



Aqua Master

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"Swimming for Life"

Open Water Champs at Applegate & Elk



Larry Krauser of Inland Northwest and Sara Quan of Oregon won the National 3.5K USMS Championship at Applegate Lake. Frank Phillips, creator of the 3.5 National Championship Victor Bowls, presented them to Larry and Sara. Jenny Marine of Oregon and Jeff Irwin of Snake River were the Series Winners at Elk Lake. They are pictured with the custom Blue Spruce Championship Platter. *Full results begin on page 6*

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Oregon Opens Well at Nationals



Savannah, GA: On the first day of competition at the Long Course Nationals, the Oregon swimmers showed that they had come to swim! Lavelle Stoinoff, First Place (MACO), Barbara Frid, Second Place (OREG) and Alison Moore, Second Place (OREG) began the day with outstanding swims in the 800 Meter Free. *(Other results from Nationals not available at press time)*

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Chair's Corner by Jeanne Teisher

Hi all.

I am really excited to tell you about a new program the OMS board recently approved. After many hours of research, developing, writing and rewriting (many times) the document, the committee, headed by Sandi Rousseau, presented to the board, in June, the OMS Scholarship Program document. The board unanimously approved of the document and voted to implement it immediately.

Below are the highlights of the new program.

Mission of Program: To promote participation in adult swimming for life as a means of fitness and promoting health.

Goal of Program: To assist OMS members or potential members with expenses associated with swimming and/or OMS sponsored events in situations where a swimmer's financial ability to pay prevents them from participating in these activities. Such activities may include but are not limited to costs associated with OMS registration fees, Oregon LMSC swim meets and open water entry fees, USMS postal events hosted by the Oregon LMSC or an Oregon team, etc. OMS funds shall not be used for team dues or team functions as it is believed that teams can consider funding of these fees.

Application Process:

- OMS Chair shall be contacted by the individual needing assistance or person recommending the swimmer for assistance. If a person recommends the swimmer, the swimmer shall be notified by the nominating person of his/her submission of name for this assistance and agree to the name submission.
- Either the nominating person or a representative of the swimmer applying for assistance shall assist the OMS Chair, Vice Chair, and Treasurer in obtaining necessary information for decision making.
- A brief outline of the swimmer's expenses related to swimming should be included, i.e. specifics of planned money usage.
- OMS Chair, Vice Chair, and Treasurer will evaluate the request and make a decision on approval/disapproval and amount of funding.
- OMS Board will be notified of decision and approve funding at its regular meetings prior to disbursement of funds.
- Application must be made each year and no scholarship will be automatically renewable.

Basis for Decision: No documentation of a swimmer's income shall be required. This will be on the honor system. If a person qualifies for a public assistance program, e.g. welfare, food stamps, Oregon Health Plan, housing assistance, etc., approval shall be automatic. There shall be no expectation that all requests will be approved.

Reporting/Accountability:

- A report of requests and approvals with dollar amounts without names shall be submitted to the OMS Board at its regular meetings.
- A record of all disbursements with details shall be kept by the OMS Chair.

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

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FOR THE MICHAEL PHELPS IN ALL OF US...

Past Olympians Offer Advice for the Fitness Swimmer as Olympic Fever Heats Up

USMS News Release, AUGUST 2004 – Beyond West Nile virus, Lyme disease and allergies, a new ailment will soon plague the nation: Olym-pic fever. It happens every four years. We watch the Olympics, we get motivated, and we resolve to swim like Michael Phelps or Mark Spitz. Then we go to the pool, sputter through some laps, feel exhausted and head home to the couch.

You may not be able to rise to gold-medal status, but United States Masters Swimming members who've participated in past Olympics have some advice for lap swimmers looking to kick it up a notch – and answers to some of the most fre-quently asked questions on fitness swimming. Here's what they have to say:

1. What is the most common error fitness swimmers make?

Plodding along and doing the same thing day in and day out. "We are creatures of habit," says David Lopez-Zupero (1980 Olympic Games, bronze medal, swimming for Spain) of Fort Lauderdale, Fla. "Varying your swim work-outs is more beneficial for fitness and speed – and is just



Collette

more refreshing." Another common mistake that makes swimming far more difficult than it needs to be, says Bill Mulliken (1960 Games, gold medal) of Chicago: forgetting to exhale.

2. What can most swimmers do to improve their performance?

"Consistent workouts under a qualified coach," says David Radcliff (1956 Games) of Hillsboro, Ore. Clay Evans (1972 Games, representing Canada) of Los Angeles agrees: "Working out in a pool with a group of fellow swimmers and a coach leading you [such as with a U.S. Masters Swimming group] will get the average adult far more advanced than the solo swimmer. Team swimmers work harder than on their own, and never even feel it."

3. What is former Olympians' No. 1 fitness tip?

Most Olympians swear by consistent training. **"Keep on**

swimming, and try to work on your technique, because that is the only way to improve your time without expending more energy," says Collette Crabbe (1976 Games, representing Belgium) of Portland, Ore. "A Masters swimming group will keep the fun and the motivation up. You'll also meet a new group of friends that will support you way beyond your swimming."

4. Were our mothers right—should we wait an hour after eating before we swim?

"Two hours is better," says Abraham Solano, of Louisville, Ky., a four-time Olympic trial participant. Most others say they don't follow this rule, but do advise eating lightly and chewing well so novice swimmers don't see their meals again from the horizontal position.

5. How should you protect chlorine-stressed hair?

Use water that's not too hot, use conditioner after swimming, and apply some conditioner to your hair – under your swim cap – before you go in the water, according to our experts.

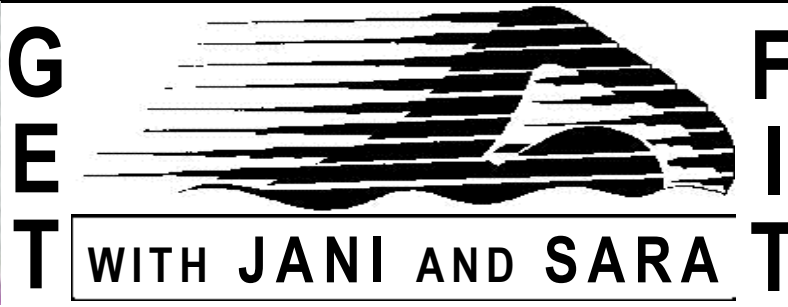


Dave

6. When is the best time of day to swim?

Swimmers have individual preferences, from sunup to sundown. "I like training around 5 in the afternoon," says Nadine Rolland (2000 Games, representing Canada), a resident of Mont-real who trains in Islamorada, Fla. "The sun is going down and I feel energized from the good day. And I know that food and rest is just around the corner!"

United States Masters Swimming (USMS) is a national organization that provides organized swim work-outs, competitions, clinics and workshops for adults age 18 and over. Programs are open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming. USMS (www.usms.org) comprises more than 1,100 workout groups and teams nationwide. Its 43,000 members include all levels of swimmers.

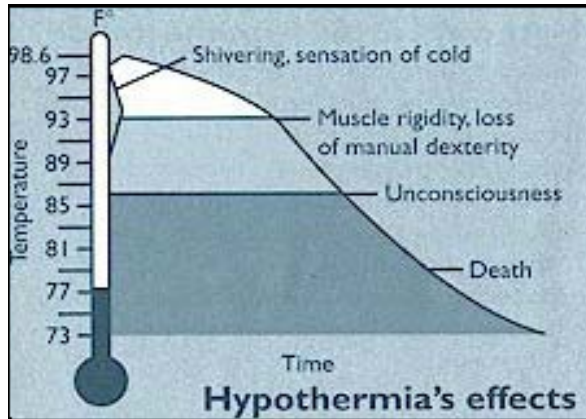


Hypothermia – Don't Go Near the Water!

Not really!! We want to go near the water and many of us enjoy our beautiful lakes and the Oregon Open Water Series. We think of hypothermia as affecting people climbing Mt. Everest but it can affect swimmers in our lakes.

