



Aqua Master

USMS 2004 Newsletter of the Year

Volume 34, Number 4 Published Monthly by OMS, Inc. April/May 2007

"Swimming for Life"

DONE, DONE and DONE

Tom Landis went to the Bellevue Meet with the goal of setting 3 World Records. **DONE**, new World Record set in the 400 Meter Free. **DONE**, new World Record set in the 800 Meter Free. **DONE**, new World Record set in the 1500 Meter Free. Not only did Tom set new records, but in the process he obliterated the old records by a total of 40 seconds. As his Coach Bob Bruce said, *"having one of those rare days that few athletes have had or will ever have by breaking three World Records in a single day. Furthermore, Tom didn't just edge the old records by a tenth or two, he smashed them."* Just in: Tom set two more World Records in Canada on March 10th. **Note: Tom is the speaker at the Association Banquet.**

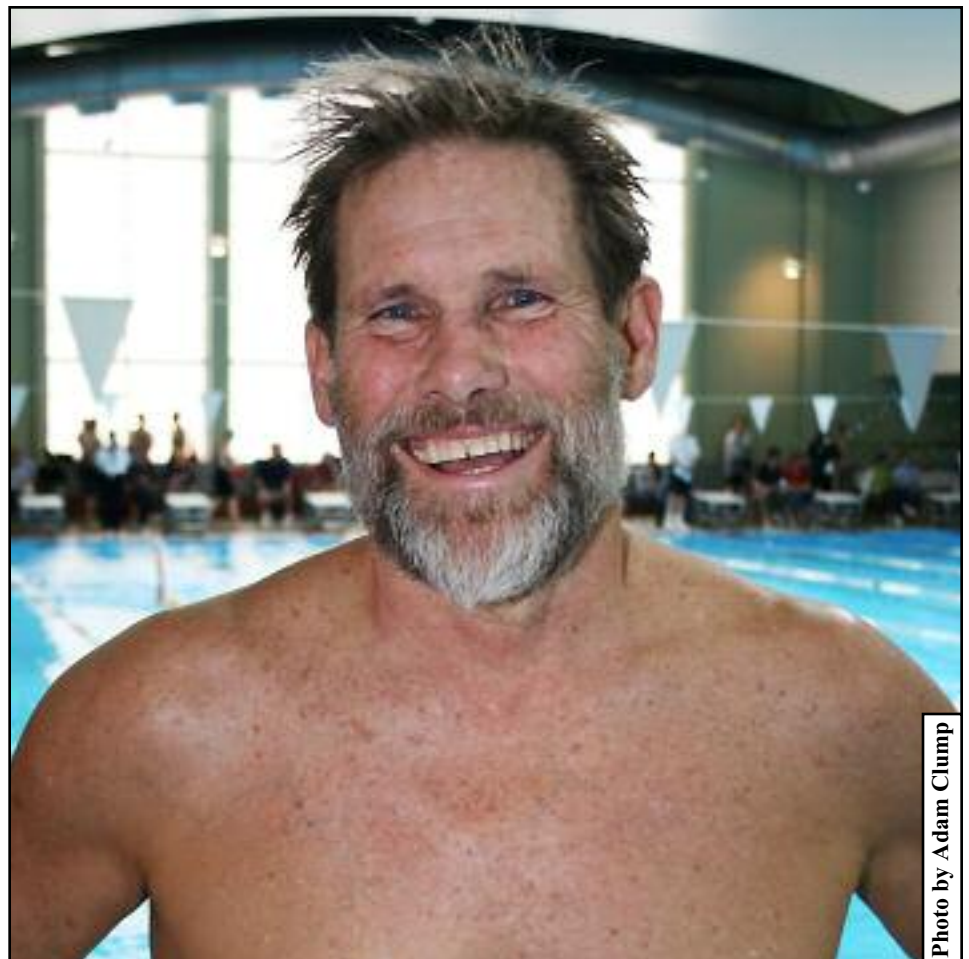


Photo by Adam Clump

Inside For You

Chair's Corner	2
OMS News	3
Fitness	4
Long Distance	5
1 Hour Postal Results	6-7
Shake and Swim with Bake	8-9
Chehelan Meet Results	10-11
Bellevue Meet Results	12-13
Pentathlon Meet Results	13-17
Assn. Meet Information	18
Clinics	19
Entry Blanks	
THB LCM	20
State Games	21
Schedule	Back Cover

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) 754-4557

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

17720 NW Autumn Ridge Dr.

Beaverton, OR 97006 (503) 629-4937

dstaley@pcc.edu

Aqua-Master Editor

Dave Radcliff

dave@theradcliffs.com

(503) 648-7141

Data Manager (for swim meets)

Gary Whitman

OMS Data Manage PO Box 1072

Camas, WA 98607-1072 (360) 896-6818

all5reds@comcast.net

Officials (for swim meets)

Jacki Allender

seewun@proaxis.com

(541) 753-5681

Host / Social

Ginger Pierson

gingerp@qwest.net

(360) 253-5712

Fitness Chair

To Be Filled

Safety

Joy Ward

silenteclipse1210@hotmail.com

(503) 777-5514

Coaches

Dennis Baker

bakeswims@aol.com

(503) 679 4601

Awards

Tam Jenkins

tjenkins@ebizjournals.com

(503) 422-0747

Records

Stephen Darnell

financialwizard2@comcast.net

(360) 834-6020

Membership

Tia Sitton

sweethomebuilder@centurytel.net

H(541) 367-1323

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

Personal msweat@bendcable.com

Email omsemail@swimoregon.org

Top Ten

topten@swimoregon.org

Sunshine

Sue Calnek

squeegybug60@yahoo.com

(971) 533-3531

Short Distance

Robert Smith

dobbsmith@comcast.net

(503) 244-3739

Past Chair

Jeanne Teisher

jteisher97007@yahoo.com

(503) 574-4557

Founders of OMS

Connie Wilson and

Earl Walter - Historian

Chair's Corner by Jody Welborn

We Are Family

Many of you know that I am a cheerleader for the benefits of exercise in general and swimming in particular. If swimming can be wormed into the conversation, I am all over it beginning with a "Do you swim?" and finishing with the location of their nearest pool for either lap swimming or Masters swimming.

Some of you also know that I spare no one and my family is a constant target for my evangelism. Some members are more immune to my charms than others, but my daughter Joelle has very patiently humored me and I have gradually convinced her of swimmin' wonders. She has come to practices with me, joined USMS and even joined the board of Oregon Masters Swimming as Secretary. And the next goal is to have her swim at the USMS National Long Course Championships at Mt. Hood Community College.

Recently, much to my sorrow, Joelle, my son-in-law, Adrian, and grand-daughter, Soleil made a job-related move to Seattle. I miss them and the family activities we enjoyed a lot. But swimming has helped. The swimming community is a big support. All I have to do is show up in my lane and I have 6 brothers, sisters, cousins (but no grandpa's) with all the family dynamics in place along with the socializing that I enjoy. And as I write this article, Joelle is attending her first Masters workout with Bainbridge Aquatic Masters, delighting me to no end. No matter where she is we will have swimming as a common experience. And I know that she is part of a great community that will embrace her as family.

And it is time to get ready for our yearly FAMILY REUNION, the Oregon Masters Swimming Championships in Bend, Oregon. Swimming, food, prizes! What more can you ask? Enter the meet and sign up for the banquet and enjoy.

And

Remember,

*Swimming is for Life
and Life Matters.*



(c)swimgraphics.com

Open Positions on the OMS Board

The following positions are now open on the OMS Board:

Vice Chair

Secretary

Fitness Chair

Please contact Jody Welborn, the OMS Chair if you are interested in serving on the OMS Board. OMS needs you! The Vice Chair is responsible for Swim Meets. No Vice Chair - No Swim Meets.

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

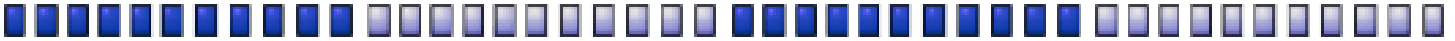
Goodbye from Shauna

I met a great English gentleman through my work at Adidas. He was living & working out of our office in Germany. It's been a very interesting, tough yet wonderful year of dating long distance and now we have the opportunity to be together....Richard accepted a new job. The job takes him on assignment to Hong Kong for 9 months, then Sri Lanka for 3 months. Then based in Columbus Ohio. He asked me to join him and I said yes. So a change is upon us, of vast proportions. I go with love in my heart and an open mind.

Please spread the word of my move to OMS Swimmers, I have embraced 10 years of the OMS community and thoroughly enjoyed every race, every training session, every friendship. I shall miss all of it. I hope to train as much as possible while in Asia, and look forward to joining a Masters team in Columbus and train for the 2008 Long Course Nationals at Mt Hood.

So this is goodbye for now, and I send you my best wishes,

Just keep swimming!.....Shauna xxxxx



Swim Bits by Ralph Mohr

A recent Scientific American article focused on the difficulty to become a chess master in less than ten years. ["Quote?"]

When I read the article, I immediately thought of my efforts to overcome a decade of sloth and a teenage daughter. It has taken me almost ten years to recover what I once was able to do: get on the blocks and swim reasonably well no matter what the event or time between events.

Combining the two ideas, I realized that it takes at least ten years to gain (or in my case, to regain) mastery of a skill or activity. It took me at least ten years before I thought I was a good teacher of high school English. It takes the usual age group swimmer ten years to get really good. Check the history of Michael Phelps for confirmation of that. Chess masters are not really competent until they have played at least a decade.

So what does this mean for masters swimmers? Two things. If you are just starting competitive swimming, give yourself at least ten years before you feel really competent. Take the long view. You are in this for a lifetime anyway. If, like me, you are coming back from gluttony and sloth, it will take longer than you think to regain that luster and competence you had before. You must also realize that you may never be as fast as before because you are older.

However, that is the beauty of Master's swimming. You don't have to wait ten years to age up and swim against those elder to you, only five. There is hope for us all. Just be patient



Swimming Trip to Ireland

Joe Oakes is organizing a small group to do four swims in Ireland in September. They will do the traditional Forty Foot and the September 15 2.2 km Liffey Swim, both in Dublin, then drive across to Cork to do the Sandy Cove swim and an Atlantic Ocean relay to an offshore island. If you are interested, please contact Joe at alcatrazjoe@hotmail.com

or call him
at 503 297
2202.



Forty Foot



Liffey Swim



Sandy Cove

F i t n e s s



Rachel
Skoss



Water, water everywhere, and not a drop to drink.

Our bodies are comprised of at least 60% water, and nearly all the biochemical reactions going on to sustain life need the correct balance of water and electrolytes (sodium, potassium, etc...) Adequate hydration also allows us to maintain our body temperature, as heat loss through sweat (and evaporation) is one way to get rid of the heat we generate through use of our muscles.

On a typical day at a normal temperature, you are likely to lose the equivalent of about 6 glasses of water through urine (equivalent to 1.5 liters or 3 pints), and another 3-4 glasses via respiration and sweating. This is just by sitting in an air-conditioned office, without adding exercise into the equation. Obviously, you will lose more water through sweat if you are working out. While you can get reasonable amount of water from your diet, it is suggested that the average person should aim to drink about 8 glasses of water a day. If you work out, aim to drink more than that! Drinking your fluid in the form of coffee doesn't equate to drinking similar volumes of water due to the diuretic effect, and judging from my husband's hangover this morning, neither does drinking beer!

If you have an efficient sweating mechanism, you can sweat about 1.5L/hr – which equates to about 2% loss in the hour if you don't drink any fluid. Signs of dehydration can begin with even mild (1%) dehydration (~3-4 glasses of water), and will impact on performance (roughly 2-3% for every 1% loss in fluid). Loss of concentration and a headache are early signs that you are dehydrated. When 2-

3% dehydration occurs, serious physical impairment can follow, and the athlete can be at risk of the cascade of nasty events that occur with an increasing core temperature. Muscle cramps and a decreased lactate threshold will reduce your performance capabilities. With more viscous blood, the heart rate increases, and blood pressure issues can occur. Fluid loss of ~7% can require hospitalization.

