



Aqua Master

USMS 2004 Newsletter of the Year

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"Swimming for Life"

Open Water Begins at Foster Lake



Long Distance Chair, Bob Bruce, gives safety and course instructions before the start of the first Open Water Swim of the 2005 season. Jen Alden won the 1000 and Tim Nelson won the 2000. Full Results begin on page 7

Inside For You

Chair's Corner	2
Training While Traveling	3
Get Fit	4
Long Distance	5
Results -Hagg Lake	6-7
Foster Lake	7-8
Entry Blanks	
Elk Lake	9-10
Eel Lake	11-12
Dorena Lake	13-14
Patriot Games	15
Schedule	Back Cover

Keep Your Swimming Fun



Do not wait until you win or move up a lane in practice before you start having fun. Champions go fast because they are having fun! When you enjoy yourself you'll be physically looser and will swim much faster. Make your practices and meets fun! If you're too serious and turn your swimming into all work and no fun you will definitely run into performance difficulties and be a candidate for burnout. Remember, fun and speed go together. If you find yourself dreading your practices, meets and open water swims something's wrong. (More of these ideas from "A Swimmer's Guide to Mental Toughness" on page 14)

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Chair's Corner by Jody Welborn

Hi everyone:

One of the fun things about being chair of Oregon Masters swimming is writing this column. I get to talk about swimming topics to like minded individuals and I don't get to see the eye-rolling I get from my family when I talk too long. And I have an opportunity to write about people who make Masters swimming special..

There is a group of people who are very high on my list who don't get a lot of recognition. They are truly the linchpin of our organization. They are always there, in some form, when we are in the water, whether it is lap swimming during a stolen hour before work, or during our enthusiastic group workouts. They are there at the end of the lane saying, "good set, guys!" or in our email box with the practice sets to do while you are on vacation in Bend. They talk about stroke mechanics, race pacing, your efforts at cheating during kick sets. They notice the times you raced at your last meet and recognize the best efforts during workout. Even better, they are there to tell you to stop doing handstands in the water and to pay attention to the instructions for the next set.

Who are these special people? They are the coaches.

Surveys have shown that the most important thing to growing Masters swimming is increasing the number of coached practices. And if you think about your coach, whether he is one of the gals in the lap lane at 5 am, or the head coach of an established group, an assistant coach for the age group team who is helping out, or even your Mom, not only is he standing there with the workout and advice at the ready, he is a good role model for the day. He is positive and encouraging and he cares about something you care about: your swimming. I will go to my coach and tell him one of my impossible swimming goals and he looks at me and says, "No problem!" And you know, I start to believe.

Most importantly, the coach and the coached workout is the nidus for swimmers to get together at a regular time to swim. To me it is like having a very well-behaved party (with no clean-up) at every practice. People are working hard, laughing, and encouraging each other. And we are working toward the same goal: improving our swimming.

I want to thank my coaches, past and current, for being who they are (awesome) and to helping me be a better swimmer. Because of them I have my health and my friends.

Give your coach a thank you soon!

Remember,

**swimming is for life
and life matters.**



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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Training on the Road While Traveling



What are your secrets for training while on the road traveling, either for Business or pleasure? For fun, in the picture on the left, we are showing a rather unique technique used by one swimmer when he travels. Seriously, please send your ideas to the Aqua Master Editor and we will share them. Dave Radcliff's phone number and email address are on page 2.

To start this discussion I will toss in a couple of my ideas. Nancy and I will be driving to Edmondton for the World Masters Games this Summer. I have checked on the Internet and have the locations of several community pools in Canada. I plan to stop and do a few laps on the way. Also we will be camping at Lake Campgrounds which have swimming beaches. I have both my pool events and open water swim covered. I think I will be ready to go when we get to Edmonton.

Some Tips for Training on the Road while Traveling

from

Karen Andrus-Hughes

#1 Have workouts prepared ahead of time -- print out and put in ziplock bag.

#2 Don't be an all or nothing swimmer on the road. If you can only get in 500-1000 yards, go for it! -- makes sitting in an all-day meeting more bearable.

#3 IM sets in a 15 yard pool can be really fun!

(Thanks Karen, now let's hear from some more of you swimmers)



"IM sets in a 15 yard pool can be really fun!"

	<p>Top Ten</p> <p>FINA</p> <p>WORLD</p>	<p>Mary Sweat</p> <p>Top Ten</p> <p>Chair</p>	
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A big apology to Steve Johnson who was left off the listing last month. Steve, those were a couple of outstanding swims. OMS is proud of you.

Men 55-59

6th	LCM 400 Free	Steve Johnson	4:58.96
5th	LCM 800 Free	Steve Johnson	10:19.68



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WITH JANI AND SARA



This health and fitness article is devoted to thought. Below are some selected quotes specific to the Master's athlete.

"Training is principally an act of faith. The athlete must believe in its efficacy; he must believe that through training he will become fitter and stronger; that by constant repetition of the same movements he will become more skillful and his muscles more relaxed... He must be a fanatic for hard work and enthusiastic enough to enjoy it." Franz Stampfl from On Running, 1955

"Don't worry about upgrading your equipment. Upgrade your body." - Anonymous cyclist

"You never fail, you simply produce results. Learn from these." Anonymous

"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with the success unexpected in common hours." Henry David Thoreau

"Here I stand on a hill in my mountain of dreams, telling myself, its not as hard, hard, hard as it seems." Led Zeppelin

"It's a dream until you write it down, and then its a goal." Anonymous

"You are all champions in your own way. That doesn't mean you have to be number 1 or be the best. Just do your best. If you aren't first, then make



"DO or DO NOT. There is no 'Try'" Yoda (The Empire Strikes Back)

those people ahead of you break records by pushing them with your personal best.