While most people are familiar with the term hypothermia, many of us may not know how to recognize or treat it. The definition of hypothermia is "a decrease in the core body temperature to a level at which normal muscular and cere-

function they may not make appropriate decisions. "Go to the warming tent and change" may be beyond their capabilities. They can become belligerent and challenge what you tell them to do. They must be assisted in getting out of their wet swimsuit and into warm clothing. Warming the core is crucial and hot liquids are best. However, the hot water out of the hot water container on the picnic table is not hot enough for someone with hypothermia. It needs to be off the camp stove for us to be able to even tell that it is warm. Hot packs also help and EMT's who are present at open



Jani is the poster child for hypothermia (she gets cold even in the pool and has experienced hypothermia more times than she likes to remember) and Sara experienced her first case of hypothermia at Elk Lake recently.

bral functions are impaired". It is something to be aware of at open water swims.

Jani is the poster child for hypothermia (she gets cold even in the pool and has experienced hypothermia more times than she likes to remember) and Sara experienced her first case of hypothermia at Elk Lake recently. They are both well qualified to talk about hypothermia, how it affects people and how to treat it.

Swimmers with hypothermia will start to slow down and their stroke will become shorter. They may be disoriented and have trouble navigating. They may even lose interest in continuing. A swimmer with hypothermia will not bound out of the water and race to the finish line. They may appear a bit uncoordinated and unsteady. If you notice these things happening to one of your fellow swimmers check in with them on shore to see if you can help them. Better yet check in with them in the water to see what's causing these changes in their swimming.

Because a person with hypothermia has impaired mental

water swims usually have them. A person needs extra warmth such as blankets, as well as mittens and dry socks and they need to be in a warm, dry place, out of the wind. The first 30 minutes are crucial.

While physical activity does warm up a normal person, activity in a person with hypothermia pumps cold peripheral blood from the arms and legs to the heart, causing the core temperature to drop even more. A cold heart is susceptible to ventricular fibrillation. A regular pulse will show that the heart is functioning as it should.

A doctor should be summoned if possible to monitor a hypothermic swimmer and under no circumstances should they be allowed back into the water. Their mental functions have started to shut down and they are unable to care for themselves or make rational decisions. Unless you have had the experience it is hard to imagine. A person with hypothermia is more than just cold. Hypothermia needs to be recognized as a potentially life threatening situation and immediate care needs to be given. Hypothermia is very scary when it happens to you.



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

For most of us—swimmers and triathletes alike—fall marks the change from one annual training and racing cycle to another. Gone are the final days of summer, and with them our long course meets, open water races, and (alas) vacations. It's time to get back to work in the water—a time that I refer to as “reloading”. As a coach, I believe strongly that swimmers should focus on three activities during the fall months. First, they should establish and commit to their annual goals. Second, they should spend much of their practice time reviewing their skills in all strokes and making changes long before the next round of meets. Third, they need to return to general aerobic swimming to build a solid conditioning foundation as a base for the rest of their training and racing year.

Not without coincidence, September and October are the months of the USMS 3000 & 6000-yard Postal Championships. Coaches love these postal swims for their aerobic fitness and training benefits. Indeed, many swimmers treat them simply as training events. They provide an opportunity for long aerobic swimming, a chance to practice pacing, and a measurement of conditioning. Participation is easy, cheap, and fun!

All masters swimmers can benefit from doing the 3000-yard postal swims! They were invented and designed to encourage endurance participation from the whole spectrum of fitness swimmers. You don't have to be fast. The distance is within everyone's physical capabilities, they can be done in your nearby 25-yard pool, and they can be completed within the time of a typical practice session. The 6000-yard swim is a bit longer, but is an essential training swim for aspiring distance swimmers; some wise distance swimmers swim these events several times during the season as training exercises.

In the past three seasons, a large proportion of my team has participated in the 3000 & 6000-yard swims (in 2003, 54 COMA swimmers completed the 3000-yard swim). I firmly believe that preparation and participation in these events have given us an early season target, have laid a sound training foundation for the season, have allowed us to measure swimming fitness for future training, and have given each swimmer—particularly our rookies—a big boost of confidence. I attribute a large portion of our team's success later in

the swimming year to our participation in these events early in the swimming year. And, as a special bonus, scheduling a special postal swim session in late October gives us yet another excuse to hold a team-building and social event (and you all know how COMA swimmers like those opportunities!).

Of course, the 3000 & 6000-yard postal swims are also competitive team events in which Oregon has shown remarkable success in recent years. In 2003, the Oregon Club won the 3000-yard National Team Title for the second straight year (three of the last four!), and was second in the 6000-yard team race for the third consecutive year (after winning in 2000). Everyone counts, so remember to enter the national events when you complete the swims. I will admit an additional bias this year—the National Host for these events is COMA and I am the meet Director! Your participation in the national events helps support masters swimming in Oregon. And no flimsy excuses for not participating—I know where you live!

Good luck and good swimming!

P.S. Let's not forget the 5 & 10-km. Postal season either, which is currently under way and finishes on September 30. THB Coach John Clark has arranged an Away-From-Home session for the 5 or 10-km. swims at 7:00am on Sunday, September 12, at the Tualatin Hills Rec Center Pool; bring a person to count for you and \$10 to offset the cost of lifeguards, and swim one of these events. For another opportunity, contact Steve Johnson (stevej@nsdssurvey.org) for a late September Saturday date to complete your swim. Remember that USMS has a special award for those who complete all five postal swims in the calendar year!



“Gone are the final days of summer, and with them our long course meets, open water races, and (alas) vacations”

Applegate Lake Open Water Swim - July 17-18, 2004

USMS NATIONAL 3.5K CHAMPIONSHIPS

Pl. Name Age CLUB Time Ov' All

WOMEN

19-24

1	Danielle Ebnother	22	OREG	50:48	25
2	Hillary Madson	20	OREG	57:39	50

30-34

1	Sara Quan	31	OREG	43:43	4
2	Cynthia Smidt	34	OREG	57:43	51

35-39

1	Laura Tyrrell	36	MACO	46:26	14
2	Toni Hecksel	38	OREG	48:26	19
3	Susannah Iltis	35	UNAT	52:45	34
4	Connie Austin	36	OREG	55:01	41
5	Kristin Brooks	39	OREG	56:05	44
6	Sharon Glaeser	39	OREG	58:10	55
7	Jocelyn Sanford	39	OREG	58:49	61

40-44

1	Arlene Delmage	41	WHSC	47:28	15
2	Erin Burgman	41	PNA	50:55	26
3	Joni Young	43	OREG	51:05	28
4	Dana M. Hunter	40	UNAT	55:21	42
5	Lisa Nirell	42	SBSM	58:53	62
6	Sandra Chavez	43	OREG	1:01:20	70
7	Janice Tacconi	41	OREG	1:06:09	80

45-49

1	Mary Sweat	47	OREG	44:06	7
2	Kathy Morlan	45	VACA	48:20	18
3	Lindabeth Schmucker	48	DAM	51:01	27
4	Marlys Cappaert	46	OREG	57:01	46
5	Callie Roberts	49	OREG	1:14:01	86
6	Connie Peterson	49	OREG	1:30:53	89

50-54

1	June Mather	51	OREG	1:08:41	83
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55-59

1	Linda Shoenberger	56	PMS	52:42	33
2	Janet Gettling	56	OREG	57:47	52
3	Geri Mathewson	56	OREG	59:04	63
4	Jani Sutherland	55	OREG	1:01:00	69
5	Ginger Pierson	58	MACO	1:04:25	77
6	Tam Jenkins	56	OREG	1:05:02	79
7	Kristina Panayotoff	55	OREG	1:10:16	84

60-64

1	Pam Himstreet	60	OREG	1:06:17	81
2	Peggy Hodge	64	OREG	1:18:23	88
NS	Joanne Tatum	64	OREG		

65-69

1	Susan L. Munn	65	DAM	59:08	64
2	Betsy Jordan	67	SDSM	1:01:23	71

70-74

1	Lavelle Stoinoff	71	MACO	54:46	40
2	Adrienne S. Pipes	70	SDSM	1:01:52	75
3	Joyce Bahler	74	MACO	1:37:20	92

MEN

25-29

1	Todd Lantry	28	OREG	50:45	24
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30-34

1	Bill Rash	32	OREG	47:52	16
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35-39

1	Tim Nelson	38	OREG	42:44	2
2	Brian Kohlmeier	35	SCAM	43:06	3
3	Troy Drawz	36	MACO	43:54	5
4	Perry Bishop	39	UNAT	44:03	6
5	Barry Schab	36	UNAT	45:00	9
6	Rob Higley	39	OREG	45:01	10
7	Kurt Oeler	39	UNAT	45:41	12
8	Greg Cooper	36	MACO	52:07	32
9	Nathan Sanford	35	OREG	53:06	36
10	Scott Kohlmeier	37	OREG	56:10	45

