



Aqua Master

USMS 2004 Newsletter of the Year

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"Swimming for Life"

LCM Season Begins With a Splash



The Long Course Meter Season began with a "Big Splash" at the Tualatin Hills Pool on June 4. Results on page 9

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5 Open Water Entries in this Issue



The Lakes are full of water.
The courses are ready to be set.
The only thing missing is YOU!
All 5 Open Water Entries are in this Issue.
Fill them out and send them in.
Be part of this exciting series of swims.

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Chair's Corner by Jody Welborn

Hi everyone:

Summer is just around the corner with a lot of swimming opportunities. But the thrill of sunny weather (I hope) brings a lot of other activities to distract from swimming. How do I get around the distractions? I use the mid-year to set my goals!

Goal setting is a very important part of my swimming. It allows me to evaluate where I am and where I want to be. And I have learned over the years that there are specific steps I must follow when I set goals.

First of all, the goal has to be specific. For me this means identifying the goal (swim the 5K/10K, achieve a certain time in a specific event in competition, etc.) and writing it down. It always amazes how my written goals are so much easier to reach that the ones that casually float through my mind.

The goal should be measurable. This is something great about swimming. Any goal you set is easily measurable whether it is a distance, a number of workouts, or a number of beers after evening practice.

The goal has to be attainable. It doesn't have to be easy, and indeed should be challenging and require commitment, but it does need to be something you believe you can achieve.

The goal should be relevant. It has to be something that interests you. For example, there is no reason for me to set "swimming an open water 10K" as a goal because it doesn't interest me to spend over 3 hours in bone chilling water when I could be on the shore visiting with my friends. On the other hand swimming the 5K postal event is something that does interest me and would be an excellent goal.

The goal should be timely. There must be a deadline that you can "see". As I read once, "A goal without a deadline is only a wish".

If you look back over the steps you will see they spell SMART and this is a method that I have used many times to set personal goals, in swimming and the rest of my life.

I encourage you to set goals, using a method that works for you. And when you are evaluating your swimming, looking for goals, include one or all of Oregon's terrific open water swims.

Remember,

swimming is for life.



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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XI FINA WORLD MASTERS CHAMPIONSHIPS

The dates of the XI FINA World Masters Championships have been established. Swimming competition will be between 4 August 2006 through 11 August 2006.

The official web site <http://www.2006finamasters.org> is now up. Information on the web site includes:

- * Dates and Schedule of the XI FINA World Masters Championships
- * The meet qualification times
- * Hotel availability and on-line booking

The XI FINA World Masters Championships Organizing Committee has made arrangements for special pricing for hotels around the venue. You are encouraged to make reservations as soon as possible, there is only a limited amount of hotel space near the aquatic venue. You can make your reservations on line <http://www.2006finamasters.org/index.php?topic=hotels> or you can call 1- 800-826-4630 toll free (US) or 01- 310-649-3554 fax (24 hours) from 5 am to 6 pm Pacific time

To sign up for the FINA e-mail list, go to <http://seven.pairlist.net/mailman/listinfo/finamasters>

Many thanks. We look forward to seeing you in 2006

Michael Moore, Chairman - 2006 FINA Masters World Championships michael@2006FINAMasters.org



Plan ahead for the Patriot Games. The Entry Blank for this meet on 9/11 is included in this Aqua Master. Check out the records below and let's go for some great SCM times at this exciting meet.

PATRIOT GAMES - PENTATHLON @ GRASS VALLEY RECORDS - through 2004

SPRINT EVENTS		AGE GROUP	DISTANCE EVENTS	
WOMEN	MEN		WOMEN	MEN
No Competitors	No Competitors	19-24	No Competitors	Nathan Johnsen 6:51.32 (2004)
No Competitors	No Competitors	25-29	No Competitors	Brad Cota 7:12.26 (2004)
Nikki Weeks 3:33.98 (2004)	No Competitors	30-34	No Competitors	Kennedy Price 7:46.34 (2004)
Kathy Marsh 4:13.58 (2004)	Troy Drawz 3:12.83 (2004)	35-39	Susan Shaw 10:07.18 (2004)	No Competitors
Sharon Foley 3:46.59 (2004)	Gano Butcher 3:18.71 (2004)	40-44	No Competitors	No Competitors
Kerri Roussain 3:58.57 (2004)	Peter Metzger 3:24.07 (2004)	45-49	No Competitors	Pat Allender 6:58.54 (2004)
No Competitors	Stephen Darnell 4:14.11 (2004)	50-54	No Competitors	No Competitors
Janet Gettling 4:02.16 (2004)	Jon Stout 3:36.85 (2004)	55-59	Ginger Pierson 9:29.05 (2004)	Daniel Rueff 8:43.95 (2004)
Joy Ward 4:26.45 (2004)	Robert Smith 3:24.89 (2004)	60-64	Bonnie Pronk 9:11.08 (2004)	Richard Juhala 11:01.59 (2004)
No Competitors	George Thayer 4:21.44 (2004)	65-69	No Competitors	No Competitors
No Competitors	Will Ritter 4:45.79 (2004)	70-74	Eulah Varty 12:50.45 (2004)	No Competitors
No Competitors	No Competitors	75-79	No Competitors	No Competitors
No Competitors	No Competitors	80-84	No Competitors	No Competitors
No Competitors	No Competitors	85-89	No Competitors	No Competitors



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WITH JANI AND SARA



Sleep

How much sleep do you get? How well do you sleep? A recent poll for the National Sleep Foundation (NSF) reports that 75% of America's adults are not getting enough sleep and that they have symptoms of sleep problems. Such symptoms can include waking a lot during the night and/or snoring and are frequently ignored as potential sleep problems.

Why the concern? Poor sleep affects every part of our lives:

1. Driving hazards and safety concerns when drivers are drowsy.
2. Tardiness to work or the kids to school.
3. Missing work and activities or making errors at work.
4. Disrupting your partner's sleep.
5. Relationships can be affected if one partner has abnormal sleep.

These were only a few that were on the list.

How many hours each night do you sleep? Sleep experts recommend 7-9 hours of sleep a night. According to the poll, America's adults average 6.9 hours of sleep a night. And, since 1998, more people are sleeping less than 6 hours a night. It was reported that 6.5 hours a night is the minimum requirement for optimal function the next day, and only three quarters of respondents actually get this amount of sleep or more. Respondents also report feeling tired and fatigued at least one day a week. The conclusion:



we are not getting enough sleep and the quality of it is poor.

How well we are rested directly affects our health. It is known that being overweight may impact sleep. The results of the poll gathered body mass index (BMI) measurements from respondents and approximately two-thirds of the respondents were overweight or obese. This group of respondents also averaged less than 6 hours of sleep a night and experienced more episodes of daytime sleepiness.

The poll also gathered information on people with medical conditions (high blood pressure, arthritis, depression, heartburn) revealing that this group experiences only a few good nights sleep and commonly experiences daytime sleepiness. These groups of respondents are more likely to experience apnea, insomnia, restless leg syndrome and are more likely to think that they have a sleep problem.

What about naps? Naps were enjoyed by approximately 50% of the poll respondents and averages around 50 minutes with a good size group napping 60 minutes or more. The recommended nap is 20-45 minutes. Are we trying to catch-up with longer naps? Active masters swimmers can always enjoy a nap - it comes down to finding the time to fit one in between work, family and (over) training!

To conclude, Americans need more sleep. By reducing our sleep we challenge our safety, health and happiness. Happy siesta!

Swimming Trip to Italy

Joe Oakes, who swims with the Barracudas, will be going to Italy this Sept. He and a few friends will be doing two swims. The first is a relay from the Isle of Capri to Ischia. The second is a double-crossing relay of the Strait of Messina. Neither swim is for super-heroes. The relay format will have the swimmers in a boat, one swimming at a time, 30 minute legs until they get there. If you are interested in joining them for some good swimming and great pasta, contact Joe at alcatazjoe@hotmail.com or call him at 503 297 2202. The picture on the right was taken from Space in 2002 and shows the Strait of Messina. This Strait connects the mainland of Italy to the the Island of Sicily. Check out your Mythology and you'll find some great legends from this area. Now is your chance to experience them first hand.





LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

Open water racing differs from pool racing in some obvious ways. The races are usually longer, the water less chlorinated, the courses more interesting, the settings more scenic, and the participants better looking & more easily entertained. But one difference stands out—open water racers swim together. No separate heats and lanes for them! And swimming together in close quarters invites drafting which, despite repeated references by a well-known television swimming commentator, rarely and barely plays a role in pool racing.

When freestyle swimmers cleave forward, their body mass pushes water in all directions. This displacement is evident as bow wave, as lateral waves (from the head & shoulders and from the hips), as frictional eddies along their bodies, and as splash. Once swimmers pass the point of displacement, much of this water returns surges behind them, creating eddy currents which actually follow them. Sensing an opportunity, other knowledgeable and alert swimmers often jump into these eddy currents and ride them to their racing advantage by drafting. These advantages include both speed and efficiency. Hydrodynamic studies have concluded that drafting behind faster swimmers can yield a 2-5% gain in speed, and similar studies have demonstrated that drafting behind swimmers at moderate speed requires slightly less energy expenditure to maintain constant speed.

Try these hints to improve your drafting in open water races:

1. Practice drafting before you race. Your coach and teammates have been on your case for years for following too closely in practice, but you've just been preparing for open water success! Aside from this inevitable outcome from circle pattern training, deliberately practice drafting speed and positioning with teammates to raise your comfort level with drafting skills and sensations before you race.

2. Pick the right swimmers to follow. Ask yourself three questions...

- “Are they traveling at the right speed?” If your goal is speed, the lead swimmer should be slightly faster

than you are. If your goal is efficiency, the lead swimmer should be about the same speed.

- “Are they swimming consistently?” Look for swimmers with steady rhythm, and gradual direction corrections after sighting. The focus required to follow inconsistent swimmers can waste much more energy than drafting will save.

