



Aqua Master

USMS 2004 Newsletter of the Year

Volume 33, Number 6

Published Monthly by OMS, Inc.

July 2006

"Swimming for Life"

Go Mom Go



Hannah and Daisy Weeks cheer on their Mom, Nikki, during her races. Without a doubt they were the best rooting section of the meet. Mom responded with 5 first place finishes. *Full results of T Hills meet on pages 8 - 13*

Inside For You

Chair's Corner	2
Life in the Water	3
Fitness	4
Long Distance	5
Worlds Coach	6
Results - Nationals	7
T Hills	8-13
Entry Blanks - Pool	
State Games	16
Patriot Games	17
Entry Blanks - Open Water	
So. Oregon	18-1
Elk Lake	20-21
Dorena	22-23
Schedule	Back Cover

Last Splash - Jane Higdon

Jane Higdon was killed on May 31, 2006 while training on her bicycle. Jane had been an OMS member for about a decade and had been in charge of the registration table for the Emerald Aquatic's lake swim at Dorena since the swim was started. While she loved swimming and frequently competed at the Association meet and helped organize the annual Civil War meet with Corvallis, she was better known in athletic circles as a triathlete and marathon runner. She had competed in both the Canadian and Hawaiian Ironman and had won local running races. In 2000, she was 10th in her age group (then 40-44) at the Hawaii Ironman World Championship, an incredibly impressive accomplishment.

Every year she and her husband would go to Europe to ride the hill stages of the Tour de France or the Giro de Italia. She was set to go Spain to ride the Pyrenees stages next month. She was famous locally for her hill climbing ability and her all day Sunday bike rides (even in the rain). She worked as a scientist at the Linus Pauling Institute at OSU, where she studied the effects of nutrition on disease.

The people behind O.M.S. Inc.

Chairperson of the Board

Jody Welborn
6687 SW Canyon Dr.
Portland, OR 97211 - (503) 297-5889
jodywelborn@mac.com

Vice Chairperson - Sanctions

Jeanne Teisher
7305 SW Hyland Ct.
Beaverton, OR 97008 - (503) 574-4557
jteisher97007@yahoo.com

Secretary

Joelle Cowan
3700 SW 91st Ave
Portland, OR 97225 - (503) 297-5776
joellec@mac.com

Treasurer

Doug Christensen
11700 SW Ridgecrest Dr.
Beaverton, OR 97008 - (503) 754-2747
dchristensen@rivermarkcu.org

Registrar

Darlene Staley
16903 SW Whitley Way
Beaverton, OR 97006 - (503) 629-4937
dstaley@pcc.edu

Aqua-Master Editor

Dave Radcliff (503) 648-7141
dave@theradcliffs.com

Data Manager (for swim meets)

Gary Whitman
OMS Data Manage PO Box 1072
Camas, WA 98607-1072 (360) 896-6818
all5reds@msn.com

Officials (for swim meets)

Jacki Allender (541) 753-5681
seewun@proaxis.com

Host / Social

Ginger Pierson (360) 253-5712
gingerp@qwest.net

Fitness Chair

Jani Sutherland jani@athleticclubofbend.com
(541) 389-7718

Safety

Joy Ward (503) 777-5514
silenteclipse1210@hotmail.com

Coaches

Jon Clark (503) 614-7278
jclark@pcc.edu

Awards

Pam Himstreet (541) 385-7770
himstreet@bendcable.com

Records

Stephen Darnell (360) 834-6020
financialwizard2@comcast.net

Membership

Tia Sitton H(541) 367-1323
sweethomebuilder@centurytel.net

Long Distance

Bob Bruce coachbob@bendbroadband.com
H(541) 317-4851 W(541) 389-7665

Web Master

Robbert van Andel robbert@vafam.com
(503) 428-1753

Top Ten & OMS email Group Maintenance

Mary Sweat (541) 504-5338
Personal msweat@bendcable.com
Email omsemail@swimmoregon.org
Top Ten topten@swimmoregon.org

Short Distance

Robert Smith (503) 244-3739
dobbsmith@comcast.net

Past Chair

Jeanne Teisher (503) 574-4557
jteisher97007@yahoo.com

Founders of OMS

**Connie Wilson and
Earl Walter - Historian**

Chair's Corner by Jody Welborn

Motivation and the 100 fly

In every swimmer's life there will come a time when the motivation to exercise just isn't there. I am not talking about a day or a week of not exercising. I am talking about the "I just don't want to do it anymore." As hard as it is to admit, recently I have had that experience.

It has been a tough year physically. I turned 50 and almost immediately developed shoulder problems, followed in turn by other health problems and finishing with a severe viral infection with complications. On top of that, a busy work schedule that did not allow much recovery time kept me feeling worn-out and out of the pool more than usual. About 10 weeks ago, I had it. I looked at my husband and said, "I want to quit swimming. I cannot swim to the level I would like. I want to quit." He looked back and said, in a husbandly manner, "Hmmm."

Fortunately, it was time to register for the Association Championships, a team event that is always a lot of fun. And every swimmer contributes to the team. It was not the time to quit swimming. But how was I to motivate myself into the pool? Flash! The "100 fly" popped into my mind. To swim this event I would have to train. And sure enough, I put down the event on my my entry form.

Now, how did the 100 fly help? Everytime my spirits lagged, everytime my energy lagged, the "100 fly" popped into my mind and like magic my motivation returned. It was amazing. I continued to train with renewed enthusiasm and made time for the pool even on days that I couldn't make it to practice. I swam at the meet and had some good swims. I will be grateful forever to the "100 fly".

I am even more grateful that it wasn't the "200 fly".

See you the World Championships.

And

Remember,

swimming is for life

and life matters.



United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc. or Oregon Masters Swimming.

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.swimmoregon.org

Life in the Water for Masters Swimmers

By Deb Douglas

At a time in everyone's life we could not walk or swim. But, we got over the walking thing at the age of one or so. Somewhere in our life we first learned how to swim, then to swim well. That we all have in common.

Most of us have had weddings, kids, grandkids, and we are still swimming.

Most of us compete in pools and lakes. Some do not. But, we are still swimming.

Some of us have surgeries to save our lives, or just a surgery on one or both shoulders. But, we return to swim as soon as the doctor gives the OK. And, we are still swimming.

Some have competed and won, competed and lost. But, we're still swimming.

Some of us have met our spouse and best friend in a pool or lake swim. And, we are still swimming (together).

Some of us have lost parents, friends, and, unfortunately, those younger than us. But, we are still swimming.

Some of us feel sorry for ourselves, some don't. But, we are still swimming.

Some of us have scars we keep hidden. But some like to brag about them, showing their pride in still being able to swim. And, we are still swimming.

Most of us have lost cats, dogs, gerbils and frogs, but we are still swimming.

Some have loose suits, tight suits, some with zippers and some with tags hanging out. Occasionally, a little too much of our fellow swimmer is showing, but after a laugh, we just accept each other as swimmers. And, we keep on

swimming.

Some of us have what we would consider minor inconveniences, like 3 back surgeries in 2 years. We consider these minor bumps in the road because we are still swimming.

Some of us can dive off blocks, some can't. But, we are still swimming.

Some of us have gone through the terrible twos and those teenage years with our kids. And! We are still swimming.

Some of us have medals hanging on walls at home, some don't. But we are still swimming.

Some of us do flip turns, some of us don't, but we keep on swimming.

Some of us have had to deal with SAIF from a work injury. (Bummer). But, we are still swimming.

Some of us swim at 5:00 a.m., 5:00 p.m., noon, every day or once a week. But, we are still swimming.

I thought of this during my morning swim outside amongst pine trees, squirrels and watching the sun rise. In 5 days my knee will be repaired, then the wrist from a work related injury. The cast will be on the

wrist for 6 weeks. A lifetime out of the water! But, I am still swimming and will swim again after those 6 weeks.

Things in life happen, good or bad, but those of us who swim look at it differently. When one's life revolves around the pool, day-to-day inconveniences don't seem to matter because once our skin touches the water, our worries melt away.

There will always be a reason why or why not to swim today. But, eventually you'll keep on swimming.

"We are still swimming"



Deb, with husband, Mike, and Dan Gray who introduced them in 1997 at the Applegate Lake Swim.....And....they are still swimming.... (Deb just emailed the Aqua Master to report that she had had her knee surgery, so it will be a few more weeks until she is back in the water)

F i t n e s s



**Jani
Sutherland
Fitness
Chair**



Sun Savvy

It's that time again, the days are longer, the sun is stronger and we all want to be out enjoying it. Here are a few reminders about the sun and how to protect yourself from the additional UV radiation that is reaching our faces and bodies since the ozone layer is being depleted at a rate of 4 to 6 percent each decade (National Aeronautics and Space Administration).

Avoid the Sun: The sun's rays are the strongest between 10 a.m. and 3 p.m., so it is especially important to avoid the sun during those hours. Also avoid the sun when the UV index is high. The UV index is a number from 1 to 10+ that indicates the amount of UV radiation reaching the earth's surface during the hour around noon (if you are outside). The higher the number the greater the exposure to radiation. This number is forecast daily in many cities by the National Weather Service.

Cloudy skies can fool you. Clouds can block out only 20 percent of UV radiation. And UV passes through water, so you aren't safe from it while in the water. Sand and snow reflect sunlight and can increase the amount of UV radiation you get. The vast majority of UVA (a harmful UV radiation) passes through window glass and can cause skin damage. UV radiation increases 4 percent for every 1000 feet increase in altitude.

