | 4) Jensen, E. 49 | 3) Moss, H. 45 | 4) Olson, D. 49 | 1 THB | 2:22.75 |
| 7 THB | 2:13.00 | Mixed 45+ 200 Yar | dley Relay | 1) Frid, B. 61 | 2) Panayotoff, K. 55 |
| 1) Hayden, J. 39 | 2) Clark, J. 37 | 1 COMA | 2:07.92 | 3) Cronin, J. 55 | 4) Stout, J. 57 |
| 3) Kilbourn, L. 37 | 4) Ross, G. 44 | 1) Mann, S. 51 | 2) Holmberg, M. 51 | 2 MHM | 2:23.74 |
| 8 COMA | 2:30.04 | 3) Straley, D. 47 | 4) Tennant, M. 50 | 1) Zabudsky, A. 59 | 2) Carriker, B. 56 |
| 1) Roberts, C. 49 | 2) Kelleher, B. 43 | 2 THB | 2:25.96 | 3) Nakata, R. 64 | 4) Calnek-Morris, S. 60 |
| 3) Giller, R. 40 | 4) Bozarth, R. 38 | 1) Collins, S. 51 | 2) Becker, M. 49 | 3 COMA | 2:35.54 |
| 9 MHM | 2:31.61 | 3) Staley, D. 54 | 4) Dasch, V. 54 | 1) Lake, B. 65 | 2) Thayer, G. 68 |
| 1) Gustafson, K. 48 | 2) Harris, F. 46 | 3 THB | 2:34.76 | 3) Hodge, P. 64 | 4) Sutherland, J. 55 |
| 3) Goodman, A. 44 | 4) Winroth, G. 42 | 1) Toole, P. 51 | 2) Wallis, G. 51 | 4 COMA | 2:50.76 |
| Mixed 45+ 200 Yar | e Relay | 3) Roney, K. 49 | 4) Winton, L. 49 | 1) Whiter, P. 60 | 2) Himstreet, P. 60 |
| 1 COMA | 1:46.42 O | 4 COMA | 2:46.66 | 3) Mohr, R. 62 | 4) Rudolph, R. 60 |
| 1) Mann, S. 51 | 2) Sweat, M. 46 | 1) Douglas, D. 49 | 2) Peterson, C. 49 | Mixed 65+ 200 Yard | e Relay |
| 3) Straley, D. 47 | 4) Tennant, M. 50 | 3) Simkins, C. 53 | 4) Carew, M. 54 | 1 THB | 3:16.64 |
| 2 OWET | 1:54.46 | Mixed 55+ 200 Yar | ee Relay | 1) Allan, L. 80 | 2) Hughes, K. 77 |
| 1) Metzger, P. 48 | 2) Welborn, J. 48 | 1 THB | 2:03.29 | 3) Schieltz, J. 65 | 4) Radcliff, D. 69 |
| 3) Burkholder, J. 45 | 4) Brockbank, D. 50 | 1) Stout, J. 57 | 2) Panayotoff, K. 55 | Mixed 65+ 200 Yard | dley Relay |
| 3 THB | 2:03.71 | 3) Frid, B. 61 | 4) Cronin, J. 55 | 1 THB | 3:59.03 |
| 1) Becker, M. 49 | 2) Toole, P. 51 | 2 MHM | 2:04.51 | 1) Hughes, K. 77 | 2) Schieltz, J. 65 |
| 3) Staley, D. 54 | 4) Roney, K. 49 | 1) Clum, C. 58 | 2) Calnek-Morris, S. 60 | 3) Radcliff, D. 69 | 4) Allan, L. 80 |

## Combined Team Scores - Large Teams

1 Central Oregon Masters Aquatic COMA 2,000.5
2 Tualatin Hills Barracudas THB 1,581

## Combined Team Scores - Medium Teams

| 1 | Oregon Wetmasters | OWET | 837 |
| :--- | :--- | :--- | :--- |
| 2 | Mt. Hood Masters | MHM | 457.5 |
| 3 | Rogue Valley Masters | RVM | 278 |

