



Aqua Master

USMS 2004 Newsletter of the Year

Volume 33, Number 2

Published Monthly by OMS, Inc.

February 2006

“Swimming for Life”

COMA'S Metric New Years Party



Central Oregon Masters started the New Year off with their traditional 106 x 50 Metric Birthday Party swim. Metric Birthday since everyone ages up for meters on January 1. Other OMS swimmers around the State also celebrated New Year's day by swimming. Over 40 swimmers showed up for the annual swim at the MAC Club. Way to go Oregon - we are on a roll towards Associations and Worlds.

Inside For You

Chair's Corner	2
Last Splash	3
Fitness	4
Long Distance	5
Results -3000/6000	6
LCM Top Ten	7-8
Entry Blanks	
Feb. Fitness	9
Bellevue Meet	10
Pentathlon	11
Association	12
Preparing for Big Meets	13
2006 Team Registration	14
2006 OMS/USMS Registration	15
Schedule	Back Cover

Last Aqua Master for 2005 Members

If you have not renewed your OMS Membership for 2006, GO to the Membership Renewal Form on page 15 of this Aqua Master, fill it out and send it in. This will be the last



Aqua Master for those 2005 Members who do not renew. The “Worlds” are coming to Stanford in California in 2006, plus all the usual outstanding events in Oregon. Don't be left out of all the fun and excitement in 2006. Re-Up now!

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**Connie Wilson and
Earl Walter - Historian**

Chair's Corner by Jody Welborn

Hi everyone.

Typically this column is devoted to swimming topics. Recently, however, the swimming community has experienced some losses, losses that remind us of what is important.

Hug your kids as often as you can, even if they are less than willing. They will look back on your behavior as a good thing and it reinforces your love for them.

Hug your family members almost as many times as you hug your children. Life is uncertain and an extra hug is better than wishing you had done it one more time.

Tell your family and friends how much they mean to you. It may feel "sappy" but it means a lot to them and makes the world a positive place for you and for them.

Forgive. It may be the small every day annoyances or major events in the past. Leave them in the past and your life will be better for it.

Tony Dungy, Indianapolis Colts coach, stated recently during the eulogy for his son that there can be "joy in the midst of a sad occasion. Our challenge is to find that joy."

To my family, to my friends: You mean everything to me.

Keep swimming.

And

Remember,

swimming is for life
and life matters.



Oregon Postal Series Results 2005

Women 45-49

1 Mary Sweat 48 COMA 56 pts

Men 55-59

1 Steve Johnson 57 EA 56 pts

2 Bob Bruce 57 COMA 33 pts

Men 70-74

2 David Radcliff 71 THB 42 pts

Men 75-79

1 Ray Allen 79 SOM 42 pts

2 George Weber 75 COMA 33p ts

Mary Sweat and Steve Johnson were the only Oregonians to swim all Postal events



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.

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

Last Splash - Eva Muller

On November 5, 2005, Eva Muller died of natural causes. She was 93 years old. On November 4th she had swum her daily 80 laps in an Eugene pool. All of us will remember the summer of 2002 when Eva joined Maggie Wells, Pauline Stangel and Elfie Stevenin and the 4 Grand Dames of Oregon Swimming broke the existing National Relay Record in the 800 Meter Free. Four smiling faces graced the cover of the September Aqua Master. Eva was also one of the featured swimmers in the "Greatest Generation" edition of the Aqua Master. Mary Sweat and Stephen Darnell compiled the following list of All American, Top Ten and Record setting swims that Eva accomplished during her swimming career in Oregon.

She had 23 All-American swims! 7 in 1998 in the 85-89 age group, 3 in 1999 in the 85-89 age group, 1 in 2000 in the 85-89 age group, 1 in 2001 in the 85-89 age group, 1 in 2002 in the 85-89 age group, 4 in 2002 in the 90-94 age group, and 6 in 2003 in the 90-94 age group. In addition to the 23 All American Swims, Eva had 96 top ten swims since 1993. Listed

National records	LCM 85-89 200 free	SCY 80-84 100 back	LCM 80-84 50 fly
SCY 90-94 200 breast	LCM 85-89 400 free	SCY 80-84 200 back	LCM 80-84 100 fly
NW Zone records	LCM 85-89 50 back	SCY 80-84 50 fly	LCM 80-84 200 IM
SCY 80-84 500 free	LCM 85-89 100 back	SCY 80-84 100 IM	LCM 85-89 200 free
SCY 80-84 100 back	LCM 85-89 200 back	SCY 80-84 200 IM	LCM 85-89 400 free
SCY 85-89 100 free	LCM 85-89 50 breast	SCY 85-89 100 free	LCM 85-89 50 back
SCY 85-89 200 free	LCM 85-89 100 breast	SCY 85-89 200 free	LCM 85-89 100 back
SCY 85-89 500 free	LCM 85-89 200 breast	SCY 85-89 500 free	LCM 85-89 200 back
SCY 85-89 100 back	LCM 85-89 200 IM	SCY 85-89 100 back	LCM 85-89 50 breast
SCY 85-89 200 back	LCM 85-89 400 IM	SCY 85-89 200 back	LCM 85-89 100 breast
SCY 85-89 100 breast	LCM 90-94 200 free	SCY 85-89 100 breast	LCM 85-89 200 breast
SCY 85-89 200 breast	LCM 90-94 50 back	SCY 85-89 200 breast	LCM 85-89 200 IM
SCY 85-89 100 IM	LCM 90-94 100 back	SCY 85-89 100 IM	LCM 85-89 400 IM
SCY 85-89 200 IM	LCM 90-94 200 back	SCY 85-89 200 IM	LCM 90-94 200 free
SCY 90-94 500 free	LCM 90-94 100 breast	SCY 90-94 500 free	LCM 90-94 50 back
SCY 90-94 50 back	LCM 90-94 200 breast	SCY 90-94 50 back	LCM 90-94 100 back
SCY 90-94 200 back	LCM relay - 400 medley -	SCY 90-94 200 back	LCM 90-94 200 back
SCY 90-94 200 breast	LCM relay - 800 free - LCM	SCY 90-94 200 breast	LCM 90-94 100 breast
LCM 80-84 50 fly	relay - 200 free -mixed	SCM 80-84 200 back	LCM 90-94 200 breast
LCM 80-84 100 fly	Oregon records	SCM 80-84 50 fly	LCM relay - 400 medley
LCM 80-84 200 IM	SCY 80-84 500 free	SCM 80-84 100 IM	LCM relay - 800 free
			LCM relay - 200 free - mixed



Allen & Carol Stark

Wes Edwards
Mike Tennant
Robert Smith
Lavelle Stoinoff
Kermit Yensen
Arlene Delmage

Elke Asleson

Chris Gaarder
Bill Volckening
Jody Welborn
Rich Juhala
Keith Dow
Gil Young

February Fitness Challenge

It's time for the February Fitness Challenge. The entry blank is on page 11 of this issue. This annual event challenges you to work on your fitness. There are two challenges: one challenges you to see how far you can swim during the month of February. The other challenge is to see how many days you can swim during the month of February. Track your record on the entry blank and then mail it in. Your results will be compared to the other participants from Oregon, the USA and the World. This year the FFC has a special Australian Coordinator so this is a unique opportunity for us to compare our distances and numbers of days of swimming with the swimmers from "Down Under". The Tualatin Hills Barracudas are hosting the event. With the Association Meet and Worlds in the near future, the FFC makes a great starting point.