Use Sunscreen: Sunscreens and sunblocks absorb, reflect or scatter some or all of the sun's rays. Sunscreen products labeled "broad spectrum" protect against two types of radiation: UVA and UVB. It was previously thought that only UVB caused skin damage but scientists now believe that both can cause sunburn, damage to skin and skin cancer.

Some products only protect against UVB, so read labels carefully. The FDA requires labels of all sunscreen or sunblock products to state the SPF or sun protection factor. The higher the number the longer a person can stay in the sun before burning. SPF levels vary. The FDA suggests 30 as the upper limit as anything above offers little additional benefit and may expose people to dangerous levels of chemicals.

Wear a Hat: A hat with at least a 3 inch brim on all sides can protect the neck, ears, eyes and scalp.

Wear Sunglasses: Sunglasses should block 99 to 100 percent of UVA and UVB radiation. Read the label, don't go by how dark the glasses are. UV protection comes from an invisible chemical applied to the lenses. Larger frames protect more. Children should also wear sunglasses.

Cover Up: Wear a lightweight, long sleeved shirt and pants or long skirts. Most materials absorb or reflect UV rays. A tightly woven fabric is best. Sun protective clothing will be regulated by the FDA only if the manufacturer claims it has medical benefits such as preventing skin cancer.

Avoid Artificial Tanning: Many people mistakenly think tanning beds are harmless because they primarily emit UVA rays. UVA can cause serious skin damage too. Sunlamps also increase radiation risk.

Check Skin Regularly: The best time to do a skin exam is after a bath or shower (check all areas). Get to know your moles, blemishes and birthmarks so you can tell if they undergo any changes. Look for changes in size, texture, shape and color or a sore that doesn't heal.

"Remember that skin cancer is very slow to develop. The sunburn you received as a child may take 20 or more years to become skin cancer."

Remember that skin cancer is very slow to develop. The sunburn you received as a child may take 20 or more years to become skin cancer. Tanning is the skin's response to UV light. It is a protective reaction to prevent further injury to the skin from sun. It doesn't prevent skin cancer. People with higher risk are those with fair skin, Northern European heritage or those with a family history of skin cancer.

Open water season will be here soon, hopefully along with the sun to warm up the water. Protect yourself by following these steps.

Long Distance Swimming



Bob Bruce
Long Distance
Chair



After all of that swimming, an open water race finish should be a thrill. Have you noticed that the same swimmers seem to jump from the pack every race and nose out the others with great finishes? Here are some of their strategies.

1. Manage the pace. Great finishes are born out of great swims, well-paced swims that are done at challenging speeds with some extra power saved for the end. Your ability to do this is built in practice, using strong aerobic training as your primary focus but mixed with some strong sprinting to build your power reserve.

2. Pick a straight line for your finishing push. This may seem like rudimentary advice, but swim straight! The final few hundred meters is the most important place on the course for straight-line swimming. However you may have careened around the venue, get it right here. And remember that every swimmer has the right to a clear lane to the

finish line as they approach; cutting off another swimmer in their lane is an invitation to disqualification.

3. Kick. Many open water swimmers soften their kicking in mid-swim to conserve energy. If you use that tactic, you should abandon it as you approach the finish. Accelerate using your feet! Progressively pick up your kicking through the last few hundred meters, not merely for the last 50.

4. If the finish is in-water, swim through it. Drive your body right through the finish plate without standing, and time your touch with a full arm extension. You might be surprised at how close in-water finish touches can be, even in long races. I predict that the first Olympic 10-km Open Water Swim in 2008 will be won by less than a second, and that the finish touching skill will be significant.

5. If your finish is on shore:

a. Dolphin. Use the dolphin if the bottom contour is gradual, shallow, and sandy. This dynamic skill involves leaping forward from the bottom using an arm movement that looks like butterfly and diving back down towards the bottom, and repeating several times if the course permits. It's powerful and fast but anaerobically challenging. Stay low to the water and send your momentum forward, not upward.

b. Swim to shallow water. We all know how difficult it is to wade in waist deep water, yet most swimmers stand far

too soon. Swim until the water is very shallow (requiring a small adjustment in your normal stroke), and stand only in water knee-deep or less.

c. Run. Show some pride and athletic style! Pump your hands and knees so that your feet clear the water and drive through the finish line. This makes for much better finish photos than the ones that show you shuffling, staggering, or lollygagging into shore.

Good luck and good swimming!



“Run. Show some pride and athletic style!”

Tapering for Worlds

by Coach Bert Petersen

By definition, tapering is simply doing less and less work, over a period of time, until total rest is achieved. How to accomplish that is a tricky proposition indeed !

Here's my bona fides as an expert taperer.....you may remember that I invented "the endless taper", where you get in shape once and then just swim in lots of meets. Just joking, of course !

So much of the tapering process is mental; in the head. For example, just ask me (injury), Gil Young (extended vacation), Barbara Frid (injury), or MaryAnne Royale (sickness), about the time(s) when they were forced to do next to nothing for at least a week and then had personal bests at a big meet. Was it the lack of activity (creating rest) or the "pressure is off" feeling that produced the results ? We'll never know for sure.

Years ago I read a study which asserted that the best possible taper is the "cliff" taper. What is done here is to simply continue your normal high intensity training routine until four days before the BIG event. Then, for four days you do nothing - not even thinking about swimming. You show up at the blocks totally rested. The down side to this approach is in your head; constantly thinking that you are losing conditioning. You're not, of course, but it makes most of us really nervous.

So let's get traditional : Assuming that you are in pretty darn good shape to begin with, target about ten to fourteen



Unsaid by Bert, (in his article) but always practiced by him is to enjoy your teammates at the meet. Bert is pictured relaxing with George Thayer (above) and Joy Ward (below).



days out from the event and (keeping your normal routine) start to reduce the INTENSITY of your swims. That is, reduce the amount of energy expended. Simultaneously, begin to increase the amount of rest/recovery time between sets. After about a week you will be bouncing off the walls at home with all the extra energy you have accumulated. To echo Dennis Baker's good advice from last months column, "don't sprint too much during your taper." 90 % is a good speed for maintaining good stroke mechanics without tearing down muscle fiber.

Now, when you get to the pool for the "big event", be sure and warm up sufficiently. I have never heard a swimmer say that they felt they had warmed up too much.....converse-

ly, just try a 100 fly (dry) and you will quickly get the message. Do a LOT of stretching; your body will appreciate it. I find that a MINIMUM of 700 meters warms me up about right. Say a 500 free, a 200 IM drill and several practice starts from the blocks. Don't forget to work on your turns (first half only) during sprints. We call them "half-turns", since you cannot swim back in a sprint lane.

I wish all of you the very best of performances at Worlds ! And your swimming muscles will still be good to go by 09-09-06.....

Bert Petersen ; USA coach, Masters coach and swimmer

I can be reached at : petersen@exchangenet.net

SCY Nationals - Coral Springs, Florida - May 11 - 13

N = Breaks listed National Record						Z = Zone Record					O = Oregon Record				
Event	Dist.	Age	Time	Pl.	R	Back	100	70	1:18.16	1	Breast	100	47	1:08.63	20
Frid, Barbara						Back	200	70	2:54.85	1	IM	100	47	1:00.41	14
Free	50	64	30.93	2		Back	50	70	35.99	2	Pierson, Ginger				
Back	100	64	1:23.43	2		IM	100	70	1:20.89	2	Breast	100	60	1:20.19	1 N
Back	50	64	37.37	1		Berlin, Noel					Breast	200	60	3:00.43	1 Z
Breast	100	64	1:30.48	3		Breast	100	26	1:02.96	11	Breast	50	60	36.30	1 N
Fly	50	64	33.22	1		Breast	200	26	2:19.15	7	Fly	100	60	1:19.75	1 O
IM	100	64	1:19.98	3		Oliva, Tomas					Fly	200	60	2:56.09	1 N
Smith, Robert						Free	200	43	1:57.45	16	Thies, Lauren				
Free	50	62	24.11	1		Breast	100	43	1:05.04	8	Free	100	26	51.85	1
Back	100	62	1:04.41	2		Breast	50	43	29.91	6	Free	200	26	1:52.81	1
Back	50	62	28.87	2		IM	100	43	59.72	11	Fly	100	26	57.09	1 O
Breast	50	62	34.28	6		Otto, Douglas					Fly	50	26	26.55	1 Z
Fly	50	62	27.89Y	5		Free	100	47	54.05	21	IM	100	26	58.95	1 Z
IM	100	62	1:05.89	5		Free	200	47	1:56.53	13	IM	200	26	2:07.01	1 Z
Thayer, George						Back	100	47	1:01.68	11					
Free	50	70	29.40	4		Back	200	47	2:15.44	7					

The Winners at Nationals



Congratulations
Barb, George,
Robert, Ginger and
Lauren for your
outstanding
First Place Swims
at Nationals