- “Are they going in the right direction?” Pick good navigators! Drafting your way through a longer course due to poor steering may take more time than swimming a straight line on your own. Ultimately, all swimmers must take responsibility for their own course.

3. Find the eddy current. Tuck yourself directly behind or slightly to the side of the lead swimmer. If you swim to the side, stay behind the second wave from that swimmer's body (the wave coming from that swimmer's hips)—your head should be opposite the lead swimmer's knees. Maintain close distance, as the effect of the draft is radically reduced once you separate by more than one meter.

4. Treat your lead swimmer nicely. Avoid constant or restrictive contact with feet or legs, or you may rightfully earn yourself a vicious kick in return. Occasional contact is inevitable.

5. Leave the draft if necessary. If the lead swimmer changes speed, consistency, or navigation, be prepared to leave that draft for open space or another draft. Once you leave the eddy current, expect to feel slightly more water resistance. Jumping to another draft requires a burst of power and confidence in your fitness.

6. Feel no guilt. Except in the rare races in which it is illegal, drafting is an accepted and time-honored open water swimming tactic. And contrary to widely-held myth, lead swimmers do not work harder when other swimmers draft behind them, since the lead swimmers create eddy currents in any case.

Enjoy the draft! Good luck and good swimming!



H o o d R i v e r M e e t - A p r i l 3 0

N = Breaks listed National Record

Z = Zone Record

O = Oregon Record

Women 19-24

50 Yard Freestyle			
1 Graybeal, Corrin	23	OREG	31.89
100 Yard Freestyle			
1 Graybeal, Corrin	23	OREG	1:12.08
500 Yard Freestyle			
1 Denton, Elsie	19	OREG	7:06.05
50 Yard Backstroke			
1 Graybeal, Corrin	23	OREG	37.54
50 Yard Breaststroke			
1 Denton, Elsie	19	OREG	40.29
2 Graybeal, Corrin	23	OREG	42.61
100 Yard Breaststroke			
1 Denton, Elsie	19	OREG	1:30.00
100 Yard Butterfly			
1 Denton, Elsie	19	OREG	1:23.77
200 Yard IM			
1 Denton, Elsie	19	OREG	2:54.60

Women 25-29

100 Yard Freestyle			
1 Gottlieb, Pam	28	UNAT	1:00.11
200 Yard Freestyle			
1 Gottlieb, Pam	28	UNAT	2:12.24

2 Ridgway, Darcey

Women 35-39

50 Yard Freestyle			
1 Skoss, Rachel	36	OREG	30.64
2 Walter, Nicole	36	UNAT	31.13
3 Odermott, Kippi	39	OREG	33.14
4 Mack, Jaime	38	OREG	37.68
100 Yard Freestyle			
1 Marsh, Kathy	37	OREG	1:09.58
200 Yard Freestyle			
1 Shaw, Susan	38	OREG	2:33.26
500 Yard Freestyle			
1 Mack, Jaime	38	OREG	9:20.30
50 Yard Backstroke			
1 Odermott, Kippi	39	OREG	44.97
2 Mack, Jaime	38	OREG	50.89
100 Yard Backstroke			
1 Kramer, Laura	35	OREG	1:16.21
2 Marsh, Kathy	37	OREG	1:24.92
200 Yard Backstroke			
1 Kramer, Laura	35	OREG	2:43.59
2 Shaw, Susan	38	OREG	3:03.84
50 Yard Breaststroke			

1 Fox, Christina	44	OREG	2:36.47
2 Dyehouse, Cheryl	43	OREG	2:49.45
500 Yard Freestyle			
1 Fox, Christina	44	OREG	6:58.44
100 Yard Backstroke			
1 Fox, Christina	44	OREG	1:17.92
2 Dyehouse, Cheryl	43	OREG	1:33.18
50 Yard Breaststroke			
1 Foley, Sharon	44	MACO	37.38
2 Sitton, Tia	42	OREG	42.26
100 Yard Breaststroke			
1 Foley, Sharon	44	MACO	1:24.64
50 Yard Butterfly			
1 Foley, Sharon	44	MACO	31.01
2 Dyehouse, Cheryl	43	OREG	44.07
100 Yard Butterfly			
1 Foley, Sharon	44	MACO	1:09.50
100 Yard IM			
1 Sitton, Tia	42	OREG	1:26.31
2 Dyehouse, Cheryl	43	OREG	1:30.49
3 Raach, Bridget	41	OREG	1:31.94
200 Yard IM			
1 Fox, Christina	44	OREG	2:53.63



OMS Trivia Question - Identify 3 of the 4 Breaststrokers shown on these two pages. Email or call Dave Radcliff with your answer. Email and phone number for Dave on page 2.

2 Casey, Anna	28	OREG	2:42.11
500 Yard Freestyle			
1 Gottlieb, Pam	28	UNAT	6:00.11
100 Yard Butterfly			
1 Casey, Anna	28	OREG	1:33.31
100 Yard IM			
1 Casey, Anna	28	OREG	1:30.07
400 Yard IM			
1 Casey, Anna	28	OREG	6:28.83
Women 30-34			
50 Yard Freestyle			
1 Weeks, Nicole	32	OREG	26.10
2 Walters, Melinda	34	OREG	32.49
200 Yard Freestyle			
1 Ridgway, Darcey	33	OREG	2:19.71
50 Yard Breaststroke			
1 Walters, Melinda	34	OREG	43.39
100 Yard IM			
1 Ridgway, Darcey	33	OREG	1:17.45
200 Yard IM			
1 Weeks, Nicole	32	OREG	2:30.08

1 Skoss, Rachel	36	OREG	41.36
2 Mack, Jaime	38	OREG	45.28
100 Yard Breaststroke			
1 Marsh, Kathy	37	OREG	1:26.85
200 Yard Breaststroke			
1 Mack, Jaime	38	OREG	3:41.64
100 Yard Butterfly			
1 Marsh, Kathy	37	OREG	1:23.87
100 Yard IM			
1 Kramer, Laura	35	OREG	1:15.55
2 Skoss, Rachel	36	OREG	1:19.90
200 Yard IM			
1 Kramer, Laura	35	OREG	2:45.46
Women 40-44			
50 Yard Freestyle			
1 Sitton, Tia	42	OREG	31.18
2 Fox, Christina	44	OREG	34.06
100 Yard Freestyle			
1 Sitton, Tia	42	OREG	1:11.67
2 Dyehouse, Cheryl	43	OREG	1:17.18
200 Yard Freestyle			

Women 45-49

50 Yard Freestyle			
1 Buck, Donna	46	OREG	28.20
500 Yard Freestyle			
1 Crabbe, Colette	48	OREG	5:55.96
2 Goodman, Ann	45	OREG	6:47.21
100 Yard Backstroke			
1 Andrus-Hughes, K	47	OREG	1:05.12
200 Yard Backstroke			
1 Andrus-Hughes, K	47	OREG	2:22.14
2 Crabbe, Colette	48	OREG	2:28.93
50 Yard Breaststroke			
1 Crabbe, Colette	48	OREG	35.31
50 Yard Butterfly			
1 Crabbe, Colette	48	OREG	30.74
2 Buck, Donna	46	OREG	32.22
100 Yard IM			
1 Crabbe, Colette	48	OREG	1:07.36
200 Yard IM			
1 Goodman, Ann	45	OREG	2:46.17
400 Yard IM			

1 Goodman, Ann 45 OREG 6:03.64
Women 50-54
 50 Yard Freestyle
 1 Richards, Robyn 50 OREG 29.31
 2 Downey, Barbara 50 OREG 31.73
 3 Royle, Mary Anne 52 OREG 31.96
 4 Sherwood, Dianne 51 OREG 40.84
 100 Yard Freestyle
 1 Richards, Robyn 50 OREG 1:07.62
 200 Yard Freestyle
 1 Peterson, Connie 50 OREG 3:14.19
 500 Yard Freestyle
 1 Peterson, Connie 50 OREG 8:13.57
 50 Yard Backstroke
 1 Royle, Mary Anne 52 OREG 37.58
 2 Downey, Barbara 50 OREG 41.30
 50 Yard Breaststroke
 1 Richards, Robyn 50 OREG 43.94
 100 Yard Breaststroke
 1 Downey, Barbara 50 OREG 1:33.19
 100 Yard IM
 1 Richards, Robyn 50 OREG 1:20.76
 2 Downey, Barbara 50 OREG 1:26.51
 3 Peterson, Connie 50 OREG 1:50.14
 200 Yard IM
 1 Peterson, Connie 50 OREG 3:46.55
Women 55-59
 50 Yard Freestyle

1 Frid, Barbara 63 OREG 1:27.28
 50 Yard Butterfly
 1 Frid, Barbara 63 OREG 34.75
 200 Yard Butterfly
1 Ward, Joy 62 OREG 3:12.44 Z
 100 Yard IM
 1 Frid, Barbara 63 OREG 1:21.96
 2 Ward, Joy 62 OREG 1:23.34
Women 65-69
 50 Yard Freestyle
 1 Hodge, Peggie 65 OREG 40.48
 50 Yard Backstroke
 1 Hodge, Peggie 65 OREG 52.13
 200 Yard Butterfly
1 Hodge, Peggie 65 OREG 3:59.11 Z
Men 19-24
 100 Yard Backstroke
 1 Cleary, Kevin 21 OREG 1:09.98
 100 Yard Breaststroke
 1 Cleary, Kevin 21 OREG 1:11.61
Men 35-39
 50 Yard Freestyle
 1 Wursta, Steve 39 OREG 28.49
 2 Branaugh, Barry 36 OREG 31.20
 3 Kramer, Ken 38 OREG 32.34
 100 Yard Freestyle
 1 Wursta, Steve 39 OREG 1:03.21
 2 Branaugh, Barry 36 OREG 1:09.71

50 Yard Backstroke
 1 Butson, Jeffrey 41 OREG 1:25.73
 100 Yard Backstroke
 1 Butcher, Gano 41 OREG 1:00.50
 200 Yard Backstroke
 1 Butcher, Gano 41 OREG 2:17.24
 50 Yard Breaststroke
 1 Gaarder, Chris 40 OREG 31.07
 100 Yard Breaststroke
 1 Gaarder, Chris 40 OREG 1:08.55
 50 Yard Butterfly
 1 Culbertson, Scott 42 OREG 29.81
 100 Yard IM
 1 Christensen, Douglas 42 OREG 59.70
 2 Culbertson, Scott 42 OREG 1:08.82
 200 Yard IM
 1 Christensen, Douglas 42 OREG 2:13.94
 400 Yard IM
 1 Christensen, Douglas 42 OREG 4:49.66
Men 45-49
 50 Yard Freestyle
 1 Cameron, David 47 OREG 26.98
 2 Tauscher, Chris 45 OREG 31.74
 100 Yard Freestyle
 1 Tauscher, Chris 45 OREG 1:16.49
 200 Yard Freestyle
 1 Tauscher, Chris 45 OREG 2:54.96
 50 Yard Backstroke



OMS Trivia Question - Identify 3 of the 4 Breaststrokers shown on these two pages. Email or call Dave Radcliff with your answer. Email and phone number for Dave on page 2.

