



Aqua Master

USMS 2004 Newsletter of the Year

Volume 34, Number 3

Published Monthly by OMS, Inc.

March 2007

"Swimming for Life"

"You Go Girl" x 3



Nikki Weeks, Colette Crabbe and Arlene Delmage each won their age group at the Animal Meet. In the overall Animal Grand Master competition it was Arlene in first, Nikki in second and Colette was third.

Inside For You

Chair's Corner	2
Oregon Record Holders	3
Fitness	4
Long Bridge Swim Info	5
Banquet Update	6
Shake and Swim with Bake	7
Animal Meet Results	8-9
Entry Blanks	
Pentathlon	10
Association	11
Association Information	12
Clinics	13
Team Registration	14
USMS/OMS Registration	15
Schedule	Back Cover

Last Aqua Master if You Haven't Renewed

OK - this is it!
Your last Aqua Master
(if you have not renewed your membership)
Where else can you get:?
All the latest results - including records;
Entry Blanks;
Coaching Articles;
Fitness Advice;
Top Ten Reports
Long Distance and Open Water updates;
Don't Miss Out - Renew!

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

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 Manager PO Box 1072
Camas, WA 98607-1072 (360) 896-6818
all5reds@comcast.net

Officials (for swim meets)

Jacki Allender

seewun@proxaxis.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 (541) 504-5338

Email omsemail@swimmoregon.org

Top Ten topten@swimmoregon.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

Spring is almost here and the pool is about to heat up!

There is lots of swimming ahead and there is a great motivational tool on-line. A USMS Fitness committee event invites all swimmers to "Go the Distance". Track your yardage, reach the milestones, and get ready to swim fast.

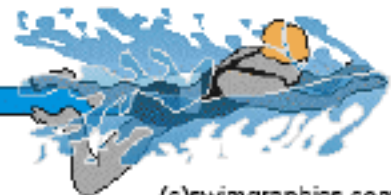
The Association Championships at the remodeled Aquatic Center in Bend, Oregon are right around the corner. This is a great venue and the meet is a blast! Swimming, competing with your workout group, and socializing, what could be more fun? Bring your teammates and burn up the water. And don't forget the Awards banquet with keynote speaker Tom Landis.

But the Association Championships are not the end of fast swimming in the Northwest for 2007. Take your training base north, and compete at the USMS Short Course Yard National Championships in Federal Way, Washington. The facility is fantastic and the atmosphere is electric. This swim meet is not to be missed.

This is a great time to swim in Oregon. We have good facilities, wonderful coaches, terrific teammates, energetic volunteers and some of the best competitions in the country right around the corner. Celebrate swimming! Participate! Swim fast! But, most of all, have fun!

Remember,

**Swimming is for Life
and Life Matters.**



(c)swimgraphics.com

**Gold &
Diamond
Medal Sponsors**



DIAMOND
Linda & Jeffrey
Anspach
Keith Dow

Wes Edwards
Robin & Frank
Parisi
Bill Volckening
Jody Welbourn
In Honor of
Mark & Laura Worden

GOLD

Elke Asleson
Jim Coakley
Arlene Delmage
Andrew Holden
William Holman
Rich Juhala

Willard Lamb
Roy Lambert
Kathy Marsh
Lee Miesen
Ron Nakata
James Proffitt
Sandi Rousseau
Michael Silvey
Allen & Carol
Stark
Elizabeth
Strausbaugh
Bill Sumerfield
Mike Tennant

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



We had clinics! Dennis Baker put on an outstanding "Fly" clinic for 50 OMS Swimmers and Karlyn Pipes-Neilsen and Eric Neilsen put on an outstanding "Freestyle" clinic. OMS swimmers are getting ready for Associations and Nationals.



The Lincoln City Masters continued their tradition of hosting a new year's swim on Sunday, Jan. 21 when this group gathered to swim a combined total of 2,007 laps. Pictured, from left, are Kelly Howard (Lincoln City), Paul Rushfeldt (Lincoln City), Mark Zook (Salem), Kara Kimberling (Lincoln City), Lori Hollingsworth (Lincoln City's mayor), Jeff Bertuleit (Newport), Laurie Kilbourn (Portland), Stephanie Reid (Lincoln City), Ron Cobb (Portland) and Gail Kimberling (Lincoln City). Not pictured are Laurie Weber (Neskowin) and Paul Katen (Lincoln City). The swimmers ranged in age from 25 to 63 and averaged 167 lengths, or about 2.5 miles, each. It took this group about an hour and a half to complete their new year's goal with the help of lap counter Chelsea Kosbab.

