



# Aqua Master

USMS 2004 Newsletter of the Year

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“ S w i m m i n g f o r L i f e ”

## Sprinter Joy Sets Records in 200 Fly



Joy Ward, Oregon's National Records holder in the 50 Fly (SCY, SCM and LCM), went after the records in the longer fly events in her last two Meets. At Bellevue, WA on Feb. 20, she set a new Zone SCM 200 fly record in the time of 3:37.55. On March 5 at the Newberg Meet she set an Oregon Record in the 200 SCY Fly. (Below) Team mate Chris Gaarder counts her laps to make sure she doesn't do an extra 50. Most of us worry about just finishing the whole race, Joy worries about going too far.

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## Chair's Corner by Jody Welborn

This month's article comes to you from Boise, Idaho site of this year's YMCA age-group regional swim meet. I mentioned in an earlier article that I found my way to Masters Swimming courtesy of my son, and his adventures with the YMCA swim team. As I sit here at the meet I see many of the things that make swimming fun to me: the camaraderie, the support, the social network, and the competition. And I am hopeful that as age group swimming comes to an end for my son, and his friends, that they will continue to see swimming as a way to continue all these things with the added benefit of a healthy lifestyle.

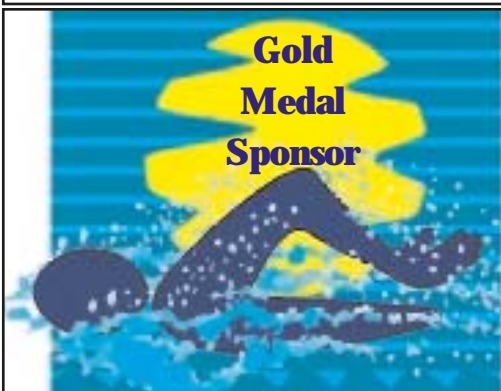
When I watch the kids from the swim team I am amazed at their swimming skills. But I am more impressed with the other skills they have learned as part of the swimming experience. I watch them greet and congratulate swimmers from the other teams on their swims. I watch them talking to the officials with poise and maturity. I watch them deal with their own swims, good and bad, with perspective and the realization that there are more swims ahead of them.

Swimming is an amazing sport. It teaches so many lessons. My son has learned to judge himself by internal standards and that he is not always the fastest or the smartest. And he has learned that along with the things that he does very well there are things that he can improve. As you can tell, I am very proud of my son and I am pleased with the role swimming has played in his growth.

When I finished age-group swimming, Masters swimming was in its infancy, and it is our generation that is helping the early seeds planted by USMS leaders grow. I am dedicated to OMS not only so that I can have the benefits of swimming, but so this organization is strong for the next generation and the strength and skills that they will bring. For my son, swimming is now and I hope that he has learned that.....

Swimming is for life.

## Thank You



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**Erin Holland**  
**Elke Asleson**  
**Earl Walter**

*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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## Memorial Service for Gerald Huestis

(Message received from the Family of Gerald Huestis.) We're in the planning stages for the memorial service on Mt. Rainier. We wanted to lock in the dates now for convenience of scheduling your time.

We will be gathering together on June 3-5th. The service will be on Saturday, June 4th.

(These are the dates. The Aqua Master will inform you of additional details as they become available.)

## OMS Trivia Question

The March Issue of the Aqua Master featured the return of Gary Squires on the front page. Gary was the Oregon High School Butterfly Champion for three years in the early 1980s. Here is your Trivia Question. **Which current OMS swimmer was second to Gary in the 100 Fly in 1981?** (First correct answer emailed or phoned to Dave Radcliff wins a bright red NIKE Swim Cap. Dave's email and phone number are on page 2.)

## Invitation to the Sizzling Summer Spectacular 'Stravaganza (and an opportunity to swim the 5km postal)!

You are cordially invited to swim the long course swim meet that the Tualatin Hills Barracudas are hosting on June 4th, 2005. Please see the entry form in this month's aqua-master to pick out your favourite events.

In addition to the swim meet, we are also hosting an opportunity to do the 5km postal swim in the 50m pool, immediately after the meet has finished. This will be limited to the first 20 who sign up on the day. If you would like to swim the 5km, then you **MUST** bring along someone to time/count your laps for you. The cost to do the 5km swim will be \$5 if you have swum in the meet, or \$10 if you have not, payable on the day. This is an excellent opportunity to swim the 5km and not get dizzy...or, swim the 5km with us, so you can swim the 10km with your club!! What a great opportunity for all you open-water swimmers to get the swim done.

