



Aqua Master

USMS 2004 Newsletter of the Year

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“ S w i m m i n g f o r L i f e ”

COMA Wins Large Team Title at Eel Lake



Central Oregon Masters dominated the Open Water Championships and won the Large Team Title at Eel Lake. The Tualatin Hills Barracudas won the Small Team Title.

Inside For You

Chair's Corner	2
Rachel's Farewell	3
Fitness	4
Long Distance	5
Results -Eel Lake	6
Dorena Lake	7-8
SCY Top Ten	9-11
LCM Nationals	11
Patriot Games	15-17
Entry Blanks	
Free Pentathlon	12
SCM Zone	13-14
2006 Team Registration	18
2006 OMS/USMS Registration	19
Schedule	Back Cover

Barracudas Win Small Team



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Chair's Corner by Jody Welborn

Hi everyone:

September is one of my favorite months: my son is back in school, the weather is cooling down, and Grass Valley Masters puts on one of the best swim meets in the Oregon LMSC, the Patriot Games.

For the second year in a row, Bert Petersen and his enthusiastic Masters team put on an outstanding, well-attended meet, in one of the best short-course meters pools around. If you haven't tried it, you are missing a lot of fun. And to top it off, Bert hosted an awesome breaststroke/butterfly clinic that kept approximately 20 swimmers in rapt and breathless attention after the meet. It was a great way to start out the swimming season, working on all strokes in the Pentathlon format (4 strokes and an IM). And now I have pointers for my short-axis strokes.

One of the best things about the September swim meet is that it gives me a baseline to work on my "Season Plan". When I am making my season plan I keep several points in mind:

- 1) My life. It is important to remember that exercise and your goals are not your entire life. The best plan keeps your actual life in balance and takes into account the amount of time you have to devote to swimming. This is also known as keeping a balance.
- 2) My actual level of fitness. Here is where an early swim meet comes in. This year I have a reasonable level of fitness and can set my goals accordingly. Other years I have started with a smaller training base (i.e., I miss practice regularly) and/or at a less than ideal weight, or, even, less than ideal attitude. Needless to say, my season plan changes.
- 3) Obstacle recognition (see #1). Exercise is more enjoyable without an overlying layer of guilt. By examining your schedule and recognizing the times (Christmas, family vacation, deadline at work) that will interfere with your swimming schedule, you can work around it- switch to morning workouts from evening, cross-train, etc- and keep your plan doable and enjoyable.
- 4) Feedback. Even though I consider myself a fitness swimmer, I compete because I get valuable feedback and obtain concrete evidence of my progress. I have found nothing more pleasurable than the unexpected PR. It takes at least 3 days to wipe the smile off my face. (I am currently on Day 2 from the Patriot Games).
- 5) Joy. Your goals and your season plan should bring you joy.

So give it a try and make a season plan. It doesn't have to be complicated. It can be as simple as "I want to swim for 45 minutes 5 times a week" with the season plan to accomplish the goal. It can be time-based, "I want to drop 30 seconds off my 400 IM time" with the seasonal plan that fits it. It can be fitness-based, "I want to swim both the 3000 and the 6000 yard USMS Postal Championships before November 15th." with the season plan to accomplish it. It can be whatever works for you. But having a plan will help you take those goals we spoke about and provide a realistic way to make them a reality. Don't forget my goal of including all OMS swimmers attending the State Championships. (I have lots of goals). I may have to add a Number 6) to the plan: Bus service to pick up OMS swimmers.

Work on your season plan with your coach, your spouse, your favorite lane mate, your dog (Hogan, my Australian Shepherd is a patient and wise listener,

continued on page 3

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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Rachel Says Goodbye

Now that I have returned to the land down-under (from whence I came), I have been reflecting on how I spent my time in Oregon. In the two years that I was swimming with Oregon masters, I learned a lot about many things. Unfortunately, none of this included how to do butterfly correctly, but that is another story. Regardless of that, I thought it would be a useful exercise to summarize those lessons.

You are never too old to swim...some people have never stopped since being a kid. Others have reacquainted themselves with the delights of early morning practice decades after their parents forcibly took them to the pool, come back years after being burnt-out after college, or have taken it up at a later age. Kudos to all of you.

It is fun to compete...as long as I don't take myself too seriously. While it is fun to have rivalries with others of my aptitude and ability, there isn't much point in worrying about where I "place" in a race, given that I have no control over who turns up at a meet. By making my performance goals intrinsic, I do not compare myself to any of those great swimmers who happen to be born within the same year (or 5) as me. It makes more sense to try and improve on my own times.

Show me what I'm doing wrong... if that is possible! Despite a rather extensive background in biomechanics and kinesiology, I would have sworn that I was doing the right thing with that pesky fly. I certainly didn't realize my arms were coming out a foot above the water in a position that apparently no one else can manage. Ten seconds of video is all it took...although despite me now really believing what the coach is telling me, I can't necessarily fix it (miracle, anyone?!)

Look for inspiration from all places...not just in the fast lane. Everyone has a story to tell, and everyone can amaze you with their performance. This may be someone who tackles those hard events (particularly the ones you avoid), to someone who displays the persistence and patience and effort required to improve, or overcomes obstacles just to be there.

Be positive...it is SO much easier to come to early morning practice and do a hard workout when you and your lane-mates are positive. This doesn't necessarily mean super-perky (as it is 5.00am, people). There is, however, a certain camaraderie that develops as you make your way through a tough set. And let's be honest, it is really nice when someone notices how hard you worked.

Enjoy it...this is all supposed to be fun. Despite the fact it can be hard, painful, or a grind at times, overall you should be enjoying it! Laugh at yourself, at others, at the coach if that is what it takes!

So as I say farewell, I have to say that I am not too old, I do enjoy diving off the blocks and having a splash, I haven't fixed that fly, I have been inspired by a number of people, I really enjoyed turning up in the early morning (largely due to the people I swam with), and it was fun. Masters swimming in Oregon was a great challenge, and certainly made my time in the northwest a much more memorable experience that it would have otherwise been. My thanks to all the OMS members and Barracudas, (coaches and swimmers), who went out of their way to provide friendship, mock my accent, facilitate my non-car-owning self to get to meets and workouts, mock my swimming, leave me in their wake, mock Australians in general, or drink a beer with me. You are most definitely missed. But the good news is that I'm still swimming!

Editor's Note: Rachel Skoss was the Meet Director for the Barracudas at the last Pentathlon Meet and the June Long Course Meet. Many of you had a chance to meet her at one of these meets. She was also one of my "lane mates" at the early morning practices and she did make it fun and challenging. Rachel - You will be missed and I'm glad you're still swimming. I'll see you in "Aussie" land next year.

Chair's Corner continued from page 1

but only if I scratch his belly). Hey, consult with me on your season plan. I would love to hear from you. (By the way the list of swimmers I met this week was 5: Only 25 more until I meet my goal).

Finally, although water and swimming brings a great deal of joy to those of us involved in Masters swimming, our hearts and thoughts go out to those in the Gulf Coast suffering the effects of Hurricane Katrina. The USASWIMMING.org swim sites recommend that financial donations be made to the Salvation Army or the American Red Cross. If you have contacts with swim clubs in the Louisiana, Mississippi, or Alabama areas and know of equipment needs for swimming families who are temporarily homeless, please let us know. We would love to help.

Remember,

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



F i t n e s s



**Jani
Sutherland
Fitness
Chair**



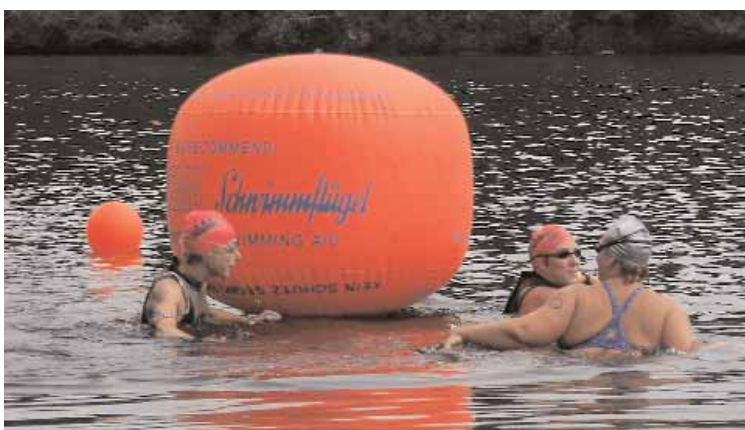
Fitness means different things to different people. It can vary from maintaining good health to maintaining fitness in order to compete. The USMS Fitness website defines fitness as the state or condition of being fit; good health or physical condition, especially as the result of exercise and proper nutrition. Fitness is the first part of the Oregon Open Water Series as stated in the Long Distance section of the OMS website: The purpose of the Oregon Open Water Series is to promote fitness, competition and fellowship in a unique outdoor setting.

Fitness and fellowship were never more apparent than at Eel Lake at the Association Championships. The accompanying pictures were taken at the halfway point of the Ladies Pro Tour of Eel Lake (also known as

the 3000). These 3 swimmers thoroughly enjoyed fitness and fellowship in this "race". They took time during their swim to comment that the sun was coming out, that the lead swimmers had turned the first buoy and were off course, to discuss whether to run over or swim around the land section, to discuss whether to do backstroke or breaststroke for awhile, to change our course as we were about to get hit by the lead swimmers on their 2nd 1500 (they were off course again!!) and to talk about how many calories we were burning (we know what's most important!!).

Open water participation has been dwindling since its heyday in the late 90's. The season is over for this year but how about setting some fitness goals for next year to participate in a lake swim. The scenery is spectacular (a bald eagle was sighted at Elk Lake); some courses have their unique "signature" (running over a point of land at Eel Lake); the water isn't always cold (Applegate and Dorena are quite enjoyable); the camping is fun (great blackberry picking near Dorena and our private soaking pool in the creek at Beaver Sulfur near Applegate); and new venues are always exciting to try out (Foster Lake).

Open water swimming doesn't have to be about competing. It can be about fitness, fellowship and fun, as Deb, Kristin and Jani demonstrated at Eel Lake. Think outside the box, think outside the pool and try an open water swim next summer!!



Should we swim around again or should we do lunch now?