Consider for a moment what we achieve from athletics - the sheer fun of competing - the building of a healthy and alert mind and body - stamina, courage, perseverance, dedication, commitment, selflessness and most importantly, the will to excel."

unknown

"All men are created equal, some are just faster than others." Darren Franklin, amateur mountain biker

"The more I talk to athletes, the more convinced I become that the method of training is relatively unimportant. There are many

ways to the top, and the training method you choose is just the one that suits you best. No, the important thing is

the attitude of the athlete, the desire to get to the top." Herb Elliot (1964)

"Challenges make you discover things about yourself, make you go beyond the norm." Anonymous

"I'm a great believer in luck, and I find the harder I work, the more I have of it." Thomas Jefferson

"If you think you can, you can. If you think you can't, you're right."

Anonymous

"The fountain of youth is movement."

Mitch Thrower

"Your best weapon is preparation." Anonymous



"Vision without action is a dream. Action without vision is aimless. Vision with action will achieve." Anonymous



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

This is another installment in a series of short articles, stretching back more than three years, that I have written about technical skills in open water swimming. To summarize, I have previously written *Preparing for Open Water Swimming in Pools* (Swim, May 2002), *Navigation* (Aqua Master, July 2003), *Surviving Mass Starts* (AM, July 2004), and *Drafting* (AM, July 2005). This article is a short and simple one featuring finishing.

I advocate tackling most open water races in three stages:

1. **Position.** Your goal at the beginning of the swim is to position yourself appropriately in the race field through the first several hundred meters, avoiding excessive body contact, finding suitable drafting opportunities and settling into your pace.
2. **Pace.** In the middle portion of the swim, your goal is to manage your output at your best aerobic level (the “cash model” of energy distribution—“pay as you go”). Most races are won or lost here.
3. **Race.** In the last several hundred meters of the swim, your goal is to shift your energy output model to the anaerobic level (the “credit card model”—“go now pay later”), for the fastest possible finish. It’s your last chance to improve your race place.

Here are some thoughts about racing through finishes in open water swims:

1. **Accelerate into the finish.** Pick up your stroke tempo and kicking gradually starting a few hundred meters from the finish line, and gradually continue as you approach. Avoid the all-too-common mistake of saving all of your speed for the last 25 meters—races have usually been decided by then.
2. **Set up your line.** As you approach the finish, select the straightest line and stick to it, possibly requiring you to sight more frequently. Position yourself so that other swimmers are not blocking your line.

3. **Surf if possible.** Although this is not possible in our Oregon Lakes, surfing is a major finishing tactic when returning to shore through ocean breakers. Put on a burst of speed timed with the breaking wave and body surf past those who missed the curl. This is dramatic and gives you post-race bragging rights.

4. **Use the bottom appropriately.**

- If you have lots of power left, consider dolphining if you have a long shallow run-up to the beach. Dolphining is a surf beach staple in which the swimmer dives towards the bottom, pushes vigorously up and forward with a butterfly arm stroke, and continues for several cycles. It can be very fast, but takes much energy.
- Swim as far as you can before standing up. This is closer to shore and much shallower than you think! Avoid standing up in water deeper than your knees because water resistance makes it very challenging to run from there, and others who remain swimming will cruise past you as you wade to shore.

5. **Run through the finish line.** Your race is not over until you cross the finish line. Everyone is watching here, so look good and knock a few seconds off your overall time by dashing across the line.

In triathlons, since swimming is only the lead-off activity, successful triathlon swimming suggests a completely different racing model—pace, pace, pace. Maintain even energy output and pace as you approach T1 (the transition from swim to bike in triathlon lingo) and focus on making a smooth exchange. Parenthetically, we swimmers are often puzzled by the obvious failure of triathletes to understand the true nature and possibilities of T1—after a good swim triathletes invariably head for their bikes and the prospect of even more physical exertion, whereas swimmers knowingly and wisely head for their coolers.

Good luck and good swimming!



left - Jen Alden finishes the 1000 in First Place (in background Tim Nelson and Doug Asbury begin 2nd leg of 2000). right - Doug (2nd) and Tim (1st) finish the 2000 at Foster Lake.

Hagg Lake Open Water Swim - June 12

OMS Swimmers are highlighted in bold print

800 Meters

Women

Place	Name		Age	Time
1	Smith	Angie	32	0:12:00
2	Clevering	Karen		0:13:07
3	Young	Joni	43	0:13:09
4	Snyder	Stephanie	35	0:13:17
5	McEntarffer	Anita	28	0:14:06
6	Fairchild	Pam		0:14:11
7	Kwan	Cami	12	0:14:23
8	Simmons	Mindy	29	0:15:05
9	Robinette	Kim	39	0:15:20
10	Cole	Amber		0:16:44
11	Suvada	Donna		0:16:49
12	Gaar	Elizabeth	46	0:18:08
13	Peterson	Melanie	27	0:18:37
14	Reynolds	Marcia	37	0:18:49
15	Orlaineta	Nikki	27	0:19:03

Men

1	Mitchem	Frank		0:10:40
2	Bettencourt	Christopher	15	0:13:27
3	Redwine	Joel		0:14:27
4	Ferro	Toni	34	0:15:39
5	Kimble	Eric	36	0:17:30
6	Wildman	Tim	26	0:19:31
7	Myers	Michael		0:21:01
8	Sims	Jim		0:23:14

