



Aqua Master

USMS 2004 Newsletter of the Year

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"Swimming for Life"

Oregon Shines at Open Water Nationals

OMS Swimmers at O W Nationals

Name	Time	Age
		Gp Place
Doug Asbury	:40.16	2
Bob Bruce	:43.30	2
Elizabeth Budd	:48.58	2
Mike Carew	:54.57	5
Arlene Delmage	:41.11	1
Keith Dow	:48.37	6
Dan Gray	:56.27	4
Brent Lake	:57.44	3
Ralph Mohr	:52.24	2
Lisa Nirell	:59.00	6
David Radcliff	:44.49	1
Laura Schob	:49.07	4
Mary Sweat	:40.42	1

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Schedule	Back Cover



Mary Sweat, 2nd Women Overall and First in her age group and Doug Asbury, 9th Overall and Second in his age group, led a strong showing of 13 Oregon Master Swimmers at the USMS Open Water Nationals. All 13 swimmers won medals.

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*Founders of OMS***Connie Wilson and****Earl Walter - Historian****Chair's Corner by Jody Welborn**

Hi everyone.

Oregon Masters Swimming is among the most active LMSC's (Local Masters Swimming Committee) in USMS and continues to be so year after year. Why? Because of our excellent volunteers: board members, swimmers and officials as well as a recruited non-swimming family member or two. We are fortunate to have added excellent members to the OMS board as others have retired. This allows us to incorporate new ideas and energy. Our LMSC is fortunate that there is a high level of interest in volunteering/giving back and OMS benefits greatly. I appreciate all of your energy and help.

As the board changes, it is also important to maintain continuity for history and mentoring. I have been fortunate to benefit from one of the best, Jeanne Teisher. Over the course of my involvement in OMS Jeanne has served as Treasurer, Chair and most recently Vice-Chair. The Vice-Chair is one of the most critical positions on the board. In this position, Jeanne sends and receives meet bid packets and recommends the meet schedule. She is the go-to person to help our swim teams and meet directors put on our excellent swim meets. She is always there to help with other tasks to numerable to mention.

Sadly, Jeanne is resigning from this position. Fortunately she will still be serving on the board as the Past-President.

But as one door closes, another door opens. And who is behind that door?

Wes Edwards has graciously agreed to take on the position of Vice-Chair.

Wes swims with Grass Valley Masters and is tearing up the competition while looking forward to aging up (but I won't tell which age group). He is a former age-group swimmer who retired from swimming to race outrigger canoes-well, perhaps there was a little time gap. Swimming beckoned again when he started using it to complement his canoe racing. The rest is history.

But, be careful! He is a retired police lieutenant from the Port of Portland/Portland Airport and is now a security consultant. This is good. Not only will he keep us in line, but he will keep us safe. Welcome, Wes.

As part of the introduction, I would like to mention that the OMS board has recently reviewed meet costs. Because of increasing costs to teams hosting swim meets we have increased the base payment to teams. For details, please email Wes. And get your meet bid packets in soon! They are due 8/18/07. Wes is eager to start.

Remember,

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



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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.

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Swim Bits by Ralph Mohr

Spitz #2

The next time I saw Mark Spitz in action was when I was swimming coach of the Redding (CA) Swim Team. I was at the Pacific Association Short Course Junior Olympics which were then always held at the Arden Hills Country Club in Sacramento.

This was the club of Sherm Chavoor, coach of Debbie Meyer, John Ferris, Susan Pederson and other Olympians. Read Chavoor's book "The 50-meter Jungle," perhaps the most aptly titled swimming book ever named, and you'll get some idea of what Chavoor was like. Mark Spitz by this time was swimming for Santa Clara Swim Club. Father Spitz was not allowed on the deck nor to do any coaching. George Haines ruled completely.

Spitz and John Ferris at the SC JO's that summer hooked up in three of the most fantastic age group races I or anyone else who was there had ever seen. Ferris always shot out in front, as he was the swimmer who first used the porpoise dive, I believe, where you punch a hole in the water and add a dolphin kick as you go forward, what everyone does today.

Spitz caught Ferris from behind in the two butterfly races, winning by inches and setting national age group records in both. When the 200 IM came up, everyone was gathered around the pool to watch.

Ferris had qualified in lane 2, putting at least one swimmer between him and Spitz. Again he took off ahead with his special start. I can remember Spitz looking for Ferris in fly. Ferris kept his lead throughout the other strokes and touched Spitz out. It was great! John had finally beaten Mark! And then Ferris's brother jumped into the water to congratulate him.