1 Rousseau, Sandi 57 OREG 32.66
 50 Yard Backstroke
 1 Rousseau, Sandi 57 OREG 42.51
 50 Yard Breaststroke
 1 Pierson, Ginger 59 MACO 38.08
 100 Yard Breaststroke
 1 Pierson, Ginger 59 MACO 1:24.30
 200 Yard Breaststroke
 1 Pierson, Ginger 59 MACO 3:05.89
 50 Yard Butterfly
 1 Rousseau, Sandi 57 OREG 36.98
 100 Yard Butterfly
 1 Pierson, Ginger 59 MACO 1:26.90
 200 Yard Butterfly
 1 Pierson, Ginger 59 MACO 3:04.74
 100 Yard IM
 1 Pierson, Ginger 59 MACO 1:23.49
Women 60-64
 50 Yard Freestyle
 1 Frid, Barbara 63 OREG 31.92
 100 Yard Backstroke

3 Kramer, Ken 38 OREG 1:12.42
 200 Yard Freestyle
 1 Branaugh, Barry 36 OREG 2:32.60
 500 Yard Freestyle
 1 Wursta, Steve 39 OREG 6:48.37
 2 Branaugh, Barry 36 OREG 7:24.69
 50 Yard Backstroke
 1 Wursta, Steve 39 OREG 37.90
 100 Yard Backstroke
 1 Kramer, Ken 38 OREG 1:22.75
 50 Yard Breaststroke
 1 Wursta, Steve 39 OREG 37.06
 100 Yard Breaststroke
 1 Kramer, Ken 38 OREG 1:25.00
Men 40-44
 50 Yard Freestyle
 1 Culbertson, Scott 42 OREG 25.02
 2 Butson, Jeffrey 41 OREG 1:29.88
 500 Yard Freestyle
 1 Gaarder, Chris 40 OREG 5:50.36
 2 Butcher, Gano 41 OREG 5:53.42

1 Cameron, David 47 OREG 34.87
 50 Yard Butterfly
 1 Cameron, David 47 OREG 31.20
Men 50-54
 50 Yard Freestyle
 1 Darnell, Stephen 51 OREG 30.22
 2 Sherwood, Reggie 53 OREG 30.64
 100 Yard Freestyle
 1 Sherwood, Reggie 53 OREG 1:12.68
 2 Darnell, Stephen 51 OREG 1:16.72
 200 Yard Freestyle
 1 Pendleton, Mike 53 OREG 2:04.12
 500 Yard Freestyle
 1 Pendleton, Mike 53 OREG 5:43.37
 100 Yard Backstroke
 1 Darnell, Stephen 51 OREG 1:31.51
 50 Yard Breaststroke
 1 Sherwood, Reggie 53 OREG 39.77
 100 Yard Breaststroke
 1 Sherwood, Reggie 53 OREG 1:28.16
 2 Darnell, Stephen 51 OREG 1:40.05

100 Yard IM					100 Yard Backstroke					50 Yard Backstroke				
1 Darnell, Stephen	51	OREG	1:25.46		1 Hiatt, Chris	65	OREG	1:11.11	O	1 Young, Gilbert	83	OREG	49.74	
Men 55-59					2 Chase, Gary	65	PNA	1:12.69		2 Fixott, Rupert	83	OREG	55.56	
50 Yard Freestyle					200 Yard Backstroke					50 Yard Breaststroke				
1 Dasch, Vern	55	OREG	26.53		1 Chase, Gary	65	PNA	2:40.68		1 Fixott, Rupert	83	OREG	57.26	
100 Yard Freestyle					100 Yard Breaststroke					Relays				
1 Dasch, Vern	55	OREG	59.09		1 Chase, Gary	65	PNA	1:19.61		Women 25+ 200 Yard Free Relay				
200 Yard Freestyle					200 Yard Breaststroke					1 OREG		2:10.43		
1 Dasch, Vern	55	OREG	2:16.95		1 Chase, Gary	65	PNA	2:58.62		1) Royle, M. 52		2) Marsh, K. 37		
50 Yard Breaststroke					100 Yard IM					3) Raach, B. 41		4) Walters, M. 34		
1 Bruce, Bob	57	OREG	34.71		1 Chase, Gary	65	PNA	1:11.97		Women 25+ 200 Yard Medley Relay				
2 Dasch, Vern	55	OREG	35.20		Men 70-74					1 OREG		2:29.49		
100 Yard Breaststroke					50 Yard Freestyle					1) Dyehouse, C. 43		2) Marsh, K. 37		
1 Bruce, Bob	57	OREG	1:16.39		1 Radcliff, David	70	OREG	27.09		3) Raach, B. 41		4) Walters, M. 34		
50 Yard Butterfly					200 Yard Freestyle					Men 35+ 200 Yard Free Relay				
1 Bruce, Bob	57	OREG	28.89		1 Radcliff, David	70	OREG	2:13.35		1 OREG		2:03.29		
100 Yard Butterfly					500 Yard Freestyle					1) Culbertson, S. 42		2) Darnell, S. 51		
1 Bruce, Bob	57	OREG	1:08.61		1 Radcliff, David	70	OREG	6:17.94		3) Petersen, B. 66		4) Tauscher, C. 45		
100 Yard IM					50 Yard Butterfly					Men 35+ 200 Yard Medley Relay				
1 Bruce, Bob	57	OREG	1:07.70		1 Radcliff, David	70	OREG	33.82		1 OREG		2:20.53		
Men 60-64					Men 75-79					1) Darnell, S. 51		2) Petersen, B. 66		
50 Yard Freestyle					50 Yard Freestyle					3) Culbertson, S. 42		4) Tauscher, C. 45		
1 Mellow, Bill	63	OREG	33.47		1 Miesen, Lee	77	MACO	42.03		Mixed 25+ 200 Yard Free Relay				
500 Yard Freestyle					50 Yard Breaststroke					1 OREG		2:06.50		
1 Mellow, Bill	63	OREG	8:10.14		1 Miesen, Lee	77	MACO	47.38		1) Walters, M. 34		2) Raach, B. 41		
50 Yard Breaststroke					100 Yard Breaststroke					3) Tauscher, C. 45		4) Petersen, B. 66		
1 Mellow, Bill	63	OREG	42.03		1 Miesen, Lee	77	MACO	1:44.73		Mixed 35+ 200 Yard Free Relay				
100 Yard Breaststroke					100 Yard IM					1 OREG		2:02.03		
1 Mellow, Bill	63	OREG	1:34.31		1 Miesen, Lee	77	MACO	1:46.37		1) Shaw, S. 38		2) Odermott, K. 39		
200 Yard Breaststroke					Men 80-84					3) Culbertson, S. 42		4) Darnell, S. 51		
1 Mellow, Bill	63	OREG	3:31.49		50 Yard Freestyle					Mixed 35+ 200 Yard Medley Relay				
100 Yard IM					1 Young, Gilbert	83	OREG	37.90		1 OREG		2:21.38		
1 Mellow, Bill	63	OREG	1:30.46		2 Fixott, Rupert	83	OREG	48.16		1) Dyehouse, C. 43		2) Marsh, K. 37		
Men 65-69					100 Yard Freestyle					3) Petersen, B. 66		4) Tauscher, C. 45		
50 Yard Freestyle					1 Young, Gilbert	83	OREG	1:26.62		2 OREG		2:22.81		
1 Hiatt, Chris	65	OREG	28.14		500 Yard Freestyle					1) Royle, M. 52		2) Shaw, S. 38		
50 Yard Backstroke					1 Young, Gilbert	83	OREG	9:03.24		3) Darnell, S. 51		4) Culbertson, S. 42		
1 Hiatt, Chris	65	OREG	33.44	O	2 Fixott, Rupert	83	OREG	11:44.60						

SCY Nationals - Florida - May 19 - 22

N = Breaks listed National Record

Z = Zone Record

O = Oregon Record

Multnomah Athletic Club (MACO)

Miesen, Lee J

Stroke	Distance	Age	Time	Place
Back	100	78	1:43.86	3
Back	50	78	47.07	5
Breast	100	78	1:43.15	8
Breast	50	78	43.55	6
IM	100	78	1:47.92	5

Pierson, Ginger L

Breast	100	59	1:18.98	1
Breast	200	59	2:59.05	1
Breast	50	59	36.91	1
Fly	100	59	1:21.13	7
Fly	200	59	2:55.51	3
IM	200	59	2:57.06	4

Oregon Masters (OREG)

Buck, Donna

Free	50	46	26.91	6
Back	50	46	32.95	4
Breast	50	46	36.54	8
Fly	50	46	31.51	12
IM	100	46	1:11.41	10

Frid, Barbara

Free	50	63	31.72	3
Back	100	63	1:27.92	6

Back	50	63	37.70	4
Fly	50	63	34.46	2
IM	100	63	1:21.65	4

Goodman, Ann R

Back	100	46	1:15.48	5
Back	200	46	2:41.69	7
Back	50	46	35.25	10
IM	100	46	1:18.50	20
IM	200	46	2:49.29	21
IM	400	46	5:59.23	8