2000 meters

Women

1	Efraimson	Chantel	32	0:31:36
2	Jenkins	Erin		0:31:38
3	Engelstad	Jennifer	37	0:31:54
4	Shumate	Priscilla	30	0:34:21
5	Rowan	Alayne		0:38:04
6	Young	Susan		0:38:06
7	Mills	Michelle	33	0:38:09
8	Hughes	Kristina	34	0:38:11
9	Webber	Merideth	40	0:38:14
10	Smaldone	Patty		0:38:52
11	Dyehouse	Cheryl		0:38:55
12	Boyle	Mary	26	0:40:06
13	Fitzpatrick	Jana	47	0:40:25
14	Burkett	Emily		0:40:26
15	Drew	Lori		0:40:42
16	Jensen	Jeffrey		0:41:18
17	Finnerty	Maggie	34	0:41:24
18	Byerley	Amy	24	0:41:45
19	Hughes	Kim		0:43:00
20	Toole	Peggy	52	0:43:18
21	Dejong	Sheri	31	0:43:53
22	Lizi	Aguilar-nelson	36	0:43:58
23	Carney	Shannon	26	0:44:18
24	Smith	Angela	33	0:44:46
25	Reese	Halle	31	0:46:11
26	Pompilio	Jenny	34	0:48:26
27	Davis	Patricia		0:50:07
28	Larsell	Libby	48	0:52:20
29	Ridge	Susan	34	0:52:35
30	Forster	Karen		0:54:47

Men

1	Fox	Joshua	20	0:26:54
2	Skoglund	Paul		0:27:11
3	Whitlow	Scott	35	0:27:22
4	Higley	Rob	39	0:29:36
5	Ollila	Donald	29	0:29:44



Rob Higley of COMA was first Master Swimmer @ Hagg

6	Radcliff	Dave	71	0:30:03
7	Nyhus	Gregory	39	0:31:01
8	Lanz	Joel		0:32:37
9	Kelley	James	30	0:33:10
10	Cole	Mason	36	0:33:15
11	Rose	Kirk		0:33:22
12	Yensen	Kermit		0:33:30
13	Schwetz	James	54	0:33:35
14	Teisher	Jim	55	0:33:40
15	Toole	Christopher	54	0:34:09
16	Bero	Jonathan	34	0:34:28
17	Brauser	Jason	36	0:35:12
18	Gordon	John		0:37:19
19	Johnstone	Parker	47	0:37:29
20	Bryson	Sean		0:37:43
21	Whopper	Kyle		0:37:56
22	Lyons	Alan	60	0:38:23
23	Stathis	Tod	42	0:38:25
24	Brauti	Dave		0:39:01
25	Cordier	Tom	42	0:39:20
26	Walker	Clint		0:39:30
27	Young	Brian		0:43:03
28	Straight	Jim		0:43:35
29	Joerger	Robert		0:44:28
30	Kimble	Mark	38	0:44:37
31	Oldenburg	Bruce		0:44:40
32	Hastings	Mark	105	0:44:47
33	Brewer	Paul		0:44:57
34	Inskeep	Stacey	43	0:45:59
35	Lowe	David	105	0:46:19
36	Welch	Kevin	39	0:46:54
37	Kruis	Scott		0:47:01
38	Bomber	Ed		0:47:30
39	Hooper	Paul	30	0:48:40
40	Crahen	Mike	48	0:49:29
41	Villavicencio	Jorge		0:50:03
42	Foland	John		0:51:15

4000 Meters

Women

1	Horst	Nicole		1:03:34
2	Smith	Angie	32	1:03:59
3	Fisher	Sybil		1:04:04
4	Hyde	Alison	22	1:06:39
5	Young	Joni	43	1:08:00
6	Engelstad	Jennifer	37	1:08:28
7	Clevering	Karen		1:12:09
8	Casey	Anna	28	1:14:00
9	Orscheln	Nell	25	1:15:13
10	Raach	Bridget	41	1:16:05
11	Uesugi	Sandra	31	1:16:36
12	Larrain	Barbara		1:18:07
13	Fahy	Staci		1:18:43
14	Hughes	Kristina	34	1:20:08
15	Lambourn	Debra		1:20:53
16	Lynett	Melissa	28	1:21:18
17	Coomes	Kristen	42	1:22:06
18	Banks	Cheryl		1:24:41
19	Orlaineta	Nikki	27	1:26:01
20	Aalberg	Kristy		1:27:09
21	O'Halloran	Mary Lou		1:27:55
22	Danek	Lizbeth		1:28:04
23	Schroeder	Stacey	37	1:28:30
24	Hendren	Terres	31	1:30:58
25	Drews	Chelsie	27	1:33:16
26	Scott	Linda	37	1:33:19

Men

1	Mitchem	Frank		0:56:30
2	Whitlow	Scott	35	0:58:16
3	Perry	Mike	38	1:00:26

4	Higley	Rob	39	1:01:21
5	Williams	Rob		1:02:12
6	Winestorfer	Tim		1:04:08
7	Chandler	Peter		1:05:58
8	Cadwell	Joel		1:06:10
9	Haun	Mark	42	1:06:28
10	Nishimura	Takeo	32	1:08:04
11	Wilson	Jared	31	1:09:45
12	Teisher	Jim	55	1:11:52
13	Drews	Bo	27	1:14:15
14	Davidson	Casey		1:15:12
15	Aalberg	Cliff		1:15:58
16	Levison	Eric		1:16:01
17	Prause	David	34	1:16:10
18	Schnabel	Joel		1:17:43
19	Sunderland	Brian		1:17:56
20	Fallon	Bill		1:19:10
21	Severson	Troy	39	1:19:25
22	McGowan	Frank	30	1:19:53
23	Lear	Mark	38	1:20:48
24	Groves	Bill		1:21:12
25	Johnson	Jay		1:21:25
26	Cox	John	41	1:23:13
27	Ferro	Toni	34	1:24:20
28	Lamb	Ted		1:26:06
29	Skelte	Mark		1:27:59
30	Livermore	Steven	41	1:28:54
31	Hinman	Rick		1:31:01
32	Schultz	Howard		1:32:26
33	Malpass	J.R.	60	1:33:08
34	Scott	Jack	40	1:35:10
35	Stewart	Paul	105	1:50:40