F i t n e s s



**Jani
Sutherland
Fitness
Chair**



Immune Boosters

Vitamin C

Vitamin C tops the list of immune boosters. Vitamin C increases the production of infection fighting white blood cells and antibodies and increases the level of interferon, the antibody that coats cell surfaces and prevents the entry of viruses. Vitamin C also reduces the risk of cardiovascular disease by raising level of HDL cholesterol (good cholesterol), while lowering blood pressure and interfering with the process by which fat is converted to plaque in the arteries. About 200 milligrams seems to be the generally agreed upon amount. That can be obtained by eating at least 6 servings of fruits and vegetables a day. If you take supplements its best to space them throughout the day rather than take one large dose which may end up being excreted in your urine.

Vitamin E

Vitamin E stimulates the production of natural killer cells, those that seek out and destroy germs and cancer cells. Vitamin E enhances the production of B-cells, the immune cells that produce antibodies to destroy bacteria. Vitamin E supplements may also reverse some of the decline in immune response commonly seen in aging. You need 100-400 milligrams per day. You can get

30-60 grams per day from a diet rich in seeds, vegetable oils and grains but it is difficult to consume more than 60 milligrams through diet alone. Supplements may be necessary. People who are active and lead a healthy lifestyle need less Vitamin E than those who are sedentary, smoke and consume high amounts of alcohol.

Carotenoids

Carotenoids are powerful antioxidants that mop up excess free radicals that accelerate aging. They also reduces the risk of cardiovascular disease by interfering with how the fats and cholesterol in the blood stream oxidize to form arterial plaques. Studies have shown that beta carotene (the best known carotenoid) can lower the risk of cardiovascu-

lar disease. Perhaps the new slogan will be a carrot a day keeps the heart surgeon away. Beta carotene is the most familiar carotenoid but is only one member of a large family. All carotenoids work together to produce these good effects.

Bioflavonoids

Bioflavonoids protect cell membranes against pollutants by attaching to them. Along the membrane of each cell there are microscopic parking places, called receptor sites. Pollutants, toxins or germs can park here and gradually eat their way into the membrane of the cell. When bioflavonoids fill up these parking spaces there is no room for the toxins. Bioflavonoids also reduce cholesterol's ability to form plaques in arteries and lessen the formation of microscopic clots inside arteries, which can lead to heart attack and stroke. A diet rich in fruits and vegetables (at least 6 servings daily) will help you get the bioflavonoids needed to help your immune system work in top form.

Zinc

This mineral increases the production of white blood cells that fight infection and helps them fight more aggressively. It also increases killer cells that fight cancer and helps white cells release more antibodies. Zinc also increases the number of infection fighting T-cells.

Garlic

Garlic is a powerful immune booster that stimulates the multiplication of infection fighting white cells, boosts natural killer cell activity and increases the efficiency of antibody production. The immune boosting properties of garlic seem to be due to its sulfur containing compounds. Garlic is heart friendly since it keeps platelets from sticking together and clogging tiny blood vessels.

Selenium

This mineral increases natural killer cells and mobilizes cancer-fighting cells. The best food sources of selenium are tuna, red snapper, lobster, shrimp, whole grains, vegetables (depending on the selenium content of the soil they are grown in), brown rice,

egg yolks, cottage cheese, chicken (white meat), sunflower seeds, garlic, Brazil nuts and lamb chops.

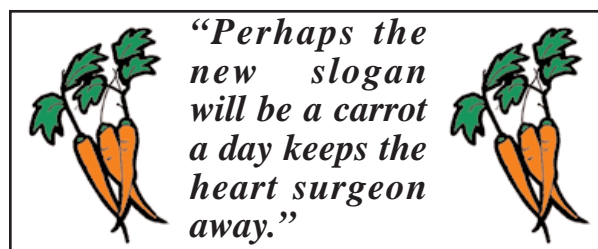
Omega-3 Fatty Acids

The omega-3 fatty acids found in flax oil and fatty fish (salmon, tuna, mackerel) act as immune boosters by increasing the activity of phagocytes, the white blood cells that eat up bacteria. They also help reduce LDL (bad) cholesterol.

Habits That Weaken the Immune System

Certain foods can keep the immune system from doing a good job. Watch out for these threats to your body's defenses.

Continued on bottom of next page



Long Distance Swimming



Bob Bruce
Long Distance
Chair



My first reaction to seeing the results for the 2005 USMS 3000 & 6000-yard National Postal Championships was an eerie feeling of déjà vu. Despite a drop in overall Oregon participation (not so good), the Oregon Club again won the National Combined Team Title in the 3000-yard event by a wide margin (excellent) and placed second in the 6000-yard swim (very good). Here's a summary:

3000-yard: 35 swimmers from Oregon (15 women & 20 men) entered the event. Mary Sweat, Barbara Frid, Steve Johnson, and Dave Radcliff each won the national title in their respective age groups, with Steve setting a new National Record! Seven Oregon Relay teams won their events. In the team scoring, Oregon swept all categories—Women, Men, and Combined—for the third straight year, winning the Combined team title for the fourth consecutive year!

6000-yard: Only 7 Oregon swimmers (4 women & 3 men) entered this longer distance event. Mary Sweat and Steve Johnson each took home another national titles, and both of the two Oregon relay teams entered won their age group. Oregon placed third in both Women's & Men's Team scoring and finished second in the Combined team standings, continuing a another streak of finishing second in this event for five consecutive years after winning the Combined

team title in 2000 (we'll need to see about breaking out of this sort of slump in 2006!).

Congratulations to...

- Our 6 individual National Champions (USMS Long Distance All-Americans!);
- Our 9 relay team National Champions (USMS Long Distance Relay All-Americans);
- Steve Johnson, our National Individual Record breaker;
- Our 8 Oregon Individual Record breakers—Mary Sweat (COMA), Geri Mathewson (RVM), Peggie Hodge (COMA), Nathan Johnsen (THB), Steve Johnson (EA) twice, Dave Radcliff (THB), and Karen Matson (COMA);
- Our single Oregon Relay Record team—the Mixed 55+ 4 x 3000 relay team of Geri Mathewson (RVM), Barbara Frid (THB), Bob Bruce (COMA), and Steve Johnson (EA);
- Everyone who participated!

Look for the full Oregon results in this Aqua Master.

A new club scoring change in these events (and the 5 & 10-km postal events as well) presents us with both an interesting opportunity and a heightened challenge in 2006.

Club point scoring will now be calculated based on "Quality Points", which are automatically-calculated ratios of each individual time to the corresponding USMS Record for the gender & age group (for example, a swimmer who ties the National Record will receive 1000 points, a swimmer whose time is 10% slower than the Record will score 900 points, etc.). The faster the swim the more Quality Points a swimmer earns. Club totals will become the sum of the quality points of its swimmers (much like the current One-Hour Swim scoring), rather than the place totals of the top ten swimmers in each age group (which is more like pool meet scoring). Serving on the USMS Long Distance Committee, I was a very strong proponent of this scoring change.