Thayer, George D

Free	50	69	29.91	12
Back	100	69	1:18.95	5
Back	200	69	2:54.73	3
Back	50	69	36.47	7
Breast	50	69	39.48	11
IM	100	69	1:20.12	9

Ward, Joy

Back	100	62	1:19.70	2	Z
Back	200	62	2:54.26	3	
Back	50	62	36.41	1	
Fly	100	62	1:22.46	2	Z
Fly	50	62	33.81	1	
IM	100	62	1:22.40	5	

THB Long Course Meet - June 3

N = Breaks listed National Record

Z = Zone Record

O = Oregon Record

Women 19-24

50 LC Meter Freestyle			
1 Hedlind, Trista	24 OREG	31.37	
100 LC Meter Freestyle			
1 Hedlind, Trista	24 OREG	1:07.71	
100 LC Meter Backstroke			
1 Hedlind, Trista	24 OREG	1:20.49	
50 LC Meter Butterfly			
1 Hedlind, Trista	24 OREG	34.76	
100 LC Meter Butterfly			
1 Hedlind, Trista	24 OREG	1:18.84	

Women 25-29

50 LC Meter Freestyle			
1 Beers, Tiffany	26 OREG	43.55	
200 LC Meter Freestyle			
1 Beers, Tiffany	26 OREG	4:07.53	
100 LC Meter Backstroke			
1 Alden, Jennifer	26 OREG	1:15.22	
50 LC Meter Breaststroke			
1 Alden, Jennifer	26 OREG	40.89	
50 LC Meter Butterfly			
1 Beers, Tiffany	26 OREG	1:07.10	
200 LC Meter IM			
1 Alden, Jennifer	26 OREG	2:50.51	

Women 30-34

100 LC Meter Freestyle			
1 Alkezweeny, Tina	30 PNA	1:22.62	
2 Rees, Karla	33 MVM	1:23.53	
200 LC Meter Freestyle			
1 Alkezweeny, Tina	30 PNA	2:57.59	
100 LC Meter Backstroke			
1 Rees, Karla	33 MVM	1:34.12	
100 LC Meter Breaststroke			
1 Rees, Karla	33 MVM	1:38.03	
50 LC Meter Butterfly			
1 Alkezweeny, Tina	30 PNA	45.38	
200 LC Meter IM			
1 Rees, Karla	33 MVM	3:11.31	
2 Alkezweeny, Tina	30 PNA	3:37.76	
400 LC Meter IM			
1 Rees, Karla	33 MVM	7:17.38	

Women 35-39

50 LC Meter Freestyle			
1 Marsh, Kathy	38 OREG	34.63	
2 Skoss, Rachel	37 OREG	35.78	
3 Moore, Alison	35 OREG	36.15	
4 Vanasse, Kathryn	39 OREG	40.35	
100 LC Meter Freestyle			
1 Vanasse, Kathryn	39 OREG	1:32.85	
200 LC Meter Freestyle			
1 Tyrrell, Laura	38 MACO	2:33.10	
2 Shaw, Susan	38 OREG	2:59.04	
800 LC Meter Freestyle			
1 Smith, Rondamarie	35 PNA	10:43.72	
2 Tyrrell, Laura	38 MACO	11:06.28	
3 Vanasse, Kathryn	39 OREG	14:37.54	
200 LC Meter Backstroke			
1 Shaw, Susan	38 OREG	3:38.90	
50 LC Meter Breaststroke			
1 Smith, Rondamarie	35 PNA	38.23	
2 Marsh, Kathy	38 OREG	44.31	
3 Moore, Alison	35 OREG	45.80	
4 Skoss, Rachel	37 OREG	47.39	

200 LC Meter Breaststroke

1 Smith, Rondamarie	35 PNA	2:59.08 Z	
2 Shaw, Susan	38 OREG	3:45.36	
50 LC Meter Butterfly			
1 Marsh, Kathy	38 OREG	40.52	
200 LC Meter IM			
1 Smith, Rondamarie	35 PNA	2:41.69	
2 Marsh, Kathy	38 OREG	3:19.06	

Women 40-44

50 LC Meter Freestyle			
1 Odermott, Kippi	40 OREG	37.25	
50 LC Meter Backstroke			
1 Snider, Pam	44 OREG	45.55	
100 LC Meter Backstroke			
1 Joy, Janine	41 UNAT	1:21.92	
2 Ralle, Martina	40 OREG	1:26.58	
200 LC Meter Backstroke			
1 Ralle, Martina	40 OREG	3:02.65	
50 LC Meter Breaststroke			
1 Joy, Janine	41 UNAT	40.98	
2 Snider, Pam	44 OREG	45.55	
3 Odermott, Kippi	40 OREG	50.65	
100 LC Meter Breaststroke			
1 Joy, Janine	41 UNAT	1:35.28	
2 Snider, Pam	44 OREG	1:37.42	
50 LC Meter Butterfly			
1 Joy, Janine	41 UNAT	34.63	
200 LC Meter Butterfly			
1 Ralle, Martina	40 OREG	3:12.94	
200 LC Meter IM			
1 Joy, Janine	41 UNAT	2:57.61	
2 Snider, Pam	44 OREG	3:13.79	
400 LC Meter IM			
1 Ralle, Martina	40 OREG	6:24.66	

Women 45-49

50 LC Meter Freestyle			
1 Foley, Sharon	45 MACO	31.45	
2 Crabbe, Colette	49 OREG	32.31	
3 Lamoureux, Lori	46 UNAT	34.93	
100 LC Meter Freestyle			
1 Fox, Christina	45 OREG	1:25.47	
200 LC Meter Freestyle			
1 Fox, Christina	45 OREG	3:04.43	
800 LC Meter Freestyle			
1 Crabbe, Colette	49 OREG	10:57.85	
100 LC Meter Backstroke			
1 Fox, Christina	45 OREG	1:30.78	
200 LC Meter Backstroke			
1 Fox, Christina	45 OREG	3:16.03	

50 LC Meter Breaststroke			
1 Lamoureux, Lori	46 UNAT	43.93	
100 LC Meter Breaststroke			
1 Lamoureux, Lori	46 UNAT	1:39.03	
50 LC Meter Butterfly			
1 Crabbe, Colette	49 OREG	33.86	
2 Worden, Laura	48 OREG	35.19	
3 Foley, Sharon	45 MACO	35.27	
100 LC Meter Butterfly			
1 Worden, Laura	48 OREG	1:20.99	
2 Foley, Sharon	45 MACO	1:32.49	
200 LC Meter IM			
1 Worden, Laura	48 OREG	3:08.33	
2 Fox, Christina	45 OREG	3:21.07	
400 LC Meter IM			
1 Crabbe, Colette	49 OREG	5:52.50	
2 Worden, Laura	48 OREG	6:39.03	

Women 50-54

50 LC Meter Freestyle			
1 Richards, Robyn	51 OREG	32.19	
2 Young, Maggi	50 OREG	52.24	
100 LC Meter Freestyle			
1 Richards, Robyn	51 OREG	1:16.00	
2 Young, Maggi	50 OREG	1:54.69	
200 LC Meter Freestyle			
1 Budd, Elizabeth	51 OREG	2:51.66	
50 LC Meter Backstroke			
1 Budd, Elizabeth	51 OREG	42.27	
100 LC Meter Breaststroke			
1 Budd, Elizabeth	51 OREG	1:44.97	
50 LC Meter Butterfly			
1 Richards, Robyn	51 OREG	36.86	
200 LC Meter IM			
1 Budd, Elizabeth	51 OREG	3:14.86	

Women 55-59

50 LC Meter Freestyle			
1 Quale, Ellen	57 OREG	56.23	
800 LC Meter Freestyle			
1 Rague, Suzanne	55 OREG	13:44.98	
50 LC Meter Backstroke			



Mary Sweat swam a great 5K and Nancy Radcliff ran a great Registration Table

1	Quale, Ellen	57	OREG	1:08.95
50 LC Meter Breaststroke				
1	Pierson, Ginger	59	MACO	43.43
2	Quale, Ellen	57	OREG	1:08.95
100 LC Meter Breaststroke				
1	Pierson, Ginger	59	MACO	1:38.04
2	Quale, Ellen	57	OREG	2:49.18
200 LC Meter Breaststroke				
1	Pierson, Ginger	59	MACO	3:35.67
100 LC Meter Butterfly				
1	Pierson, Ginger	59	MACO	1:38.19
200 LC Meter Butterfly				
1	Pierson, Ginger	59	MACO	3:34.97
200 LC Meter IM				
1	Rague, Suzanne	55	OREG	3:34.82

Women 60-64

100 LC Meter Backstroke				
1	L'Esperance, Bev.	73	OREG	2:40.51
200 LC Meter Backstroke				
1	L'Esperance, Bev.	73	OREG	5:40.97
Women 75-79				
50 LC Meter Freestyle				
1	Wells, Margaret	79	OREG	1:16.27
200 LC Meter Freestyle				
1	Wells, Margaret	79	OREG	5:50.30
100 LC Meter Backstroke				
1	Wells, Margaret	79	OREG	2:44.75
Women 80-84				
800 LC Meter Freestyle				
1	Stangel, Pauline	84	OREG	23:44.82 Z
100 LC Meter Backstroke				
1	Stevenin, Elfie	84	OREG	3:48.57

100 LC Meter Backstroke				
1	Morgan, Anthony	41	UNAT	1:13.18
2	Butcher, Gano	41	OREG	1:14.09
200 LC Meter Backstroke				
1	Morgan, Anthony	41	UNAT	2:41.87
50 LC Meter Breaststroke				
1	Gaarder, Chris	40	OREG	35.91
2	Smith, Daniel	43	PNA	36.12
3	Karyukin, Andrei	40	OREG	41.45
100 LC Meter Breaststroke				
1	Smith, Daniel	43	PNA	1:21.07
2	Gaarder, Chris	40	OREG	1:22.53
200 LC Meter Breaststroke				
1	Smith, Daniel	43	PNA	2:57.05
2	Cox, Chris	44	OREG	3:44.64
50 LC Meter Butterfly				



OMS Trivia Question - Identify 3 of the 4 Backstrokers shown on these two pages. Email or call Dave Radcliff with your answer. Email and phone number for Dave on page 2.