Any questions regarding the swim meet and/or the 5km postal opportunity can be asked of the meet director, Rachel Skoss (skossr@yahoo.com.au or 503 644 2622).

## George Thayer's Pentathlon

Heard Around the Pool...

Here are the Top Ten "Reasons" (in block print) offered by George Thayer for not having done so well in the Pentathlon Meet, *with Coach Bob's responses (in italics) to those pathetic excuses...*

#10 - The water was too warm. *Suck it up—you were only doing 50's.*

#9 - The meet was too small, without enough recovery time. *Swim fast anyway, like everyone else.*

#8 - I put the wrong body in my new Speedo Fastskin suit. *Whose body did you put into the suit, and did you put it frontwards or backwards?*

#7 - My first event went badly. *Move on from there.*

#6 - Had to tell too many friends my latest jokes. *Jokes! You call those jokes?*

#5 - Tom Landis didn't laugh at my jokes. *Perhaps Tom showed good taste.*

#4 - The pool was exactly the right length instead of 1/4 inch short. *Sort of like doing the One-Hour Swim in 55 minutes?*

#3 - The last 50 (freestyle) was the exact time as I did in 2000, but by then it was too late. *Finally, a good swim, better late than never.*

#2 - Bob wasn't there for moral support. *(No audible comment, merely a rolling of the eyes)*

#1 - And the number one reason that George didn't do well is that he was late to Sunday practice two weeks ago. *Ahh, very good, Grasshopper...*  
(Reprinted from the COMA Newsletter)





# GET FIT

## WITH JANI AND SARA



### Cold Therapy

Do you have aching shoulders after a race? Aching knees from cross training? Should you ice or apply heat? Soak in the hot tub or jump in a cold river? (Hint: the correct answer is the river).

When the body is stressed by a hard effort you may become sore and feel aches or tightness. When there is injury to a muscle, ligament or tendon, inflammation will be found in the area of the injury. The blood vessels and surrounding tissues may also be injured. This inflammation and tissue damage cause chemicals to be released. These chemicals create inflammation to start the healing process. Inflammation is an important and necessary part of the healing process. Inflammation is responsible for getting oxygen and nutrients to the site for repair. The initial inflammation can also cause secondary tissue damage from pressure on uninjured areas.

Appropriate application of cold to areas of inflammation will cause superficial blood vessels to contract. This helps to temporarily reduce blood flow in the area, which allows the area to reduce inflammation and clean up. Yes, this sounds like an oxymoron, but read on. As the area warms back up, blood vessels expand, fresh blood comes in and continues the healing process. Another benefit of cold therapy is its ability to decrease pain. Decreased blood flow to nerves around an injured site causes numbness, which decreases pain.

Appropriate use of cold therapy is invaluable for speedy recovery from hard workouts and for speeding the healing process of an injury. Cold is unpleasant so you may not be too excited about cold therapy. Cold therapy should be used when an injury or inflammation first occurs. Cold therapy is more effective in reducing muscle spasm than heat. On a maintenance level cold therapy can speed recovery and help with tissue repair following a strenuous training session.

### Types of cold therapy:

**Ice Massage:** This method takes the least amount of time. Apply ice directly to the affected area. Use an ice cup (paper cups filled with water that are kept in the freezer; peel down the sides as needed). Apply the ice directly to the skin, moving the ice in a circular pattern. Use for 3 to 10 minutes. In the early stages of an injury ice 3 to 5 times during the day or immediately after activity.

**Cold Packs:** The use of an ice pack is also for treatment of

a specific area. Ice packs can be purchased or you can fill a plastic bag with ice cubes or crushed ice. To make your own ice pack, freeze one part rubbing alcohol to 2 parts water in a sealable plastic bag. The pack should be wrapped in a slightly wet cloth. The cloth protects the skin and the wet conducts the cold. Apply ice packs for 10 to 20 minutes. In the early stages of an injury apply 3 to 5 times throughout the day or immediately after activity.



**Cold Soaking:** A cold soak is an excellent way to speed recovery following a hard workout or race. A speedy recovery can help you get in more quality training sooner. Fill a bathtub with cold water and immerse whatever body part or parts you want. Soak 5 to 10 minutes. Be aware of your overall body temperature and heart rate. Stop if you notice any change. A cold soak can be done after every workout or you can save it for your most difficult efforts.