Foster Lake Open Water Swim - June 25



First OMS Open Water Swim - They're off

1000-meter Results

Pl	Name	Age	Team	Time	Ov'all
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Women

18-24					
1	McClenahan, Danielle	23	OR-coma	17:37	3

25-29

1	Alden, Jennifer	26	OR-thb	14:46	1
2	Tyler, Rachel	26	OR-snm	19:24	6

30-34

1	Gabbard, Erika	30	OR-coma	22:32	9
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35-39

1	Lewis, Robin	38	OR-coma	20:59	8
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40-44

1	Allen, Karen	41	OR-coma	17:45	4
2	Shanks, Lynn	40	OR	19:40	7
3	Sitton, Tia	42	OR	22:57	10

4	Heine, Gail	43	OR	31:46	12	40-44				
60-64						1	Flanagan, Steve	43	OR-cat	38:48 12
1	Whiter, Peg	61	OR-coma	26:47	11	45-49				
Men						1	Asbury, Doug	45	OR-coma	28:59 2
35-39						2	Dow, Keith	49	OR-ncms	34:35 8
1	Mirho, Charles	41	OR-thb	17:03	2	55-59				
45-49						1	Johnson, Steve	57	OR-ea	29:50 3
1	Audas, Lachlan	48	Unatt	18:48	5	2	Teisher, Jim	55	OR-thb	35:08 9
1000-meter Results (Wetsuit)						3	Carew, Mike	55	OR-coma	39:07 14
Women						60-64				
50-54						1	Landis, Tom	63	OR-coma	32:09 6
1	Roberts, Calli	50	OR-coma	22:46	2	65-69				
Men						1	Lake, Brent	67	OR-coma	40:27 16
35-39						2000-meter Results (Wetsuit)				
1	Lunney, Tim	39	Unatt	16:32	1	Women				
2000-meter Results						25-29				
Women						1	Barnholdt, Erin	28	OR-coma	41:36 5
25-29						35-39				
1	Pryor, Evelyn	28	OR-saly	42:47	18	1	Smidt, Cyndi	35	OR-coma	37:24 3
35-39						40-44				
1	Schultz, Steph	38	OR-coma	33:52	7	1	Daniels, Karen	40	OR-coma	36:32 2
45-49						55-59				
1	Sweat, Mary	47	OR-coma	29:53	4	1	Sutherland, Jani	56	OR-coma	42:56 6
2	Zigler, Pam	45	OR-coma	40:15	15	65-69				
50-54						1	Hodge, Peggie	65	OR-coma	51:01 7
1	Budd, Elizabeth	51	OR-cat	36:22	10	Men				
2	Holmberg, Madeleine	52	OR-coma	37:51	11	40-44				
3	Thomas, Anne	54	OR-coma	40:39	17	1	Sloop, Steve	40	OR-coma	38:36 4
60-64						70-74				
1	Himstreet, Pam	61	OR-coma	47:17	19	1	Radcliff, Dave	71	OR-thb	32:16 1
Men						4 x 400 Pursuit Relay Results				
30-34						1	Beauty & the Beasts			0
1	Nishimura, Takeo	32	OR-dac	38:55	13	2	Two Plus Two			+12
35-39						3	Sea Monkeys			+51
1	Nelson, Tim	39	OR-coma	28:35	1	4	Drifters			+1:21
2	Higley, Rob	39	OR-coma	29:56	5	5	Will Race For Beer			+1:44
						6	Cold Water Huskies			+1:47



The 4 x 400 Pursuit Relay was a new, exciting and fun event at the Foster Lake Swim. Anchor leg swimmers are pictured on the left as they await the change over. The winning relay, Beauty (Steph Schultz) and the Beasts (Brent Lake, Rob Higley and Dave Radcliff) is pictured on the right.



CASCADE LAKES SWIM SERIES & FESTIVAL

Featuring the USMS One-Mile Open Water Championship

July 29, 30 and 31st 2005 °, Ω, 1, 2, and 3-Mile swims at Elk Lake

Hosted by Central Oregon Masters Aquatics and Bend Metro Park and Recreation District
Sanctioned by Oregon Masters Swimming Inc. for USMS #375-OW3, USA Sanction 5-022.
Operating under Special Permit from the U.S. Forest Service

RACES: The USMS National Championship is a *One Mile* swim held on Saturday, July 30. The Championship race will follow a triangular course. The Cascade Lakes Swim Series features five open water swims over three days! Participants may enter any or all of the five swims. Friday's swim is a *Two Mile* swim in an out-and-back course. Saturday's swims begins with a *Quarter Mile* swim in a *time-trial* style with swimmers starting individually at intervals and following a straight out and back course marked by a continuous floating line. The *USMS One Mile* will be the second swim on Saturday. The first swim on Sunday, the *Three Mile*, will consist of three loops of a triangular course. The final event, the *Half Mile*, will follow a short irregular course, skirting the shoreline.