50 LC Meter Freestyle				
1	Ward, Joy	63	OREG	36.20
2	Sitter, Darby	62	OREG	58.60
50 LC Meter Backstroke				
1	Ward, Joy	63	OREG	43.30
100 LC Meter Backstroke				
1	Sitter, Darby	62	OREG	2:43.15
50 LC Meter Breaststroke				
1	Sitter, Darby	62	OREG	1:20.41
200 LC Meter Breaststroke				
1	Himstreet, Pam	62	OREG	4:20.19
50 LC Meter Butterfly				
1	Ward, Joy	63	OREG	38.79
100 LC Meter Butterfly				
1	Ward, Joy	63	OREG	1:36.16
200 LC Meter IM				
1	Himstreet, Pam	62	OREG	4:14.49
2	Sitter, Darby	62	OREG	5:37.76
400 LC Meter IM				
1	Himstreet, Pam	62	OREG	8:52.37
Women 65-69				
50 LC Meter Freestyle				
1	Lance, Sherin	69	OREG	56.28
100 LC Meter Freestyle				
1	Lance, Sherin	69	OREG	2:05.44
200 LC Meter Freestyle				
1	Lance, Sherin	69	OREG	4:39.37
100 LC Meter Backstroke				
1	Lance, Sherin	69	OREG	2:43.95
50 LC Meter Breaststroke				
1	Lance, Sherin	69	OREG	1:30.20
Women 70-74				
100 LC Meter Freestyle				
1	L'Esperance, Bev.	73	OREG	2:19.71
200 LC Meter Freestyle				
1	L'Esperance, Bev.	73	OREG	4:57.29
50 LC Meter Backstroke				
1	L'Esperance, Bev.	73	OREG	1:10.15

200 LC Meter Backstroke				
1	Stevenin, Elfie	84	OREG	8:07.48
50 LC Meter Breaststroke				
1	Stangel, Pauline	84	OREG	1:27.05
200 LC Meter Breaststroke				
1	Stangel, Pauline	84	OREG	6:30.98
100 LC Meter Butterfly				
1	Stevenin, Elfie	84	OREG	6:22.89
200 LC Meter IM				
1	Stevenin, Elfie	84	OREG	9:46.43
400 LC Meter IM				
1	Stevenin, Elfie	84	OREG	21:17.16
Women 90-94				
50 LC Meter Freestyle				
1	Buel, Hilda	91	OREG	2:21.90 Z
50 LC Meter Backstroke				
1	Buel, Hilda	91	OREG	2:48.29
50 LC Meter Breaststroke				
1	Buel, Hilda	91	OREG	2:58.60 N
50 LC Meter Butterfly				
1	Buel, Hilda	91	OREG	5:11.98 Z
Men 35-39				
50 LC Meter Freestyle				
1	Kramer, Ken	38	OREG	38.83
200 LC Meter Freestyle				
1	Kramer, Ken	38	OREG	3:18.16
100 LC Meter Breaststroke				
1	Kramer, Ken	38	OREG	1:39.52
Men 40-44				
50 LC Meter Freestyle				
1	Gaarder, Chris	40	OREG	29.22
100 LC Meter Freestyle				
1	Morgan, Anthony	41	UNAT	1:04.45
2	Karyukin, Andrei	40	OREG	1:13.29
3	Cox, Chris	44	OREG	1:19.78
50 LC Meter Backstroke				
1	Gaarder, Chris	40	OREG	40.20
2	Butson, Jeffrey	42	OREG	1:40.59

1	Christensen, Douglas	42	OREG	28.70
2	Gaarder, Chris	40	OREG	32.35
3	Karyukin, Andrei	40	OREG	32.94
4	Cox, Chris	44	OREG	41.72
100 LC Meter Butterfly				
1	Butcher, Gano	41	OREG	1:11.36
1	Christensen, Douglas	42	OREG	1:05.93
2	Morgan, Anthony	41	UNAT	1:14.72
3	Karyukin, Andrei	40	OREG	1:26.58
200 LC Meter IM				
1	Christensen, Douglas	42	OREG	2:35.46
2	Morgan, Anthony	41	UNAT	2:44.16
3	Cox, Chris	44	OREG	3:30.90
400 LC Meter IM				
1	Smith, Daniel	43	PNA	5:49.35
Men 45-49				
50 LC Meter Freestyle				
1	Stelzer, Keith	46	OREG	29.18
2	Fairhurst, Jon	47	OREG	32.10
100 LC Meter Freestyle				
1	Munro, Stuart	48	MACO	1:12.81
800 LC Meter Freestyle				
1	Ramsey, Ed	49	OREG	11:20.01
50 LC Meter Backstroke				
1	Ramsey, Ed	49	OREG	35.65
2	Fairhurst, Jon	47	OREG	41.82
100 LC Meter Backstroke				
1	Ramsey, Ed	49	OREG	1:19.03
200 LC Meter Backstroke				
1	Ramsey, Ed	49	OREG	3:01.75
50 LC Meter Breaststroke				
1	Fairhurst, Jon	47	OREG	41.55
100 LC Meter Breaststroke				
1	Munro, Stuart	48	MACO	1:32.82
50 LC Meter Butterfly				
1	Fairhurst, Jon	47	OREG	35.18
2	Stelzer, Keith	46	OREG	36.82
100 LC Meter Butterfly				

2 Munro, Stuart	48 MACO	1:22.52
200 LC Meter IM		
1 Munro, Stuart	48 MACO	3:11.95
400 LC Meter IM		
1 Munro, Stuart	48 MACO	6:43.05
2 Ramsey, Ed	49 OREG	7:04.84
Men 50-54		
50 LC Meter Freestyle		
1 Darnell, Stephen	51 OREG	34.43
2 Butler, James	53 OREG	39.98
100 LC Meter Freestyle		
1 Darnell, Stephen	51 OREG	1:26.07
2 Butler, James	53 OREG	1:38.43
200 LC Meter Freestyle		
1 Kevan, Stephen	51 OREG	2:24.42
2 Butler, James	53 OREG	3:43.05
50 LC Meter Backstroke		

400 LC Meter IM		
1 Rueff, Daniel	58 OREG	6:40.27
Men 60-64		
50 LC Meter Freestyle		
1 Smith, Robert	62 OREG	28.79
2 Silvey, Michael	60 OREG	32.10
100 LC Meter Freestyle		
1 Silvey, Michael	60 OREG	1:25.00
200 LC Meter Freestyle		
1 Blair, Ron	61 PNA	7:19.15
50 LC Meter Backstroke		
1 Smith, Robert	62 OREG	34.52
100 LC Meter Backstroke		
1 Blair, Ron	61 PNA	4:19.80
50 LC Meter Breaststroke		
1 Smith, Robert	62 OREG	39.40
50 LC Meter Butterfly		

Men 75-79		
50 LC Meter Backstroke		
1 Miesen, Lee	78 MACO	54.09
100 LC Meter Backstroke		
1 Miesen, Lee	78 MACO	1:56.92
50 LC Meter Breaststroke		
1 Miesen, Lee	78 MACO	47.38 Z
100 LC Meter Breaststroke		
1 Miesen, Lee	78 MACO	1:57.65
Men 80-84		
50 LC Meter Freestyle		
1 Young, Gilbert	83 OREG	46.92
2 Bushey, Charles	84 OREG	58.18
100 LC Meter Freestyle		
1 Young, Gilbert	83 OREG	1:40.95
2 Bushey, Charles	84 OREG	2:17.05
3 Shadbeh, Khosrow	84 OREG	2:45.63



OMS Trivia Question - Identify 3 of the 4 Backstrokers shown on these two pages. Email or call Dave Radcliff with your answer. Email and phone number for Dave on page 2.

1 Edwards, Wes	52 OREG	34.84
2 Darnell, Stephen	51 OREG	44.35
3 Butler, James	53 OREG	56.33
100 LC Meter Backstroke		
1 Kevan, Stephen	51 OREG	1:16.88
2 Darnell, Stephen	51 OREG	1:36.89
50 LC Meter Breaststroke		
1 Cruise, Peter	53 MSABC	37.65
100 LC Meter Breaststroke		
1 Cruise, Peter	53 MSABC	1:27.47
2 Darnell, Stephen	51 OREG	1:54.54
50 LC Meter Butterfly		
1 Kevan, Stephen	51 OREG	30.73
100 LC Meter Butterfly		
1 Kevan, Stephen	51 OREG	1:15.90
2 Fryefield, David	51 OREG	1:16.38
200 LC Meter Butterfly		
1 Fryefield, David	51 OREG	2:57.93 O S
200 LC Meter IM		
1 Kevan, Stephen	51 OREG	2:41.92
2 Fryefield, David	51 OREG	2:47.32
Men 55-59		
100 LC Meter Freestyle		
1 Rueff, Daniel	58 OREG	1:10.66
800 LC Meter Freestyle		
1 Johnson, Steve	57 OREG	10:32.85
50 LC Meter Breaststroke		
1 Stark, Allen	56 OREG	34.66 Z
50 LC Meter Butterfly		
1 Adams, Douglas	56 OREG	32.41
2 Rueff, Daniel	58 OREG	33.93
100 LC Meter Butterfly		
1 Rueff, Daniel	58 OREG	1:24.12
200 LC Meter Butterfly		
1 Stark, Allen	56 OREG	3:06.16 O
2 Adams, Douglas	56 OREG	3:21.61
200 LC Meter IM		
1 Rueff, Daniel	58 OREG	2:59.22