40-44

1	Doug Stewart	40	OREG	48:17	17
2	David Van Der Zwan	41	OREG	51:24	30
3	Ron Thompson	44	OREG	53:02	35
4	Jay Powell	40	OREG	55:40	43
5	Donald Soares	43	OREG	57:23	48

45-49

1	Andreas Seibt	45	IM	45:36	11
2	Mark Fairlee	46	OREG	51:08	29
3	Keith C Dow	48	OREG	53:19	37
4	Jim Bunker	47	OREG	58:11	56
5	Daniel Greenblatt	49	OREG	58:12	57
6	Michael Moneta	48	UNAT	58:42	60
7	Jeffery Weatherell	47	UNAT	1:01:40	72
8	John Ridenour	48	OREG	1:01:47	74

50-54

1	Larry Krauser	51	INWM	42:23	1
2	Mike Tennant	51	OREG	46:23	13
3	Jim Teisher	54	OREG	53:20	38
4	Robert Jessop	50	OREG	54:42	39
5	Dallas Figley	52	OREG	59:36	65
6	Craig Mather	52	OREG	1:03:14	76
7	Michael Carew	54	OREG	1:04:39	78
8	Thomas Shuman	50	OREG	1:30:53	89

55-59

1	Steve Johnson	56	OREG	44:57	8
2	Doug Hellerson	58	MCM	50:10	20
3	Bob Bruce	56	OREG	50:24	22
4	Greg Frownfelter	55	OREG	58:05	53
5	John Pheney	59	AA	59:45	67
6	Richard Allen	59	MM	1:00:18	68
7	Jac Nickels	56	OREG	1:08:02	82

60-64

1	Tegze Harasti	63	HBSC	50:10	20
2	C.W.Muter	61	UNAT	50:43	23
3	Earl Showerman	60	OREG	57:22	47
4	John Anderson	62	VAM	58:06	54
5	Frank Philipps	61	OREG	58:27	59
6	Burt Kanner	64	OREG	1:01:44	73
7	Richard Juhala	61	OREG	1:18:19	87

65-69

1	Earl Ellis	68	INM	58:12	57
2	Bill Crane	65	SDSM	59:43	66

70-74

1	David Radcliff	70	OREG	51:51	31
2	Robert Beach	73	SPM	57:31	49
3	Nick Norton	70	OREG	1:13:99	85

75-79

1	Raymond Allen	78	OREG	1:32:12	91
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We had a Great Time at Applegate

photos by Ginger Pierson



2800 METER STAGE RACE - Applegate Lake

Pl	Name	Age	Club	200	400	800	Short Total	1400	Total	Overall Place
WOMEN										
19-24										
1	Danielle Ebnother	22	OREG	0:02:46	0:05:44	0:12:32	0:21:02	0:21:35	0:42:37	11
25-29										
1	Cynthia Smidt	34	OREG	0:03:10	0:06:40	0:14:03	0:23:53	0:24:15	0:48:08	23
35-39										
1	Toni Hecksel	38	OREG	0:02:38	0:05:35	0:11:47	0:20:00	0:20:14	0:40:14	5
2	Laura Tyrrell	36	MACO	0:02:39	0:05:43	0:11:50	0:20:12	0:20:16	0:40:28	6
3	Connie Austin	36	OREG	0:02:56	0:06:09	0:13:54	0:22:59	0:22:56	0:45:55	21
4	Jocelyn Sanford	39	OREG	0:03:15	0:06:38	0:14:07	0:24:00	0:24:27	0:48:27	25
40-44										
1	Karen Allen	40	OREG	0:02:26	0:07:00	0:13:36	0:23:02	0:22:35	0:45:37	19
45-49										
1	Mary Sweat	47	OREG	0:02:32	0:05:20	0:11:38	0:19:30	0:19:42	0:39:12	3
2	Kathy Morlan	45	VACA	0:02:49	0:05:41	0:12:15	0:20:45	0:21:16	0:42:01	8
3	Lindabeth Schmucker	48	DAM	0:02:55	0:05:57	0:12:32	0:21:24	0:21:55	0:43:19	13
4	Connie Peterson	49	OREG	0:04:01	0:08:14	0:17:52	0:30:07	0:30:30	1:00:37	39
5	Callie Roberts	49	OREG	0:04:10	0:08:28	0:18:21	0:30:59	0:31:15	1:02:14	41
55-59										
1	Geri Mathuson	56	OREG	0:03:22	0:07:05	0:15:16	0:25:43	0:25:29	0:51:12	32
2	Jani Sutherland	55	OREG	0:03:30	0:07:34	0:16:37	0:27:41	0:25:28	0:53:09	33
3	Kristina Panayotoff	55	OREG	0:04:15	0:08:07	0:17:54	0:30:16	0:29:38	0:59:54	38
4	Lynn Sacks	58	OREG	0:04:21	0:09:57	0:22:55	0:37:13	0:34:59	1:12:12	46
60-64										
1	Pam Himstreet	60	OREG	0:03:49	0:07:49	0:17:24	0:29:02	0:29:06	0:58:08	37
2	Peggy Hodge	64	OREG	0:04:12	0:08:32	0:19:41	0:32:25	0:31:23	1:03:48	43
3	Joanne Tatum	64	OREG	0:04:47	0:11:28	0:26:03	0:42:18	0:48:13	1:30:31	49
70-74										
1	Lavelee Stoinoff	71	MACO	0:03:10	0:06:41	0:14:31	0:24:22	0:23:59	0:48:21	24
2	Joyce Bahler	74	MACO	0:04:22	0:10:45	0:24:38	0:39:45	0:39:52	1:19:37	47
MEN										
25-29										
1	Todd Lantry	28	OREG	0:02:35	0:05:45	0:12:27	0:20:47	0:21:24	0:42:11	9
35-39										
1	Troy Drawz	36	MACO	0:02:22	0:05:01	0:11:00	0:18:23	0:18:40	0:37:03	1
2	Rob Higley	39	OREG	0:02:56	0:05:24	0:11:41	0:20:01	0:19:45	0:39:46	4
3	Nathan Sanford	35	OREG	0:02:33	0:06:03	0:13:49	0:22:25	0:22:22	0:44:47	18
40-44										
1	Doug Stewart	40	OREG	0:02:31	0:05:31	0:11:59	0:20:01	0:21:08	0:41:09	7
2	David Van Der Zwan	41	OREG	0:02:52	0:05:53	0:12:54	0:21:39	0:21:52	0:43:31	14
3	Ron Thompson	44	OREG	0:02:53	0:05:57	0:13:13	0:22:03	0:22:42	0:44:45	17
4	Donald Soares	43	OREG	0:03:44	0:06:52	0:15:06	0:25:42	0:24:20	0:50:02	29
45-49										
1	Keith C Dow	48	OREG	0:02:44	0:05:59	0:13:09	0:21:52	0:22:04	0:43:56	15
2	Daniel Greenblatt	49	OREG	0:03:12	0:06:43	0:14:38	0:21:21	0:24:22	0:45:43	20
3	Michael Moneta	48	UNATT	0:03:03	0:06:30	0:14:30	0:24:03	0:24:50	0:48:53	27
4	John Ridenour	48	OREG	0:03:32	0:07:18	0:16:27	0:27:17	0:26:18	0:53:35	34
50-54										
1	Jim Teisher	54	OREG	0:02:48	0:05:48	0:12:26	0:21:02	0:21:38	0:42:40	12
2	Robert Jessop	50	OREG	0:03:03	0:06:33	0:13:34	0:23:10	0:23:54	0:47:04	22
3	Dallas Figley	52	OREG	0:03:23	0:06:51	0:15:15	0:25:29	0:24:56	0:50:25	30
4	Michael Carew	54	OREG	0:04:17	0:07:16	0:16:23	0:27:56	0:26:29	0:54:25	35
5	Dennis Gallagher	54	OREG	0:04:10	0:08:26	0:19:43	0:32:19	0:29:59	1:02:18	42
6	Thomas Shuman	50	OREG	0:04:11	0:09:07	0:22:11	0:35:29	0:33:03	1:08:32	45
55-59										
1	Steve Johnson	56	OREG	0:02:30	0:05:18	0:11:36	0:19:24	0:19:36	0:39:00	2
2	Doug Hellerson	58	MCM	0:02:49	0:05:49	0:12:23	0:21:01	0:21:18	0:42:19	10
3	Greg Frownfelter	55	OREG	0:03:03	0:06:39	0:14:45	0:24:27	0:24:52	0:49:19	28
4	Richard Allen	59	MM	0:03:15	0:06:59	0:15:13	0:25:27	0:25:36	0:51:03	31
60-64										
1	Frank Philipps	61	OREG	0:03:17	0:06:34	0:13:56	0:23:47	0:25:02	0:48:49	26
2	Roger Rudolph	60	OREG	0:03:35	0:07:42	0:17:30	0:28:47	0:28:26	0:57:13	36
3	Richard Juhala	61	OREG	0:04:01	0:08:44	0:19:16	0:32:01	0:32:59	1:05:00	44
70-74										
1	David Radcliff	70	OREG	0:02:53	0:06:04	0:12:57	0:21:54	0:22:40	0:44:34	16
2	Nick Norton	70	OREG	0:03:55	0:08:03	0:17:51	0:29:49	0:32:02	1:01:51	40
75-79										
1	Raymond Allen	78	OREG	0:05:12	0:11:21	0:27:14	0:43:47	0:39:49	1:23:36	48