With cold therapy you will feel 4 primary sensations:

1. Cold.
2. Slight burning sensation.
3. Aching.
4. Numbness.

It is important to stop when numb or slightly sooner. Numb tissue can't tell you if frostbite is occurring. Never allow the skin to turn white, which could signal the start of frostbite. The length of the time it takes to go through these stages will depend on the method used. Allow tissue time to warm up before stretching or performing other activities.

Check with your primary health care provider before using cold therapy if you have any skin, circulatory or nervous system disorders that could be affected by cold.

**Note:** Jani is a firm believer in cold therapy. While training for the Ironman Triathlon World Championships she stood in the river for 10 minutes after every hard session. She iced her shoulders with a cold water hose in the steam room of an athletic club or with ice packs. She attributes her injury free training and 2nd place in her age group to cold therapy (and a lot of hard work!!). She no longer lives by the river but soaks in her cold bathtub (42 degrees) after hard training days. She also ices her shoulders.





# LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

Our early spring weather has stimulated our thoughts of summertime and open water swimming. To move your dreams along, here is a description of each venue's open water offerings this summer.

1. Foster Lake (June 25): Meet Director Pam Himstreet and host team Central Oregon Masters will open this new venue near Sweet Home. Foster Lake warms early, a good thing since this will be our earliest swim ever. Swimmers will choose between a 1000-meter swim (ideal for first-timers) and a more typical 2000-meter swim, both to be run simultaneously. The special treat will be the 4 x 400-meter Pursuit Relay. Planned as an opening-day mixer, relay teams will be decided by random draw, handicapped according to performance in the 1000 or 2000-meter swim, and staggered at the start by the handicap. Although Foster Lake is located within two hours drive of most Oregon swimmers, there will be good camping available.

2. Applegate Lake (July 16): After several years of two-day events with varied & colorful formats, Co-Directors Greg Frownfelder & Scott Kohlmeier and host team Rogue Valley Masters are returning to a simple one-day format featuring traditional 1500 & 3000-meter swims in this gorgeous venue. Look forward to hot weather, fine camping and other recreational opportunities, and the ever-bountiful RVM cookout and hospitality.

3. Cascade Lakes Swim Series & Festival at Elk Lake (July 29-31): Meet Director Pam Himstreet has been working hard on the eleventh edition of this event, which will retain a five-swim format and feature the USMS 1-mile Open Water National Championships. The festival will begin late Friday afternoon with a 2-mile swim and a snack buffet; COMA's sister triathlon club, Fresh Air Sports, will also be offering an Aquathon (1-mile swim & 3-mile run) as a swim alternative for you multi-sport folks. Saturday will feature the traditional individual-start 440-yard sprint and the National Championship 1-mile swim. Sunday will open with a 3-mile swim and conclude with the tactically-challenging 880-yard swim. COMA promises a festival atmosphere with fun family-oriented events and the usual groaning hospitality table.

4. Eel Lake (August 13): Meet Director Ralph Mohr has enlisted the help of Gold Coast Aquatics to host the swims at Eel Lake. This one-day event will feature classic 1500 & 3000-meter swims on last year's most interesting course, and a special 500-meter predicted-time swim along a cable. The 1500-meter swim will serve as the Oregon Association Individual and Team Open Water Championships. Rumors are also circulating that dogs are invited again to strut their aquatic stuff! This looks like a full day of aquatic action! If you're looking for a family getaway in August to the Dune area of the Oregon Coast, this is your ticket.

5. Dorena Lake (August 21): We'll start our day at Dorena

Lake with a 1500-meter swim, which will be the Northwest Zone Masters Championships. After the younger swimmers have their turn—host team Emerald Aquatics is also running the Oregon youth open water championships—we'll move to the eye-opening all-equipment-legal 1000-meter and the always amusing kicking-only 500-meter races. This meeting



**The Lakes Are Waiting For You**

will also conclude the annual Oregon Open Water Series with the season awards.

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

As always, we aim for a season of variety. We have a variety of attractive venues—mountain lakes to large reservoirs to coastal lakes. We have a variety of courses—cable to out-and-back to triangular to free-form. We have a variety of formats—individual-start to small group to traditional mass start. We have a variety of novelty events—equipment to kicking to predicted time to a relay. We have a variety of race distances—15 swims from 440-yard to 3-mile. And we have a variety of Championships—the Association 1500-meter, the Northwest Zone 1500-meter, and the National 1-mile. In short, we have an active, challenging, and fun great Oregon open water season planned for you. Please join us! Good luck and good swimming!