What to drink? In shorter sessions, plain water is sufficient. In workouts longer than an hour or so, you may need to switch to a drink that contains carbohydrates, as that will increase your work capacity. The fluid should also have electrolytes in order to avoid "Hyponatremia" which is when your electrolyte balance becomes too diluted through electrolyte loss with just water replenishment.

Most commercial "sports" drinks contain around 6% carbohydrate, which over the years has been shown to be best for gastric emptying rates and water and carbohydrate replenishment. However, you don't necessarily have to buy the expensive stuff – a homemade solution of 30g table sugar, 30g glucose powder, 1/2 teaspoon salt, 1 liter of water and a

"no added sugar" cordial for flavoring is pretty similar to the sports drinks on the shelves.

When to drink (and how much)? You shouldn't wait until you are thirsty before you decide to drink – instead, it should be a habit to drink during exercise regardless of whether you are thirsty. If you are already dehydrated, then you could experience some gastro-intestinal discomfort as blood flow is diverted from your gut. About 2 hours prior to exercise, try drinking a couple of glasses of water, then a further glass just before training. The absorption rate of water from your stomach will be greater if there is fluid there! Once

you have started workout, try to get in the habit of taking 3-4 sips every 10 minutes. This becomes even more important when you are doing higher intensity work. Your minimum intake should be ~2 glasses/hour. Following workout, you should aim to replace about 150% of sweat loss to fully re-hydrate. Drinking until you are not thirsty any more means you will replace about 30-70%, so you need to be conscientious to ensure you drink enough....once your pee is no longer yellow, you are fully hydrated!



Elizabeth Budd, of Corvallis demonstrates the number one rule for all swimmers - always have a water bottle with you at practice and at swim meets.

Photo by Tim Budd

Long Distance Swimming



Bob Bruce
Long Distance
Chair



Oregon Masters Swimming took a quantum leap forward in the 2007 USMS One-Hour Postal Championships, held in January in your local pool. Not only did we have our largest participation ever BY FAR, but we also jumped into the big leagues by qualifying for the Extra-Large Club scoring category. The One-Hour Swim is the largest annual USMS participation event (substantially larger even than the National Championship pool meets) with well over 2000 swimmers entering this year, which magnifies our stunning achievement.

Participation summary:

- 127 Oregon Swimmers entered the event, up from 81 in 2006 (a 57% jump!) and our most ever.
- 79 women and 48 men swam and entered. Guys, the gals carried the load this year!
- Only 10 (of 22) Oregon local teams were represented, in three distinct tiers:

β Four teams organized, swam in large groups, and produced the large majority of swims: COMA (33 swimmers), GVAM (28), CGM (19), and CAT (17). GVAM had an astonishing percentage of participants—28 swimmers out of 31 team members!—followed closely by CGM. COMA had 21 additional swimmers who completed the hour (including some very impressive swims) but who forgot/chose not to enter the national event—we could have used their help in the club scoring, and I have some coaching work to do next year to persuade more of my own teammates to enter.

β Three other teams—RVM (7 swimmers), EA (7), and OWET (6) had modest swimmer participation, but all down a bit from the previous few years.

β The remainder of the entry came from scattered individuals from three other local teams and four unattached swimmers.

β All of Oregon wants to know—where were the other teams? There are glaring omissions from the above lists!

Congratulations to...

- Our THREE individual National Champions (USMS Long Distance All-Americans)—Hilda Buel, Dave Radcliff, and Charles Bushey;
- Our TWO individual runners-up—Tom Landis and Ralph

Mohr;

- Our ONE third place individual—Sue Calnek;
- Our THREE relay team National Champions (USMS Long Distance Relay All-Americans);
- Our SEVEN relay team runners-up;
- Our TWO Champion Medley Relays, the first time that this gentle form of lunacy has been recognized in the One-Hour Swim;
- The NINE Oregon Individual Record breakers—Lydia Kapsenberg (CAT), Karen Matson (COMA), Hilda Buel (Unat), Kevin Pearson (CAT), Doug Stewart (CAT), Tom Landis (COMA), Dave Radcliff (THB), Ray Allen (SOM), and Charles Bushey (Unat);
- The THIRTEEN (!) relay teams that smashed Oregon One-Hour Relay Records;
- The TWO swimmers, Karen Matson (4755 yards) and Doug Stewart (5330 yards), who topped the Oregon women's and men's categories respectively;
- The FIFTY-THREE swimmers whose performances qualified or moved them up on the Oregon All-Time Top Twelve list for the One-Hour Swim;
- The Oregon Team, who placed FOURTH in the team standings in the Extra-Large Club category. Super-size me!
- Everyone who participated!

Some notes about the Oregon entry and postal entries in general:

- Some prominent swimmers may have noticed that they were not included in the relays. I had arranged to confirm entries through the Event Host, and your entry had not been received on the day that the relay entries were due. Rather than disqualify relays and toss good entry fees away, I left you off the relay roster. MORAL: Enter the event immediately after you swim it, so that your entry arrives on time! (P.S. This also shows courtesy to the Event Host, who is invariably buried with entries at the last minute).
- Some swimmers got entangled in the OMS/USMS registration process in late January, having to wait for your 2007 registration before you mail your entry. I had warned you about this. MORAL: Be proactive! Register early, before you swim!
- I apologize for the mistake with the 'alleged' Mixed 45+ Relay. Kris Calvin was 45 by the entry deadline, but I failed to catch the fact that he swam three days before that birthday. Oops! The relay was thus re-entered in the 35+ category, placing a respectable fourth. Fortunately, I got it the ages right for all of other relays. MORAL: Make your list and check it twice!
- Thanks to Nate Boals (CAT), Sandi Rousseau (CGM), and Tam Jenkins (OWET) for doing a great job at collecting, collating, sending, and following-up on their team entries. Special thanks to Bert Petersen (GVAM)—even though his

continued on page 6

Long Distance continued from page 5

swimmers sent me their entry information one by one—the hard way—he rode them mercilessly to get them all in.

MORAL: Swim and enter as a team!

The preaching's over (for now). Look for the full Oregon results in this Aqua Master. Well done!

Good luck and good swimming!

One Hour Postal Results 2007

Place numbers are national places

OR = Oregon Record; NR = National Record

*** = made the Oregon All-Time Top Twelve**

Women 18-24

6	Lydia Kapsenberg	20	CAT	4835	* OR
---	------------------	----	-----	------	------

Women 30-34

10	Erin Ford	31	CGM	4710	*
13	Sara Q Nelson	34	COMA	4670	
27	Laila Goldring	30	CGM	4210	*
32	Anicia Criscione	33	CAT	4150	*
39	Elizabeth Strausbaugh	30	COMA	4030	

Women 35-39

6	Kristen Boock	35	CAT	4725	*
42	Julie Ahrendt	36	CAT	4025	*
55	Cathy Law	39	CAT	3810	
58	Susan Shaw	39	GVAM	3765	
60	Kathy Marsh	39	GVAM	3745	
64	Melinda Walters	37	GVAM	3715	
66	Kara Jensen	36	COMA	3710	
82	Caroline Wessel	38	GVAM	3400	
85	Stephanie Baenen	37	GVAM	3390	
96	Jaime Mack	39	CGM	3155	
118	Jennifer Strelkauskas	35	CGM	2615	

Women 40-44

7	Karen Matson	43	COMA	4755	* OR
10	Arlene Delmage	44	GVAM	4700	
17	Steph Schultz	40	COMA	4425	*
41	Jocelyn Sanford	41	RVM	4125	
71	Ami Dansby	44	GVAM	3715	
73	J.C. Briar	41	CAT	3710	
87	Bridget McGinn	40	COMA	3580	
97	Bridget Raach	43	GVAM	3550	
110	Susan Gorham	40	COMA	3395	
111	Kim Hartman	41	GVAM	3390	
114	Anita Burkard	43	GVAM	3345	
115	Jackie Wursta	40	COMA	3325	
135	Kristin Shreeve	40	CAT	3150	

Women 45-49

6	Mary Sweat	49	Unat	4725	
23	Kerri Roussain	47	GVAM	4270	*
32	Kris Denney	46	COMA	4175	*
36	Laura Worden	49	CAT	4170	*
39	Pam Snider	45	CAT	4135	*
40	Joannie Krehbiel	45	COMA	4100	*
42	K. Andrus-Hughes (back)	49	OWET	4090	*
48	Mary Phillips	48	COMA	3995	

53	Christina Fox	46	CAT	3960
56	Joni Young	45	SCC	3950
58	Mary Jane Caswell	45	CGM	3935
59	Ann Goodman	47	CGM	3925
61	Pat Rogers	47	OWET	3910
63	Laura Schob	47	COMA	3900
68	Nancy Vincent	47	GVAM	3855
74	Teresa Copeland	48	EA	3745
91	Jill Miles	46	CGM	3640
91	Sandra Clark	46	?	3640
121	Clare Fitzpatrick	46	CGM	3400
152	Dianne Thomsen	49	GVAM	3135
169	Pat Fitzpatrick	45	CGM	2930
199	Debra Finch	48	EA	1965

Women 50-54

20	Elizabeth Budd	52	CAT	4075	*
29	Mary Anne Royle	54	GVAM	3865	*
40	Teri Hendryx	53	COMA	3735	*
45	Ann Devine	53	CAT	3620	*
47	Jeanna Summers	52	OWET	3580	
53	June Mather	53	RVM	3430	
55	Toni Brown	51	COMA	3420	
68	Barb Ringstad	51	COMA	3230	
75	Dianne Sherwood	53	CGM	3130	

Women 55-59

5	Cathy Imwalle	55	COMA	4225	*
23	Deborah Hodesson	55	COMA	3550	*
30	Sandi Rousseau	59	CGM	3500	
45	Jeannie Groesz	57	COMA	3245	*
51	Tam Jenkins	58	OWET	3135	
57	Jane Gray	55	CGM	3100	
58	Diane Cardwell	55	COMA	3095	
69	Judy DeSzoek	58	CAT	2900	
73	Peggy Witknauer-Lee	56	THB	2775	
81	Tish Harlow	55	RVM	2525	
86	Carolyn Layton	58	RVM	2300	
87	Robin Forster	55	EA	2205	