T H i l l s L C M M e e t - J u n e 3 , 2 0 0 6

W = Breaks listed World Record

N = Breaks listed National Record

Z = Zone Record

O = Oregon Record

Women 18-24

50 LC Meter Freestyle

1 Scheafer, Kayla 20 UNAT 36.44

200 LC Meter Freestyle

1 Scheafer, Kayla 20 UNAT 2:53.51

50 LC Meter Butterfly

1 Scheafer, Kayla 20 UNAT 38.81

Women 25-29

50 LC Meter Freestyle

1 Champion, Laura 25 OREG 35.41

100 LC Meter Freestyle

1 Champion, Laura 25 OREG 1:19.52

50 LC Meter Backstroke

1 Champion, Laura 25 OREG 47.25

50 LC Meter Breaststroke

1 Champion, Laura 25 OREG 48.98

Women 30-34

50 LC Meter Freestyle

1 Weeks, Nicole 34 OREG 28.90

100 LC Meter Freestyle

1 Weeks, Nicole 34 OREG 1:05.12

2 Alkezweeny, Tina 31 PNA 1:24.84

50 LC Meter Backstroke

1 Alkezweeny, Tina 31 PNA 43.57

100 LC Meter Backstroke

1 Alkezweeny, Tina 31 PNA 1:34.99

50 LC Meter Breaststroke

1 Weeks, Nicole 34 OREG 38.89 O

100 LC Meter Breaststroke

1 Weeks, Nicole 34 OREG 1:27.02

50 LC Meter Butterfly

1 Weeks, Nicole 34 OREG 30.86

2 Alkezweeny, Tina 31 PNA 46.89

Women 35-39

50 LC Meter Freestyle

1 Veltrie, Susan 36 OREG 33.16

2 Singer, Shannon 36 PNA 37.98

100 LC Meter Freestyle

1 Veltrie, Susan 36 OREG 1:17.13

200 LC Meter Freestyle

1 Young, Susie 37 OREG 2:41.75

2 Shaw, Susan 39 OREG 2:58.45

3 Marsh, Kathy 39 OREG 2:58.76

800 LC Meter Freestyle

1 Young, Susie 37 OREG 11:30.52

2 Shaw, Susan 39 OREG 13:04.39

3 Singer, Shannon 36 PNA 15:01.02

50 LC Meter Backstroke

1 Singer, Shannon 36 PNA 50.28

200 LC Meter Backstroke

1 Marsh, Kathy 39 OREG 3:31.27

2 Shaw, Susan 39 OREG 3:38.95

3 Singer, Shannon 36 PNA 4:05.55

50 LC Meter Breaststroke

1 Singer, Shannon 36 PNA 57.14

100 LC Meter Breaststroke

1 Marsh, Kathy 39 OREG 1:42.08

2 Shaw, Susan 39 OREG 1:45.77

200 LC Meter Breaststroke

1 Marsh, Kathy 39 OREG 3:44.54

50 LC Meter Butterfly

1 Simpson, Shauna 35 OREG 32.52

2 Young, Susie 37 OREG 36.85

3 Veltrie, Susan 36 OREG 37.54

100 LC Meter Butterfly

1 Simpson, Shauna 35 OREG 1:13.91

2 Young, Susie 37 OREG 1:25.00

200 LC Meter Butterfly

1 Simpson, Shauna 35 OREG 2:41.40 Z

200 LC Meter IM

1 Young, Susie 37 OREG 3:00.60

Women 40-44

50 LC Meter Freestyle

1 Delmage, Arlene 44 OREG 29.34

2 Simmons, Stephanie 40 OREG 35.29

3 Sitton, Tia 44 OREG 35.50

100 LC Meter Freestyle

1 Jenkins, Valerie 43 OREG 1:09.96

2 Chesler, Laurie 43 OREG 1:15.02

3 Sitton, Tia 44 OREG 1:22.12

4 Welle, Lisa 42 OREG 1:23.00

200 LC Meter Freestyle

1 Jenkins, Valerie 43 OREG 2:32.61

2 Chesler, Laurie 43 OREG 2:47.43

3 Welle, Lisa 42 OREG 3:09.38

800 LC Meter Freestyle

1 Delmage, Arlene 44 OREG 10:37.69 O

2 Malloy, Janie 44 OREG 13:47.01

50 LC Meter Backstroke

1 Simmons, Stephanie 40 OREG 41.89

50 LC Meter Breaststroke

1 Sitton, Tia 44 OREG 47.57

2 Malloy, Janie 44 OREG 51.66

100 LC Meter Breaststroke

1 Welle, Lisa 42 OREG 1:43.65

2 Chesler, Laurie 43 OREG 1:44.26

50 LC Meter Butterfly

1 Malloy, Janie 44 OREG 46.85

200 LC Meter IM

1 Jenkins, Valerie 43 OREG 2:56.41

2 Malloy, Janie 44 OREG 3:47.50

Women 45-49

50 LC Meter Freestyle

1 Dahl, Lisa 45 PNA 29.57

2 Ritchey, Teresa 47 OREG 45.60

100 LC Meter Freestyle

1 Foley, Sharon 46 MACO 1:12.89

2 Ritchey, Teresa 47 OREG 1:47.74

50 LC Meter Backstroke

1 Andrus-Hughes, K 49 OREG 34.31

2 Dahl, Lisa 45 PNA 36.52

100 LC Meter Backstroke

1 Fox, Christina 46 OREG 1:33.19

200 LC Meter Backstroke

1 Fox, Christina 46 OREG 3:19.18

200 LC Meter Breaststroke

1 Fox, Christina 46 OREG 3:42.00

50 LC Meter Butterfly

1 Dahl, Lisa 45 PNA 31.13

2 Andrus-Hughes, K 49 OREG 33.94

3 Foley, Sharon 46 MACO 35.04

100 LC Meter Butterfly

1 Foley, Sharon 46 MACO 1:25.21

200 LC Meter IM

1 Fox, Christina 46 OREG 3:23.01

Official Splits - Andrus-Hughes, K 49 OREG

100 Back (leadoff split to 400 MR), 1:16.33

100 Free (leadoff split to 400 FR), 1:04.92

Women 50-54

200 LC Meter Freestyle

1 Peterson, Connie 51 OREG 3:43.24

800 LC Meter Freestyle

1 Budd, Elizabeth 52 OREG 12:18.07

50 LC Meter Backstroke

1 Hendryx, Teri 53 OREG 41.05 O

200 LC Meter Backstroke

1 Hendryx, Teri 53 OREG 3:08.84 O

100 LC Meter Breaststroke			
1	Hendryx, Teri	53 OREG	1:39.84
50 LC Meter Butterfly			
1	Budd, Elizabeth	52 OREG	40.73
2	Peterson, Connie	51 OREG	1:04.10
200 LC Meter Butterfly			
1	Peterson, Connie	51 OREG	5:08.62

Women 55-59

50 LC Meter Freestyle

4	Sitter, Darby	63 OREG	1:00.83
100 LC Meter Freestyle			
1	Dillon, Sally	60 PNA	1:22.37
2	Calnek-Morris, Sue	63 OREG	1:27.49
3	Sitter, Darby	63 OREG	2:16.74
200 LC Meter Freestyle			
1	Dillon, Sally	60 PNA	3:02.58
2	Calnek-Morris, Sue	63 OREG	3:15.76
800 LC Meter Freestyle			

1	Ward, Joy	64 OREG	37.74
2	Hansen, Marsha	60 PNA	52.64
3	Sitter, Darby	63 OREG	1:12.89
100 LC Meter Butterfly			
1	Ward, Joy	64 OREG	1:37.98
400 LC Meter IM			
1	Pierson, Ginger	60 MACO	7:33.75
Women 65-69			
50 LC Meter Breaststroke			



Official Henry Leung present Peggy Hodge with her DQ Slip. Peggy, like all good Masters, immediately ripped it apart. Note: Peggy coached Henry's kids and this was a fun DQ. Henry DQed Peggy for "impersonating a swimmer". (Editor's note - isn't it great the way Masters and Officials have fun together.)

1	Stark, Carol	58 OREG	53.90
100 LC Meter Freestyle			
1	Maloney, Barbara	56 OREG	1:39.14
50 LC Meter Backstroke			
1	Maloney, Barbara	56 OREG	55.27
2	Stark, Carol	58 OREG	57.14
100 LC Meter Backstroke			
1	Stark, Carol	58 OREG	2:19.43
200 LC Meter Backstroke			
1	Stark, Carol	58 OREG	4:58.29
50 LC Meter Butterfly			
1	Maloney, Barbara	56 OREG	46.84
200 LC Meter IM			
1	Maloney, Barbara	56 OREG	3:53.18

Women 60-64

50 LC Meter Freestyle			
1	Dillon, Sally	60 PNA	36.78
2	Calnek-Morris, Sue	63 OREG	37.03
3	Hansen, Marsha	60 PNA	45.13

1	Calnek-Morris, Sue	63 OREG	13:20.88
2	Dillon, Sally	60 PNA	13:22.27
50 LC Meter Backstroke			
1	Ward, Joy	64 OREG	41.49 Z
2	Hansen, Marsha	60 PNA	52.14
3	Sitter, Darby	63 OREG	1:19.28
100 LC Meter Backstroke			
1	Ward, Joy	64 OREG	1:31.98
2	Pierson, Ginger	60 MACO	1:52.06
50 LC Meter Breaststroke			
1	Pierson, Ginger	60 MACO	43.91 Z
2	Hansen, Marsha	60 PNA	55.77
100 LC Meter Breaststroke			
1	Pierson, Ginger	60 MACO	1:37.32 Z
2	Hansen, Marsha	60 PNA	2:11.16
3	Sitter, Darby	63 OREG	3:04.84
200 LC Meter Breaststroke			
1	Pierson, Ginger	60 MACO	3:41.80
50 LC Meter Butterfly			

