



Aqua Master

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October 2004

“Swimming for Life”

It's a “Dog” Good Day at Eel Lake



The Human / Dog Races were a big success at the Eel Lake Open Water Swim. Peggy Hodge and “Morgan” are pictured racing out of the water and were the winners of the Non Sporting Dog Class. “Zoomer” has a good draft going on Rob Higley as they head for the buoy. They finished the course as the winners of the Sporting Dog Class. Congratulations to all participants, both human and animal, for a fun event.

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Aqua Master Honored “USMS Newsletter of the Year”

USMS Release: It is our pleasure to announce that the Aqua Master has been selected as the recipient of the 2004 TYR USMS Newsletter of the Year Award. The Aqua Master has been a finalist almost every year since 1999, and this year it topped the rankings because of its consistent, regularly published information. Members of the Oregon LMSC are truly fortunate to have such an outstanding source of communication and such a dedicated volunteer leader for the project.

This year's TYR USMS Newsletter of the Year Selection Team consisted of: Kelly Crandell (USMS Awards & Recognition Committee), Meg Smath (Chair, USMS Publications Committee), Doug Garcia (2003 TYR USMS Newsletter of the Year Recipient) and Bill Volckening.

Other finalists this year included the Colorado LMSC (CO), Central LMSC (IL), West Hollywood Aquatics (CA), and Davis Aquatics (CA).

The people behind O.M.S. Inc.

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Chair's Corner by Jeanne Teisher

Hi all.

At the August OMS board meeting, we elected officers. These officers will serve a 2-year term. The exception will be the Chair's position. Since the individual, who was considering the Chair's position, needed to decline due to family obligations, Sandi Rousseau and I have agreed to co-Chair the position. We will remain in this position until a qualified and interested individual can be identified and trained. Alison Moore will be taking over the Vice Chair position. For the past few months, Alison has been attending OMS board meetings and Sandi, the outgoing Vice Chair, has been training Alison for the position. Doug Christensen will be moving from the Membership Chair's position into the position of OMS Treasurer. Suzanne Rague, the outgoing Treasurer, has started transitioning the work to Doug. The new secretary will be Rich Minter, replacing Nancy Radcliff. For a number of years, Rich was the OMS Webmaster. Even though he has not been the Webmaster for about a year, he has continued to remain very involved with the board.

I would like to recognize and extend a sincere appreciation to the outgoing OMS officers. Their dedication to Masters swimming, specifically to the Oregon Masters Swimming organization, has been truly commendable. Serving with them on the OMS board has been an honor and joy. Not only have we worked well together as a team but, most of all, we have become good friends. Suzanne and Nancy will be leaving the board. Their contributions and presence will be missed. Since Sandi will be co-chairing with me, we will continue to be blessed with her wisdom and experience but in a different role.

At the end of September, OMS board members will be getting together for the annual weekend retreat. This year the retreat will be held in the Portland area. Some of the topics we are tentatively planning to discuss include:

- Updating the OMS By-Laws regarding the transitioning of board officers.
- Number of officials required for a local meet
- Creating an award, in honor and memory of Art Welch, for the current 'Most Splashes' Award.
- Ways of recognizing deceased OMS swimmers
- Work on OMS policies

If you have any topics or issues you would like us to add to the agenda, PLEASE feel free email me at jteisher97007@yahoo.com or call me (503-574-4557). Many of the topics we discuss at board meetings and the annual retreat are ones 'you', the membership, have suggested. We truly appreciate hearing from you.

Until next time..... Jeanne

THANK YOU

For your contribution to OMS and the Board

Sandi Rousseau (Vice Chair)

Suzanne Rague (Treasurer)

Nancy Radcliff (Secretary)

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

Held at the
**CANBY
SWIM
CENTER**
1150 South
Ivy Street
Canby OR
503-266-2761

ANITA NALL
OLYMPIC GOLD MEDAL SWIM CLINIC
AT THE **CANBY POSTAL ANNEX PLUS--SR SMITH**
23RD ANNUAL CANBY ANIMAL MEET
SATURDAY DECEMBER 18, 2004

Hosted by the Canby Swim Club

Questions?
Contact
**KEN
SCHUH**
Canby Swim
Club Meet
Director
503-266-1345



Anita Nall-Richesson

Viewed as one of the All-Time greatest American swimmers, Anita broke through at a very young age. An Olympic Gold, Silver and Bronze Medalist at the 1992 Barcelona Olympic Games, Anita was on top of the World. After a severe illness forced her to take almost 2 years off, Anita returned to competitive swimming qualifying for subsequent American Olympic Trials. Anita has developed a huge, loyal following of fans throughout the World and is a highly regarded corporate and athletic motivational speaker.



Athletic and Clinician Experience:

- ✍ 1992 Olympic Gold, Silver and Bronze Medalist (Youngest member of the 1992 USA Swim Team)
- ✍ 3 Time World & 6 Time American Record Holder
- ✍ 3 Time Olympic Trials Qualifier

- ✍ 1999 World University Games finalist and Women's Team Co-Captain.
- ✍ American Swim Coaches Association Lecturer.
- ✍ International Swim Clinician for over 10 years.

GENERAL REGISTRATION

for US MASTERS SWIMMERS and Non-USA SWIMMING--US MASTERS Swimmers

This Clinic is a US Masters Swimming Recognized Event (Recognized by Oregon LAMSC for USMS, Inc. Recognition #374-01C) and a USA Swimming Approved Event. US Masters or USA Swimming insurance will cover all participants with active USMS or USA-S Registration. All Participants agree by signing below to waive any and all rights to claims for loss, damage, or injury against all parties associated with running this event. Non USMS and USA-S participants must have their own insurance. A maximum of 90 Swimmers will be allowed to register for the In-Water portion of the Clinic. Full Clinic includes one talk time and the in-water session. Talk time includes an autograph and personal moment with Anita. She will have her Olympic medals for you to view. Autographed professional 8X10 Photo (taken and printed during talk time) available at additional cost. Please check the appropriate boxes and fill out the blanks below. Payment must accompany the completed registration form.

SCHEDULE: AM Talk 10:00-11:30 AM In-Water 12:15-2:15 PM PM Talk 3:00-4:30 PM

(\$30) SIGN ME UP FOR THE FULL CLINIC-----PICK ONE TALK TIME: AM____PM____
OR

(\$10) SIGN ME UP FOR JUST A TALK TIME-----PICK ONE TALK TIME: AM____PM____

I WANT TO BUY (QTY) _____ 8x10 AUTOGRAPHED PHOTO'S @ \$17 each. (\$20 at the clinic)

Please make your CHECK for the total payable to the CANBY SWIM CLUB and mail it with the completed form to: Entry must be received by December 11th, 2004.

ANITA NALL CLINIC
CANBY SWIM CLUB
PO BOX 21
CANBY OR 97013

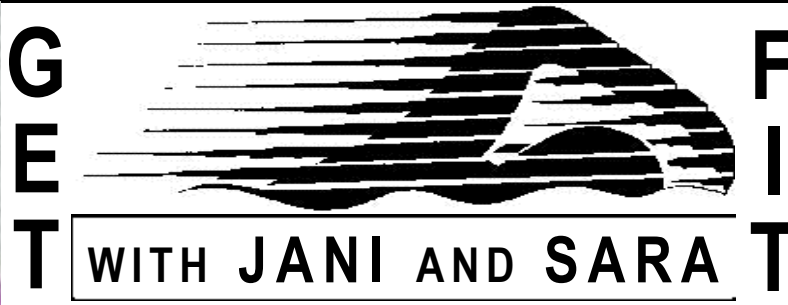
Entry confirmation will be made by e-mail or telephone. Maps and directions available on request. Talk times will be held at the Lee School Gym adjacent to the Canby Swim Center. Please check in with the Clerk Of Course on the Pool Deck prior to your first session (AM Talk, In-Water, or PM Talk depending on what you have signed up for). Questions? Call 503-266-1345!

Swimmer Name: _____

Phone: _____ E-Mail: _____

Address: _____

Signature (Parent or Guardian if under 18) _____



The Athlete and Alcohol

As adults we often enjoy alcoholic beverages. Do you know the role alcohol plays in performance and recovery?

Alcohol is considered a drug. But unlike drugs it provides calories. These calories are empty as they are not used for energy in the same way as carbs, fat or protein are used. Beer and wine contain only small amounts of carbohydrates and only trace amounts of vitamins, minerals and protein. Alcohol can actually interfere with how your body uses vitamins and minerals.

Alcohol originates from fermented carbohydrates. One-half ounce of pure ethanol is the equivalent of one drink. One drink is 12 ounces of beer (150 calories), 4 ounces of wine (100 calories) and 1.25 ounces of liquor (100 calories).

Alcohol is metabolized by the body as fat, even though it originates from carbohydrates. Alcohol by-products are converted to fatty acids, stored in your liver and sent to your bloodstream. If your goal is to be a lean athlete, alcohol may not be the best nutrient choice.