## Combined Team Scores - Small Teams

| 1 | Corvallis Aquatic Team Masters | CAT | 155 |
| :--- | :--- | :--- | :--- |
| 2 | Columbia Gorge Masters | CGM | 154 |
| 3 | Multnomah Athletic Club | MACO | 134 |
| 4 | North Clackamas Masters Club | NCMS | 132 |
| 5 | Emerald Aquatics | EA | 125 |
| 6 | Salem Courthouse Crew | SCC | 50 |
| 7 | Fishsticks | FISH | 35 |
| 8 | Mountain Park Masters | MPM | 16 |
| 9 | Umpqua Valley Masters | UVM | 6 |



## 18th ANNUAL HUNTSMAN WORLD SENIOR GAMES

Oct. 6-8th, 2004

## SAND HOLLOW AQUATIC CENTER - St. GEORGE, UTAH

## 50 years and up

Modern, State of the Art Facility - $\mathbf{2 5}$ METERS SHORT COURSE
Eight (8) 9-foot wide lanes, all lanes equal depth - 5 to 12 feet, no outside lanes, water temperature 80 Degrees F, electronic timing with digital scoreboard, 3-lane warm-up pool, leisure recreation pool, spacious tiled deck, large windows on south side of pool.
Times will be entered for USMS Top 10 and qualify for 2005 National Senior Games In Pittsburgh, Pennsylvania.
Less than 2 hour drive north of LAS VEGAS, 45 minutes to ZION NAT'L PARK and 6 other Nat'l Parks are within a short scenic drive.
Daytime temps between 70 to 85 degrees F, mornings \& evenings are cool. Population approx. 55,000 , semi desert set between cool mountain ranges and red rock. Altitude 2,800 feet.
Entry fee includes: Games shirt, a $\$ 10$ dinner certificate, Opening Ceremonies with Parade of Athletes in stadium. Free health screening tests including PSA, blood pressure, blood sugar, body composition, BMR evaluation, balance and equilibrium, clinical breast exams, hearing deficiency, cholesterol, bone density, visual acuity and glaucoma.
GRAHAM JOHNSTON: This is a beautiful setting among friendly people. The organization of the Games is tremendous. The venue and officiating staff are first class. I enjoy the camaraderie that draws swimmers together.
JANE KATZ: St. George is a wonderful place to participate in the World Senior Games and share their camaraderie. When not competing you can enjoy and visit the red mountains which radiate a special energy and glow. They make me feel spiritual and content.
KEN KIMBALL: As co-founder of Masters Swimming ,i've been part of many swim meets, the Huntsman World Senior Games has consistently presented a fun meet with a good venue and overall quality experience. I recommend it and hope to see you there.

For information, brochure and entry forms, contact

## Huntsman World Senior Games

## 1-800-562-1268 www.seniorgames.net hwsg@infowest.com

To hear about Bill King's (USMS swimmer \& St. George "Snow-bird" visitor) personal experiences at the Games, contact him at 970-453-4218 or loretbil@colorado.net


Laura and Kristin


# Tualatin Hills "Sizzling Summer" Long Course Meters Meet <br> Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction \#374-07 <br> Eligibility: Currently registered USMS swimmers, 19 years and older. 

Place: Tualatin Hills Aquatic Center Pool 15707 SW Walker Rd. Beaverton, Oregon
50 meters - 8-9 lanes competition-electronic timing Continuous warm-up/down in 1-2 lanes

DATE: Saturday, June 19, 2004
WARM-UPS: 8AM
Meet Starts: 9am

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

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

Submit a 2004 registration card or 2004 registration form and fee with this form.
ENTRY DEADLINE: POSTMARK NO LATDR THAN FRIDAY JUNE 4, 2004
FILL IN LOWER PORTION COMPLETELY
Return lower portion
FILL IN LOWER PORTION COMPLETELY
Name