1	Hodge, Peggie	66 OREG	55.86
50 LC Meter Butterfly			
1	Hodge, Peggie	66 OREG	51.41
200 LC Meter Butterfly			
1	Hodge, Peggie	66 OREG	4:42.79
Women 70-74			
50 LC Meter Freestyle			
1	Kawabata, Geraldine	72 OREG	48.22
50 LC Meter Backstroke			
1	Kawabata, Geraldine	72 OREG	1:05.57
50 LC Meter Breaststroke			
1	Kawabata, Geraldine	72 OREG	1:15.67
50 LC Meter Butterfly			
1	Kawabata, Geraldine	72 OREG	1:08.55

Women 80-84

50 LC Meter Backstroke			
1	Wells, Margaret	80 OREG	1:21.14

continued on page 10

100 LC Meter Backstroke	2	Negrete, Adam	18	PNA	48.04	1	Kays, David	39	PNA	3:00.27
1 Wells, Margaret 80 OREG 2:54.51	100 LC Meter Breaststroke									
200 LC Meter Backstroke	1	Negrete, Adam	18	PNA	1:47.03	1	Kays, David	39	PNA	29.57
1 Wells, Margaret 80 OREG 5:56.48	200 LC Meter Butterfly					2	Morgan, Kevin	36	OREG	30.40
200 LC Meter Breaststroke	1	Cleary, Kevin	23	OREG	3:01.58	3	Larsen, Jon-Erik	39	OREG	30.73
1 Wells, Margaret 80 OREG 8:49.95	Men 30-34					4	Ness, Kerry	37	PNA	41.13
200 LC Meter IM	50 LC Meter Freestyle					100 LC Meter Butterfly				
1 Wells, Margaret 80 OREG 7:06.41	1	Nishimura, Takeo	34	OREG	28.69	1	Morgan, Kevin	36	OREG	1:15.26
Women 85-89	100 LC Meter Freestyle					Men 40-44				
50 LC Meter Freestyle	1	Nishimura, Takeo	34	OREG	1:05.13	50 LC Meter Freestyle				
1 Stangel, Pauline 85 OREG 1:06.53	800 LC Meter Freestyle					1	Trainor, Lance	42	OREG	30.50
100 LC Meter Freestyle	1	Van Andel, Robbert	32	OREG	9:58.12	2	Turcott, Michael	43	PNA	31.47
1 Stangel, Pauline 85 OREG 2:39.86	100 LC Meter Breaststroke					3	Butcher, Gano	42	OREG	37.62
50 LC Meter Backstroke	1	Van Andel, Robbert	32	OREG	1:18.35	100 LC Meter Freestyle				
1 Stevenin, Elfie 85 OREG 1:47.10	400 LC Meter IM					1	Butcher, Gano	42	OREG	1:05.01
100 LC Meter Backstroke	1	Van Andel, Robbert	32	OREG	5:18.99	2	Karyukin, Andrei	41	OREG	1:12.11
1 Stevenin, Elfie 85 OREG 3:59.44	Men 35-39					3	Turcott, Michael	43	PNA	1:15.80
200 LC Meter Backstroke	50 LC Meter Freestyle					200 LC Meter Freestyle				
1 Stevenin, Elfie 85 OREG 7:56.42	1	Rice, David	39	OREG	27.58	1	Butcher, Gano	42	OREG	2:42.04
50 LC Meter Breaststroke	2	Larsen, Jon-Erik	39	OREG	27.69	800 LC Meter Freestyle				
1 Stangel, Pauline 85 OREG1:24.72 Z	3	Morgan, Kevin	36	OREG	27.90	1	Crimbring, William	43	PNA	12:27.44
100 LC Meter Breaststroke	4	Kohlmeier, Scott	39	OREG	30.26	50 LC Meter Backstroke				
1 Stangel, Pauline 85 OREG3:16.51 Z	5	Ness, Kerry	37	PNA	37.57	1	Parmentier, Steve	41	OREG	33.22
200 LC Meter IM	6	Mishra, Sharad	39	OREG	41.81	2	Trainor, Lance	42	OREG	38.27
1 Stevenin, Elfie 85 OREG 9:54.04	100 LC Meter Freestyle					3	Crimbring, William	43	PNA	44.26
400 LC Meter IM	1	Rice, David	39	OREG	1:03.09	4	Butson, Jeffrey	43	UNAT	1:31.42
1 Stevenin, Elfie 85 OREG21:19.52	2	Morgan, Kevin	36	OREG	1:04.06	100 LC Meter Backstroke				
Women 90-94	3	Kohlmeier, Scott	39	OREG	1:07.50	1	Crimbring, William	43	PNA	1:36.41
50 LC Meter Backstroke	4	Mishra, Sharad	39	OREG	1:36.61	200 LC Meter Backstroke				
1 Buel, Hilda 92 OREG 2:16.03	200 LC Meter Freestyle					1	Mccarthy, Darren	40	OREG	2:41.82
100 LC Meter Backstroke	1	Rice, David	39	OREG	2:34.59	2	Crimbring, William	43	PNA	3:29.18
1 Buel, Hilda 92 OREG 5:09.98	800 LC Meter Freestyle					50 LC Meter Breaststroke				
50 LC Meter Breaststroke	1	Kays, David	39	PNA	10:25.46	1	Gaarder, Chris	41	OREG	36.56
1 Buel, Hilda 92 OREG 3:17.09	50 LC Meter Backstroke					2	Karyukin, Andrei	41	OREG	41.20
100 LC Meter Breaststroke	1	Morgan, Kevin	36	OREG	33.25	100 LC Meter Breaststroke				
1 Buel, Hilda 92 OREG 7:33.42	2	Kohlmeier, Scott	39	OREG	34.95	1	Gaarder, Chris	41	OREG	1:21.71
50 LC Meter Butterfly	3	Ness, Kerry	37	PNA	47.19	2	Butcher, Gano	42	OREG	1:25.97
1 Buel, Hilda 92 OREG4:42.00 Z	100 LC Meter Backstroke					200 LC Meter Breaststroke				
(Broke World but not enough watches to make official)	1	Kohlmeier, Scott	39	OREG	1:18.99	1	Mccarthy, Darren	40	OREG	2:55.27
Men 18-24	50 LC Meter Breaststroke					50 LC Meter Butterfly				
50 LC Meter Freestyle	1	Larsen, Jon-Erik	39	OREG	35.03	1	Christensen, Douglas	43	OREG	28.66
1 Cleary, Kevin 23 OREG 29.07	2	Rice, David	39	OREG	36.72	2	Parmentier, Steve	41	OREG	29.99
2 Negrete, Adam 18 PNA 36.78	3	Ness, Kerry	37	PNA	44.59	3	Butcher, Gano	42	OREG	30.13
100 LC Meter Freestyle	4	Mishra, Sharad	39	OREG	52.64	4	Karyukin, Andrei	41	OREG	33.20
1 Negrete, Adam 18 PNA 1:23.58	100 LC Meter Breaststroke					5	Gaarder, Chris	41	OREG	33.34
800 LC Meter Freestyle	1	Kays, David	39	PNA	1:21.20	6	Trainor, Lance	42	OREG	33.53
1 Negrete, Adam 18 PNA 14:00.38	2	Larsen, Jon-Erik	39	OREG	1:23.01	7	Turcott, Michael	43	PNA	40.29
50 LC Meter Breaststroke	3	Ness, Kerry	37	PNA	1:44.37	100 LC Meter Butterfly				
1 Cleary, Kevin 23 OREG 38.69	4	Mishra, Sharad	39	OREG	1:59.85	1	Christensen, Douglas	43	OREG	1:05.42
	200 LC Meter Breaststroke					2	Karyukin, Andrei	41	OREG	1:20.80

200 LC Meter IM

1	Christensen, Douglas	43	OREG	2:35.78
2	Crimbring, William	43	PNA	3:20.43

400 LC Meter IM

1	Christensen, Douglas	43	OREG	5:55.28
---	----------------------	----	------	---------

Men 45-49

50 LC Meter Freestyle

1	Washburne, Brent	45	OREG	28.11
2	Palanuk, Jon	46	OREG	29.06
3	Cox, Chris	45	OREG	33.94

100 LC Meter Freestyle

1	Palanuk, Jon	46	OREG	1:09.62
2	Munro, Stuart	49	MACO	1:11.57
3	White, James	48	OREG	1:12.13
4	Cox, Chris	45	OREG	1:15.59
5	Mead, Gary	46	OREG	1:23.23

200 LC Meter Freestyle

1	Allender, Pat	48	OREG	2:17.27
2	Munro, Stuart	49	MACO	2:37.09
3	Mead, Gary	46	OREG	3:07.45

800 LC Meter Freestyle

1	Mead, Gary	46	OREG	13:42.85
---	------------	----	------	----------

50 LC Meter Backstroke

1	Washburne, Brent	45	OREG	34.83
2	Palanuk, Jon	46	OREG	38.73

100 LC Meter Backstroke

1	Palanuk, Jon	46	OREG	1:27.58
---	--------------	----	------	---------

50 LC Meter Breaststroke

1	Washburne, Brent	45	OREG	40.67
---	------------------	----	------	-------

100 LC Meter Breaststroke

1	Allender, Pat	48	OREG	1:15.76
2	Munro, Stuart	49	MACO	1:31.31
3	Mead, Gary	46	OREG	1:55.91

200 LC Meter Breaststroke

1	Allender, Pat	48	OREG	2:50.45
2	Mead, Gary	46	OREG	4:12.06

50 LC Meter Butterfly

1	Washburne, Brent	45	OREG	31.19
2	Palanuk, Jon	46	OREG	32.86
3	Cox, Chris	45	OREG	37.34

100 LC Meter Butterfly

1	Allender, Pat	48	OREG	1:11.90
2	Munro, Stuart	49	MACO	1:22.89
3	Cox, Chris	45	OREG	1:29.70

200 LC Meter IM

1	Allender, Pat	48	OREG	2:31.55
2	Washburne, Brent	45	OREG	2:47.71
3	Cox, Chris	45	OREG	3:13.46

400 LC Meter IM

1	Munro, Stuart	49	MACO	6:40.78
---	---------------	----	------	---------

Men 50-54

50 LC Meter Freestyle

1	Mann, Steve	54	OREG	28.56
2	Peyton, Mike	51	MACO	31.08
3	Darnell, Stephen	52	OREG	34.58

100 LC Meter Freestyle

1	Peyton, Mike	51	MACO	1:06.12
2	Darnell, Stephen	52	OREG	1:23.42



Joe Wyatt and Chris Cox - Note this was Joe's first meet as a Master. Joe, originally from Trinidad, tried out for his Country's Olympic Team in the 200 fly when he was 18. Joe - Welcome to OMS.