Women 60-64

3	Sue Calnek	62	OWET	3910	*
33	Gail Newton	62	EA	2705	*
35	Peggy Whiter	63	COMA	2630	
42	Sandra Haynie	61	CGM	2140	

Women 65-69

23	Delores Dinneen	69	GVAM	2620	*
----	-----------------	----	------	------	---

Women 90-94

1	Hilda Buel	92	Unat	1180	* OR
---	------------	----	------	------	------

Men 18-24

12 Kevin Pearson	24	CAT	4400 * OR
------------------	----	-----	-----------

Men 25-29

6 Nathan Boal	29	CAT	4945 *
---------------	----	-----	--------

Men 35-39

27 Dave Cloninger	37	COMA	4730 *
-------------------	----	------	--------

58 Nathan Sanford	37	RVM	4250
-------------------	----	-----	------

Men 40-44

6 Doug Stewart	42	CAT	5330 * OR
----------------	----	-----	-----------

7 Hardy Lussier	41	COMA	5255 *
-----------------	----	------	--------

18 Kris Calvin	44	COMA	4900 *
----------------	----	------	--------

21 Rob Higley	41	COMA	4795 *
---------------	----	------	--------

48 Steve Wursta	40	COMA	4335
-----------------	----	------	------

54 Scott Culbertson	44	GVAM	4265
---------------------	----	------	------

75 Chris Gaarder	41	OWET	4100
------------------	----	------	------

127 Doug Kabel (fly)	41	GVAM	3485
----------------------	----	------	------

127 Rutger Engbersen	41	CGM	3485
----------------------	----	-----	------

Men 45-49

8 Doug Asbury	46	COMA	4955 *
---------------	----	------	--------

35 David Heller	49	RVM	4550 *
-----------------	----	-----	--------

59 Bill Sumerfield	46	CGM	4340
--------------------	----	-----	------

66 Brent Scoville	49	GVAM	4275
-------------------	----	------	------

108 Jon Fairhurst	48	GVAM	3895
-------------------	----	------	------

133 Carl Thomsen	47	GVAM	3600
------------------	----	------	------

149 Steve Koch	49	GVAM	3390
----------------	----	------	------

Men 50-54

18 Scott McAllister	52	CGM	4520 *
---------------------	----	-----	--------

30 Doug Brockbank	53	GVAM	4400 *
-------------------	----	------	--------

39 Wes Edwards (back)	53	GVAM	4280 *
-----------------------	----	------	--------

41 Michael Stephenson	54	CGM	4245 *
-----------------------	----	-----	--------

50 Jim Wallace	53	EA	4155
----------------	----	----	------

105 Daniel Greenblatt	51	RVM	3650
-----------------------	----	-----	------

115 Charles Taylor (breast)	50	GVAM	3545
-----------------------------	----	------	------

142 Dallas Figley	54	Unat	3260
-------------------	----	------	------

153 Stephen Darnell	52	GVAM	3000
---------------------	----	------	------

Men 55-59

4 Steve Johnson	58	EA	4920
-----------------	----	----	------

15 Bob Bruce	58	COMA	4535
--------------	----	------	------

17 Mark Worden	55	CAT	4510 *
----------------	----	-----	--------

45 Craig Mather	55	RVM	3875 *
-----------------	----	-----	--------

63 Reggie Sherwood	55	CGM	3705
--------------------	----	-----	------

Men 60-64

2 Tom Landis	64	COMA	4645 * OR
--------------	----	------	-----------

36 John Ellis	60	GVAM	3600 *
---------------	----	------	--------

Men 65-69

2 Ralph Mohr	65	COMA	3905 *
--------------	----	------	--------

10 Brent Lake	68	COMA	3615
---------------	----	------	------

16 Bert Petersen	68	GVAM	3340 *
------------------	----	------	--------

18 Bill Mellow	65	CGM	3325 *
----------------	----	-----	--------

24 Ed Michael	67	GVAM	2950 *
---------------	----	------	--------

Men 70-74

1 Dave Radcliff	72	THB	4490 * OR
-----------------	----	-----	-----------

12 Dick Weick	72	EA	3410 *
---------------	----	----	--------

15 George Thayer	70	COMA	3300 *
------------------	----	------	--------

20 Nick Norton	72	COMA	3140 *
----------------	----	------	--------

Men 75-79

15 George Weber	76	COMA	2540 *
-----------------	----	------	--------

Men 80-84

5 Ray Allen	80	SOM	2550 * OR
-------------	----	-----	-----------

Men 80-84

1 Charles Bushey	85	Unat	2355 * OR
------------------	----	------	-----------

Women 18+: 3 x One-hour

2 OREG (Nelson, Ford, Kapsenberg)	14,215	OR
-----------------------------------	--------	----

Women 35+: 3 x One-hour

5 OREG (Delmage, Boock, Matson)	14,180	OR
---------------------------------	--------	----

Women 45+: 3 x One-hour

1 OREG (Denney, Roussain, Sweat)	13,170	OR
----------------------------------	--------	----

Women 55+: 3 x One-hour

2 OREG (Rousseau, Calnek, Imwalle)	11,635	OR
------------------------------------	--------	----

Men 18+: 3 x One-hour

2 OREG (Pearson, Higley, Boal)	14,140	OR
--------------------------------	--------	----

Men 35+: 3 x One-hour

2 OREG (Calvin, Lussier, Stewart)	15,485	OR
-----------------------------------	--------	----

Men 45+: 3 x One-hour

4 OREG "A" (Brockbank, Worden, Asbury)	13,775	
--	--------	--

Men 55+: 3 x One-hour

2 OREG (Bruce, Landis, Johnson)	14,100	
---------------------------------	--------	--

Men 65+: 3 x One-hour

1 OREG (Lake, Mohr, Radcliff)	12,010	OR
-------------------------------	--------	----

Men 75+: 3 x One-hour

4 OREG (Bushey, Weber, Allen)	7,445	OR
-------------------------------	-------	----

Mixed 18+: 4 x One-hour

2 OREG (Brockbank, Worden, Delmage, Kapsenberg)	18,455	
---	--------	--

Mixed 25+: 4 x One-hour

5 OREG (Nelson, Ford, Higley, Boal)	19,120	
-------------------------------------	--------	--

Mixed 35+: 4 x One-hour

1 OREG "A" (Boock, Matson, Lussier, Stewart)	20,065	OR
--	--------	----

Mixed 35+: 4 x One-hour

4 OREG "B" (Roussain, Sweat, Calvin, Asbury)	18,750	
--	--------	--

Mixed 55+: 4 x One-hour

2 OREG (Calnek, Imwalle, Landis, Johnson)	17,700	OR
---	--------	----

Mixed 65+: 4 x One-hour

6 OREG (Buel, Dinneen, Mohr, Radcliff)	12,195	OR
--	--------	----

Men 35+: 4 x One-hour Medley Relay

1 OREG (Edwards, Taylor, Kabel, Stewart)	16,640	OR
--	--------	----

Mixed 35+: 4 x One-hour Medley Relay

1 OREG (Andrus-Hughes, Taylor, Kabel, Stewart)	16,440	OR
--	--------	----

National Team Placement (Extra Large Club Category):

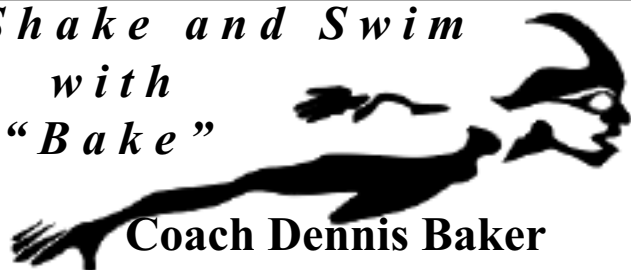
1 New England Masters	222 swimmers	850,660 yds
-----------------------	--------------	-------------

2 YMCA Indy SwimFit	149	559,880
---------------------	-----	---------

3 UCLA Masters	130	507,270
----------------	-----	---------

4 OREGON	127	474,320
----------	-----	---------

Shake and Swim with "Bake"



Coach Dennis Baker

When is a Negative a Positive?

I am so fortunate to work with so many different types of swimmers. There are many common threads that I encounter when teaching novice through advanced swimmers. That being said, all of the swimmers I coach or give private lessons to, do one of my favorite training techniques called negative split swimming.

Negative split swimming is when you cut in-half whatever increment you are doing; say it's 100's, the second 50 of the 100 needs to be faster than the first 50. You might say, well that sounds easy enough, but it isn't. This type of negative split training is, at times, very difficult to do. It is not done properly most of the time. We'll look at three different types of swimmers and how they should implement negative split training into their workouts in the correct

Let's break this set down and look at why it is a good set for the novice. The distance of the set is only 600 yards and not too overwhelming. Not all of the 50's are negative split, this would be too difficult. There is plenty of rest during the set so it can be done correctly. The negative split 50's are only strong, not fast. For the novice swimmer these only need to be done strong so they can keep focus on their stroke. If they do the second 25 faster than the first in any fashion it will increase their heart rate enough to get a great workout.

The open water swimmer and/or triathlete swimmer can also benefit greatly from negative split training. These types of swimmers seem to get stuck in a rut doing long aerobic sets with very little rest. As I have stated in previous articles, all swimmers need to engage multiple types of energy systems when they train. If you're an open water swimmer ask yourself this question, "How many times has another swimmer started to pass me and I tried to change gears and couldn't do it?" Negative split training is the perfect addition to your aerobic workouts. It trains your heart to react better to changes in speed during a race. Here is an example of a set my tri's and open water swimmers do:

10x125's Free.



Negative split swimming is when you cut in-half whatever increment you are doing; say it's 100's

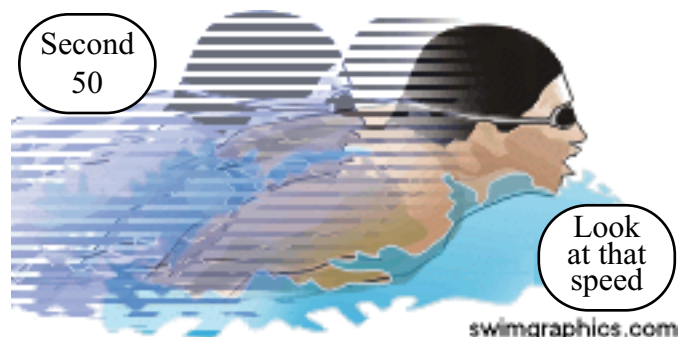
way.

Negative split training is vital in all aspects of swimming. In my opinion, there is not enough of it happening at all levels. Let's talk about the novice or beginning swimmer first. A new swimmer is battling many obstacles while learning how to swim. They are learning how to breathe, working on kicking and pulling correctly. With all this going on, how in the world can they get a good workout without swimming a great distance? The answer is negative split training. When you do a swim set with negative split in the mix, your cardiovascular system activates much quicker no matter what type of swimmer you are. Here is an example of a set my beginning swimmers do:

12x50's Free descending 1-4.

Numbers 4-8-12 strong and negative split.

:30 seconds rest in-between each 50.



The second 50 of the 100 needs to be faster than the first 50

Alternating 1 easy, then 1 negative split strong.

:20 seconds rest in-between each 125.

Again, let's break it down. The distance of the set would be in the medium range and has an alternating recovery swim. This allows the swimmer to really focus on negative splitting. Also, it is an odd distance. By this I mean a swimmer will have to change gears in the middle of the pool and not off the turn. This is much more practical and helpful for the tri and open water swimmer.

Finally, let's look at negative split training for the experienced or elite competition swimmer. The experienced swimmer can handle a little more distance and still be in control of what's going on. Their sets and negative splitting need to be tighter than the previous two groups we have talked about. For example, a novice swimmer can do a 100

negative and go 55 seconds on their first 50 and 48 seconds on their second 50 and still get a great amount of benefit from the swim. If an experienced swimmer did this they wouldn't get as much out of it. The range in-between splits is too wide. Advanced swimmers need to have splits much closer together. For example, 35 seconds on the first 50 and 33 seconds on the second 50. The advanced swimmer has built up better stroke technique and has greater aerobic, anaerobic and threshold systems. To tap into these systems closer negative splitting is a must! Let's look at a set that my advanced swimmers do:

- 4 x 200's Free.

Odd ones are moderate.

Even ones are negative split steady.

:30 seconds rest in-between.

- 4x100's Free.

Odd ones are moderate.

Even ones are negative split strong.

:30 seconds rest in-between.

- 4x 50's Free.

Odd ones are moderate.

Even ones are negative split fast.

:30 seconds rest in-between.

Breaking down this set it is obvious that it is longer. However, we still have some recovery swims in-between

our negative splitting and though the increments get smaller throughout the set the rest stays the same. This is to help the swimmers focus on the task at hand, tight negative swimming and getting faster as you go through the set.

The last set really illustrates the difficulty of negative split swimming. You really need a coach to take some splits throughout different parts of the set so you know you're on track.

The biggest mistake swimmers make is not checking the clock or getting their splits. Simply thinking to yourself that you are pushing harder on the second half of the swim just doesn't cut it. In most instances, what you think is happening in your mind is not the case in reality. Your body gets naturally fatigued even when going out under control on the first half of a swim. One must maintain a strong stroke and effort throughout the whole second half, especially into the wall.

Negative split swimming can help all levels of swimmers and all types of swimmers. It can help sprinters finish better. It can help middle distance swimmers split even. It can help distance and open water swimmers change speeds when needed and be a better racer. Finally it can help the novice swimmer get into shape without swimming a lot of miles as they perfect their strokes. I would recommend implementing negative split swimming for at least 30% of your training. You will see results quickly and truly find out when a negative is a positive.