Kristen and Deb waiting for Jani and their "buoy discussion"

Sara - Goodbye and Thanks



Sara Quan is stepping down as Co-Chair of Fitness. She and Jani have been writing wonderful fitness articles since February 2002. Sara is remaining active in OMS. She swam in the Patriot Games and dominated the Women's side of Open Water Swimming this summer. Thanks for all your help in writing the Fitness section of the Aqua Master. The quality of the Fitness Articles and other articles in the Aqua Master is the main reason it was selected as the Newsletter of the year for 2004.

Good news - Jani is remaining as the Fitness Chair so you know that the quality and range of the Fitness Articles will continue. Thank you Jani for all you have done and continue to do.

Long Distance Swimming



Bob Bruce
Long Distance
Chair



Let's recognize our season achievements and highlights from the 2005 OMS Open Water Season:

- We hosted 16 events at 5 venues this year.
- 162 Oregon swimmers from 18 Oregon local teams (and 35 unattached swimmers) took part, totaling 610 swims. COMA led local team participation with 65 swimmers having 308 swims.
- 44 visitors from 12 other states and one other country (Australia) joined us for 117 swims, the largest out-of-state participation ever! We had the corners of the lower-48 covered, hosting swimmers from Maine, Florida, California, and Washington, as well as both Alaska and Hawaii.
- 28 Oregon swimmers swam in three, four, or five venues, thus qualifying for the clear glassware awards for the Oregon Open Water Swim Series. Some of this glassware was put into appropriate use immediately.
- No Oregon swimmer swam in the maximum possible 15 events, but OMS Top Ten Chair Mary Sweat came mighty close with 14 swims and three others—Rob Higley, Keith Dow, and Steve Johnson—made 13!
- The USMS One -mile Open Water Championship at Elk Lake was the largest race this year with 138 participants, possibly the largest OMS single event ever. The 435 total participants in the five swims at Elk Lake was Oregon's largest entry ever at an open water venue!
- The Elk Lake 440-yard Individual Time Trial was our shortest distance and the Elk Lake 3-mile Swim was our longest. We had a little something for nearly everyone.
- The new venue at Foster Lake proved to be a good one, and the unique 4 x 440-yard Pursuit Relay was hotly contested and great fun.
- The 500-meter predicted time swim at Eel Lake was again a popular favorite (and excellent warm-up before the Association Championship race).
- The 1000-meter Whiteley all-equipment race and the 500-meter Flatfoot kicking race at Dorena Lake were swimmer and crowd-pleasers.

• Applegate Lake provided the warmest water in recent memory for an OMS open water event at 76 degrees, while our cool and rainy spring weather kept Foster Lake at a brisk 67 degrees.

• The hospitality at all five venues was again first rate. Our visitors continue to insist that there is no hospitality quite like Oregon's!

Congratulations to...

- Our 13 One-mile National Champions (automatic USMS Long Distance All-Americans!);
- Our 14 1500-meter Association Individual Champions;
- Central Oregon Masters, our Association Large Team Champions;
- Tualatin Hills Barracudas, our Association Small Team Champions;
- Those many Oregonians who ventured far afield to find other open water challenges;
- Our race directors, host teams, and myriad volunteers, to whom we owe a great deal;
- Our sponsors, who made our swims possible;
- Everyone who participated!

Even though open water season in Oregon has finished, you're still got some swimming to do! October and early November is the season for National 3000-yard & 6000-yard Postal Championships, about which I wrote in my article last month. These swims must be done in a 25-yard pool—making them accessible to most of us!—and completed by November 15th. As a coach, I believe strongly that these swims provide solid early season training swims, great conditioning benchmarks, and fun team-building events, and are an absolute requirement for aspiring distance swimmers. As the Meet Director, I would like to see your participation to help swimming in Oregon, particularly to defend our National Team Title is the 3000-yard event (which will be a special challenge with the limitations imposed by the pool restoration in Bend). See www.usms.org for information & entry blanks, and get to it!

Good luck and good swimming!



Most Swims - Steve 13, Mary 14, Rob 13

Eel Lake Open Water Swim - August 13, 2005

1500 Meter OMS Association Championship

Girls

Pl.	Name	Age	Team	Time	Ov'all
15-18					
1	Walker, Jessica	16	GCST	21:01	4

Women

30-34					
1	Quan, Sara	32	OR-unatt	20:55	3
40-44					
1	Stuntzner, Denise	42	OR-coma	24:15	11
2	Young, Joni	44	OR-scc	25:44	14
3	Higley, Kristin	40	OR-coma	30:45	21

45-49

1	Sweat, Mary	48	OR-coma	21:59	6
50-54					
1	Budd, Elizabeth	51	OR-cat	26:56	15
2	Douglas, Deb	51	OR-coma	30:44	20
3	Roberts, Calli	50	OR-coma	33:21	24

55-59

1	Sutherland, Jani	56	OR-coma	33:26	25
2	Sacks, Lynn	59	OR-rvm	35:32	27

60-64

1	Saviane, Anita	62	AUSSI	30:25	19
2	Himstreet, Pam	61	OR-coma	33:59	26
3	Whiter, Peggy	61	OR-coma	39:17	29

Men

35-39					
1	Nelson, Tim	39	OR-coma	20:50	1

40-44

1	Higley, Rob	40	OR-coma	21:58	5
2	Mirho, Charles	41	OR-thb	23:51	10

45-49

1	Ramsey, Ed	49	OR-thb	23:22	8
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50-54

1	Dow, Keith	50	OR-ncms	25:07	12
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55-59

1	Johnson, Steve	57	OR-ea	20:54	2
2	Bruce, Bob	57	OR-coma	22:52	7
3	Teisher, Jim	55	OR-thb	25:24	13
4	Carew, Mike	55	OR-coma	27:27	17

60-64

1	Gray, Dan	60	OR-rvm	27:17	16
2	Mohr, Ralph	63	OR-coma	28:03	18
3	Stone, Chris	61	Unatt	31:51	22
4	Juhala, Rich	62	OR-ncms	35:43	28

70-74

1	Radcliff, Dave	71	OR-thb	23:47	9
2	Norton, Nick	70	OR-coma	32:00	23

1500-meter Results (Wetsuit)

Men 35-39

1	Hudson, John	39	OR-unat	22:49	1
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3000-meter Results

Women

40-44					
1	Young, Joni	44	OR-scc	50:06	9
2	Higley, Kristin	40	OR-coma	1:03:30	16

45-49

1	Sweat, Mary	48	OR-coma	44:21	3
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50-54

1	Budd, Elizabeth	51	OR-cat	51:48	12
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60-64

1	Himstreet, Pam	61	OR-coma	1:09:02	18
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Boys

15-18					
1	Fowler, Nicholas	17	GCST	47:44	5

Men

18-24

1	Jones, Alex	20	GCST	51:39	11
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35-39

1	Nelson, Tim	39	OR-coma	41:14	1
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40-44

1	Higley, Rob	40	OR-coma	44:23	4
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50-54

1	Dow, Keith	50	OR-ncms	49:15	8
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55-59

1	Johnson, Steve	57	OR-ea	44:18	2
2	Bruce, Bob	57	OR-coma	48:30	6
3	Teisher, Jim	55	OR-thb	50:09	10
4	Carew, Mike	55	OR-coma	53:27	13

60-64

1	Gray, Dan	60	OR-rvm	55:59	14
2	Mohr, Ralph	63	OR-coma	56:17	15
3	Juhala, Rich	62	OR-ncms	1:09:01	17

70-74

1	Radcliff, Dave	71	OR-thb	48:48	7
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3000-meter Results (Wetsuit)

Women

30-34					
1	Quan, Sara	32	OR-unat	41:17	1

50-54

1	Douglas, Deb	51	OR-coma	1:03:28	5
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55-59

1	Sutherland, Jani	56	OR-coma	1:03:24	4
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Men

35-39					
1	Hudson, John	39	OR-unat	44:36	3

45-49

1	Cook, Rod	47	OR-coma	41:21	2
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500-meter Predicted Time

Place	Name	Difference (sec)
1	Quan, Sara	-1.84
2	Douglas, Deb	+8.63
3	Hudson, John	-12.97
4	Dow, Keith	+13.41
5	Cook, Rod	+14.18
6	Sweat, Mary	+14.64
7	Bruce, Bob	+15.64
8	VanDerZwan, Dave	+15.71
9	Higley, Rob	+18.08
10	Nelson, Tim	-20.84
11	Mirho, Charles	+21.20
12	Ramsey, Ed	-24.69
13	Carew, Mike	+30.61
14	Mattson, Karen	-31.66
15	Radcliff, Dave	+32.84
16	Johnson, Steve	+33.01
17	Teisher, Jim	+35.83
18	Saviane, Anita	+64.07
19	Juhala, Rich	+82.64
20	Sacks, Lynn	+84.34
21	Gray, Dan	+136.80

Team Championship

Large Team

1	Central Oregon Masters Aquatics	73
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Small Team

1	Tualatin Hills Barracudas	26
2	Rogue Valley Masters	14
3	North Clackamas Masters	10
4t	Corvallis Aquatic Team	8
4t	Emerald Aquatics	8
5	Salem Courthouse Crew	6