50 LC Meter Backstroke

1	Edwards, Wes	53	OREG	32.96
2	Metzger, Peter	51	OREG	33.42
3	Mann, Steve	54	OREG	33.70
4	Darnell, Stephen	52	OREG	44.12

100 LC Meter Backstroke

1	Edwards, Wes	53	OREG	1:11.10 O
2	Metzger, Peter	51	OREG	1:13.78
3	Mann, Steve	54	OREG	1:17.98
4	Yensen, Kermit	53	OREG	1:26.40
5	Darnell, Stephen	52	OREG	1:48.03

50 LC Meter Breaststroke

1	Mann, Steve	54	OREG	38.14
2	Darnell, Stephen	52	OREG	51.46

100 LC Meter Breaststroke

1	Tennant, Mike	53	OREG	1:33.31
---	---------------	----	------	---------

50 LC Meter Butterfly

1	Metzger, Peter	51	OREG	31.66
---	----------------	----	------	-------

2	Tennant, Mike	53	OREG	32.03
---	---------------	----	------	-------

3	Mann, Steve	54	OREG	32.43
---	-------------	----	------	-------

100 LC Meter Butterfly

1	Peyton, Mike	51	MACO	1:19.45
2	Yensen, Kermit	53	OREG	1:21.08

200 LC Meter Butterfly

1	Yensen, Kermit	53	OREG	3:14.71
---	----------------	----	------	---------

400 LC Meter IM

1	Yensen, Kermit	53	OREG	6:22.35
---	----------------	----	------	---------

Men 55-59

50 LC Meter Freestyle

1	Wyatt, Joseph	56	OREG	32.09
2	Hansen, Ron	57	PNA	40.13
3	Jenkins, James	59	OREG	44.98

100 LC Meter Freestyle

1	Wyatt, Joseph	56	OREG	1:15.57
2	Hansen, Ron	57	PNA	1:31.16
3	Jenkins, James	59	OREG	1:47.38

200 LC Meter Freestyle

1	Jenkins, James	59	OREG	4:06.08
---	----------------	----	------	---------

800 LC Meter Freestyle

1	Hansen, Ron	57	PNA	14:41.18
---	-------------	----	-----	----------

50 LC Meter Backstroke

1	Jenkins, James	59	OREG	58.89
---	----------------	----	------	-------

50 LC Meter Breaststroke

1	Stark, Allen	57	OREG	35.30
---	--------------	----	------	-------



Oregon Relays Tune up for Worlds

National Record for Mike, Arlene, Karen and Steve in the 400 Free Relay (200-239)

continued on page 13

100 LC Meter Breaststroke

1 Stark, Allen 57 OREG 1:19.33

2 Hansen, Ron 57 PNA 1:56.22

200 LC Meter Breaststroke

1 Hansen, Ron 57 PNA 4:10.45

50 LC Meter Butterfly

1 Wyatt, Joseph 56 OREG 34.36

Men 60-64

50 LC Meter Freestyle

1 Silvey, Michael 61 MACO 31.38

100 LC Meter Freestyle

1 Silvey, Michael 61 MACO 1:12.92

2 Smith, William 61 OREG 1:32.57

50 LC Meter Backstroke

1 Juhala, Richard 63 OREG 51.46

2 Smith, William 61 OREG 57.32

50 LC Meter Breaststroke

1 Juhala, Richard 63 OREG 48.58

100 LC Meter Breaststroke

1 Juhala, Richard 63 OREG 1:50.90

200 LC Meter Breaststroke

1 Juhala, Richard 63 OREG 3:59.74

2 Smith, William 61 OREG 4:00.22

50 LC Meter Butterfly

1 Silvey, Michael 61 MACO 35.04

2 Smith, William 61 OREG 50.29

100 LC Meter Butterfly

1 Silvey, Michael 61 MACO 1:31.78

200 LC Meter IM

1 Smith, William 61 OREG 4:01.36

400 LC Meter IM

1 Juhala, Richard 63 OREG 9:05.59

Men 65-69

50 LC Meter Freestyle

1 Petersen, Bert 68 OREG 31.85

800 LC Meter Freestyle

1 Petersen, Bert 68 OREG 13:07.91

50 LC Meter Breaststroke

1 Petersen, Bert 68 OREG 49.89

50 LC Meter Butterfly

1 Petersen, Bert 68 OREG 32.40

Men 70-74

50 LC Meter Freestyle

1 Radcliff, David 72 OREG 30.85

2 Thayer, George 70 OREG 33.37

100 LC Meter Freestyle

1 Thayer, George 70 OREG 1:21.04

100 LC Meter Backstroke

1 Thayer, George 70 OREG 1:36.36

50 LC Meter Butterfly

1 Radcliff, David 72 OREG 36.87 O

Men 75-79

800 LC Meter Freestyle

1 Taylor, Thomas 75 PNA 13:14.16 Z

200 LC Meter Backstroke

1 Taylor, Thomas 75 PNA 3:56.48

100 LC Meter Breaststroke

1 Taylor, Thomas 75 PNA 1:47.65

200 LC Meter Breaststroke

1 Taylor, Thomas 75 PNA 4:12.13

Men 80-84

50 LC Meter Freestyle

1 Lamb, Willard 84 OREG 38.38

2 Young, Gilbert 84 OREG 45.17

100 LC Meter Freestyle



Oregon Relays Tune up for Worlds

National Record for Mike, Karen, Arlene, and Allen in the 400 Medley Relay (200-239)

1	Lamb, Willard	84	OREG	1:31.57
200 LC Meter Freestyle				
1	Lamb, Willard	84	OREG	3:29.99
800 LC Meter Freestyle				
1	Young, Gilbert	84	OREG	16:58.87
50 LC Meter Backstroke				
1	Lamb, Willard	84	OREG	49.15
2	Young, Gilbert	84	OREG	56.76
Men 85-89				
50 LC Meter Freestyle				
1	Holden, Andrew	87	OREG	41.94
2	Fixott, Rupert	85	OREG	55.95
3	Bushey, Charles	85	OREG	58.25
100 LC Meter Freestyle				
1	Fixott, Rupert	85	OREG	2:12.71
2	Bushey, Charles	85	OREG	2:21.75
800 LC Meter Freestyle				
1	Bushey, Charles	85	OREG	22:15.02 0
50 LC Meter Backstroke				
1	Holden, Andrew	87	OREG	52.18
2	Bushev, Charles	85	OREG	1:18.40

100 LC Meter Backstroke				
1	Bushey, Charles	85	OREG	2:48.84 0
50 LC Meter Breaststroke				
1	Fixott, Rupert	85	OREG	1:09.77
2	Holden, Andrew	87	OREG	1:11.92
100 LC Meter Breaststroke				
1	Fixott, Rupert	85	OREG	2:43.96
50 LC Meter Butterfly				
1	Holden, Andrew	87	OREG	53.49
Relays				
Women 120-159 200 LC Meter Free Relay				
1	UNAT			2:37.87
1)	Malloy, J. 44		2)	Ritchey, T. 47
3)	Welle, L. 42		4)	Scheafer, K. 20
Women 120-159 200 LC Meter Medley Relay				
1	UNAT			3:03.75
1)	Ritchey, T. 47		2)	Welle, L. 42
3)	Scheafer, K. 20		4)	Malloy, J. 44
Men 200-239 800 LC Meter Free Relay				
1	OREG			11:41.74 Z
1)	Edwards, W. 53		2)	Darnell, S. 52

3)	Petersen, B. 68	4)	Morgan, K. 36
Mixed 160-199 800 LC Meter Free Relay			
1	OREG		11:59.69 Z
1)	Shaw, S. 39	2)	Darnell, S. 52
3)	Marsh, K. 39	4)	Morgan, K. 36
Mixed 200-239 200 LC Meter Free Relay			
1	OREG		2:58.75
1)	Wyatt, J. 56	2)	Mishra, S. 39
3)	Maloney, B. 56	4)	Sitter, D. 63
Mixed 200-239 400 LC Meter Free Relay			
1	OREG		4:13.62 N
1)	Andrus-Hughes, K. 49	2)	Mann, S. 54
3)	Delmage, A. 44	4)	Tennant, M. 53
Mixed 200-239 400 LC Meter Medley Relay			
1	OREG		4:44.90 N
1)	Andrus-Hughes, K. 49	2)	Stark, A. 57
3)	Delmage, A. 44	4)	Tennant, M. 53

New Features on the OMS Website

What an outstanding Association Championship Meet Corvallis hosted this year, but did you expect anything other than a well run meet? Not only was it well organized but it was fun. Along with some great swims, there were lots of socializing among the swimmers and spectators. Mark Worden, meet director, Jacki Allendar, head referee, and all the Corvallis volunteers are to be commended for hosting a very enjoyable event. Thank you!