Coach Baker



Swimming Laps in Alaska is for the Dogs

In The Bulletin, Bend, OR, Saturday, March 3, an AP article out of Anchorage by Mary Pemberton about the Iditarod reads:

"King (Jeff King, 2006 defending champion) said his team is in top physical condition. He began swimming the dogs for two hours a day, five days a week, in a lake last

summer. He spent the summer having about 30 of his main racing dogs perform cross-training by swimming laps around Goose Lake near his home in Denali Park.

When it got time to hook them up to go out for a run, they were going 50 to 60 miles a day, no problem. By Halloween,

the dogs were going 80 miles (a day). 'Their conditioning was just staggeringly advanced,' King said."

It will be interesting to see how they do! Let's hear it for swim training!

Submitted by Peg Whiter

Editor's Note: Jeff King finished 5th this year.



Chehalem Meet - February 4

N = Breaks listed National Record			Z = Zone Record	O = Oregon Record
Women 18-24			100 Yard Butterfly	2 Ward, Joy 64 OREG 1:25.89
50 Yard Freestyle			1 Young, Susie 37 OREG 1:14.83	Men 18-24
1 Heath, Kristen 24 OREG 28.81			Women 40-44	50 Yard Freestyle
50 Yard Breaststroke			1000 Yard Freestyle	1 Cleary, Kevin 23 OREG 25.83
1 Heath, Kristen 24 OREG 37.55			1 Vaughn-Edmonds, H. 44 OR 11:19.52 O	50 Yard Backstroke
100 Yard Breaststroke			Women 45-49	1 Cleary, Kevin 23 OREG 33.16
1 Heath, Kristen 24 OREG 1:22.88			100 Yard Backstroke	200 Yard Backstroke
200 Yard Breaststroke			1 Fox, Christina 46 OREG 1:24.91	1 Cleary, Kevin 23 OREG 2:49.09
1 Heath, Kristen 24 OREG 3:03.40			200 Yard Breaststroke	50 Yard Butterfly
Women 25-29			1 Fox, Christina 46 OREG 3:22.79	1 Cleary, Kevin 23 OREG 28.04
50 Yard Freestyle			Women 50-54	Men 30-34
1 Gustafson, Aubree 25 OREG 27.38			500 Yard Freestyle	200 Yard Breaststroke
100 Yard Freestyle			1 Summers, Jeanna 53 OREG 7:40.90	1 Polito, Chip 30 OREG 2:22.18
1 Gustafson, Aubree 25 OREG 1:00.61			50 Yard Backstroke	200 Yard IM
50 Yard Breaststroke			1 Summers, Jeanna 53 OREG 40.00	1 Polito, Chip 30 OREG 2:04.88
1 Gustafson, Aubree 25 OREG 36.96			100 Yard Backstroke	Men 40-44
2 Smith, Andrea 25 OREG 38.07			1 Summers, Jeanna 53 OREG 1:27.08	50 Yard Freestyle
100 Yard Breaststroke			200 Yard Backstroke	1 Gaarder, Chris 42 OREG 26.50
1 Smith, Andrea 25 OREG 1:20.52			1 Summers, Jeanna 53 OREG 3:01.41	50 Yard Backstroke
200 Yard Breaststroke			100 Yard IM	1 Gaarder, Chris 42 OREG 37.92
1 Smith, Andrea 25 OREG 2:58.70			1 Summers, Jeanna 53 OREG 1:32.78	50 Yard Breaststroke
50 Yard Butterfly			Women 55-59	1 Butcher, Gano 43 OREG 31.08
1 Gustafson, Aubree 25 OREG 30.89			100 Yard Freestyle	2 Gaarder, Chris 42 OREG 31.75
100 Yard IM			1 Buck, Kathleen 56 OREG 1:11.48	100 Yard Breaststroke
1 Smith, Andrea 25 OREG 1:17.27			100 Yard Breaststroke	1 Butcher, Gano 43 OREG 1:08.71
200 Yard IM			1 Buck, Kathleen 56 OREG 1:34.70	2 Gaarder, Chris 42 OREG 1:09.37
1 Smith, Andrea 25 OREG 2:44.89			Women 60-64	200 Yard Breaststroke
Women 30-34			50 Yard Freestyle	1 Butcher, Gano 43 OREG 2:33.24
50 Yard Freestyle			1 Ward, Joy 64 OREG 32.49	50 Yard Butterfly
1 Goldring, Laila 30 OREG 30.36			50 Yard Backstroke	1 Gaarder, Chris 42 OREG 29.14
100 Yard Freestyle			1 Ward, Joy 64 OREG 37.88	Men 45-49
1 Kramer, Ellen 31 OREG 1:02.14			2 Frid, Barbara 64 OREG 38.69	50 Yard Freestyle
2 Goldring, Laila 30 OREG 1:03.83			100 Yard Backstroke	1 Johnston, Mark 46 CMS 24.36
200 Yard Freestyle			1 Frid, Barbara 64 OREG 1:28.19	2 Boone, Lou 45 OREG 31.26
1 Kramer, Ellen 31 OREG 2:15.60			100 Yard Butterfly	100 Yard Freestyle
2 Goldring, Laila 30 OREG 2:20.50			1 Ward, Joy 64 OREG 1:26.55	1 Johnston, Mark 46 CMS 54.70
500 Yard Freestyle			100 Yard IM	2 Boone, Lou 45 OREG 1:03.51
1 Kramer, Ellen 31 OREG 6:05.92			1 Frid, Barbara 64 OREG 1:22.66	50 Yard Butterfly
2 Goldring, Laila 30 OREG 6:09.63				
1000 Yard Freestyle				
1 Goldring, Laila 30 OREG 12:58.33				
Women 35-39				
50 Yard Freestyle				
1 Young, Susie 37 OREG 32.06				
100 Yard Freestyle				
1 Young, Susie 37 OREG 1:07.12				
200 Yard Freestyle				
1 Young, Susie 37 OREG 2:23.82				
500 Yard Freestyle				
1 Young, Susie 37 OREG 6:17.43				



Willard Lamb - 5 Freestyle Victories

1 Boone, Lou 45 OREG 32.83
100 Yard Butterfly
1 Johnston, Mark 46 CMS 1:01.59
100 Yard IM
1 Johnston, Mark 46 CMS 1:02.98

Men 50-54

1000 Yard Freestyle
1 Brockbank, Doug 53 OREG 12:40.94
50 Yard Backstroke
1 Edwards, Wes 53 OREG 35.59
100 Yard Backstroke
1 Edwards, Wes 53 OREG 1:00.87
200 Yard Backstroke
1 Edwards, Wes 53 OREG 2:13.30 O
2 Brockbank, Doug 53 OREG 2:29.13

Men 55-59

50 Yard Freestyle
1 Wikander, Carroll 55 OREG 27.94
100 Yard Freestyle
1 Maestre, Robert 56 OREG 1:00.08
200 Yard Freestyle
1 Maestre, Robert 56 OREG 2:16.88
500 Yard Freestyle
1 Pendleton, Mike 57 OREG 5:43.26
1000 Yard Freestyle
1 Pendleton, Mike 57 OREG 12:09.66
100 Yard Backstroke
1 Maestre, Robert 56 OREG 1:15.24
200 Yard Backstroke
1 Pendleton, Mike 57 OREG 2:30.87
2 Maestre, Robert 56 OREG 2:44.92
50 Yard Breaststroke

1 Wikander, Carroll 55 OREG 35.16
100 Yard Breaststroke
1 Wikander, Carroll 55 OREG 1:21.45
200 Yard Breaststroke
1 Pendleton, Mike 57 OREG 2:44.22
100 Yard IM
1 Pendleton, Mike 57 OREG 1:07.44

Men 60-64

200 Yard Breaststroke
1 Lambert, Roy 60 OREG 2:56.84

Men 65-69

50 Yard Butterfly
1 Petersen, Bert 68 OREG 29.29
100 Yard Butterfly
1 Petersen, Bert 68 OREG 1:15.55

Men 70-74

100 Yard Freestyle
1 Radcliff, David 72 OREG 1:03.65
500 Yard Freestyle
1 Radcliff, David 72 OREG 6:05.80
1000 Yard Freestyle
1 Radcliff, David 72 OREG 12:51.82

Men 75-79

50 Yard Freestyle
1 Marks, Milton 76 OREG 32.59
50 Yard Breaststroke
1 Marks, Milton 76 OREG 40.26
100 Yard Breaststroke
1 Marks, Milton 76 OREG 1:31.32 Z
200 Yard Breaststroke
1 Marks, Milton 76 OREG 3:31.12 Z

Men 80-84

50 Yard Freestyle
1 Lamb, Willard 84 OREG 35.94
100 Yard Freestyle
1 Lamb, Willard 84 OREG 1:18.79
200 Yard Freestyle
1 Lamb, Willard 84 OREG 2:58.55
500 Yard Freestyle
1 Lamb, Willard 84 OREG 8:09.67
1000 Yard Freestyle
1 Lamb, Willard 84 OREG 17:10.80

Men 85-89

50 Yard Freestyle
1 Holden, Andrew 87 OREG 39.24
2 Bushey, Charles 85 OREG 53.34
200 Yard Freestyle
1 Bushey, Charles 85 OREG 4:40.96
1000 Yard Freestyle
1 Bushey, Charles 85 OREG 24:37.53 O
50 Yard Backstroke
1 Bushey, Charles 85 OREG 1:09.11
200 Yard Backstroke
1 Bushey, Charles 85 OREG 5:28.21
50 Yard Butterfly
1 Holden, Andrew 87 OREG 52.25
100 Yard Butterfly
1 Holden, Andrew 87 OREG 2:16.73
Relays
Women 45+ 200 Yard Medley Relay
1 OREG 2:31.73
1) Summers, J. 53 2) Buck, K. 56
3) Ward, J. 64 4) Frid, B. 64

**Mike Pendleton - 5 Victories****Kristen Heath - 4 Victories**



Bill King



Joy Ward



George Thayer

O
R
E
G
O
N
at

B
E
L
L
E
Y
U
E



Nancy Radcliff



Tim and Sara Nelson



Wes and Nadine Edwards



Coach Bob



Sophie Nelson



Sandi Rousseau

Bellevue, Washington SCM Meet - February 18

N = Breaks listed National Record		Z = Zone Record		O = Oregon Record	
Men 40-44 400 SC Meter Freestyle		Men 65-69 100 SC Meter Freestyle		Women 65-69 50 SC Meter Backstroke	
Nelson, Timothy 42 Oreg 4:36.53		Landis, Tom 65 Oreg 1:02.12 Z		Ward, Joy 65 Oreg 41.82 Z	
Men 65-69 400 SC Meter Freestyle		Men 70-74 100 SC Meter Freestyle		Men 50-54 50 SC Meter Backs	
Landis, Tom 65 Oreg 4:55.56 W		King, Bill 74 Oreg 1:25.04		Edwards, Wes 54 Oreg 31.57	
Men 70-74 400 SC Meter Freestyle		Women 35-39 200 SC Meter IM		Men 70-74 50 SC Meter Backstroke	
Radcliff, David 73 Oreg 5:18.28 Z		Nelson, Sara 35 Oreg 2:48.57 O		Thayer, George 71 Oreg 40.73	
Women 35-39 200 SC Meter Backstroke		Women 60-64 50 SC Meter Butterfly		Women 60-64 100 SC Meter IM	
Nelson, Sara 35 Oreg 2:52.53		Rousseau, Sandi 60 Oreg 41.31 Women		Rousseau, Sandi 60 Oreg 1:37.98	
Women 65-69 200 SC Meter Back		Women 65-69 100 SC Meter Back		Women 35-39 1500 SC Meter Freestyle	
Ward, Joy 65 Oreg 3:17.17		Ward, Joy 65 Oreg 1:31.22 Z		Nelson, Sara 35 Oreg 19:28.92 O	
Men 40-44 200 SC Meter Backstroke		Men 70-74 100 SC Meter Backstroke		Men 40-44 1500 SC Meter Free	
Nelson, Timothy 42 Oreg 2:39.28		Thayer, George 71 Oreg 1:31.54		Nelson, Timothy 42 Oreg 18:46.52	
Men 70-74 200 SC Meter Backstroke		Men 40-44 200 SC Meter Breaststroke		Men 65-69 800 SC Meter Free (Split)	
Thayer, George 71 Oreg 3:22.92		Nelson, Timothy 42 Oreg 3:02.93		Landis, Tom 65 Oreg 10:27.01 W	
Women 60-64 100 SC Meter Freestyle		Women 60-64 50 SC Meter Freestyle		Men 65-69 1500 SC Meter Free	
Rousseau, Sandi 60 Oreg 1:20.90		Rousseau, Sandi 60 Oreg 37.86		Landis, Tom 65 Oreg 19:32.78 W	
Men 40-44 100 SC Meter Freestyle		Women 60-64 100 SC Meter Butterfly		Men 70-74 1500 SC Meter Freest	
Nelson, Timothy 42 Oreg 1:00.76		Rousseau, Sandi 60 Oreg 1:40.79		Radcliff, David 73 Oreg 21:24.18 Z	