As we enter the 2007 SCY season, here are the Swimmers who currently hold the most Oregon SCY individual records (as of 1/18/2007): Compiled by Stephen Darnell

# of Records	Name	# of Records	Name	# of Records	Name
Women					
31	Lavelle Stoinoff	07	Hilda Buel	11	Gerald Huestis
19	Ginger Pierson	07	Gracie Goddard	09	Pat Allender
19	Eva Muller	06	Petey Smith	09	Steve George
15	Pauline Stangel	06	Cathy Imwalle	08	Tom Landis
12	Robin Parisi	05	Martha Keller	08	John Keppeler
11	Valerie Jenkins	05	Michelle Donahue	06	Gilbert Young
11	Margaret Wells	Men			
09	Joy Ward	27	Andrew Holden	06	Herb Eisenschmidt
09	Lauren Thies	27	Robert Smith	06	Steve Johnson
08	Collette Crabbe	15	Greg Latta	05	Allen Stark
08	Karen Andrus-Hughes	14	David Radcliff	05	Bill Zolna
		12	Dennis Baker	05	Jeff Stiling
				05	Curtis Taylor

F i t n e s s



**Rachel
Skoss**

Mixing It Up with Cross-Training

Swimmers can often be accused of thinking that swimming is everything. In the 70's, the prevailing thought was the more miles, the better. While technique requires mileage to become ingrained, we can benefit from a number of forms of cross-training to improve our general fitness. These days, elite swimmers do a range of cross- or dry-land training, with swimming mileage often quite reduced when compared with the past. We masters swimmers can probably benefit as well!

Repeating workouts again and again can keep you from moving beyond a certain level of conditioning. In swimming, there is a risk of overuse injuries, particularly in the rotator cuff muscles. In addition, while our esteemed coaches work hard at mixing up the workouts so they are interesting, at times we need a mental break from following the black line.

Cross-training is simple – it done by adding a different type of exercise to your physical activity routine. For a well-balanced and effective routine, you should include the different components of fitness – aerobic endurance, strength, flexibility and balance. It may be that a generalized workout can provide you with this, or you may like to do specific activities to target each of these components.

We all have our favorite alternative to swimming for aerobic conditioning. However, we may want to assess what we want to get out of our training, as depending on the exercise, there may be ways to be more efficient with our training. In general, with aerobic conditioning we are trying to improve our cardiac function, our ability to utilize specific energy pathways, and our ability to handle the metabolites from the exercise. How do we train this in swimming? We use specific work/rest intervals at a particular heart rate range, depending on what stage of the training cycle we are at. Needless to say, the same principles exist for our alter-

native exercise.

Let us consider cycling as an example for cross-training. Cycling is a great way to do some aerobic (and anaerobic) training, as well as increasing leg strength. However, many people think that to go cycling is to go for a nice ride in the country-side. This is ideal if you are after a recovery session, or if you have plenty of time to do some long distance riding, both of which have their place. One problem with cycling is that on the road, your workout is dependent on weather, traffic, road conditions, etc... You might like to contemplate using interval training while on the bike. In the pool, we might do 500-1000 yard intervals. This might equate to 10-20 minute intervals on the bike, aiming for a similar heart rate. Shorter intervals at higher heart rate will train your anaerobic energy systems. Shorter intervals with shorter rest will aid in training your lactate tolerance and anaerobic threshold. For these shorter intervals, consider



using a wind-trainer or exercise bike so that you can better control your workload (and not be in danger when fatigued). If these are not an option, find a quiet patch of road or a nice hill climb for some repeats. A general rule of thumb is to use longer rest intervals on the bike than you would with swimming. Using interval training with running/cross country skiing, etc... is also a good way to train efficiently.

Many of us head straight to the gym for strength training. This is certainly a good way to gain strength, but again, there are different types of training depending on whether you want to work on endurance, strength, or power. It is important that if you don't have prior experience, you utilize the services of your gym instructor. Don't let them give you a generic pro-

gram, but get them to tailor one to your requirements, updating the program every 2-3 months.

You may also want to consider yoga, pilates, or even a number of the different martial arts as cross-training alternatives. Not only do they all have components that work on your strength, but they can help improve your flexibility and balance too. There are also a number of meditative qualities in these disciplines that can be beneficial for stress relief!

It is important to remember that regardless of the exercises you choose to add to your swimming program, you should start a new activity slowly, and gradually build on your routine. Allow enough time at the beginning and end of your workout to warm up and cool down. And consult your doctor before starting a new routine if you have specific health concerns.