A number of you noticed the swim meet evaluation form, for the Association Championship meet, on the OMS website. We really appreciated the comments many of you shared regarding the meet and will share them with the meet's organizers and OMS board members. From the comments and suggestions we received from swimmers and the board, we have revised the swim meet evaluation form. You can find the form on the OMS website under Events / Calendar. It will be posted with the swim meet information. Please complete the form and click Submit. The information will be sent to me. After a couple of

weeks, I will compile the information you have shared of the recent swim meet and communicate it to the OMS board and the meet's director. This is just one more way the OMS board is here to serve you, the swimmer.

Another new feature, scheduled to be added to the OMS website in the near future, is the meet application form. Currently, a packet of information is sent, early summer, to statewide pool or team representatives. A local team or pool representative, interested in hosting a pool meet during the coming year, is required to complete the application form and mail it to the OMS Vice Chair. Having the meet application information on our website will eliminate the cost of postage, copying time and expenses and the possibility of not sending the packet to the appropriate individual or group. When the meet application information has been posted on the OMS website, I will notify the various teams and local contacts. Stay tuned...

Jeanne Teisher, OMS Vice Chair

The evaluation and comments of our swim meets are important to the OMS board of directors. Please complete the below evaluation form. When you click "submit", your comments will be emailed to the OMS Vice Chair.

Meet Name	Tualatin Hills Sizzling Summer LC Meet	Meet Date	2006-06-03 - 2006-06-03
Your Name		Phone Number:	
Email:			

— 0 - Not applicable/Did not observe — 1 - Needs Improvement — 2 - Adequate — 3 - Good/Excellent

Pre Meet Information	0	1	2	3
The meet information and registration form was posted in the Aqua Master and on the OMS website well in advance of the registration deadline.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The meet and registration information was clear and easy to understand.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If there was contact with the meet director, prior to the meet, my questions, concerns, issues, etc. were handled adequately.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pool Facility	0	1	2	3
Directions, on the meet registration form, to the facility, were easy to understand and follow.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There was plenty of parking and it was convenient to the facility.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There was enough seating area for swimmers and spectators.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Locker rooms were clean.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There was a variety of food and/or beverage offered at a concession stand.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During the Meet	0	1	2	3
Warm-ups started on time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There was an Opening Ceremony (i.e., National Anthem, color guards, etc.).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meet started on time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pool temperature was good for the length of the meet.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Announcer was easy to hear and understand and announced check-in deadlines well in advance of the deadlines.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pool staff, including lifeguards, was helpful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meet officials were flexible and helpful.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meet ran smoothly and timely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Results posted in a timely manner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lifeguards and safety marshals were present during warm-ups and competition.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comments				

S
a
m
p
l
e

E
v
a
l
u
a
t
i
o
n

F
o
r
m

Order your WORLD OMS Wearables

Place your order with this form
and mail to IBP, Inc. (include check)
or order directly 888-959-9191
All orders must be placed by 6/26/06

name: _____

address: _____

phone: _____

e-mail: _____



Womens Champion Zip Sweatshirt

38.00 __

S M L XL XXL



Womens Hanes Tank Top

15.50 __

S M L XL XXL



Womens Champion Sweatpants

32.00 __

S M L XL XXL



Womens Sport-Tec Shorts

12.00 __

S M L XL XXL



Unisex Champion Hooded Sweatshirt

31.00/33.00 __

S M L XL XXL



Unisex Champion Sweatpants

22.00 __

S M L XL XXL



Unisex Gildan Short Sleeve Tee

13.00 __

S M L XL XXL



Unisex Gildan Short Sleeve White Tee

12.00 __

S M L XL XXL



Unisex Gildan Long Sleeve Tee

16.00 __

S M L XL XXL



Mens Sport-Tec Short

15.00 __

S M L XL XXL

IBP Inc.
250 N.W. Tyler
Corvallis, OR 97330

2006 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS

Recognized by Oregon LMSC for USMS, Inc. #376-05R

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

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

DATE: Saturday & Sunday, July 8 & 9, 2006

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

Opening Ceremony: Friday, July 7, 2006, Tualatin Hills Recreation Center, 5-9PM. Food, music, raffles, and fun! Parade of Athletes at 7 PM.

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

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

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

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

ENTRY DEADLINE: RECEIVED BY FRIDAY, JUNE 23, 2006



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

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

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2006 USMS # (IF A MEMBER) _____

USMS CLUB (OREG OR MACO) _____

IS THIS YOUR FIRST MASTERS MEET? ____ Yes ____ No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 95+. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE BY DEC. 31ST, 2006. DISABLED SWIMMERS MAY ENTER AS "DISABLED" AND BE TREATED AS A SEPARATE AGE GROUP CATEGORY FOR AWARDS. ENTER RELAYS AT THE MEET. 200, 400, AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400, 800 AND 1500 FREESTYLES & 400 IM WILL BE DECK SEEDDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS IS TO BE SWUM. ALL EVENTS WILL BE SEEDDED SLOW TO FAST.

Saturday, July 8, 2006

400 FREE (1) _____ : _____ . _____

break

200 IM (2) _____ : _____ . _____

100 FLY (3) _____ : _____ . _____

200 FREE (4) _____ : _____ . _____

50 BREAST (5) _____ : _____ . _____

break

MIXED FREE RELAYS (6-8)

100 BACK (9) _____ : _____ . _____

200 BREAST (10) _____ : _____ . _____

50 FREE (11) _____ : _____ . _____

MEDLEY RELAYS (12-15)

break

800 FREE (16) _____ : _____ . _____

Sunday, July 9, 2006

400 IM (17) _____ : _____ . _____

100 BREAST (18) _____ : _____ . _____

200 BACK (19) _____ : _____ . _____

50 FLY (20) _____ : _____ . _____

break

FREE RELAYS (21-26)

100 FREE (27) _____ : _____ . _____

200 FLY (28) _____ : _____ . _____

50 BACK (29) _____ : _____ . _____

break

MIXED MEDLEY RELAYS (30-31)

1500 FREE (32) _____ : _____ . _____

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

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

T-SHIRT SIZE: (CIRCLE ONE)

SMALL MEDIUM LARGE X-LARGE

Meet Entry (\$18 for first 2 events)

\$18.00

\$5 for each additional event

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

Total enclosed

SIGNATURE _____ DATE _____

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

The Patriot Games ~ A Metric Pentathlon
Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #376-06
Eligibility: Currently registered USMS swimmers, 18 years and older.
Unregistered swimmers must submit a 2006 registration form and fee with this form.

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

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

DATE: Saturday, September 9, 2006

**Show your patriotic spirit and swim
the 911 red, white and blue meet
Saturday, September 9, 2006!**

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

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

Directions to Pool: Take I-205 North or South. Take Exit Highway 14 (Vancouver/Camas); go East on Highway 14 toward Camas. Exit on 192nd (second exit), cross Highway 14, and turn right on Brady (first right). Climb up the hill and go approximately 2 miles to the third stop sign. Turn right onto NW 38th Avenue. Go approximately 1/2 mile, and pool is on your right.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2006 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY, AUGUST 25, 2006

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

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE (AS OF 12-31-06) _____ SEX _____

2006 USMS # _____

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

IS THIS YOUR FIRST MASTERS MEET? ____ Yes ____ No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359, ETC. **YOU MAY ENTER UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400M AND 800M RELAYS WILL BE SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. *RELAY ENTRIES WILL CLOSE 30 MIN. BEFORE EVENT.* ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Enter as many as five events. If you choose to not enter all 5 events in either the sprint or mid distance category, you will not be scored as a pentathlon. OMS awards will be given to individual event winners and there will be special awards for Pentathlon winners.

Saturday September 9, 2006 Sprint

50m FLY (1) _____ : _____ . _____

50m BACK (3) _____ : _____ . _____

Saturday September 9, 2006 Mid Distance

100m FLY (2) _____ : _____ . _____

100m BACK (4) _____ : _____ . _____

Break before the Medley relay

MEDLEY RELAY (5-8)

50m BREAST(9) _____ : _____ . _____

100m BREAST(10) _____ : _____ . _____

MIXED FREE RELAYS (11-13)

50m FREE (14) _____ : _____ . _____

100m FREE (15) _____ : _____ . _____

Break before the mixed medley relay

MIXED MEDLEY RELAY (16-17)

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

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

Break before the Mixed Free relay

FREE RELAY (20-25)

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

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

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

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$15.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072



ROGUE VALLEY MASTERS
2006 SOUTHERN OREGON OPEN WATER CHALLENGE
SATURDAY, JULY 15--APPLEGATE LAKE

Event #1 3K: The course distance is 3 kilometers (approximately 2 miles) and will be triangular in shape. Start and finish will be in the water. Expected water temperature is 72-75 degrees.

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

Pre-race instructions: 9:45am

Race begins: 10:00am

Eligibility: This event is open to all USMS registered swimmers 19 years of age as of July 15, 2006. All entrants must submit a copy of their registration card with their entry. One event USMS registration will be available for \$15.00 on race day.