Pentathlon Meet - March 18

N = Breaks listed National Record		Z = Zone Record	O = Oregon Record
Women 25-29		3 Goldring, Laila 30 OREG 29.61	2 Tyrrell, Laura 39 OREG 1:01.30
50 Yard Freestyle		4 Kramer, Ellen 31 OREG 29.77	3 Thompson, Jennifer 39 OREG 1:02.00
1 Gustafson, Aubree 25 OREG 26.99	100 Yard Freestyle		4 Young, Susie 37 OREG 1:06.94
2 Green, Christen 25 OREG 29.37	1 Goldring, Laila 30 OREG 1:04.12		50 Yard Backstroke
3 Sitler, Kealey 29 OREG 30.86	50 Yard Backstroke		1 Thompson, Jennifer 39 OREG 33.22
50 Yard Backstroke	1 Wallace, Shannon 31 OREG 30.68		2 Baenen, Stephanie 37 OREG 40.73
1 Green, Christen 25 OREG 35.22	2 Weeks, Nikki 34 OREG 32.46		3 Law, Cathy 39 OREG 42.12
2 Sitler, Kealey 29 OREG 36.57	100 Yard Backstroke		4 Wessel, Caroline 38 OREG 42.27
50 Yard Breaststroke	15 Goldring, Laila 30 OREG 1:15.11		100 Yard Backstroke
1 Smith, Andrea 25 OREG 37.15	50 Yard Breaststroke		12 Boock, Kristin 35 OREG 1:12.86
2 Green, Christen 25 OREG 42.34	1 Weeks, Nikki 34 OREG 34.00		16 Tyrrell, Laura 39 OREG 1:15.89
3 Sitler, Kealey 29 OREG 44.46	2 Wallace, Shannon 31 OREG 34.95		18 Young, Susie 37 OREG 1:18.40
100 Yard Breaststroke	3 Kramer, Ellen 31 OREG 39.29		50 Yard Breaststroke
1 Gustafson, Aubree 25 OREG 1:17.36	100 Yard Breaststroke		1 Law, Cathy 39 OREG 38.25
2 Smith, Andrea 25 OREG 1:21.06	1 Kramer, Ellen 31 OREG 1:24.16		2 Baenen, Stephanie 37 OREG 44.81
50 Yard Butterfly	50 Yard Butterfly		3 Wessel, Caroline 38 OREG 46.78
1 Smith, Andrea 25 OREG 34.22	1 Wallace, Shannon 31 OREG 27.89		
2 Sitler, Kealey 29 OREG 35.71	2 Weeks, Nikki 34 OREG 28.19		
3 Green, Christen 25 OREG 39.56	100 Yard IM		
100 Yard Butterfly	1 Wallace, Shannon 31 OREG 1:05.85		
1 Gustafson, Aubree 25 OREG 1:09.79	2 Weeks, Nikki 34 OREG 1:05.98		
100 Yard IM	3 Goldring, Laila 30 OREG 1:14.74		
1 Smith, Andrea 25 OREG 1:15.43	200 Yard IM		
2 Green, Christen 25 OREG 1:20.45	1 Goldring, Laila 30 OREG 2:38.28		
3 Sitler, Kealey 29 OREG 1:20.46	Women 35-39		
200 Yard IM	50 Yard Freestyle		
1 Smith, Andrea 25 OREG 2:41.59	1 Law, Cathy 39 OREG 30.16		
Women 30-34	2 Baenen, Stephanie 37 OREG 32.32		
50 Yard Freestyle	3 Wessel, Caroline 38 OREG 36.77		
1 Wallace, Shannon 31 OREG 25.68	100 Yard Freestyle		
2 Weeks, Nikki 34 OREG 26.17	1 Boock, Kristin 35 OREG 1:00.17		



Meet Director, Marisa - Great Job on your first meet. Thanks!

100 Yard Breaststroke

1 Boock, Kristin	35 OREG	1:15.53
2 Tyrrell, Laura	39 OREG	1:21.83
3 Young, Susie	37 OREG	1:27.78

50 Yard Butterfly

1 Law, Cathy	39 OREG	34.88
2 Baenen, Stephanie	37 OREG	39.29
3 Wessel, Caroline	38 OREG	41.04

100 Yard Butterfly

1 Boock, Kristin	35 OREG	1:11.38
2 Tyrrell, Laura	39 OREG	1:16.53

100 Yard IM

1 Law, Cathy	39 OREG	1:19.36
2 Baenen, Stephanie	37 OREG	1:27.83
3 Wessel, Caroline	38 OREG	1:32.33

200 Yard IM

1 Boock, Kristin	35 OREG	2:31.79
------------------	---------	---------

Women 40-44

50 Yard Freestyle

1 Simmons, Stephanie	40 OREG	31.20
2 Burkard, Anita	43 OREG	38.21

100 Yard Freestyle

1 Shaw, Susan	40 OREG	1:12.23
2 Malloy, Janie	44 OREG	1:13.44

50 Yard Backstroke

1 Simmons, Stephanie	40 OREG	37.48
2 Burkard, Anita	43 OREG	47.53

100 Yard Backstroke

24 Shaw, Susan	40 OREG	1:29.84
26 Malloy, Janie	44 OREG	1:38.52

50 Yard Breaststroke

1 Burkard, Anita	43 OREG	48.07
------------------	---------	-------

100 Yard Breaststroke

1 Shaw, Susan	40 OREG	1:32.71
2 Malloy, Janie	44 OREG	1:34.99

50 Yard Butterfly

1 Burkard, Anita	43 OREG	43.66
------------------	---------	-------

100 Yard Butterfly

1 Malloy, Janie	44 OREG	1:29.49
2 Shaw, Susan	40 OREG	1:35.79

100 Yard IM

1 Burkard, Anita	43 OREG	1:36.84
------------------	---------	---------

200 Yard IM

1 Shaw, Susan	40 OREG	3:08.22
2 Malloy, Janie	44 OREG	3:13.68

Women 45-49

50 Yard Freestyle

1 Andrus-Hughes, K	49 OREG	27.19
2 Harsey, Laura	48 OREG	27.21
3 Foley, Sharon	46 OREG	27.77
4 Viales, Dianne	45 OREG	27.92
5 Burkholder, Jody	48 OREG	30.65
6 Caswell, Mary	46 OREG	30.85
7 Dansby, Ami	45 OREG	32.52
8 Redwine, Roxanne	47 OREG	32.89

100 Yard Freestyle

1 Goodman, Ann	47 OREG	1:08.90
2 Fox, Christina	46 OREG	1:14.71

50 Yard Backstroke

1 Andrus-Hughes, K	49 OREG	30.14
2 Harsey, Laura	48 OREG	32.06
3 Viales, Dianne	45 OREG	34.24
4 Foley, Sharon	46 OREG	38.67
5 Burkholder, Jody	48 OREG	39.02
6 Redwine, Roxanne	47 OREG	39.81
7 Caswell, Mary	46 OREG	40.43
8 Dansby, Ami	45 OREG	43.60

100 Yard Backstroke

14 Goodman, Ann	47 OREG	1:13.75
-----------------	---------	---------

50 Yard Breaststroke

1 Harsey, Laura	48 OREG	36.57
2 Viales, Dianne	45 OREG	37.60
3 Foley, Sharon	46 OREG	37.82
4 Andrus-Hughes, K	49 OREG	38.80
5 Burkholder, Jody	48 OREG	39.60
6 Redwine, Roxanne	47 OREG	41.02
7 Caswell, Mary	46 OREG	41.21
8 Dansby, Ami	45 OREG	44.13

100 Yard Breaststroke

1 Fox, Christina	46 OREG	1:30.24
2 Goodman, Ann	47 OREG	1:32.35

50 Yard Butterfly

1 Andrus-Hughes, K	49 OREG	29.97
2 Foley, Sharon	46 OREG	30.61
3 Harsey, Laura	48 OREG	30.67
4 Viales, Dianne	45 OREG	31.44
5 Burkholder, Jody	48 OREG	35.72
6 Caswell, Mary	46 OREG	35.88
7 Dansby, Ami	45 OREG	36.51
8 Redwine, Roxanne	47 OREG	42.52

100 Yard Butterfly

1 Goodman, Ann	47 OREG	1:25.51
2 Fox, Christina	46 OREG	1:39.99

100 Yard IM

1 Andrus-Hughes, K	49 OREG	1:08.56
2 Harsey, Laura	48 OREG	1:08.57
3 Viales, Dianne	45 OREG	1:10.45
4 Foley, Sharon	46 OREG	1:14.30
5 Caswell, Mary	46 OREG	1:19.72
6 Burkholder, Jody	48 OREG	1:20.02
7 Redwine, Roxanne	47 OREG	1:24.35
8 Dansby, Ami	45 OREG	1:26.48

200 Yard IM

1 Goodman, Ann	47 OREG	2:52.66
2 Fox, Christina	46 OREG	2:59.92

Women 50-54

100 Yard Freestyle

1 Parisi, Robin	52 OREG	1:00.62
2 Crabbe, Colette	50 OREG	1:02.33
3 Budd, Elizabeth	53 OREG	1:08.34
4 Asleson, Elke	54 OREG	1:15.62

100 Yard Backstroke

10 Crabbe, Colette	50 OREG	1:09.13
11 Parisi, Robin	52 OREG	1:11.40
20 Budd, Elizabeth	53 OREG	1:20.18
23 Asleson, Elke	54 OREG	1:29.52

100 Yard Breaststroke

1 Crabbe, Colette	50 OREG	1:16.11
2 Parisi, Robin	52 OREG	1:18.79
3 Budd, Elizabeth	53 OREG	1:32.42
4 Asleson, Elke	54 OREG	1:42.09

100 Yard Butterfly

1 Crabbe, Colette	50 OREG	1:05.84
2 Parisi, Robin	52 OREG	1:07.34
3 Budd, Elizabeth	53 OREG	1:24.88
4 Asleson, Elke	54 OREG	1:25.60

200 Yard IM

1 Crabbe, Colette	50 OREG	2:27.63
2 Parisi, Robin	52 OREG	2:31.26
3 Budd, Elizabeth	53 OREG	2:50.75
4 Asleson, Elke	54 OREG	3:06.56