Elk Lake Open Water Swim - July 30-Aug. 1, 2004



The Elk Lake Open Water Swim Series Celebrated 10 Years of outstanding competition. Pictured on the left are the 10 Year Survivors who participated in the first swim. Matt Mercer, the Series Swim Director, is pictured in the front row on the right.

3000 Meter

Pl	Name	Age	Club	Team	Time	Ov'all
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Women/Men Wet Suit Division

1	Cynthia Smidt	34	OREG	COMA	0:42:20	26
1	Nancy Robson	42	UNAT		0:46:46	52
1	June Mather	51	OREG	RVM	0:46:47	53
1	Joe Barrett	39	OREG	COMA	0:43:42	39
1	Patrick Erwert	50	UNAT	COMA	0:42:50	34
1	Ken Zell	56	UNAT	Gar.Mas.	0:42:54	31

Women Non Wet Suit Division

19-24

1	Danielle Ebnother	22	OREG	SOM	0:41:15	19
2	Hillary Madson	20	OREG	COMA	0:45:51	47

25-29

1	Jenny Marine	29	OREG	COMA	0:37:08	3
2	Monica LaBarge	28	OREG	EA	0:42:19	25

30--34

1	Sara Quan	31	OREG	COMA	0:37:08	3
2	Heather Law	30	OREG		0:45:44	46

35-39

1	Laura Tyrrell	37	MACO		0:39:32	11
2	Kristin Brooks	39	OREG	COMA	0:43:14	37
3	Connie Austin	36	OREG	COMA	0:43:57	40

40-44

1	Joni Young	43	OREG	SCC	0:41:18	20
2	Dorothy Thomas	44	UNAT		0:42:56	33

45-49

1	Mary Sweat	47	OREG	COMA	0:39:05	8
2	Marlys Cappaert	46	OREG	CBAT	0:42:50	30
3	Ann Goodman	45	OREG	MHM	0:44:37	42
4	Connie Peterson	49	OREG	COMA	1:03:56	68

50-54

1	Jill Wright	53	SAWS		0:48:50	56
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55-59

1	Kristina Panayotoff	55	OREG	THB	0:55:15	64
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60-64

1	Pam Himstreet	60	OREG	COMA	0:49:01	57
2	Peggie Hodge	64	OREG	COMA	0:58:21	67

Men Non Wet Suit Division

25-29

1	Craig Sheley	29	UNAT		0:53:42	60
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30-34

1	Dieter Swank	33	UNAT	Carlsbad	0:39:37	12
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35-39

1	Timothy Nelson	38	OREG	COMA	0:36:36	2
2	Rob Higley	39	OREG	COMA	0:39:00	7
3	John Gessner	38	OREG	COMA	0:39:30	10
4	Timur Kiykioglu	37	OREG		0:41:39	22
5	John Gabriel	39	OREG	CAT	0:41:52	23
6	Marco Moresalchi	37	OREG	NTL	0:42:24	27
7	Michael Hoffman	37	OREG	COMA	0:44:42	43
8	Thomas Akeson	35	UNAT	NCMS	0:45:24	44
9	Steve Sloop	39	OREG	COMA	0:46:35	50

40-44

1	Jeff Erwin	40	SAWS		0:34:34	1
2	Doug Asbury	44	OREG	COMA	0:37:08	3
3	Doug K Stewart	41	OREG	SOM	0:39:40	13
4	Mike Marshall	43	OREG	COMA	0:41:06	17
5	D. Van Der Zwan	41	OREG	SOM	0:41:26	21
6	Ron Thompson	44	OREG	COMA	0:42:43	29
7	Roland Giller	40	OREG	COMA	0:42:55	32
8	Donald Soares	44	OREG	RVM	0:43:42	38

9 Tom Hickman	40	OREG	COMA	0:46:25	48	6 Tom Shuman	50	OREG	COMA	1:30:57	69
10 Frank Cobarrubia	40	OREG	COMA	0:52:25	59	55-59					
45-49						1 Steve Johnson	56	OREG	EA	0:38:53	5
1 Eric Steinhauhoff	45	OREG	COMA	0:38:16	4	2 Bob Bruce	56	OREG	COMA	0:39:44	14
2 Pat Allender	45	OREG	CAT	0:38:57	6	3 Byron Oberst	55	OREG	COMA	0:43:05	36
3 Mark Fairlee	46	OREG	COMA	0:42:16	24	4 Dan Gray	59	OREG	RVM	0:46:32	49
4 Keith Dow	48	OREG	NCMS	0:43:00	35	5 James Dee Turner	59	SAWS		0:47:53	55
5 Daniel Greenblatt	49	OREG	RVM	0:44:14	41	60-64					
6 Michael Connor	48	OREG	GVM	0:50:42	28	1 Tom Landis	62	OREG	COMA	0:41:02	16
7 Steven King	45	UNAT		0:56:22	65	2 Ralph Mohr	62	OREG	COMA	0:45:36	45
8 Keith Friedman	48	OREG	THSC	0:57:39	66	3 Richard Juhala	61	OREG	NCMS	0:55:02	62
50-54						65-69					
1 Mike Tennant	51	OREG	COMA	0:39:25	9	1 Burt Kanner	65	OREG	SCC	0:46:41	51
2 Charlie Swanson	52	OREG	EA	0:40:45	15	70-74					
3 Jim Teisher	54	OREG	THB	0:42:36	28	1 Dave Radcliff	70	OREG	THB	0:41:09	18
4 Michael Carew	54	OREG	COMA	0:46:50	54	2 Nick Norton	70	OREG	COMA	0:54:34	61
5 Dennis Gallagher	54	OREG	COMA	0:55:03	63						

500 Meter Stage Race

Pl	Name	Age	Club	Team	Time	Ov'all
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Women/Men Wet Suit Division

1	Cherie Touchette	40	OREG	COMA	06:32	7
1	Judy Ziemer	60	UNAT		11:18	96
1	Craig Sheley	29	UNAT		09:13	75
1	M. Van Hoomissen	47	UNAT		09:27	81