Continued on page 6

Overdosing on sugar: Eating or drinking 100 grams of sugar (the equivalent of one 12-ounce can of soda) can reduce the ability of white blood cells to kill germs by 40 percent. The immune suppressing effect of sugar starts 30 minutes after ingestion and may last up to 5 hours. In contrast, the ingestion of complex carbohydrates (starches) has no effect on the immune system.

Excess alcohol: Excessive alcohol intake can harm the body's immune system in 2 ways. First, it produces an overall nutritional deficiency, depriving the body of valuable immune boosting nutrients. Second, alcohol, like sugar, when consumed in excess can reduce the ability of white cells to kill germs. High doses of alcohol suppress the ability of white blood cells to multiply and inhibit the action of killer white cells on cancer. One drink (12 ounces

of beer, 5 ounces of wine or 1 ounce of hard liquor) does not appear to bother the immune system, but three or more drinks do. Damage to the immune system increases in proportion to the quantity of alcohol consumed.

Food allergens: Due to a genetic quirk, some divisions of the immune system army recognize otherwise harmless substances (such as milk) as a foreign invader and attack it, causing an allergic reaction. After many encounters with food allergens the wall of the intestine is damaged, allowing invaders and potentially toxic substances in foods to get in the bloodstream.

Too much fat: Obesity can lead to a depressed immune system. It can also affect the ability of white blood cells to multiply, produce antibodies and rush to the site of an infection.

Long Distance continued from page 5

This new system will be a great opportunity for everyone to increase meaningful participation in these events. Since every swimmer who enters will earn quality points, every swimmer counts! This concept is a large step towards validating the fitness goal and promoting the participation goal of these events because it includes and rewards all swimmers, not simply the fastest ones. Since participation has always been one of Oregon's strengths, I see this as a potential plus for us. But this system will also present a great challenge to our streaks as defending team champion in the 3000-yard event and runner-up in the 6000-yard event. It is quite likely that many more swimmers and clubs nationwide will choose to enter this event—club participation being a powerful motivator!—and therefore that more clubs will seriously challenge us for the national team titles. Will we be ready to respond to this challenge?

Postal series: Six Oregon swimmers qualified for the 2003 Oregon Postal Series by swimming in three or more of the National Postal Swims during the year. Well done! Steve Johnson swam all five events, qualifying for the USMS Postal Participation Award. Better done! See the results in this Aqua-Master.

Web materials: I have recently updated the Long Distance section of the OMS website, which includes the list of Oregon Long Distance Postal Records, a list of the All-time Oregon Top Twelve performers dating all the way back to the first One-Hour Swim in 1977, and an assortment of other historical goodies. Visit our website (www.swimoregon.org) to see your name and where you fit into this corner of Oregon swimming history, and make your plans to create more history this year!

Good luck and good swimming!

Oregon Postal 3000-Yard Swim Results 2005

Place numbers are national places

OR = Oregon Record; NR = National Record

Women 25-29

10	Beatriz Sunderland-White	28	EA	47:12.47
11	Andrea Rogers Harris	28	EA	49:23.10

Women 40-44

6	Laurie Chesler	42	THB	43:51.50
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Women 45-49

1	Mary Sweat	48	COMA	37:31.49 OR
9	Theresa Copeland	48	EA	49:03.11
11	Mari Hammond	48	EA	49:32.10

Women 55-59

4	Geri Matherson	57	RVM	47:41.20 OR
7	Jan Plesner	59	EA	57:04.50
10	Lynn Sacks	59	RVM	59:01.99
12	Kathy DeGree	55	COMA	1:07:51.99
13	Stephanie Harris	55	EA	1:09:28.70

Women 60-64

1	Barbara Frid	63	THB	47:12.03
7	Peggy Whiter	61	COMA	59:26.69
9	Gail Newton	60	EA	1:07:40.33

Women 65-69

5	Peggie Hodge	65	COMA	58:50.99 OR
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Men 25-29

2	Nathan Johnsen	25	THB	34:49.54 OR
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Men 30-34

4	Kennedy Price	33	THB	36:23.04
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Men 40-44

8	David VanDerZwan	42	SOM	42:16.17
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Men 45-49

5	Ed Ramsey	49	THB	38:26.03
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Men 50-54

7	Kermit Yensen	52	THB	42:01.83
8	Jim Wallace	52	THB	42:12.25
12	Jimmy Unger	51	EA	46:14.95
13	Craig Mather	54	RVM	46:39.80
16	Daniel Greenblatt	50	RVM	49:45.50

Men 55-59

1	Steve Johnson	57	EA	35:14.21 NR
5	Bob Bruce	57	COMA	39:42.22
6	Jed Cronin	57	THB	39:44.40
11	Jim Teisher	55	THB	42:11.98

15	Robert Huizenga	55	EA	49:06.58
16	Mike Carew	55	COMA	50:20.10

Men 60-64

6	Dan Gray	60	RVM	44:42.99
7	Ralph Mohr	64	COMA	46:46.00

Men 70-74

1	Dave Radcliff	71	THB	40:01.90 OR
6	George Weber	74	COMA	1:12:34.99

Men 75-79

4	Ray Allen	79	SOM	1:10:14.11
7	George Weber	75	COMA	1:27:20.99

Women 25+: 3 x 3000

3	OREG (Harris, Sunderlin-White, Chesler)	2:20:27.07
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Women 45+: 3 x 3000

1	OREG (Hammond, Copeland, Sweat)	2:16:06.70
---	---------------------------------	------------

Women 55+: 3 x 3000

1	OREG (Plesner, Mathewson, Frid)	2:31:57.73
---	---------------------------------	------------

Men 25+: 3 x 3000

1	OREG (VanDerZwan, Price, Johnsen)	1:53:28.75
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Men 45+: 3 x 3000

1	OREG (Teisher, Yensen, Ramsey)	2:02:39.84
---	--------------------------------	------------

Men 55+: 3 x 3000

1	OREG (Cronin, Bruce, Johnson)	1:54:40.83
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Men 65+: 3 x 3000

2	OREG (Weber, Allen, Radcliff)	3:02:51.00
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Mixed 25+: 4 x 3000

2	OREG (Sunderlin, Chesler, Price, Johnsen)	2:42:16.55
---	---	------------

Mixed 45+: 4 x 3000

1	OREG (Copeland, Cronin, Ramsey, Sweat)	2:44:45.03
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Mixed 55+: 4 x 3000

1	OREG (Mathewson, Frid, Bruce, Johnson)	2:49:49.66 OR
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Women's National Team Scores:

1	Oregon	54 pts
2	YMCA Indy SwimFit	42
3	St. Pete Masters	36

Men's National Team Scores:

1	Oregon	90 pts
2	St. Pete Masters	47
3	Inland Northwest Masters	43

Combined National Team Scores:

1	Oregon	144 pts
2	St. Pete Masters	83
3	Inland Northwest Masters	75

Oregon Postal 6000-Yard Swim Results 2005

Place numbers are national places

OR = Oregon Record; NR = National Record

Women 30-34

3 Monica Labarge 29 EA 1:30:26.76

Women 40-44

2 Karen Matson 42 COMA 1:16:42.00 OR

Women 45-49

1 Mary Sweat 48 COMA 1:18:40.81

6 Teresa Copeland 48 EA 1:43:19.99

Men 55-59

1 Steve Johnson 57 EA 1:11:57.72 OR

Men 60-64

3 Dan Gray 60 RVM 1:34:22.99

Men 75-79

2 Ray Allen 79 SOM 2:24:14.00

Women 25+: 3 x 6000

2 OREG (LaBarge, Sweat, Matson) 4:05:49.57

Men 55+: 3 x 6000

1 OREG (Allen, Gray, Johnson) 5:10:34.71

Mixed 25+: 4 x 6000

1 OREG (Gray, Sweat, Matson, Johnson) 5:21:43.52

Women's National Team Scores:

1 YMCA Indy SwimFit 48 pts

2 St. Pete Masters 35

3 Oregon 33

Men's National Team Scores:

1 St. Pete Masters 37 pts

2t Michigan 28

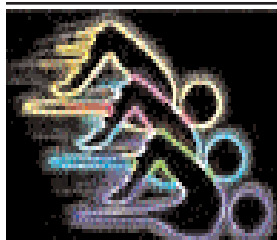
2t Oregon 28

Combined National Team Scores:

1 St. Pete Masters 72 pts

2 Oregon 61

3 San Diego Masters 51



Top Ten

LCM

USA

Mary Sweat

Top Ten

Chair



Place	Event	Swimmer	Club
Women 18-24			
7	LCM 800 Free	Jennifer Billings	OREG 12:11.2
9	LCM 100 Fly	Trista Hedlind	OREG 1:18.84
Women 25-29			
10	LCM 400 Free	Jennifer Alden	OREG 5:12.57
5	LCM 50 Back	Jennifer Alden	OREG 34.66
4	LCM 100 Back	Jennifer Alden	OREG 1:13.50
Women 35-39			
9	LCM 1500 Free	Laura L. Tyrell	MACO 21:26.85
Women 40-44			
2	LCM 100 Fly	Arlene Delmage	OREG 1:08.99
3	LCM 200 Fly	Arlene Delmage	OREG 2:39.04
4	LCM 50 Fly	Arlene Delmage	OREG 31.66
8	LCM 100 Free	Arlene Delmage	OREG 1:05.26
8	LCM 400 IM	Martina Ralle	OREG 6:18.06
10	LCM 200 Fly	Martina Ralle	OREG 3:12.94
Women 45-49			
1	LCM 50 Back	K Andrus-Hughes	OREG 33.78
1	LCM 100 Back	K Andrus-Hughes	OREG 1:14.89
1	LCM 200 Back	K Andrus-Hughes	OREG 2:45.59
4	LCM 100 Free	K Andrus-Hughes	OREG 1:04.84
5	LCM 50 Free	K Andrus-Hughes	OREG 29.58
8	LCM 200 Free	K Andrus-Hughes	OREG 2:27.57
1	LCM 100 Breast	Colette M. Crabbe	OREG 1:23.89
2	LCM 200 Fly	Colette M. Crabbe	OREG 2:37.84
2	LCM 400 IM	Colette M. Crabbe	OREG 5:40.96
3	LCM 200 IM	Colette Crabbe	OREG 2:44.74
4	LCM 100 Fly	Colette M. Crabbe	OREG 1:11.57
8	LCM 800 Free	Colette Crabbe	OREG 10:57.85
9	LCM 50 Fly	Colette Crabbe	OREG 33.86
7	LCM 200 Breast	Nancy Vincent	OREG 3:20.78
10	LCM 100 Breast	Nancy Vincent	OREG 1:32.73
7	LCM 100 Fly	Laura Worden	OREG 1:20.99
10	LCM 400 IM	Laura Worden	OREG 6:39.03
Women 50-54			
1	LCM 200 IM	Robin B. Parisi	MACO 2:50.07
1	LCM 400 IM	Robin B. Parisi	MACO 6:03.90
2	LCM 100 Free	Robin B. Parisi	MACO 1:06.03
4	LCM 400 Free	Robin B. Parisi	MACO 5:24.03

10	LCM 50 Free	Robyn Richards	OREG 32.19
Women 55-59			
5	LCM 50 Free	Janet Gettling	OREG 34.82
5	LCM 50 Breast	Janet Gettling	OREG 44.19
5	LCM 100 Breast	Janet Gettling	OREG 1:40.34
6	LCM 200 Fly	Janet Gettling	OREG 3:42.61
7	LCM 100 Fly	Janet Gettling	OREG 1:36.77
8	LCM 50 Back	Janet Gettling	OREG 42.57
9	LCM 50 Fly	Janet Gettling	OREG 39.61
1	LCM 100 Breast	Ginger L. Pierson	MACO 1:34.38
2	LCM 50 Breast	Ginger L. Pierson	MACO 42.15
2	LCM 200 Breast	Ginger L. Pierson	MACO 3:33.30
4	LCM 200 Fly	Ginger L. Pierson	MACO 3:26.88
5	LCM 100 Fly	Ginger L. Pierson	MACO 1:34.09
10	LCM 50 Back	Ginger L. Pierson	MACO 45.31
Women 60-64			
2	LCM 50 Fly	Barbara Frid	OREG 40.52
3	LCM 50 Breast	Barbara Frid	OREG 47.66
4	LCM 50 Free	Barbara Frid	OREG 35.44
4	LCM 100 Free	Barbara Frid	OREG 1:21.99
4	LCM 50 Back	Barbara Frid	OREG 44.71
6	LCM 100 Breast	Barbara Frid	OREG 1:46.37
8	LCM 400 IM	Pam Himstreet	OREG 8:52.37
9	LCM 100 Fly	Pam Himstreet	OREG 2:12.78
10	LCM 200 Breast	Pam Himstreet	OREG 4:20.19
1	LCM 50 Fly	Joy Ward	OREG 38.19
2	LCM 50 Back	Joy Ward	OREG 42.72
2	LCM 100 Back	Joy Ward	OREG 1:31.20
2	LCM 200 Back	Joy Ward	OREG 3:17.27
2	LCM 100 Fly	Joy Ward	OREG 1:34.11
2	LCM 200 IM	Joy Ward	OREG 3:27.80
4	LCM 200 Fly	Joy Ward	OREG 3:44.97
6	LCM 50 Free	Joy Ward	OREG 36.2
Women 65-69			
4	LCM 200 Fly	Peggie Hodge	OREG 4:27.77
10	LCM 100 Breast	Peggie Hodge	OREG 2:07.16
3	LCM 400 Free	Susanne Schumann	MACO 6:45.87
3	LCM 200 Breast	Susanne Schumann	MACO 4:03.09
4	LCM 100 Free	Susanne Schumann	MACO 1:25.78
5	LCM 100 Breast	Susanne Schumann	MACO 1:51.81

continued on page 8

Top Ten continued from page 7

6	LCM 50 Free	Susanne Schumann MACO	38.72
7	LCM 50 Breast	Susanne Schumann MACO	52.55

Women 75-79

10	LCM 800 Free	Betsy Austen MACO	22:09.23
9	LCM 200 IM	Margaret Wells OREG	6:47.90

Women 80-84

5	LCM 200 Breast	Pauline Stangel OREG	6:30.98
6	LCM 400 Free	Pauline Stangel OREG	12:17.61
6	LCM 800 Free	Pauline Stangel OREG	23:44.82
8	LCM 50 Breast	Pauline Stangel OREG	1:27.05
9	LCM 200 Free	Pauline Stangel OREG	5:45.51
3	LCM 100 Fly	Elfie Stevenin OREG	6:15.33
3	LCM 400 IM	Elfie Stevenin OREG	21:17.2
7	LCM 50 Fly	Elfie Stevenin OREG	2:43.30
7	LCM 200 IM	Elfie Stevenin OREG	9:46.43
10	LCM 200 Back	Elfie Stevenin OREG	8:07.48

