Swimming Volume 32, Number 8 Published Monthly by OMS, Inc. September 2005 "Swimming for Life"

## Dennis Makes National Cut!



44 year old Dennis Baker swam 2:04.9 to make the National Cut in the 200 Fly. We're not talking Masters Nationals, we are talking USA Swimming Nationals. Point of reference - he will be swimming against Michael Phelps in this race. Dennis is the World Record Holder for Masters in the 200 Fly, 400 IM, 400 Free and 800 Free. Check his story on how to swim this "Animal' event. Article begins below.

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Being a national caliber butterfly started long ago for Dennis. When he was an 8 \& U he was giving 10 \& unders a run for their money, and as a 10 year old set the National LCM 100 fly record. He still holds the Oregon SCY and LCM 10 \& U 100 fly records.
Now, 34 years later he's turned the tide and is going after the youngsters. In 2002 at 41 years old, Dennis was named Oregon Male swimmer of the year, an honor he also received when he was 16 years old in 1977. In 2003 he beat out the youngsters in the 200 fly at the USS NW Sectional Championships. And last month he achieved another first, by being the oldest male to qualify for Senior Nationals in the 200 LCM fly with a 2:04.9 (under his M40-44 master's world record time of 2:05.5).
continued on page 3

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## Chair's Corner by Jody Welborn

## Hi everyone:

I hope everyone has had a happy and successful summer and have met all their goals, swimming and otherwise.
I am writing this article from Mission Viejo, the site of the 2005 United States Masters Swimming National championships. There are amazing swims and amazing swimmers and it is an honor to be a part of it all. So far the highlight of the meet for me was the men's 200 medley relay consisting of 4 gentleman, each over the age of 90 , each swimming one of the competitive strokes. Not only did they swim, they swam fast, setting a world record in their age group. Those of us who are participating in sports as adults are helping to redefine the concept of aging and the results are astounding. And part of the fun of participating in National events is to witness the possibilities. Suddenly, aging is exciting!
All of you who are reading this are part of this revolution in fitness and aging and as the year progresses we plan to make swimming in Oregon even more fun than it already is. As part of some of our local swim meets we will be offering swim clinics to meet entrants focusing on different aspects of swimming technique. The first of these will be in conjunction with the Patriot Games, September 11th, hosted by Grass Valley Masters. Coach Bert Petersen, flier extraordinaire, will offer a clinic on the Short Axis strokes (butterfly and breaststroke) and it will be free to those who enter the meet. So get your entries filled out and mailed!
Although many of you consider yourself to be fitness swimmers, there is one swim event that should not be missed: the Oregon Masters Swimming Association Championships held in the spring. This is the chance for the teams in the state to compete against each other and demonstrate what is great about each workout group. And it is a huge opportunity to meet other swimmers and celebrate the sport we all love. To get everyone ready for this event we will have a series of articles on training and preparing to compete. We began with the short article on goal-setting and now we will put those principles to use. Pick a goal (mine is to meet 30 new swimmers in the state and to swim 30 seconds faster in the 400 IM) and get ready to learn how to achieve it. I am looking forward to seeing everyone there!

## Remember,

## swimming is for life and life matters.



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Aqua-Master is the official publication of Oregon Masters Swimming, Inc. 1211 SW Fifth Ave. Portland, OR 97204-3795. It is the source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact Darlene Staley or Tia Sitton for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for $\$ 12.00$ payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc. Information is also available on line at www.swimoregon.org

## How to Swim the 200 Fly continued from page 1

He swam the event on August 4th and finished 56th out of a field of 74 that were mostly swimmers born after he graduated from college. Congratulations Dennis! (Intro written by Karen Andrus-Hughes)

## SWIMMERS' DIALOGUE/COACHES' COLUMN

## With Dennis Baker - How to Swim The 200 Fly

This article first appeared in "Great Lengths", the Master's Newsletter of British Columbia and is reprinted with their permission.
Intro: It is always a joy to watch Dennis swim butterfly. It is truly poetry in motion as opposed to the ultimate survivor challenge. We watched Dennis swim a 400 fly in a free race where he not only looked as though he were swimming a 50 even after 300 m but almost beat a good freestyler of a similar age. Since Dennis is also a Masters coach we thought we would ask him a few questions about doing butterfly.
Dennis' bio: 2 time Olympic Trial finalist 200 fly 80, 84. Two time Pac Ten College Champion 200 fly 81, 83. Member of USA National team 2 years. Oregon Male swimmer of the year USS Swimming (against the young kids:)1977, 2002:) USS Sectional champion 200 fly 2003.
Masters- National champion 200 fly 40-44, World Record 200 fly long course 40-44 2:05.5, Short course National Record and Champ. 1:50.8. 800 free scm National record 8:47
Coach Oregon Wet Masters 3 years - 65 members. Part time coach for MAC (Multnomah Athletic Club- Portland) Masters also.
Assistant coach for David Douglas High School and Club swimming. 4 Years.
Great Lengths (GL): Rhythm in fly is often toted as one of the most important elements in swimming fly. Would you comment on this as it applies particularly to the 200 fly?
Dennis Baker (DB): Rhythm is really the most important element of Butterfly. In the 200 fly one must maintain a rhythm slightly slower than if you were swimming a 100 . Having said that, it is important to understand when to kick and pull during your fly. You must do your "big strong kick" just as your hands are pulling down in the water. Your secondary kick is a small stabilizing kick. Too many people use the "big strong kick" as their hands are just entering the water. This creates bad body position and you lose your rhythm.
GL: Would you give us some drills that might help develop this rhythm?
DB: The best drill I know of is when you lie flat in the water, both arms forward, face down. In one motion you do one Butterfly stroke and then stop and glide. Repeat this all the way down the pool. The idea here is to kick and pull yourself into the stroke thus creating the perfect rhythm.
GL: Many swimmers will attempt a 50 fly and maybe a 100 , but a 200 fly is often quite intimidating. For swimmers attempting the 200 fly for the first time what strategy or plan do you recommend and what sort of things can they do in training so that they may actually put this plan into action?
DB: For first time 200 Flys I recommend not trying to hold your breath too much. Take air when you need it. Try to relax as much as possible the first 100 . As far as training goes you have to build into your Butterfly. This means maybe doing a set of 200's and just go the first and last 25's Fly. Then as you get used to it add more the next time you do the set. Training for a 200 fly is comparable to training for a 400 or 500 free. You must have a aerobic base.
GL: Do you use a specific plan for swimming your 200 flys and would you tell us what it is?
DB: My plan for swimming 200 flys is simple. Build each 50 and have great breakouts off the
turns. While swimming I keep thinking to myself, 'increase your turnover". By doing that I actually keep the same stroke rate all the way through the swim!
GL: What specific things do you include in your swim training when preparing to compete in a 200 fly race? How much fly kick do you do?
DB: I try to do one or two broken 200 flys with : 10 seconds rest at the 50 a couple of weeks out of a big race. I also increase my drills and turn work. I kick on average of 500 to 1000 a day. I kick longer sets early in the training cycle.
GL: As a coach, what sort of main set and drills or ideas would you suggest for the aspiring 200 flyer?
DB: Speaking as a coach, I would tell aspiring 200 flyers to get a good aerobic base before training too much fly. Then as I stated before, keep adding more fly into your workouts each week slowly and steadily. Main sets I like are 16 x 75 's fly, 1 easy, 1 with the last lap fast, one with the last two laps fast, one with all three laps fast, four times through. Another set I recommend is $12 \times 100$ 's with a 75 build up free, then rest : 10 seconds and go a fast 25 fly.
Drills I like are: 1. right arm, left arm, both arms, and 2. three kicks underwater and break out strong with a fly stroke with a breath trying to really shoot your chin out, then dive back down underwater.



Overweight, Obesity and Body Composition
The Centers for Disease Control refers to the obesity problem in the U.S. as a Public Health Epidemic. A 1999 National Health and Nutrition Examination Survey indicates approximately $61 \%$ of U.S. adults are either overweight or obese. The American government is concerned and has two top national health objectives by 2010: to increase the number of adults who engage in moderate daily physical activity and to reduce the number of adults who are obese.
Do we really understand what overweight and obese mean? Are we aware if we weigh too much or too little for our height? Are we really too fat or too thin? Many of us don't know the answers.
We will begin to clarify things by starting with the basics:
Body composition: lean body mass and body fat in the body.
Lean body mass: water, bone, heart muscle, tissues of other internal organs and muscles of the arms, legs, back, neck and abdomen. Lean body mass is what we want to increase. The amount of lean body mass is the most important factor in determining the rate at which you burn calories (metabolic rate). The greater your lean body mass, the higher your metabolic rate and the more calories you will burn. A high metabolic rate makes it easier to maintain your weight. A regular program of strength training can increase the amount and strength of your muscles, which will in turn increase your metabolic rate.
Body fat: one of the basic components that make up the body's structure. Body fat has several important functions: acting as a storage site for energy when you are active, ill or injured; protecting your organs from injury; and keeping your body warm. There are two categories of body fat: essential fat and storage fat. Essential fat is necessary for normal, healthy body functioning. It is stored in small amounts in bone marrow, organs, the central nervous system and muscles. In men essential fat is approximately 3\% of body weight. In women it is about $12 \%$ of body weight. Women's higher percentage is due to some sex-specific fat found in the breasts, pelvis, hips and thighs (lucky us!). Storage fat is the other type of body fat that accumulates under your skin, in certain areas inside your body and in your muscles. It also includes the deep fat that protects
internal organs. Men and women have similar amounts of storage fat. Everyone requires a certain amount of body fat. Too much or too little storage fat is unhealthy.
Ranges of healthy body fat differ for men and women depending on their age. For the average male 18-39: 8$19 \%, 40-59: 11-21 \%, 60-79: 21-32 \%$. For the average female 18-39: 21-32\%, 40-59 23-33\%, 60-79: 24-35\%. Professional and superior amateur athletes often have a body fat percentage much lower than the average person. Body fat has been seen as low as $3.3 \%$ in male marathon runners and below $14.5 \%$ in female Olympic swimmers. At the start of the 2004 Tour de France Lance Armstrong measured $6 \%$ body fat.

## Overweight vs. Obesity

Many people have too much body fat, increasing their risk for many diseases. To most people the term obesity means to be very overweight. However, there is a difference. Overweight is defined as a person with a Body Mass Index (BMI) of 25-29.99 or who is between 25-30 pounds over the recommended weight for a person's height (more in BMI shortly). Obesity is the condition of being considerably overweight with a BMI of 30 or greater, or at least 30 pounds over the recommended weight for a person's height.