USA Girls/Boys

1	Emily Haney	14	UNAT		07:29	31
1	Sarah Friedman	15	ORUSA	THSC	10:43	95
1	Joshua Friedman	15	ORUSA	THSC	07:31	33

Women Non Wet Suit Division

1	Megan Allender	19	UNAT	CAT	07:52	40
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1	Jenny Marine	29	OREG	COMA	06:34	9
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2	Shannon Hamrick	29	SAWS		07:30	32
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3	Carrie Morales	29	UNAT	COMA	07:32	34
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4	Monica LaBarge	28	OREG	EA	08:15	55
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5	Erin Barnholdt	27	UNAT		09:13	76
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6	Erika Gabbard	29	OREG	COMA	09:16	78
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1	Karen Allen	40	OREG	COMA	07:23	26
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2	Joni Young	43	OREG	SCC	07:28	29
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3	Dorothy Thomas	44	UNAT		07:59	45
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4	Joanie Krehbiel	42	OREG	COMA	08:12	53
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5	Carrie Riley	40	UNAT		08:53	68
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1	Mary Sweat	47	OREG	COMA	06:33	8
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2	Marlys Cappaert	46	OREG	CBAT	08:03	46
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3	Laura Schob	45	OREG	COMA	08:04	48
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4	Deidre Straley	47	OREG	COMA	08:04	49
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5	Ann Goodman	45	OREG	MHM	08:16	56
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6	Paula Moores	46	SAWS		08:21	58
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7	Cynthia Larkin	45	OREG	COMA	08:58	71
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8	Calli Roberts	49	OREG	COMA	10:14	90
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9	Connie Peterson	49	OREG	COMA	10:37	94
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1	M. Holmberg	51	OREG	COMA	08:08	52
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2	Jill Wright	53	SAWS		09:06	73
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1	Jani Sutherland	55	OREG	COMA	09:09	74
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2	K. Panayotoff	55	OREG	THB	10:06	88
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1	Peggie Hodge	64	OREG	COMA	10:07	89
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1	T. Schoenborn	29	OREG	EA	07:19	23
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1	T. Schoenborn	29	OREG	EA	07:19	23
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1	T. Schoenborn	29	OREG	EA	07:19	23
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1	T. Schoenborn	29	OREG	EA	07:19	23
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1	T. Schoenborn	29	OREG	EA	07:19	23
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1	T. Schoenborn	29	OREG	EA	07:19	23
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1	T. Schoenborn	29	OREG	EA	07:19	23
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1	T. Schoenborn	29	OREG	EA	07:19	23
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Tim Nelson leads the way

30-34						6	Scot Miller	47	UNAT	COMA	07:51	39	
1	Todd Inman	33	UNAT		08:46	66	7	Daniel Greenblatt	49	OREG	RVM	08:04	47
35-39						8	Michael Moneta	48	OREG			08:13	54
1	Timothy Nelson	38	OREG	COMA	06:04	2	9	Michael Connor	48	OREG	GVM	08:35	63
2	Rob Higley	39	OREG	COMA	06:31	6	10	Steven King	45	UNAT		10:04	87
3	Phil Reget	35	OREG	COMA	07:17	22	11	Keith Friedman	48	OREG	THSC	11:59	97
4	John Gabriel	39	OREG	CAT	07:29	30	50-54						
5	Michael Hoffman	37	OREG	COMA	07:57	43	1	Mike Tennant	51	OREG	COMA	06:52	12
6	Thomas Akeson	35	UNAT	NCMS	08:22	59	2	Charlie Swanson	52	OREG	EA	07:08	19
7	Steve Sloop	39	OREG	COMA	08:26	61	3	Stephen Mann	52	OREG	COMA	07:19	24
8	Patrick McGinn	36	UNAT	COMA	08:48	67	4	Jim Teisher	54	OREG	THB	07:27	28
9	Timur Kiykioglu	37	OREG		09:18	79	5	Dallas Figley	52	OREG	NLT	08:16	57
10	Marco Moresalchi	37	OREG	NTL	09:35	83	6	Michael Carew	54	OREG	COMA	08:54	69
40-44						7	Patrick Erwert	50	UNAT	COMA	08:59	72	
1	Jeff Erwin	40	SAWS		05:36	1	8	Dennis Gallagher	54	OREG	COMA	10:21	92
2	Doug Asbury	44	OREG	COMA	06:20	3	9	Tom Shuman	50	OREG	COMA	10:33	93
3	Doug K Stewart	41	OREG	SOM	06:55	13	55-59						
4	Mike Marshall	43	OREG	COMA	06:57	14	1	Steve Johnson	56	OREG	EA	06:30	5
5	Mike Riley	43	OREG	COMA	07:02	17	2	Bob Bruce	56	OREG	COMA	07:01	16
6	D. Van Der Zwan	41	OREG	SOM	07:14	21	3	Byron Oberst	55	OREG	COMA	07:53	41
7	Ron Thompson	44	OREG	COMA	07:24	27	4	Ken Zell	56	UNAT	Gar.Mas.	07:58	44
8	Jim Miller	43	OREG	COMA	08:25	60	5	James Dee Turner	59	SAWS		08:42	65
9	Frank Cobarrubia	40	OREG	COMA	09:31	82	6	Dan Gray	59	OREG	RVM	09:20	80
45-49						60-64							
1	Pat Allender	45	OREG	CAT	06:30	4	1	Tom Landis	62	OREG	COMA	07:00	15
2	Eric Steinhauhoff	45	OREG	COMA	06:37	10	2	Roger Rudolph	60	OREG	COMA	09:40	84
3	Mark Fairlee	46	OREG	COMA	07:12	20	3	Richard Juhala	61	OREG	NCMS	09:54	86
4	Keith Dow	48	OREG	NCMS	07:40	36	70-74						
5	Jim Bunker	47	OREG	SCC	07:46	38	1	Dave Radcliff	70	OREG	THB	07:33	35

1500 Meter

Pl	Name	Age	Club	Team	Time	Ov'all
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Women/Men Wet Suit Division

1	Cherie Touchette	40	OREG	COMA	21:04	9
2	Nancy Robson	42	UNAT		28:43	87
1	Andy Fecteau	39	UNAT		22:03	16
1	M. Van Hoomissen	47	UNAT		31:26	100
2	Steven King	45	UNAT		31:39	103
1	Patrick Erwert	50	UNAT	COMA	25:15	45

USA Girls/Boys

1	Emily Haney	14	UNAT		24:05	37
1	Sarah Friedman	15	ORUSA	THSC	35:26	114
1	Joshua Friedman	15	ORUSA	THSC	24:27	41

Women Non Wet Suit Divison**19-24**

1	Danielle Ebnother	22	OREG	SOM	22:28	25
2	Hailey Foster	23	UNAT	COMA	24:44	43
3	Megan Allender	19	UNAT	CAT	26:04	56
4	Meredith Gentry	24	UNAT		32:54	105

25-29

1	Jenny Marine	29	OREG	COMA	20:12	4
2	Carrie Morales	29	UNAT	COMA	23:58	34
3	Shannon Hamrick	29	SAWS		25:41	51
4	Monica LaBarge	28	OREG	EA	26:11	57
5	Erin Barnholdt	27	UNAT		29:50	92
6	Melissa Seim	27	OREG	COMA	30:01	93
7	Erika Gabbard	29	OREG	COMA	31:11	98
8	Amber Funge	25	UNAT		35:48	115

30-34

1	Sara Quan	31	OREG	COMA	20:10	3
2	Julie Himstreet	33	OREG	EA	22:08	18
3	E. Hendersen	33	OREG	EA	22:25	23
4	Tori Barber	31	OREG	COMA	23:19	26
5	Cynthia Smidt	34	OREG	COMA	26:15	60
6	Heather Law	30	OREG		26:37	64
7	Katy Bryce	31	OREG	COMA	27:12	69
8	Julia Lyon	30	UNAT	COMA	28:23	81
9	Dorothy Miller	31	OREG	COMA	29:08	88