# Chehalem SCY - Newberg - March 5-6, 2005

N = Breaks listed National Record

Z = Zone Record

O = Oregon

**Women 30-34**

100 Yard Freestyle				
1 Farnsworth, Megan	34	OREG	1:11.48	
2 Wong, Linda	32	OREG	1:20.56	
500 Yard Freestyle				
1 Wong, Linda	32	OREG	7:50.05	
1000 Yard Freestyle				
1 Wong, Linda	32	OREG	15:56.67	
50 Yard Butterfly				
1 Farnsworth, Megan	34	OREG	36.17	
200 Yard Butterfly				
1 Farnsworth, Megan	34	OREG	3:13.63	

**Women 35-39**

100 Yard Freestyle				
1 Bell, Maureen	39	OREG	1:18.53	
500 Yard Freestyle				
1 Bell, Maureen	39	OREG	7:43.72	
50 Yard Backstroke				
1 Bell, Maureen	39	OREG	40.17	

**Women 40-44**

50 Yard Freestyle				
1 Squires, Lynn	40	OREG	27.36	
2 Foley, Sharon	44	MACO	27.85	
3 Fox, Christina	44	OREG	35.03	
500 Yard Freestyle				
1 Fox, Christina	44	OREG	7:07.67	

## 50 Yard Backstroke

1 Lamoureux, Lori	45	UNAT	43.36	
100 Yard Backstroke				
1 Andrus-Hughes, K	47	OREG	1:06.81	
100 Yard Breaststroke				
1 Lamoureux, Lori	45	UNAT	1:25.99	
200 Yard IM				
1 Andrus-Hughes, K	47	OREG	2:28.85	

**Women 50-54**

50 Yard Freestyle				
1 Budd, Elizabeth	51	OREG	32.20	
100 Yard Freestyle				
1 Buck, Kathleen	54	OREG	1:10.24	
200 Yard Freestyle				
1 Buck, Kathleen	54	OREG	2:31.74	
500 Yard Freestyle				
1 Budd, Elizabeth	51	OREG	6:40.85	
2 Buck, Kathleen	54	OREG	6:49.78	
100 Yard Backstroke				
1 Budd, Elizabeth	51	OREG	1:22.01	
200 Yard Breaststroke				
1 Buck, Kathleen	54	OREG	3:21.70	
50 Yard Butterfly				
1 Budd, Elizabeth	51	OREG	35.43	
100 Yard IM				
1 Budd, Elizabeth	51	OREG	1:18.65	

## 100 Yard Backstroke

1 Ward, Joy	62	OREG	1:22.69	
100 Yard Butterfly				
1 Ward, Joy	62	OREG	1:25.81	
200 Yard Butterfly				
1 Ward, Joy	62	OREG	3:15.35	O

**Women 65-69**

100 Yard Freestyle				
1 Schroder, Kaleo	68	OREG	1:45.96	
50 Yard Backstroke				
1 Schroder, Kaleo	68	OREG	54.76	
100 Yard Backstroke				
1 Schroder, Kaleo	68	OREG	2:05.17	
50 Yard Breaststroke				
1 Schroder, Kaleo	68	OREG	1:05.68	
100 Yard Breaststroke				
1 Schroder, Kaleo	68	OREG	2:20.82	
200 Yard Breaststroke				
1 Schroder, Kaleo	68	OREG	5:00.08	

**Women 80-84**

50 Yard Freestyle				
1 Stangel, Pauline	83	OREG	56.92	
100 Yard Freestyle				
1 Stangel, Pauline	83	OREG	2:10.29	
200 Yard Freestyle				
1 Stangel, Pauline	83	OREG	4:43.51	



## Kathleen Buck and George Thayer off the blocks and racing the 100 Free

100 Yard Backstroke				
1 Fox, Christina	44	OREG	1:19.58	
200 Yard Backstroke				
1 Fox, Christina	44	OREG	2:48.15	
50 Yard Breaststroke				
1 Squires, Lynn	40	OREG	36.80	
2 Foley, Sharon	44	MACO	37.06	
100 Yard Breaststroke				
1 Fox, Christina	44	OREG	1:31.90	
100 Yard Butterfly				
1 Foley, Sharon	44	MACO	1:14.86	
200 Yard IM				
1 Fox, Christina	44	OREG	2:59.78	
<b>Women 45-49</b>				
50 Yard Freestyle				
1 Andrus-Hughes, K	47	OREG	26.49	
100 Yard Freestyle				
1 Lamoureux, Lori	45	UNAT	1:08.48	