SERIES: The Cascade Lakes Swim Series includes a *Short Series* (three swims: °, Ω, and 1-mile) and a *Long Series* (three swims: 1, 2, and 3-miles). A swimmer may enter only one series and must complete all the designated series swims to be eligible for Series awards. Swimmers who complete all FIVE swims will be eligible for special Survivor awards. **FESTIVAL:** Elk Lake is a great place to bring your family for an outdoors extravaganza. Fun events for the whole family are being planned for Saturday.

LOCATION: All swims take place at Elk Lake, a beautiful, clear mountain lake nestled in the sunny Central Oregon Cascades 32 miles from Bend. Water temperature can vary from 66-72 degrees Fahrenheit and will be posted at registration.

ELIGIBILITY: This event is open to all USMS registered swimmers 18 years or older as of July 29, 2005. USA Swimming registered swimmers 13 years or older may enter the 1, 2 and 3-mile swims. USA swimmers 10 years and older may enter the ° and Ω mile swims. A photocopy of your 2005 USMS or USA Swimming registration card or foreign equivalent must accompany your entry. Single event USMS registration, covering all races, is available for adults 18 and over for \$15 but gives no eligibility for National Records, All-American, or USMS special awards in the One Mile race. A parent or guardian must sign the liability waiver for all swimmers under 18.

ENTRY FEES: One Race is \$30. Add just \$5 for each additional race, up to four (the fifth race is free). Entry fee includes a Ball Cap or Visor, swim cap, and the post race lunch. Entries must be **postmarked by July 18th** or pay an additional \$10 late fee. A donation of \$4 per person for Saturday and Sunday is necessary for spectator lunches (please pay with your entry).

RULES: Current USMS rules will govern this event. The use of neoprene wetsuits or other nonporous attire is allowed in all three swims but wetsuit swimmers will not place in the USMS Championship swim or be eligible for USMS awards and recognition. The five swim series will use a scoring system that deducts points from the swimmer's place in each swim where a wetsuit is worn. USA swimmers may participate in all five swims. A parent or guardian must sign the liability waiver for all swimmers under 18. **This event does not allow dogs at the lake but they may be in the campground on a leash.**

SAFETY: Lifeguards and safety boats will monitor the entire course. Swimmers must wear a brightly colored swim cap and have a race number on their arms. Medical personnel will be at the site.

SEEDING: The 1, 2, and 3-mile swims will use a mass start. Wetsuit swimmers will start later in a separate heat in these events. The ° and Ω mile swims will be seeded fastest-to-slowest based on the swimmer's estimated 500 yard time. Day-of-Race entries or those not submitting a seed time will not be seeded in advance and will swim last. *No changes allowed in 500 seeding times at the race.*

SCHEDULE:

Friday, July 29, 2005

4:30-6:30 pm Registration/Check-In for 2-mile
6:00 pm Start of 2-mile race

Saturday, July 30, 2005

8:00-9:00 am Registration/Check-In for °-mile and 1-mile
9:30-10:30 am Start of °-mile race & Interval Starts
10:30-11:30 am Check-in for the 1-mile
12:00 noon Start of the 1-mile race

Sunday, July 31, 2005

7:30 am-8:30 am Check-In for 3-mile and Ω-mile
9:00 am Start of the 3-mile race
10:30-11:30 am Check-In for Ω-mile
12:00 noon Start of Ω-mile race & Interval Starts

Pre-race instructions will be given 15 minutes before the start time of each swim. A picnic lunch and awards ceremony will follow the finish of races each day. Festival activities will occur on Saturday after the swims.

AWARDS: Age groups are 18-24, 25-29, 30-34, and so on in five-year increments as high as necessary for both men and women. USMS National Championship medals will be awarded to the top 8 places in each age group and USMS Long Distance Championship patches will be awarded to the first place age group finishers in the 1 mile Race. Ribbons will go to the top three finishers in each age group in each race in both wetsuit and non-wetsuit categories. For the series awards, points will be based on the age group finish order in each race, with deductions for wearing wetsuits. Handmade ceramic coasters will be awarded to the top 3 finishers in each age group. There will be a plate awarded the top male and female in each series. **SOUVENIRS:** Each participant will receive a distinctive event hat or visor. Indicate your preference on the entry form.

DIRECTIONS/PARKING: Elk Lake is located on the Cascade Lakes Scenic Byway. From Highway 97 in Bend, follow the signs to Mt Bachelor Ski Area/Cascade Lakes. Continue approximately 10 miles past Mt Bachelor Ski Area. The start/finish area for all swims is located at the Beach Picnic Area, the last Elk Lake exit, if coming from Bend. Signs will be posted for parking and all important sites. Parking will be limited to two large pullouts off Cascades Lakes Highway or Little Fawn Group Campground. There will be no parking at the race site until after all event activities have concluded. A shuttle bus will run Saturday and Sunday between the campground and the race site during registration and after races are completed. **A NW Forest Pass is required if you park anywhere other than along the highway pullouts or at the campground.**

CAMPING/LODGING: Swimmers and spectators may camp on the lake at Little Fawn Group Campground, reserved for the swim. Tents or small and medium sized motor homes only. Camping fee is \$4 per adult per day. Include fee with your entry form for Friday and Saturday night camping to secure a spot. If you wish other days, purchase them at the lake from the Camp Host. For cabins at the lake, go to www.elklakesort.com. The Bend and Sunriver area offer numerous lodging choices at various price levels.