Entry Fees: \$22.00 if postmarked by July 1st

\$42.00 for both events

\$35.00/\$45.00 if postmarked after July 1st

\$40.00 for race-day entries Please do not mail any entries after July 8th.

Entry fees include cap, t-shirt and lunch. Additional lunches are available for \$7.00 per person. Race-day entrants are not guaranteed a shirt on race day but orders may be taken and shirts sent promptly after the event. There will be a limited number of sweatshirts for sale on race day at a cost of \$15.00. Fifty percent of all fees are refundable with at least 7 days prior notice via phone on person to the Race Director. Cancellations will not be accepted via e-mail.

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

Event #2 1.5K: Swimmers will compete in a 1500-meter mass start open water swim. The course will be out and back with a turnaround at the 750-meter mark. All swims will start and finish in the water.

Schedule: Registration: 11:00-12:00noon

Pre-race instructions: 12:15am

Race begins: 12:30pm

Deli-style lunch and awards presentation will take place following the 1.5K race.

Fees: \$22.00 if postmarked by July 1st

\$42.00 for both events

\$35.00/\$45.00 for late or race-day entries

\$40.00 for race-day entries Please do not mail any entries after July 8th.

Fees include cap and post-race lunch. Additional lunches are available for \$7.00/person as are sweatshirts for \$15.00 each.

Awards: ALL swimmers in the 1.5K event will receive special "adult" awards. (This is the 21st anniversary of the 1st open water swim in Southern Oregon, we have earned our adulthood – come help us celebrate!) The fastest overall male and female swimmers will receive special awards.

Race Director: Greg Frownfelter: 541-535-3633 or, Mon-Fri 541-842-2531/GREGF@JobCouncil.org

Sanctions & Rules: These events are sanctioned by OMS, Inc for USMS #376- 0W3. In addition, both swims are part of the Oregon Open Water Swim Series. Current USMS rules will cover all swims. The use of pull buoys, hand paddles and fins are prohibited. All participants must wear the caps provided for each race.

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

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

Camping: Rogue Valley Masters has reserved Beaver Sulfur Campground located 11 miles northeast of Applegate Lake. This is a very scenic and secluded campground with vault toilets and well water. Beaver Sulfur is a group campground with 10 individual sites and each site can accommodate several tents. Camping at Beaver Sulfur is \$4/adult/night and must be reserved in advance on a first-come/first-served pre-paid basis. At Hart-Tish Park, there will also be 2-3 small sites (each site holds 2 tents only) that may be reserved in advance at a cost of \$30.00 for 2 nights with day-use parking included. Self-contained RV camping at Hart-Tish Park is \$10/site/night, payable to the park concessionaire (includes the day-use fee). There are no hookups.

Directions: From either north or south on I-5 take exit #27, Barnett Rd, in Medford. Go west to Riverside Av. and turn right (north.) Proceed to East Main St, Hwy 238, turning left (west.) Continue on this highway through Medford and Jacksonville, turning right in Jacksonville. Highway 238 continues to the town of Ruch at which point the road will fork. Go left, following the signs to Applegate Lake. Proceed past the dam for another .7miles until you reach Hart-Tish Park on the left. There will be signs posted along the way directing you to the park. It is a 45-minute drive from Medford to Hart-Tish Park. Please allow plenty of time to drive and park. This event is under special use authorization with the Rogue River National Forest. U.S. Forest Service rules: No pets are allowed at Hart-Tish Park.

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

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

Address/City/State/Zip: _____

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

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

3K: _____ \$22.00

1.5K: _____ \$22.00

Both Events: _____ \$42.00

Sweatshirts: S ____ M ____ L ____ XL ____ XXL (\$3 extra) ____

Extra Lunch: _____ \$7.00 per person

Extra SweatShirt: _____ \$15.00 (Size ____)

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

Camping: Hart-Tish Park _____ \$30.00

TOTAL : \$ _____ Please make checks payable to: RVM Lake Swim
MAIL ENTRY FORM, CHECK, & COPY OF 2006 USMS REGISTRATION TO: RVM LAKE SWIM
PO BOX 3338
ASHLAND, OR 97520

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

Signature: _____ Date: _____

**Dallas and Mickey
with
Race Director Greg
at the Applegate Lake
Open Water Course.
Great water
Great scenery
Great food
Great people
Don't Miss This Swim!**





OMS 1500 Meter Open Water Championship *CASCADE LAKES SWIM SERIES & FESTIVAL*

July 28, 29 & 30th 2006 500, 1000, 1500, 3000, & 5000-Meter swims at Elk Lake

Hosted by Central Oregon Masters Aquatics and Bend Metro Park and Recreation District

Sanctioned by Oregon Masters Swimming Inc. for USMS #375-OW4, USA Sanction pending.

Operating under Special Permit from the U.S. Forest Service

RACES: *The Cascade Lakes Swim Series* features five open water swims over three days! Participants may enter any or all of the five swims. Friday's swim is a 3000-meter swim in a triangular course. Saturday's swims begin with a 500-meter swim in a "time-trial" style with swimmers starting individually at intervals and following a straight out & back course marked by a continuous floating line. The Oregon Association 1500-meter Championship will be the second swim on Saturday. The first swim on Sunday, the 5000-meter, will consist of three loops of a triangular course. The final event, the 1000-meter, will follow a short irregular course, skirting the shoreline.

SERIES: The *Cascade Lakes Swim Series* includes a *Short Series* (three swims: 500, 1000, & 1500-meter) and a *Long Series* (three swims: 1500, 3000, & 5000-meter). A swimmer may enter only one series and must complete all the designated series swims to be eligible for Series awards. Swimmers who complete all FIVE swims will be eligible for special Survivor awards.

FESTIVAL: Elk Lake is a great place to bring your family for an outdoors extravaganza. Fun events for the whole family are being planned for Saturday.

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

ELIGIBILITY: This event is open to all USMS registered swimmers 18 years or older as of July 30, 2006. USA Swimming registered swimmers 13 years or older may enter any of the swims. USA swimmers 10 years and older may enter only the 500 & 1000-meter swims. A photocopy of your 2006 USMS or USA Swimming registration card or foreign equivalent must accompany your entry. "Single event" USMS registration, covering all races, is available for adults 18 and over for \$15. A parent or guardian must sign the liability waiver for all swimmers under 18.

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

RULES: Current USMS rules will govern this event. The use of neoprene wetsuits or other nonporous attire is allowed in all five swims. OMS Championship rules regarding temperature will apply to wetsuits in the 1500. The five swim Series will use a scoring system that deducts points from the swimmer's place in each swim where a wetsuit is worn. USA swimmers may participate in all five swims as noted under Eligibility. *This event DOES NOT allow dogs at the lake but they may be in the campground on a leash.* Do not leave your dog unattended in a car in the parking areas as temperatures can be hot.

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

SEEDING: The 1500, 3000 & 5000-meter swims will use a mass start. Wetsuit swimmers will start later in a separate heat in these events. The 500 & 1000-meter swims will be seeded fastest-to-slowest based on the swimmer's entered estimated 500 yard time. Day-of-Race entries or

those not submitting a seed time will not be seeded in advance and will swim last. *No changes allowed in 500-meter seeding times at the race.*

SCHEDULE :

Friday, July 28, 2006

4:30—5:30 pm Registration/Check-In for 3000-meter
6:00 pm Start of 3000-meter race

Saturday, July 29, 2006

8:00—9:00am Registration/Check-In for 500 & 1500-meter
9:45—10:30am Start of 500-meter race – Interval Starts
10:30—11:30 am Check-in for the 1500-meter
12:00 noon Start of the 1500-meter Championship race

Sunday, July 30, 2006

7:30 am—8:30am Check-In for 5000 & 1000-meter
9:00 am Start of the 5000-meter race
10:30—11:15am Check-In for the 1000-meter
12:00 noon Start of 1000-meter race – Interval Starts

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

AWARDS: Age groups are 18-24, 25-29, 30-34, and so on in five-year increments as high as necessary for both men and women. Ribbons will go to the top three finishers in each age group in each race in both wetsuit and non-wetsuit categories. For the series awards, points will be based on the age group finish order in each race, with deductions for wearing wetsuits. Handmade ceramic coasters will be awarded to the top 3 finishers in each age group. There will be a plate awarded the top male and female in each series. A special Survivor glass coffee mug will go to everyone completing all five swims.

RESULTS: To be posted on www.swimoregon.org and in *Aqua Master*.