200 Yard IM				
1 Budd, Elizabeth	51	OREG	2:49.84	
<b>Women 55-59</b>				
50 Yard Backstroke				
1 Pierson, Ginger	58	MACO	39.72	
200 Yard Backstroke				
1 Pierson, Ginger	58	MACO	3:06.24	
50 Yard Breaststroke				
1 Pierson, Ginger	58	MACO	38.90	
100 Yard Breaststroke				
1 Pierson, Ginger	58	MACO	1:23.98	
200 Yard Breaststroke				
1 Pierson, Ginger	58	MACO	3:07.65	
100 Yard IM				
1 Pierson, Ginger	58	MACO	1:21.46	
<b>Women 60-64</b>				
100 Yard Freestyle				
1 Ward, Joy	62	OREG	1:16.89	

500 Yard Freestyle				
1 Stangel, Pauline	83	OREG	12:45.08	
200 Yard Backstroke				
1 Stevenin, Elfie	83	OREG	6:59.60	
50 Yard Breaststroke				
1 Stangel, Pauline	83	OREG	1:12.62	
100 Yard Breaststroke				
1 Stangel, Pauline	83	OREG	2:34.74	
200 Yard IM				
1 Stevenin, Elfie	83	OREG	8:06.66	
400 Yard IM				
1 Stevenin, Elfie	83	OREG	16:53.51	
<b>Women 90-94</b>				
50 Yard Backstroke				
1 Buel, Hilda	91	OREG	2:14.92	
200 Yard Backstroke				
1 Buel, Hilda	91	OREG	10:28.64	
100 Yard Breaststroke				



1 Buel, Hilda 91 OREG 6:12.80  
 50 Yard Butterfly  
**1 Buel, Hilda 91 OREG 3:27.67 Z**  
 100 Yard IM  
**1 Buel, Hilda 91 OREG 5:36.70 Z**  
**Men 40-44**  
 50 Yard Freestyle  
 1 Squires, Gary 41 OREG 23.73  
 2 Butcher, Gano 41 OREG 25.25  
 3 Turcott, Michael 41 PNA 27.08  
 4 Butson, Jeffrey 41 OREG 1:43.42  
 100 Yard Freestyle  
 1 Mirho, Charles 40 OREG 55.39  
 200 Yard Freestyle  
 1 Turcott, Michael 41 PNA 2:26.99  
 500 Yard Freestyle  
 1 Turcott, Michael 41 PNA 7:13.89  
 1000 Yard Freestyle  
 1 Mirho, Charles 40 OREG 12:08.19  
 50 Yard Backstroke  
 1 Morgan, Anthony 41 UNAT 29.21  
 2 Butson, Jeffrey 41 OREG 1:37.18  
 100 Yard Backstroke  
 1 Butcher, Gano 41 OREG 1:02.70  
 200 Yard Backstroke  
 1 Morgan, Anthony 41 UNAT 2:17.47  
 50 Yard Breaststroke  
 1 Gaarder, Chris 40 OREG 31.60  
 100 Yard Breaststroke  
 1 Gaarder, Chris 40 OREG 1:08.22

**Men 45-49**  
 50 Yard Freestyle  
 1 Schlemmer, Robert 45 PNA 25.68  
 100 Yard Freestyle  
 1 Downing, Greg 45 OREG 1:01.49  
 2 Coffey, John 49 MACO 1:04.32  
 200 Yard Freestyle  
 1 Schlemmer, Robert 45 PNA 2:03.70  
 500 Yard Freestyle  
 1 Ramsey, Ed 48 OREG 5:51.22  
 2 Downing, Greg 45 OREG 6:02.94  
 3 Coffey, John 49 MACO 6:36.80  
 1000 Yard Freestyle  
 1 Coffey, John 49 MACO 13:59.44  
 1650 Yard Freestyle  
 1 Schlemmer, Robert 45 PNA 20:31.15  
 50 Yard Backstroke  
 1 Ramsey, Ed 48 OREG 31.91  
 200 Yard Backstroke  
 1 Ramsey, Ed 48 OREG 2:28.85  
 100 Yard Breaststroke  
 1 Downing, Greg 45 OREG 1:15.76  
 50 Yard Butterfly  
 1 Downing, Greg 45 OREG 29.89  
 100 Yard IM  
 1 Downing, Greg 45 OREG 1:09.87  
**Men 50-54**  
 100 Yard Freestyle  
 1 Wallis, Gary 51 OREG 1:01.81  
 200 Yard Freestyle