Alcohol has been said to have protective effects against heart disease. While moderate amounts may raise helpful (and protective) high density lipoprotein cholesterol (HDL), too much alcohol may actually increase the risk of heart disease. Too much alcohol can also raise your blood pressure and raise triglycerides, which are harmful blood fats. High triglyceride levels combined with low HDL makes for an increased risk of heart disease. Alcohol consumed in excess for a long period of time not only increases blood pressure, but also increases the risk of stroke and certain cancers, and can result in damage to the liver.

Drinking alcohol soon after training and racing can impede

recovery. Though you may hydrate well with other fluids alcohol is a diuretic and diuretics cause your body to lose more fluid than it takes in. Thus you are losing any benefit of rehydration.

Carbohydrates are stored in the liver and muscles in the form of glycogen. Glycogen fuels our muscles so we can swim. The body cannot use glycogen as a source of energy in its stored form in the muscles. The glycogen stored in muscles must undergo a chemical process (synthesis) before it can be used as energy. Alcohol may interfere with glycogen synthesis. Glycogen synthesis is necessary for athletic performance.

Alcohol is also a blood vessel dilator. If you bruise easily or have soft tissue damage, alcohol may aggravate bruising or swelling and impair healing. Soft tissue damage and swelling is treated with ice to reduce blood flow so alcohol acts in just the opposite way.

Excessive alcohol consumed the night before or alcohol consumed shortly before training can impair fine motor development and coordination. It can increase the risk of dehydration and impair fuel (glycogen) stores. Your brain's ability to process information is impaired and reaction times are delayed.

Everyone metabolizes alcohol differently; it depends on your body size. The average sized man can metabolize about one drink per hour. Smaller men and women take longer to metabolize this amount. Know your limits.

Alcohol can be part of a healthy sports diet if used in sensible amounts. Have a large glass of water with each drink. Remember that your top priority as an athlete is recovery and that too much alcohol can hinder your recovery.

Interesting Quotes

(Swim-City.com)

Practice does not make perfect, it makes permanent...but Perfect Practice makes Perfect!

Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.

I only swim on days that end with "Y".

Swimmers are different: We get high on chlorine. We drink H₂O. We smoke the competition!

Losing is not coming in second. Losing is getting out of the water knowing you could have done better.

Swimmers are like tea bags - the longer they are in the water the stronger they get.

One day of practice is like one day of clean living. It doesn't do you any good.

I was born on the land but I am at home in the water.

The only place success comes before work is in the dictionary ...swimmers really know what that means.



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

Let's recognize our season achievements and highlights from the 2004 OMS Open Water Season:

- We hosted 13 events (16 swims including the 4-swim stage race) at 4 venues this year.
- 187 Oregon swimmers from 16 Oregon local teams (and 27 unattached swimmers) took part, totaling 664 swims. COMA led local team participation with 84 swimmers having 321 swims.
- 37 visitors from 7 other states joined us for 72 swims, the largest outside participation in our swims ever!
- 35 Oregon swimmers swam in three or four venues, thus qualifying for the new clear glassware awards for the Oregon Open Water Swim Series.
- 3 Oregon swimmers swam in every possible event, and 4 more made all but one! Great perseverance!
- The 1500-meter swim at Elk Lake was the largest race with 116 participants. The next largest swim was the USMS 3500-meter National Championship at Applegate Lake with 95 competitors. The 430 total participants in the five swims at Elk Lake was Oregon's largest entry ever at an open water venue!
- The Applegate Lake 200-meter dash (part of the unique stage race format) was our shortest distance and the Elk Lake 5000-meter was our longest. Both fast and slow-twitch fiber folks had something to cheer about.
- The Stage Race at Applegate Lake provided a twist in open water racing and some extremely close race finishes. The addition of the 1400-meter segment proved to be physically challenging and provided an interesting look at the comparative speeds of straight versus broken swimming.
- The new 1000-meter 'tour the shore' swim at Elk Lake proved to be the most tactical race, as nearly everyone was pooped for this final swim of the weekend.
- The 500-meter predicted time swim at Eel Lake was closely contested with some amazingly accurate predictions. The top two finishers were within one second of their predicted time!
- The 1000-meter Whitely all-equipment race at Dorena Lake brought out the gear freaks, as swimmers had to decide what swim toys—paddles, fins, wetsuits, etc.—would help them the most. And, just as last year, wetsuits had the largest impact.
- The 500-meter Flatfoot kicking race at Dorena Lake showed some outstanding kickers.
- The hospitality at all four venues was again first rate.

Our visitors continue to rave!

Congratulations to...

- Our 14 3500-meter National Champions (automatic USMS Long Distance All-Americans!);
- Our 19 1500-meter Association Individual Champions;
- Central Oregon Masters, our Association Large Team Champions, who regained the championship with an overwhelming show of strength (6 of the first 7 swimmers) and depth (30 of the 71 swimmers in the field);
- Emerald Aquatics (our Association host), our Small Team Champions for the second year running;
- Those many Oregonians who ventured far afield to find other open water challenges, in such varied sites as Whiskeytown, San Francisco Bay, Chesapeake Bay, Maui Channel, and the World Championships in the Adriatic Sea;
- Our race directors and host teams, who can take a collective deep breath and enjoy a few months off;
- Our sponsors, who made much possible and who kept us all in goodies;
- Everyone who participated!

Even though open water season in Oregon has finished, you're still got some swimming to do! October is the last month of the National 3000-yard & 6000-yard Postal Championships, about which I wrote in my article last month. These swims must be done in a 25-yard pool—making them accessible to most of us!—and completed by October 31st. As a coach, I believe strongly that these swims provide solid early season training swims, great conditioning benchmarks, and fun team-building events, and are an absolute requirement for aspiring distance swimmers. As the Meet Director, I would like to see your participation to help swimming in Oregon. Entry blank on page 13/14. See www.usms.org for information & entry blanks.

Good luck and good swimming!



Eel Lake Open Water Swim - August 14, 2004

500-meter Predicted Time Results

Pl	Name	Age	Predict	Actual	Diff.
1	Sweat, Mary	47	6:35.00	6:34.40	0.60
2	Higley, Rob	39	6:30.01	6:30.90	0.89
3	Van Der Zwan, Dave	41	7:15.00	7:18.90	3.90
4	Stewart, Doug K.	41	6:50.00	6:43.10	6.90
5	Himstreet, Julie	33	7:02.00	6:54.00	8.00
6	Schwetz, James	53	8:00.00	7:49.00	11.00
7	Sadler, Karen	41	6:59.43	6:47.70	11.73
8	Johnson, Steve	56	6:36.70	6:23.10	13.60
9	Hodge, Pegg	64	10:36.00	10:50.50	14.50
10	Radcliff, Dave	70	7:00.00	7:14.70	14.70
11	Dow, Keith	49	8:15.00	7:53.30	21.70
12	Juhala, Rich	60	9:55.00	10:17.20	22.20
13	Carew, Mike	54	8:12.52	8:47.80	35.28
14	Ramsey, Ed	48	8:00.00	7:20.00	50.00
15	Gray, Dan	59	8:30.00	9:26.90	56.90
16	Teisher, Jim	54	6:15.00	7:23.40	68.40
17	Abdy, Anne	?	12:00.00	10:35.40	84.60

Eel Lake 2004: 1500-meter Results

Pl	Name	Age	Team	Time	Overall
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Women

25-29

1	Rogers, Amanda	?	OR-unat	22:28	6
2	Cate, Emilie	29	OR-unat	29:00	18

30-34

1	Himstreet, Julie	33	OR-ea	21:47	4
2	Smidt, Cyndi	34	OR-coma	26:18	15

35-39

1	Brooks, Kristin	39	OR-coma	26:03	13
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40-44

1	Young, Joni	43	OR-scc	23:14	9
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45-49

1	Sweat, Mary	47	OR-coma	21:00	2
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60-64

1	Himstreet, Pam	60	OR-coma	31:00	20
2	Hodge, Pegg	64	OR-coma	36:07	23

Men

35-39

1	Higley, Rob	39	OR-coma	21:03	3
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40-44

1	Stewart, Doug K.	41	OR-som	22:19	5
2	Van Der Zwan, D.	41	OR-som	23:44	10

45-49

1	Ramsey, Ed	48	OR-thb	22:36	7
2	Dow, Keith	49	OR-ncms	23:58	12

50-54

1	Teisher, Jim	54	OR-thb	23:49	11
2	Carew, Mike	54	OR-coma	29:29	19

55-59

1	Johnson, Steve	56	OR-ea	20:49	1
2	Gray, Dan	59	OR-rvm	27:57	16
3	Doolittle, Mark	?	OR-unat	33:59	21

60-64

1	Juhala, Rich	60	OR-ncms	35:11	22
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65-69

1	Kanner, Burt	65	OR-scc	26:14	14
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70-74

1	Radcliff, David	70	OR-thb	22:53	8
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Eel Lake 2004: 1500-meter Results (Wetsuit)