Joni Young leads the way

10Cynthia Engel	34	OREG	COMA	30:17	95	7 Phil Reget	35	OREG	COMA	25:25	50
11Jennifer Bogle	33	UNAT	COMA	34:53	112	8 Thomas Akeson	35	UNAT	NCMS	26:14	59
35-39											
1 Laura Tyrrell	37	MACO		22:10	20	9 Michael Hoffman	37	OREG	COMA	27:14	70
2 Connie Austin	36	OREG	COMA	25:14	44	10Steve Sloop	39	OREG	COMA	28:24	82
3 Chris Vergona	38	UNAT	COMA	25:17	47	40-44					
4 Melinda Collins	36	UNAT	COMA	28:15	78	1 Jeff Erwin	40	SAWS		18:45	1
5 Bridget McGinn	37	UNAT	COMA	33:12	108	2 Doug Asbury	44	OREG	COMA	20:22	5
6 Rebecca Bozarth	38	OREG	COMA	34:06	110	3 Mike Marshall	43	OREG	COMA	22:22	21
40-44											
1 Karen Allen	40	OREG	COMA	23:42	31	4 Doug K Stewart	41	OREG	SOM	22:24	22
2 Joni Young	43	OREG	SCC	23:56	32	5 D. Van Der Zwan	41	OREG	SOM	23:29	28
3 D. Rae Thomas	44	UNAT		25:43	52	6 Mike Riley	43	OREG	COMA	23:33	30
4 Joanie Krehbiel	42	OREG	COMA	26:28	62	7 Roland Giller	40	OREG	COMA	24:03	36
5 Carrie Riley	40	UNAT		31:30	101	8 Ron Thompson	44	OREG	COMA	24:10	38
45-49											
1 Mary Sweat	47	OREG	COMA	21:07	10	9 Jim Miller	43	OREG	COMA	28:35	84
2 Laura Schob	45	OREG	COMA	25:21	48	10Frank Cobarrubia	40	OREG	COMA	30:25	96
3 Deidre Straley	47	OREG	COMA	25:22	49	45-49					
4 Marlys Cappaert	46	OREG	CBAT	25:56	54	1 Pat Allender	45	OREG	CAT	21:03	8
5 Ann Goodman	45	OREG	MHM	27:25	72	2 Eric Steinhauff	45	OREG	COMA	21:30	12
6 Paula Moores	46	SAWS		27:51	75	3 Mark Fairlee	46	OREG	COMA	23:22	27
7 Deb Douglas	49	OREG	COMA	27:55	76	4 Scot Miller	47	UNAT	COMA	25:52	53
8 D. LaMear-Tucker	46	OREG	FISH	28:22	80	5 Daniel Greenblatt	49	OREG	RVM	26:18	61
9 Cynthia Larkin	45	OREG	COMA	28:38	86	6 Jim Bunker	47	OREG	SCC	26:29	63
10Connie Peterson	49	OREG	COMA	33:07	107	7 Keith Dow	48	OREG	NCMS	26:40	65
11Calli Roberts	49	OREG	COMA	34:03	109	8 Michael Moneta	48	OREG		27:06	67
50-54											
1 M. Holmberg	51	OREG	COMA	27:10	68	9 Michael Connor	48	OREG	GVM	28:32	83
2 Jill Wright	53	SAWS		29:33	91	10Keith Friedman	48	OREG	THSC	41:53	119
3 June Mather	51	OREG	RVM	30:15	94	50-54					
55-59											
1 Jani Sutherland	55	OREG	COMA	29:18	90	1 Charlie Swanson	52	OREG	EA	22:05	17
2 K. Panayotoff	55	OREG	THB	32:41	104	2 Mike Tennant	51	OREG	COMA	22:09	19
3 Lynn Sacks	58	OREG	RVM	35:59	116	3 Jim Teisher	54	OREG	THB	24:14	39
60-64											
1 Pam Himstreet	60	OREG	COMA	29:17	89	4 Stephen Mann	52	OREG	COMA	26:13	58
2 Peggge Hodge	64	OREG	COMA	36:11	117	5 Dallas Figley	52	OREG	NLT	27:41	73
Men Non Wet Suit Division											
1 T. Schoenborn	29	OREG	EA	23:31	29	6 Michael Carew	54	OREG	COMA	28:37	85
2 Craig Sheley	29	UNAT		31:14	99	7 Dennis Gallagher	54	OREG	COMA	31:31	102
30-34											
1 Conrad Stoltz	30	UNAT		20:33	6	55-59					
2 Dieter Swank	33	UNAT	Carlsbad	21:55	15	1 Steve Johnson	56	OREG	EA	20:37	7
3 Petar Hossick	34	UNAT		25:57	55	2 Bob Bruce	56	OREG	COMA	22:26	24
4 Todd Inman	33	UNAT		30:37	97	3 Byron Oberst	55	OREG	COMA	25:16	46
35-39											
1 Timothy Nelson	38	OREG	COMA	20:07	2	4 James Dee Turner	59	SAWS		26:53	66
2 Rob Higley	39	OREG	COMA	21:09	11	5 Ken Zell	56	UNAT	Gar.Mas.	27:20	71
3 John Gessner	38	OREG	COMA	21:52	14	6 Dan Gray	59	OREG	RVM	28:08	77
4 Timur Kiykioglu	37	OREG		23:57	33	7 Chuck Croal	55	OREG	COMA	34:40	111
5 Marco Moresalchi	37	OREG	NTL	24:18	40	8 Bob Almquist	55	UNAT		36:19	118
6 John Gabriel	39	OREG	CAT	24:42	42	60-64					
5 K											
Pl Name AgeClub Team Time Ov'all											
Women/Men Wet Suit Division											
1 Carrie Morales	29	UNAT	COMA	1:20:36	24	1 Tom Landis	62	OREG	COMA	21:41	13
1 Chris Vergona	38	UNAT	COMA	1:20:46	25	2 Ralph Mohr	62	OREG	COMA	27:48	74
5 K											
Pl Name AgeClub Team Time Ov'all											
Women/Men Wet Suit Division											
1 Carrie Morales	29	UNAT	COMA	1:20:36	24	3 Roger Rudolph	60	OREG	COMA	33:06	106
1 Chris Vergona	38	UNAT	COMA	1:20:46	25	4 Richard Juhala	61	OREG	NCMS	35:25	113

1 Nancy Robson	42	UNAT		1:36:47	53	65-69					
1 June Mather	51	OREG	RVM	1:33:07	46	1 Burt Kanner	65	OREG	SCC	28:21	79
1 Craig Sheley	29	UNAT		1:46:27	60	70-74					
1 Roland Giller	40	OREG	COMA	1:13:20	13	1 Dave Radcliff	70	OREG	THB	24:02	35
1 Byron Oberst	55	OREG	COMA	1:09:40	10						

Women Non Wet Suit Division

19-24						5 D. Van Der Zwan						41	OREG	SOM	1:21:26	27				
1	Hailey Foster	23	UNAT	COMA	1:21:46	28	6	Ron Thompson	44	OREG	COMA	1:21:57	30							
25-29						7 Tom Hickman						40	OREG	COMA	1:31:34	42				
1	Jenny Marine	29	OREG	COMA	1:08:56	6	45-49													
2	Monica LaBarge	28	OREG	EA	1:23:09	32	1	Eric Steinhauuff	45	OREG	COMA	1:14:54	16							
30-34						2 Mark Fairlee						46	OREG	COMA	1:20:16	23				
1	Sara Quan	31	OREG	COMA	1:09:39	9	3	Keith Dow	48	OREG	NCMS	1:24:28	33							
2	Julie Himstreet	33	OREG	EA	1:11:15	11	4	Daniel Greenblatt	49	OREG	RVM	1:32:08	43							
3	Heather Law	30	OREG		1:35:13	50	5	Michael Moneta	48	OREG		1:33:59	48							
35-39						6 Michael Connor						48	OREG	GVM	1:45:32	57				
1	Laura Tyrrell	37	MACO		1:11:47	12	50-54													
2	Connie Austin	36	OREG	COMA	1:28:43	37	1	Charlie Swanson	52	OREG	EA	1:15:41	19							
3	Kristin Brooks	39	OREG	COMA	1:28:47	38	2	Jim Teisher	54	OREG	THB	1:21:05	26							
40-44						3 Michael Carew						54	OREG	COMA	1:36:24	52				
1	Joni Young	43	OREG	SCC	1:19:52	22	4	Chris Toole	53	OREG	THB	1:45:05	56							
2	D. Rae Thomas	44	UNAT		1:25:03	35	55-59													
45-49						1 Steve Johnson						56	OREG	EA	1:08:54	5				
1	Mary Sweat	47	OREG	COMA	1:08:59	7	2	Bob Bruce	56	OREG	COMA	1:15:50	21							
2	Marlys Cappaert	46	OREG	CBAT	1:29:07	39	3	Dan Gray	59	OREG	RVM	1:35:33	51							
3	Deb Douglas	49	OREG	COMA	1:32:29	44														
4	Paula Moores	46	SAWS		1:32:46	45														
5	Connie Peterson	49	OREG	COMA	1:51:46	62														
50-54																				
1	Jill Wright	53	SAWS		1:37:57	54														
2	Peggy Toole	51	OREG	THB	1:45:53	58	<div>Dan Gray, How was your 5K?</div>													
55-59																				
1	K. Panayotoff	55	OREG	THB	1:51:29	61														
60-64																				
1	Pam Himstreet	60	OREG	COMA	1:46:20	59														
2	Peggie Hodge	64	OREG	COMA	2:04:01	64	60-64													
Men Non Wet Suit Division																				
30-34																				
1	Dieter Swank	33	UNAT	Carlsbad	1:15:24	18														
35-39																				
1	Timothy Nelson	38	OREG	COMA	1:08:10	2	1	Tom Landis	62	OREG	COMA	1:14:45	15							
2	Hardy Lussier	39	OREG	COMA	1:08:30	3	2	Ralph Mohr	62	OREG	COMA	1:33:10	47							
3	Rob Higley	39	OREG	COMA	1:09:14	8	3	Richard Juhala	61	OREG	NCMS	2:01:09	63							
4	John Gessner	38	OREG	COMA	1:14:25	14	65-69													
5	Timur Kiykioglu	37	OREG		1:22:15	31														
6	John Gabriel	39	OREG	CAT	1:24:40	34														
7	Marco Moresalchi	37	OREG	NLT	1:26:08	36														
8	Thomas Akeson	35	UNAT	NCMS	1:31:07	40														
9	Michael Hoffman	37	OREG	COMA	1:31:17	41	70-74													
10	Steve Sloop	39	OREG	COMA	1:41:44	55														
40-44																				
1	Jeff Erwin	40	SAWS		1:01:46	1								1	Burt Kanner	65	OREG	SCC	1:35:01	49
2	Doug Asbury	44	OREG	COMA	1:08:49	4								70-74						
3	Mike Marshall	43	OREG	COMA	1:15:20	17	1	Dave Radcliff	70	OREG	THB	1:21:48	29							