Body composition is important to know to identify any potential or existing health problems. Understanding how body composition is measured and what it identifies can help keep you on a healthy track in your swimming lifestyle.
The American College of Sports Medicine defines body composition as the relative percent of body weight that is fat and fat free tissue. There are a variety of techniques that estimate body composition that vary in complexity, cost and accuracy.
Hydrostatic Weighing:
This is the most accurate but the most expensive test as sophisticated equipment is needed. A person sits in a sling in a tank of water, exhales all their air and is then submerged. This does not appeal to a lot of people but for us swimmers it would be an easy task!
Body Mass Index (BMI):
BMI assesses weight relative to height. It is calculated from body weight in kilograms divided by height in meters squared,
continued on page 19

Summer is rapidly drawing to an end, and with it the end of another season of swimming in our gorgeous lakes. By the time you read this, the Oregon Open Water season will be completed, the last Series awards tabulated \& awarded, and the buoys \& other gear safely reposing in my garage (much to Barb's delight).
We've had a fine season so far. We opened a new venue and started a new swim with some added twists at Foster Lake, enjoyed delightfully warmest and clear water at Applegate Lake, and raced through a highly competitive series of five swims at Elk Lake. I'll review each venue and the summer as a whole in detail in the October Aqua Master.

Now our thoughts turn back to pool training and racing. For long distance swimmers, this means the USMS 3000 \& 6000 -yard Postal Championships. They provide an opportunity for long aerobic swimming, a chance to practice pacing, and a measurement of early-season conditioning. Participation is easy, cheap, and fun! Coaches like myself love these postal swims for their aerobic fitness and training benefits.
Of course, the $3000 \& 6000$-yard postal swims are also competitive team events in which Oregon has shown remarkable success in recent years. In 2004, the Oregon Club won the 3000 -yard National Team Title for the third straight year (four of the last five!), and was second in the

6000-yard team race for the fourth consecutive year (after winning in 2000). Hey, we're good at these things! Everyone counts, so remember to enter the national events when you complete the swims. We will have a tougher time this year defending our championship. We are replacing COMA's main pool in Bend this fall which will sharply limit our access to the 25 -yard pools required for these events. We are counting on the rest of you on the other side of the Cascades to increase participation and help take up the potential scoring slack. Go for it!
I'll also remind our event veterans that the 3000 \& 6000yard postal swim season has changed its dates slightly. In past years, these swims had to be completed during September and October. Starting this year, the season runs from September 15 through November 15. This avoids overlapping the 5 \& $10-\mathrm{km}$. postal swim season, and allows swimmers to take advantage of 2006 OMS/USMS early registration in November. The Entry Blank for the $3000 / 6000$ is on page 22-23 of this issue.
Good luck and good swimming!
P.S. Let's not forget the 5 \& $10-\mathrm{km}$. Postal season, which finishes on September 15. Remember to send in your completed entry form, and drop me a note (coachbob@bendbroadband.com) with your name, age and exact performance so that I can submit the Oregon relays. Many thanks in advance.


Startof the USMS National Mile Open Water Championship

| $\underset{\mathrm{Pl}}{\text { Applegate Lake }} 2005$ |  |
| :---: | :---: |
|  |  |
| Women |  |
| 30-34 |  |
| 1 | Sara Quan |
| 2 | Elizabeth Henderson |
| 35-39 |  |
| 1 | Robin Lewis |
| 40-44 |  |
| 1 | Jocelyn Sanford |
| 45-49 |  |
| 1 | Mary Sweat |
| 2 | Pam Zigler |
| 50-54 |  |
| 1 | Deb Douglas |
| 2 | Calli Roberts |
| 3 | June Mather |
| 4 | Connie Peterson |
| 5 | Jana Seeliger |
| 55-59 |  |
| 1 | Janet Gettling |
| 2 | Geri Mathewson |
| 3 | Jani Sutherland |
| 4 | Lynn Sacks |
| 60-64 |  |
| 1 | Pam Himstreet |
| 2 | Peggy Whiter |
| 65-69 |  |
| 1 | Peggy Hodge |
| M | 25-29 |
| 0:24:00 |  |
| Men |  |
| 35-39 |  |
| 1 | Timothy Nelson |
| 2 | Patrick Honsinger |
| 3 | Nate Sanford |
| 40-44 |  |
| 1 | Rob Higley |
| 2 | David Van Der Zwan |
| 45-49 |  |
| 1 | Mike Douglas |
| 2 | Keith Dow |
| 3 | Mark Fairlee |
|  | Ron Thompson |
| 50-54 |  |
| 1 | Charlie Swanson |
| 2 | Michael Grant |
|  | Dallas Figley |
| 55-59 |  |
| 1 | Steve Johnson |
| 2 | Bob Bruce |
|  | Michael Carew |
| 4 | Carlyle Stout |
| 60-64 |  |
|  | Dan Gray |
| 70-74 |  |
| 1 | David Radcliff |
| 75-79 |  |
|  | Ray Allen |
|  | 00-meter Results |

## 3000-meter Results

## Women

25-29
1 Stephanie Householder 30-34
1 Sara Quan
2 Elizabeth Henderson
26
0:58:13

0:46:15
Age Team Time Overall
$\begin{array}{lll}50 & \text { COMA } & 0: 32: 27 \\ 52 & \text { RVM } & 0: 32: 31 \\ 50 & \text { COMA } & 0: 34: 51\end{array}$
52 CAT 0:48:44
57 RVM 0:28:38
$\begin{array}{lll}57 & \text { RVM } & 0: 29: 43 \\ 56 & \text { RVM } & 0: 32: 41\end{array}$
59 RVM 0:36:11
61 COMA 0:34:50
61 COMA 0:37:32
$\begin{array}{llr}65 & \text { COMA } & 0: 36: 35 \\ 1 & \text { Todd Lantry } & 29\end{array}$
5

| 39 | COMA | $0: 20: 41$ |
| :--- | :--- | :--- |
| 39 | RVM | $0: 26: 29$ |
| 36 | RVM | $0: 27: 38$ |
|  |  |  |
| 40 | COMA | $0: 22: 15$ |

42 SOM 0:24:28
47 COMA 0:24:03
0:25:19
$0: 25: 50$
0:28:25
53 EA 0:24:32
54 CAT 0:29:18
53 none 0:29:49
$\begin{array}{lll}57 & \text { EA } & 0: 22: 11 \\ 57 & \text { COMA } & 0: 23: 44 \\ 55 & \text { COMA } & 0: 28: 35\end{array}$
56 RVM 0:31:30
60 RVM
71 THB

79 SOM
0:44:29

## 0:43:19 <br> 32 UNATT

34 EA
35-39
1
40
1
Ro

1 Jocelyn Sanford
2 Sandy Chavez
45-49
1 Mary Sweat
2 Pam Zigler 50-54
1 Deb Douglas
June Mather
3 Connie Peterson 55-59

Geri Mathewson
2 Jani Sutherland 60-64

## 39

1 Pam Himstreet 65-69
1 Peggy Hodge
Men
25-29
1 Todd Lantry
35-39
1 Timothy Nelson
2 Nate Sanford
3 Patrick Honsingner 40-44
Rob Higley
Jay Powell
Doug Stewart 4 David Van Der Zwan 45-49
1 Mike Douglas
Keith Dow
Ron Thompson
4 Mark Fairlee 50-54
1 Charlie Swanson
2 Dallas Figley
55-59
1 Steve Johnson
Bob Bruce
Michael Carew
60-64
1 Dan Gray
$70-74$
1 David Radcliff
75-79
1 Raymond Allen $\quad 79$ SOM $\quad 1: 29: 32 \quad 20$