Women 55-59

50 Yard Freestyle

1 Rousseau, Sandi	59 OREG	32.70
-------------------	---------	-------

50 Yard Backstroke

1 Rousseau, Sandi	59 OREG	43.22
-------------------	---------	-------

50 Yard Breaststroke

1 Rousseau, Sandi	59 OREG	46.50
-------------------	---------	-------

50 Yard Butterfly

1 Rousseau, Sandi	59 OREG	35.10
-------------------	---------	-------

100 Yard IM

1 Rousseau, Sandi	59 OREG	1:29.54
-------------------	---------	---------

Women 60-64

50 Yard Freestyle

1 Ward, Joy	64 OREG	32.59
2 Frid, Barbara	64 OREG	32.71
3 Sitter, Darby	63 OREG	53.84

50 Yard Backstroke

1 Ward, Joy	64 OREG	38.29
2 Frid, Barbara	64 OREG	39.00

50 Yard Breaststroke

1 Pierson, Ginger	61 OREG	38.46
2 Frid, Barbara	64 OREG	41.84
3 Ward, Joy	64 OREG	46.36
4 Sitter, Darby	63 OREG	1:11.11

100 Yard Breaststroke

1 Pierson, Ginger	61 OREG	1:26.47
-------------------	---------	---------

50 Yard Butterfly

1 Ward, Joy	64 OREG	34.24
2 Frid, Barbara	64 OREG	35.47
3 Sitter, Darby	63 OREG	59.22

100 Yard IM

1 Frid, Barbara	64 OREG	1:23.17
2 Ward, Joy	64 OREG	1:25.15
3 Sitter, Darby	63 OREG	2:17.71

Women 65-69

50 Yard Freestyle

1 Dinneen, Dolores	69 OREG	49.21
--------------------	---------	-------

50 Yard Backstroke

1 Dinneen, Dolores	69 OREG	1:02.00
--------------------	---------	---------

50 Yard Breaststroke

1 Dinneen, Dolores	69 OREG	1:30.62
--------------------	---------	---------

100 Yard IM

1 Dinneen, Dolores	69 OREG	2:28.58
--------------------	---------	---------

Women 70-74

50 Yard Freestyle	
1 Kawabata, Geraldine	72 OREG 46.73
50 Yard Backstroke	
1 Kawabata, Geraldine	72 OREG 58.08
50 Yard Breaststroke	
1 Kawabata, Geraldine	72 OREG 1:07.01
50 Yard Butterfly	
1 Kawabata, Geraldine	72 OREG 1:04.75
100 Yard IM	
1 Kawabata, Geraldine	72 OREG 2:09.31

Women 80-84

50 Yard Freestyle	
1 Wells, Margaret	80 OREG 1:17.06
50 Yard Backstroke	
1 Wells, Margaret	80 OREG 1:17.18
50 Yard Breaststroke	
1 Wells, Margaret	80 OREG 1:35.31
50 Yard Butterfly	
1 Wells, Margaret	80 OREG 1:43.09
100 Yard IM	
1 Wells, Margaret	80 OREG 3:02.97

Women 85-89

50 Yard Freestyle	
1 Stevenin, Elfie	85 OREG 1:36.06
50 Yard Backstroke	
1 Stevenin, Elfie	85 OREG 1:29.93
50 Yard Breaststroke	
1 Stevenin, Elfie	85 OREG 2:12.32
50 Yard Butterfly	
1 Stevenin, Elfie	85 OREG 1:59.25
100 Yard IM	
1 Stevenin, Elfie	85 OREG 3:51.78

Women 90-94

50 Yard Freestyle	
1 Buel, Hilda	93 OREG 2:05.55
50 Yard Backstroke	
1 Buel, Hilda	93 OREG 2:03.62
50 Yard Breaststroke	
1 Buel, Hilda	93 OREG 3:02.82
50 Yard Butterfly	
1 Buel, Hilda	93 OREG 4:46.50
100 Yard IM	
1 Buel, Hilda	93 OREG 5:51.68

Men 18-24

50 Yard Freestyle	
1 Cleary, Kevin	23 OREG 25.93
100 Yard Freestyle	
1 Mcmillan, Dennis	22 OREG 56.45
50 Yard Backstroke	
1 Cleary, Kevin	23 OREG 33.51
100 Yard Backstroke	
9 Mcmillan, Dennis	22 OREG 1:08.88
50 Yard Breaststroke	
1 Cleary, Kevin	23 OREG 34.19
100 Yard Breaststroke	
1 Mcmillan, Dennis	22 OREG 1:19.43
50 Yard Butterfly	

1 Cleary, Kevin	23 OREG 28.23
100 Yard Butterfly	
1 Mcmillan, Dennis	22 OREG 1:02.37
100 Yard IM	
1 Cleary, Kevin	23 OREG 1:07.46
200 Yard IM	
1 Mcmillan, Dennis	22 OREG 2:26.37

Men 25-29

50 Yard Freestyle	
1 Wallace, Colin	28 OREG 22.98
100 Yard Freestyle	
1 Johnsen, Nathan	26 OREG 52.99
50 Yard Backstroke	
1 Wallace, Colin	28 OREG 26.78
100 Yard Backstroke	
3 Johnsen, Nathan	26 OREG 1:00.30
50 Yard Breaststroke	
1 Wallace, Colin	28 OREG 33.47
100 Yard Breaststroke	
1 Johnsen, Nathan	26 OREG 1:11.50
50 Yard Butterfly	
1 Wallace, Colin	28 OREG 25.06
100 Yard Butterfly	
1 Johnsen, Nathan	26 OREG 58.99
100 Yard IM	
1 Wallace, Colin	28 OREG 59.93
200 Yard IM	
1 Johnsen, Nathan	26 OREG 2:14.18

Men 30-34

50 Yard Freestyle	
1 Wallace, Bryan	31 OREG 25.30
2 Crum, Brandon	30 OREG 26.33
50 Yard Backstroke	
1 Wallace, Bryan	31 OREG 30.72
2 Crum, Brandon	30 OREG 34.57
50 Yard Breaststroke	
1 Wallace, Bryan	31 OREG 35.74
2 Crum, Brandon	30 OREG 36.94
50 Yard Butterfly	
1 Wallace, Bryan	31 OREG 27.42
2 Crum, Brandon	30 OREG 32.32
100 Yard IM	
1 Wallace, Bryan	31 OREG 1:05.70
2 Crum, Brandon	30 OREG 1:14.86

Men 35-39

50 Yard Freestyle	
1 Taylor, Curtis	35 OREG 22.95
2 Yee, Justin	35 OREG 23.38
3 Larsen, Jon-Erik	39 OREG 24.28
100 Yard Freestyle	
1 Graves, Rick	39 UNAT 51.49
50 Yard Backstroke	
1 Taylor, Curtis	35 OREG 27.94
2 Yee, Justin	35 OREG 29.20
3 Larsen, Jon-Erik	39 OREG 33.28
100 Yard Backstroke	
1 Graves, Rick	39 UNAT 58.71
50 Yard Breaststroke	

1 Yee, Justin	35 OREG 30.58
2 Taylor, Curtis	35 OREG 31.33
3 Larsen, Jon-Erik	39 OREG 31.41
100 Yard Breaststroke	
1 Graves, Rick	39 UNAT 1:07.22
50 Yard Butterfly	
1 Taylor, Curtis	35 OREG 25.69
2 Yee, Justin	35 OREG 26.39
3 Larsen, Jon-Erik	39 OREG 27.48
100 Yard Butterfly	
1 Graves, Rick	39 UNAT 57.31
100 Yard IM	
1 Taylor, Curtis	35 OREG 58.66
2 Yee, Justin	35 OREG 1:01.06
3 Larsen, Jon-Erik	39 OREG 1:06.30
200 Yard IM	
1 Graves, Rick	39 UNAT 2:06.53

Men 40-44

50 Yard Freestyle	
1 Rice, David	40 OREG 24.02
2 Bratton, Wes	42 INWM 24.68
3 Kahl, Tom	41 OREG 24.89
4 Gaarder, Chris	42 OREG 26.47
5 Groth, Bruce	44 INWM 27.06
6 Karyukin, Andrei	41 OREG 28.09
7 Schonstal, Sam	43 OREG 31.49
100 Yard Freestyle	
1 Butcher, Gano	43 OREG 53.74
2 Stewart, Doug	43 OREG 55.31
3 Schonstal, Sam	43 OREG 1:11.10
50 Yard Backstroke	
1 Bratton, Wes	42 INWM 29.42
2 Kahl, Tom	41 OREG 29.87
3 Rice, David	40 OREG 32.69
4 Groth, Bruce	44 INWM 33.53
5 Gaarder, Chris	42 OREG 34.67
6 Karyukin, Andrei	41 OREG 36.33
100 Yard Backstroke	
4 Butcher, Gano	43 OREG 1:01.18
50 Yard Breaststroke	
1 Gaarder, Chris	42 OREG 31.86
2 Rice, David	40 OREG 32.18
3 Kahl, Tom	41 OREG 32.60
4 Groth, Bruce	44 INWM 33.90
5 Bratton, Wes	42 INWM 34.69
6 Karyukin, Andrei	41 OREG 36.17
7 Schonstal, Sam	43 OREG 40.85
100 Yard Breaststroke	
1 McCarthy, Darren	41 OREG 1:08.86
2 Butcher, Gano	43 OREG 1:10.01
50 Yard Butterfly	
1 Stewart, Doug	43 OREG 27.31
2 Kahl, Tom	41 OREG 27.34
3 Bratton, Wes	42 INWM 28.09
4 Rice, David	40 OREG 28.65
5 Gaarder, Chris	42 OREG 28.89
6 Groth, Bruce	44 INWM 29.10
7 Karyukin, Andrei	41 OREG 29.25

8 Schonstal, Sam	43 OREG	39.38
100 Yard Butterfly		
1 Butcher, Gano	43 OREG	58.55
100 Yard IM		
1 Bratton, Wes	42 INWM	1:02.63
2 Kahl, Tom	41 OREG	1:02.90
3 Rice, David	40 OREG	1:03.92
4 Stewart, Doug	43 OREG	1:04.28
5 Gaarder, Chris	42 OREG	1:06.63
6 Groth, Bruce	44 INWM	1:08.66
7 Karyukin, Andrei	41 OREG	1:09.69
8 Schonstal, Sam	43 OREG	1:21.25
200 Yard IM		
1 Butcher, Gano	43 OREG	2:15.25
Men 45-49		
50 Yard Freestyle		
1 Allender, Patrick	48 OREG	24.91
2 Sumerfield, Bill	46 OREG	25.43
3 Wren, Mark	48 OREG	26.15
4 Fong, Bruce	48 OREG	26.34
100 Yard Freestyle		
1 Calvin, Kris	45 OREG	55.05
2 Otto, Douglas	48 OREG	55.50
3 Hathaway, David	46 OREG	56.41
4 Mann, Edward	49 OREG	57.11
5 Anspach, Jeffrey	46 OREG	58.29
6 Downing, Greg	47 OREG	1:01.03
7 Munro, Stuart	49 OREG	1:04.47
8 Weyhrauch, Tom	49 AKM	1:05.54
9 Cox, Chris	45 OREG	1:06.59
50 Yard Backstroke		
1 Hathaway, David	46 OREG	30.09
2 Allender, Patrick	48 OREG	31.56
3 Fong, Bruce	48 OREG	33.95
4 Sumerfield, Bill	46 OREG	36.36
5 Wren, Mark	48 OREG	37.21
100 Yard Backstroke		
5 Otto, Douglas	48 OREG	1:04.60
6 Calvin, Kris	45 OREG	1:05.76
7 Mann, Edward	49 OREG	1:07.63
8 Anspach, Jeffrey	46 OREG	1:08.53
17 Downing, Greg	47 OREG	1:16.11
21 Weyhrauch, Tom	49 AKM	1:20.86
22 Cox, Chris	45 OREG	1:27.02
25 Munro, Stuart	49 OREG	1:31.49
50 Yard Breaststroke		
1 Allender, Patrick	48 OREG	31.14
2 Sumerfield, Bill	46 OREG	33.25
3 Fong, Bruce	48 OREG	33.51
4 Wren, Mark	48 OREG	36.42
100 Yard Breaststroke		
1 Otto, Douglas	48 OREG	1:09.49
2 Calvin, Kris	45 OREG	1:13.83
3 Mann, Edward	49 OREG	1:16.03
4 Downing, Greg	47 OREG	1:16.15
5 Munro, Stuart	49 OREG	1:19.17
6 Weyhrauch, Tom	49 AKM	1:20.34
7 Anspach, Jeffrey	46 OREG	1:22.80