Dorena Lake Open Water Swim - Aug. 21, 2005

Age	Pl	Name	Team	Time	Ov'all	Men					
Women						30 - 34	1	Dan Schmitt	EA	22.35	5
25 - 29	1	Gina Dhom	EA	23.22	9	30 - 34	2	Gregory W. Knoles		26.11	24
25 - 29	2	Monica LaBarge	EA	26.34	26	35 - 39		Tim Nelson	COMA		
25 - 29	3	Anna Casey	THB	27.26	29	40 - 44	1	Rob Higley	COMA	22.22	4
25 - 29	4	Beatriz Sunderland-White	EA	24.18	WetS	40 - 44	2	Sean Taylor		23.04	6
30 - 34	1	Angie Smith		24.14	15	40 - 44	3	David Van Der Zwan	SOM	24.25	17
30 - 34	2	Julie Himstreet	EA	24.16	16	40 - 44	4	Chris Gaarder	OWET	24.4	18
30 - 34	3	Christine Gramer	EA	29.1	33	40 - 44	5	Doug K. Stewart	SOM	45.32	48
35 - 39	1	Breyer Patterson	EA	25.43	23	45 - 49	1	Pat Allender	CAT	20.42	2
35 - 39	2	Cynthia Smidt	COMA	27.14	28	45 - 49	2	Ron Thompson	COMA	25.07	20
35 - 39	3	Robin Lewis	COMA	27.57	32	45 - 49	3	Michael Moneta		26.48	27
40 - 44	1	Ellen Ferguson	MAC	23.13	8	45 - 49	4	Robin Bragg	NCAP	30.55	36
40 - 44	2	Tia Sitton		29.55	34	50 - 54	1	Charlie Swanson	EA	24.01	11
40 - 44	3	Gayle Orner	CBAT	30.45	35	50 - 54	2	Keith C. Dow	NCMS	24.11	13
45 - 49	1	Mary Sweat	COMA	20.51	3	50 - 54	3	Thomas Manson		24.13	14
45 - 49	2	Jana Fitzpatrick	SCM	25.03	19	50 - 54	4	Hugh C. Moore	PNA	25.19	21
45 - 49	3	Pam Zigler	COMA	27.33	30	50 - 54	5	David Fryefield	EA	31.14	WetS
45 - 49	4	Mari Hamma	EA	31.28	37	55 - 59	1	Stephen M. Johnson	EA	20.39	1
45 - 49	5	Deb Finch	EA	42.46	WetS	55 - 59	2	Bob Bruce	COMA	23.06	7
50 - 54	1	Elizabeth Budd	CAT	25.35	22	55 - 59	3	Jim Teishes	THB	24.01	12
50 - 54	2	Calli Kebert	COMA	32.52	40	55 - 59	4	Michael P. Carew	COMA	26.18	25
50 - 54	3	Jane A. Moore	PNA	33.26	41	60 - 64	1	Richard Juhala	NCMS	33.31	42
50 - 54	4	Sue Sanders	NCMS	35.17	44	70 - 74	1	David A. Radcliff	THB	23.56	10
50 - 54	5	Connie Peterson	COMA	37.39	45	75 - 79	1	Raymond G. Allen	COM	47.28	49
55 - 59	1	Darlene Staley	THB	27.49	31	Whiteley 1000					
55 - 59	2	Jani A. Sutherland	COMA	31.48	38	Sex	Age	Pl	Name	Team	Time Ov'all
60 - 64	1	Pam Himstreet	COMA	32.37	39	M	55 - 59	1	Stephen M. Johnson	EA	12.12 1
60 - 64	2	Peggy Whiter	COMA	38.14	46	M	45 - 49	1	Pat Allender	CAT	12.48 2
60 - 64	3	Gail Newton	EA	42.02	47	M	50 - 54	1	Charlie Swanson	EA	12.54 3
65 - 69	1	Peggie Hodge	COMA	34.22	43	F	45 - 49	1	Mary Sweat	COMA	12.57 4

continued on page 8

Graceful Exits in the Whiteley 1000

Pat Allender (2nd) and Charlie Swanson (3rd) exiting the 1000 while wearing fins and paddles. It was quite a challenge and required balance and ingenuity.



Dorena Results continued from page 7

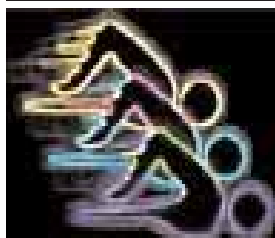
M	13 - 14	1	Brett Clark	EA	12.59	5	M	13 - 14	4	Morgan Phillips	EA	17.23	24
M	70 - 74	1	David A. Radcliff	THB	13.23	6	F	25 - 29	1	Anna Casey	THB	18.48	25
M	13 - 14	2	Eric Mathews	RRSC	13.46	7	M	45 - 49	4	Ron Thompson	COMA	18.52	26
M	40 - 44	1	Chris Gaarder	OWET	13.51	8	M	75 - 79	1	Raymond G. Allen	COM	31.18	27
m	13 - 14	3	Jacob Beines		14.34	9	Flatfoot Kick 500						
F	30 - 34	1	Julie Himstreet	EA	14.45	10	Sex	Age	Pl	Name	Team	Time	Ov'all
F	45 - 49	2	Pam Zigler	COMA	14.48	11	M	45 - 49	1	Pat Allender	CAT	8.43	1
M	50 - 54	2	Thomas Manson		14.5	12	F	25 - 29	1	Gina Dhom	EA	8.47	2
M	45 - 49	2	Michael Moneta		15.09	13	M	55 - 59	1	Stephen M. Johnson	EA	9.32	3
F	15 & O	1	Cierra Mills	EA	15.11	14	M	55 - 59	2	Allen L. Stark		9.43	4
F	45 - 49	3	Jana Fitzpatrick	SCM	15.15	15	M	50 - 54	1	Charlie Swanson	EA	9.45	5
F	35 - 39	1	Breyer Patterson	EA	15.26	16	M	40 - 44	1	Chris Gaarder	OWET	9.51	6
M	50 - 54	3	Keith C. Dow	NCMS	16.06	17	F	15 & O	1	Cierra Mills	EA	10.51	7
m	55 - 59	2	Jim Teishes	THB	16.11	18	M	40 - 44	2	Sean Taylor		11.27	8
M	45 - 49	3	Robin Bragg	NCAP	16.2	19	F	40 - 44	1	Ellen Ferguson		11.27	9
M	60 - 64	1	Richard Juhala	NCMS	16.21	20	F	45 - 49	1	Mary Sweat	COMA	11.56	10
F	40 - 44	1	Tia Sitton		16.52	21	F	40 - 44	2	Tia Sitton		13.41	11
F	30 - 34	2	Angie Smith		16.56	22	F	35 - 39	1	Robin Lewis		15.03	12
F	35 - 39	2	Cynthia Smidt	COMA	17.08	23	F	45 - 49	2	Pam Zigler	COMA	15.04	13

**Start and Finish of the Flatfoot 500 Kicking Race**

Above - Chris, Tia and Mary might be having second thoughts about the race or that the others deserved a head start but while they wait the rest are off and kicking. Chris finished 6th, Mary 10th and Tia 11th.

Below - Pat finishes the 500 kick in first and Gina is just a couple of kicks behind in second.





Top Ten Results SCY

Mary Sweat Top Ten Chair



Pl	Event	Swimmer	Club	Time					
Men 18-24					7	SCY 200 Back	George D. Thayer	OREG	2:54.73
8	SCY 400 IM	Nathan Johnsen	OREG	4:38.66	8	SCY 100 Back	George D. Thayer	OREG	1:18.95
9	SCY 1000 Free	Nathan Johnsen	OREG	10:56.59	Men 70-74				
Men 30-34					10	SCY 50 Breast	Milton Marks	OREG	38.41
8	SCY 1000 Free	Brian August	OREG	10:53.81	1	SCY 100 Free	David Radcliff	OREG	59.60
8	SCY 50 Free	Curtis Taylor	OREG	21.88	1	SCY 200 Free	David Radcliff	OREG	2:13.35
9	SCY 200 Free	Curtis Taylor	OREG	1:47.52	2	SCY 50 Free	David Radcliff	OREG	27.09
10	SCY 100 Free	Curtis Taylor	OREG	48.26	2	SCY 500 Free	David Radcliff	OREG	6:03.48
Men 40-44					2	SCY 1000 Free	David Radcliff	OREG	12:40.56
1	SCY 200 Free	Dennis Baker	OREG	1:43.69	2	SCY 200 IM	David Radcliff	OREG	2:46.66
1	SCY 200 Fly	Dennis Baker	OREG	1:50.69	5	SCY 100 Fly	David Radcliff	OREG	1:23.44
Men 45-49					6	SCY 50 Fly	David Radcliff	OREG	33.82
2	SCY 200 Breast	Pat Allender	OREG	2:16.95	Men 75-79				
5	SCY 100 Breast	Pat Allender	OREG	1:04.21	8	SCY 50 Breast	Lee J. Miesen	MACO	43.55
8	SCY 200 IM	Pat Allender	OREG	2:08.30	Men 80-84				
Men 50-54					5	SCY 1000 Free	Gilbert Young	OREG	18:16.64
10	SCY 50 Breast	Larry Philbrick	OREG	30.70	6	SCY 100 Free	Gilbert Young	OREG	1:24.70
Men 55-59					7	SCY 500 Free	Gilbert Young	OREG	9:03.24
10	SCY 1650 Free	Bob Bruce	OREG	20:11.0	8	SCY 50 Free	Gilbert Young	OREG	37.47
4	SCY 50 Breast	Allen Stark	OREG	30.93	Men 85-89				
5	SCY 100 Breast	Allen Stark	OREG	1:08.42	1	SCY 50 Free	Andrew Holden	OREG	35.37
6	SCY 200 Breast	Allen Stark	OREG	2:32.02	1	SCY 100 Back	Andrew Holden	OREG	1:39.90
Men 60-64					1	SCY 50 Fly	Andrew Holden	OREG	41.99
1	SCY 1000 Free	Tom Landis	OREG	12:06.65	1	SCY 100 Fly	Andrew Holden	OREG	1:46.01
1	SCY 1650 Free	Tom Landis	OREG	19:58.97	Women 18-24				
2	SCY 500 Free	Tom Landis	OREG	5:45.81	8	SCY 1000 Free	Trista Hedlind	OREG	11:58.38
3	SCY 200 Free	Tom Landis	OREG	2:04.50	2	SCY 1000 Free	Kelsey Holmberg	OREG	11:11.62
6	SCY 100 Free	Tom Landis	OREG	56.70	10	SCY 400 IM	Kelsey Holmberg	OREG	5:04.01
6	SCY 400 IM	Tom Landis	OREG	5:30.23	Women 30-34				
2	SCY 50 Free	Robert S. Smith	OREG	24.30	7	SCY 1000 Free	Jenny Marine	OREG	11:47.82
3	SCY 100 IM	Robert S. Smith	OREG	1:03.92	5	SCY 100 Free	Amy Ward	OREG	55.58
5	SCY 50 Fly	Robert S. Smith	OREG	27.39	5	SCY 200 Free	Amy Ward	OREG	2:01.81
6	SCY 200 Back	Robert S. Smith	OREG	2:34.94	7	SCY 50 Fly	Amy Ward	OREG	28.52
10	SCY 50 Breast	Robert S. Smith	OREG	33.40	8	SCY 50 Free	Amy Ward	OREG	25.56
10	SCY 200 Breast	Robert S. Smith	OREG	2:46.00	Women 40-44				
2	SCY 50 Back	Robert S. Smith	OREG	28.54	3	SCY 50 Back	Valerie Jenkins	OREG	28.98
Men 65-69					6	SCY 100 Back	Valerie Jenkins	OREG	1:04.42
3	SCY 100 Back	Chris Hiatt	OREG	1:11.11	9	SCY 200 Back	Valerie Jenkins	OREG	2:22.23
6	SCY 50 Back	Chris Hiatt	OREG	33.44	Women 45-49				
10	SCY 50 Free	Chris Hiatt	OREG	28.14	3	SCY 100 Free	K Andrus-Hughes	OREG	56.74
4	SCY 200 Back	Brent Lake	OREG	2:50.90	1	SCY 50 Back	K Andrus-Hughes	OREG	29.57
7	SCY 1650 Free	Brent Lake	OREG	24:19.52	1	SCY 100 Back	K Andrus-Hughes	OREG	1:04.53
9	SCY 1000 Free	Brent Lake	OREG	14:32.9	1	SCY 200 Back	K Andrus-Hughes	OREG	2:22.14
4	SCY 100 IM	Ronald Nakata	OREG	1:10.87	2	SCY 200 Free	K Andrus-Hughes	OREG	2:05.51
4	SCY 200 IM	Ronald Nakata	OREG	2:44.57	4	SCY 50 Free	K Andrus-Hughes	OREG	26.13
8	SCY 50 Back	Ronald Nakata	OREG	34.3	5	SCY 100 IM	K Andrus-Hughes	OREG	1:06.74
8	SCY 50 Fly	Ronald Nakata	OREG	30.02	1	SCY 400 IM	Colette Crabbe	OREG	5:01.62
1	SCY 50 Fly	Bert Petersen	OREG	28.81	2	SCY 200 IM	Colette Crabbe	OREG	2:22.18
4	SCY 100 Fly	Bert Petersen	OREG	1:10.80	3	SCY 200 Fly	Colette Crabbe	OREG	2:23.02
					6	SCY 100 Back	Colette Crabbe	OREG	1:08.51