ADDITIONAL EVENT: Fresh Air Sports will be hosting an Aquathlon (swim-trail run) on Friday Eve. The swim in this event may count for the five swim Survivor Award in lieu of the 2 mile swim above. For information about this event, go to www.freshairsports.com

EVENT ADMINISTRATORS:

Pam Himstreet, himstreet@bendcable.com Phone: 541-385-7770 and Mary Sweat, marysweat@email.com Phone: 541-504-5338



Entry Form

USMS One-Mile Open Water Championship
Cascade Lakes Swim Series and Festival
Elk Lake near Bend, Oregon
5 Races (1/4, 1/2, 1, 2, 3 miles) over 3 days!
July 29, 30 and 31, 2005



Name: _____ USMS/USA Swimming Number: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone (home): _____ (work): _____

Sex : (Male) ____ (Female) ____ Date of Birth: _____ Age: (on race day): _____

E-Mail address: _____ Results via: (Email) ____ or (Mail) ____

Emergency contact (Name): _____ (Phone): _____

Club: _____ Local Oregon Team (if applicable): _____

1. Estimated 500-yard pool time (for seeding purposes only in \circ , and Ω mile events): _____
2. I wish to receive either a _____ ball cap or _____ visor
3. Estimated number of spectators (not counting yourself) for meals: _____ (Fri snacks) _____ (Sat) _____ (Sun)
4. Check one series only (if any) you want to enter: _____ Short (\circ , Ω , 1 mile) _____ Long (1, 2, 3 mile)
5. FEES: MAKE CHECKS PAYABLE TO CENTRAL OREGON MASTERS AQUATICS (COMA)

- A. Races: 1st race \$30.00, each additional race (up to four) \$5.00, fifth race is free. \$45 maximum cost.
Check the races you want to enter: Participants may enter any or all of the five swims. To enter a series, check both the series name (above) and the races composing that series (below).

Friday - Race #1: 2 mile swim: _____	Sunday - Race #4: 3 mile swim _____
Saturday - Race #2: \circ mile swim: _____	Sunday - Race #5: Ω mile swim: _____
Saturday - Race #3: 1 mile USMS Championship swim: _____	

\$30 First Race + \$5 each additional Race. Your fifth race is free!

Total Race Fees: _____

- B. Late Fee if entry is postmarked after July 18, 2005:

pay an extra +\$10: _____

- C. One Event Registration (required if not a 2005 USMS or USA Swimming Member):

Add +\$15: _____

- D. Spectator Lunches: \$4.00 per lunch on Saturday and on Sunday.

\$4 X _____ lunches : _____

- E. Group Camping (add \$4.00 per adult per day)

\$4 X _____ adults X _____ nights: _____

Check if Camping ____ Friday Night ____ Saturday Night

Total Payment Enclosed: _____

*Mail your completed entry, check made out to COMA, and copy of your 2005 USMS Registration card to:
Cascade Lakes Swim Series & Festival, c/o Mary Sweat, 6744 NW 30th, Redmond, OR 97756*

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 of 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature: Signed _____ Date: _____

(Parent signature required for swimmers under the age of 18)

Thanks to the following Major Sponsors: Bend Metro Park and Recreation District, Tennant Developments, The Athletic Club of Bend, Rebound Physical Therapy and High Lakes Health Care.



Gold Coast Swim Team is proud to sponsor the Eel Lake Open Water Swims, including the Oregon Masters Swimming Association 1500-meter Championships

What: Open Water Swims ñ 3000 & 1500-meter Swims and a 500-meter Predicted Time Swim. Three races in one day, you choose what to swim. We will start with a 3000-meter swim on a triangular course, twice around the buoys. Then we will have a predicted time 500-meter swim up-and-back, around a well-marked cable, the winner being the swimmer closest to his or her predicted time. Last will be the 1500-meter swim, once around the same course as the 3000. Held under the sanction of USMS (#375-OW4) and USA-Swimming, Inc. (#5-067).

When: Saturday, August 13, 2005, starting at 9:00 a.m.

Where: Eel Lake at William M. Tugman State Park is a freshwater lake on the Oregon coast halfway between Reedsport and Coos Bay on U.S. Highway 101. Water temperature can be between 67 and 73 degrees Fahrenheit. Campground has both reservable and first-come, first-served campsites, as well as reservable yurts. Call 1-800-452-5687 for reservations.

Who: Open to all USMS registered swimmers 18 years or older on August 13, 2005. USA-Swimming registered swimmers 13 years or older may enter any of the swims and USA-Swimming registered swimmers 10 years or older may enter the 500 & 1500-meter swims. A parent or guardian must sign the liability waiver for all swimmers under 18. A photocopy of your USMS or USS Swimming registration card or proof of membership in a foreign Masters organization must accompany your entry. A single event USMS registration, covering all races, is available at the race site for adults 18 years or older for \$15.

Rules: Current USMS rules shall govern these swims. The use of neoprene wetsuits or other nonporous attire is allowed, with the restrictions noted in the team scoring below.

Rules for the Oregon Masters Swimming 1500-meter Championships only:

- **Team Affiliation and Scoring:**
 - A swimmer will represent the local team indicated on the entry form. If no local team is indicated, a swimmer will represent the local team listed on his or her USMS membership card.
 - Team scoring shall be based upon point value by age group: 8-6-4-3-2-1.
 - Cumulative team scoring will be kept and banner awards given for both large and small teams.
- **Wetsuits:** swimmers wearing wetsuits may score team points only under the following conditions:
 - The water temperature is less than 70 degrees Fahrenheit.
 - Swimmers wearing wetsuits shall be scored in order of finish behind all swimmers not wearing wetsuits.
 - No wetsuit swimmer shall score more than one-half of the first place points (rounded down to the nearest whole number if necessary)

Procedure: The 3000 and 1500 swims will use a mass start. The 500 swim will be seeded fastest to slowest, based upon the swimmer's estimated 500 meter time. Day of the Race entries or those not submitting a seeded time will not be seeded in advance and will swim last in order of registration. No changes will be allowed in 500 seeding at the race.