Women - 55-59

1	Sutherland, Jani	55	OR-coma	28:22	17
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Eel Lake 2004: 3000-meter Results

Women

30-34

1	Himstreet, Julie	33	OR-ea	46:00	6
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35-39

1	Brooks, Kristin	39	OR-coma	50:47	14
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40-44

1	Young, Joni	43	OR-scc	46:46	7
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45-49

1	Sweat, Mary	47	OR-coma	41:02	2
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50-54

1	Farnham, Colleen	?	OR-unat	1:28:05	24
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60-64

1	Himstreet, Pam	60	OR-coma	1:02:17	21
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2	Hodge, Pegg	64	OR-coma	1:10:09	24
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Men

35-39

1	Higley, Rob	39	OR-coma	41:54	4
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40-44

1	Van Der Zwan, D.	41	OR-som	47:31	12
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45-49

1	Dow, Keith	49	OR-ncms	47:11	11
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50-54

1	Teisher, Jim	54	OR-thb	46:50	8
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2	Carew, Mike	54	OR-coma	55:45	18
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55-59

1	Johnson, Steve	56	OR-ea	40:55	1
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2	Bruce, Bob	56	OR-ea	46:52	9
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3	Gray, Dan	59	OR-rvm	55:39	17
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60-64

1	Juhala, Rich	60	OR-ncm	1:08:37	22
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65-69

1	Kanner, Burt	65	OR-scc	58:03	20
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70-74

1	Radcliff, David	70	OR-thb	46:56	10
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2	Norton, Nick	70	OR-coma	58:09	20
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Eel Lake 2004: 3000-meter Results (Wetsuit)

Women

30-34

1	Smidt, Cyndi	34	OR-coma	52:06	15
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40-44

1	Sadler, Karen	41	OR-coma	44:13	5
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55-59

1	Sutherland, Jani	55	OR-coma	53:06	16
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Men

45-49

1	Cook, Rod	?	OR-unat	41:03	3
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50-54

1	Schwetz, James	53	OR-unat	50:30	13
---	----------------	----	---------	-------	----

Eel Lake 2004: Dog & Human Results**Working Dog**

1	Quinn & Rob Higley	OR-coma	
2	Mia & Dave Van Der Zwan	OR-som	
3	Sicorro & Jim Teisher	OR-thb	DNF

Sporting Dog

1	Zoomer & Rob Higley	OR-coma	1
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Non-sporting Dog

1	Morgan & Peggie Hodge	OR-coma	4
2	Sadie & Julie Himstreet	OR-ea	5

Dorena Lake Open Water Swim - Aug. 22, 2004**1500-meter Association Championship Pl**

Name	Age	Team	Time	Overall
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Women**19-24**

1	Hailey Foster	23	OR-coma	25:18	25
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25-29

1	Monica LaBarge	28	OR-ea	26:14	31
2	Stephanie Householder	25	OR-coma	29:11	44
3	Andrea Rogers	?	OR-ea	29:18	46
4	Emilie Cate	29	OR-ea	30:40	52

30-34

1	Sara Quan	31	OR-coma	21:19	2
2	Julie Himstreet	33	OR-ea	22:40	8
3	Elizabeth Henderson	33	OR-ea	24:08	15

35-39

1	Laura Tyrrell	37	MACO	22:45	10
2	Alix Gitelman	39	OR-cbat	27:52	32
3	Karen Daniels	39	OR-coma	28:02	34
4	Susanna Julber	38	OR-ea	33:11	58

40-44

1	Joni Young	43	OR-scc	25:00	18
2	Sandra Chavez	43	OR-som	29:48	47
3	Laura Foster	?	Unat	37:22	66

45-49

1	Mary Sweat	47	OR-coma	21:34	4
2	Laura Schob	45	OR-coma	26:12	30
3	Marlys Cappaert	46	OR-cbat	27:55	33
4	Mollie Starr	45	OR-ncms	28:26	38
5	Jane Higdon	46	OR-ea	29:09	43
6	Connie Peterson	49	OR-coma	34:06	60
7	Calli Roberts	49	OR-coma	36:33	64

50 - 54

1	Deb Douglas	50	OR-coma	29:00	41
2	Anne Thomas	53	OR-coma	29:17	45
3	Nancy Henny	?	Unat	39:03	69

55 - 59

1	Jani Sutherland	55	OR-coma	31:12	55
2	Lynn Sacks	59	OR-som	39:28	70

60 - 64

1	Pam Himstreet	60	OR-coma	32:03	57
2	Peggie Hodge	64	OR-coma	36:37	65

Men**19 - 24**

1	Craig Chapman	19	VNAT	22:42	9
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25 - 29

1	Thomas Schoenborn	29	OR-ea	25:00	19
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30 - 34

1	Scot Elliott	30	OR-coma	22:34	6
2	Jason Mills	?	OR-mhm	29:58	49

35 - 39

1	Timothy D. Nelson	38	OR-coma	21:11	1
2	Rob Higley	39	OR-coma	21:57	5
3	Theodore Casterline	38	OR-ncms	24:29	17
4	Jeff Kaelon	?	OR-ncms	25:20	26
5	Phil Reget	35	OR-coma	26:09	29
6	Mason Cole	?	Unat	28:07	35
7	Steve Sloop	39	OR-coma	30:36	51

40 - 44

1	Sean Taylor	?	OR-mhm	24:02	13
2	David Van Der Zwan	41	OR-som	25:04	21
3	Charles A. Mirho	40	Unat	25:09	22
4	Ron Thompson	44	OR-coma	25:16	24
5	Robin Bragg	44	OR-ncms	31:59	56

45 - 49

1	Mark Fairlee	46	OR-coma	24:14	16
2	Michael Douglas	47	OR-coma	26:04	27
3	Keith C Dow	49	OR-ncms	26:04	28
4	Michael Moneta	48	Unat	28:41	39
5	Mark Neubert	47	OR-ncms	29:48	48

50 - 54

1	Mike Tennant	51	OR-coma	22:00	7
2	David Fryefield	50	OR-ea	23:20	11
3	Jim Teisher	54	OR-thb	25:01	20
4	Dallas Figley	52	OR-unat	29:00	42
5	Michael P Carew	54	OR-coma	30:00	50
6	Vic Tremblay	53	OR-cbat	31:02	54
7	Dennis Gallagher	54	OR-coma	35:28	62
8	Thomas Shuman	50	OR-coma	38:29	68

55 - 59

1	Steve Johnson	56	OR-ea	21:26	3
2	Bob Bruce	56	OR-coma	24:02	14
3	Dan Gray	59	OR-som	28:10	36
4	Mark Doolittle	?	Unat	37:51	67

60 - 64

1	Tom Landis	62	OR-coma	24:01	12
2	Frank Philipps	61	OR-som	28:18	37
3	Richard Juhala	60	OR-ncms	36:10	63

65 - 69

1	Burt Kanner	65	OR-scc	28:48	40
2	Brent Lake	66	OR-coma	30:55	53
3	George D. Thayer	68	OR-coma	35:00	61

70 - 74

1	David A. Radcliff	70	OR-thb	25:10	23
2	Nick Norton	70	OR-coma	33:37	59
3	William Holman	73	OR-ncms	39:58	71

1000-meter Whitely Results (equipment allowed)**Women****25 - 29**

1	Monica LaBarge	28	OR-ea	14:13	6
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30 - 34				
1	Julie Himstreet	33	OR-ea	13:25
35 - 39				
1	Alix Gitelman	39	OR-cbat	14:48
45 - 49				
1	Marlys Cappaert	46	OR-cbat	13:55
50 - 54				
1	Laurie Yadon	52	OR-ncms	19:35
55 - 59				
1	Lynn Sacks	59	OR-som	18:52
60 - 64				
1	Pam Himstreet	60	OR-coma	18:13
Men				
35 - 39				
1	Rob Higley	39	OR-coma	14:51
40 - 44				
1	David Van Der Zwan	41	OR-som	15:21
2	Robin Bragg	44	OR-ncms	15:38
45 - 49				
1	Michael Moneta	48	Unat	15:30
2	Mark Fairlee	46	OR-coma	16:17
3	Keith C Dow	49	OR-ncms	16:28
4	Mark Neubert	47	OR-ncms	17:55
50 - 54				
1	David Fryefield	50	OR-ea	15:02
2	Vic Tremblay	53	OR-cbat	15:23
3	Jim Teisher	54	OR-thb	16:16
4	Dallas Figley	52	OR-unat	16:24

55 - 59				
1	Steve Johnson	56	OR-ea	12:24
2	Dan Gray	59	OR-som	16:53
60 - 64				
1	Richard Juhala	60	OR-ncms	16:47
65 - 69				
1	Burt Kanner	65	OR-scc	15:27
70 - 74				
1	David A. Radcliff	70	OR-thb	13:37

500-meter Flatfoot Results (kicking)

Women

25 - 29				
1	Gina Dhom	26	OR-ea	9:22
30 - 34				
1	Julie Himstreet	33	OR-ea	9:21
35 - 39				
1	Alix Gitelman	39	OR-cbat	11:51