50 Yard Butterfly		
1 Allender, Patrick	48 OREG	27.24
2 Wren, Mark	48 OREG	28.81
3 Fong, Bruce	48 OREG	31.88
4 Sumerfield, Bill	46 OREG	33.07
100 Yard Butterfly		
1 Calvin, Kris	45 OREG	1:01.10
2 Hathaway, David	46 OREG	1:03.21
3 Anspach, Jeffrey	46 OREG	1:03.43
4 Otto, Douglas	48 OREG	1:04.02
5 Mann, Edward	49 OREG	1:09.15
6 Munro, Stuart	49 OREG	1:12.36
7 Downing, Greg	47 OREG	1:12.40
8 Weyhrauch, Tom	49 AKM	1:19.05
9 Cox, Chris	45 OREG	1:20.79
100 Yard IM		
1 Allender, Patrick	48 OREG	1:01.97
2 Wren, Mark	48 OREG	1:08.33
3 Fong, Bruce	48 OREG	1:08.44
4 Sumerfield, Bill	46 OREG	1:10.12
200 Yard IM		
1 Calvin, Kris	45 OREG	2:17.99
2 Otto, Douglas	48 OREG	2:18.33
3 Mann, Edward	49 OREG	2:25.61
4 Hathaway, David	46 OREG	2:26.27
5 Anspach, Jeffrey	46 OREG	2:26.94
6 Downing, Greg	47 OREG	2:34.12
7 Weyhrauch, Tom	49 AKM	2:45.37
8 Munro, Stuart	49 OREG	2:45.53
9 Cox, Chris	45 OREG	2:51.52
Men 50-54		
50 Yard Freestyle		
1 Philbrick, Larry	54 OREG	24.66
2 Brockbank, Doug	53 OREG	25.28
3 Mann, Steve	54 OREG	25.32
4 Metzger, Peter	51 OREG	25.37
5 Bannan, Charles	54 OREG	25.50
6 Peyton, Mike	51 OREG	26.50
7 Bergstrom, Robert	50 OREG	27.51
8 Stephenson, Michael	54 OREG	29.40
9 Darnell, Stephen	52 OREG	30.80
10 Butler, James	54 OREG	34.82
50 Yard Backstroke		
1 Metzger, Peter	51 OREG	28.39
2 Brockbank, Doug	53 OREG	29.81
3 Philbrick, Larry	54 OREG	29.92
4 Mann, Steve	54 OREG	30.22
5 Peyton, Mike	51 OREG	34.54
6 Bergstrom, Robert	50 OREG	35.21
7 Stephenson, Michael	54 OREG	35.52
8 Darnell, Stephen	52 OREG	39.06
9 Butler, James	54 OREG	45.34
100 Yard Backstroke		
2 Edwards, Wes	53 OREG	1:00.03
50 Yard Breaststroke		
1 Philbrick, Larry	54 OREG	31.93
2 Mann, Steve	54 OREG	32.05
3 Metzger, Peter	51 OREG	33.51

4 Brockbank, Doug	53 OREG	34.76
5 Bergstrom, Robert	50 OREG	37.20
6 Peyton, Mike	51 OREG	37.33
7 Stephenson, Michael	54 OREG	39.96
8 Darnell, Stephen	52 OREG	42.61
9 Butler, James	54 OREG	1:08.29
50 Yard Butterfly		
1 Metzger, Peter	51 OREG	27.58
2 Bannan, Charles	54 OREG	27.90
3 Mann, Steve	54 OREG	28.13
4 Philbrick, Larry	54 OREG	28.20
5 Brockbank, Doug	53 OREG	28.99
6 Peyton, Mike	51 OREG	29.69
7 Bergstrom, Robert	50 OREG	30.74
8 Stephenson, Michael	54 OREG	33.30
9 Darnell, Stephen	52 OREG	37.82
10 Butler, James	54 OREG	44.20
100 Yard IM		
1 Philbrick, Larry	54 OREG	1:02.89
2 Mann, Steve	54 OREG	1:03.01
3 Metzger, Peter	51 OREG	1:04.05
4 Brockbank, Doug	53 OREG	1:05.83
5 Peyton, Mike	51 OREG	1:10.48
6 Bergstrom, Robert	50 OREG	1:13.38
7 Stephenson, Michael	54 OREG	1:15.38
8 Darnell, Stephen	52 OREG	1:25.81
9 Butler, James	54 OREG	1:55.31
Men 55-59		
50 Yard Freestyle		
1 Pendleton, Mike	55 OREG	26.09
2 Dasch, Vern	57 OREG	27.24
3 Sherwood, Reggie	55 OREG	29.20
4 Wyatt, Joseph	57 OREG	30.06
5 Carriker, Buz	59 OREG	30.84
6 Parisi, Frank	58 OREG	31.39
7 Zell, Kenneth	59 UNAT	31.56
100 Yard Freestyle		
1 Maestre, Robert	56 OREG	59.56
2 Rueff, Daniel	59 OREG	1:02.86
3 Macaulay, Thomas	57 OREG	1:04.64
4 Sherwood, Reggie	55 OREG	1:06.11
50 Yard Backstroke		
1 Pendleton, Mike	55 OREG	32.17
2 Dasch, Vern	57 OREG	36.08
3 Macaulay, Thomas	57 OREG	37.10
4 Sherwood, Reggie	55 OREG	37.52
5 Zell, Kenneth	59 UNAT	38.13
6 Wyatt, Joseph	57 OREG	39.48
7 Carriker, Buz	59 OREG	44.08
8 Parisi, Frank	58 OREG	45.39
100 Yard Backstroke		
13 Maestre, Robert	56 OREG	1:12.93
19 Rueff, Daniel	59 OREG	1:20.13
50 Yard Breaststroke		
1 Pendleton, Mike	55 OREG	34.67
2 Dasch, Vern	57 OREG	35.59
3 Parisi, Frank	58 OREG	37.99
4 Macaulay, Thomas	57 OREG	38.48

5 Zell, Kenneth	59 UNAT	39.39
6 Carriker, Buz	59 OREG	39.82
7 Wyatt, Joseph	57 OREG	44.18
100 Yard Breaststroke		
1 Sherwood, Reggie	55 OREG	1:21.46
2 Rueff, Daniel	59 OREG	1:27.06
50 Yard Butterfly		
1 Pendleton, Mike	55 OREG	27.81
2 Wyatt, Joseph	57 OREG	31.50
3 Dasch, Vern	57 OREG	31.67
4 Zell, Kenneth	59 UNAT	33.24
5 Macaulay, Thomas	57 OREG	34.31
6 Carriker, Buz	59 OREG	37.45
7 Parisi, Frank	58 OREG	38.30
100 Yard Butterfly		
1 Rueff, Daniel	59 OREG	1:14.02
2 Maestre, Robert	56 OREG	1:19.12
100 Yard IM		
1 Pendleton, Mike	55 OREG	1:06.50
2 Dasch, Vern	57 OREG	1:11.98
3 Wyatt, Joseph	57 OREG	1:18.20
4 Zell, Kenneth	59 UNAT	1:18.46
5 Sherwood, Reggie	55 OREG	1:18.89
6 Carriker, Buz	59 OREG	1:24.79
7 Parisi, Frank	58 OREG	1:25.03
200 Yard IM		
1 Macaulay, Thomas	57 OREG	2:42.83
2 Rueff, Daniel	59 OREG	2:45.71
3 Maestre, Robert	56 OREG	2:47.89
Men 60-64		
50 Yard Freestyle		
1 Stout, Jon	60 OREG	26.86
2 Silvey, Michael	61 OREG	28.46
3 Smith, William	61 OREG	35.06
100 Yard Freestyle		
1 Lambert, Roy	60 OREG	1:08.53
2 Ellis, John	60 OREG	1:17.72
3 Juhala, Richard	63 OREG	1:22.87
50 Yard Backstroke		
1 Stout, Jon	60 OREG	32.67
2 Silvey, Michael	61 OREG	37.73
3 Smith, William	61 OREG	52.98
100 Yard Backstroke		
1 Juhala, Richard	63 OREG	1:40.46
2 Ellis, John	60 OREG	1:45.04
50 Yard Breaststroke		
1 Stout, Jon	60 OREG	35.88
2 Lambert, Roy	60 OREG	37.66
3 Silvey, Michael	61 OREG	45.19
4 Smith, William	61 OREG	45.85
100 Yard Breaststroke		
1 Ellis, John	60 OREG	1:29.71
2 Juhala, Richard	63 OREG	1:34.87
50 Yard Butterfly		
1 Silvey, Michael	61 OREG	31.77
2 Stout, Jon	60 OREG	32.96
3 Smith, William	61 OREG	44.76
100 Yard Butterfly		

1 Ellis, John	60 OREG	1:39.99
2 Juhala, Richard	63 OREG	1:40.28
100 Yard IM		
1 Stout, Jon	60 OREG	1:09.06
2 Silvey, Michael	61 OREG	1:18.90
3 Smith, William	61 OREG	1:38.14
200 Yard IM		
1 Ellis, John	60 OREG	3:14.75
2 Juhala, Richard	63 OREG	3:28.58
Men 65-69		
50 Yard Freestyle		
1 Nakata, Ronald	67 OREG	28.19
2 Petersen, Bert	68 OREG	29.99
3 McGinnis, Fred	69 OREG	30.64
4 Mellow, Bill	65 OREG	35.21
100 Yard Freestyle		
1 McGinnis, Fred	69 OREG	1:11.70
2 Mellow, Bill	65 OREG	1:21.83
50 Yard Backstroke		
1 Nakata, Ronald	67 OREG	35.19
2 Petersen, Bert	68 OREG	41.17
50 Yard Breaststroke		
1 Nakata, Ronald	67 OREG	37.06
2 Petersen, Bert	68 OREG	41.29
3 Mellow, Bill	65 OREG	42.78
100 Yard Breaststroke		
1 Mellow, Bill	65 OREG	1:36.88
50 Yard Butterfly		
1 Petersen, Bert	68 OREG	28.58
2 Nakata, Ronald	67 OREG	31.45
100 Yard IM		
1 Nakata, Ronald	67 OREG	1:12.47
2 Petersen, Bert	68 OREG	1:21.28
Men 70-74		
50 Yard Freestyle		
1 Thayer, George	71 OREG	30.09
2 Harrington, David	71 OREG	39.35
50 Yard Backstroke		
1 Thayer, George	71 OREG	36.95

2 Harrington, David	71 OREG	46.04
50 Yard Breaststroke		
1 Thayer, George	71 OREG	41.63
2 Harrington, David	71 OREG	57.12
50 Yard Butterfly		
1 Harrington, David	71 OREG	40.72
2 Thayer, George	71 OREG	41.83
100 Yard IM		
1 Thayer, George	71 OREG	1:27.13
2 Harrington, David	71 OREG	1:43.36
Men 75-79		
50 Yard Freestyle		
1 Marks, Milton	76 OREG	31.97
2 Lertzman, Alan	78 UNAT	40.90
3 Miesen, Lee	79 OREG	46.95
100 Yard Freestyle		
1 Lertzman, Alan	78 UNAT	1:39.82
50 Yard Backstroke		
1 Marks, Milton	76 OREG	41.43
2 Miesen, Lee	79 OREG	48.50
50 Yard Breaststroke		
1 Marks, Milton	76 OREG	39.67
2 Miesen, Lee	79 OREG	47.56
50 Yard Butterfly		
1 Marks, Milton	76 OREG	41.74
2 Miesen, Lee	79 OREG	56.39
100 Yard IM		
1 Marks, Milton	76 OREG	1:27.65
2 Miesen, Lee	79 OREG	1:56.41
Men 80-84		
100 Yard Freestyle		
1 Young, Gilbert	84 OREG	1:29.25
50 Yard Backstroke		
1 Young, Gilbert	84 OREG	50.94
100 Yard Backstroke		
29 Young, Gilbert	84 OREG	1:57.90
50 Yard Breaststroke		
1 Young, Gilbert	84 OREG	57.78



Buzz and Diane discuss strategy for their next race

OMS Association Championship & NW Zone SCY Championship**April 20 - 22, 2007****OFFICIAL RULES AND GUIDELINES****DISTANCE EVENTS CHECK- IN DEADLINES/TIME PERIODS**Friday, April 20, 400 IM – 5:30 p.m., **1650 Free** – 6:00 p.m.Saturday, April 21, 1000 Free – Between the start of the 100 Breast and the start of the 50 FreeSunday, April 22, **500 Free** - 8:30 a.m.**RELAY ENTRIES DEADLINES**Saturday, April 21, **Free Relay** – 9:30 a.m. / **Mixed Medley Relay** - By the end of the 200 BackSunday, April 22, **Medley Relay** – By the end of the 200 Breast / **Mixed Free Relay** - By the end of the 200Fly**SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY.****AT THE TIMES LISTED ABOVE, THE EVENT WILL BE OFFICIALLY CLOSED.****THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.**

TEAM SCORING: There will be three team categories (Small, Medium, and Large) based on the number of "entered" swimmers from a team. Only teams registered by March 30, 2007, will be able to score points. There will be a meeting of all the team representatives on Saturday morning at 8:45 a.m. to vote on the breakdown of the teams into three categories. At this meeting we announce the number of swimmers entered per team and look for the "natural breaks" in those numbers. For example, in the past we have used as a guideline the groupings of 1-9, 10--19, and 20 or more swimmers, but this can vary from year to year. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. Team names and abbreviations are listed on the 2007 OMS registration form in this issue of the Aquamaster. Someone from your team must register the team for 2007.