Women 85-89

6	LCM 50 Free	Leola Baumgartner UNAT	1:49.54
4	LCM 50 Back	Leola Baumgartner UNAT	1:45.24
4	LCM 50 Breast	Leola Baumgartner UNAT	2:13.54

Women 90-94

3	LCM 50 Free	Hilda Buel OREG	2:21.90
3	LCM 50 Back	Hilda Buel OREG	2:48.29
1	LCM 50 Breast	Hilda Buel OREG	2:58.60
1	LCM 50 Fly	Hilda Buel OREG	5:11.98
1	LCM 200 IM	Hilda Buel OREG	14:32.2

Men 25-29

6	LCM 100 Breast	Noel A. Berlin OREG	1:12.95
4	LCM 200 Breast	Noel A. Berlin OREG	2:43.41

Men 40-44

1	LCM 400 Free	Dennis G. Baker OREG	4:12.26
1	LCM 400 IM	Dennis G. Baker OREG	4:49.42
3	LCM 100 Fly	Dennis Baker OREG	59.97
8	LCM 100 Breast	Tomas Oliva MACO	1:17.77
10	LCM 200 IM	Tomas Oliva MACO	2:34.73
4	LCM 1500 Free	Douglas Stewart OREG	18:25.53
7	LCM 800 Free	Douglas Stewart OREG	9:47.40
8	LCM 200 IM	Douglas Stewart OREG	2:30.10
9	LCM 400 Free	Douglas Stewart OREG	4:36.82

Men 45-49

6	LCM 100 Breast	Pat Allender OREG	1:14.63
3	LCM 200 Breast	Pat Allender OREG	2:39.61

Men 50-54

9	LCM 100 Back	Wes Edwards OREG	1:12.45
9	LCM 200 Fly	David Fryefield OREG	2:57.93

Men 55-59

9	LCM 200 IM	Bob Bruce OREG	2:53.45
10	LCM 1500 Free	Bob Bruce OREG	21:10.81
5	LCM 800 Free	Steve Johnson OREG	10:32.85
10	LCM 400 IM	Daniel Rueff OREG	6:40.27
1	LCM 50 Breast	Allen Stark OREG	34.66
2	LCM 200 Breast	Allen Stark OREG	2:54.84
4	LCM 100 Breast	Allen Stark OREG	1:19.93
7	LCM 200 Fly	Allen Stark OREG	3:06.16

Men 60-64

1	LCM 1500 Free	Tom Landis OREG	20:26.33
2	LCM 400 Free	Tom Landis OREG	5:10.19
2	LCM 800 Free	Tom Landis OREG	10:52.25
4	LCM 100 Free	Tom Landis OREG	1:04.23
4	LCM 400 IM	Tom Landis OREG	6:24.39
5	LCM 200 Free	Tom Landis OREG	2:25.36
4	LCM 50 Back	Robert S. Smith OREG	34.52
9	LCM 50 Free	Robert S. Smith OREG	28.79
9	LCM 50 Breast	Robert S. Smith OREG	39.4
9	LCM 50 Fly	Robert S. Smith OREG	31.9

Men 65-69

6	LCM 100 Breast	David J. Keudell OREG	1:39.67
7	LCM 200 Breast	David J. Keudell OREG	3:42.79
1	LCM 100 Back	Brent L. Lake OREG	1:27.93
1	LCM 200 Back	Brent L. Lake OREG	3:16.10
3	LCM 1500 Free	Brent L. Lake OREG	24:04.50
5	LCM 800 Free	Brent L. Lake OREG	12:27.85
5	LCM 50 Back	Brent L. Lake OREG	40.29
7	LCM 400 Free	Brent L. Lake OREG	6:05.68
2	LCM 50 Fly	Bert Petersen OREG	32.80
10	LCM 50 Free	George Thayer OREG	33.62

Men 70-74

3	LCM 50 Free	David Radcliff OREG	30.96
2	LCM 100 Free	David Radcliff OREG	1:06.47
2	LCM 200 Free	David Radcliff OREG	2:28.48
1	LCM 400 Free	David Radcliff OREG	5:21.00
2	LCM 800 Free	David Radcliff OREG	11:23.16
2	LCM 1500 Free	David Radcliff OREG	21:54.29

Men 75-79

2	LCM 200 Breast	Milton Marks OREG	3:57.09
3	LCM 100 Breast	Milton Marks OREG	1:47.47
3	LCM 400 IM	Milton Marks OREG	8:37.25
4	LCM 50 Breast	Milton Marks OREG	45.67
5	LCM 100 Back	Milton Marks OREG	1:46.00
5	LCM 200 IM	Milton Marks OREG	3:54.68
5	LCM 50 Breast	Lee Miesen MACO	47.38
8	LCM 100 Breast	Lee Miesen MACO	1:57.65
9	LCM 100 Back	Lee Miesen MACO	1:56.92

Men 80-84

7	LCM 1500 Free	Charles Bushey OREG	43:53.37
8	LCM 800 Free	Charles Bushey OREG	21:54.72
10	LCM 400 Free	Charles Bushey OREG	10:47.49
10	LCM 50 Back	Charles Bushey OREG	1:11.92
4	LCM 100 Free	Gilbert Young OREG	1:40.95
4	LCM 800 Free	Gilbert Young OREG	16:31.41
5	LCM 200 Free	Gilbert Young OREG	3:51.64
5	LCM 400 Free	Gilbert Young OREG	8:08.22
5	LCM 1500 Free	Gilbert Young OREG	32:50.08
6	LCM 50 Free	Gilbert Young OREG	46.92

Men 85-89

1	LCM 50 Free	Andrew Holden OREG	38.43
2	LCM 50 Breast	Andrew Holden OREG	59.39
1	LCM 50 Fly	Andrew Holden OREG	49.33

Place**Relay****Women 160-199**

7	LCM 200 Medley	OREG	2:37.18
Stephanie Simmons (39)			Meg Upshaw (28)
Valerie Jenkins (42)			Robyn Richards (51)

Women 200-239

5	LCM 200 Medley	OREG	2:38.28
Janet Gettling (57)			Colette M Crabbe (49)
Joy Ward (63)			Jody M Welborn (50)

Women 240 - 279

3	LCM 200 Free	OREG	2:38.60
Janet Gettling (57)			Pam Himstreet (62)
Barbara Frid (63)			Joy Ward (63)

Mixed 200-239

8	LCM 200 Free	OREG	2:06.71
Allen Stark (56)			Elke Asleson (53)
David Radcliff (71)			Karen Andrus-Hughes (48)
9	LCM 200 Medley	OREG	2:21.97
Karen Andrus-Hughes (48)			Allen Stark (56)
Elke Asleson (53)			David Radcliff (71)

Mixed 280-319

8	LCM 200 Medley	OREG	5:47.22
Margaret Wells (79)			Hilda Buel (91)
David Radcliff (71)			George Thayer (69)



February Fitness Challenge 2006

Host: Tualatin Hills Barracudas, Beaverton, Oregon

Purpose: To promote fitness through aquatics by encouraging participants to visit the pool regularly and to track results over a monthly period.