## www.swimoregon.org

| United States Masters Swimming 1 Mile |  |  |  |  | 4 | Kristi Panayotoff | 56 | MESC | 0:34:11 | 124 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Open Wat |  | nal Ch | pionship |  | 5 | Elizabeth Friedman | 57 | AKMS | 0:35:31 | 131 |
| Pl Name | Ag | Club | Final Time | Ov'all Pl | 6 | Lynn Sacks | 59 | OREG | 0:36:39 | 133 |
| Women | -60-64 |  |  |  |  |  |  |  |  |  |
| 18-24 |  |  |  |  | 1 | Jane Katz | 62 | METR | 0:27:07 | 82 |
| Kelsey Holmberg | 23 | OREG | 0:20:45 | 6 | 2 | Pam Himstreet | 61 | OREG | 0:32:29 | 119 |
| 2 Jessica Burley | 23 | UNAT | 0:23:20 | 33 |  | Peg Whiter | 61 | OREG | 0:39:54 | 136 |
| 3 Danielle McClenahan | 23 | OREG | 0:25:16 | 66 | 55-69 |  |  |  |  |  |
| 4 Elizabeth Fandell | 24 | vACA | 0:28:34 | 98 | 1 | Betsy Jordan | 68 | SDSM | 0:28:51 | 101 |
| 25-29 |  |  |  |  |  | Peggie Hodge | 65 | OREG | 0:35:38 | 132 |
| 1 Pamela Gottlieb | 28 | OREG | 0:22:42 | 27 | 70-74 |  |  |  |  |  |
| 2 Beverly Li | 26 | SAWS | 0:24:46 | 55 | 1 | Adrienne Pipes | 71 | SDSM | 0:31:30 | 115 |
| 3 Monica LaBarge | 29 | OREG | 0:27:12 | 85 | 2 | Beverley Tucker | 70 | St. Pete Masters | 0:38:45 | 135 |
| 4 Laurie Shepherd | 28 | ISST | 0:27:34 | 93 | 80-84 |  |  |  |  |  |
| 30-34 |  |  |  |  |  |  |  |  |  |  |
| 1 Sara Quan | 32 | OREG | 0:20:44 | 5 | 1 | Marion Chadwick | 83 | PNA | 1:17:30 | 141 |
| 2 Amy Ward | 32 | OREG | 0:21:10 | 11 | M |  |  |  |  |  |
| 3 Jenny Marine | 30 | OREG | 0:21:41 | 14 |  |  |  |  |  |  |
| 4 Elizabeth Henderson | 34 | UNAT | 0:21:45 | 16 | 1 | Thomas Maffai | 21 | OREG | 0:21:06 | 10 |
| 5 Tori Barber | 32 | OREG | 0:23:56 | 47 |  |  |  |  |  |  |
| 6 Julie Himstreet | 34 | OREG | 0:24:08 | 50 |  | Scott Eliot | 31 | OREG | 0:22:16 | 20 |
| 7 Sarah Prell | 30 | UNAT | 0:25:02 | 61 |  |  |  |  |  |  |
| Heather Law | 31 | OREG | 0:26:05 | 69 | 1 | Tim Nelson | 39 | OREG | 0:20:42 | 3 |
| 9 Katy Bryce | 32 | OREG | 0:26:35 | 75 | 2 | Scott Frederick | 39 | GAJA | 0:21:20 | 12 |
| 35-39 |  |  |  |  |  | Jeff Hackley | 37 | OREG | 0:21:53 | 18 |
| 1 Linda Hegeberg | 35 | PNA | 0:22:20 | 23 |  | John Gessner | 39 | OREG | 0:22:19 | 22 |
| 2 Juliet Cox | 37 | MAM | 0:22:48 | 29 |  | Matt Purdy | 36 |  | 0:22:41 | 26 |
| 3 Stephanie Wahab | 37 | UTAH | 0:23:03 | 30 |  | Phil Reget | 36 | OREG | 0:23:46 | 41 |
| 4 Stephanie Schultz | 38 | OREG | 0:23:47 | 42 |  | Bill Strait | 38 | UNAT | 0:25:03 | 62 |
| 5 Cheryl Morgen | 35 | OREG | 0:25:06 | 63 | 8 | Steve Wursta | 39 | OREG | 0:28:53 | 103 |
| 6 Robin Lewis | 38 | OREG | 0:26:41 | 77 |  | Barry Branaugh | 36 | OREG | 0:31:44 | 117 |
| 7 Cynthia Smidt | 35 | OREG | 0:27:31 | 92 | 40-44 |  |  |  |  |  |
| 8 Kim Young | 37 | OREG | 0:28:10 | 97 | 1 | Greg Holles | 42 | UTAH | 0:20:15 | 1 |
| 9 Dara Gaskin | 35 | OREG | 0:32:09 | 118 |  | David Brancamp | 43 | SNM | 0:20:25 | 2 |
| $\begin{array}{lllll}10 & \text { Charlotte Roe } & 38 & \text { UNAT } & 0: 35: 27 \\ & 130\end{array}$ |  |  |  |  |  | Rob Higley | 40 | OREG | 0:21:42 | 15 |
|  |  |  |  |  |  | Perry Bishop | 40 | UNAT | 0:21:48 | 17 |
|  |  |  |  |  |  | Doug Stewart | 42 | OREG | 0:23:15 | 31 |
| 2 Cherie Touchette | 41 | UNAT | 0:22:18 | 21 | 7 | Mike Marshall | 44 | OREG | 0:23:32 | 36 |
| 3 Arlene Delmage | 42 | OREG | 0:22:29 | 25 |  | Mike Riley | 44 | OREG | 0:24:20 | 51 |
| 4 Christine Tait | 40 | AKMS | 0:24:50 | 56 | 8 | David Van Der Zwan | 42 | OREG | 0:24:28 | 52 |
| 5 Karen Allen | 41 | OREG | 0:24:57 | 60 | 9 | Eric Lewis | 41 | UNAT | 0:24:52 | 57 |
| Karen Daniels | 40 | OREG | 0:26:17 | 70 |  | Frank Cobarrubia | 41 | OREG | 0:27:30 | 91 |
| 7 Nancy Sorlie | 42 | OREG | 0:26:34 | 74 |  | Steve Sloop | 40 | OREG | 0:29:02 | 107 |
| 8 Joanie Krehbiel | 43 | OREG | 0:26:40 | 76 | 12 | David Stensland | 44 | UNAT | 0:29:25 | 108 |
| 9 Jamie Whitney | 40 | PNA | 0:27:13 | 86 |  |  |  |  |  |  |
| 10 Carrie Riley | 41 | UNAT | 0:30:22 | 111 |  |  |  |  |  |  |
| 11 Lisa Nirell | 43 | SBSM | 0:30:54 | 113 |  |  |  |  |  |  |
| 12 Nancy Robson | 43 | OREG | 0:34:58 | 126 |  |  |  |  |  |  |
| 45-49 |  |  |  |  |  |  |  |  |  |  |
| 1 Mary Sweat | 48 | OREG | 0:21:03 | 8 |  | minmer |  |  |  |  |
| 2 Kathy Morlan | 46 | VACA | 0:23:37 | 38 |  |  |  |  |  |  |
| 3 Liz Paul | 47 | SAWS | 0:25:12 | 65 |  |  |  |  |  |  |
| 4 Ann Goodman | 46 | OREG | 0:26:29 | 72 |  |  |  |  |  |  |
| 5 Nancy Colton | 45 | UNAT | 0:27:10 | 84 |  |  |  |  |  |  |
| 6 Deidre Straley | 48 | OREG | 0:27:24 | 89 |  |  |  |  |  |  |
| 7 Pam Zigler | 45 | OREG | 0:27:45 | 95 |  |  |  |  |  |  |
| 8 Cynthia Larkin | 46 | OREG0 | :28:52 | 102 |  |  |  |  |  |  |
| 9 Paula Moores | 47 | SAWS | 0:28:57 | 105 |  |  |  |  |  |  |
| $50-54$ Mout ${ }^{\text {a }}$ |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 Madeleine Holmberg | 52 | OREG | 0:26:59 | 81 |  |  |  |  |  |  |
| 2 Deb Douglas | 50 | OREG | 0:27:35 | 94 |  |  |  |  |  |  |
| 3 Jill Wright | 54 | SAWS | 0:28:50 | 100 |  |  |  |  |  |  |
| $55-59$ S0 OREG ${ }^{\text {a }}$ |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 Linda Shoenberger | 57 | SNM | 0:23:41 | 39 |  |  |  |  |  |  |
| 2 Janet Gettling | 57 | OREG | 0:26:47 | 78 |  |  |  |  |  |  |
| 3 Jani Sutherland | 56 | OREG | 0:32:50 | 120 |  | Greg Hol | s | ads th | e w |  |