Long Distance Swimming

INFORMATION SHEET

Version 10/06/07



2007 USMS OPEN WATER NATIONAL CHAMPIONSHIP

DATE: Saturday, August 4, 2007.

EVENT: The Northwest's premier open-water swimming event held in Sandpoint, Idaho, the Long Bridge Swim is a 1.76-mile swim across magnificent Lake Pend Oreille. The race is a point-to-point crossing paralleling the Pedestrian Long Bridge. The 2007 event will be the United States Masters Swimming's 1-3 mile Open Water National Championship. There will be two separate waves: first wave is for the USMS National Championship and the second wave is for the "Community Swim".

COURSE: A straight 1.76 mile swim from an in-water start northward on the east side of the Pedestrian Long Bridge, paralleling the bridge until it meets land, and then following the bike path along the shore into a sandy beach finish.

TIME: Check-in begins at 6:30 am. All swimmers must sign USMS Liability Release upon check-in, pickup "gooly bag", and get body marked. A mandatory Pre-swim and Safety meeting will take place at 8:00 am. USMS swim begins around 9:00 am with the "Community Swim" beginning 10 minutes later.

LOCATION: The race takes place on the east side of the Long Bridge (USGS bridge heading into Sandpoint from the south). There is great spectator viewing along the entire course. Bring friends and cameras!

Park at the north end of Long Bridge in the lot next to the Conoco station. The event will shuttle all swimmers to the south end of the bridge where the swim starts. When you finish at Dog Beach your car will be waiting for you.

DIRECTIONS: Sandpoint is located in Northern Idaho. It is 40 miles north of Coeur d'Alene, ID, on US 85. Spokane, WA, is 70 miles away (approximate driving time is 90 minutes).

SAFETY: Safety is our #1 priority. Qualified safety personnel have the authority to pull any swimmer out of the event for safety reasons.

The swimmers swim in a straight line along the east side of the Pedestrian Long Bridge. We have a flotilla of safety boats, kayakers and canoes, paralleling the swimmers from the start to the finish on the sandy beach. Safety spotters walking along the Bridge have red flags and radios to point out a distressed swimmer if needed to notify a safety boat. Because the Bridge is so close to the swimmers and boats, it is easy to call out instructions to the boats if needed. If a swimmer gets tired or wants to stop or rest for any reason a kayaker moves in and can tow them out of the line

of other swimmers, to be picked up if needed by a Coast Guard Auxiliary boat with medical staff on board. Coast Guard power boats will patrol the event, with each turning off their propellers when they are near a swimmer in the water. Two Bonner County Sheriff Patrol boats with sirens and flashing lights are on either side (East and West) of the Long Bridge to notify any other boats which may be on the water but are not participating in our event or may not even be aware of the event and that swimmers are in the water.

The swim will proceed in all but lightning and severe wind/cold. Refunds will not be given if cancelled due to weather or any other reason. There is a 2-1/2 hour time limit to complete the swim. Competitors still in the water will be removed and become ineligible for USMS awards.

EXPECTED TEMPERATURE: Water 65-70F degrees. Air 70-80F degrees.

ELIGIBILITY: The USMS event is open to all 2007 USMS registered swimmers, 18 years of age (or older) as of August 4, 2007. All entrants must present their 2007 USMS card at registration or upon check-in.

In USMS Open Water National Championship, swimmers using wetsuits, fins, paddles, flotation devices, or any other swimming aids are not eligible for USMS awards.

RULES: Current 2007 USMS rules will govern the USMS portion of the event.

ENTRIES: Entries will be available in early 2007. On-line entries will be available at the Long Bridge Swim web site (<http://www.longbridgeswim.com/>). Mail-in Entry Forms will be available at USMS web site (<http://www.usms.org/>) and the Long Bridge Swim web site (<http://www.longbridgeswim.com/>).

ENTRY FEES: Registration Fee is \$30 if received by July 21, 2007. The Registration Fee includes tee-shirt, cap, swim, bus to start area, and refreshments at the finish area. A late Registration Fee of \$40 (no guarantee of tee-shirt) will be allowed up to 8:00 am on race day.

AWARDS: Age-groups are 18-24, 25-29, 30-34, and so on in 5-year increments as high as necessary for both men and women. Awards will be given to the top six finishers in each age-group. Awards include: a plaque and USMS Championship Patch to all age-group first place finishers and medals for all age-group 2-6 finishers.

RESULTS: Interim results will be posted at the race site at reasonable intervals. Final results will be posted at the race site within 30 minutes after completion of the race (2-1/2 hour time limit for race). Final results will be posted on the USMS website within 30 days of completion of the race.