Dan Gray, How was your 5K?

1000 Meters

Pl	Name	Age	Club	Team	Time	Ov'all
Women/Men Wet Suit Division						
1	Mary Horan	45	UNAT		20:28	65
1	Jani Sutherland	55	OREG	COMA	20:47	68
1	Craig Sheley	29	UNAT		21:21	70
1	Patrick Erwert	50	UNAT	COMA	16:45	24
USA Girls/Boys						
1	Emily Haney	14	UNAT		16:10	12
Women Non Wet Suit Division						

19-24

1 Christina Wilkinson	20	OREG	COMA	19:18	57
25-29					
1 Jenny Marine	29	OREG	COMA	14:10	5
2 Carrie Morales	29	UNAT	COMA	16:34	20
3 Monica LaBarge	28	OREG	EA	17:58	46
4 Erika Gabbard	29	OREG	COMA	20:40	67
30-34					
1 Tori Barber	31	OREG	COMA	15:56	10
2 Cynthia Smidt	34	OREG	COMA	17:22	37

3 Heather Law	30	OREG		19:04	55	10Patrick McGinn	36	UNAT	COMA	21:18	69
4 Dorothy Miller	31	OREG	COMA	19:16	56	40-44					
5 Jennifer Bogle	33	UNAT	COMA	22:02	75	1 Jeff Erwin	40	SAWS		13:15	1
35-39						2 Doug Asbury	44	OREG	COMA	14:08	3
1 Chris Vergona	38	UNAT	COMA	17:19	35	3 Doug K Stewart	41	OREG	SOM	16:11	13
2 Kara Jensen	35	UNAT	COMA	17:25	38	4 Mike Marshall	43	OREG	COMA	16:18	14
3 Connie Austin	36	OREG	COMA	17:29	39	5 D. Van Der Zwan	41	OREG	SOM	16:46	26
4 Bridget McGinn	37	UNAT	COMA	21:59	74	6 Ron Thompson	44	OREG	COMA	16:48	27
40-44						7 Donald Soares	44	OREG	RVM	17:21	36
1 Cherie Touchette	40	OREG	COMA	14:55	9	8 Jim Miller	43	OREG	COMA	18:50	54
2 Joni Young	43	OREG	SCC	16:35	21	9 Frank Cobarrubia	40	OREG	COMA	20:23	63
3 Karen Allen	40	OREG	COMA	16:42	22	45-49					
4 D. Rae Thomas	44	UNAT		17:36	41	1 Eric Steinhauuff	45	OREG	COMA	14:32	8
5 Joanie Krehbiel	42	OREG	COMA	17:48	44	2 Mark Fairlee	46	OREG	COMA	16:26	18
45-49						3 Mike Douglas	46	OREG	COMA	16:48	27
1 Mary Sweat	47	OREG	COMA	14:14	6	4 Jim Bunker	47	OREG	SCC	17:06	32
2 Deidre Straley	47	OREG	COMA	16:58	31	5 Keith Dow	48	OREG	NCMS	17:13	34
3 Laura Schob	45	OREG	COMA	17:12	33	6 Daniel Greenblatt	49	OREG	RVM	17:53	45
4 Marlys Cappaert	46	OREG	CBAT	17:29	39	7 Scot Miller	47	UNAT	COMA	17:59	47
5 Ann Goodman	45	OREG	MHM	17:45	43	8 Michael Connor	48	OREG	GVM	20:26	64
6 Deb Douglas	49	OREG	COMA	18:37	52	9 Bob Lutz	45	UNAT		26:01	85
7 Paula Moores	46	SAWS		19:35	59	50-54					
9 Connie Peterson	49	OREG	COMA	23:27	79	1 Charlie Swanson	52	OREG	EA	16:21	16
10Calli Roberts	49	OREG	COMA	24:10	81	2 Jim Teisher	54	OREG	THB	16:45	24
50-54						3 Stephen Mann	52	OREG	COMA	17:44	42
1 Jill Wright	53	SAWS		20:21	62	4 Dallas Figley	52	OREG	NLT	18:45	53
55-59						5 Michael Carew	54	OREG	COMA	19:46	61
1 K. Panayotoff	55	OREG	THB	22:08	76	6 Dennis Gallagher	54	OREG	COMA	21:28	72
2 Lynn Sacks	58	OREG	RVM	25:36	83	7 Tom Shuman	50	OREG	COMA	26:00	84
60-64						55-59					
1 Peggie Hodge	64	OREG	COMA	23:52	80	1 Steve Johnson	56	OREG	EA	14:09	4
Men Non Wet Suit Division						2 Bob Bruce	56	OREG	COMA	16:19	15
30-34						3 Byron Oberst	55	OREG	COMA	18:03	48
1 Todd Inman	33	UNAT		19:41	60	4 James Dee Turner	59	SAWS		18:33	51
2 Tamer Kiykioglu	32	UNAT		23:03	78	5 Chuck Croal	55	OREG	COMA	20:28	66
35-39						6 Dan Gray	59	OREG	RVM	21:25	71
1 Timothy Nelson	38	OREG	COMA	13:52	2	7 Bob Almquist	55	UNAT		26:45	86
2 Rob Higley	39	OREG	COMA	14:18	7	60-64					
3 Marco Moresalchi	37	OREG	NLT	16:22	17	1 Tom Landis	62	OREG	COMA	16:09	11
4 John Gabriel	39	OREG	CAT	16:33	19	2 Roger Rudolph	60	OREG	COMA	21:58	73
5 Timur Kiykioglu	37	OREG		16:43	23	3 Richard Juhala	61	OREG	NCMS	24:23	82
6 Phil Reget	35	OREG	COMA	16:49	30	70-74					
7 Thomas Akeson	35	UNAT	NCMS	18:04	49	1 Dave Radcliff	70	OREG	THB	16:48	27
8 Michael Hoffman	37	OREG	COMA	18:28	50	2 Nick Norton	70	OREG	COMA	22:39	77
9 Steve Sloop	39	OREG	COMA	19:21	58						

Long Series (3000, 1500, 5K)

Pl	Name	Age	Ov'all
Women			
40-44			
1 Nancy Robson	42	3	
50-54			
1 June Mather	51	2	
60-64			
1 Pam Himstreet	60	1	
Men			
30-34			
1 Dieter Swank	33	2	
35-38			
1 John Gessner	38	1	