Men

30 - 34				
1	Scot Elliott	30	OR-coma	11:20
35 - 39				
1	Jeff Kaelon	?	OR-ncms	12:06
40 - 44				
1	David Van Der Zwan	41	OR-som	13:35
50 - 54				
1	Jim Teisher	54	OR-thb	11:40
55 - 59				
1	Steve Johnson	56	OR-ea	9:47

2t	Southern Oregon Masters	5	28
2t	North Clackamas Masters	9	28
4	Salem Courthouse Crew	2	16
5	Mount Hood Masters	2	14
6	Tualatin Hills Barracudas	2	12
7	Circumnavigating Beavers	3	11
8	Multnomah Athletic Club	1	8

4	Roberts, Cali	COMA	23	4	3	33
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55-59

1	Sutherland, Jani	COMA	66	7	4	11t
2	Sacks, Lynn	RVM	25	5	3	32

60-64

1	Himstreet, Pam	COMA	84	9	4	1t
2	Hodge, Pegg	COMA	66	11	4	11t

Men

35-39						
1	Higley, Rob	COMA	70	12	4	8
2	Nelson, Tim	COMA	56	7	3	17t

40-44

1	VanDerZwan, D	SOM	65	13	4	13
2	Stewart, Doug K.	SOM	60	9	3	16
3	Thompson, Ron	COMA	35	8	3	28

45-49

1	Dow, Keith	NCMS	68	12	4	9
2	Fairlee, Mark	COMA	48	8	3	22

Dorena Lake 2004

Association Championship Scoring

Pl	Team	Swimmers	Score
Large Team			
1	Central Oregon Masters	30	158
Small Team			
1	Emerald Aquatics	10	52

Oregon Open Water Series 2004

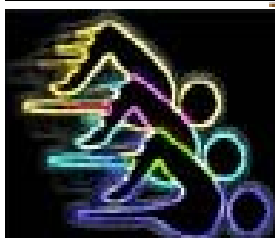
Series Final Summary

Pl	Name	Team	Points	Swims	Venue	Overall
Women						
30-34						
1	Himstreet, Julie	EA	61	9	3	15
2	Quan, Sara	COMA	56	6	3	17t
35-39						
1	Tyrell, Laura	MACO	67	6	3	10
2	Brooks, Kristin	COMA	44	5	3	23t
3	Smidt, Cyndi	COMA	51	8	3	20
40-44						
1	Young, Joni	SCC	81	9	4	5
45-49						
1	Sweat, Mary	COMA	84	9	4	1t
2	Cappaert, Marlys	CAT	38	8	3	27
3	Peterson, Connie	COMA	32	8	3	29

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3	Moneta, Michael	Unat	31	7	3	30	2	Bruce, Bob	COMA	55	9	4	19
50-54							3	Gray, Dan	RVM	44	9	3	23t
1	Teisher, Jim	THB	73	13	4	7	60-64						
2	Carew, Mike	COMA	49	11	4	21	1	Juhala, Rich	NCMS	62	12	4	14
3	Tennant, Mike	COMA	39	5	3	26	65-69						
4	Figley, Dallas	Unat	29	7	3	31	1	Kanner, Burt	SCC	79	8	4	6
5	Gallagher, Dennis	COMA	14	6	3	34	70-74						
6	Shuman, Tom	COMA	12	6	3	35	1	Radcliff, Dave	THB	84	12	4	1t
55-59							2	Norton, Nick	COMA	44	6	4	23t
1	Johnson, Steve	EA	84	13	4	1t							

Open Water Memories 2004





Top Ten Results S C Y

Mary Sweat Top Ten Chair



Swimmer	Age	Time	Event	Place	Club						
Women 19-24						Darlene Staley	53	3:07.51	200 Fly	10	OREG
Jennifer Alden	24	28.58	50 Back	6	OREG	Women 55-59					
Jennifer Alden	24	1:01.47	100 Back	5	OREG	Chris Clum	58	3:12.64	200 Breast	7	OREG
Jennifer Alden	24	28.15	50 Fly	9	OREG	Ginger Pierson	57	37.63	50 Back	10	MACO
Women 25-29						Ginger Pierson	57	1:23.04	100 Back	10	MACO
Jennifer N Alden	25	28.73	50 Back	4	OREG	Ginger Pierson	57	3:00.55	200 Back	9	MACO
Jennifer N Alden	25	1:01.55	100 Back	4	OREG	Ginger Pierson	58	35.66	50 Breast	1	MACO
Jennifer N Alden	25	27.44	50 Fly	10	OREG	Ginger Pierson	58	1:17.43	100 Breast	1	MACO
Ashley Johnson	25	32.80	50 Breast	6	OREG	Ginger Pierson	58	2:55.13	200 Breast	1	MACO
Jenny Marine	29	11:52.77	1000 Free	10	OREG	Ginger Pierson	57	35.34	50 Fly	8	MACO
Jenny Marine	29	19:39.84	1650 Free	4	OREG	Ginger Pierson	58	1:20.35	100 Fly	4	MACO
Women 30-34						Ginger Pierson	58	2:52.10	200 Fly	2	MACO
Sara Quan	31	11:29.31	1000 Free	8	OREG	Ginger Pierson	58	1:16.60	100 IM	5	MACO
Women 40-44						Ginger Pierson	58	2:54.06	200 IM	7	MACO
Valerie G Jenkins	40	28.09	50 Back	1	OREG	Ginger Pierson	58	6:14.57	400 IM	5	MACO
Valerie G Jenkins	40	1:00.71	100 Back	2	OREG	Jackie Quattro	56	2:30.56	200 Free	8	OREG
Valerie G Jenkins	40	2:15.20	200 Back	2	OREG	Jackie Quattro	56	6:44.99	500 Free	10	OREG
Valerie G Jenkins	40	27.57	50 Fly	9	OREG	Jackie Quattro	56	13:43.65	1000 Free	8	OREG
Valerie G Jenkins	40	1:03.11	100 IM	4	OREG	Sandi Rousseau	56	33.50	50 Fly	5	OREG
Women 45-49						Women 60-64					
Karen Andrus-Hughes	46	25.84	50 Free	2	OREG	Sue Calnek-Morris	60	1:15.13	100 Free	9	OREG
Karen Andrus-Hughes	46	56.53	100 Free	2	OREG	Sue Calnek-Morris	60	2:45.73	200 Free	7	OREG
Karen Andrus-Hughes	46	2:05.54	200 Free	3	OREG	Sue Calnek-Morris	60	7:34.33	500 Free	7	OREG
Karen Andrus-Hughes	46	29.32	50 Back	1	OREG	Sue Calnek-Morris	60	15:31.71	1000 Free	5	OREG
Karen Andrus-Hughes	46	1:02.83	100 Back	1	OREG	Sue Calnek-Morris	60	26:11.73	1650 Free	4	OREG
Karen Andrus-Hughes	46	2:22.35	200 Back	2	OREG	Barbara Frid	62	31.59	50 Free	6	OREG
Karen Andrus-Hughes	46	1:06.72	100 IM	5	OREG	Barbara Frid	61	1:11.99	100 Free	5	OREG
Karen Andrus-Hughes	46	2:27.82	200 IM	5	OREG	Barbara Frid	62	2:38.38	200 Free	3	OREG
Colette Crabbe	47	34.13	50 Breast	6	OREG	Barbara Frid	61	7:18.06	500 Free	4	OREG
Colette Crabbe	47	1:14.28	100 Breast	6	OREG	Barbara Frid	62	14:24.44	1000 Free	2	OREG
Colette Crabbe	47	2:40.55	200 Breast	4	OREG	Barbara Frid	61	37.40	50 Back	3	OREG
Colette Crabbe	47	2:25.26	200 Fly	2	OREG	Barbara Frid	61	1:23.49	100 Back	4	OREG
Colette Crabbe	47	2:20.82	200 IM	1	OREG	Barbara Frid	61	41.71	50 Breast	4	OREG
Colette Crabbe	47	5:01.68	400 IM	2	OREG	Barbara Frid	61	1:30.92	100 Breast	3	OREG
Robin Parisi	49	26.07	50 Free	5	MACO	Barbara Frid	61	34.21	50 Fly	2	OREG
Robin Parisi	49	56.76	100 Free	4	MACO	Barbara Frid	61	1:19.98	100 IM	2	OREG
Robin Parisi	49	1:02.44	100 Fly	3	MACO	Pam Himstreet	60	4:02.55	200 Fly	10	OREG
Robin Parisi	49	1:04.51	100 IM	1	MACO	Peggie Hodge	64	3:48.20	200 Fly	9	OREG
Robin Parisi	49	1:08.69	100 Back	10	MACO	Peggie Hodge	63	7:41.47	400 IM	10	OREG
Robin Parisi	49	35.63	50 Breast	10	MACO	Joy Ward	61	31.44	50 Free	5	OREG
Robin Parisi	49	1:16.11	100 Breast	10	MACO	Joy Ward	61	36.78	50 Back	2	OREG
Robin Parisi	49	28.15	50 Fly	2	MACO	Joy Ward	61	1:21.16	100 Back	2	OREG
Robin Parisi	49	2:25.61	200 IM	2	MACO	Joy Ward	61	2:51.82	200 Back	2	OREG
Mary Sweat	46	12:09.53	1000 Free	10	OREG	Joy Ward	61	45.02	50 Breast	9	OREG
Mary Sweat	46	20:07.95	1650 Free	7	OREG	Joy Ward	61	33.42	50 Fly	1	OREG
Women 50-54						Joy Ward	61	1:25.73	100 Fly	3	OREG
Catherine Imwalle	54	22:09.32	1650 Free	6	OREG	Joy Ward	61	3:15.37	200 Fly	3	OREG
Catherine Imwalle	54	37.63	50 Breast	8	OREG	Joy Ward	61	1:21.72	100 IM	3	OREG
Catherine Imwalle	54	1:19.84	100 Breast	3	OREG	Joy Ward	61	3:05.41	200 IM	5	OREG
						Joy Ward	60	6:38.62	400 IM	3	OREG