50 Yard Backstroke  
**1 Chase, Gary 65 PNA 30.93 Z**  
 2 Thayer, George 69 OREG 38.06  
 100 Yard Backstroke  
**1 Chase, Gary 65 PNA 1:06.01 Z**  
 200 Yard Backstroke  
**1 Chase, Gary 65 PNA 2:30.45 Z**  
 200 Yard Breaststroke  
 1 Chase, Gary 65 PNA 2:50.59  
**Men 70-74**  
 50 Yard Freestyle  
 1 Shaw, KC 70 OREG 37.71  
 100 Yard Freestyle  
 1 Marks, Milton 74 OREG 1:13.77  
 500 Yard Freestyle  
**1 Radcliff, David 70 OREG 6:03.48 Z**  
 1000 Yard Freestyle  
 1 Radcliff, David 70 OREG 12:45.71  
 50 Yard Backstroke  
 1 Shaw, KC 70 OREG 46.32  
 100 Yard Backstroke  
 1 Marks, Milton 74 OREG 1:29.61  
 2 Shaw, KC 70 OREG 1:48.99  
 200 Yard Backstroke  
 1 Shaw, KC 70 OREG 3:56.40  
 50 Yard Breaststroke  
 1 Marks, Milton 74 OREG 39.29  
 100 Yard Breaststroke  
 1 Marks, Milton 74 OREG 1:30.11  
 200 Yard Breaststroke



### Ed Ramsey backstroking and Gary Wallis off the blocks

2 Morgan, Anthony 41 UNAT 1:17.23  
 200 Yard Breaststroke  
 1 Gaarder, Chris 40 OREG 2:41.35  
 50 Yard Butterfly  
 1 Gaarder, Chris 40 OREG 28.10  
 2 Morgan, Anthony 41 UNAT 28.30  
 3 Turcott, Michael 41 PNA 33.35  
 100 Yard Butterfly  
 1 Christensen, Doug 42 OREG 59.09  
 100 Yard IM  
 1 Morgan, Anthony 41 UNAT 1:03.66  
 2 Gaarder, Chris 40 OREG 1:04.53  
 3 Turcott, Michael 41 PNA 1:16.32  
 200 Yard IM  
 1 Christensen, Doug 42 OREG 2:20.11  
 400 Yard IM  
 1 Christensen, Doug 42 OREG 5:03.28  
 2 Anspach, Jeffrey 44 OREG 5:11.02

1 Wallis, Gary 51 OREG 2:19.17  
 50 Yard Backstroke  
 1 Wallis, Gary 51 OREG 36.47  
 100 Yard Breaststroke  
 1 Wallis, Gary 51 OREG 1:16.81  
 200 Yard Breaststroke  
 1 Wallis, Gary 51 OREG 2:48.35  
**Men 55-59**  
 50 Yard Freestyle  
 1 Stout, Jon 58 OREG 26.12  
 50 Yard Backstroke  
 1 Stout, Jon 58 OREG 32.10  
 200 Yard Backstroke  
**1 Stout, Jon 58 OREG 2:37.58 O**  
**Men 65-69**  
 100 Yard Freestyle  
 1 Thayer, George 69 OREG 1:07.77

1 Marks, Milton 74 OREG 3:26.17  
**Men 80-84**  
 100 Yard Freestyle  
 1 Bushey, Charles 83 OREG 1:59.82  
 500 Yard Freestyle  
 1 Bushey, Charles 83 OREG 11:38.55  
 1000 Yard Freestyle  
 1 Young, Gilbert 82 OREG 18:16.64  
 2 Bushey, Charles 83 OREG 23:31.73  
 50 Yard Backstroke  
 1 Bushey, Charles 83 OREG 1:07.49  
**Relays**  
**Women 25+ 200 Yard Free Relay**  
 1 OREG 2:34.36  
 1) Buck, K. 54 2) Farnsworth, M. 34  
 3) Bell, M. 39 4) Schroder, K. 68

# Hood River "Spring has Sprung" Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #375-05

Eligibility: Currently registered USMS swimmers, 18 years and older.

Unregistered swimmers must submit a 2005 registration form and fee with this form.