Safety: Lifeguards and safety boats will monitor the entire course. Swimmers must wear a bright colored swim cap (provided or use your own) and have a race number on their arms. Medical personnel will be available near the site.

Entry Fee: One race is \$25. Two or three are \$30. Entry fee includes a swim cap. Entries must be postmarked by Monday, August 1, 2005 or pay an additional late fee of \$10. T-shirts & lunches are not provided; bring your own!

Awards: There will be awards for each race for first through third places for USMS & USS swimmers. Awards for the 3000 and 1500 swims will be based upon time. There will be special awards for the Oregon 1500m championship swim. Awards for the 500 swim will be based upon how close the swimmer is to his or her predicted time.

Schedule:

- Registration/Check in & warm-up for all races ñ 8:00-9:00 AM
- Pre-race meetings ñ 10 minutes before each swim
- 3000 meter swim ñ 9:00 AM
- Check in for 500 and 1500-meter swims ñ after the 3000 swim
- 500 meter Predicted Time Swim ñ approximately 11:00 AM
- 1500 meter swim ñ approximately 12:00 Noon
- Awards ñ approximately 1:00 PM

Information: Contact Karen Matson at swimmatson@verizon.net or 541-266-0603.



**Gold Coast Swim Team is proud to sponsor the Eel Lake Open Water Swims,
including the Oregon Masters Association 1500-meter Championships**

Registration Form

What: Open Water Swims

3000-meter Swim - USMS

1500-meter Swim - USMS

500-meter Predicted Time Swim - USMS

Predicted Time: _____

3000-meter Swim - USA-Swimming

1500-meter Swim - USA-Swimming

500-meter Predicted Time Swim - USA-Swimming

Predicted Time: _____

Where: Eel Lake

When: Saturday, August 13, 2005, starting at 9:00 AM

Who: Any registered USMS swimmer, and any registered USA-Swimming swimmer aged 13 and over, is eligible to swim any events. Any registered USA-Swimming swimmer aged 10-12 may swim the 500m and/or 1500m events only.

Information: Contact Karen Matson at swimmatson@verizon.net or 541-266-0603.

Registration information:

Name: _____

Birth date: _____ Age: ____ Sex: ____

Address: _____

USMS or USS number: _____

City: _____ State: ____ Zip: _____

Phone: _____

USMS or USA-Swimming Club _____

USMS Local Team: _____

Entry Fee: \$25 per event or \$30 for all three.

\$25 for one event only

\$30 for any two or all three events

Waiver: 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 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature: _____ Date: _____

Complete this entry form legibly, **sign** the waiver, **attach** a photocopy of your registration card, and **enclose** fee payment.

Mail entries to:

Gold Coast Swim Team

PO Box 1480

Coos Bay, OR 97420

**2005 1500m OPEN WATER SWIM NORTHWEST ZONE CHAMPIONSHIP — DORENA LAKE
SUNDAY, AUGUST 21**

**SPONSORED BY EMERALD AQUATICS
WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS**

Sanctioned by OMS, Inc. for USMS, Inc. All swimmers must be current USMS member to compete.

USMS Sanction #: 375-OW5 One-day registration will be available at the meet for \$15.00.

Schedule:

1500 Zone Championship 1500m: Check-in closes 8:30 am Pre-race instructions 8:45 am Race starts 9:00 am
Whiteley 1000 1000m: Check-in closes 10:30 am Pre-race instructions 10:45 am Race starts 11:00 am
Flatfoot Kick 500m: Check-in closes 11:30 am Pre-race instructions 11:45 am Race starts 12:00 am

Course: The course will be marked by buoys. Water temperature is expected to be 74-76 degrees and will be posted at check-in.

Equipment: 1500 Champ.: Swimmers wearing wetsuits are ineligible for awards. Other USMS open water swimming rules apply. Qualifies for Oregon Open Water Series.

Whiteley 1000: Use of pull buoys, fins, hand paddles, etc. are allowed (and encouraged!).

Flatfoot Kick: Bring a kickboard for this event. Propulsion by kicking only. No fins!

Safety: The course will have safety marshals, lifeguards, a boat patrol (including a lead boat, a chase boat, perimeter boats, and an "ambulance" boat. In addition paramedics and an ambulance will be on boat ramp during the swim. No pets at the race, please.

Eligibility: Open to all USMS (U.S. Masters Swimming) members. Every swimmer must be a current USMS member to compete.

Awards: Prizes will be raffled during picnic after swim, must be present to win.

Picnic: Following the Flatfoot Kick, around 12:30, Emerald Aquatics will host a finger-food picnic. All are invited (\$5 donation for non-swimmers).

Directions: From I-5 take exit 174 and go east to the reservoir. Follow Row River Road on the north side of the lake for two miles to Harms Park. Signs will be provided on Row River road. (see map, opposite). At race venue follow traffic instructions for parking. Most parking will be on Rat Road, west side.

Information: Steve Johnson, Race Director, (541) 683-5758 (see over for camping information)

ENTRIES MUST BE POSTMARKED BY August 6th

add \$10 for late entries

Mail entries EA Lake Swim

to: P.O. Box 3708

Eugene, OR 97403

USMS Reg# _____

check all that apply:

1500m Whitely Flatfoot

☐
☐
☐

all 3 events \$40.00 _____

or 2 events \$35.00 _____

or 1 event \$25.00 _____

Please attach a copy of your USMS registration card.