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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | Adrienne Pipes |  | 71 | SDSM | 1:05:25 | 57 | 1 | Cynthia Smidt | 35 | OREG | 0:07:01. 7 | 58 |
| 2 | Beverley Tucker |  | 70 | St. Pete Masters | 1:20:29 | 63 | 2 | Kim Young | 37 | OREG | 0:07:11.9 | 66 |
| M |  |  |  |  |  |  | 3 | Charlotte Roe | 38 | UNAT | 0:08:51. 0 | 90 |
| 35-39 40-44 |  |  |  |  |  |  |  |  |  |  |  |  |
| 1 | Tim Nelson |  | 39 | OREG | 0:41:47 | 2 | 1 | Cherie Touchette | 41 | UNAT | 0:05:47.3 | 13 |
|  | Jeff Hackley |  | 37 | OREG | 0:45:29 | 9 | 2 | Ellen Reynolds | 41 | SAWS | 0:06:12.9 | 28 |
| 3 | John Gessner |  | 39 | OREG | 0:46:03 | 10 | 3 | Christine Tait | 40 | AKMS | 0:06:30.3 | 38 |
|  | Matt Purdy |  | 36 |  | 0:57:33 | 43 | 4 | Karen Allen | 41 | OREG | 0:06:34. 0 | 41 |
| 5 | Steve Wursta |  | 39 | OREG | 0:58:21 | 47 | 5 | Jamie Whitney | 40 | PNA | 0:06:46. 4 | 46 |
|  | Barry Branaugh |  | 36 | OREG | 1:11:51 | 60 | 6 | Nancy Sorlie | 42 | OREG | 0:06:57. 0 | 52 |
| 40-44 |  |  |  |  |  |  | 7 | Joanie Krehbiel | 43 | OREG | 0:07:01. 1 | 57 |
|  | David Brancamp |  | 43 | SNM | 0:41:41 | 1 | 8 | Nancy Robson | 43 | OREG | 0:08:40. 5 | 86 |
|  | Rob Higley |  | 40 | OREG | 0:45:19 | 8 | 9 | Gail Heine | 43 | OREG | 0:11:34. 1 | 96 |
|  | Doug Stewart |  | 42 | OREG | 0:46:51 | 14 | 45 |  |  |  |  |  |
| 4 | David Van Der Zwan |  | 42 | OREG | 0:50:40 | 26 | 1 | Mary Sweat | 48 | OREG | 0:05:31. 4 | 7 |
|  | Eric Lewis |  | 41 | UNAT | 0:52:44 | 32 | 2 | Kathy Morlan | 46 | VACA | 0:06:10. 4 | 25 |
| 6 | Steve Sloop |  | 40 | OREG | 0:58:51 | 48 | 3 | Liz Paul | 47 | SAWS | 0:06:39. 0 | 44 |
| 7 | Frank Cobarrubia |  | 41 | OREG | 0:59:53 | 50 | 4 | Deidre Straley | 48 | OREG | 0:06:53. 1 | 47 |
| 45-49 |  |  |  |  |  |  | 5 | Ann Goodman | 46 | OREG | 0:06:56. 8 | 51 |
|  | Doug Asbury |  | 45 | OREG | 0:42:13 | 4 | 6 | Pam Zigler | 45 | OREG | 0:07:06. 6 | 61 |
| 2 | Pat Allender |  | 46 | OREG | 0:43:35 | 5 | 7 | Nancy Colton | 45 | UNAT | 0:07:07.9 | 64 |
| 3 | Bill Ireland |  | 45 | SCAQ | 0:48:48 | 18 | 8 | Paula Moores | 47 | SAWS | 0:07:20. 1 | 71 |
| 4 | Eric Steinhauff |  | 46 | UNAT | 0:49:22 | 22 | 9 | Cynthia Larkin | 46 | OREG | 0:07:21.2 | 72 |
|  | Ron Thompson |  | 45 | OREG | 0:50:26 | 24 | 10 | Lindy Mount | 45 | UNAT | 0:08:28. 8 | 82 |
|  | Mark Fairlee |  | 47 | OREG | 0:50:49 | 28 | 50- |  |  |  |  |  |
| 7 | Keith Dow |  | 49 | OREG | 0:51:05 | 29 | 1 | Madeleine Holmberg |  | OREG | 0:06:53. 7 | 49 |
| 50-54 |  |  | 49 | OREG | 0:52:49 | 33 | 2 | Deb Douglas | 50 | OREG | 0:07:07. 8 | 63 |
|  |  |  |  |  |  |  | 3 | Jill Wright | 54 | SAWS | 0:07:38.2 | 77 |
| 1 | Charlie Swanson |  | 53 | OREG | 0:50:21 | 23 | 4 | Calli Roberts | 50 | OREG | 0:08:36.3 | 84 |
| 2 | Steve Mann |  | 53 | OREG | 0:51:26 | 30 | 5 | Lynn Wells | 51 | PNA | 0:08:37.0 | 85 |
|  | Dallas Figley |  | 53 | OREG | 1:01:53 | 54 | 6 | Pam DeMarsh | 53 | UNAT | 0:09:07. 8 | 92 |
| 55-59 |  |  |  |  |  |  | 55- |  |  |  |  |  |
| 1 | Bob Bruce |  | 57 | OREG | 0:46:53 | 15 | 1 | Kristi Panayotoff | 56 | MESC | 0:08:49. 6 | 88 |
|  | Jim Teisher |  | 55 | OREG | 0:51:31 | 31 | 2 | Lynn Sacks | 59 | OREG | 0:09:02. 1 | 91 |
| 3 | Ken Zell |  | 57 | Garage Masters | 0:53:04 | 37 | 65- |  |  |  |  |  |
| 4 | Michael Carew |  | 55 | OREG | 1:01:05 | 53 | 1 | Peggie Hodge | 65 | OREG | 0:09:18.7 | 93 |
| 60-64 |  |  |  |  |  |  | 70 |  |  |  |  |  |
| 1 | Tom Landis |  | 63 | OREG | 0:49:05 | 19 | 1 | Adrienne Pipes | 71 | SDSM | 0:07:52.3 | 79 |
|  | Dan Gray |  | 60 | OREG | 0:59:13 | 49 | 2 | Beverley Tucker | 70 | St. Pete Master | rs 0:09:51.3 | 94 |
| 3 | Richard Allen |  | 60 | Team Stampede | 1:04:51 | 56 | 18-2 |  |  |  |  |  |
| 4 | Richard Juhala |  | 62 | OREG | 1:14:03 | 61 | 1 | Thomas Maffai | 21 | OREG | 0:05:20. 6 | 4 |
| 75-79 |  |  |  |  |  |  | 35- |  |  |  |  |  |
| 1 | Robert Beach |  | 75 | SPM | 0:56:05 | 41 | 1 | Phil Reget | 36 | OREG | 0:05:46. 4 | 12 |
| 2 | Raymond Allen |  | 79 | OREG | 1:36:42 | 64 | 2 | Bill Strait | 38 | UNAT | 0:05:51. 7 | 15 |
| WetSuit - Women |  |  |  |  |  |  | 3 | Matt Purdy | 36 |  | 0:05:59. 6 | 21 |
| 40-44 |  |  |  |  |  |  | 4 | Steve Wursta | 39 | OREG | 0:07:19. 6 | 70 |
| 1 Mary Reese |  |  | 44 | UNAT1:00:40 | 52 |  | 5 | Barry Branaugh | 36 | OREG | 0:07:39. 5 | 78 |
| WetSuit - Men$45-49$ |  |  |  |  |  |  | 40- |  |  |  |  |  |
|  |  |  |  |  |  |  | 1 | David Brancamp | 43 | SNM | 0:05:12. 0 | 1 |
|  |  |  | 47 | OREG0:46:41 | 11 |  | 2 | Rob Higley | 40 | OREG | 0:05:38.4 | 10 |
| 1/4 Mile Swim |  |  |  |  |  |  | 3 | Mike Riley | 44 | OREG | 0:05:55.3 | 18 |
|  |  |  |  |  |  |  | 4 | Doug Stewart | 42 | OREG | 0:06:02. 6 | 24 |
| Women 18-24 |  |  |  |  |  |  | 5 | David Van Der Zwan |  | OREG | 0:06:14. 1 | 29 |
| 1 | Kelsey Holmberg | 23 | ORE | G 0:05:37. |  | 9 | 6 | Eric Lewis | 41 | UNAT | 0:06:21. 1 | 32 |
|  | Jessica Burley | 23 | UNAT | T 0:05:51. |  | 14 | 7 | Frank Cobarrubia | 41 | OREG | 0:07:01. 0 | 56 |
| 3 | Danielle McClenahan |  | ORE | G 0:06:34. |  | 42 | 8 | Steve Sloop | 40 | OREG | 0:07:17.3 | 68 |
| 4 | Elizabeth Fandell | 24 | VAC | A 0:07:24. |  | 75 | 45 |  |  |  |  |  |
| 25-29 |  |  |  |  |  |  | 1 | Pat Allender | 46 | OREG | 0:05:17.0 | 2 |
| 1 | Beverly Li | 26 | SAW | S 0:06:32. |  | 39 | 2 | Doug Asbury | 45 | OREG | 0:05:20. 5 | , |
| 2 | Monica LaBarge | 29 | ORE | G 0:07:23. |  | 73 | 3 | Bill Ireland | 45 | SCAQ | 0:05:55. 6 | 19 |
| 30-34 |  |  |  |  |  |  | 4 | Eric Steinhauff | 46 | UNAT | 0:05:57.7 | 20 |
| 1 | Sara Quan | 32 | ORE | G 0:05:22. |  | 6 | 5 | Mark Wren | 46 | OREG | 0:06:12. 0 | 26 |
| 2 | Amy Ward | 32 | ORE | G 0:05:32. |  | 8 | 6 | Mike Douglas | 47 | OREG | 0:06:19. 7 | 31 |
| 3 | Jenny Marine | 30 | ORE | G 0:05:54. |  | 17 | 7 | Keith Dow | 49 | OREG | 0:06:24.7 | 34 |
| 4 | Elizabeth Henderson | 34 | UNA | T 0:06:02. |  | 23 | 8 | Ron Thompson | 45 | OREG | 0:06:27.9 | 36 |
| 5 | Tori Barber | 32 | ORE | G 0:06:22. |  | 33 | 9 | Mark Fairlee | 47 | OREG | 0:06:35.3 | 43 |
| 6 | Heather Law | 31 | ORE | G 0:06:27. |  | 35 | 10 | Michael Moneta | 49 | UNAT | 0:07:13. 7 | 67 |
| 7 | Sarah Prell | 30 | UNA | T 0:06:28. |  | 37 |  | Bill Tiffany | 45 | PNA | 0:08:04. 7 | 81 |
|  | Katy Bryce | 32 | ORE | G 0:06:55. |  | 50 | 50- |  |  |  |  |  |
|  | Eiko Chinn | 34 | UNAT | T 0:08:32. |  | 83 | 1 | Mike Tennant | 52 | OREG | 0:05:43. 8 | 11 |
| 35-39 |  |  |  |  |  |  | 2 | Charlie Swanson | 53 | OREG | 0:06:12. 1 | 27 |




| Long Series Results (1 Mile, 2 Mile and 3 Mile Events) |  |  |  |
| :---: | :---: | :---: | :---: |
| Women |  |  |  |
| 18-24 |  |  |  |
| 1 Kelsey Holmberg | 23 | OREG | 1 |
| 2 Elizabeth Fandell | 24 | VACA | 14 |
| 25-29 |  |  |  |
| 1 Beverly Li | 26 | SAWS | 7 |
| 2 Monica LaBarge | 29 | OREG | 11 |
| 30-34 |  |  |  |
| 1 Jenny Marine | 30 | OREG | 2 |
| 2 Elizabeth Henderson | 34 | UNAT | 3 |
| 3 Julie Himstreet | 34 | OREG | 8 |
| 35-39 |  |  |  |
| 1 Juliet Cox | 37 | MAM | 5 |
| 40-44 |  |  |  |
| 1 Ellen Reynolds | 41 | SAWS | 4 |
| 2 Nancy Robson | 43 | OREG | 17 |
| 45-49 |  |  |  |
| 1 Kathy Morlan | 46 | VACA | 6 |
| 2 Liz Paul | 47 | SAWS | 9 |
| 3 Ann Goodman | 46 | OREG | 10 |
| 50-54 |  |  |  |
| 1 Madeleine Holmberg | 52 | OREG | 12 |
| 3 Jill Wright | 54 | SAWS | 15 |
| 55-59 |  |  |  |
| 1 Kristi Panayotoff | 56 | MESC | 18 |
| 65-69 |  |  |  |
| 1 Peggie Hodge | 65 | OREG | 19 |
| 70-74 |  |  |  |
| 1 Adrienne Pipes | 71 | SDSM | 16 |

## Trans-Tahoe Relay Swim Race

Recently, some Oregon Masters swimmers competed in the annual 12 -mile trek across Lake Tahoe. The lake temperature was warmer than usual (72-66 degrees), and the weather was near perfect (hot with little wind). Although official results are not posted on the Web at this writing, it appears that the Oregon swimmers made a very good showing.
The Trans-Tahoe Relay is an annual event sponsored by the Olympic Club. The 2005 edition of the race was held on July 23. This year team "VAC" included a couple swimmers from Coos Bay (Rod Cook and Guy Marchione), as well as a Salem (Joni Young) and two other swimmers from California (Craig and Candace Marchione). You can have as few as 4 , and as many as 6 -swimmers on your team. The fastest teams finish in about 4-hours, and the slowest teams finish in about 6-hours, so team "VAC" predicts that they finished in the middle of the pack with their time of 5-hours and 1-minute.
In previous years the lake temperature in July has warmed up to a cool 55 -degrees. Lake Tahoe sits at an elevation of 6,200 feet, so some altitude and cold-water training is recommended (wetsuits are not permitted). All 100+ teams must rotate in 30 -minute, 15 -minute, and 10 -minute time intervals until they reach the other side.
On the day of the event, team VAC woke-up at the crack of dawn to get to Sand Harbor Beach (Nevada side of Lake Tahoe) to gather before the start. When we arrived, the bay had already begun to fill up with the $100+$ boats needed for each of the swimmer teams racing across the lake.

| $35-39$ |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- |
| 1 | Tim Nelson | 39 | OREG | 2 |
| 2 | Jeff Hackley | 37 | OREG | 16 |
| 3 | John Gessner | 39 | OREG | 4 |
| $40-44$ |  |  |  |  |
| 1 | David Brancamp | 43 | SNM | 1 |
| 2 | Rob Higley | 40 | OREG | 3 |
| 3 | Doug Stewart | 42 | OREG | 6 |
| 4 | David Van Der Zwan | 42 | OREG | 10 |
| 5 | Eric Lewis | 41 | UNAT | 14 |
| 6 | Steve Sloop | 40 | OREG | 19 |
| $45-49$ |  |  |  |  |
| 1 | Eric Steinhauff | 46 | UNAT | 8 |
| 2 | Mark Fairlee | 47 | OREG | 10 |
| 3 | Ron Thompson | 45 | OREG | 12 |
| 4 | Keith Dow | 49 | OREG | 14 |
| $50-54$ |  |  |  | 9 |
| 1 | Charlie Swanson | 53 | OREG | 20 |
| 2 | Dallas Figley | 53 | OREG |  |
| $55-59$ |  |  |  | 7 |
| 1 | Bob Bruce | 57 | OREG | 13 |
| 2 | Jim Teisher | 55 | OREG |  |
| $60-64$ |  |  |  | 4 |
| 1 | Tom Landis | 63 | OREG | 17 |
| 2 | Dan Gray | 60 | OREG | 21 |
| 3 | Richard Allen | 60 | Team Stampede |  |
| $75-79$ | Robert Beach | 75 | SPM | 18 |
| 1 |  |  |  |  |

Many swimmers come back year after year for the sheer beauty of swimming in the shockingly blue (turquoise) water, which has a visibility of 90 -feet. In years past, not only has the water dropped below 60 -degrees, but winds sweep across the lake causing torrid windy chop which churns the water into a stormy sea.
As the day wears on, you derive small bits of pleasure out of picking boats to try and catch and then surpass. There's communication between swimmers and boats as you trek across the course. You see a naked team put on their suits only after they get out of the water. Other teams blow-up cartoon characters, and dress-up helium-filled mannequins and fly them overhead.
One by one we cycle through our 30-minute, 15 -minute, and 10 -minute legs until finally, close to the final turn buoy, our last swimmer (Candace) dives into the lake for her victory lap !
Lake Tahoe is HUGE! This is a fun, doable, rewarding trip. We would recommend it to anyone looking for a challenging swim!