E-MAIL
AGE GROUPS: 19-24, 25-29, 30-34, eтc. UP то 95+. RELAY AGES: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, \& 320359. Your competition age is the age you will be by Dec. 31st, 2004. You may enter a maximum of 5 individual events, plus unlimited relays. ENTER RELAYS at the meet. 200, and 800 Meter relays will be available with the longer relays swum after 200 relays of the same type. The 400 IM, 400 and 800 Freestyles will be deck seeded. Check in will open one hour before and will close 30 minutes before each of these events are to be swum. All events will be seeded SLOW TO FAST.

| 200 IM | (1) |
| :---: | :---: |
| 50 FREE | (2) |
| 200 BACK | (3) |
| 100 FLY | (4) |
| * BREAK* |  |
| MIXED FREE RELAYS (5-7) |  |
| 50 BACK | (8) |
| 200 FREE | (9) |
| 100 BREAST | (10) |
| 400 IM | (11) |

* BREAK*


## FREE RELAYS (12-17)

| 50 FLY | $(18) \_$ |
| :--- | :--- |
| 200 BREAST | $(19)$ |
| 100 FREE | $(20)$ |
| 10____ $:-$ |  |

MIXED MEDLEY RELAYS (21-22)
50 BREAST (23) ___ . $\qquad$
200 FLY
(24) $\qquad$ $\square$ $\qquad$
100 BACK
(25) $\qquad$ : $\qquad$ .
MEDLEY RELAYS (26-29)
800 FREE
(30) $\qquad$
$\qquad$ --_


#### Abstract

"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: $\mathbf{\$ 1 5 . 0 0}$ • Make checks payable to Oregon Masters Swimming. Send form(s) and fee(s) to: Gary Whitman, 11015 Ne Mason Street, Portland OR 97220
Beacon Graphics • 503-649-8543

# 2004 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS <br> Recognized by Oregon LMSC for USMS, Inc. \#375-07R ELIGIBILITY: STATE OF OREGON RESIDENT AND/OR REGISTERED OMS MEMBER 

Mt. Hood Community College, 26000 SE Stark, Gresham, Oregon 8 lanes competition, elec. timing, 1 lane warm-up/down Packet pick-up at pool only.

DATE: Saturday \& Sunday, July 10 \& 11, 2004

## Warm-UPS: 1PM Saturday \& Sunday Meet Starts: 2pm Saturday \& Sunday

Opening Ceremony: Friday, July 9, 2004, Tualatin Hills Recreation Center, 6PM. Food, music, raffles, and fun! Parade of Athletes at 7 PM.
Meet Director: Colette Crabbe • Phone 503-659-2114 • E-mail: colettecrabbe@hotmail.com
Meet Hotels: Best Western Inn 23525 NE Halsey 503-491-9700 • Holiday Inn Exp. 1000 NW Graham Rd. 503-492-2900 Hampton Inn 3039 NE 181st 503-669-7000
Awards:T-Shirts for all entrants • Medals for 1st 2nd \& 3rd Places (EXTRA CHARGE FOR RELAY aWARDS) All Registered Masters Swimmers must submit a photocopy of their CURRENT USMS registration card with this entry.

## ENTRY DEADLINE: RECEIVED BY FRIDAY JUNE 25, 2004



Name

| Address |  |  |
| :---: | :---: | :---: |
| City |  |  |
| State | ZIP |  |
| Рhone |  |  |
| E-MAIL |  |  |


| Birthdate_ Ac | Age |
| :---: | :---: |
| 2004 USMS \# (IF A MEMBER) |  |
| USMS Club (oreg or maco) |  |
| Is this your first Masters Meet? | - No |

AGE GROUPS: 19-24, 25-29, 30-34, ETc. UP то 95+. RELAY AGES: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280319, \& 320-359. Your competition age is the age you will be by Dec. 31st, 2004. Disabled swimmers may enter as "disabled" and be treated as a separate age group category for awards. ENTER RELAYS AT THE MEET. 200, 400, and 800 Meter relays will be available with the longer relays swum after 200 relays of the same type. The 400 , 800 and 1500 Freestyles \& 400 IM will be deck seeded. You may enter either the 800 or the 1500 but not both. Check in will open one hour before and will close 30 minutes before each of these events is to be swum. All events will be seeded SLOW TO FAST.