Women 70-74

Lavelle Stoinoff	71	34.13	50 Free	2	MACO
Lavelle Stoinoff	71	1:14.20	100 Free	1	MACO
Lavelle Stoinoff	71	2:36.06	200 Free	1	MACO
Lavelle Stoinoff	71	6:46.78	500 Free	1	MACO
Lavelle Stoinoff	71	13:58.55	1000 Free	1	MACO
Lavelle Stoinoff	71	23:45.69	1650 Free	1	MACO
Lavelle Stoinoff	71	42.73	50 Back	1	MACO
Lavelle Stoinoff	71	1:29.04	100 Back	1	MACO
Lavelle Stoinoff	71	3:06.30	200 Back	1	MACO
Lavelle Stoinoff	71	51.83	50 Breast	10	MACO

Women 75-79

Margaret Wells	78	43:51.41	1650 Free	10	OREG
Margaret Wells	77	2:34.53	100 Fly	8	OREG
Margaret Wells	78	4:46.72	200 IM	7	OREG
Margaret Wells	78	10:54.99	400 IM	5	OREG

Women 80-84

Pauline Stangel	82	2:31.85	100 Breast	8	OREG
Elfie Stevenin	82	9:11.79	200 IM	9	OREG
Elfie Stevenin	82	20:06.58	400 IM	5	OREG

Women 90-94

Hilda Buel	90	4:55.13	100 Back	1	OREG
Hilda Buel	90	2:08.70	50 Breast	2	OREG
Hilda Buel	90	5:03.18	100 Breast	1	OREG
Hilda Buel	90	10:07.67	200 IM	2	OREG

Men 30-34

Gregory Latta	34	27.67	50 Breast	4	OREG
Gregory Latta	34	58.51	100 Breast	2	OREG
Gregory Latta	34	2:13.58	200 Breast	3	OREG
Gregory Latta	34	24.06	50 Fly	10	OREG
Gregory Latta	34	54.12	100 IM	3	OREG
Gregory Latta	34	1:58.74	200 IM	3	OREG
Sean Swain	33	4:28.19	400 IM	4	OREG
Sean C Swain	33	1:44.91	200 Free	4	OREG
Sean C Swain	33	4:49.63	500 Free	2	OREG
Sean C Swain	32	10:32.43	1000 Free	5	OREG

Men 35-39

John Keppeler	36	25.38	50 Back	4	OREG
John Keppeler	36	2:05.06	200 Back	8	OREG
Phillip J King	37	4:28.53	400 IM	7	MACO
Hardy Lussier	38	2:18.78	200 Breast	8	OREG
Hardy Lussier	38	2:02.53	200 IM	4	OREG
Hardy Lussier	38	4:25.04	400 IM	6	OREG
Douglas Stewart	39	10:31.91	1000 Free	8	OREG
Douglas Stewart	39	17:20.94	1650 Free	6	OREG

Men 40-44

Dennis Baker	42	1:46.18	200 Free	4	OREG
Dennis Baker	42	5:00.46	500 Free	9	OREG
Dennis Baker	42	53.03	100 Fly	6	OREG
Dennis Baker	42	1:57.93	200 Fly	2	OREG
Dennis Baker	42	2:00.23	200 IM	5	OREG
Dennis Baker	42	4:20.17	400 IM	2	OREG

Men 45-49

Pat Allender	45	1:53.08	200 Free	7	OREG
Pat Allender	45	1:03.90	100 Breast	7	OREG
Pat Allender	45	2:20.92	200 Breast	6	OREG
Pat Allender	45	2:08.67	200 IM	6	OREG
Pat Allender	45	4:41.03	400 IM	7	OREG

David Burleson	47	2:06.34	200 Back	5	MACO
George Koch	45	28.48	50 Breast	3	OREG
Men 50-54					
Larry Philbrick	50	30.89	50 Breast	10	OREG
Allen Stark	54	30.38	50 Breast	3	OREG
Allen Stark	54	1:06.81	100 Breast	3	OREG
Men 55-59					
Steve Johnson	56	5:37.62	500 Free	6	OREG
Steve Johnson	56	11:24.29	1000 Free	5	OREG
Allen Stark	55	30.32	50 Breast	2	OREG
Allen Stark	55	1:07.17	100 Breast	3	OREG
Allen Stark	55	2:32.14	200 Breast	5	OREG

Men 60-64

Tom Landis	61	6:17.33	500 Free	8	OREG
Tom Landis	61	12:36.19	1000 Free	3	OREG
Tom Landis	61	20:52.98	1650 Free	3	OREG
Tom Landis	61	5:44.38	400 IM	8	OREG
Bert Petersen	64	28.20	50 Fly	6	OREG
Robert S Smith	60	23.87	50 Free	2	OREG
Robert S Smith	60	56.76	100 Free	4	OREG
Robert S Smith	60	13:45.22	1000 Free	8	OREG
Robert S Smith	60	27.62	50 Back	1	OREG
Robert S Smith	60	1:02.53	100 Back	2	OREG
Robert S Smith	60	2:28.02	200 Back	4	OREG
Robert S Smith	60	32.11	50 Breast	3	OREG
Robert S Smith	60	1:14.60	100 Breast	6	OREG
Robert S Smith	60	26.75	50 Fly	2	OREG
Robert S Smith	60	1:08.25	100 Fly	6	OREG
Robert S Smith	60	1:01.51	100 IM	1	OREG
Robert S Smith	60	2:23.68	200 IM	2	OREG

Men 65-69

Brent Lake	65	13:48.92	1000 Free	9	OREG
Brent Lake	65	23:31.12	1650 Free	8	OREG
Brent Lake	65	1:17.91	100 Back	10	OREG
Brent Lake	65	2:50.39	200 Back	7	OREG
Bert Petersen	65	37.15	50 Breast	10	OREG
Bert Petersen	65	28.53	50 Fly	1	OREG
David Radcliff	69	1:01.10	100 Free	7	OREG
David Radcliff	69	2:16.61	200 Free	3	OREG
David Radcliff	69	6:09.74	500 Free	3	OREG
David Radcliff	69	13:28.39	1000 Free	7	OREG
David Radcliff	69	22:19.62	1650 Free	5	OREG
David Radcliff	69	2:47.05	200 IM	5	OREG

Men 70-74

Milton Marks	73	3:22.22	200 Breast	7	OREG
David Radcliff	70	27.06	50 Free	2	OREG
David Radcliff	70	59.66	100 Free	1	OREG
David Radcliff	70	2:12.69	200 Free	1	OREG
David Radcliff	70	6:04.27	500 Free	1	OREG
David Radcliff	70	12:42.97	1000 Free	1	OREG
David Radcliff	70	21:23.79	1650 Free	1	OREG
Dick Weick	70	28.82	50 Free	9	OREG
Dick Weick	70	35.25	50 Back	4	OREG
Dick Weick	70	37.74	50 Breast	9	OREG
Dick Weick	70	32.88	50 Fly	6	OREG
Dick Weick	70	1:15.69	100 IM	5	OREG
Dick Weick	70	2:56.05	200 IM	5	OREG

Continued on page 12

Top Ten continued from page 11

Men 75-79

Lee J Miesen	76	3:35.59	200 Back	6	MACO
Lee J Miesen	76	42.86	50 Breast	8	MACO

Men 80-84

Charles Bushey	82	11:21.11	500 Free	9	OREG
Rupert Fixott	82	1:05.67	50 Fly	10	OREG
Andrew Holden	84	33.21	50 Free	1	OREG
Andrew Holden	84	1:19.92	100 Free	1	OREG
Andrew Holden	84	43.59	50 Back	4	OREG
Andrew Holden	84	50.59	50 Breast	6	OREG
Andrew Holden	84	2:06.63	100 Breast	10	OREG
Andrew Holden	84	39.76	50 Fly	1	OREG
Andrew Holden	84	1:48.29	100 Fly	1	OREG
Andrew Holden	84	4:24.04	200 Fly	2	OREG
Andrew Holden	84	1:35.57	100 IM	1	OREG
Gilbert Young	81	36.82	50 Free	7	OREG
Gilbert Young	81	1:21.27	100 Free	2	OREG
Gilbert Young	81	3:03.58	200 Free	2	OREG
Gilbert Young	82	8:17.07	500 Free	2	OREG
Gilbert Young	81	29:29.16	1650 Free	3	OREG