1 Smith, Robert	62 OREG	31.90
2 Silvey, Michael	60 OREG	35.53
100 LC Meter Butterfly		
1 Silvey, Michael	60 OREG	1:31.38
Men 65-69		
50 LC Meter Freestyle		
1 Thayer, George	69 OREG	33.62
2 Petersen, Bert	67 OREG	33.63
100 LC Meter Freestyle		
1 Thayer, George	69 OREG	1:21.73
2 Keudell, David	65 OREG	1:37.01
800 LC Meter Freestyle		
1 Lake, Brent	67 OREG	12:56.52
50 LC Meter Backstroke		
1 Lake, Brent	67 OREG	40.94
2 Thayer, George	69 OREG	43.53
3 Keudell, David	65 OREG	53.95
100 LC Meter Backstroke		
1 Lake, Brent	67 OREG	1:30.51
200 LC Meter Backstroke		
1 Lake, Brent	67 OREG	3:16.10
50 LC Meter Breaststroke		
1 Keudell, David	65 OREG	45.54
2 Thayer, George	69 OREG	45.74
3 Petersen, Bert	67 OREG	46.65
100 LC Meter Breaststroke		
1 Keudell, David	65 OREG	1:43.96
200 LC Meter Breaststroke		
1 Keudell, David	65 OREG	3:49.33
50 LC Meter Butterfly		
1 Petersen, Bert	67 OREG	32.80
Men 70-74		
50 LC Meter Freestyle		
1 Radcliff, David	71 OREG	31.21
100 LC Meter Freestyle		
1 King, Bill	72 OREG	1:19.02
200 LC Meter Freestyle		
1 Radcliff, David	71 OREG	2:37.78
2 King, Bill	72 OREG	3:03.76

200 LC Meter Freestyle		
1 Young, Gilbert	83 OREG	3:51.64
2 Bushey, Charles	84 OREG	5:00.79
800 LC Meter Freestyle		
1 Young, Gilbert	83 OREG	16:51.89
50 LC Meter Backstroke		
1 Bushey, Charles	84 OREG	1:11.92
2 Shadbeh, Khosrow	84 OREG	1:29.19
50 LC Meter Breaststroke		
1 Shadbeh, Khosrow	84 OREG	1:25.50
100 LC Meter Breaststroke		
1 Shadbeh, Khosrow	84 OREG	3:23.51
Men 85-89		
50 LC Meter Freestyle		
1 Holden, Andrew	86 OREG	38.43
50 LC Meter Breaststroke		
1 Holden, Andrew	86 OREG	59.39 Z
50 LC Meter Butterfly		
1 Holden, Andrew	86 OREG	49.33
Relays		
Women 160-199 200 LC Meter Free Relay		
1 OREG		2:59.73
1) Vanasse, K. 39	2) Rague, S. 55	
3) Beers, T. 26	4) Himstreet, P. 62	
Women 160-199 200 LC Meter Med. Relay		
1 OREG		2:47.68
1) Fox, C. 45	2) Snider, P. 44	
3) Worden, L. 48	4) Budd, E. 51	
Mixed 160-199 200 LC Meter Free Relay		
1 OREG		2:22.80
1) Marsh, K. 38	2) Fairhurst, J. 47	
3) Odermott, K. 40	4) Darnell, S. 51	
Mixed 160-199 200 LC Meter Med. Relay		
1 OREG		2:50.77
1) Shaw, S. 38	2) Fairhurst, J. 47	
3) Marsh, K. 38	4) Petersen, B. 67	
Mixed 280-319 200 LC Meter Med. Relay		
1 OREG		5:47.22
1) Wells, M. 79	2) Buel, H. 91	

2005 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS

Recognized by Oregon LMSC for USMS, Inc. #375-07R

ELIGIBILITY: STATE OF OREGON RESIDENT AND/OR REGISTERED OMS MEMBER

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

DATE: Saturday & Sunday, July 9 & 10, 2005

WARM-UPS: 1PM SATURDAY & SUNDAY
MEET STARTS: 2PM SATURDAY & SUNDAY

Opening Ceremony: Friday, July 8, 2005, Tualatin Hills Recreation Center, 4-9PM. Food, music, raffles, and fun! Parade of Athletes at 7 PM.

Meet Director: Colette Crabbe • Phone 503-762-2429 • E-mail: colettecrabbe@hotmail.com

Meet Hotels: Best Western Inn 23525 NE Halsey 503-491-9700 • Holiday Inn Exp. 1000 NW Graham Rd. 503-492-2900
Hampton Inn 3039 NE 181st 503-669-7000

AWARDS: T-SHIRTS FOR ALL ENTRANTS • MEDALS FOR 1ST 2ND & 3RD PLACES (EXTRA CHARGE FOR RELAY AWARDS, \$1.50)

ALL REGISTERED MASTERS SWIMMERS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.

ENTRY DEADLINE: RECEIVED BY FRIDAY, JUNE 24, 2005



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

Use this entry form or register on-line at www.stategamesoforegon.org

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2005 USMS # (IF A MEMBER) _____

USMS CLUB (OREG OR MACO) _____

IS THIS YOUR FIRST MASTERS MEET? _____ Yes _____ No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 95+. 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 BY DEC. 31ST, 2005. DISABLED SWIMMERS MAY ENTER AS "DISABLED" AND BE TREATED AS A SEPARATE AGE GROUP CATEGORY FOR AWARDS. ENTER RELAYS AT THE MEET. 200, 400, AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400, 800 AND 1500 FREESTYLES & 400 IM WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS IS TO BE SWUM. ALL EVENTS WILL BE SEEDS SLOW TO FAST.

Saturday, July 9, 2005

400 FREE (1) _____ : _____ . _____

break

200 IM (2) _____ : _____ . _____

50 BACK (3) _____ : _____ . _____

200 BREAST (4) _____ : _____ . _____

100 FREE (5) _____ : _____ . _____

break

MIXED MEDLEY RELAYS (6-7)

50 BREAST (8) _____ : _____ . _____

200 BACK (9) _____ : _____ . _____

100 FLY (10) _____ : _____ . _____

FREE RELAYS (11-16)

break

1500 FREE (17) _____ : _____ . _____

Sunday, July 10, 2005

400 IM (18) _____ : _____ . _____

50 FREE (19) _____ : _____ . _____

200 FLY (20) _____ : _____ . _____

100 BACK (21) _____ : _____ . _____

break

MIXED FREE RELAYS (22-24)

50 FLY (25) _____ : _____ . _____

200 FREE (26) _____ : _____ . _____

100 BREAST (27) _____ : _____ . _____

break

MEDLEY RELAYS (28-31)

800 FREE (32) _____ : _____ . _____

I am a disabled swimmer and wish to enter the meet in this special category. _____ (check if appropriate)

In consideration of being allowed to participate in any way in the State Games of Oregon Athletic and/or Sports Program, and related events and activities, the undersigned: acknowledges and fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time; assumes all the foregoing risk and accepts personal responsibility for the damages following such injury, permanent disability or death; releases, waives, discharges and covenants not to sue the State Games of Oregon, its affiliated clubs, their respective administrators, directors, agents, coaches, volunteers, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, the National Congress of State Games, and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability to each of the undersigned, his/her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage of property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise. In the event of injury, the athlete will pay all medical costs. I have read the above waiver and release, understand that I give up substantial rights by signing it and sign it voluntarily.

Meet Entry (\$18 for first 2 events)

\$18.00

\$5 for each additional event

(limit of 6 individual events and no more than 5 events in one day)

Total enclosed

T-SHIRT SIZE: (CIRCLE ONE)

SMALL MEDIUM LARGE X-LARGE

SIGNATURE _____ DATE _____

**MAIL ENTRY FEE AND FORM TO: STATE GAMES OF OREGON
4840 SW WESTERN AVENUE, SUITE 900, BEAVERTON, OREGON 97005**

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 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.

Sunday September 11, 2005 Sprint

50m FLY (1) _____ : _____ . _____

50m BACK (3) _____ : _____ . _____

Break before the Medley relay

MEDLEY RELAY (5-8)

50m BREAST(9) _____ : _____ . _____

MIXED FREE RELAYS (11-13)

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

Foster Lake Masters Open Water Swim

Saturday, June 25, 2005

1000 or 2000-meter Swim and 4 x 400 Relay

Hosted by Central Oregon Masters Aquatics

Sanctioned by Oregon Masters Swimming #375-OW1

Operating under Special Permit from the Linn County Parks & Recreation Commission and the U.S. Army Corps of Engineers

1000 & 2000-METER SWIMS: Both swims will be held simultaneously on a 1000-meter course. Swims will start in-water with a mass start and finish on land. Great for first time racers and experienced competitors alike!

4 x 400 PURSUIT RELAY: All swimmers who complete either the 1000 or 2000-meter swim are eligible for and strongly encouraged to swim in the 4 x 400 Pursuit Relay. 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. The first team across the line wins! Relay will start and finish on land.

SCHEDULE: Saturday, June 25, 2005

9:00am	Check-in for 1000 & 2000-meter Swims
9:50am	Pre-race meeting
10:00am	1000 & 2000-meter Swims
11:00am	Check-in deadline for relays
11:20am	Pre-race meeting
11:30am	4 x 400 Pursuit Relay
12:15pm	Awards

SITE: Lewis Creek Recreation Area, a beautiful Linn County Park featuring swimming & picnicking areas. Take U.S. Highway 20 2.2 miles east of the Weyerhauser Mill in Sweet Home. Drive 1.2 miles north on Quartzville Scenic Highway, turn left on N. River Rd., and drive .8 miles to the Recreation Area. Turn left at the entrance and park in the upper lot. Day parking costs \$3 per car, payable on site.

Dogs must be on at leash at all times and owners must pick up after them. Foster Lake expected water temperature is 68-72 deg. F.

REGISTRATION & FEES: Fees include swims and pre-swim snack. Lunch will not be provided. Restaurants in are

1000 or 2000-meter Swim	\$20
Late or day-of-swim registration	\$10 extra
4 x 400 Pursuit Relay	Free

Cheap Entry Deadline: Mailed by June 15, 2005.