Rules & Eligibility: Use of training aids and equipment IS permitted. You must be at least 18 years of age.

Three Challenges: We have three challenges: 1) count your yardage; 2) count your days; and 3) count the number of people in your group.

Group Participation: To be eligible for one of the top Group Participation Awards, groups must send entries together, in one packet. Groups may consist of individuals who do either challenge. Please specify the group name and contact person. There is no additional fee.

Recording Results: Beginning February 1, 2006, record on the form below: either the number of yards completed each day (for lap swim, jog-a-lap, etc.), AND/OR the number of days you visit the pool for an aquatic fitness activity (e.g. water aerobics, etc.). PLEASE BE AS ACCURATE AS POSSIBLE!

Conversions: To convert meters to yards for yardage counting, add 10% to the meter distance to obtain the yard distance.

Monthly Totals: At month's end, add daily results to obtain monthly total.

Caution: Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

Age Groups: 18-24, 25-29, 30-34....etc., (in five-year increments). Age is determined by your age on February 28, 2006.

Awards & Results: All participants receive final results and an achievement certificate. Three female and three male swimmers in each age group with the highest monthly yardage totals receive awards. A special FFC pin will be given to every swimmer who swims each day. Please allow at least 30 days after deadline for mailing of results and awards.

Group Awards: The top three groups with the largest number of participants will receive special awards. The group with the top total yardage will receive a special award.

Entry Fee: \$8.00 for one individual challenge. Select either "Counting Yardage" or "Counting Days" on the form (below). If you would like to do both individual challenges, select "Both" and add \$4 to your entry fee. All fees payable to **Tualatin Hills Barracudas**.

T-Shirts & Caps: \$15.00 for short sleeve, 100% cotton T-shirts, with the 2006 Fitness Frog. Custom Latex swim caps with frog logo available for \$4.00.

Entry Deadline: Entries must be RECEIVED by March 11, 2006. Late entries will not be accepted.

Entry Procedure: Send form below and fees to:

February Fitness Challenge
16055 SW Walker Road #126
Beaverton, Oregon 97006

e-mail: FebFitness@swimoregon.org

web page: <http://www.barracudas.org>

International Entries: \$8.00 additional postage fee required; mail early to ensure arrival by entry deadline.

Workout/Fitness Brochure: Check the Barracuda Web Page for a special February Fitness Challenge Workout Brochure. (Can be down loaded as a pdf file) **web page:** <http://www.barracudas.org>

February Fitness Challenge 2006: Entry Form (please Print)

NAME: _____ AGE(as of 2/28/06) _____ SEX: _____

ADDRESS: _____ CITY _____ STATE _____

ZIP _____ COUNTRY _____ PHONE _____

E-MAIL _____ NAME OF GROUP _____

RESULTS Electronic results via email address listed above Paper results via US Postal

Select Your Challenge(s) (please check one): 1) Counting Yardage _____ 2) Counting Days _____ 3) Both _____

Yards/Days	Yards/Days	Yards/Days	Yard/Days
Wed Feb 1 _____	Sat Feb 11 _____	Tues Feb 21 _____	Sat Feb 25 _____
Thu Feb 2 _____	Sun Feb 12 _____	Wed Feb 22 _____	Sun Feb 26 _____
Fri Feb 3 _____	Mon Feb 13 _____	Thu Feb 23 _____	Mon Feb 27 _____
Sat Feb 4 _____	Tues Feb 14 _____	Fri Feb 24 _____	Tues Feb 28 _____
Sun Feb 5 _____	Wed Feb 15 _____		
Mon Feb 6 _____	Thu Feb 16 _____		
Tues Feb 7 _____	Fri Feb 17 _____		
Wed Feb 8 _____	Sat Feb 18 _____		
Thu Feb 9 _____	Sun Feb 19 _____		
Fri Feb 10 _____	Mon Feb 20 _____		

MONTHLY TOTALS = _____ YDS _____ DAYS

Signature: _____ Date _____

(I attest that the above results are accurate and true)

Fees: Entry Fee \$ 8.00 _____ (required)

2nd Challenge \$ 4.00 _____ (optional)

T-Shirt ____ x \$15.00 _____ (optional)

*Circle T-shirt size (s): S M L XL XXL

Swim Cap ____ x \$ 4.00 _____ (optional)

International Fee \$ 8.00 _____ (outside US)

Total: _____ (US funds only)

(please make checks payable to **Tualatin Hills Barracudas**)

PNA Local Masters Swimming Committee
SHORT COURSE METERS MEET: February 19, 2006 (Meet Sanction #063602)
Hosted by the Bellevue Club

EVENTS (ORDER #4)	
#	Event
Sunday, February 19	
1	400 Free
2	400 IM
3	200 Free Relay
4	50 Breast
5	100 Fly
5 minute break	
6	200 Free
7	50 Back
8	200 Mixed Free Relay
9	100 Breast
10	50 Fly
11	100 Free
12	200 Back
13	100 IM
5 minute break	
14	200 Medley Relay
15	200 Breast
16	200 Fly
17	50 Free
18	100 Back
19	200 IM
5 minute break	
20	200 Mixed Medley Relay
21	800 Free

DATE: **Sunday, February 19, 2006**
TIME: Warm-up: **8:00 AM**; Meet starts **9:00 AM**

PLACE: Bellevue Club
11200 SE Sixth ST
Bellevue, WA 98004
Phone: 425-637-4610

MEET
DIRECTOR: **Cory Hilderbrand**
cory@bellevueclub.com

425-688-3127

FACILITY: Nine-lane 25 meter pool
Warm-up: 2, 25 yard lanes.
Water temperature: ~ 81 degrees F

CONCESSIONS: Espresso Bar Available

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS 2006 registered swimmers, 18 and above as of *February 19, 2006*

SEEDING: Slow to fast TIMING: Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* with proper aggregate age group (e.g. 160-199) to ensure correct intent and results.

CHECK-IN: Check-in required for 800 free; Deadline 11AM. Swimmers who do not check in by the deadline may be scratched from the event.

DIRECTIONS: From I-405 take exit 12 (SE 8th Street). Go west of SE 8th Street. Turn right at I 14th Ave. SE.

Turn left on SE 6th Street. The Bellevue Club is on the right. Please enter at the Athletic Entrance.