7	SCY 100 Breast	Colette Crabbe	OREG	1:15.31	6	SCY 100 Breast	Susanne Schumann	MACO	1:40.22
7	SCY 100 IM	Colette Crabbe	OREG	1:07.36	Women 80-84				
8	SCY 1000 Free	Colette Crabbe	OREG	12:01.58	6	SCY 1000 Free	Pauline Stangel	OREG	25:39.5
8	SCY 200 Back	Colette Crabbe	OREG	2:28.93	6	SCY 200 Breast	Pauline Stangel	OREG	5:42.14
8	SCY 100 Fly	Colette Crabbe	OREG	1:04.41	8	SCY 100 Breast	Pauline Stangel	OREG	2:34.74
6	SCY 1650 Free	Mary Sweat	OREG	19:42.81	9	SCY 50 Free	Pauline Stangel	OREG	56.92
7	SCY 1000 Free	Mary Sweat	OREG	11:59.40	9	SCY 100 Free	Pauline Stangel	OREG	2:10.29
Women 50-54					9	SCY 200 Free	Pauline Stangel	OREG	4:43.51
1	SCY 50 Fly	Robin Parisi	MACO	28.10	9	SCY 500 Free	Pauline Stangel	OREG	12:45.08
1	SCY 200 IM	Robin Parisi	MACO	2:25.25	3	SCY 200 Fly	Elfie Stevenin	OREG	11:43.61
2	SCY 100 Fly	Robin Parisi	MACO	1:03.45	3	SCY 400 IM	Elfie Stevenin	OREG	16:53.51
2	SCY 100 IM	Robin Parisi	MACO	1:05.66	5	SCY 200 IM	Elfie Stevenin	OREG	8:06.66
3	SCY 50 Free	Robin Parisi	MACO	26.59	6	SCY 100 Fly	Elfie Stevenin	OREG	5:14.86
3	SCY 100 Free	Robin Parisi	MACO	57.72	9	SCY 50 Fly	Elfie Stevenin	OREG	2:26.32
6	SCY 100 Back	Robin Parisi	MACO	1:10.25	Women 90-94				
7	SCY 100 Breast	Robin Parisi	MACO	1:19.28	1	SCY 100 Back	Hilda Buel	OREG	4:30.15
Women 55-59					1	SCY 200 Back	Hilda Buel	OREG	10:28.64
2	SCY 100 Breast	Catherine Imwalle	OREG	1:19.39	1	SCY 100 Breast	Hilda Buel	OREG	5:27.95
2	SCY 100 IM	Catherine Imwalle	OREG	1:13.04	2	SCY 50 Back	Hilda Buel	OREG	2:14.92
2	SCY 200 IM	Catherine Imwalle	OREG	2:37.42	2	SCY 50 Breast	Hilda Buel	OREG	2:23.27
4	SCY 200 Free	Catherine Imwalle	OREG	2:20.16	2	SCY 50 Fly	Hilda Buel	OREG	3:27.67
4	SCY 500 Free	Catherine Imwalle	OREG	6:13.64	2	SCY 100 IM	Hilda Buel	OREG	5:27.23
8	SCY 100 Free	Catherine Imwalle	OREG	1:05.86	3	SCY 50 Free	Hilda Buel	OREG	2:10.33
1	SCY 50 Breast	Ginger L Pierson	MACO	36.91	2005 USMS Top Ten SCY Relays for Oregon LMSC				
1	SCY 100 Breast	Ginger L Pierson	MACO	1:18.98	Men 18+				
1	SCY 200 Breast	Ginger L Pierson	MACO	2:59.05	8	SCY 200 Free	OREG		1:31.70
4	SCY 200 Fly	Ginger L Pierson	MACO	2:55.51	Sean Swain (34) Nathan Johnsen (24)				
10	SCY 100 Fly	Ginger L Pierson	MACO	1:21.13	Kelly Hibler (38) Curtis Taylor (33)				
10	SCY 200 IM	Ginger L Pierson	MACO	2:57.06	10	SCY 200 Medley	OREG		1:43.40
7	SCY 200 Fly	Darlene Staley	OREG	3:06.17	Nathan Johnsen (24) Curtis Taylor (33)				
8	SCY 400 IM	Darlene Staley	OREG	6:23.40	Brian August (34) Sean Swain (34)				
Women 60-64					Men 25+				
2	SCY 50 Fly	Barbara Frid	OREG	34.28	2	SCY 400 Medley	OREG		3:59.66
3	SCY 50 Back	Barbara Frid	OREG	37.32	Kevin Sivertson (30) Phil Reget (35)				
4	SCY 100 IM	Barbara Frid	OREG	1:19.99	Scot Elliott (30) Pieter Bergmans (34)				
5	SCY 100 Free	Barbara Frid	OREG	1:12.38	1	SCY 800 Free	OREG		7:34.63
5	SCY 50 Breast	Barbara Frid	OREG	41.12	Curtis Taylor (33) Brian August (34)				
6	SCY 50 Free	Barbara Frid	OREG	31.22	Kelly Hibler (38) Sean Swain (34)				
6	SCY 100 Breast	Barbara Frid	OREG	1:33.00	Men 45+				
8	SCY 100 Back	Barbara Frid	OREG	1:26.86	10	SCY 400 Free	OREG		3:49.01
9	SCY 200 Breast	Pam Himstreet	OREG	3:36.23	Doug Asbury (45) Michael Douglas (47)				
10	SCY 400 IM	Pam Himstreet	OREG	7:35.94	Steve Mann (52) Mike Tennant (51)				
1	SCY 50 Back	Joy Ward	OREG	36.41	6	SCY 400 Medley	OREG		4:29.24
1	SCY 50 Fly	Joy Ward	OREG	33.81	Steve Mann (52) Mike Tennant (51)				
2	SCY 100 Back	Joy Ward	OREG	1:19.70	Doug Asbury (45) Michael Douglas (47)				
3	SCY 200 Back	Joy Ward	OREG	2:51.38	Men 55+				
4	SCY 100 Fly	Joy Ward	OREG	1:22.46	1	SCY 200 Medley	OREG		1:54.43
4	SCY 200 Fly	Joy Ward	OREG	3:12.44	Robert Smith (61) Allen Stark (56)				
5	SCY 100 IM	Joy Ward	OREG	1:22.40	Douglas Adams (55) Douglas Prentice (56)				
5	SCY 200 IM	Joy Ward	OREG	3:04.74	7	SCY 200 Medley	OREG		2:03.53
7	SCY 50 Free	Joy Ward	OREG	32.12	Jon Stout (58) Jed Cronin (56)				
10	SCY 50 Breast	Joy Ward	OREG	45.84	Daniel Rueff (57) David Radcliff (70)				
Women 65-69					5	SCY 400 Free	OREG		4:26.68
8	SCY 100 Fly	Peggie Hodge	OREG	1:41.62	Bob Bruce (57) Brent Lake (66)				
9	SCY 50 Fly	Peggie Hodge	OREG	44.85	George Thayer (69) Tom Landis (62)				
9	SCY 200 Fly	Peggie Hodge	OREG	3:59.11	2	SCY 400 Medley	OREG		4:53.06
5	SCY 200 Breast	Susanne Schumann	MACO	3:47.57	Brent Lake (66) Bob Bruce (57)				
6	SCY 50 Breast	Susanne Schumann	MACO	45.59	Tom Landis (62) George Thayer (69)				