40-44

1 Roland Giller	40	4
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55-59

1 Bob Bruce	56	3
2 Byron Oberst	55	5

60-64

1 Ralph Mohr	62	6
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65-69

1 Burt Kanner	65	7
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Short Series (500, 1500, 1000)

Pl	Name	Age	Ov'all
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USA

1 Emily Haney	14	1
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Women

25-29

1 Carrie Morales	29	2
2 Erika Gabbard	29	11

30-34

1 Cynthia Smidt	34	6
2 Dorothy Miller	31	10
3 Jennifer Bogle	33	14

35-39

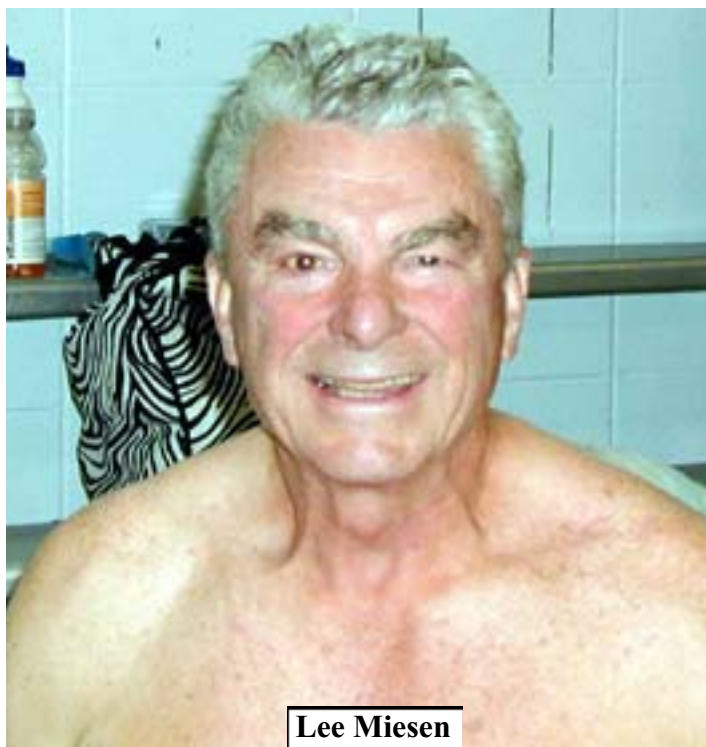
1 Chris Vergona	38	5
2 Bridget McGinn	37	13

40-44

1 Karen Allen	40	1
2 Cherie Touchette	40	2
3 Joanie Krehbiel	42	7

LCM Zone Meet - Port Orchard, WA - July 23-24, 2004

200 LC Meter Backstroke			
Lee Miesen	77	MACO	4:15.72
200 LC Meter Ind. Medley			
Lee Miesen	77	MACO	5:05.64



The Patriot Games ~ A Metric Pentathlon

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

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

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

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

DATE: Saturday September 11, 2004

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

WARM-UPS: 8AM
MEET STARTS: 9AM

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

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

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

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

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

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

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE (AS OF 12-31-04) _____ SEX _____

2004 USMS # _____

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

IS THIS YOUR FIRST MASTERS MEET? ____ Yes ____ No

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

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

Saturday September 11, 2004 Sprint

50m FLY (1) _____ : _____ . _____

50m BACK (3) _____ : _____ . _____

50m BREAST(5) _____ : _____ . _____

50m FREE (7) _____ : _____ . _____

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

Saturday September 11, 2004 Mid Distance

100m FLY (2) _____ : _____ . _____

100m BACK (4) _____ : _____ . _____

Break

100m BREAST(6) _____ : _____ . _____

100m FREE (8) _____ : _____ . _____

Break

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

Break

Relays - starting after the break following the 200 IM

Medley Relay (11-14)

Mixed Medley Relay (18-19)

Mixed Free Relay (15-17) *break*

Free Relay (20-25)

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

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

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

SIGNATURE _____ DATE _____

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

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

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 _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2004 USMS # _____

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

IS THIS YOUR FIRST MASTERS MEET? ☐ YES ☐ NO

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY 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 SEED IN HEATS AFTER THE 200 RELAYS OF THE SAME EVENT. THE 400, 800 AND 1500 FREESTYLES & 400 IM WILL BE DECK SEED. CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. CHECK IN FOR THE 1500 WILL OPEN MIDWAY THROUGH SUNDAY'S EVENTS. ALL EVENTS WILL BE SEED 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

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.

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

There are many other hotels near Comfort Suites. The pool is only 15-20 minutes from Downtown Portland.

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.

Chair's Corner continued from page 2

- The OMS Treasurer shall make a line item for income and disbursements.
 - There shall be a maximum expenditure of \$300 per swimmer and \$1200 yearly total from OMS funds. Expenditures exceeding \$1200 per year shall require OMS Board approval.
 - All disbursements shall be considered on a yearly basis.

Promotion/Notification:

- A description of the program shall be published in the Aquamaster and on the OMS web site with information regarding the OMS Chair as contact for nominations.
- A notation with information about the Gold Medal Sponsorship program shall include that these funds may be used for scholarship programs.

Confidentiality: All applicants' names shall be confidential and remain anonymous to OMS membership except the OMS Chair, Vice Chair, and Treasurer.

OMS Process: Processes for certain fees shall be as follows:

- OMS/USMS Registration Fees: Applicant shall write 'Scholarship' on the application sent to the OMS Registrar and send no money. The Registrar shall notify the Treasurer regarding the fee to be sent to USMS.
- Meet Entry Fees: Applicant shall write 'Scholarship' on the meet entry form and send no money. Meet host reimbursement from OMS shall include all scholarship recipients.
- Open Water Events: Applicant shall write 'Scholarship' on the open water entry form and submit to event director. Event director shall notify the OMS Treasurer and be reimbursed the full entry fee.
- Other fees shall be handled on a case-by-case situation.

If you have any questions or comments, please feel free to contact any of the members of the OMS board or me directly. This is just one more way the OMS board is working for you, the swimmer.

Happy swimming... Jeanne

18th ANNUAL HUNTSMAN WORLD SENIOR GAMES

Oct. 6 - 8th, 2004

SAND HOLLOW AQUATIC CENTER - St. GEORGE, UTAH50 years and upModern, State of the Art Facility - **25 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 hws@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

L e t t h e S u n s h i n e i n O M S

Summer is here - so let's spread some Sunshine to our members. We can always use more sunshine in Oregon. You don't have to wait for the weather man. We have Luella Petersen, the OMS Sunshine Chair. She is waiting for your calls so she can send flowers and cards on behalf of OMS. When one of your fellow Masters is ill or has passed away please let Luella know so that flowers and/or cards can be sent. OMS wants to help celebrate the joyous occasions as well as the sad ones. You can never have too much Sunshine. Weddings and births or special anniversaries are appropriate. Please give Luella a call with the information.



Luella Petersen - (503) 252-6081
Luella works during the day but you can call and leave a message on "box 1" of their answering service. E-mails will also work and they can be sent to: petersen@exchangenet.net

So remember - "You are my Sunshine, my only Sunshine". It's up to you, so start making those calls to Luella so she can spread some Sunshine.

Luella reports that there has been very little Sunshine recently for the Sunshine Chair. Please only call about sending cards or flowers.)

2004-05 Meet SCHEDULE

Date	Event	Location	Contact
Pool Meets			
*Sept. 11 (Patriot Games)	SCM (Pentathlon)	Camas, Washington (near Vancouver, WA)	Doug Lumbar Bert Petersen
			raslum@aol.com petersen@exchangenet.net
*Nov. 13-14	Zone SCM	Portland, OR David Douglas High School	Dennis Baker 503 679-4601
Jan. 22	SCY - Animal Meet	Camby, OR	Ken Schuh kdschuhmeister@aol.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			
Till Sept. 30	5/10 K	St. Louis Area Masters Swimming	www.usms.org
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/
FINA World Masters Championship - August 2006		Stanford, California	
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			
Board Meetings Sept. 24-26, 2004 Retreat		All Board Meetings are open. OMS members are encouraged to attend. Contact Jeanne Teisher, OMS Chair, for more details.	

Aqua Master
September 2004

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

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Inside: Results - Applegate Lake & Elk Lake