LODGING: Information on Lodging, Hotels, and Bad and Breakfast has can be found at: <http://sandpointidaho-hotels lodging.com/>

MORE INFORMATION: The events website is: <http://www.longbridgeswim.com/>.

Interested persons may contact one of the event directors for further information:

Larry Krauser, USMS Event Director
larry.krauser@cox.net, (208) 455-7780

Eric Ridgway, Event Director
longbridgeswim@yahoo.com, (208) 253-3412

Tom Landis to Speak at Association Banquet

When Tom Landis started his second swimming career at age 55, little did he know how far it would take him, and how his competitive nature would suck him farther and farther up the ladder of success. When he turned 60, he dominated his age group, captured all-American rankings in every freestyle event from 50 to 1650, set two world and four national records in the process, and was named as USMS Swimmer-of-the-Year. Now, having just turned 65, he is preparing for another all-out assault on the record book. The level of fitness he achieves through training for competition enable Tom to actively pursue his favorite hobbies, surfing and body surfing on regular trips to the warm waters of Mexico or Australia. Tom lives in Camp Sherman at the base of the Cascades with his lovely wife, Madeleine. Retired, their disparate interests run the gamut from backpacking to ballroom dancing.

There's a little prior history as well. Tom was raised in Southern California and swam as a walk-on at UCLA. He lived down under for several years in his 20's, where he became a star in the famous Australian rough water circuit. Tom then served a 15-year stint as a history teacher at Fountain Valley High School in Orange County, CA, where he was also a fine swimming and water polo coach. His career took a radical turn when he moved to Brownsville, Sisters, and finally Camp Sherman, where he began farming llamas and leading wilderness llama treks. Tom has

two children living in California and a couple of new grandchildren.

We first noticed Tom when he appeared one day at a COMA practice in 1997. Although his form was a bit rough after a long layoff, it was apparent even then that there was plenty of hidden potential in this bearded wild-looking guy. Little did we know how much! The rest is history, and history still to be made.



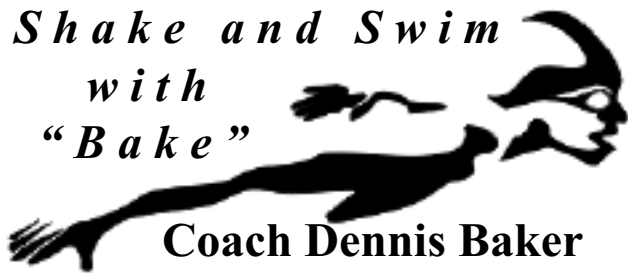
Beautiful Remodeled Facility for Association Banquet



Pam Himstreet, Banquet Coordinator and George Thayer, Meet Director for the Association Meet recently checked out the newly remodeled Aubrey Glen Golf Course Restaurant, site of the 2007 Banquet. They were favorably impressed and feel it will be an outstanding Banquet this year.

With this top flight Restaurant and Tom Landis as the featured speaker, you do not want to miss the Banquet. Make sure you sign up for it when you send in your entry blank. Entry Blanks are in this issue of the Aqua Master.

Shake and Swim with "Bake"



Coach Dennis Baker

Attitude

Greetings my fellow Oregon Masters. In opening, I must finish the last word that got accidentally cut out of my first article. "Swim", as in finding that perfect cycle and perfect "swim". Now on to one of the most important subjects in swimming and in life.

Attitude by definition: A mental position assumed for a specific purpose. There are so many clichés and sayings about attitude. As I was doing some research for this article I couldn't believe the amount of literature. This would lead one to think that this subject is important, and it is.

Having a good attitude in swimming is vital. We work hard all year to prepare for those special races or just general fitness. The attitude or approach we take to each workout directly effects the success of our goals. We must practice having good spirits everytime we hit the pool. This is a difficult thing to do. The proverbial "life stuff" that I talked about in my last article gets in the way sometimes. We often "bring our day" to practice. As I mentioned in my last article, we often have life or swim cycles. Some are good and some are bad. To think we can absolutely abolish the bad cycles or never bring a bad attitude to practice would be absurd. What we can do is understand that we are in a bad mood. Or, perhaps we are stuck in a bad cycle or often bring in bad attitudes. Once we realize this we can move forward. Having a good attitude in practice is all about choice. When you hit the water let it all go. I think we are lucky to be swimmers because you are jumping into such a different environment. Let the water sweep the day away. Choose to be happy and know that you are healthy and lucky to be able to swim. Think that every day, because it is true.