## 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 <br> 5 lanes competition-electronic timing |  |  |
|  |  | 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


E-MAIL
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, 280319 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 $200 \mathrm{~m}, 400 \mathrm{~m}$ OR 800 m ( 800 m FOR FREE RELAYS ONLY). THE 400m and 800m relays Will be seeded in heats following the 200m relays of the same type. relay entries will close 30 min. before event. Check in deadline for the 800 free is 12 noon. All events will be seeded SLOW TO FAST.

Freestyle pentathlon consists of participating in all 5 freestlye 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: 25 m sculling
200m IM
200m FREE*
(11) $\qquad$ : $\qquad$ .

100m BREAST(13)
(12) $\qquad$ :
$\qquad$ : $\square$ -

50m FLY 100m IM
$\qquad$ :
(15) $\qquad$ : $\qquad$ .

BREAK: novelty event: 50 m fist gloves sprint!
50m FREE*
(16) $\qquad$ : $\qquad$ 100m BACK (17) $\qquad$ : $\qquad$ -50m BREAST (18) $\qquad$ : $\qquad$ -400m FREE* :

BREAK: novelty event: Plunge dive
FREE RELAYS (20-25)
MIXED FREE RELAYS (26-28)

* REQuired to participate in the Freesytle 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 avallable at the Athletic Club of Bend on Sunday, Octboer 30th at 7:30am. Those interested should emall Rob Higley at higleyswim @msn.com. Space is limited to the first 12 entrants. Hurry and get in on this great opportunity!


#### Abstract

"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

## 1 Billings, Jennifer 24 OREG12:11.16 S

 100 LC Meter Backstroke1 Billings, Jennifer 24 OREG 1:37.61 Women 25-29
50 LC Meter Freestyle

| 1 | Upshaw, Meg | 28 | OREG |
| :--- | :--- | ---: | ---: |
| 23.39 |  |  |  |
| 2 | Skinner, Phoebe | 27 | UNAT | 35.46

Women 30-34
50 LC Meter Freestyle
1 Gibbs, Zan 30 OREG 38.04 400 LC Meter Freestyle
1 Parmentier, Lisa 30 UNAT 6:04.40 2 Wong, Linda 33 OREG 7:21.89 100 LC Meter Backstroke
1 Parmentier, Lisa 30 UNAT 1:40.69
100 LC Meter Breaststroke
1 Gibbs, Zan 30 OREG $\quad 1: 46.01$
Women 35-39
50 LC Meter Freestyle
1 Simmons, Stephanie 39 OREG 36.39
2 Skoss, Rachel 37 OREG 36.62 100 LC Meter Freestyle 1 Shaw, Susan
2 Vanasse, Kathryn 200 LC Meter Freestyle
1 Shaw, Susan 38 OREG $2: 55.82$
2 Simmons, Stephanie 39 OREG 3:08.37
3 Vanasse, Kathryn 39 OREG 3:22.75 400 LC Meter Freestyle
1 Moore, Alison 35 OREG 5:52.19
800 LC Meter Freestyle
1 Skoss, Rachel 37 OREG 13:30.25
2 Tutt, Heidi 35 UNAT 14:24.48
50 LC Meter Backstroke
1 Fish, Lori 36 UNAT 37.27 S
100 LC Meter Backstroke
1 Shaw, Susan 38 OREG 1:43.15
200 LC Meter Backstroke
1 Fish, Lori $\quad 36$ UNAT $2: 48.58$
2 Shaw, Susan 38 OREG 3:37.10
50 LC Meter Breaststroke

| 1 | Marsh, Kathy | 38 OREG | 45.22 |
| :--- | :--- | :--- | :--- |
| 2 | Moore, Alison | 35 OREG | 45.71 |

100 LC Meter Breaststroke
1 Shaw, Susan 38 OREG 1:44.39
200 LC Meter Breaststroke
1 Moore, Alison 35 OREG 3:24.93
50 LC Meter Butterfly
1 Marsh, Kathy 38 OREG 40.17
200 LC Meter IM
1 Fish, Lori
2 Marsh, Kathy
3 Shaw, Susan
400 LC Meter IM
1 Marsh, Kathy
Women 40-44
50 LC Meter Freestyle
1 Seresun, Karen 40 UNAT 30.28 S
2 Jenkins, Valerie 42 OREG 31.55
3 Steinberg, Naomi 44 OREG 37.30
4 Quereshi, Shukria 44 UNAT 45.52
100 LC Meter Freestyle
1 Thalman, Danielle 43 OREG 1:39.89
200 LC Meter Freestyle
1 Viales, Dianne 43 OREG 2:32.79
2 Jenkins, Valerie 42 OREG 2:36.47
50 LC Meter Backstroke
1 Burres, Kim 43 OREG 49.87
100 LC Meter Backstroke
1 Jenkins, Valerie 42 OREG 1:20.95
2 Ralle, Martina 40 OREG $1: 24.25$
200 LC Meter Backstroke
1 Ralle, Martina 40 OREG 3:00.95
50 LC Meter Breaststroke
1 Thalman, Danielle 43 OREG 49.00
200 LC Meter Breaststroke
1 Thalman, Danielle 43 OREG 3:51.13
50 LC Meter Butterfly
1 Seresun, Karen 40 UNAT 32.77
2 Steinberg, Naomi 44 OREG 40.94
100 LC Meter Butterfly
1 Burres, Kim
200 LC Meter IM
1 Viales, Dianne $\quad 43$ OREG 3:01.33
2 Burres, Kim 43 OREG 4:02.78
400 LC Meter IM
1 Ralle, Martina
Women 45-49
50 LC Meter Freestyle
1 Andrus-Hughes, Karen 48 OREG 29.98

2 Foley, Sharon $\quad 45$ MACO 30.86
3 Latham, Joileen 47 OREG 33.10
4 Vincent, Nancy 46 OREG 33.15
5 Snyder, Lynn 49 OREG 38.91
6 Kimberling, Gail 49 OREG 44.33
100 LC Meter Freestyle
1 Foley, Sharon $\quad 45$ MACO 1:12.22
2 Vincent, Nancy 46 OREG 1:15.14
3 Latham, Joileen 47 OREG 1:15.68
4 Fox, Christina $\quad 45$ OREG $1: 26.65$

1 Andrus-Hughes, Karen 48 OREG
2:27.57
2 Crabbe, Colette $\quad 49$ OREG 2:31.46
3 Latham, Joileen 47 OREG 2:49.86
4 Vincent, Nancy 46 OREG 2:50.47
5 Mickelson, Kristen 46 UNAT 3:02.16
6 Fox, Christina $\quad 45$ OREG 3:04.18
7 Kimberling, Gail 49 OREG 3:32.30
400 LC Meter Freestyle
1 Harris, Barb $\quad 45$ OREG 5:52.70
2 Latham, Joileen 47 OREG 6:05.98
50 LC Meter Backstroke
1 Snyder, Lynn 49 OREG 48.32
100 LC Meter Backstroke
1 Andrus-Hughes, K 48 OREG1:17.71 S
2 Fox, Christina $\quad 45$ OREG 1:29.85
3 Mickelson, Kristen 46 UNAT 1:35.61
4 Snyder, Lynn 49 OREG 1:44.61
200 LC Meter Backstroke
1 Fox, Christina $\quad 45$ OREG 3:14.78
50 LC Meter Breaststroke
1 Foley, Sharon $\quad 45$ MACO 43.11
2 Vincent, Nancy 46 OREG 43.73
3 Harris, Barb 45 OREG 44.30
4 Lamoureux, Lori 46 UNAT 44.78
5 Latham, Joileen 47 OREG 46.59
6 Snyder, Lynn 49 OREG 49.93
100 LC Meter Breaststroke
1 Vincent, Nancy 46 OREG 1:32.73
2 Foley, Sharon $\quad 45$ MACO 1:35.85
3 Latham, Joileen 47 OREG 1:41.85
4 Fox, Christina $\quad 45$ OREG $1: 43.08$
5 Mickelson, Kristen 46 UNAT 1:49.51
6 Kimberling, Gail 49 OREG 2:11.18
200 LC Meter Breaststroke
1 Vincent, Nancy 46 OREG 3:20.78
2 Lamoureux, Lori 46 UNAT 3:37.09
3 Snyder, Lynn 49 OREG $3: 45.24$
50 LC Meter Butterfly
1 Foley, Sharon $\quad 45$ MACO 34.88
2 Kimberling, Gail 49 OREG 53.60
100 LC Meter Butterfly
1 Crabbe, Colette 49 OREG1:15.76 S
2 Foley, Sharon $\quad 45$ MACO 1:26.51
200 LC Meter IM
1 Crabbe, Colette 49 OREG 2:44.74
2 Fox, Christina $\quad 45$ OREG 3:21.80
400 LC Meter IM
1 Crabbe, Colette 49 OREG 5:49.50
Women 50-54
50 LC Meter Freestyle
1 Richards, Robyn 51 OREG 32.41 S
2 Hollingsworth, Lori 50 OREG 36.53
3 Royle, Mary Anne 53 OREG 37.62
100 LC Meter Freestyle
1 Richards, Robyn 51 OREG1:16.32 S
2 Royle, Mary Anne 53 OREG 1:27.55
200 LC Meter Freestyle
1 Hollingsworth, Lori 50 OREG 3:04.38

1 Parisi, Robin 51 MACO5:24.03 O
2 Sanders, Susan 51 OREG 7:44.02
800 LC Meter Freestyle
1 Hollingsworth, Lori 50 OREG13:26.37 S 50 LC Meter Backstroke

1 Royle, Mary Anne 53 OREG 44.58 100 LC Meter Backstroke
1 Royle, Mary Anne 53 OREG 1:39.70 50 LC Meter Breaststroke
1 Richards, Robyn 51 OREG 50.48
2 Sanders, Susan 51 OREG 57.79