RULES: Current United States Masters Swimming rules apply. Swimmers must be registered members of USMS—One Event or Full Memberships may be purchased with your entry for \$15 or \$38 respectively. Swimmers wearing wetsuits will be in a separate category for results & awards in the 1000 & 2000-meter swims; no separate category for the Relay. Propulsive devices (such as fins & paddles) & flotation aids (such as pull-buoys) are not allowed. All swimmers must bring and wear their own brightly colored swim cap and have their race number written on their arms or hands.

AWARDS: All finishers, wetsuit & non-wetsuit, will receive commemorative race awards. Relay winners will win bragging rights.

OREGON SERIES: The 2000-meter swim is a qualifying swim for the Oregon Open Water Swim Series. The 1000-meter swim and the relay are not qualifying swims.

CAMPING: Sunnyside Park is a fully equipped Linn County campground 1.2 miles from the race site. Tent sites: \$13 and hookup sites: \$18 per night plus, \$11 reservation fee per site. Tent sites hold up to 8 people. Call 541-967-3917.

INFO: Event questions: Pam Himstreet, himstreet@bendcable.com or 541-385-7770. Race questions: Bob Bruce, bobbbruce13@attglobal.net or 541-317-4851

Complete entry form legibly, sign liability waiver, and send with photocopy of USMS registration card.

Swims (check one only):

☐ 2000-meter swim

☐ 1000-meter swim

☒ Relay

Fees:

1000 or 2000-meter Swim (\$20)

Late or Day-of-swim (\$10 extra)

4 x 400 Pursuit Relay (FREE)

xxxxx

One Event Registration (required if not a 2005 USMS Swimming Member) Add +\$15 now. _____ (sign form at the lake)

Full membership is \$38.00 which can be added to your entry now also. TOTAL: _____

Name: _____ 2005 USMS Number: _____

Address: _____ Phone: (____) _____

City: _____ State: ____ Zip: _____ Birthdate: _____ Age: ____ Sex: ____

E-mail: _____ USMS Club (Oreg, Maco): _____ Local Team: _____

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 acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES THERETO, I HEARBY 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: _____

CHECKS payable to COMA. MAIL by June 15 to Mary Sweat, 6744 NW 30th St., Redmond, OR 97756



ROGUE VALLEY MASTERS

2005 SOUTHERN OREGON OPEN WATER CHALLENGE SATURDAY, JULY 16--APPLEGATE LAKE

Event #1 3K: The course distance is 3 kilometers (approximately 2 miles) and will be triangular in shape. Start and finish will be in the water. Expected water temperature is 70-74 degrees.

Schedule: Registration: 8:00-9:30am Registration closes at 9:30 am. No entries will be accepted after 9:30am.

Pre-race instructions: 9:45am

Race begins: 10:00am

Eligibility: This event is open to all USMS registered swimmers 19 years of age as of July 16, 2005. All entrants must submit a copy of their registration card with their entry. One event USMS registration will be available for \$15.00 on race day.

Entry Fees: \$25.00 if postmarked by July 2nd

\$40.00 for both events

\$30.00/\$45.00 for late or race-day entries Please do not mail any entries after July 11th.

Entry fees include cap, t-shirt and lunch. Additional lunches are available for \$7.00 per person. Race-day entrants are not guaranteed a shirt on race day but orders may be taken and shirts sent promptly after the event. There will be a limited number of t-shirts for sale on race day at a cost of \$12.00. Fifty percent of all fees are refundable with at least 7 days prior notice via phone or in person to the Race Director. Cancellations will not be accepted via e-mail.

Awards: 1st through 3rd place in each male & female age group (i.e. 19-24, 25-29, etc.) will receive awards. The fastest overall male and female swimmers will receive special awards.

Event #2 1.5K: Swimmers will compete in a 1500-meter mass start open water swim. The course will also be triangular in shape. Start and finish will be in the water.

Schedule: Registration: 11:30pm-12:30pm Registration closes at 12:30pm. No entries will be accepted after 12:30pm.

Pre-race instructions: 12:45pm

Race begins: 1:00pm

Eligibility: Same as above.

Deli-style lunch and Awards presentation will take place following race.

Fees: \$20.00 if postmarked by July 2nd

\$40.00 for both events

\$30.00 for late or race-day entries

Fees include cap and post-race lunch. Additional lunches are available for \$7.00/person as are T-shirts for \$12.00 each.

Awards: Swimmers finishing 1st through 3^d in each age group will receive awards. The fastest overall male and female swimmers will receive special awards.

Race Director: Greg Frownfelter: 541-535-3633 or 541-842-2531 on business days GREGF@JobCouncil.org

Sanctions & Rules: These events are sanctioned by OMS, Inc for USMS 375-OW2. In addition, both are part of the Oregon Open Water Swim Series. Current USMS rules will cover all swims. The use of pull buoys, hand paddles and fins are prohibited. All participants must wear the caps provided for each race.

Safety: Lifeguards & safety personnel will monitor the course for both events. In addition, lifeguards will be present before and after each for warm-ups and cool-downs. Local EMT's will be on site near the start/finish area.

Parking: There is a day use parking fee of \$5.00 payable to the park concessionaire at Hart-Tish Park (free with a Northwest Pass).

Camping: Rogue Valley Masters has reserved Beaver Sulfur Campground located 11 miles northeast of Applegate Lake. This is a very scenic and secluded campground with vault toilets and well water. Beaver Sulfur is a group campground with 10 individual sites and each site can accommodate several tents. Camping at Beaver Sulfur is \$4/adult/night and must be reserved in advance on a first-come/first-served pre-paid basis. At Hart-Tish Park, there will also be 2-3 small sites (each site holds 2 tents only) that may be reserved in advance at a cost of \$15.00 per night with day-use parking included. Self-contained RV camping at Hart-Tish Park is \$10/site/night, payable to the park concessionaire (includes the day-use fee.) There are no hookups.

Directions: From either north or south on I-5 take exit #27, Barnett Rd, in Medford. Go west to Riverside Av. and turn right (north.) Proceed to East Main St, Hwy 238, turning left (west.) Continue on this highway through Medford and Jacksonville, turning right in Jacksonville. Highway 238 continues to the town of Ruch at which point the road will fork. Go left, following the signs to Applegate

Lake. Proceed past the dam for another .7 miles until you reach Hart-Tish Park on the left. There will be signs posted along the way directing you to the park. It is a 45-minute drive from Medford to Hart-Tish Park. Please allow plenty of time to drive and park.

This event is under special use authorization with the Rogue River National Forest.
U.S. Forest Service rules: No pets are allowed at Hart-Tish Park.

Local Attractions: There is an abundance of summer entertainment and outdoor recreational activities in the Rogue Valley. For information, contact the Ashland Chamber of Commerce: 541-482-3486 or the Medford Visitors/Convention Bureau: 541-779-4847.

Name: _____ DOB: ____/____/____ Age: ____ M ____ F ____

Address/City/State/Zip: _____

Phone: _____ E-mail: _____ Club: _____ Team _____

USMS Reg # _____ (Please attach copy of card.) Please send results: E-mail ____/USPS mail ____
ALL SWIMMERS MUST BE CURRENT MEMBERS OF USMS, INC. (One-event registration available @\$15.00)

3K Swim _____ \$25.00

1.5K Swim _____ \$20.00

Both Events: _____ \$40.00

T-Shirts: S ____ M ____ L ____ XL ____ XXL (\$2 extra) ____

Extra Lunch: _____ \$7.00 per person

Extra T-Shirt: _____ \$12.00 (Size ____)

Camping: Beaver Sulfur _____ \$4.00/adult/night (# of Adults ____)

Camping: Hart-Tish Park _____ \$15/night (# of nights ____)

TOTAL : \$ _____ Please make checks payable to: RVM Lake Swim

MAIL ENTRY FORM, CHECK, & COPY OF 2005 USMS REGISTRATION TO: RVM LAKE SWIM

PO BOX 3338

ASHLAND, OR 97520

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

Signature: _____ Date: _____



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 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* (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: Ω 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

check all that apply:

1500m	Whitely	Flatfoot
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

all 3 events	\$40.00	_____
or 2 events	\$35.00	_____
or 1 event	\$25.00	_____

USMS Reg# _____

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 _____

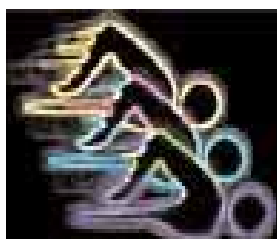
Birthdate _____ Day phone _____ Evening phone _____ Fax _____

"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).]