Women 18+

6	SCY 400 Medley	OREG	4:37.44
	Amy Ward (31)	Hillary Madson (21)	
	Jenny Marine (30)	Kelsey Holmberg (23)	

Women 35+

7	SCY 400 Free	OREG	4:16.76
	Connie Austin (36)	Robin Lewis (38)	
	Cheryl Morgen (35)	Stephanie Schultz (38)	

Women 45+

4	SCY 400 Free	OREG	4:27.35
	M. Holmberg (52)	Pamela Zigler (45)	
	Laura Schob (46)	Barb Harris (45)	

Women 55+

5	SCY 400 Free	OREG	5:50.08
	Catherine Imwalle (55)	Pam Himstreet (61)	
	Peggie Hodge (65)	Kaleo Schroder (68)	

Mixed 18+

6	SCY 400 Free	OREG	3:55.07
	Pieter Bergmans (34)	Hillary Madson (21)	
	Kelsey Holmberg (23)	Scot Elliott (30)	

Mixed 25+

3	SCY 400 Free	OREG	3:41.64
	Phil Reget (35)	Jenny Marine (30)	
	Amy Ward (31)	Kevin Sivertson (30)	

8	SCY 400 Medley	OREG	4:14.11
	Kevin Sivertson (30)	Phil Reget (35)	
	Jenny Marine (30)	Amy Ward (31)	

Mixed 35+

6	SCY 400 Free	OREG	4:05.04
	Roland Giller (41)	Connie Austin (36)	
	Stephanie Schultz (38)	Rob Higley (39)	

Mixed 45+

2	SCY 400 Free	OREG	4:05.95
	Mike Tennant (51)	Laura Schob (46)	
	Barb Harris (45)	Steve Mann (52)	

Mixed 55+

4	SCY 200 Free	OREG	1:57.95
	Jed Cronin (56)	Barbara Frid (62)	
	Darlene Staley (55)	Jon Stout (58)	

1	SCY 400 Free	OREG	4:29.43
	Tom Landis (62)	Catherine Imwalle (55)	

	Pam Himstreet (61)	Bob Bruce (57)	
1	SCY 400 Medley	OREG	5:10.41
	Bob Bruce (57)	Catherine Imwalle (55)	
	Tom Landis (62)	Pam Himstreet (61)	

Mixed 65+

3	SCY 400 Free	OREG	5:48.45
	Brent Lake (66)	George Thayer (69)	
	Kaleo Schroder (68)	Peggie Hodge (65)	

4	SCY 400 Medley	OREG	6:42.55
	Brent Lake (66)	George Thayer (69)	
	Peggie Hodge (65)	Kaleo Schroder (68)	

USMS LCM Nationals - August 10-14, 2005

N = Breaks listed National Record, Z = Zone Record, O = Oregon Record, S = State Games Record

MACO			50 Free	38.72	5	Gettling, Janet	57	
Event	Time	Place	100 Breast	1:51.81	3	50 Back	42.70	4
Foley, Sharon E	45		200 Breast	4:03.09	2	100 Breast	1:40.34	2
100 Free	1:09.18	10	50 Breast	52.91 5	LCM	50 Breast	44.19	2
50 Free	30.88	6	Tyrrell, Laura L	38		100 Fly	1:36.77	7
100 Breast	1:36.15	10	1500 Free	21:26.85	3	200 Fly	3:42.61	4
100 Fly	1:23.53	5	400 Free	5:20.96	13	50 Fly	39.61	5
Munro, Stuart A	48		800 Free	11:03.20	9	Keudell, David J	65	
200 Fly	3:07.01	11	LCM	LCNATS05	2005-	50 Back	50.51	5
400 IM	6:44.76	11	08-11			100 Breast	1:39.67	5
Oliva, Tomas	43		Oregon Masters			200 Breast	3:42.79	5
200 Free	2:37.10	19	Baker, Dennis G	44		Lake, Brent L	67	
200 IM	2:34.73	4	400 Free	4:12.26	1	1500 Free	24:04.50	3
Parisi, Robin B	51		400 IM	4:49.42	1	400 Free	6:05.68	4
100 Free	1:06.03	2	Crabbe, Colette M	49		800 Free	12:27.85	5
400 IM	6:03.90	1	100 Breast	1:23.89	1	100 Back	1:27.93	1
Pierson, Ginger L	59		100 Fly	1:11.57	3	200 Back	3:16.54	1
50 Back	45.31	5	200 Fly	2:37.84	1	50 Back	41.28	2
100 Breast	1:34.38	1	400 IM	5:40.96	2	Ward, Joy	63	
200 Breast	3:33.30	1	Delmage, Arlene	43		100 Back	1:31.20	3
50 Breast	42.15	1	100 Free	1:05.26	6	200 Back	3:17.54	3
100 Fly	1:34.09	5	100 Back	1:25.57	7	50 Back	42.72	2
200 Fly	3:26.88	3	50 Back	40.81	13	100 Fly	1:34.11	2
Schumann, Susanne	68		100 Fly	1:08.99	1	50 Fly	38.19	1
100 Free	1:25.78	4	200 Fly	2:39.04	3	Welborn, Jody M	W 50	
400 Free	6:45.87	2	50 Fly	31.66	3	1500 Free	24:34.65	11
						400 Free	6:29.09	14

Freestyle Metric Pentathlon

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #375-09

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

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

Hosted by: Central Oregon Masters Aquatics
Cascade Swim Center
465 SW Rimrock Dr.
Redmond, OR 541-548-7275

25 meters
5 lanes competition-electronic timing
Continuous 1 lane warm-up/down area

After meet social at a
Redmond establishment

DATE: Saturday, October 29, 2005

WARM-UPS: 11AM
MEET STARTS: NOON

Meet directors: Mary Sweat • 541-504-5338 • marysweat@email.com & Rob Higley • 541-382-3337 • higleyswim@msn.com

Directions to Pool: **From US Hwy 97** in Redmond, turn west onto SW Highland Ave (SR-126). Continue on SW Highland Ave and turn North on SW Rimrock Way. The Cascade Swim Center is located just north of Redmond High School. **From SR-126 east** (SW Highland Ave), turn North on SW Rimrock Way and continue past Redmond High School to the swim center.

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, OCTOBER 14, 2005

(NO LATE ENTRIES OR
REGISTRATIONS)

 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 5 INDIVIDUAL EVENTS AND 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.* **CHECK IN DEADLINE FOR THE 800 FREE IS 12 NOON.** ALL EVENTS WILL BE SEEDDED SLOW TO FAST.

*Freestyle pentathlon consists of participating in all 5 freestyle events: 50, 100, 200, 400, and 800 meters.
Participants who place in the pentathlon series will receive a souvenir glass.*

Saturday, October 29, 2005

MEDLEY RELAYS (1-4)

MIXED MEDLEY RELAYS (5-6)

100m FREE* (7) _____ : _____ . _____

100m FLY (8) _____ : _____ . _____

50m BACK (9) _____ : _____ . _____

800 FREE* (10) _____ : _____ . _____

BREAK: novelty event: 25m sculling

200m IM (11) _____ : _____ . _____

200m FREE* (12) _____ : _____ . _____

100m BREAST(13) _____ : _____ . _____

50m FLY (14) _____ : _____ . _____

100m IM (15) _____ : _____ . _____

BREAK: novelty event: 50m fist gloves sprint!

50m FREE* (16) _____ : _____ . _____

100m BACK (17) _____ : _____ . _____

50m BREAST (18) _____ : _____ . _____

400m FREE* (19) _____ : _____ . _____

BREAK: novelty event: Plunge dive

FREE RELAYS (20-25)

MIXED FREE RELAYS (26-28)

** REQUIRED TO PARTICIPATE IN THE FREESTYLE PENTATHLON*

Would you swim 2 per lane in the 800 free (no electronic timing with 2 per lane)? ☐ YES ☐ NO

AN OPPORTUNITY TO SWIM THE 3000/6000 USMS POSTAL EVENT WILL BE AVAILABLE AT THE ATHLETIC CLUB OF BEND ON SUNDAY, OCTOBER 30TH AT 7:30AM. THOSE INTERESTED SHOULD EMAIL ROB HIGLEY AT HIGLEYSWIM@MSN.COM. SPACE IS LIMITED TO THE FIRST 12 ENTRANTS. HURRY AND GET IN ON THIS GREAT OPPORTUNITY!

"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

Northwest Zone Short Course Meters Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #375-10

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

Unregistered swimmers must submit a 2006 registration form and fee with this form.

Hosted by: Oregon WetMasters
David Douglas High School
SE 130th and Taylor Court
Portland, OR
5 lanes competition - button electronic timing
1 lane continuous warm-up/down area

DATE: Saturday & Sunday, November 19 & 20, 2005

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

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

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

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

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

HOST (House Our Swimmers Tonight): Contact Ginger Pierson • 360-253-5712 • email gingerp@qwest.net

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY NOVEMBER 4, 2005

FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2005 OR 2006 USMS # _____

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

IS THIS YOUR FIRST MASTERS MEET? ____ Yes ____ No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. **YOU MAY ENTER A MAXIMUM OF 8 INDIVIDUAL EVENTS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY PLUS RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). A PERSON MAY SWIM THE 200M, 400M & 800M DISTANCE OF EACH RELAY ONCE. THE 400 AND 800 RELAY WILL BE SEEDS IN HEATS AFTER THE 200 RELAYS OF THE SAME EVENT. THE 400, 800 AND 1500 FREESTYLES & 400 IM WILL BE DECK SEEDS. *CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. CHECK IN FOR THE 1500 WILL OPEN MIDWAY THROUGH SATURDAY'S EVENTS.* ALL EVENTS WILL BE SEEDS SLOW TO FAST.

Saturday, November 19, 2005

400 IM (1) _____ : _____ . _____

200 FREE (2) _____ : _____ . _____

100 BREAST (3) _____ : _____ . _____

50 FLY (4) _____ : _____ . _____

break

MIXED FREE RELAYS (5-7)

200 BACK (8) _____ : _____ . _____

50 FREE (9) _____ : _____ . _____

100 FLY (10) _____ : _____ . _____

break

MEDLEY RELAYS (11-14)

1500 FREE (15) _____ : _____ . _____

Sunday, November 20, 2005

800 FREE (16) _____ : _____ . _____

Sunday (con't)

20 min. warm-up in competition pool. Event 17 will not start before 10AM

200 BREAST (17) _____ : _____ . _____

100 FREE (18) _____ : _____ . _____

50 BACK (19) _____ : _____ . _____

100 IM (20) _____ : _____ . _____

break

FREE RELAYS (21-26)

200 FLY (27) _____ : _____ . _____

100 BACK (28) _____ : _____ . _____

50 BREAST (29) _____ : _____ . _____

200 IM (30) _____ : _____ . _____

MIXED MEDLEY RELAYS (31-32)

break

400 FREE (33) _____ : _____ . _____

Massage Therapists will be on site during the meet!

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

Meet Entry \$18.00

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

Total enclosed _____

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$18.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072

Northwest Zone Short Course Meters Championship

November 19-20, 2005

Supplemental Information

Accommodations: The following hotels/motels are located close to the pool. Ask for the Masters Swimming rate.