Blocking out "negative vibes" is such a big key to having fun and swimming to your full potential. Let me give you a quick story about Ian Thorpe, who I consider one of the

greatest swimmers of all time. The "Thorpedo" was swimming in a big championship meet. In prelims he qualified third in his best race, the 200 meter free. The press was hounding him about not qualifying first, after all he was the world record holder. They asked him if being in lane five instead of four was going to affect him. His response was, "I'm pretty sure the water is the same in both lanes." What a great attitude. Thorpe went on to lower his own world record in that race and won by a great margin. Nothing was going to stop him.

His good outlook and confidence completely overrode the negative questions being thrown at him.

A good attitude can make you have success in swimming and in life. As

I mentioned before there are so many clichés. Glass half full or half empty etc.... I will leave you with one passage I found. I read this to all my swimmers, Masters and young ones alike.

I read it myself everyday. Thanks to Charles Swindoll for creating it.

Attitude

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past.... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our Attitudes.



**Attitude
to
Achieve**

©swimgraphics.com

Animal Meet - January 20 - Canby

N = Breaks listed National Record			Z = Zone Record	O = Oregon Record
Women 18-24			200 Yard IM	100 Yard Butterfly
500 Yard Freestyle			1 Vaughn-Edmonds, H.44OREG2:29.93	1 Stevenin, Elfie 85 OREG5:14.51 Z
1 Scheafer, Kayla 20 UNAT 6:27.16			400 Yard IM	200 Yard IM
100 Yard Butterfly			1 Delmage, Arlene 44 OREG 5:14.04	1 Stevenin, Elfie 85 OREG 8:22.89
1 Scheafer, Kayla 20 UNAT 1:19.53			Women 45-49	Men 18-24
200 Yard IM			200 Yard Freestyle	200 Yard Freestyle
1 Scheafer, Kayla 20 UNAT 2:49.92			1 Harsey, Laura 48 OREG 2:14.78	1 Cleary, Kevin 23 OREG 2:07.30
Women 25-29			2 Vincent, Nancy 47 OREG 2:24.48	50 Yard Butterfly
200 Yard Freestyle			500 Yard Freestyle	1 Cleary, Kevin 23 OREG 27.61
1 Smith, Andrea 25 OREG 2:31.61			1 Fox, Christina 46 OREG 7:07.73	100 Yard IM
50 Yard Butterfly			1000 Yard Freestyle	1 Cleary, Kevin 23 OREG 1:05.07
1 Smith, Andrea 25 OREG 34.85			1 Goodman, Ann 47 OREG 13:23.45	Men 30-34
100 Yard IM			50 Yard Butterfly	200 Yard Freestyle
1 Smith, Andrea 25 OREG 1:16.41			1 Harsey, Laura 48 OREG 30.49	1 Crum, Brandon 30 OREG 2:37.22
Women 30-34			2 Vincent, Nancy 47 OREG 33.39	1000 Yard Freestyle
1000 Yard Freestyle			3 Fox, Christina 46 OREG 45.16	1 Van Anel, Robbert 32OREG10:50.89
1 Weeks, Nikki 34 OREG 12:40.14			200 Yard Butterfly	50 Yard Butterfly