Relays

Men 25+

8:16.96	800 Free Relay	5	OREG
Bill Rash (32)			Lee Cannon (32)
Steven Barrett (56)			Perry Bishop (38)

Men 35+

1:46.07	200 Medley Relay	7	OREG
John Keppeler (36)			Doug Christensen (41)
Keith Uebele (42)			Kelly Hibler (37)

Men 45+

1:50.76	200 Medley Relay	9	OREG
Peter Metzger (48)			George Koch (45)
Mark Wren (45)			Doug Brockbank (50)

Men 55+

1:49.57	200 Free Relay	9	OREG
David Radcliff (69)			Brian Frid (60)
Jed Cronin (55)			Jon Stout (57)

Men 65+

9:45.84	800 Free Relay	1	OREG
David Radcliff (70)			George Thayer (68)
Brent Lake (65)			Dick Weick (70)

Women 35+

1:51.94	200 Free Relay	10	OREG
Valerie Jenkins (40)			J Andrus Murphy (43)
Jody Burkholder (45)			K Andrus-Hughes (46)

Women 45+

8:52.54	800 Free Relay	1	OREG
K Andrus-Hughes (46)			Deidre Straley (47)
Mary Sweat (46)			Colette Crabbe (47)

Women 55+

2:46.61	200 Free Relay	9	OREG
Kaleo Schroder (67)			Pam Himstreet (60)
Peggy Whiter (60)			Peggie Hodge (64)

2:54.97	200 Medley Relay	5	OREG
Peggy Whiter (60)			Pam Himstreet (60)
Peggie Hodge (64)			Jani Sutherland (55)

Mixed 25+

1:48.93	200 Medley Relay	9	OREG
Chris Gaarder (39)			Valerie G Jenkins (40)
Jennifer N Alden (25)			Sean C Swain (33)

Mixed 35+

1:38.46	200 Free Relay	9	MACO
Robin B Parisi (49)			Tomas Oliva (41)
Sharon E Foley (43)			Phillip J King (37)



Two Number One Rankings

Mixed 45+

4:00.80	400 Medley Relay	1	OREG
K Andrus-Hughes (46)			Pat Allender (45)
Colette Crabbe (47)			Mike Tennant (50)

8:11.18	800 Free Relay	1	OREG
Mike Tennant (50)			K Andrus-Hughes (46)
Colette Crabbe (47)			Pat Allender (45)

Mixed 55+

2:03.29	200 Free Relay	7	OREG
Jon Stout (57)			Kristi Panayotoff (55)
Barbara Frid (61)			Jed Cronin (55)

2:04.51	200 Free Relay	8	OREG
Chris Clum (58)			Sue Calnek-Morris (60)
Buz Carriker (56)			Ronald Nakata (64)

2:05.33	200 Free Relay	10	OREG
Tom Landis (61)			Pam Himstreet (60)
Jani Sutherland (55)			Bob Bruce (56)

2:22.75	200 Medley Relay	9	OREG
Barbara Frid (61)			Kristi Panayotoff (55)
Jed Cronin (55)			Jon Stout (57)

2:23.74	200 Medley Relay	10	OREG
Alice Zabudsky (59)			Buz Carriker (56)
Ronald Nakata (64)			Sue Calnek-Morris (60)

2004 United States Masters Swimming 3000 & 6000-Yard National Postal Championships

Sponsored by Central Oregon Masters Aquatics
Sanctioned by Oregon LMSC for USMS (#374-OW2)



Events: National Championship 3000-yard and 6000-yard timed swims. Submit official splits and entry form by mail.

Location: Swim in any 25 yard pool. The 3000-yard event is 120 lengths & the 6000-yard event is 240 lengths. Conversions from metric pools are not permitted.

Dates: Each swim must be completed on or between September 1 and October 31, 2004. The Event Director must receive your entry by November 10, 2004.

Eligibility: Open to USMS members with a valid 2004 registration (2005 registrations are not permitted), or swimmers from other countries with a current registration from their National Governing Body. Photocopy of your 2004 registration card must be included with your entry.

Individual Entry/Age Groups: Men & women compete separately in five-year age groups: 19-24, 25-29, 30-34, 35-39, etc. Swimmer's actual age of the day of their swim determines age group. Individuals who change age groups during the time of the event may enter twice but must swim the event twice, one time at each age.

Team Events: Three team events will be contested for both the 3000-yard & 6000-yard events: 1) Three women, each swimming the distance; 2) Three men, each

swimming the distance; 3) Two women & two men, each swimming the distance. The cumulative time of the individual swims will be the team time.

Scoring: Club scoring will be tabulated based on the top ten individual finishers in each age group (11-9-8-7-6-5-4-3-2-1). Team events will not be scored. Club scores will be tabulated for Women's, Men's, and Combined categories in both the 3000-yard & 6000-yard events.

Awards: The top six finishers in each age group in the individual and team events will receive USMS Long Distance National Championship medals if they choose. First Place finishers in each age group will also receive a USMS Championship patch. Certificates will be awarded to the top three clubs in each category of the team scoring.

Rules: 2004 USMS Rules will govern these events. Drafting and flotation & propulsion devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. No more than two swimmers may share a lane, and each swimmer must swim on either the right or left side of the lane for the entire race (circle swimming is not allowed). Each swimmer shall have a counter to record split times for every two lengths; one person may serve as a counter for no more than two swimmers per heat. The counter's name & phone

number must be included on the entry form. Stopwatches or electronic timing must be used to ensure that an official swim can be recorded to the nearest one-hundredth of a second. Backup stopwatches should be started and left running in case the official timing system fails. A 3000-yard split in the 6000-yard event may be submitted for a record if requested in writing, but will not be accepted as an entry for the 3000-yard event, as each event must be swum separately.

Fees: \$10 for each individual entry & \$12 for each team entry. Entry fees are non-refundable.

Results: Complete results will be sent by e-mail (as a pdf file) or by mail by December 10, 2004.

T-Shirts: Event T-Shirts may be purchased for \$15 when submitting your entry. Shirt design may viewed at www.comaswim.org starting in August 2004.

Questions: Contact Event Director Bob Bruce at bobbruce13@attglobal.net or call 541-317-4851 before 9:00 pm PST.

Team Entry Form

Team Event:	<input type="checkbox"/> Women 3 x 3000	<input type="checkbox"/> Men 3 x 3000	<input type="checkbox"/> Mixed (2 women & 2 men) 4 x 3000
(Please select only one event)	<input type="checkbox"/> Women 3 x 6000	<input type="checkbox"/> Men 3 x 6000	<input type="checkbox"/> Mixed (2 women & 2 men) 4 x 6000

Club Name:	Club Abbreviation:	Age Group:
------------	--------------------	------------

Captain's Name:	E-mail:	Phone:
-----------------	---------	--------

Swimmers' Names:	Gender	Ages	Time
1)	<input type="checkbox"/> Female <input type="checkbox"/> Male		
2)	<input type="checkbox"/> Female <input type="checkbox"/> Male		
3)	<input type="checkbox"/> Female <input type="checkbox"/> Male		
4)	<input type="checkbox"/> Female <input type="checkbox"/> Male		

Total Time: _____

2004 USMS 3000/6000-Yard National Postal Championships Individual Entry Form (fill out completely & legibly)

Name:	Female	Male	Age:	Birthdate:
Address:				
City:	State:	Zip:	Country:	
Phone (with Area Code):		E-mail Address:		
2004 USMS Registration Number:		Entrants must provide photocopy of 2004 USMS Registration Card		
Club Name:		Club Abbreviation:		
Name of your Timer/Counter:		Timer/Counter phone (with Area Code):		

Liability Release: 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 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 DAMAGE 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.

Your Signature:	Date:
I have read the rules of this event, and that on this date <u> </u> September or <u> </u> October <u> </u> , 2004, I swam <u> </u> 3000 yards or <u> </u> 6000 yards.	
The total time was <u> </u> : <u> </u> : <u> </u> (to the exact 100 th please)	

Pool Name & Location (City & State):

Swimmers Signature: Timer/Counter Signature:

Amount enclosed:	\$10 for each Individual Entry	Mail entry form & check to: Bob Bruce Central Oregon Masters Aquatics Box 1122 Bend, OR 97707
(in U.S. dollars)	\$12 for each Team Entry	
	\$15 for each T-shirt (specify size)	
	<u> </u> Small <u> </u> Medium <u> </u> Large <u> </u> XLarge <u> </u> XXLARGE	
	Results: Please send my results by e-mail as a pdf attachment	
	Awards: I do not care to receive awards should I qualify	
\$ <u> </u>	Total Amount Enclosed (Checks payable to C.O.M.A.)	Checks payable to C.O.M.A.