Holiday Inn Express
9707 SE Stark
Portland OR 97216,
Ph. 503-252-7400
Rate is \$69.99 plus tax
1.6 miles from pool

Comfort Suites
1477 NE 183rd Ave
Portland OR 97230
Ph. 503-661-2200
Rate is \$79 plus tax
3.9 miles from pool

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

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

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

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

Northwest Zone Meeting: Doug Garcia, NW Zone Chair, is planning a Zone meeting on Saturday, November 19, 2005, at 10:00 AM, prior to the start of warm-ups. Location is at the pool. Please plan to attend to represent your LMSC.

Patriot Games Record Setters

Sprint Pentathlon

Women: Nikki Weeks, Alison Moore, Lisa Dahl, Sharon Foley, Jody Welborn, Barbara Frid, Margaret Wells, Elfie Stevenin, Hilda Buel
Men: Kevin Cleary, Gano Butcher, Michael Tennant, Bert Petersen, Rupert Fixott

Distance Pentathlon

Women: Susan Shaw, Karen Andrus-Hughes, Peggie Hodge
Men: Robbert van Andel, Scott Culbertson, Pat Allender, Wes Edwards, Daniel Rueff, David Radcliff

Patriot Games Swim Meet - September 11, 2005

Women 30-34

50 SC Meter Freestyle

1 Weeks, Nicole 33 OREG 28.79
2 Parmentier, Lisa 30 OREG 35.45

100 SC Meter Freestyle

1 Quan, Sara 33 UNAT 1:10.78

50 SC Meter Backstroke

1 Weeks, Nicole 33 OREG 36.69
2 Parmentier, Lisa 30 OREG 44.70

100 SC Meter Backstroke

5 Quan, Sara 33 UNAT 1:20.43

50 SC Meter Breaststroke

1 Weeks, Nicole 33 OREG 38.27 O
2 Parmentier, Lisa 30 OREG 49.46

100 SC Meter Breaststroke

1 Quan, Sara 33 UNAT 1:22.10

50 SC Meter Butterfly

1 Weeks, Nicole 33 OREG 32.53
2 Parmentier, Lisa 30 OREG 39.74

100 SC Meter Butterfly

1 Quan, Sara 33 UNAT 1:15.84

100 SC Meter IM

1 Weeks, Nicole 33 OREG 1:15.00
2 Parmentier, Lisa 30 OREG 1:31.17

Women 35-39

50 SC Meter Freestyle

1 Marsh, Kathy 38 OREG 35.19
2 Moore, Alison 35 OREG 35.51

3 Moorhead, Elizabeth 37 OREG 36.01

100 SC Meter Freestyle

1 Shaw, Susan 38 OREG 1:19.26

50 SC Meter Backstroke

1 Moorhead, Elizabeth 37 OREG 42.34
2 Moore, Alison 35 OREG 42.88

3 Marsh, Kathy 38 OREG 44.25

100 SC Meter Backstroke

17 Shaw, Susan 38 OREG 1:39.98

50 SC Meter Breaststroke

1 Marsh, Kathy 38 OREG 44.31
2 Moore, Alison 35 OREG 45.49

3 Moorhead, Elizabeth 37 OREG 52.95

100 SC Meter Breaststroke

1 Shaw, Susan 38 OREG 1:42.38

50 SC Meter Butterfly

1 Moore, Alison 35 OREG 38.31
2 Moorhead, Elizabeth 37 OREG 38.98

3 Marsh, Kathy 38 OREG 39.65

100 SC Meter Butterfly

1 Shaw, Susan 38 OREG 1:45.75

100 SC Meter IM

1 Moore, Alison 35 OREG 1:25.21
2 Marsh, Kathy 38 OREG 1:29.43

200 SC Meter IM

1 Shaw, Susan 38 OREG 3:22.81

Women 40-44

50 SC Meter Freestyle

1 Dahl, Lisa 44 PNA 28.59
2 Donahue, Karen 44 UNAT 36.35

3 Holman, Tracy 43 OREG 47.52

4 Browning, Denise 43 OREG 48.46

100 SC Meter Freestyle

1 Holman, Tracy 43 OREG 1:42.55

50 SC Meter Backstroke

1 Dahl, Lisa 44 PNA 34.48

2 Donahue, Karen 44 UNAT 44.16

3 Holman, Tracy 43 OREG 53.90

4 Browning, Denise 43 OREG 57.62

100 SC Meter Backstroke

20 Holman, Tracy 43 OREG 1:58.68

50 SC Meter Breaststroke

1 Dahl, Lisa 44 PNA 40.72
2 Donahue, Karen 44 UNAT 47.80

50 SC Meter Butterfly

1 Dahl, Lisa 44 PNA 30.95
2 Donahue, Karen 44 UNAT 41.16

100 SC Meter IM

1 Dahl, Lisa 44 PNA 1:13.83

2 Donahue, Karen 44 UNAT 1:33.53

Women 45-49

50 SC Meter Freestyle

1 Foley, Sharon 45 MACO 30.91
2 Vincent, Nancy 46 OREG 32.68

3 Lamoureux, Lori 46 MVN 34.31

4 Taylor, Donna 47 OREG 36.42

100 SC Meter Freestyle

1 Andrus-Hughes, K 48 OREG 1:04.77
2 Roussain, Kerri 46 OREG 1:11.15

3 Hawksworth, Judy 46 PNA 1:12.28

4 Fox, Christina 45 OREG 1:25.16

50 SC Meter Backstroke

1 Foley, Sharon 45 MACO 43.86
2 Lamoureux, Lori 46 MVN 45.73

3 Vincent, Nancy 46 OREG 46.26

4 Taylor, Donna 47 OREG 49.70

100 SC Meter Backstroke

4 Andrus-Hughes, K 48 OREG 1:14.44
9 Roussain, Kerri 46 OREG 1:25.56

11 Hawksworth, Judy 46 PNA 1:27.53

12 Fox, Christina 45 OREG 1:29.72

50 SC Meter Breaststroke

1 Foley, Sharon 45 MACO 42.09
2 Vincent, Nancy 46 OREG 42.78

3 Lamoureux, Lori 46 MVN 44.05

4 Taylor, Donna 47 OREG 44.47

100 SC Meter Breaststroke

1 Hawksworth, Judy 46 PNA 1:30.78
2 Andrus-Hughes, K 48 OREG 1:34.42

3 Roussain, Kerri 46 OREG 1:41.14

4 Fox, Christina 45 OREG 1:43.03

50 SC Meter Butterfly

1 Foley, Sharon 45 MACO 36.07
2 Vincent, Nancy 46 OREG 37.92

3 Lamoureux, Lori 46 MVN 39.40

4 Taylor, Donna 47 OREG 43.76

100 SC Meter Butterfly

1 Andrus-Hughes, K 48 OREG 1:16.98
2 Hawksworth, Judy 46 PNA 1:21.72

3 Roussain, Kerri 46 OREG 1:27.71

4 Fox, Christina 45 OREG 1:53.32

100 SC Meter IM

1 Foley, Sharon 45 MACO 1:23.54

2 Vincent, Nancy 46 OREG 1:27.14

3 Lamoureux, Lori 46 MVN 1:29.62

4 Taylor, Donna 47 OREG 1:32.18

200 SC Meter IM

1 Andrus-Hughes, K 48 OREG 2:45.66

2 Hawksworth, Judy 46 PNA 2:54.37

3 Roussain, Kerri 46 OREG 3:03.98

4 Fox, Christina 45 OREG 3:19.58

Women 50-54

50 SC Meter Freestyle

1 Royle, Mary Anne 53 OREG 36.85

2 Welborn, Jody 50 OREG 37.30

50 SC Meter Backstroke

1 Royle, Mary Anne 53 OREG 42.28
2 Welborn, Jody 50 OREG 48.99

50 SC Meter Breaststroke

1 Welborn, Jody 50 OREG 51.06

50 SC Meter Butterfly

1 Welborn, Jody 50 OREG 43.19

100 SC Meter IM

1 Welborn, Jody 50 OREG 1:38.70

Women 55-59

100 SC Meter Freestyle

1 Casey, Kathrine 57 PNA 1:20.34

2 Pierson, Ginger 59 MACO 1:26.78

100 SC Meter Backstroke

13 Casey, Kathrine 57 PNA 1:29.77

16 Pierson, Ginger 59 MACO 1:39.49

100 SC Meter Breaststroke

1 Pierson, Ginger 59 MACO 1:36.51

2 Casey, Kathrine 57 PNA 1:48.28

100 SC Meter Butterfly

1 Pierson, Ginger 59 MACO 1:36.96
2 Casey, Kathrine 57 PNA 1:39.03

200 SC Meter IM

1 Casey, Kathrine 57 PNA 3:19.96

2 Pierson, Ginger 59 MACO 3:20.47

Women 60-64

50 SC Meter Freestyle

1 Frid, Barbara 63 OREG 35.98

2 Ward, Joy 63 OREG 36.20

50 SC Meter Backstroke

1 Ward, Joy 63 OREG 41.95

2 Frid, Barbara 63 OREG 43.51

50 SC Meter Breaststroke

1 Frid, Barbara 63 OREG 46.69

2 Ward, Joy 63 OREG 52.10

50 SC Meter Butterfly

1 Ward, Joy 63 OREG 38.10

2 Frid, Barbara 63 OREG 38.92

100 SC Meter IM

1 Frid, Barbara 63 OREG 1:30.79