TOTAL _____

Make checks payable to Emerald Aquatics

All fees are non-refundable.

Name _____ Sex _____ Age _____

Address _____

City/State/Zip _____ Local Team _____

Birthdate _____ Day phone _____ Evening phone _____ Fax _____

"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 & competitions) 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. Finally, I specifically acknowledge that I am aware of all risks inherent in open water swimming, and agree to assume those risks."

Signature _____ Date _____



Camping: Individual camping sites can be reserved for Schwarz Park. To reserve go to www.reserveamerica.com and use the search engine to go to Schwarz Park in Oregon. You can also call 1-877-444-6777. The rules are a minimum two night stay and you can have 3 vehicles and 3 tents with up to 8 people, or one camper/trailer/RV and two tents for each site. The cost is \$12 per night. Directions: I5 Exit 174, Row River Rd. east for 5 miles, entrance on left (see below). [Other camping reservations at Baker Bay (541-942-7669).]

A Swimmer's Guide to Mental Toughness

1. Keep your Swimming Fun (on page 1)

2. Have Clear Goals

You can't get to where you want to go unless you know exactly where that is. Your success as a swimmer starts with a dream, a goal of how far you'd like to go in the sport. The more detailed a picture you can paint of this goal, the better your chance of turning your dream into reality. Saying you want to be as good as you can or go faster are goals that are general and too vague to be useful. Qualifying for Senior Nationals, or going 50 flat in the 100 fly are clear, specific and more reachable. Your goals are like magnets which will pull you in their direction. The more specific and detailed you make them and the more time you spend thinking about them, the stronger the pull. Try to have your goals broken down from long term to intermediate to short term so that even on a daily basis you will have specific goals for practice. This will help you stay motivated over the long haul.

3. Make Your Practices Important

Use Simulation in Practice - Most swimmers spend the same amount of time practicing weekly. However only a small fraction of athletes improve to their potential. The reason behind this lies in your practices. Practice does not make perfect, perfect practice makes perfect. Too many swimmers go through the motions in practice. They put

their time in but not their minds or their emotions. They daydream during sets or wish they were elsewhere. During difficult sets they look for ways to dog it. You will compete the way you practice. Practice just like meets, mentally as well as physically, that is make your practices important, use your imagination to simulate meet or race conditions. Take a few of those long, boring, painful sets and pretend you're actually competing. Practice race turns, finishing fast, getting your pain to work for you, etc. The more important you can make your practices and the more similar to actual meets, the more you'll get out of them. Every chance you get, set-up specific race-scenarios in your head and then swim as if everything was on the line. If you consistently practice this way, the way champions do, you'll soon find your meet times dropping.

4. Let it Happen=Speed

When you swim your fastest there is an automatic, effortless quality to your performance. You are working hard without trying hard. It feels easy, yet powerful. When you get in to a meet situation you have to remember that in order to swim your best, you have to relax and let the race happen. If you make your race too important, you'll get into trying too hard and will swim slower. Trust that you've done everything you need to, your body and muscle memory knows what to do, and then just let the performance happen. Swim with effortless effort.

The Patriot Games ~ A Metric Pentathlon

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #375-08

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

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

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

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

DATE: Sunday September 11, 2005

Show your patriotic spirit and swim
the **911** red, white and blue meet
Sunday, September 11, 2005!

WARM-UPS: 8AM
MEET STARTS: 9:15AM

Meet directors: Bert Petersen • Phone: 503-252-6081 • E-mail petersen@exchangenet.net

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 2005 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY, AUGUST 26, 2005

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 12-31-05) _____ 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: 72-99, 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 SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. RELAY ENTRIES WILL CLOSE 30 MIN. BEFORE EVENT. ALL EVENTS WILL BE SEEDED 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.

Sunday September 11, 2005 Sprint

50m FLY (1) _____ : _____ . _____

50m BACK (3) _____ : _____ . _____

Break before the Medley relay

MEDLEY RELAY (5-8)

50m BREAST(9) _____ : _____ . _____

50m FREE (14) _____ : _____ . _____

Break before the mixed medley relay

MIXED MEDLEY RELAY (16-17)

100m I.M. (18) _____ : _____ . _____

Break before the Mixed Free relay

FREE RELAY (20-25)

Sunday September 11, 2005 Mid Distance

100m FLY (2) _____ : _____ . _____

100m BACK (4) _____ : _____ . _____

100m BREAST(10) _____ : _____ . _____

100m FREE (15) _____ : _____ . _____

200m I.M. (19) _____ : _____ . _____

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

2005 Meet SCHEDULE

Date	Event	Location	Contact
Pool Meets			
*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
Open Water			
July 16	3000 & 1500	Applegate Lake	Greg Frownfelter 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 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
National Championships			
*July 30	1 Mile Open Water	Elk Lake, Oregon	Bob Bruce coachbob@bendbroadband.com
Aug. 10-14	LCM Nationals	Mission Viejo, CA	www.usms.org
Postal Championships2005			
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
International Championships			
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. 28	7 PM	NIKE
All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details			Oct. 7	7:00 PM	Portland (Board Meeting)
July 10	10:00 AM	MHCC (State Games)	Oct. 8	9:00 AM	Portland (Board Retreat)
Aug. 24	7 PM	NIKE	Oct. 26	7 PM	NIKE

Aqua Master
July/August 2005

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

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Inside: Results - Hagg Lake and Foster Lake