Split Sheet: Record Cumulative Time (not split time) for each 50 yards to at least 10th's, and Final Time to the 100th.

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



Joy - 4 First Places



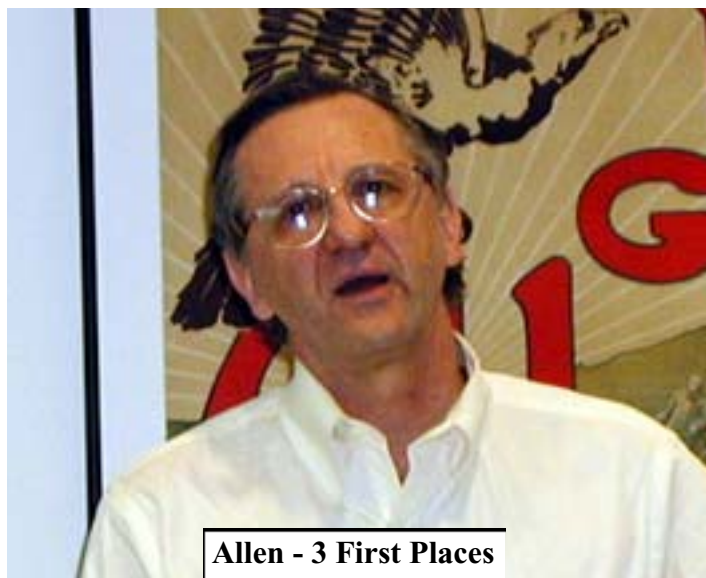
Ginger - 3 First Places

LCM Nationals - Savannah, GA - August 12-15, 2004

N = Breaks listed National Record			50 Breast	46.26	19	Ward, Joy	62	
Z = Zone Record			50 Back	42.42	12	50 Fly	38.50	1
O = Oregon Record			Frid, Barbara	62		100 Back	1:32.99	1
			800 Free	13:38.80	2	200 Back	3:18.80	2
Pierson, Ginger	58		50 Fly	38.86	2	100 Fly	1:32.65	1 Z
200 Breast	3:24.23	1 Z	100 Back	1:36.87	2	50 Back	42.45	1
100 Breast	1:31.42	1 Z	100 Breast	1:44.39	3	Yensen, Kermit	51	
100 Fly	1:34.25	2	50 Back	43.27	2	50 Fly	31.38	13
50 Breast	40.57	1 Z	Moore, Alison	34		200 Free	2:27.37	16
200 Fly	3:24.39	2	800 Free	11:22.27	2	50 Free	29.74	19
Stoinoff, Lavelle	71		200 Free	2:38.52	8	200 IM	2:51.24	17
800 Free	12:35.14	1 Z	200 Breast	3:18.63	2	UNAT Unattached		
200 Free	2:59.75	1	400 Free	5:33.68	4	Blair, Ron G	60	
400 Free	6:16.30	1	100 Breast	1:34.90	9	100 Back	3:47.70	10
200 Back	3:29.72	1 Z	Stark, Allen	55		50 Free	1:12.85	16
100 Free	1:25.46	1	200 Breast	2:53.86	1 Z	Mixed 200 Med Relay	2:26.33	10
Darnell, Stephen	50		100 Breast	1:17.97	1 Z	Frid, Barbara	62	Stark, Allen 55
50 Free	33.02	24	50 Breast	34.74	1 Z	Yensen, Kermit	51	Ward, Joy 62



Lavelle - 5 First Places



Allen - 3 First Places

Northwest Zone Short Course Yards Championship**November 13-14, 2004****Supplemental Information**

Accommodations: The following hotels/motels are located close to the pool. Ask for the Masters Swimming rate. There are many other hotels near Comfort Suites. The pool is only 15-20 minutes from Downtown Portland.

Holiday Inn Express

9707 SE Stark
Portland OR 97216,
Ph. 503-252-7400
Rate is \$69 plus tax
1.6 miles from pool

Comfort Suites

1477 NE 183rd Ave
Portland OR 97230
Ph. 503-661-2200
Rate is \$69 plus tax
3.9 miles from pool

HOST (House Our Swimmers Tonight): Contact Ginger Pierson at gingerp@qwest.net if you would like to stay with a local swimmer and meet some new friends.

Massage Therapists: Massage therapists will be on site during the meet at nominal cost or donations for your aching body and convenience.

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

Northwest Zone Meeting: Doug Garcia, NW Zone Chair, is planning a Zone meeting on Saturday, November 13, 2004, at 10:00 AM, prior to the start of warm-ups. Location is at the pool. Please plan to attend to represent your LMSC.

Laws of Success by Dick Hannula

These laws of success are listed in random order. All are important contributors to success in swimming or in life.

1. **LAW OF ACCUMULATION** - A major success is the result of a series of small successes. Small things do count, and each can be a plus or a minus. Put small amounts into a bank on a regular basis, and you can make a big withdrawal one day in the future.
2. **LAW OF PERSISTENCE** - Remain tough and persistent. Train tirelessly and relentlessly. Compete and train consistently persistent. Don't allow yourself to be worn down or compromised on any phase of your program.
3. **LAW OF BASICS** - Learn first and train second. Master some techniques, then apply them in training. Training with technique faults makes them very difficult to correct. Keep coming back to basics.
4. **LAW OF ACCOUNTABILITY** - No excuses. We all make choices. Your acceptance of the responsibility of your choices is essential.
5. **LAW OF PLANNING** - Planning is necessary to carry the vision throughout the season. As an athlete, plan to have a successful season and do the things necessary to be successful at all times. This will help out with the previous rule.
6. **LAW OF PURPOSE** - Goals give purpose, and purpose leads to commitment. Swimmers should be aware of purpose or in other words, why and how you act and train throughout the season.
7. **LAW OF EXPECTATION** - Always have in mind what you expect from yourself. Be realistic but don't ever sell yourself short. High expectations usually make for success as long as you are being honest with yourself.
8. **LAW OF ENTHUSIASM** - Enthusiasm is your best method of persuasion. Anything can be achieved with enthusiasm, and nothing can be achieved without it.
9. **LAW OF LEADERSHIP** - Someone has to make decisions, just as someone has to lead each lane in training. Leadership is invisible when it is working well. Leadership listens and is tough

when necessary.

10. **LAW OF ATTITUDE** - Attitude counts. The head and the heart have to be in it. Keep it positive. Talk to your teammates about winning the close races. Pride comes from getting to the wall first in the close races and in swim-offs.
11. **LAW OF BELIEF AND CONFIDENCE** - Great swimmers expect to win. They breathe confidence. They believe in their program, their toughness, and perform accordingly.
12. **LAW OF COMMUNICATION** - Swimmers must listen intently to their coaches. The knowledge of the coach is worthless unless it is communicated to the athletes. Sometimes repetition is necessary to remind swimmers of changes that are not always easy to feel. Be patient and always listen.
13. **LAW OF IMPORTANCE** - You must believe that what you are doing is important. The "big time" is where you are now. You must have a feeling of a mission.
14. **LAW OF ADVERSITY** - Some failure or adversity is necessary for significant success.
15. **LAW OF WIT** - This is a law of doing. Successful people do Whatever It Takes. This refers to the time, effort, methods, etc. - **"whatever it takes"**.
16. **LAW OF RECOGNITION** - A win is a win. Recognize success when you achieve it. You don't have to be first to be successful. You need to recognize your own good or great effort and your own improvement.
17. **LAW OF PAIN AND PLEASURE** - We do things to avoid pain and to gain pleasure. Our ability to endure some pain to attain a particular pleasure is the essence of this law.
18. **LAW OF GENIUS** - The "genius" swimmer is the swimmer who can remain focused.
19. **LAW OF PATIENCE** - Let it happen. Just put all the parts of the puzzle together. The plan, the training, etc., and then let it happen. Don't try to make it happen.
20. **LAW OF REPETITION** - Never tire of repetition. Repetition is the mother of learning. Listen for an explanation, demonstration in a different way or always check to make sure the skill is being done correct. This follows the endless process of learning.

Northwest Zone Short Course Meters Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #374-09
 Eligibility: Currently registered USMS swimmers, 19 years and older.
 Unregistered swimmers must submit a 2004 registration form and fee with this form.

Hosted by: Oregon WetMasters
 David Douglas High School
 SE 130th and Taylor Court
 Portland, OR

5 lanes competition - electronic timing
 1 lane continuous warm-up/down area

DATE: Saturday & Sunday, November 13 & 14, 2004

SATURDAY: WARM-UPS: 12 NOON • MEET STARTS: 1PM
SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM

Meet director: Dennis Baker • Phone: 503-679-4601 • email bakeswim@yahoo.com

Directions to the pool: From I-205 South to Exit 21A (Stark/Glisan). Stay right and Washington turns into Stark after the fast food restaurants (Burger King, Jack in the Box). Continue on Stark turn right on SE 130th Ave, turn left on Taylor Ct. (looks like a driveway). I-84 East from Portland, take Exit 6. Stay right and this turns into Stark after the fast food restaurants and follow same as above.