2 Ward, Joy 63 OREG 1:33.08

Women 65-69

100 SC Meter Freestyle

1 Hodge, Peggine 65 OREG 1:45.46

100 SC Meter Backstroke

21 Hodge, Peggine 65 OREG 2:08.65

100 SC Meter Breaststroke

1 Hodge, Peggine 65 OREG2:04.54 O

100 SC Meter Butterfly

1 Hodge, Peggine 65 OREG1:58.33 Z

200 SC Meter IM

1 Hodge, Peggine 65 OREG 4:14.34

Women 75-79

50 SC Meter Freestyle

1 Taylor, Bert 75 OREG 1:01.98

2 Wells, Margaret 79 OREG 1:10.19

50 SC Meter Backstroke			
1	Wells, Margaret	79	OREG 1:16.00
50 SC Meter Breaststroke			
1	Taylor, Bert	75	OREG 1:08.39
2	Wells, Margaret	79	OREG 1:36.42
50 SC Meter Butterfly			
1	Wells, Margaret	79	OREG1:24.07 O
100 SC Meter IM			
1	Wells, Margaret	79	OREG 2:49.85
Women 80-84			
50 SC Meter Freestyle			
1	Stevenin, Elfie	84	OREG 1:42.04
50 SC Meter Backstroke			
1	Stevenin, Elfie	84	OREG 1:41.44
50 SC Meter Breaststroke			
1	Stevenin, Elfie	84	OREG2:26.20 O
50 SC Meter Butterfly			
1	Stevenin, Elfie	84	OREG 2:29.49
100 SC Meter IM			
1	Stevenin, Elfie	84	OREG 4:26.18
Women 90-94			
50 SC Meter Freestyle			
1	Buel, Hilda	91	OREG1:53.37 Z
50 SC Meter Backstroke			
1	Buel, Hilda	91	OREG2:27.89 Z
50 SC Meter Breaststroke			
1	Buel, Hilda	91	OREG 2:40.64
50 SC Meter Butterfly			
1	Buel, Hilda	91	OREG 4:04.99
100 SC Meter IM			
1	Buel, Hilda	91	OREG5:58.92 Z
Men 19-24			
50 SC Meter Freestyle			
1	Cleary, Kevin	22	OREG 28.36
2	Haines, Tim	20	OREG 28.38
50 SC Meter Backstroke			
1	Cleary, Kevin	22	OREG 35.81
100 SC Meter Backstroke			
6	Haines, Tim	20	OREG 1:20.85
50 SC Meter Breaststroke			
1	Cleary, Kevin	22	OREG 38.69
2	Haines, Tim	20	OREG 40.03
50 SC Meter Butterfly			
1	Cleary, Kevin	22	OREG 31.01
100 SC Meter IM			
1	Cleary, Kevin	22	OREG1:12.91 O
2	Haines, Tim	20	OREG 1:18.41
Men 25-29			
50 SC Meter Freestyle			
1	Mcgrath, Chris	29	OREG 25.37
50 SC Meter Butterfly			
1	Mcgrath, Chris	29	OREG 27.43
100 SC Meter IM			
1	Mcgrath, Chris	29	OREG 1:01.89
Men 30-34			
100 SC Meter Freestyle			
1	Van Andel, Robbert	31	OREG 1:01.95
100 SC Meter Backstroke			
2	Van Andel, Robbert	31	OREG 1:11.42
100 SC Meter Breaststroke			
1	Van Andel, Robbert	31	OREG 1:17.17
100 SC Meter Butterfly			
1	Van Andel, Robbert	31	OREG 1:07.35
200 SC Meter IM			
1	Van Andel, Robbert	31	OREG 2:31.82
Men 35-39			

50 SC Meter Freestyle			
1	Erik-Larson, Jon	38	OREG 26.48
2	Shoup, David	39	UNAT 27.06
50 SC Meter Backstroke			
1	Shoup, David	39	UNAT 33.58
2	Erik-Larson, Jon	38	OREG 37.29
50 SC Meter Breaststroke			
1	Erik-Larson, Jon	38	OREG 34.48
2	Shoup, David	39	UNAT 38.17
50 SC Meter Butterfly			
1	Shoup, David	39	UNAT 30.43
2	Erik-Larson, Jon	38	OREG 30.55
100 SC Meter IM			
1	Shoup, David	39	UNAT 1:10.74
2	Erik-Larson, Jon	38	OREG 1:11.80
Men 40-44			
50 SC Meter Freestyle			
1	Parmentier, Steve	40	OREG 27.36
2	Butcher, Gano	41	OREG 27.49
3	Gaarder, Chris	40	OREG 28.63
4	Eggers, Todd	40	PNA 28.66
5	Kabel, Joe	43	UNAT 29.29
6	Fischer, Keith	43	OREG 29.40
7	Kline, Bill	44	OREG 30.17
8	Karyukin, Andrei	40	OREG 32.82
100 SC Meter Freestyle			
1	Mirho, Charles	41	OREG 1:01.37
2	Culbertson, Scott	43	OREG 1:02.74
50 SC Meter Backstroke			
1	Butcher, Gano	41	OREG 32.12
2	Parmentier, Steve	40	OREG 32.45
3	Kabel, Joe	43	UNAT 35.80
4	Fischer, Keith	43	OREG 36.35
5	Eggers, Todd	40	PNA 37.38
6	Kline, Bill	44	OREG 37.87
7	Gaarder, Chris	40	OREG 38.66
8	Karyukin, Andrei	40	OREG 39.78
100 SC Meter Backstroke			
8	Culbertson, Scott	43	OREG 1:21.87
50 SC Meter Breaststroke			
1	Gaarder, Chris	40	OREG 34.73
2	Butcher, Gano	41	OREG 35.52
3	Eggers, Todd	40	PNA 35.60
4	Fischer, Keith	43	OREG 37.40
5	Karyukin, Andrei	40	OREG 41.51
6	Kabel, Joe	43	UNAT 42.22
7	Kline, Bill	44	OREG 43.29
100 SC Meter Breaststroke			
1	Mirho, Charles	41	OREG 1:19.49
2	Culbertson, Scott	43	OREG 1:27.07
50 SC Meter Butterfly			
1	Butcher, Gano	41	OREG 29.30
2	Parmentier, Steve	40	OREG 30.08
3	Gaarder, Chris	40	OREG 31.64
4	Eggers, Todd	40	PNA 32.06
5	Kabel, Joe	43	UNAT 32.21
6	Fischer, Keith	43	OREG 32.52
7	Karyukin, Andrei	40	OREG 33.72
8	Kline, Bill	44	OREG 35.47
100 SC Meter Butterfly			
1	Culbertson, Scott	43	OREG 1:14.03
2	Nelson, Timothy	40	OREG 1:15.89
100 SC Meter IM			
1	Butcher, Gano	41	OREG 1:07.84
2	Gaarder, Chris	40	OREG 1:12.27
3	Eggers, Todd	40	PNA 1:13.64

4	Fischer, Keith	43	OREG 1:14.90
5	Kline, Bill	44	OREG 1:19.05
6	Kabel, Joe	43	UNAT 1:19.25
7	Karyukin, Andrei	40	OREG 1:20.31
200 SC Meter IM			
1	Culbertson, Scott	43	OREG 2:45.06
Men 45-49			
50 SC Meter Freestyle			
1	Stelzer, Keith	46	OREG 29.81
2	Fairhurst, Jon	47	OREG 30.50
3	Taylor, Charles	49	UNAT 30.86
100 SC Meter Freestyle			
1	Allender, Pat	47	OREG 59.45
2	Munro, Stuart	48	MACO 1:11.35
50 SC Meter Backstroke			
1	Taylor, Charles	49	UNAT 38.07
2	Fairhurst, Jon	47	OREG 42.67
3	Stelzer, Keith	46	OREG 44.27
100 SC Meter Backstroke			
3	Allender, Pat	47	OREG 1:13.06
18	Munro, Stuart	48	MACO 1:43.37
50 SC Meter Breaststroke			
1	Taylor, Charles	49	UNAT 36.87
2	Fairhurst, Jon	47	OREG 39.13
3	Stelzer, Keith	46	OREG 44.43
100 SC Meter Breaststroke			
1	Allender, Pat	47	OREG 1:13.69
2	Munro, Stuart	48	MACO 1:30.26
50 SC Meter Butterfly			
1	Fairhurst, Jon	47	OREG 34.37
2	Taylor, Charles	49	UNAT 34.62
3	Stelzer, Keith	46	OREG 35.46
100 SC Meter Butterfly			
1	Allender, Pat	47	OREG 1:06.07
2	Munro, Stuart	48	MACO 1:23.04
100 SC Meter IM			
1	Taylor, Charles	49	UNAT 1:18.81
2	Fairhurst, Jon	47	OREG 1:21.14
3	Stelzer, Keith	46	OREG 1:26.78
200 SC Meter IM			
1	Allender, Pat	47	OREG 2:24.68
2	Munro, Stuart	48	MACO 3:03.95
Men 50-54			
50 SC Meter Freestyle			
1	Tennant, Mike	52	OREG 26.30
2	Brockbank, Doug	52	OREG 28.36
3	Peyton, Michael	50	MACO 29.36
4	Darnell, Stephen	51	OREG 34.43
5	Schwetz, James	54	OREG 34.99
100 SC Meter Freestyle			
1	Yensen, Kermit	52	OREG 1:05.04
2	Edwards, Wes	52	OREG 1:06.50
50 SC Meter Backstroke			
1	Brockbank, Doug	52	OREG 33.35
2	Tennant, Mike	52	OREG 38.07
3	Peyton, Michael	50	MACO 38.16
4	Darnell, Stephen	51	OREG 43.53
5	Schwetz, James	54	OREG 46.56
100 SC Meter Backstroke			
1	Edwards, Wes	52	OREG 1:11.24
7	Yensen, Kermit	52	OREG 1:21.59
50 SC Meter Breaststroke			
1	Tennant, Mike	52	OREG 37.92
2	Brockbank, Doug	52	OREG 38.66
3	Peyton, Michael	50	MACO 42.72
4	Darnell, Stephen	51	OREG 48.71