2 Criscione, Anicia 33 OREG 13:17.54			1 Goodman, Ann 47 OREG 3:21.03	1 Crum, Brandon 30 OREG 32.90
200 Yard Butterfly			100 Yard IM	200 Yard Butterfly
1 Weeks, Nikki 34 OREG 2:33.42			1 Harsey, Laura 48 OREG 1:09.83	1 Van Anel, Robbert 32OREG2:13.33
2 Criscione, Anicia 33 OREG 3:02.79			2 Vincent, Nancy 47 OREG 1:16.98	100 Yard IM
400 Yard IM			200 Yard IM	1 Crum, Brandon 30 OREG 1:12.50
1 Weeks, Nikki 34 OREG 5:19.41			1 Fox, Christina 46 OREG 3:03.52	400 Yard IM
2 Criscione, Anicia 33 OREG 5:43.88			400 Yard IM	1 Van Anel, Robbert 32OREG4:28.61
Women 35-39			1 Goodman, Ann 47 OREG 6:02.50	Men 35-39
200 Yard Freestyle			Women 50-54	200 Yard Freestyle
1 Marsh, Kathy 39 OREG 2:38.05			1000 Yard Freestyle	1 Taylor, Curtis 35 OREG 1:54.01
2 Olbrich, Stephanie37 OREG 3:22.83			1 Crabbe, Colette 50 OREG 13:00.47	500 Yard Freestyle
500 Yard Freestyle			2 Budd, Elizabeth 52 OREG 14:00.64	1 Kays, David 39 PNA 5:07.32
1 Young, Susie 37 OREG 6:18.90			200 Yard Butterfly	50 Yard Butterfly
50 Yard Butterfly			1 Crabbe, Colette 50 OREG2:36.76 O	1 Taylor, Curtis 35 OREG 25.74
1 Marsh, Kathy 39 OREG 35.00			2 Budd, Elizabeth 52 OREG 3:07.20	100 Yard Butterfly
2 Olbrich, Stephanie37 OREG 52.07			400 Yard IM	1 Kays, David 39 PNA 59.26
100 Yard Butterfly			1 Crabbe, Colette 50 OREG5:14.69 Z	100 Yard IM
1 Young, Susie 37 OREG 1:14.28			2 Budd, Elizabeth 52 OREG 6:03.34	1 Taylor, Curtis 35 OREG 58.56
100 Yard IM			Women 55-59	200 Yard IM
1 Marsh, Kathy 39 OREG 1:18.44			500 Yard Freestyle	1 Kays, David 39 PNA 2:09.55
2 Olbrich, Stephanie37 OREG 1:44.27			1 Rousseau, Sandi 59 OREG 7:36.70	
200 Yard IM			100 Yard Butterfly	
1 Young, Susie 37 OREG 2:42.11			1 Rousseau, Sandi 59 OREG 1:31.22	
Women 40-44			200 Yard IM	
200 Yard Freestyle			1 Rousseau, Sandi 59 OREG 3:14.32	
1 Viales, Dianne 44 OREG 2:15.13			Women 60-64	
2 Dansby, Ami 44 OREG 2:42.60			200 Yard Freestyle	
3 Malloy, Janie 44 OREG 2:45.97			1 Ward, Joy 64 OREG 2:58.66	
500 Yard Freestyle			50 Yard Butterfly	
1 Vaughn-Edmonds, H.44 OR 5:31.53 O			1 Ward, Joy 64 OREG 34.66	
1000 Yard Freestyle			100 Yard IM	
1 Delmage, Arlene 44 OREG 12:15.65			1 Ward, Joy 64 OREG 1:24.06	
50 Yard Butterfly			Women 80-84	
1 Viales, Dianne 44 OREG 30.92			200 Yard Freestyle	
2 Dansby, Ami 44 OREG 37.02			1 Wells, Margaret 80 OREG 5:57.04	
3 Malloy, Janie 44 OREG 38.44			50 Yard Butterfly	
200 Yard Butterfly			1 Wells, Margaret 80 OREG 1:38.11	
1 Delmage, Arlene 44 OREG 2:25.36			100 Yard IM	
100 Yard IM			1 Wells, Margaret 80 OREG 2:58.37	
1 Viales, Dianne 44 OREG 1:10.00			Women 85-89	
2 Dansby, Ami 44 OREG 1:24.55			500 Yard Freestyle	
3 Malloy, Janie 44 OREG 1:27.50			1 Stevenin, Elfie 85 OREG 19:14.25	