In town directions: Pool is located between Stark and Division on SE 130th Ave and Taylor Ct. Pool Phone: 503-261-8378.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.
 HOST (House Our Swimmers Tonight): Contact Ginger Pierson • 360-253-5712 • email gingerp@qwest.net

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY OCTOBER 29, 2004

FILL IN LOWER PORTION COMPLETELY	RETURN LOWER PORTION	FILL IN LOWER PORTION COMPLETELY
NAME _____		
ADDRESS _____		BIRTHDATE _____ AGE _____ SEX _____
CITY _____		2004 USMS # _____
STATE _____ ZIP _____		USMS CLUB (OREG, MACO, PNA, ETC) _____
PHONE _____		IS THIS YOUR FIRST MASTERS MEET? <input type="checkbox"/> Yes <input type="checkbox"/> No
E-MAIL _____		

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGES: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. **YOU MAY ENTER A MAXIMUM OF 8 INDIVIDUAL EVENTS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY PLUS RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). A PERSON MAY SWIM THE 200M, 400M & 800M DISTANCE OF EACH RELAY ONCE. THE 400 AND 800 RELAY WILL BE SEEDS IN HEATS AFTER THE 200 RELAYS OF THE SAME EVENT. THE 400, 800 AND 1500 FREESTYLES & 400 IM WILL BE DECK SEEDS. CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWIM. CHECK IN FOR THE 1500 WILL OPEN MIDWAY THROUGH SUNDAY'S EVENTS. ALL EVENTS WILL BE SEEDS SLOW TO FAST.

Saturday, November 13, 2004

50 FREE (1) _____ : _____ . _____
200 FLY (2) _____ : _____ . _____
100 BACK (3) _____ : _____ . _____
400 IM (4) _____ : _____ . _____
 break

MIXED MEDLEY RELAYS (5-6)

100 FREE (7) _____ : _____ . _____
50 BACK (8) _____ : _____ . _____
200 BREAST (9) _____ : _____ . _____
 break

FREE RELAYS (10-15)

800 FREE (16) _____ : _____ . _____

Sunday, November 14, 2004

400 FREE (17) _____ : _____ . _____

Sunday (con't)

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

100 IM (18) _____ : _____ . _____
200 BACK (19) _____ : _____ . _____
50 BREAST (20) _____ : _____ . _____
100 FLY (21) _____ : _____ . _____
 break

MEDLEY RELAYS (22-25)

200 FREE (26) _____ : _____ . _____
100 BREAST (27) _____ : _____ . _____
50 FLY (28) _____ : _____ . _____
200 IM (29) _____ : _____ . _____

MIXED FREE RELAYS (30-32)

break
1500 FREE (33) _____ : _____ . _____

Massage Therapists will be on site during the meet!

"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."

Meet Entry \$18.00

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

Total enclosed _____

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$18.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220

Third Annual Animal Masters Meet
OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
Eligibility: Currently registered USMS swimmers, 19 years and older.
Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #375-01



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

Date: Saturday, January 22, 2005

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

Hosted by: Canby Swim Club "The GATORS"

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

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

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

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

Willamette Gables Riverside Estate, www.willamettegables.com, 503-678-2195

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

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2005 USMS REGISTRATION CARD OR 2005 REGISTRATION FORM WITH THIS ENTRY
ENTRY DEADLINE: POSTMARK NO LATER THAN Tuesday, January 11, 2005

☐ FILL IN LOWER PORTION COMPLETELY ☐ RETURN LOWER PORTION ☐ FILL IN LOWER PORTION COMPLETELY ☐

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
2005 USMS # _____
USMS CLUB (OREG, MACO, PNA, ETC) _____
IS THIS YOUR FIRST OREGON MASTERS MEET? ☐ Yes ☐ No

Entry includes a **cool t-shirt** (If entry is received after January 13th, a commemorative t-shirt is not guaranteed).

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

Animal Masters

200 I.M. (1-2) _____ : _____ . _____

100 FLY (5-6) _____ : _____ . _____

500 FREE (9-10) _____ : _____ . _____

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

Animal Grand Masters

400 I.M. (3-4) _____ : _____ . _____

200 FLY (7-8) _____ : _____ . _____

1000 FREE (11-12) _____ : _____ . _____

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

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

SIGNATURE _____

DATE _____

Shirt size (circle) S M L XL 2XL

MEET ENTRY FEE: \$25.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220



OREGON MASTERS SWIMMING

UNITED STATES MASTERS SWIMMING

YEAR 2005 REGISTRATION

☐ Renewal - 2004 USMS # _____ ☐ New Member

Last Name:

First Name:

M.I.:

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

Address:

City:

State:

Zip:

Phone:

Date of Birth:

Age:

Sex:

☐ M

☐ F

E-mail Address:

☐ Electronic Delivery (*I prefer to receive the Aqua Master electronically*)

Do you coach a Yes ☐

Masters Team No ☐

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

☐ OREG

☐ MACO

☐ UNATTACHED

(Unattached members cannot swim in relays)

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

Albany Masters	ALB	Grass Valley Masters	GVAM	Portland Aquatic Club	PAC
Central Oregon Masters	COMA	Lincoln City Masters	LCM	Portland Upstream	PUPS
Circumnavigating Beavers	CBAT	Mittleman Jewish C.C.	MJCC	Rogue Valley Masters	RVM
Columbia Gorge Masters	CGM	Mountain Park Masters	MPM	Salem Courthouse Crew	SCC
Columbia-Willamette YMCA	CWY	Mt. Hood Masters	MHM	Southern Oregon Masters	SOM
Corvallis Aquatic Masters	CAT	Multnomah Athletic Club	MACO	Steelheads	STHD
Downtown Athletic Club	DAC	North Clackamas Masters	NCMS	Tualatin Hills Barracudas	THB
Emerald Aquatics	EA	Oregon Wetmasters	OWET	Umpqua Valley Masters	UVM
Eugene Nomads	EN	Parkrose Masters Swim Team	PMST	Yawama Masters Swim Club	YSC
Fishstick Masters	FISH	Pendleton Masters	PEND		

\$38.00 Single Registration: Valid November 1, 2004 to December 31, 2005. Make checks payable to OMS, Inc.

\$66.00 Joint registration: Two members at one address/One Aqua-Master. One Registration Form per member please.

\$28.00 Senior Registration (65 Years or older): Valid November 1, 2004 to December 31, 2005.

\$46.00 Two Seniors (65 years or older) at one address/One Aqua-Master. One Registration Form per member please.

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

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

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

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

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

Signature: _____ **Date:** _____

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

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

2004-05 Meet SCHEDULE

Date	Event	Location	Contact
Pool Meets			
*Nov. 13-14	Zone SCM	Portland, OR David Douglas High School	Dennis Baker bakeswim@yahoo.com 503 679-4601
*Jan. 22	SCY - Animal Meet	Canby, OR	Ken Schuh kdschuhmeister@aol.com
Feb. 19	SCY - Pentathlon	Beaverton - T Hills	Rich Minter rich.minter@intel.com
April 1-3	SCY - Assn. Champs	Canby, OR	Ken Schuh kdschuhmeister@aol.com
April 8-10	SCY - Zone Champs	Federal Way, WA	Hugh Moore swimmoore@comcast.net
April 30	SCY - (afternoon)	Hood River, OR	Shelly Rawding hrvst_coach@hotmail.com
July 9-10	LCM - St. Games	Mt. Hood C.C.	Colette Crabbe colettecrabbe@hotmail.com
Sept. 5	SCM- Freestyle Pentathlon + Relays	Bend, OR	Pam Himstreet himstreet@bendnet.com
National Championships			
May 19-22	SCY Nationals	Ft. Lauderdale, FL	www.usms.org
Aug. 10-14	LCM Nationals	Mission Viejo, CA	www.usms.org
Postal Championships 2004/2005			
*Sept. 1 - Oct. 31	3000/6000	Central Oregon Masters Aquatics	bobbruce13@attglobal.net
Jan. 2005	1 Hour Postal	Indiana	www.usms.org
International Championships			
Pan Pacific Masters Games	Nov.6-14, 2004	Queensland, Australia	www.aussimastersgld.com.au
World Masters Games - July 22 - 31, 2005		Edmonton, Canada	http://www.2005worldmasters.com/
Board Meetings Sept. 24-25, 2004 Retreat		All Board Meetings are open. OMS members are encouraged to attend. Contact Jeanne Teisher, OMS Chair, for more details.	

Aqua Master
October 2004

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5832 SE Woll Pond Way
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Inside: Results - Savannah, Eel Lake and Dorena lake