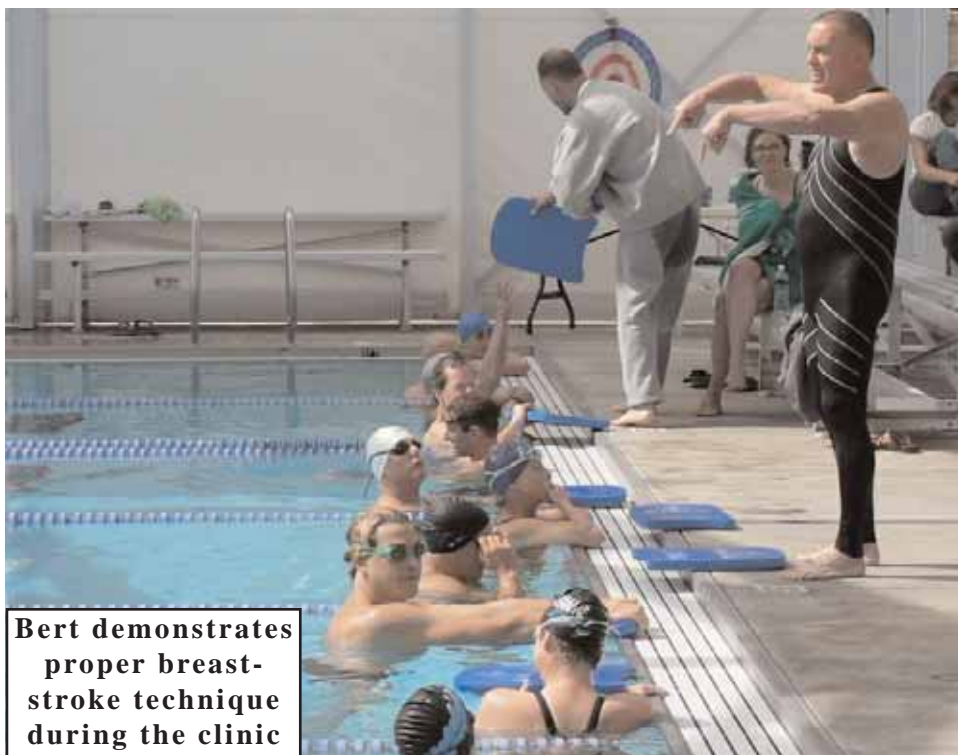
5	Schwetz, James	54	OREG	52.77
100 SC Meter Breaststroke				
1	Edwards, Wes	52	OREG	1:29.25
2	Yensen, Kermit	52	OREG	1:32.87
50 SC Meter Butterfly				
1	Tennant, Mike	52	OREG	31.59
2	Brockbank, Doug	52	OREG	32.25
3	Peyton, Michael	50	MACO	33.75
4	Darnell, Stephen	51	OREG	42.35
5	Schwetz, James	54	OREG	43.06
100 SC Meter Butterfly				
1	Yensen, Kermit	52	OREG	1:12.34
2	Edwards, Wes	52	OREG	1:21.56
100 SC Meter IM				
1	Tennant, Mike	52	OREG	1:11.02
2	Peyton, Michael	50	MACO	1:18.71
3	Darnell, Stephen	51	OREG	1:35.20
4	Schwetz, James	54	OREG	1:39.65
200 SC Meter IM				
1	Yensen, Kermit	52	OREG	2:47.06
2	Edwards, Wes	52	OREG	2:47.96
Men 55-59				
50 SC Meter Freestyle				
1	Cronin, Jed	57	OREG	29.59
2	Simkins, Curt	55	OREG	37.52
100 SC Meter Freestyle				
1	Rueff, Daniel	58	OREG	1:10.04
2	Ellis, John	59	OREG	1:25.42
50 SC Meter Backstroke				
1	Cronin, Jed	57	OREG	36.99
100 SC Meter Backstroke				
10	Rueff, Daniel	58	OREG	1:27.48
19	Ellis, John	59	OREG	1:56.02
50 SC Meter Breaststroke				
1	Cronin, Jed	57	OREG	44.16
2	Simkins, Curt	55	OREG	50.41
100 SC Meter Breaststroke				
1	Rueff, Daniel	58	OREG	1:36.43
2	Ellis, John	59	OREG	1:40.47
50 SC Meter Butterfly				
1	Cronin, Jed	57	OREG	33.17
2	Simkins, Curt	55	OREG	44.69
100 SC Meter Butterfly				
1	Rueff, Daniel	58	OREG	1:25.11
2	Ellis, John	59	OREG	1:50.12
100 SC Meter IM				
1	Cronin, Jed	57	OREG	1:20.62
200 SC Meter IM				
1	Rueff, Daniel	58	OREG	2:57.39

2	Ellis, John	59	OREG	3:39.01
Men 60-64				
50 SC Meter Freestyle				
1	Smith, Robert	62	OREG	28.48
2	Leet, John	60	PNA	32.64
3	Silvey, Michael	60	MACO	33.02
4	Juhala, Richard	62	OREG	42.83
50 SC Meter Backstroke				
1	Smith, Robert	62	OREG	33.72
2	Silvey, Michael	60	MACO	41.28
3	Leet, John	60	PNA	43.92
4	Juhala, Richard	62	OREG	50.55
50 SC Meter Breaststroke				
1	Smith, Robert	62	OREG	38.97
2	Leet, John	60	PNA	43.26
3	Juhala, Richard	62	OREG	47.64
4	Silvey, Michael	60	MACO	51.61
50 SC Meter Butterfly				
1	Smith, Robert	62	OREG	32.21
2	Silvey, Michael	60	MACO	35.22
3	Leet, John	60	PNA	40.27
4	Juhala, Richard	62	OREG	48.72
100 SC Meter IM				
1	Smith, Robert	62	OREG	1:15.92
2	Leet, John	60	PNA	1:24.80
3	Silvey, Michael	60	MACO	1:27.61
Men 65-69				
50 SC Meter Freestyle				
1	Petersen, Bert	67	OREG	32.33
50 SC Meter Backstroke				
1	Petersen, Bert	67	OREG	43.05
100 SC Meter Backstroke				
14	Reid, Walter	65	PNA	1:30.72
50 SC Meter Breaststroke				
1	Petersen, Bert	67	OREG	45.31
100 SC Meter Breaststroke				
1	Reid, Walter	65	PNA	1:35.98
50 SC Meter Butterfly				
1	Petersen, Bert	67	OREG	32.06

100 SC Meter IM				
1	Petersen, Bert	67	OREG	1:27.98
2	Reid, Walter	65	PNA	1:29.37
Men 70-74				
100 SC Meter Freestyle				
1	Radcliff, David	71	OREG	1:07.06
2	King, Bill	72	OREG	1:18.36
100 SC Meter Backstroke				
15	Radcliff, David	71	OREG	1:36.75
100 SC Meter Breaststroke				
1	Radcliff, David	71	OREG	1:37.90 Z
100 SC Meter Butterfly				
1	Radcliff, David	71	OREG	1:34.50 Z
200 SC Meter IM				
1	Radcliff, David	71	OREG	3:08.80 Z
Men 80-84				
50 SC Meter Freestyle				
1	Fixott, Rupert	84	OREG	56.38
50 SC Meter Backstroke				
1	Fixott, Rupert	84	OREG	1:05.88
50 SC Meter Breaststroke				
1	Fixott, Rupert	84	OREG	1:04.50
50 SC Meter Butterfly				
1	Fixott, Rupert	84	OREG	1:24.07
100 SC Meter IM				
1	Fixott, Rupert	84	OREG	2:38.92
Relays				
Women 160-199 200 SC Meter Free Relay				
1	OREG			2:20.46
1)	Shaw, S. 38	2)	Royle, M. 53	
3)	Marsh, K. 38	4)	Vincent, N. 46	
Men 200-239 200 SC Meter Free Relay				
1	OREG			2:11.30
1)	Ellis, J. 59	2)	Fairhurst, J. 47	
3)	Schwetz, J. 54	4)	Culbertson, S. 43	
Men 240-279 800 SC Meter Free Relay				
1	OREG			9:57.34
1)	Cronin, J. 57	2)	Smith, R. 62	
3)	Yensen, K. 52	4)	Radcliff, D. 71	



**Bert congratulates Maggie
on her new fly record**



**Bert demonstrates
proper breast-
stroke technique
during the clinic**



Local Team Registration

This form must be postmarked by the entry deadlines of the 2006 OMS Association Championship and the 2006 OMS Open Water Championships, in order for a team to compete as a "local team" at those events.

TEAM NAME _____ **ABBREVIATION** _____

TEAM REPRESENTATIVE INFORMATION (must be an OMS member)

Rep. Name _____

Address _____

Phone 1 _____ **Phone 2** _____

Email _____

TEAM INFORMATION

Approximate Number of swimmers on team _____

Practice Schedule _____

COACH INFORMATION

Coach Name _____

Address _____

Phone 1 _____ **Phone 2** _____

Email _____

POOL INFORMATION

Pool Name _____

Address _____

Phone _____

Mail to: Tia Sitton, Membership Chair, 42455 N River Dr. Sweet Home, OR 97386
email - tsitton@samhealth.org



☐ New Member

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

<u>REGISTERED FOR 2005</u>		Fast	FAST	Oregon Wetmasters	OWET
Albany Aquatics	AAA	Fishsticks	FISH	Pendleton Masters	PEND
Amphibians	AMP	Grass Valley Masters	GVAM	Rogue Valley Masters	RVM
Central Oregon Masters	COMA	Mountain Park Masters	MPM	Salem YMCA Masters	SYM
Circumnavigating Beavers	CBAT	Mt. Hood Masters	MHM	Southern Oregon Masters	SOM
Columbia Gorge Masters	CGM	Multnomah Athletic Club	MACO	Tualatin Hills Barracudas	THB
Corvallis Aquatic Masters	CAT	Nike Masters	NIKE		
Emerald Aquatics	EA	North Clackamas Masters	NCMS		

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

- ☐ I have added a contribution of \$_____ for Oregon Masters Swimming. We value your support!
- ☐ I have added a contribution of \$50 as a Gold Medal Sponsor of Oregon Masters Swimming.
- ☐ I have added a contribution of \$1.00 (or \$_____) to the United States Masters Swimming Foundation.

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

Signature: _____ **Date:** _____

MAIL TO: DARLENE STALEY, OMS REGISTRAR, 16903 SW Whitley Way, Beaverton, OR 97006
This form is available on the OMS website: www.swimoregon.org

2005/06 Meet SCHEDULE

Date	Event	Location	Contact
Pool Meets			
*Oct. 29	Freestyle Pentathlon + Relays	Redmond, OR	Mary Sweat msweat@bendcable.com
*Nov. 19-20	NW Zone SCM Championships	Portland, OR David Douglas High School	Dennis Baker bakeswim@yahoo.com
Jan. 21	Animal Meet	Canby, OR	Ken Schun kdschhuhmeister@aol.com
April 21-23	SCY Association	Corvallis, OR	Mark Worden marklauraworden @comcast.net
July TBA	State Games	Mt. Hood Com. College	
Sept. 9	Patriot Games	Camas, WA	Bert Petersen petersen@exchangenet.net
Postal Championships 2005			
Sept. 15-Nov. 15	3000/6000 Postal Championship		Riley Stevens rileyrst@aol.com
International Championships			
FINA World Masters Championship - August 2006			Stanford, California
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

Board Meetings All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details	Oct. 7	7:00 PM	Portland (Board Meeting)
	Oct. 8	9:00 AM	Portland (Board Retreat)
	Oct. 26	7 PM	NIKE

Aqua Master
October 2005

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

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Inside: Results - Patriot Games & SCY Top Ten