Top Ten

FINA WORLD

Mary Sweat

Top Ten Chair



Pl	Course	Event	Name	Time	Club	1	SCM	50 Back	Robert S Smith	31.31	OREG
Men 40-44											
1	LCM	400 Free	Dennis Baker	4:11.55	OREG	1	SCM	100 Back	Robert S Smith	1:09.20	OREG
1	LCM	100 Fly	Dennis Baker	57.97	OREG	4	SCM	100 IM	Robert S Smith	1:12.36	OREG
1	LCM	200 Fly	Dennis Baker	2:05.55	OREG	6	SCM	50 Free	Robert S Smith	27.94	OREG
1	LCM	400 IM	Dennis Baker	4:49.75	OREG	9	SCM	50 Fly	Robert S Smith	30.86	OREG
7	LCM	200 Free	Dennis Baker	2:03.09	OREG	5	SCM	1500 Free	Tom Landis	21:20.01	OREG
4	SCM	800 Free	Dennis Baker	8:46.71	OREG	6	SCM	800 Free	Tom Landis	11:05.48	OREG
Men 45-49											
4	LCM	200 Breast	Patrick Allender	2:40.12	OREG	Men 65-69					
8	LCM	100 Breast	Patrick Allender	1:13.30	OREG	2	LCM	50 Fly	Bert Petersen	32.13	OREG
6	SCM	200 IM	Patrick Allender	2:26.05	OREG	9	LCM	200 Back	Brent Lake	3:10.82	OREG
8	SCM	200 Breast	Patrick Allender	2:39.87	OREG	10	SCM	1500 Free	Brent Lake	23:50.03	OREG
Men 55-59											
1	LCM	100 Breast	Allen L Stark	1:17.97	OREG	10	SCM	200 Back	Brent Lake	3:15.14	OREG
1	LCM	200 Breast	Allen L Stark	2:53.86	OREG	3	SCM	200 IM	Ronald Nakata	3:05.25	OREG
2	LCM	50 Breast	Allen L Stark	34.74	OREG	8	SCM	100 IM	Ronald Nakata	1:21.07	OREG
2	SCM	50 Breast	Allen L Stark	33.97	OREG	Men 70-74					
2	SCM	100 Breast	Allen L Stark	1:15.69	OREG	1	LCM	100 Free	David Radcliff	1:07.79	OREG
2	SCM	200 Breast	Allen L Stark	2:47.88	OREG	1	LCM	200 Free	David Radcliff	2:32.24	OREG
Men 60-64											
						1	LCM	400 Free	David Radcliff	5:31.23	OREG
						1	LCM	800 Free	David Radcliff	11:37.1	OREG
						1	LCM	1500 Free	David Radcliff	22:06.4	OREG
						2	LCM	50 Free	David Radcliff	30.26	OREG

1	SCM	100 Free	David Radcliff	1:06.50	OREG	Women 50-54				
1	SCM	800 Free	David Radcliff	11:11.81	OREG	1	LCM	200 IM	Robin Parisi	2:44.30 MACO
1	SCM	1500 Free	David Radcliff	21:25.90	OREG	2	LCM	100 Fly	Robin Parisi	1:12.24 MACO
2	SCM	50 Free	David Radcliff	29.77	OREG	3	LCM	50 Free	Robin Parisi	29.49 MACO
2	SCM	200 Free	David Radcliff	2:30.60	OREG	3	LCM	100 Free	Robin Parisi	1:05.18 MACO
2	SCM	400 Free	David Radcliff	5:25.28	OREG	2	LCM	50 Breast	Ginger L Pierson	40.57 MACO
3	SCM	100 IM	David Radcliff	1:22.09	OREG	2	LCM	100 Breast	Ginger L Pierson	1:31.42 MACO
5	SCM	50 Fly	David Radcliff	36.04	OREG	4	LCM	200 Fly	Ginger L Pierson	3:24.39 MACO
7	LCM	50 Back	Richard Weick	40.59	OREG	5	LCM	200 Breast	Ginger L Pierson	3:24.23 MACO
10	LCM	200 IM	Richard Weick	3:23.76	OREG	2	SCM	100 Breast	Ginger L Pierson	1:30.11 MACO
Men 80-84						2	SCM	200 Breast	Ginger L Pierson	3:20.84 MACO
5	LCM	800 Free	Gilbert Young	16:33.4	OREG	3	SCM	50 Breast	Ginger L Pierson	40.86 MACO
6	LCM	400 Free	Gilbert Young	7:56.57	OREG	4	SCM	200 Fly	Ginger L Pierson	3:20.77 MACO
7	LCM	200 Free	Gilbert Young	3:39.79	OREG	9	SCM	400 IM	Ginger L Pierson	7:01.94 MACO
5	SCM	800 Free	Gilbert Young	16:41.68	OREG	10	SCM	100 Fly	Ginger L Pierson	1:31.19 MACO
6	SCM	200 Free	Gilbert Young	3:41.70	OREG	9	SCM	50 Fly	Janet Gettling	37.08 OREG
6	SCM	400 Free	Gilbert Young	8:05.20	OREG	10	SCM	100 IM	Janet Gettling	1:26.76 OREG
8	SCM	100 Free	Gilbert Young	1:34.67	OREG	Women 60-64				
Men 85-89						8	LCM	50 Fly	Barbara Frid	38.86 OREG
1	LCM	50 Free	Andrew Holden	37.21	OREG	5	LCM	100 Fly	Joy Ward	1:32.65 OREG
1	LCM	50 Fly	Andrew Holden	46.48	OREG	6	LCM	200 Back	Joy Ward	3:18.80 OREG
1	LCM	100 Fly	Andrew Holden	2:02.53	OREG	6	LCM	50 Fly	Joy Ward	38.31 OREG
1	LCM	200 Fly	Andrew Holden	4:47.63	OREG	6	LCM	200 Fly	Joy Ward	3:45.27 OREG
1	LCM	200 IM	Andrew Holden	4:15.59	OREG	9	LCM	100 Back	Joy Ward	1:32.99 OREG
3	LCM	50 Back	Andrew Holden	49.14	OREG	9	LCM	200 IM	Joy Ward	3:26.36 OREG
7	LCM	100 Breast	Andrew Holden	2:28.47	OREG	10	LCM	50 Back	Joy Ward	42.45 OREG
1	SCM	50 Free	Andrew Holden	37.85	OREG	5	SCM	200 Back	Joy Ward	3:16.72 OREG
1	SCM	50 Back	Andrew Holden	49.24	OREG	9	SCM	50 Fly	Joy Ward	39.13 OREG
1	SCM	100 Fly	Andrew Holden	2:01.65	OREG	9	SCM	200 IM	Joy Ward	3:25.90 OREG
1	SCM	100 IM	Andrew Holden	1:48.23	OREG	10	SCM	100 Fly	Joy Ward	1:36.11 OREG
1	SCM	200 IM	Andrew Holden	4:19.20	OREG	7	SCM	1500 Free	S Calnek-Morris	25:45.30 OREG
1	SCM	400 IM	Andrew Holden	9:36.09	OREG	10	SCM	800 Free	S Calnek-Morris	13:07.26 OREG
2	SCM	50 Fly	Andrew Holden	47.89	OREG	Women 70-74				
8	SCM	50 Breast	Andrew Holden	58.91	OREG	1	LCM	800 Free	Lavelle Stoinoff	12:35.1 MACO
Women 30-34						1	LCM	1500 Free	Lavelle Stoinoff	24:37.5 MACO
5	SCM	800 Free	Sara Quan	9:47.90	OREG	1	LCM	200 Back	Lavelle Stoinoff	3:29.72 MACO
9	SCM	400 Free	Sara Quan	4:43.59	OREG	2	LCM	100 Free	Lavelle Stoinoff	1:23.73 MACO
Women 40-44						2	LCM	200 Free	Lavelle Stoinoff	2:59.75 MACO
6	SCM	50 Back	Valerie Jenkins	32.94	OREG	2	LCM	400 Free	Lavelle Stoinoff	6:12.81 MACO
Women 45-49						2	LCM	100 Back	Lavelle Stoinoff	1:44.93 MACO
1	LCM	400 IM	Colette Crabbe	5:44.91	OREG	9	LCM	50 Back	Lavelle Stoinoff	50.07 MACO
2	LCM	200 IM	Colette Crabbe	2:41.22	OREG	Women 80-84				
7	LCM	200 Breast	Colette Crabbe	3:05.72	OREG	7	LCM	200 Fly	Elfie Stevenin	13:37.0 OREG
1	SCM	100 IM	Colette Crabbe	1:13.29	OREG	7	LCM	400 IM	Elfie Stevenin	20:00.2 OREG
2	SCM	200 Breast	Colette Crabbe	2:57.92	OREG	9	LCM	100 Fly	Elfie Stevenin	6:09.50 OREG
9	SCM	50 Breast	Colette Crabbe	38.13	OREG	4	SCM	400 IM	Elfie Stevenin	18:56.32 OREG
1	LCM	50 Back	K Andrus-Hughes	33.9	OREG	8	SCM	100 Fly	Elfie Stevenin	6:09.54 OREG
4	LCM	200 Back	K Andrus-Hughes	2:48.99	OREG	8	SCM	200 IM	Elfie Stevenin	9:29.32 OREG
5	LCM	100 Back	K Andrus-Hughes	1:16.94	OREG	Women 90-94				
6	LCM	50 Free	K Andrus-Hughes	29.52	OREG	1	LCM	200 IM	Hilda Buel	12:03.6 OREG
6	LCM	100 Free	K Andrus-Hughes	1:05.58	OREG	2	LCM	100 Breast	Hilda Buel	6:12.82 OREG
10	LCM	200 Free	K Andrus-Hughes	2:25.82	OREG	5	LCM	100 Back	Hilda Buel	5:26.37 OREG
1	SCM	100 Free	K Andrus-Hughes	1:03.00	OREG	5	LCM	200 Back	Hilda Buel	11:51.5 OREG
1	SCM	50 Back	K Andrus-Hughes	32.93	OREG	1	SCM	200 Breast	Hilda Buel	14:53.20 OREG
2	SCM	50 Free	K Andrus-Hughes	28.77	OREG	1	SCM	200 IM	Hilda Buel	11:57.44 OREG
2	SCM	200 Free	K Andrus-Hughes	2:20.80	OREG	2	SCM	100 Breast	Hilda Buel	6:29.98 OREG
2	SCM	100 Back	K Andrus-Hughes	1:10.90	OREG	2	SCM	50 Fly	Hilda Buel	4:00.74 OREG
2	SCM	200 Back	K Andrus-Hughes	2:38.51	OREG	4	SCM	100 Free	Hilda Buel	5:12.26 OREG
4	SCM	100 IM	K Andrus-Hughes	1:15.05	OREG	4	SCM	50 Breast	Hilda Buel	2:36.88 OREG
4	SCM	1500 Free	Mary Sweat	19:49.05	OREG	7	SCM	50 Free	Hilda Buel	1:56.11 OREG
						7	SCM	100 Back	Hilda Buel	5:30.05 OREG

2005 Meet SCHEDULE

Date	Event	Location	Contact
Pool Meets			
*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
Open Water			
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 coachbob@bendbroadband.com
*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
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
June/July 2005

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

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Inside: Results - Hood River, Nationals & THB