The team registration form is included in this issue. Please make sure your team is registered.**As of January 24, there are 18 teams registered. They are:**

Canby Masters	CBM	Fishsticks	FISH	Riverplace Athletic Club	RAC
Central Oregon Masters	COMA	Grass Valley Masters	GVAM	Swimmers in Sweet Home	SWISH
Circumnavigating Beavers	CBAT	Multnomah Athletic Club	MAC	Oregon Wetmasters	OWET
Columbia Gorge Masters	CGM	Mt. Hood Masters	MHM	Pendleton Masters	PEND
Corvallis Aquatic Masters	CAT	North Clackamas Masters	NCMS	Rogue Valley Masters	RVM
Emerald Aquatics	EA	Oregon City Swim Team	OCST	Tualatin Hills Barracudas	THB

What you write down on your entry form is your team designation for the meet and no exceptions will be allowed. If you leave this Local Team space blank you will be entered as the team listed on your 2007 USMS card for scoring purposes.

TEAM AWARDS: Awards for First, Second, and Third Place will be awarded for each team category**IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET****PLEASE CONTACT Jeanne Teisher, jteisher97007@yahoo.com, 503-574-4557**

Accommodations: The following hotel is located close to the pool. Please reference OREGON MASTERS SWIMMING when contacting the hotel directly to confirm reservations or inquire about group details.

Hotel: Fairfield Inn & Suites by Marriott / 1626 NW Wall Street / Bend, Oregon 97701

Phone 541-318-1747 Fax 541-318-5332; www.marriott.com/rdmfi; akoster@suitesdevelopment.com

Cutoff Date: March 20th, 2007. Guests must contact hotel directly by this date to confirm individual reservations with contact and credit card information. Any rooms [not confirmed] remaining in the group block after this date will be released to regular inventory and become available on a first-come, first-serve basis at regular rate.

Room Types & *Rates and number of rooms held in block

- \$89.00/room night - (Qty 5) Standard King one King size bed, standard amenities
- \$89.00/room night - (Qty 20) Standard Double two Double size beds, standard amenities
- \$89.00/room night - (Qty 10) King Sofa one King size bed, one Double size pull-out Sofa bed, standard amenities
- \$99.00/room night - (Qty 5) Executive King Suite - one King size bed, one Double size pull-out Sofa bed, Entertainment Center with extra TV, CD stereo, mini fridge & microwave

*A complimentary breakfast is served each morning; warm cookies and beverages served in the early evening.

Northwest Zone Meeting: TBD



**Dennis Baker,
OMS Coaches Rep,
will be hosting
2 clinics
on April 7th and
April 29th**

**The Clinics will be at David Douglas High School
SE 130th and Taylor Ct. (Between Stark and Division)**

3:00 pm to 6:00 pm - for swimmers and coaches

**Cost: \$10 dollars at the door - bring a copy of your 2007 USMS Registration Card
(Optional Dinner at McMennemins at Mall 205 after the clinic for further discussion -**

Note: you pay for your dinner and drinks)

**(Please RSVP to Dennis Baker at bakeswim@yahoo.com
or call 503 679 4601) to reserve a spot in any or all of the clinics)**

**Saturday - April 7 - Deciding the "Best" Breaststroke
for you**

**A general overview of breaststroke
Swimming demonstrations, discussions and pool work.
Secondary topic: Starts and turns for all levels of mas-
ters swimmers**



**Sunday - April 29 - No such thing as a "Free" lunch
Freestyle technique for all levels of swimmers
Swimming demonstrations, discussions and pool work.
Secondary topic: Training, coaching and technique for
the Triathlete.**

H e l l o S u n s h i n e

**Sometimes a
"Get Well," "Sympathy," or "Cheer Up" card
can help us through a difficult time. Please notify Sue,
the O.M.S "Sunshine Person,"
and an appropriate card will be sent on behalf of the
O.M.S.**

**Send Requests and a short note to;
Sue Calnek
409 S.E. 4th. St. Gresham OR . 97080
cell phone 971-533-3531
squeegybug60@yahoo.com**



TUALATIN HILLS "SIZZLING SUMMER" LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #377-05

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

Place: Tualatin Hills Aquatic Center Pool
15707 SW Walker Rd.
Beaverton, Oregon

DATE: Sunday, June 10, 2007

50 meters - 6-8 lanes competition-electronic timing
50 meter races will be 3 button timing
Continuous warm-up/down in 1-2 lanes

WARM-UPS: 8AM
MEET STARTS: 9AM

Meet director: Marisa Frieder • (503) 452-7053 • friederm@ohsu.edu

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.

Submit a 2007 registration card or 2007 registration form and fee with this form.
ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY MAY 25, 2007



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 12-31-07) _____ SEX _____

2007 USMS # _____

USMS CLUB (OREG, PNA, ETC) _____

IS THIS YOUR FIRST MASTERS MEET? _____ Yes _____ No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC. 31ST, 2007. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS. 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 IM AND 800 FREESTYLE WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS ARE TO BE SWUM. ALL EVENTS WILL BE SEEDS SLOW TO FAST.

Sunday, June 10, 2007

800 FREE (1) _____ : _____ . _____

50 FREE (2) _____ : _____ . _____

200 BACK (3) _____ : _____ . _____

100 FLY (4) _____ : _____ . _____

*** BREAK ***

MIXED FREE RELAYS (5-7)

50 BACK (8) _____ : _____ . _____

200 FREE (9) _____ : _____ . _____

100 BREAST (10) _____ : _____ . _____

200 IM (11) _____ : _____ . _____

*** BREAK ***

MIXED MEDLEY RELAYS (12-13)

50 FLY (14) _____ : _____ . _____

200 BREAST (15) _____ : _____ . _____

100 FREE (16) _____ : _____ . _____

MEDLEY RELAYS (17-20)

50 BREAST (21) _____ : _____ . _____

200 FLY (22) _____ : _____ . _____

100 BACK (23) _____ : _____ . _____

FREE RELAYS (24-29)

400 IM (30) _____ : _____ . _____

"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

2007 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS

Recognized by Oregon LMSC for USMS, Inc. #377-06R

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 7 & 8, 2007

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

Mt. Hood Community College - Home of the 2008 USMS Long Course Nationals!!


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 22, 2007

 **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 _____
2007 USMS # (IF A MEMBER) _____
USMS CLUB _____
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, 2007. 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 7, 2007

400 IM (1) _____ : _____ . _____

break

100 BACK (2) _____ : _____ . _____

200 FLY (3) _____ : _____ . _____

50 BREAST (4) _____ : _____ . _____

break

FREE RELAYS (5-10)

100 FREE (11) _____ : _____ . _____

200 BREAST (12) _____ : _____ . _____

50 FLY (13) _____ : _____ . _____

MIXED MEDLEY RELAYS (14-15)

break

800 FREE (16) _____ : _____ . _____

Sunday, July 8, 2007

400 FREE (17) _____ : _____ . _____

100 BREAST (18) _____ : _____ . _____

200 FREE (19) _____ : _____ . _____

50 BACK (20) _____ : _____ . _____

break

MEDLEY RELAYS (21-24)

100 FLY (25) _____ : _____ . _____

200 BACK (26) _____ : _____ . _____

50 FREE (27) _____ : _____ . _____

200 IM (28) _____ : _____ . _____

break

MIXED FREE RELAYS (29-31)

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 to 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

**2007**

Local Team Registration

This form must be postmarked by the entry deadlines of the 2007 OMS Association Championship and the 2007 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 - sweethomebuilder@centurytel.net



**OREGON MASTERS SWIMMING
UNITED STATES MASTERS SWIMMING
YEAR 2007 REGISTRATION**

☐ Renewal - 2006 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: _____		Do you coach a	Yes <input type="checkbox"/>
<input type="checkbox"/>	Electronic Delivery (<i>I prefer to receive the Aqua Master electronically</i>)	Masters Team	No <input type="checkbox"/>

Club: OMS is comprised of one club or you may register unattached. ☐ OREG ☐ *UNATTACHED
*(Unattached members cannot swim in relays)

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

<u>Registered for 2007</u>		<u>Not Registered for 2007</u>	
Canby Masters	CBM	Mt. Hood Masters	MHM
Central Oregon Masters	COMA	North Clackamas Masters	NCMS
Circumnavigating Beavers	CBAT	Oregon City Swim Team	OCST
Columbia Gorge Masters	CGM	Riverplace Athletic Club	RAC
Corvallis Aquatic Masters	CAT	Swimmers in Sweet Home	SWISH
Emerald Aquatics	EA	Oregon Wetmasters	OWET
Fishsticks	FISH	Pendleton Masters	PEND
Grass Valley Masters	GVAM	Rogue Valley Masters	RVM
		Tualatin Hills Barracudas	THB
		Albany Aquatics	AAA
		Lincoln City Masters	LCM
		Nike Masters	NIKE
		Roseburg Masters	RMST
		Salem Courthouse Crew	SCC
		Salem YMCA Masters	SYM
		Southern Oregon Masters	SOM
		Umpqua Valley Masters	UVM

\$38.00 Single Registration: Valid November 1, 2006 to December 31, 2007. Make checks payable to OMS, Inc.

(Fee breakdown: USMS = \$20.00, Benefits of Membership include: A subscription to USMS's magazine, USMS SWIMMER, during the length of the membership year (\$8.00 of the annual dues is designated for the magazine subscription), and periodic mailings from the Local Masters Swimming Committee, 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 to 74 years): Valid November 1, 2006 to December 31, 2007.

\$46.00 Two Seniors (65 to 74 years) at one address/One Aqua-Master. One Registration Form per member please.

\$10.00 Age Group 18 to 24 years and Seniors 75 years and older

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 \$100 as a Diamond 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, 17720 NW Autumn Ridge Dr, Beaverton, OR 97006

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

2007



Date	Event	Location	Contact
April 20-22	Assn. Champs	Bend	George Thayer gthayer@bendbroadband.com
*June 10	LCM	Beaverton	Marisa Frieder frieder@ohsu.edu
*July 7-8	LCM - St. Games	Mt. Hood C.C.	Colette Crabbe colettecrabbe@hotmail.com
Open Water			
June 17	Hagg Lake		
July 14-15	Applegate Lake		
July 27-29	Elk Lake		
Aug. 19	Dorena		
National Championships			
May 17-20	USMS - SCY	Federal Way, Washington	www.usms.org
*Aug. 4	1-3 Mile Championships (1.76 miles)	Lake Pend Oreille, Sandpoint, Idaho	Larry Krauser, (509) 455-7789, larry.krauser@kcgl.net
Aug. 10-13	USMS - LCM	The Woodlands, Texas	www.usms.org
Postal Championships 2007			
Go The Distance	Year long postal		gothedistance@swimoregon.org
International Championships			
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

Board Meetings

All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details
April 21 General Membership Meet in Bend

May 23	TBA
July 8	Mt. Hood Com. College
August 22	TBA
October	Retreat - TBA

Aqua Master

April / May 2007

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 -Chehalem, Bellevue & Pentathlon