50 LC Meter Butterfly
1 Richards, Robyn 51 OREG 37.75 S
200 LC Meter IM
1 Parisi, Robin 51 MACO2:50.07 S
Women 55-59
50 LC Meter Freestyle
1 Gettling, Janet 57 OREG 34.82
50 LC Meter Backstroke
1 Gettling, Janet 57 OREG 42.57 100 LC Meter Backstroke
1 Pierson, Ginger 59 MACO 1:48.36
50 LC Meter Breaststroke
1 Pierson, Ginger 59 MACO 42.69 S
2 Gettling, Janet 57 OREG 45.49
100 LC Meter Breaststroke
1 Pierson, Ginger 59 MACO 1:38.91 200 LC Meter Breaststroke
1 Pierson, Ginger 59 MACO 3:36.92
50 LC Meter Butterfly
1 Gettling, Janet 57 OREG 40.81 100 LC Meter Butterfly
1 Pierson, Ginger 59 MACO 1:39.20
2 Gettling, Janet
57 OREG 1:40.48
200 LC Meter Butterfly
1 Pierson, Ginger 59 MACO 3:33.10
Women 60-64
50 LC Meter Freestyle

| 1 | Frid, Barbara | 63 OREG | 35.44 |
| :--- | :--- | :--- | :--- |
| 2 | Brooks, Nancy | 63 UNAT | 39.01 |

100 LC Meter Freestyle
1 Frid, Barbara 63 OREG 1:21.99
2 Greene, Judy 64 UNAT 2:44.16
400 LC Meter Freestyle
1 Himstreet, Pam 62 OREG 7:39.30
1500 LC Meter Freestyle
1 Himstreet, Pam 62 OREG 30:05.00
50 LC Meter Backstroke

| 1 | Frid, Barbara | 63 OREG | 44.71 |
| :--- | :--- | ---: | ---: |
| 2 | Brooks, Nancy | 63 UNAT | 51.16 |
| 3 | Greene, Judy | 64 UNAT | $1: 18.62$ |

200 LC Meter Backstroke
1 Ward, Joy 63 OREG3:17.27 S
50 LC Meter Breaststroke

| Brooks, Nancy | 63 UNAT | 47.56 S |
| :---: | :---: | :---: |
| Frid, Barbara | 63 OREG | 47.66 |
| Himstreet, Pam | 62 OREG | 57.92 |
| 100 LC Meter Breaststroke |  |  |
| Brooks, Nancy | 63 UNAT | 1:45.6 |
| Frid, Barbara | 63 OREG | 1:46.37 |
| 3 Himstreet, Pam | 62 OREG | 2:08.06 |
| 200 LC Meter Breaststroke |  |  |
| Brooks, Nancy | 63 UNAT | 3:56.05 |

1 Ward, Joy 63 OREG 39.08
2 Frid, Barbara 63 OREG 40.52
200 LC Meter Butterfly
1 Ward, Joy
63 OREG3:44.97 O
200 LC Meter IM
1 Ward, Joy
63 OREG 3:27.80
Women 65-69
50 LC Meter Freestyle
1 Schumann, Susanne 68 MACO 40.09
100 LC Meter Freestyle
1 Schumann, Susanne 68 MACO 1:29.01
2 Schroder, Kaleo 69 OREG 2:02.65
200 LC Meter Freestyle
1 Schroder, Kaleo 69 OREG 4:30.74
400 LC Meter Freestyle
1 Schumann, Susanne 68 MACO 7:00.01
50 LC Meter Backstroke
1 Schroder, Kaleo 69 OREG 1:06.01
100 LC Meter Backstroke
1 Schroder, Kaleo 69 OREG 2:25.74
50 LC Meter Breaststroke
1 Schumann, Susanne 68 MACO 52.55
100 LC Meter Breaststroke
1 Schumann, Susanne 68 MACO 1:55.15
2 Hodge, Peggie 65 OREG 2:07.16
3 Schroder, Kaleo 69 OREG 2:48.33
200 LC Meter Breaststroke
1 Schumann, Susanne 68 MACO4:03.11 S
2 Schroder, Kaleo 69 OREG 5:41.80
200 LC Meter Butterfly
1 Hodge, Peggie 65 OREG4:27.77 Z
Women 70-74
100 LC Meter Freestyle
1 L'Esperance, Beverly 73 OREG 2:15.28
200 LC Meter Freestyle
1 L'Esperance, Beverly 73 OREG 4:41.49
400 LC Meter Freestyle
1 L'Esperance, Beverly 73 OREG 10:02.70
50 LC Meter Backstroke
1 L'Esperance, Beverly 73 OREG 1:11.85
100 LC Meter Backstroke
1 L'Esperance, Beverly 73 OREG 2:36.37
200 LC Meter Backstroke
1 L'Esperance, Beverly 73 OREG 5:39.69
Women 75-79
50 LC Meter Freestyle
1 Austen, Betsy $\quad 78$ MACO 1:09.17
200 LC Meter Freestyle
1 Austen, Betsy $\quad 78$ MACO 5:15.34
2 Wells, Margaret 79 OREG 6:04.80
800 LC Meter Freestyle
1 Austen, Betsy 78 MACO 22:09.23 S
200 LC Meter IM
1 Wells, Margaret
Women 80-84
50 LC Meter Freestyle
1 Stangel, Pauline 84 OREG 1:08.12
100 LC Meter Freestyle
1 Stangel, Pauline 84 OREG 2:38.19
200 LC Meter Freestyle
1 Stangel, Pauline 84 OREG 5:45.51
400 LC Meter Freestyle
1 Stangel, Pauline 84 OREG 12:17.61

50 LC Meter Butterfly
1 Stevenin, Elfie 84 OREG 2:43.30
100 LC Meter Butterfly
1 Stevenin, Elfie 84 OREG 6:15.33
Women 90-94
50 LC Meter Backstroke
1 Buel, Hilda 91 OREG 2:59.61
50 LC Meter Breaststroke
1 Buel, Hilda
91 OREG3:19.78 S
200 LC Meter IM
1 Buel, Hilda 91 OREG 14:32.19 Z
Men 19-24
50 LC Meter Freestyle
1 Cleary, Kevin 22 OREG 28.87
200 LC Meter Freestyle
1 Cleary, Kevin 22 OREG 2:27.06
50 LC Meter Breaststroke
1 Cleary, Kevin 22 OREG 39.30
200 LC Meter IM
1 Cleary, Kevin 22 OREG 2:53.87
Men 30-34
200 LC Meter Breaststroke
1 Cota, Brad
30 UNAT 2:49.89
Men 35-39
50 LC Meter Freestyle
1 Drawz, Troy 37 MACO 27.58
2 Larsen, Jon-Erik 38 UNAT 27.96
400 LC Meter Freestyle
1 Drawz, Troy 37 MACO 4:53.43
50 LC Meter Breaststroke
1 Larsen, Jon-Erik 38 UNAT 35.51
50 LC Meter Butterfly
1 Drawz, Troy 37 MACO 29.44
2 Larsen, Jon-Erik 38 UNAT 30.92
Men 40-44
50 LC Meter Freestyle
1 Parmentier, Steve 40 UNAT 27.67
2 Cox, Chris 44 OREG 35.00
100 LC Meter Freestyle
1 Mirho, Charles 41 OREG 1:02.72
2 Karyukin, Andrei 40 OREG 1:12.31
3 Bemrose, Jeff 44 OREG 1:19.61
4 Cox, Chris 44 OREG 1:20.00
400 LC Meter Freestyle
1 Stewart, Douglas 41 OREG 4:36.82 S
2 Mirho, Charles $\quad 41$ OREG 5:27.85
800 LC Meter Freestyle (Split)
Stewart, Douglas 41 OREG 9:47.40 S
1500 LC Meter Freestyle
1 Stewart, Douglas 41OREG 18:25.53 Z 50 LC Meter Backstroke
1 Parmentier, Steve 40 UNAT 32.91
50 LC Meter Breaststroke
1 Mirho, Charles 41 OREG 37.28
2 Bemrose, Jeff 44 OREG 47.88
100 LC Meter Breaststroke
1 Oliva, Tomas $\quad 43$ MACO 1:17.77
2 Karyukin, Andrei 40 OREG 1:33.14
50 LC Meter Butterfly
1 Parmentier, Steve 40 UNAT 30.02
2 Cox, Chris 44 OREG 40.07
100 LC Meter Butterfly
1 Baker, Dennis 44 OREG 59.97
2 Karyukin, Andrei 40 OREG 1:23.98