**Laura Harsey - Sprint Winner
and Meet Director, Nancy**

Men 40-44

500 Yard Freestyle

1 Karyukin, Andrei 41 OREG 6:08.38

1000 Yard Freestyle

1 Higley, Robert 41 OREG 12:05.30

2 Butcher, Gano 42 OREG 12:11.76

100 Yard Butterfly

1 Karyukin, Andrei 41 OREG 1:07.63

200 Yard Butterfly

1 Butcher, Gano 42 OREG 2:29.28

2 Higley, Robert 41 OREG 2:39.07

200 Yard IM

1 Karyukin, Andrei 41 OREG 2:30.68

400 Yard IM

1 Higley, Robert 41 OREG 5:12.10

2 Butcher, Gano 42 OREG 5:30.38

Men 45-49

200 Yard Freestyle

1 Hathaway, David 46 OREG 2:08.96

2 Koch, Steve 49 OREG 2:40.74

3 Bemrose, Jeff 45 OREG 2:55.80

50 Yard Butterfly

1 Hathaway, David 46 OREG 28.52

2 Koch, Steve 49 OREG 33.36

3 Bemrose, Jeff 45 OREG 40.53

100 Yard IM

1 Hathaway, David 46 OREG 1:05.53

2 Koch, Steve 49 OREG 1:17.61

3 Bemrose, Jeff 45 OREG 1:26.98

Men 50-54

200 Yard Freestyle

1 Edwards, Wes 53 OREG 2:13.49

2 Bergstrom, Robert 50 OREG

2:18.88

3 Butler, James 54 OREG 3:13.23

500 Yard Freestyle

1 Philbrick, Larry 54 OREG 5:54.36

2 Brockbank, Doug 53 OREG 6:07.05

50 Yard Butterfly

1 Edwards, Wes 53 OREG 27.90

2 Bergstrom, Robert 50 OREG 31.34

3 Butler, James 54 OREG 44.66

100 Yard Butterfly

1 Philbrick, Larry 54 OREG 1:03.91

2 Brockbank, Doug 53 OREG 1:08.32

100 Yard IM

1 Edwards, Wes 53 OREG 1:03.68

2 Bergstrom, Robert 50 OREG 1:12.71

3 Butler, James 54 OREG 1:51.75

200 Yard IM

1 Philbrick, Larry 54 OREG 2:22.05

2 Brockbank, Doug 53 OREG 2:27.89

Men 55-59

200 Yard Freestyle

1 Taylor, Scott 55 OREG 2:38.88

1000 Yard Freestyle

1 Pendleton, Mike 55 OREG 12:03.90

50 Yard Butterfly

1 Taylor, Scott 55 OREG 39.17

200 Yard Butterfly

1 Pendleton, Mike 55 OREG 2:41.79 O

100 Yard IM

1 Taylor, Scott 55 OREG 1:22.00

400 Yard IM

1 Pendleton, Mike 55 OREG 5:19.90

Men 60-64

500 Yard Freestyle

1 Juhala, Richard 63 OREG 8:40.11

1000 Yard Freestyle

1 Ellis, John 60 OREG 15:51.27

100 Yard Butterfly

1 Juhala, Richard 63 OREG 1:38.46

200 Yard Butterfly

1 Ellis, John 60 OREG 3:56.69

200 Yard IM

1 Juhala, Richard 63 OREG 3:33.60

400 Yard IM

1 Ellis, John 60 OREG 7:05.56

Men 65-69

200 Yard Freestyle

1 Nakata, Ronald 67 OREG 2:34.05

100 Yard IM

1 Nakata, Ronald 67 OREG 1:12.81

**Arlene Delmage - Grand Winner****David Kays - Masters Winner****Curtis Taylor - Sprint Winner & Susie Young - Master Winner****Robbert Van Andel - Grand Winner**



Tualatin Hills Pentathlon

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

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

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

Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #377-03

Place: Nike's Lance Armstrong Fitness Center

One Bowerman Dr., Beaverton, Oregon

6 lanes competition-electronic timing

Separate continuous warm-up/down lanes

Hosted by the Tualatin Hills Barracudas

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

Directions to the pool: From Hwy 26 (Sunset Hwy), exit Murray Blvd. Turn left (south) on Murray Blvd and cross over overpass bridge. Turn right (west) on Walker Rd. Turn left (south) at the 1st stop light onto the Nike campus (will go by water fall/fountain). If the guard stops you, tell him you are going to a swim meet at the Lance. Turn right at stop sign past guard station. Go past 2 stop signs and a wide stairway on right, then at the next parking lot entrance turn right into parking lot and park. Walk across the street you were just driving on. The long building you drove past was the Mia Hamm building. The Lance Armstrong Building is the next building to your right (look for basketball courts and outdoor volleyball courts).

Please note: Swimmers will have pool access only and not access to the steam room, sauna, or hot tub. Swimmers will need to sign the release waiver located at the front desk the day of the meet.

All entrants must submit a photocopy of their current 2007 registration card or 2007 registration form and fee with this entry.

ENTRY DEADLINE: POSTMARK NO LATER THAN March 2, 2007

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

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2007 USMS # _____

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

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

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

Sprint

50 FLY (1) _____ : _____ . _____

50 BACK (3) _____ : _____ . _____

50 BREAST (5) _____ : _____ . _____

50 FREE (7) _____ : _____ . _____

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

Mar 18, 2007

Mid Distance

100 FLY (2) _____ : _____ . _____

100 BACK (4) _____ : _____ . _____

Break

100 BREAST (6) _____ : _____ . _____

100 FREE (8) _____ : _____ . _____

Break

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

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

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

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

SIGNATURE _____

DATE _____

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

**OREGON MASTERS SWIMMING ASSOCIATION SHORT COURSE YARDS CHAMPIONSHIPS
& NORTHWEST ZONE SHORT COURSE YARDS CHAMPIONSHIPS**

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #377-04

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit an Oregon 2007 registration form and fee with this form.