DIRECTIONS/PARKING: Elk Lake is located on the Cascade Lakes Scenic Byway. From Century Drive in Bend, take the Cascade Lakes Highway to Mt Bachelor Ski Area, then continue approximately 10 miles past the Ski Area to Elk Lake. The start/finish area for all swims is located at the Beach Picnic Area—the last Elk Lake exit—if coming from Bend. Signs will be posted for parking and all important sites. Parking will be limited to two large pullouts off Cascades Lakes Highway and Little Fawn Group Campground. There will be no parking at the race site until after all event activities have concluded. A shuttle bus will run Saturday and Sunday between the campground and the race site during registration and after races are completed. *A 2006 NW Forest Pass is required if you park anywhere other than along the highway pullouts or at the campground.*

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

EVENT ADMINISTRATORS:

Admin: Pam Himstreet, himstreet@bendcable.com. 541-385-7770

Operations: Bob Bruce, coachbob@bendbroadband.com. 541-317-4851

Data Entry: Calli Roberts, calli@bendbroadband.com. Phone: 541-382-3598



Entry Form
Oregon Masters 1500 M Open
Water Championship

Cascade Lakes Swim Series and
Festival
Elk Lake near Bend, Oregon
5 races, 500 meters to 5000 meters
July 28, 29 and 30th, 2006



Swimmer Information				
<u>Name: First:</u>		<u>Last:</u>		
<u>Address:</u>				
<u>City:</u>				
<u>State:</u>	<u>Zip:</u>	<u>E-mail Address:</u>		
<u>Phone: Home:</u>		<u>Work:</u>		
<u>Emergency Contact:</u>				
<u>USMS / USA-S Information (include copy of card)</u>				
<u>Age on Race Day:</u>				
<u>USMS / USA-S ID number</u>				
<u>Club:</u>	<u>Local Oregon Team:</u>			<u>Tally Here</u>
<i>Swims</i>	Select your events (√)	Cost/Swim	Total	
Race Entry		\$30		
Friday: 3000-meter				
Saturday: 500-meter	Pool time for 500 yards			
Saturday: 1500-meter				
Sunday: 5000-meter				
Sunday: 1000-meter	Pool time for 500 yards			
\$30 first swim, \$5 for each additional swim. 5th Race free! Maximum \$45! Enter Total Cost Swims:				
Swim Series Option (select only one series; please circle your choice):				S or L
Short Series (500, 1000, & 1500-meter) OR Long Series (1500, 3000, & 5000-meter)				
<i>Spectator Meals</i> (not including race participant)	Number	Cost/meal	Sub-Total	
Friday		FREE	\$0	
Saturday		x \$5.00		
Sunday		x \$5.00		
Enter Total Spectator Meals:				
<i>Camping</i>	Number of adults	Cost/night	Sub-Total	
Friday		x \$4.00		
Saturday		x \$4.00		
Enter Total Cost for Camping:				
<i>T-Shirts</i>	Number	Cost/item or size	Sub-Total	
Size (S, M, L, XL) XXL – add \$2.00				
T-shirt – short sleeve		\$5.00		
T-shirt – long sleeve		\$10.00		
Crew Neck Sweatshirt		\$12.00		
Enter Total Cost for Souvenirs:				
<i>Miscellaneous Fees</i>			Sub-Total	
Late Fee		\$10.00		
One Event Registration Fee		\$15.00		
USMS Full Registration Fee		\$38.00		
Enter Total Miscellaneous Fees:				
Total: swims + meals + camping + souvenirs + miscellaneous fees				Enter Total Cost :

Checks payable to COMA . Send entries to Calli Roberts, 254 SW James Dr., Bend, OR 97702

2006 OPEN WATER SWIM— DORENA LAKE
SUNDAY, AUGUST 20
SPONSORED BY EMERALD AQUATICS
WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS

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

USMS Sanction #: 376-OW5 One-day registration will be available at the meet for \$15.00.

Schedule:

1500 Open Water Swim	<u>1500m</u> : Check-in closes 8:30 am	Pre-race instructions 8:45 am	Race starts 9:00 am
Whiteley 1000	<u>1000m</u> : Check-in closes 10:30 am	Pre-race instructions 10:45 am	Race starts 11:00 am
Flatfoot Kick	<u>500m</u> : Check-in closes 11:30 am	Pre-race instructions 11:45 am	Race starts 12:00 am

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

Equipment: 1500 Swim.: Swimmers wearing wetsuits are ineligible for awards. Other USMS open water swimming rules apply. Qualifies for Oregon Open Water Series.
 Whiteley 1000: Use of pull buoys, fins, hand paddles, etc. are allowed (and encouraged!).
 Flatfoot Kick: Bring a kickboard for this event. Propulsion by kicking only. No fins!

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

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

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

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

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

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

ENTRIES MUST BE POSTMARKED BY August 5th

Mail entries EA Lake Swim
 to: P.O. Box 3708
 Eugene, OR 97403

check all that apply:		
<input type="checkbox"/> 1500m	<input type="checkbox"/> Whitely	<input type="checkbox"/> Flatfoot
<hr/>		

add \$10 for late entries

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

USMS Reg# _____

Please attach a copy of your USMS registration card.

TOTAL _____

Make checks payable to Emerald Aquatics

All fees are non-refundable.

Name _____ Sex _____ Age _____

Address _____

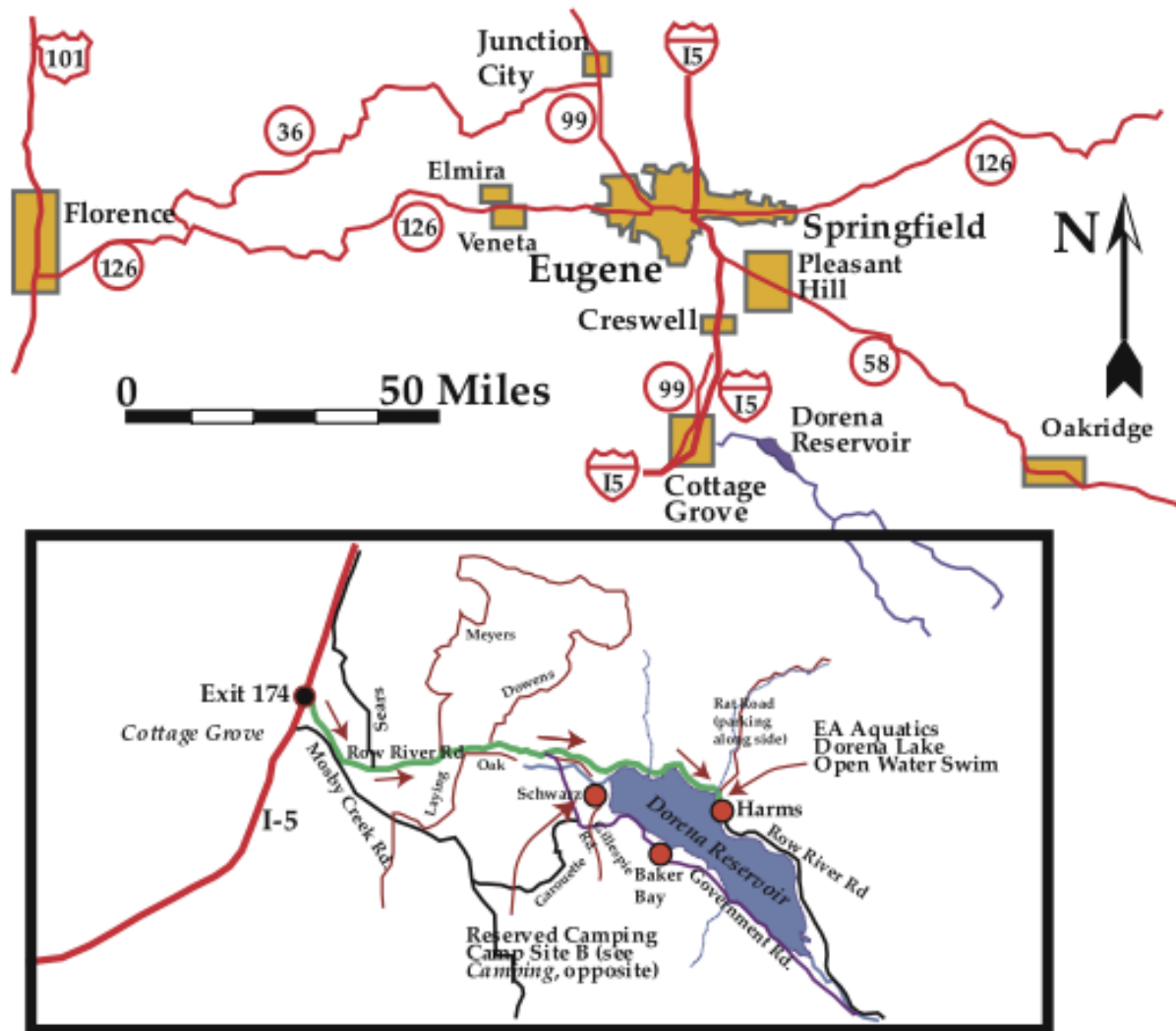
City/State/Zip _____ Local Team _____

Birthdate _____ Day phone _____ Evening phone _____ Fax _____

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

Signature _____ Date _____

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



Remember your fins, paddles and kick boards for the Whiteley 1000 and Flatfoot Kick Races



2006 Meet SCHEDULE

Date	Event	Location	Contact
Pool Meets			
*July 8-9	LCM State Games	Mt. Hood Com. College	
*Sept. 9	SCM Patriot Games	Camas, WA	Bert Petersen petersen@exchangenet.net
Open Water			
*July 15	3K & 1.5K	Applegate Lake	Greg Frownfelter GREGF@JobCouncil.org
*July 28-30	Fri. - 3000 Sat. - 500 and 1500 Association Champs Sun. - 5000 and 1000	Elk Lake	Bob Bruce coachbob@bendbroadband.com
*Aug. 20	1500, 1000 anything goes 500 kicking	Dorena Lake	
Postal Championships 2006			
May 15 - Sept. 15	5K & 10K	USMS	www.usms.org
Sept. 15 - Nov. 15	3000/6000	USMS	www.usms.org
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	July 9	10 AM	Mt. Hood CC - Gresham
All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details	Aug. 23	7 PM	NIKE - Beaverton
	Sept. 29-30	Board Retreat	TBA

Aqua Master
July 2006

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

**Nonprofit
Organization**
U.S. Postage
Paid
Portland, Oregon
Permit No. 1292

Inside: Results - Nationals & T Hills