Saturday, July 10, 2004


## Sunday, July 11, 2004

| 400 FREE | $(17)$ |
| :--- | :--- |
| 100 BREAST | $(18)$ |
| 200 BACK | $(19)$ |
| 50 | $:$ |
| 50 FLY | $(20)$ |

***break***
MIXED MEDLEY RELAYS (21-22)
100 FREE
200 FLY
50 BACK
(23) $\qquad$ : $\qquad$ -
***break***
(24) $\qquad$ : $\square$

FREE RELAYS (26-31)
400 IM
(32) $\qquad$ : $\qquad$ -

* You may enter either the 800 Or 1500 Free but not both

I am a disabled swimmer and wish to enter the meet in this special category. (check if appropriate)
In consideration of being allowed to participate in any way in the State Games of Oregon Athletic and/or Sports Program, and related events and activities, the undersigned: acknowledges and fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time; assumes all the foregoing risk and accepts personal responsibility for the damages following such injury, permanent disability or death; releases, waives, discharges and covenants not to sue the State Games of Oregon, its affiliated clubs, their respective administrators, directors, agents, coaches, volunteers, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, the National Congress of State Games, and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability to each of the undersigned, his her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage ot property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise. In the event of injury, the athlete will pay all medical costs. I have read the above waiver and release, understand that I give up substantial rights by signing it and sign it voluntarily. Meet Entry (\$21 for first 2 events) $\$ 21.00$
T-SHIRT SIZE: (CIRCLE ONE)
SMALL MEDIUM LARGE X-LARGE
\$4 for each additional event
(limit of 6 individual events and no more than 5 events in one day) Total enclosed
$\qquad$


ROGUE VALLEY MASTERS

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

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 $3^{\text {rd }}$
$\$ 40.00$ for both Saturday \& Sunday events
$\$ 35.00 / \$ 45.00$ if postmarked after July 3rd
$\$ 40.00$ for race-day entries Please do not mail any entries after July $13^{\text {th }}$.
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: $1^{\text {st }}$ through $8^{\text {th }}$ 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.

## 2800 METER OPEN WATER STAGE RACE <br> SUNDAY, JULY 18

## 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 400meter 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 maybe 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 $3{ }^{\text {rd }}$
$\$ 40.00$ 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 $1^{\text {st }}$ through $3^{\text {rd }}$ 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.

[^2]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: $\qquad$ DOB: $\qquad$ 1 $\qquad$ Age: $\qquad$ M $\qquad$ F $\qquad$

Address/City/State/Zip:

Phone: $\qquad$ E-mail: $\qquad$ Club: $\qquad$ Team $\qquad$
USMS Reg \#
(Please attach copy of card.) Please send results: E-mail $\qquad$ /USPS mail ALL SWIMMERS MUST BE CURRENT MEMBERS OF USMS, INC. (One-event registration available @\$12.00)

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

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

Both Events: $\qquad$ $\$ 40.00$

T-Shirts: S__ M__ XL__ XXL (\$2 extra) ___
Extra Lunch: $\qquad$ $\$ 5.00$ per person/per day

Extra T-Shirt: $\qquad$ $\$ 12.00$ (Size $\qquad$
Camping: Beaver Sulfur $\qquad$ \$4.00/adult/night (\# of Adults $\qquad$ Fri night $\qquad$ Sat night $\qquad$ )

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

TOTAL: $\$$ Please make checks payable to: RVM Lake Swim<br>MAIL ENTRY FORM, CHECK, $\overline{\&}$ COPY OF 2004 USMS REGISTRATION TO: RVM LAKE SWIM PO BOX 3338 ASHLAND, OR 97520

[^3]

## 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 $\mathbf{1 5}{ }^{\text {th }}$ 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 |

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 fiveyear 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 tshirt (indicate size on entry form). Participants may also purchase a souvenir hand-made ceramic mug commemerating the $10^{\text {th }}$ aniversary of this event. Include the $\$ 16$ fee in your entry form. Please also email Pam Himstreet at 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). 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