Hosted by: Central Oregon Masters Aquatics
Juniper Swim & Fitness Center
Bend, Oregon

DATE: Fri., Sat. & Sun. April 20-22, 2007

25 yards
8 lanes competition-electronic timing
8 20 yd. lanes for continuous warm-up/down area

OMS souvenir/participation award for all OMS entrants

**FRIDAY: WARM-UPS: 5PM • MEET STARTS: 6PM
SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM
SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**

Meet director: George Thayer • Phone: 541-388-3392 • E-mail gthayer@bendbroadband.com

Directions to the pool: From North or South, take Business highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2007 OMS REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 30, 2007

✂ FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY ✂

NAME _____

BIRTHDATE _____ AGE _____ SEX _____

ADDRESS _____

2007 USMS # _____

CITY _____

If OMS, LOCAL TEAM (SEE LISTINGS ON 2007 REG. FORM) _____

STATE _____ ZIP _____

USMS CLUB (OREG, PNA, ETC) _____

PHONE _____

IS THIS YOUR FIRST MASTERS MEET? ____ Yes ____ No

E-MAIL _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+ AND 75+. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY.** ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE COUNTED FOR TEAM POINTS. YOU MAY SWIM THE 200, 400 & 800 YARD DISTANCE OF EACH RELAY ONLY ONCE. THE 400IM, 500, 1000 & 1650 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE POSTED ON-LINE OR IN NEXT AQUAMASTER FOR TIMES REGARDING CHECK-IN DEADLINES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDED SLOW TO FAST. SEE GUIDELINES PAGE ON-LINE OR IN NEXT AQUAMASTER FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2007 IN ORDER TO SCORE POINTS.

Friday, April 20, 2007

400 IM (1) _____ : _____ . _____

1650 FREE (2) _____ : _____ . _____

Saturday, April 21, 2007

100 IM (3) _____ : _____ . _____

200 FREE (4) _____ : _____ . _____

100 BREAST (5) _____ : _____ . _____

50 FLY (6) _____ : _____ . _____

* break*

FREE RELAYS (7-12)

200 BACK (13) _____ : _____ . _____

50 FREE (14) _____ : _____ . _____

100 FLY (15) _____ : _____ . _____

* break*

MIXED MEDLEY RELAYS (16-17)

1000 FREE (18) _____ : _____ . _____

ASSOCIATION/AWARDS BANQUET - THE RESTAURANT AT AUBREY GLEN

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

SIGNATURE _____

DATE _____

Association/Awards Banquet • Saturday Evening \$20.00 (all ages) _____ each @ \$20.00

Association Champs Shirt : Men's T-Shirts \$16.00 ea.,
Wmn's T-Shirts \$16.00 ea. or Crew Neck sweatshirts \$25 ea.

Mens T Wmns T Sweat
S M L XL XXL (\$2 add.)

(indicate style and size to the right)

AWARDS BANQUET
T-SHIRTS ____ X \$ ____ =
MEET ENTRY FEE 23.00
TOTAL ENCLOSED _____

MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

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

Please plan
to attend the OMS Annual Meeting at
4:30pm at Aubrey Glen and be a part of this
great organization.

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
3 clinics
on March 18th,
April 8th and
April 29th**

All Clinics will be on Sundays 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)



March 18 - Getting "Back to Basics".

A general overview of backstroke

Swimming demonstrations, discussions and pool work.

Secondary topic: Coaching different levels of master swimmers during one workout.

Are we leaving out the novice swimmer?

April 8 - 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 masters swimmers



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.

Hello Sunshine

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

suegybug60@yahoo.com



**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



☐ 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 Masters Team	Yes <input type="checkbox"/>	No <input type="checkbox"/>
<input type="checkbox"/> Electronic Delivery (<i>I prefer to receive the Aqua Master electronically</i>)				

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	Tualatin Hills Barracudas	THB
Central Oregon Masters	COMA	Albany Aquatics	AAA
Circumnavigating Beavers	CBAT	Lincoln City Masters	LCM
Columbia Gorge Masters	CGM	Nike Masters	NIKE
Corvallis Aquatic Masters	CAT	Roseburg Masters	RMST
Emerald Aquatics	EA	Salem Courthouse Crew	SCC
Fishsticks	FISH	Salem YMCA Masters	SYM
Grass Valley Masters	GVAM	Southern Oregon Masters	SOM
		Umpqua Valley Masters	UVM

(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

\$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
Pool Meets			
*March 18	SCY (Pentathlon)	Beaverton - NIKE	Marisa Frieder friederm@ohsu.edu
*April 20-22	Assn. Champs	Bend	George Thayer gthayer@bendboardband.com
June 10	LCM	Beaverton	Marisa Frieder friederm@ohsu.edu
July 7-8	LCM - St. Games	Mt. Hood C.C.	
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
March 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

I n s i d e : R e s u l t s - A n i m a l M e e t