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT _____

PHONE NUMBER _____
PNA Local Masters Swimming Committee
MEET ENTRY FORM: February 19, 2006 Meet Sanction #063602
Hosted by the Bellevue Club

NAME: _____ M F AGE: _____
ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____
CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of December 31, 2006):
18 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45- 49 50 - 54 55 - 59
60 - 64 65 - 69 70 - 74 75- 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 9.00 (includes LMSC and electronic timing surcharges)

Individual Events: _____ (\$1 each; no charge for relays or if 65 and up; or if needs based);

Total: \$ _____ [from \$9.00 (relays only) to \$14.00 (five events)]

Please make checks payable to: BELLEVUE CLUB 425-688-3127 (w)
Mail this entry form and fees to: **Cory Hilderbrand**
C/O Bellevue Club
11200 SE Sixth ST
Bellevue, WA 98004

Questions? Email coryh@bellevueclub.com

Please send entries postmarked no later than **Wednesday, February 8th**

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES 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.

SIGNED: _____ DATE: _____



Tualatin Hills Pentathlon

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

"One of the most fun, highly competitive and best attended meets in the OMS schedule year!"

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

Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #376-02

Place: Tualatin Hills Aquatic Center Pool

15707 SW Walker Rd.

Beaverton, Oregon

6-8 lanes competition-electronic timing

Separate continuous warm-up/down lanes

Hosted by the Tualatin Hills Barracudas

Meet director: Jeanne Teisher • (503) 574-4557 • jteisher97007@yahoo.com

Date: Saturday, March 11, 2006

Warm-ups: 8AM

Meet Starts: 9AM

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

All entrants must submit a photocopy of their current 2006 registration card or the 2006 registration form and fee with this entry.

ENTRY DEADLINE: POSTMARK NO LATER THAN FEBRUARY 24, 2006

✂ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY ✂

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2006 USMS # _____

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

IS THIS YOUR FIRST OREGON MASTERS MEET? _____ YES _____ NO

"Enter as many as five events. If you choose to not enter all 5 events in either the sprint or mid distance category, you will not be scored as a pentathlon."

Sprint

Mar 11, 2006

Mid Distance

50 FLY (1) _____ : _____ . _____

100 FLY (2) _____ : _____ . _____

50 BACK (3) _____ : _____ . _____

100 BACK (4) _____ : _____ . _____

Break

50 BREAST (5) _____ : _____ . _____

100 BREAST (6) _____ : _____ . _____

50 FREE (7) _____ : _____ . _____

100 FREE (8) _____ : _____ . _____

Break

100 I.M. (9) _____ : _____ . _____

200 I.M. (10) _____ : _____ . _____

* PLEASE ENTER YOUR BEST TIME OR ESTIMATED TIME. DO NOT USE NT (NO TIME). ENTERING "SANDBAGGED" TIMES TO GET ADDED REST TIME BETWEEN EVENTS OR CALM WATER IS DISCOURAGED. PLEASE BE FAIR TO ALL... THANKS

RULES: A 10 SECOND PENALTY WILL BE ADDED TO YOUR TIME FOR ANY STROKE/TURN INFRACTION. A FALSE START ELIMINATES YOU FROM THE FIVE EVENT COMPETITION, BUT NOT FROM SWIMMING ANY OTHER RACES. YOUR TOTAL TIME FOR THE FIVE EVENTS

DETERMINES YOUR FINAL PLACING.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competition), including possible permanent disability or death, and agree to assume all 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, HOSTS 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

OREGON MASTERS SWIMMING ASSOCIATION SHORT COURSE YARDS CHAMPIONSHIPS

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #376-03

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit a 2006 registration form and fee with this form.

Location: Osborn Aquatic Center
1940 NW Highland Dr
Corvallis, OR 97330

8 lanes competition-electronic timing
Seperate continuous warm-up/down area

DATE: Fri., Sat. & Sun.-April 21-23, 2006

FRIDAY: WARM-UPS: 3PM • MEET STARTS: 4PM
SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM
SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM

Hosted by: Corvallis Aquatic Team

Meet director: Mark Worden • 541-766-6300 • mark.worden@ci.corvallis.or.us

Directions to the pool: From I-5, take the Corvallis/Lebanon exit. Travel west on Hwy 34 about 10 miles to Corvallis. Hwy 34 takes you over the Willamette River into Corvallis. Once you cross the river, the road is called Harrison, keep on this road until you reach 9th Street. Turn right on 9th Street. Go about 1.5 miles and turn left on Circle. Go one long block to Highland Dr. and turn left. The pool will be on your right.

OMS souvenir/participation award for all entrants

ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 31, 2006

Fill in lower portion completely

RETURN LOWER PORTION

Fill in lower portion completely

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2006 USMS # _____

LOCAL TEAM (SEE LISTINGS ON 2006 GUIDELINES FORM) _____

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

IS THIS YOUR FIRST MASTERS MEET? _____ YES _____ NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+ AND 75+. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS 4 RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY. ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE CONTESTED AND COUNTED FOR TEAM POINTS. THE 400IM, 500, 1000 & 1650 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE REGARDING CHECK-IN CLOSING TIMES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDS SLOW TO FAST. SEE GUIDELINES PAGE FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2006 IN ORDER TO SCORE POINTS.**

Friday, April 21, 2006

400 IM (1) _____ : _____ . _____
1650 FREE (2) _____ : _____ . _____

Saturday, April 22, 2006

200 IM (3) _____ : _____ . _____
100 BREAST (4) _____ : _____ . _____
200 FREE (5) _____ : _____ . _____
50 FLY (6) _____ : _____ . _____

* break*

200 FREE RELAYS (7-8)
100 BACK (9) _____ : _____ . _____
200 FLY (10) _____ : _____ . _____
50 FREE (11) _____ : _____ . _____

* break*

200 MIXED MEDLEY RELAYS (12)

1000 FREE (13) _____ : _____ . _____

ASSOCIATION/AWARDS BANQUET - 6PM, LINUS PAULING MIDDLE SCHOOL (ACROSS PARKING LOT FROM THE POOL). COME TO HEAR OUR OWN DAVE RADCLIFF SPEAK.

Sunday, April 23, 2006

500 FREE (14) _____ : _____ . _____

Break- 20 minute warm-up, event 15 will not start before 10 am

100 FLY (15) _____ : _____ . _____
200 BACK (16) _____ : _____ . _____
50 BREAST (17) _____ : _____ . _____

* break*

200 MEDLEY RELAYS (18-19)

100 FREE (20) _____ : _____ . _____
200 BREAST (21) _____ : _____ . _____
50 BACK (22) _____ : _____ . _____
100 IM (23) _____ : _____ . _____

* break*

200 MIXED FREE RELAYS (24)

Please plan
to attend the OMS Annual Meeting on Saturday at
5pm at the pool conference room and be a part of
this great organization!

"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, HOSTS 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 _____

Association/Awards Banquet • Saturday Evening \$15.00 (all ages) _____ each @ \$15.00

Short sleeve T-Shirts \$14.00 ea. (circle size) S M L XL
Long sleeve T-Shirts \$19.00 ea. (circle size) S M L XL
Hooded sweatshirts \$29.00 ea. (circle size) S M L XL

AWARDS BANQUET _____
T-SHIRTS _____ X \$ = _____
MEET ENTRY FEE **22.00**
TOTAL ENCLOSED _____

MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

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

Preparing for the Association Meet and Worlds

(A new section in the Aqua Master to help OMS Swimmers prepare for the big meets)

How to Maintain Speed Off the Wall - Ask yourself this question: When do I go fastest on each lap?