| 3 Cox, Chris | 44 OREG | 1:41.29 | 4 Paholsky, Michael | 50 OREG | 29.77 | 2 Ellis, John |  | REG | 7:17.38 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 200 LC Meter IM |  |  | 5 Dolan, Dan | 50 UNAT | 30.64 | 800 LC Meter Freestyle |  |  |  |
| 1 Stewart, Douglas | 41 OREG | 2:30.10 | 6 Darnell, Stephen | 51 OREG | 34.48 | 1 Ellis, John | 59 | OREG | 15:14.14 |
| 2 Oliva, Tomas | 43 MACO | 2:44.39 | 7 Six, John | 52 UNAT | 36.27 | 1500 LC Meter Freesty |  |  |  |
| 3 Cox, Chris | 44 OREG | 3:27.14 | 100 LC Meter Freestyle |  |  | 1 Bruce, Bob |  | R | 21:10.81 |
| 4 Bemrose, Jeff | 44 OREG | 3:53.93 | 1 Dow, Keith | 50 OREG | 1:06.71 | 100 LC Meter Backstr |  |  |  |
| 400 LC Meter IM |  |  | 2 Brockbank, Doug | 52 OREG | 1:07.89 | 1 Rueff, Daniel |  | OREG | 1:29.48 |
| 1 Oliva, Tomas | 43 MACO | 5:53.91 | 3 Dolan, Dan | 50 UNAT | 1:09.15 | 50 LC Meter Breaststrok |  |  |  |
| Men 45-49 |  |  | 4 Paholsky, Michael | 50 OREG | 1:09.20 | 1 Stark, Allen |  | OREG | 35.87 |
| 50 LC Meter Freestyle |  |  | 5 Darnell, Stephen | 51 OREG | 1:24.68 | 2 Bruce, Bob |  | OREG | 41.03 |
| 1 Wren, Mark | 47 OREG | 30.18 | 6 Six, John | 52 UNAT | 1:36.40 | 100 LC Meter Breaststr |  |  |  |
| 2 Stelzer, Keith | 46 OREG | 30.27 | 7 Rice, Randy | 53 UNAT | 1:41.99 | 1 Stark, Allen |  | ORE | 1:20.08 S |
| 3 Taylor, Charles | 49 UNAT | 31.72 | 200 LC Meter Freestyle |  |  | 2 Adams, Douglas |  | OREG | 1:27.25 |
| 200 LC Meter Freestyle |  |  | 1 Tennant, Mike | 52 OREG | 2:21.40 | 3 Bruce, Bob |  | OREG | 1:33.07 |
| 1 Bergstrom, Robert | 49 OREG | 2:35.02 | 2 Dow, Keith | 50 OREG | 2:32.60 | 4 Ellis, John |  | OREG | 1:42.68 |
| 2 Wren, Mark | 47 OREG | 2:36.39 | 400 LC Meter Freestyle |  |  | 200 LC Meter Breaststro |  |  |  |
| 3 Munro, Stuart | 48 MACO | 2:39.71 | 1 Yensen, Kermit | 52 OREG | 5:31.54 | 1 Stark, Allen |  | REG | 3:00.57 S |
| 400 LC Meter Freestyle |  |  | 2 Dow, Keith | 50 OREG | 5:43.48 | 2 Ellis, John |  | OREG | 3:51.21 |
| 1 Munro, Stuart | 48 MACO | 5:26.04 | 3 Schwetz, James | 54 OREG | 6:29.35 | 50 LC Meter Butterfly |  |  |  |
| 2 Eichner, Doug | 47 OREG | 6:18.64 | 800 LC Meter Freestyle |  |  | 1 Adams, Douglas |  | REG | 32.84 |
| 800 LC Meter Freestyle |  |  | 1 Yensen, Kermit | 52 OREG | 12:01.02 | 2 Bruce, Bob |  | OREG | 32.93 |
| 1 Allender, Pat | 47 OREG | 9:56.65 O | 1500 LC Meter Freestyl |  |  | 100 LC Meter Butterfly |  |  |  |
| 1500 LC Meter Freestyl |  |  | 1 Schwetz, James | 54 OREG | 6:16.13 | 1 Rueff, Daniel |  | OREG | 1:26.58 |
| 1 Bergstrom, Robert | 49 OREG | 21:49.88 | 50 LC Meter Backstroke |  |  | 200 LC Meter Butterfly |  |  |  |
| 2 Munro, Stuart | 48 MACO | 22:26.37 | 1 Metzger, Peter | 50 UNAT | 32.29 S | 1 Adams, Douglas |  | OREG | :14.29 S |
| 100 LC Meter Backstrok |  |  | 2 Edwards, Wes | 52 OREG | 34.77 | 200 LC Meter IM |  |  |  |
| 1 Otto, Douglas | 46 MACO | 1:15.88 | 3 Darnell, Stephen | 51 OREG | 43.03 | 1 Bruce, Bob |  | OREG | 2:53.45 |
| 200 LC Meter Backstrok |  |  | 4 Six, John | 52 UNAT | 47.76 | 2 Adams, Douglas |  | OREG | 2:54.96 |
| 1 Otto, Douglas | 46 MACO | 2:40.99 | 100 LC Meter Backstrok |  |  | 3 Rueff, Daniel |  | OREG | 3:01.58 |
| 2 Allender, Pat | 47 OREG | 2:42.91 | 1 Edwards, Wes | 52 OREG | 12.45 O | 4 Ellis, John |  | OREG | 3:54.68 |
| 50 LC Meter Breaststrok |  |  | 2 Metzger, Peter | 50 UNAT | 1:12.63 | 400 LC Meter IM |  |  |  |
| 1 Allender, Pat | 47 ORE | 34.34 | 3 Dolan, Dan | 50 UNAT | 1:25.74 | 1 Rueff, Daniel |  | REG | 6:54.73 |
| 2 Taylor, Charles | 49 UNAT | 37.11 | 4 Darnell, Stephen | 51 OREG | 1:39.25 | Men 60-64 |  |  |  |
| 3 Fairhurst, Jon | 47 OREG | 41.39 | 200 LC Meter Backst |  |  | 50 LC Meter Freestyle |  |  |  |
| 100 LC Meter Breaststro |  |  | 1 Edwards, Wes | 52 OREG | 42.200 | 1 Silvey, Michael |  | OREG | 31.11 |
| 1 Allender, Pat | 47 OREG | 1:14.63 | 50 LC Meter Breaststrok |  |  | 100 LC Meter Freestyle |  |  |  |
| 2 Otto, Douglas | 46 MACO | 1:21.19 | 1 Dolan, Dan | 50 UNAT | 38.99 | 1 Landis, Tom |  | OREG | 1:04.23 |
| 3 Taylor, Charles | 49 UNAT | 1:25.54 | 2 Brockbank, Doug | 52 OREG | 40.42 | 2 Silvey, Michael |  | OREG | 1:11.62 |
| 4 Fairhurst, Jon | 47 OREG | 1:31.23 | 3 Yensen, Kermit | 52 OREG | 42.05 | 3 Mohr, Ralph | 64 | OREG | 1:28.60 |
| 200 LC Meter Breaststro |  |  | 4 Darnell, Stephen | 51 OREG | 50.64 | 200 LC Meter Freestyle |  |  |  |
| 1 Allender, Pat | 47 OREG | 2:39.61 | 100 LC Meter Breasts |  |  | 1 Landis, Tom |  | OREG | 2:25.36 |
| 2 Otto, Douglas | 46 MACO | 2:56.59 | 1 Dolan, Dan | 50 UNAT | 1:27.93 | 400 LC Meter Freestyle |  |  |  |
| 3 Taylor, Charles | 49 UNAT | 3:10.81 | 2 Darnell, Stephen | 51 OREG | 1:54.40 | 1 Landis, Tom |  | ORE | 5:10.19 S |
| 4 Munro, Stuart | 48 MACO | 3:18.40 | 50 LC Meter Butterfly |  |  | 2 Mohr, Ralph |  | REG | 6:28.09 |
| 5 Fairhurst, Jon | 47 OREG | 3:20.25 | 1 Metzger, Peter | 50 UNAT | 30.72 | 3 Juhala, Richard |  | OREG | 7:50.49 |
| 50 LC Meter Butterfly |  |  | 2 Yensen, Kermit | 52 OREG | 32.10 | 800 LC Meter Freestyle |  |  |  |
| 1 Allender, Pat | 47 OREG | 29.65 | 3 Brockbank, Doug | 52 OREG | 33.03 | 1 Landis, Tom |  | RE | :5 |
| 2 Wren, Mark | 47 OREG | 33.92 | 4 Dolan, Dan | 50 UNAT | 33.53 | 2 Juhala, Richard |  | OREG | . 99 |
| 3 Fairhurst, Jon | 47 OREG | 35.86 | 5 Paholsky, Michael | 50 OREG | 34.39 | 1500 LC Meter Freestyl |  |  |  |
| 4 Taylor, Charles | 49 UNAT | 35.91 | 100 LC Meter Butterfly |  |  | 1 Landis, Tom 63 |  | G 2 | 26.33 Z |
| 5 Stelzer, Keith | 46 OREG | 37.10 | 1 Yensen, Kermit | 52 OREG | 1:18.30 | 200 LC Meter Backstrok |  |  |  |
| 200 LC Meter Butterfly |  |  | 200 LC Meter Butterfly |  |  | 1 Juhala, Richard |  | OREG | 4:07.60 |
| 1 Munro, Stuart | 48 MACO | 3:04.54 | 1 Yensen, Kermit | 52 ORE | 05.92 S | 100 LC Meter Breaststro |  |  |  |
| 200 LC Meter IM |  |  | 200 LC Meter IM |  |  | 1 Juhala, Richard |  | OREG | 1:46.70 |
| 1 Otto, Douglas | 46 MACO | 2:35.91 | 1 Paholsky, Michael | 50 OREG | 3:13.70 | 200 LC Meter Breastst |  |  |  |
| 400 LC Meter IM |  |  | Men 55-59 |  |  | 1 Juhala, Richard | 62 | OREG | 3:58.89 |
| 1 Otto, Douglas | 46 MACO | 5:44.88 | 50 LC Meter Freestyle |  |  | 50 LC Meter Butterfly |  |  |  |
| 2 Munro, Stuart | 48 MACO | 6:55.24 | 1 Jenkins, James | 58 OREG | 43.73 | 1 Silvey, Michael | 60 | OREG | 35.60 |
| 3 Fairhurst, Jon | 47 OREG | 7:03.60 | 200 LC Meter Freestyle |  |  | 100 LC Meter Butterfly |  |  |  |
| Men 50-54 |  |  | 1 Rueff, Daniel | 58 OREG2 | 2:40.16 S | 1 Silvey, Michael |  | OREG | 1:31.13 |
| 50 LC Meter Freestyle |  |  | 2 Ellis, John | 59 OREG | 3:24.12 | 200 LC Meter IM |  |  |  |
| 1 Tennant, Mike | 52 OREG | 27.01 | 3 Jenkins, James | 58 OREG | 3:56.37 | 1 Mohr, Ralph |  | OREG | 3:45.44 |
| 2 Brockbank, Doug | 52 OREG | 29.65 | 400 LC Meter Freestyle |  |  | 400 LC Meter IM |  |  |  |
| 3 Dow, Keith | 50 OREG | 29.73 | 1 Rueff, Daniel | 58 OREG5 | 5:38.29 S | 1 Landis, Tom |  | OREG | 6:24.39 |



## World Masters Games - July 22-31, 2005

## Oregonian's Make a Splash at World Master Games

 by Karen Andrus HughesNine Oregonians made their way to Edmonton, Alberta last month to compete in the 2005 World Master Games. More than 24,000 athletes from $70+$ countries competed in 27 different sports, 1411 of them in swimming. It was clear to see from passing hordes of master athletes on the streets of the city that the "love of sport" is not bound by age or geographic limits. It was diversity at its finest!
If an MVP were selected from Oregon, the honor would have to go to David Radcliff who brought home gold in all five of his events, plus a World Record in the M70-74 200 freestyle! He set the pool on fire and had one of the best meets of his life. The OMS contingency had a great time watching him astound the crowd in the stands! Allen Stark, Susanne Schumann and Leola Baumgaartner also brought home gold medals. OMS results below:



World Games Participants - (L to R on both pages) Susanne, The Klamath Falls duo, Bev and Kaleo, Leola, the relay of Dave, Elke, Karen, Allen and "One Arm" George


## Get Fit continued from page 4

or weight in pounds divided by height in inches divided by height in inches times 703. This is not a measurement of body fat. A BMI of 25 or more indicates an increased chance for obesity-related health problems. Current BMI standards list overweight as $25.0-29.9 \mathrm{BMI}$ and obese as 30.0 or more BMI

## Waist-to-Hip Circumference:

This assesses how body fat is distributed and helps to predict health risks of obesity. This measure is used to measure body fat patterns. This calculation divides waist circumference by hip circumference. The waist is measured at the narrowest part of the torso. The hip measurement is measured at the maximal circumference of the hips and buttocks region. This measurement is an indicator for the risks of obesity because the issue is abdominal obesity. Fat in the extremities is a lesser indicator than abdominal fat for hypertension, diabetes type 2, coronary artery disease and premature death. Health risks are very high in young women with a ratio greater than 0.82 , in young men with a ratio greater than 0.94 , in women aged $60-69$ with a ratio greater than 0.90 , and in men aged $60-69$ with a ratio greater than 1.03 . More recently the focus for obesity related health risks has shifted from the waist-to-hip ratio to the waist measurement alone.