Hosted by: Columbia Gorge Masters &  
Hood River Valley Swim Team

Hood River Aquatic Center  
1601 May Street  
Hood River, Oregon

6-9 lanes competition-electronic button timing

1-4 lane continuous warm-up/down area & therapy pool

DATE: Saturday, April 30, 2005

**WARM-UPS: 1PM • MEET STARTS: 2PM**

Meet director: Linda Robertson • Phone: 509-395-2053 • e-mail deanlr@gorge.net

Directions to the pool: Eastbound: Take I-84 to Exit#62 (first Hood River Exit), turn right onto Cascade and go toward town for 1.2 miles to the first stoplight. Turn right on 13th, go up the hill and turn right on May St (just past the hospital on the left). Pool will be on your left just past the park. Westbound: Take I-84 to Exit #63 (second Hood River Exit), turn left and go into town. Go through the blinking red light and go one block to State Street. Turn right and go .6 mile to 13th Street. Turn left, proceed up the hill and turn right on May Street (just past hospital). Pool will be on your left just past the park.

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

HOST (HOUSE OUR SWIMMERS TONIGHT): CONTACT SANDI ROUSSEAU 541-354-2580 OR E-MAIL SWIM@GORGE.NET

**ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY APRIL 15, 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 MASTERS MEET? \_\_\_\_\_ Yes \_\_\_\_\_ No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). THE 500 FREESTYLE & 400 IM WILL BE DECK SEEDED. *CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM.* ALL EVENTS WILL BE SEEDER SLOW TO FAST.

## Saturday, April 30, 2005

**400 IM** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BACK** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FLY** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

### **MIXED FREE RELAYS (5-7)**

**100 IM** (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BACK** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FREE** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BREAST** (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

### **MEDLEY RELAYS (12-15)**

**200 IM** (16) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FLY** (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BREAST** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FREE** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

### **FREE RELAYS (20-25)**

**50 BREAST** (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FLY** (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BACK** (28) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

### **MIXED MEDLEY RELAYS (29-32)**

\*\*\*break\*\*\*

**500 FREE** (33) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competition), including possible permanent disability or death, and agree to assume all of 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: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072**



# TUALATIN HILLS "SIZZLING SUMMER" LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #375-07

Eligibility: Currently registered USMS swimmers, 18 years and older.

Place: Tualatin Hills Aquatic Center Pool

15707 SW Walker Rd.

Beaverton, Oregon

50 meters - 8-9 lanes competition-electronic timing

Continuous warm-up/down in 1-2 lanes

DATE: Saturday, June 4, 2005

See below  
how you can swim the 5K  
after the meet!

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

Meet director: Rachel Skoss • 503-644-2622 • skossr@yahoo.com.au

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

Submit a 2005 registration card or 2005 registration form and fee with this form.

**ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY MAY 20, 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 MASTERS MEET? ☐ YES ☐ NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC. 31ST, 2005. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. 200, 400 AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400 IM AND 800 FREESTYLE WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS ARE TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

## Saturday, June 4, 2005

**800 FREE** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**200 FREE** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BREAST** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\* BREAK \***

## **MIXED MEDLEY RELAYS (5-6)**

**100 BACK** (7) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BREAST** (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 IM** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\* BREAK \***

## **FREE RELAYS (11-16)**

**100 BREAST** (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BACK** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FLY** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

## **MEDLEY RELAYS (20-23)**

**100 FREE** (24) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FLY** (25) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BACK** (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

## **MIXED FREE RELAYS (27-29)**

**400 IM** (30) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

Stay after the meet and swim the 5K Postal Swim!! The pool will be open for all to swim the 5K. Space is limited to the first 20 people to sign up at the meet. Fee is \$5 if you are swimming in the meet and \$10 if you are not and will be collected at the meet (please do not add it to your meet entry - pay at the pool on June 4, 2005). Bring your own person to count your swim.

"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.  
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072



# Local Team Registration

This form must be postmarked by the entry deadlines of the 2005 OMS Association Championship and the 2005 OMS Open Water Championships, in order for a team to compete as a "local team" at those events.

**TEAM NAME** \_\_\_\_\_ **ABBREVIATION** \_\_\_\_\_

## TEAM REPRESENTATIVE INFORMATION (must be an OMS member)

**Rep. Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone 1** \_\_\_\_\_ **Phone 2** \_\_\_\_\_

**Email** \_\_\_\_\_

## TEAM INFORMATION

**Number of swimmers on team** \_\_\_\_\_

**Workout Schedule** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## COACH INFORMATION

**Coach Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone 1** \_\_\_\_\_ **Phone 2** \_\_\_\_\_

**Email** \_\_\_\_\_

## POOL INFORMATION

**Pool Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Mail to:** Tia Sitton, Membership Chair, 42455 N River Dr. Sweet Home, OR 97386  
email - [tsitton@samhealth.org](mailto:tsitton@samhealth.org)