The answer is simple: On your push-off! At the instant your feet leave the wall, you carry more speed and power than at any other point in your lap. How do I take advantage of it to improve my times and to win races?

The answer is: Don't slow down! The trick to great swimming is hanging on to the speed gained on your push-off for as long as possible. If you can de-celerate less than your competitors, you'll win the race.

How many times has your coach told you to streamline, streamline, streamline? That's because your coach, from up on deck, can see what happens when you don't streamline on your push-offs. You come to a dead stop. You hit a brick wall. You have to work like crazy to catch up to the swimmers who do streamline. The difference is dramatic – and that's why coaches (who can see the difference between good push-offs and bad push-offs) make such a big deal out of streamlining.

So how do you improve your streamline and improve your speed?

For some reason, we as swimmers feel it is absolutely necessary to move every part of our body as fast as possible during the entire duration of every race to achieve peak performance. These compulsive gyrations may make us feel like we're doing something useful and fast, but they often lead to disappointment after disappointment. We work harder than ever before. We finish the race and our hearts are beating faster. We can't feel our arms. We know, without a doubt, that we've put in more effort than ever before. And still, we didn't go faster.

It's Superman's fault. Just look at him. There he is...the strongest guy in the universe. He's got the skin-tight, full-body suit with the coolest logo. He's got the six-pack abs. He's got the big, powerful arms. He's got the cute girlfriend waiting for him to fly down and save her. Who wouldn't want to be this guy?

It's only natural that, as swimmers, we want to imitate the most amazing guy in the universe. So we push off every wall like Superman flying to save Lois Lane. The thing is... Superman could have saved Lois Lane a lot faster and easier if he'd sharpened up his streamline.

Rather than flying with his head straight up looking for birds and airplanes, Superman should have been looking straight down at earth to see where Lois actually was. His head should have been tucked between his shoulders, and those beefy biceps should have been squeezing his ears. And rather than flying around with his arms apart creating all kinds of unnecessary resistance, he should have placed one hand on top of the other and made himself as long as possible. But he didn't, so Lois had to wait and wait...and almost died.

Every single time you push off the wall, you should be in a position that makes you ten feet tall. To be ten feet tall, you have to be in the perfect streamline position.

Well, Super Dude is here to show you what that position is. If you can get your body into this position, you'll be a faster swimmer – without working any harder, without doing any more yardage, and without increasing your heart rate.

Starting at the top, one hand should be on top of the other. Yes, touching intimately, becoming one and the same. Most swimmers push off the wall as if their hands were Roseanne and Tom Arnold – two units trying to get as far away from each other as possible. Well, get your paws to kiss and make up, and always have one hand on top of the other locked together like the prom queen and the high school quarterback.

Now that your hands are super-glued together, you need to work on the arms. Stretch your arms out to maximum capacity every single time, as if you are reaching for the cookies that mom hid on top of the fridge when you were a kid. And because you don't want to hear her screaming at you, "Hey, not till after dinner!" squeeze your ears with your shoulders to block out all that extra background noise.

Working our way down the body, next we must examine the torso. Most swimmers arch their back when they try to streamline. They stretch out their whole body like a cat after a nap. While stretching out is important, arching the back with a rump sticking out will actually slow you down. What you need to do is make your back as flat as possible. This is a good skill to learn. If you want to practice, try streamlining while lying on your back on the floor – or while you're standing with your heels against a wall. Try to get your back FLAT.

Your legs should be stretched out, with your toes pointed. Keep your legs close together.

Now, the hard part... applying it. Start thinking about these things in practice every day. Look over at your teammates when you push off, and continue to hold your streamline and momentum while they're already swimming. You'll be surprised to see that you are keeping up with them, and they are working twice as hard as you are! Get to where you can hold a streamline past the flags off every wall without kicking or swimming, and you'll discover that practices, races, and daily life get easier just because of streamlining. The best part: Your coach won't yell at you anymore.



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 - sweethomebuilders@centurytel.net



OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING YEAR 2006 REGISTRATION

☐

Renewal - 2005 USMS # _____

☐

New Member

Last Name:

First Name:

M.I.:

(Please register with the name you will use for competition.)

Address:

City:

State:

Zip:

Phone:

Date of Birth:

Age:

Sex:

☐

M

☐

F

E-mail Address: _____

☐ Electronic Delivery (I prefer to receive the Aqua Master electronically)

Do you coach a

Yes ☐

Masters Team

No ☐

Club: OMS is comprised of two clubs or you may register unattached.

☐ OREG

☐ MACO

☐ *UNATTACHED

*(Unattached members cannot swim in relays or compete in the FINA World Championships)

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

(Abbreviation) _____

REGISTERED FOR 2005

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

\$38.00 Single Registration: Valid November 1, 2005 to December 31, 2006. Make checks payable to OMS, Inc.

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

\$66.00 Joint registration: Two members at one address/One Aqua-Master. One Registration Form per member please.**\$28.00 Senior Registration (65 Years or older):** Valid November 1, 2005 to December 31, 2006.**\$46.00 Two Seniors (65 years or older) at one address/One Aqua-Master.** One Registration Form per member please.

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

☐ I have added a contribution of \$_____ for Oregon Masters Swimming. We value your support!

☐ I have added a contribution of \$50 as a Gold Medal Sponsor of Oregon Masters Swimming.

☐ I have added a contribution of \$1.00 (or \$_____) to the United States Masters Swimming Foundation.

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

Signature: _____

Date: _____

MAIL TO: DARLENE STALEY, OMS REGISTRAR, 16903 SW Whitley Way, Beaverton, OR 97006

This form is available on the OMS website: www.swimoregon.org

2006 Meet SCHEDULE

Date	Event	Location	Contact
Pool Meets			
*February	February Fitness Challenge	Your Pool	Dave Radcliff dave@theradcliffs.com
*Feb. 19	SCM	Bellevue, WA	Cory Hilderbrand cory@bellevueclub.com
*March 11	SCY Pentathlon	THB - Beaverton	Jeanne Teisher
*April 21-23	SCY Association	Corvallis, OR	Mark Worden marklauraworden @comcast.net
July TBA	LCM State Games	Mt. Hood Com. College	
Sept. 9	SCM Patriot Games	Camas, WA	Bert Petersen petersen@exchangenet.net
Open Water			
June 11	2k & 4 K	Hagg Lake	Jim Teisher
June 24	1k, 2k and pursuit relay	Foster Lake	
July 15-16	TBA	Applegate Lake	
July 29-31	Fri. - 3000 Sat. - 500 and 1500 Association Champs Sun. - 5000 and 1000	Elk Lake	
Aug. 20	1500, 1000 anything goes 500 kicking	Dorena Lake	
National Championships			
May 11-14	USMS - SCY	Coral Springs, Florida	www.usms.org
Postal Championships 2006			
International Championships			
FINA World Masters Championship - August 4 - 11, 2006		Stanford, California	http://www.2006finamasters.org/
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

Board Meetings		May 24	7 PM	Rivermark - Beaverton
All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details		July 9	10 AM	Mt. Hood CC - Gresham
March 11	After Meet	THB - Beaverton	7 PM	NIKE - Beaverton
April 22	General Membership. Meet	Corvallis	Board Retreat	TBA

Aqua Master
February 2006

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

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