## 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: $\qquad$ USMS/USA Swimming Number: $\qquad$
Address: $\qquad$
City: $\qquad$ State: Zip: Sex:(Male) ___(Female) $\qquad$
Date of Birth: $\qquad$ Age: (on race day): $\qquad$ Phone (home): $\qquad$ Phone (work): $\qquad$
E-Mail address: $\qquad$ Results via: (Email) $\qquad$ or (Mail) $\qquad$
Emergency contact (Name): $\qquad$ (Phone): $\qquad$ Club: $\qquad$ Local Oregon Team (if applicable): $\qquad$

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) $\qquad$ (Sat) (Sun) $\qquad$
4. Check series (if any) you want to enter: Short (500, 1000, 1500) ___ Long (1500, 3000, 5000) __ Survivor (All Swims) $\qquad$
5. FEES: MAKE CHECKS PAYABLE TO CENTRAL OREGON MASTERS AQUATICS (COMA)
A. Races: $1^{\text {st }}$ 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: $\qquad$ Race \#2 (Saturday) 500 meter swim: $\qquad$ Race \#3 (Saturday) $\mathbf{1 5 0 0}$ meter swim: $\qquad$ Race \#4 (Sunday) 5000 meter swim: $\qquad$ Race \#5 (Sunday) 1000 meter swim: $\qquad$ \$25 (First Race) + $\qquad$ (Additional Races) x $\$ 5=$ Total Race Fees: $\qquad$
B. Late Fee: if entry postmarked after July 15, 2004: pay an extra +\$10 $\qquad$
C. One Event Registration (required if not USMS or USA Swimming Member): Add +\$15 $\qquad$
D. 10 Year Ceramic Souvenir Mug (also email himstreet@bendbroadband.com by July 1) +\$16 $\qquad$
E. Group Camping (Add $\$ 4.00$ per adult per day) $\$ 4 \mathrm{X}$ ___ adults X ___ nights: $\qquad$ 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

[^4]Signature: Signed
Date: $\qquad$
(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.

## 

| Date | Event | Location | Contact |  |
| :---: | :---: | :---: | :---: | :---: |
| Pool Meets |  |  |  |  |
| May 1-2 | SCY Zone | Corvallis, OR | Mark Warden | marklauraworden@comcast.net |
| *June 19 | LCM | Beaverton, OR Chyle | Kennedy Price | thbmeetdirector@yahoo.com |
| *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 |
| Sept. 11 <br> (Patriot Games) | SCM <br> (Pentathlon) | Camas, Washington (near Vancouver, WA) | Doug Lumbard <br> Bert Petersen | raslum@aol.com petersen@exchangenet.net |
| Open Water |  |  |  |  |
| *June 13 | .8K, 2K, 4K | Hagg Lake | On line registration at www.geckotriclub.com |  |
| *July 17 | Nat. Champs 3.5K | Applegate Lake | Dan Gray | dangray45@hotmail.com |
| Series $=1400,200,400$ and 800 |  |  |  | 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/ FINAWorld 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
Sept. 24-26, 2004 Retreat
All Board Meetings are open. OMS members are encouraged to attend. Contact Jeanne Teisher, OMS Chair, for more details.


Oregon Masters Swimming, Inc.
5832 SE Woll Pond Way
Hillsboro, OR 97123-6970
Nonprofit Organization
U.S. Postage

Paid
Portland, Oregon
Permit No. 1292

Inside : Results - Association Championships


[^0]:    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

[^1]:    Forbes Mack, an early member (1985) of OMS, passed away on April 7. Forbes began swimming in Salem
    when he was 8 years old, competed as a Varsity Swimmer at San Jose State, and swam Masters with
    THB. His favorite stroke was Breaststroke. A little over a year ago he was honored, along with several
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    THB. His favorite stroke was Breaststroke. A little over a year ago he was honored, along with several
    The ore water. He won. OMS remembers and misses you.

[^2]:    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.

[^3]:    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.

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