# 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) \_\_\_\_\_

**REGISTERED FOR 2005**

Albany Aquatics  
Amphibians  
Central Oregon Masters  
Circumnavigating Beavers  
Columbia Gorge Masters  
Corvallis Aquatic Masters  
Emerald Aquatics  
Fast  
Fishsticks  
Grass Valley Masters

AAA Mountain Park Masters  
AMP Mt. Hood Masters  
COMA Multnomah Athletic Club  
CBAT Nike Masters  
CGM North Clackamas Masters  
CAT Oregon Wetmasters  
EA Pendleton Masters  
FAST Rogue Valley Masters  
FISH Salem YMCA Masters  
GVAM Southern Oregon Masters  
Tualatin Hills Barracudas

**NOT REGISTERED FOR 2005**

Albany Masters  
Columbia-Willamette YMCA  
Downtown Athletic Club  
Eugene Nomads  
Fishstick Masters  
Lincoln City Masters  
Mittleman Jewish C.C.  
Parkrose Masters Swim Team  
Portland Aquatic Club  
Portland Upstream  
Salem Courthouse Crew  
Steelheads  
Umpqua Valley Masters  
Yawama Masters Swim Club

ALB  
CWY  
DAC  
EN  
FISH  
LCM  
MJCC  
PMST  
PAC  
PUPS  
SCC  
STHD  
UVM  
YSC

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

(Fee breakdown: USMS = \$20.00, (Includes \$8.00 for USMS Swimmer Magazine), OMS = \$18.00)

**\$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

# 2005 Meet SCHEDULE

Date	Event	Location	Contact
<b>Pool Meets</b>			
Mar. 5-6	SCY	Newberg, OR	Carlea Ladrini cladrini@yahoo.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 hrvt_coach@hotmail.com
June 4	LCM	Beaverton, OR	Rachel Skoss skossr@yahoo.com.au
July 9-10	LCM - St. Games	Mt. Hood C.C.	Colette Crabbe colettecrabbe@hotmail.com
Sept. 11 Patriot Games	SCM Pentathlon + Relay	Camas, WA	Bert Petersen petersen@exchangenet.net
Oct. 29	Freestyle Pentathlon + Relays	Bend, OR	Mary Sweat msweat@bendcable.com
<b>Open Water</b>			
June 12	750M, 2 K & 4 K	Hagg Laake	On line registration at www.geckotriclub.com
June 25	1000 & 2000 4 x 400 Pursuit Rely	Foster Lake	Bob Bruce bobb Bruce13@attglobal.net
July 16	3000 & 1500	Applegate Lake	Greg Frownfelter Scott Kohimeier gregf@jobcouncil.org scottk1712@yahoo.com
July 29-31	Fri - 2 mile, Sat - 1/4 & 1 mile Sun - 3 & 1/2 mile	Elk Lake Cascade Lakes Festival	Pam Himstreet Mary Sweat himstreet@bendcable.com msweat@bendcable.com
Aug. 13	3000, 1500, 500	Eel Lake	Ralph Mohr magister@coosnet.com
Aug. 21	1mile, 1000 Equipment 500 Kick	Dorena Lake	Steve Johnson stevej@nsdssurvey.org
<b>National Championships</b>			
May 19-22	SCY Nationals	Ft. Lauderdale, FL	www.usms.org
July 30	1 Mile Open Water	Elk Lake, Oregon	Bob Bruce bobb Bruce13@attglobal.net
Aug. 10-14	LCM Nationals	Mission Viejo, CA	www.usms.org
<b>Postal Championships 2005</b>			
May 15-Sept. 30	5K/10K Postal Championship		Christine Swanson ctswanson@yahoo.com
Sept. 1-Oct. 31	3000/6000 Postal Championship		Riley Stevens rileyrst@aol.com
<b>International Championships</b>			
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

All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details  
Apr. 1 5:00 PM (approx.) Canby / Association Meet / General Membership Mtg.

Apr. 27	7 PM	NIKE
June 1	7 PM	NIKE
July 10	10:00 AM	MHCC (State Games)
Aug. 24	7 PM	NIKE
Sept. 28	7 PM	NIKE

**Aqua Master**  
April 2005

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

**Nonprofit  
Organization**  
U.S. Postage  
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Portland, Oregon  
Permit No. 1292

**Inside: Results - Newberg Meet and Entry Blanks**