Skinfold:The principle behind this technique is that the amount of subcutaneous fat is proportional to the total amount of body fat on a person. This technique correlates well with another technique, hydrostatic weighing, that is a more costly and potentially more difficult method to mea-
sure body composition. Skinfold caliper technique does vary with age, gender and ethnicity. It is highly recommended to use a skilled exercise physiologist or health and fitness professional to execute this technique. The accuracy with this technique is $+/-3.5 \%$ with the appropriate technique performed. This is a painless technique. The skinfold is measured with calipers, that can sometimes look as though they will pinch, but they are gentle.
Bioelectrical Impedance Analysis (BIA):
This technique for measuring body composition uses a small electric current that passes through the body, measuring impedance or opposition to current flow. Fat-free (body water) is a good conduction for the electric current, and fat is not. This method is pain free. This method is very simple and is frequently used in gym facilities. Talk to your personal trainer to get more information about the protocol for ideal accuracy. The standard error for this technique is $+/-4.0 \%$ and is inaccurate for certain medical conditions.

Obtaining body fat measurements is tricky so doctors tend to rely on other means such as weight-to-height tables and BMI. Weight-to-height tables are to be used as general guidelines; there are numerous tables with varying weight ranges.

Just about everyone is at risk of being overweight. As we age our metabolism slows and if we continue the same eating patterns we will gain weight. Regular moderate exercise and a healthy diet based on your metabolic needs will help keep your weight and body mass index in the right place.

| Relays |  |  |
| :--- | :---: | ---: |
| 200 Mixed Medley | $200-239$ | $2: 21.97$ |
| 5th place | Oregon Masters |  |
| K. Andrus-Hughes, A. Stark, E. Asleson, D. Radcliff |  |  |

200 Mixed Free<br>8th place<br>200-239<br>Oregon Masters<br>2:06.71

K. Andrus-Hughes, A. Stark, E. Asleson, D. Radcliff


# Northwest Zone Short Course Meters Championship <br> Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction \#375-10 <br> Eligibility: Currently registered USMS swimmers, 18 years and older. <br> Unregistered swimmers must submit a 2006 registration form and fee with this form. 

| Hosted by: Oregon WetMasters <br> David Douglas High School <br>  <br>  <br> SE 130th and Taylor Court <br> SE 130th and Taylor Court | DATE: Saturday \& Sunday, November 19 \& 20, 2005 |
| :---: | :---: |
| Portland, OR <br> 5 lanes competition - button electronic timing | Saturday: Warm-ups: 12 noon - Meet Starts: 1pm |
| 1 lane continuous warm-up/down area | 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

NAME
Address
City
State $\qquad$ ZiP

Рhone $\qquad$


E-mail
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, \& 320359. 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 200 m , 400 m or 800 m ( 800 m FOR FREE RELAYS ONLY). A PERSON MAY SWIM THE $200 \mathrm{~m}, 400 \mathrm{~m} \& 800 \mathrm{~m}$ distance of each relay once. The 400 and 800 relay will be seeded in heats after the 200 relays of the same event. The 400, 800 and 1500 freestyles \& 400 im will be deck seeded. Check in for these events and for the relays will close 30 min. before event is to be swum. Check in for the 1500 will open midway through Saturday's events. All events will be seeded SLOW TO FAST.

| 400 IM | (1) |
| :---: | :---: |
| 200 FREE | (2) |
| 100 BREAST | (3) |
| $\underset{* * * \text { break*** }}{\mathbf{5 0 ~ F L Y}}$ | (4) |
| MIXED FREE RELAYS (5-7) |  |
| 200 BACK | (8) |
| 50 FREE |  |
| ${ }_{* * * *}^{100 ~ F L Y Y}$ | (10) |
| 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) $\qquad$ : $\qquad$ .
100 FREE
(18) $\qquad$
50 BACK
(19) $\qquad$ $: \quad$ _
100 IM
(20) $\qquad$ ***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) $\qquad$ : $\qquad$ - $\qquad$
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 $\qquad$
MEET ENTRY FEE: $\mathbf{\$ 1 8 . 0 0}$ • 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 Yards 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.

## USMS Postal 3000-6000 yard National Championship



## Sanctioned by South Carolina LMSC,

 Sanction Number: 555-002DATE : All swims must take place between September 15 and November 15, 2005.

OBJECTIVE : To swim 3,000 yards or 6,000 yards. The recorded time determines the order of finish. If two or more swimmers report the same time, a tie will be declared.

VENUE : Any 25 or 50 yard pool.
ELIGIBILITY : Each participant must be registered for 2005 with USMS (or the equivalent organization for non-U.S. swimmers). A copy of your 2005 USMS registration card must accompany your entry.

INDIVIDUAL EVENT : Men and women will compete separately as individuals in the following age groups: 18-24, 25-29, Ö 100+. The swimmerís age on the day the event is swum determines the entrantís age for the Postal Swim.

RELAY EVENT : Two team relay events will be contested: 1) a 3swimmer, same-gender team and 2) a mixed 4-person team ( 2 men and 2 women). The team with the fastest total time will be declared the winner. The age of the youngest member determines the age group of the team: $18+, 25+, 0$ Ö $95^{\circ}$. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached teams are not permitted.

CLUB EVENT : Each club will be entered automatically in the club event. The three clubs with the highest point total in each division will receive an award. Three divisions will be recognized based on the number of swimmers from each club, as determined by the event host and USMS Long Distance Committee chairman. Relays will not contribute to the overall point total of each club.

AWARDS : USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 3 relay teams in each age group relay team event. First-place finishers in individual and team relay events will also receive USMS Champion patches. Awards will be given to the top 3 clubs in each division of the club event.

RULES : Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wetsuits, etc.) are not permitted. No more than two swimmers may share a lane, with each swimming on one side of the lane during the entire race (i.e., no circle swimming). There shall be an adult acting as starter/head timer/referee present at all times with no other responsibilities during the swim. Each swimmer must have a verifier to count laps, record cumulative splits and time the event with a stop watch. The verifier must sign the official entry form. Swimmers who change age groups during the meet may enter twice, but must swim the event twice (once in each age group).

FEES : Individual entry fees are U.S. $\$ 10$ per swimmer for U.S. (\$15 for non-U.S. swimmers). Team entry fees are U.S. \$15 per relay ( $\$ 20$ for non-U.S. entries). All fees are nonrefundable. Make checks payable to Clemson Aquatic Team (CAT) and mail entries to the address below. International entrants please submit U.S. funds via international money order or bank check drawn on a bank with a U.S. affiliate. Entries must be received by November 25th, 2005 Swimmers submitting incomplete entries will be contacted by collect phone call or e-mail.

T-SHIRTS : A 2005 USMS 3/6000 Postal National Championship T-shirt is available at a cost of \$15. (International orders please add U.S. \$5 postage for each shirt.)

MORE INFO : Address questions and entries to:
Riley Stevens, Event Director
200 Indian Trail
Anderson, SC 29625 USA
Phone: 864 287-0956 E-mail: Rileyrst@aol.com
$++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++$
Relay Entry Form Use Only for Relay Entries $\quad$ Relay Type: Age Group__ F M Mixed (circle one)

Club Name: $\qquad$ Club Abbreviation: $\qquad$
Contact Person: $\qquad$ Mail results/awards to: $\qquad$


Total Team time: $\qquad$ : $: \quad$ _

## 2005 USMS Postal 3/6000 Yard National Championship Individual Entry Form



## $++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++++$

 Entries must be received by the director by November $25^{\text {th }}, 2005$.| SPLIT SHEET: Record |  | CUMULATIVE (not split) time for each 50 yards (to 10thís) and final time (to 100thís). |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 50 | 1050 | 2050 | 3050 | 4050 | 5050 |  |
| 100 | 1100 | 2100 | 3100 | 4100 | 5100 |  |
| 150 | 1150 | 2150 | 3150 | 4150 | 5150 |  |
| 200 | 1200 | 2200 | 3200 | 4200 | 5200 |  |
| 250 | 1250 | 2250 | 3250 | 4250 | 5250 |  |
| 300 | 1300 | 2300 | 3300 | 4300 | 5300 |  |
| 350 | 1350 | 2350 | 3350 | 4350 | 5350 |  |
| 400 | 1400 | 2400 | 3400 | 4400 | 5400 |  |
| 450 | 1450 | 2450 | 3450 | 4450 | 5450 |  |
| 500 | 1500 | 2500 | 3500 | 4500 | 5500 |  |
| 550 | 1550 | 2550 | 3550 | 4550 | 5550 |  |
| 600 | 1600 | 2600 | 3600 | 4600 | 5600 |  |
| 650 | 1650 | 2650 | 3650 | 4650 | 5650 |  |
| 700 | 1700 | 2700 | 3700 | 4700 | 5700 |  |
| 750 | 1750 | 2750 | 3750 | 4750 | 5750 |  |
| 800 | 1800 | 2800 | 3800 | 4800 | 5800 |  |
| 850 | 1850 | 2850 | 3850 | 4850 | 5850 |  |
| 900 | 1900 | 2900 | 3900 | 4900 | 5900 |  |
| 950 | 1950 | 2950 | 3950 | 4950 | 5950 |  |
| 1000 | 2000 | 3000 | 4000 | 5000 | 6000 |  |
| Total Yards: |  |  |  |  |  |  |


| Date | Event Location | Contact |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Pool Meets |  |  |  |  |
| Sept. 11 | SCM Pentathlon | Camas, WA | Bert Petersen | petersen@exchangenet.net |
| Patriot Games | + Relay |  |  |  |
| *Oct. 29 | Freestyle Pentathlon + Relays | Redmond, OR | Mary Sweat | msweat@bendcable.com |
| *Nov. 19-20 | NW Zone SCM | Portland, OR | Dennis Baker | bakeswim@yahoo.com |
|  | Championships | David Douglas |  |  |

Postal Championships 2005

| May 15-Sept. 15 | 5K/10K Postal Championship | Christine Swanson | ctswanson@yahoo.com |
| :--- | :--- | :--- | :--- |
| *Sept. 15-Nov. 15 | $3000 / 6000$ Postal Championship | Riley Stevens | rileyrst@aol.com |

International Championships

FINA World Masters Championship - August $2006 \quad$ Stanford, California

* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

| Board Meetings | Oct. 7 | 7:00 PM | Portland (Board Meeting) |
| :--- | :--- | :--- | :--- |
| All Board Meetings are open. OMS members are encouraged to | Oct. 8 | 9:00 AM | Portland (Board Retreat) |
| attend. Contact Jody Welborn, OMS Chair, for details |  |  |  |
| Sept. 28 | NIKE | Oct. 26 | 7 PM |



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

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Inside: Results - Applegate, Elk and St. Games