Ferris was automatically disqualified and his victory turned to spray. What was curious afterwards was that Mark Spitz refused to mount the victor's podium in the award ceremony. He knew who had won and acknowledged it.

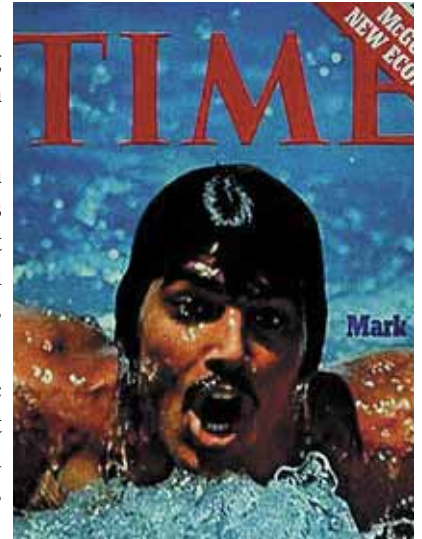


and



Ray Allen is a WOW (Wonder of Open Water)

Ray Allen, at 81, is always our "senior" open water swimmer. He is a WOW to all of us who love open water swimming. He does the short swims and the long swims and he always has a smile when he comes out of the water. The "Mantra" of the open water swimmers is, "we want to be like Ray when we are 81". What a role model for younger swimmers and it is an honor to have your picture taken with Ray. Pictured below (left) is Taos Stewart, the youngest swimmer at Applegate. On the right is Tim Gorman, the youngest swimmer at Elk Lake. The smiling man in both is our WOW swimmer, Ray Allen.



F i t n e s s



**Rachel
Skoss**



Weight problems – part 1:

What do we mean by body fat?

We need a certain level of body fat to maintain good health – essential fat helps regulate body temperature, cushions and insulates organs and tissues, and is the main form for the body to store energy. According to the American Council on Exercise, the essential fat for women is 10-12%, while for men it is 2-4%. For athletes, recommended body fat (including the essential fat) is 14-20% (women) and 6-13% (men). Body fat levels for those with good general fitness are 21-24% (women) and 14-17% (men), and obesity is considered above 32% and 25% for women and men respectively.

So what does the percentage of fat actually mean? If you weigh 150 lbs and have 10% fat then your body consists of 15 lbs fat and 135 lbs of lean body mass (which includes bone, muscle, organ tissue, blood and anything else). While many masters swimmers I've seen are considered to be in a healthy weight range some struggle to maintain a healthy weight and may actually be too lean – while others with a little too much of the non-essential fat!

To get your body fat levels measured, it is best to get an experienced kinanthropometrist to perform skin-fold measurements over 7-8 sites. These values then get placed into a gender-specific algorithm which will result in a %

body fat prediction. There are also calculations which work based from 2 specific sites – but it is not quite as accurate as the 7-8 site measurement. It is important the tester is able to find the correct place for the callipers; both with reliability and repeatability, or the results will be inaccurate. There are underlying assumptions with skin-fold measurements: that the skin-fold is constantly compressible, that the skin thickness is a constant proportion of the skin-fold, that everybody stores fat in the same places, that the fat represents a constant proportion of the adipose tissue, and that the proportion of subcutaneous fat to internal fat is constant.

There are other measurements that you may have seen used. The “body-fat scales” work by impedance and are considered unreliable. Hydrostatic weighing works out the % body fat by weighing the body in water (and the water displacement), and working out the % fat from those results. Densitometry is also used in limitation – a % fat is usually more of a bonus when getting tested for osteoporosis (and bone density).

The most common measurement regarding appropriate weight for height is the Body Mass Index (BMI), which is $\text{weight (in kg)} / \text{height}^2 \text{ (in metres)}$. While this score has a fundamental flaw in not assessing muscularity, this flaw does not impact the types who tend to have a problem with being underweight... So you are considered

underweight if your BMI < 20, or very underweight with a BMI < 18. If, however, you tend to be more of a line-backer build, your BMI score can put you at over-weight even if you have low body fat %.

Tune in to the next aqua-master for part 2 – understanding metabolism.



UNIVERSAL LAWS AFFECTING COMPETITIVE SWIMMERS

(much like Sir Isaac Newton's laws of motion)

Law of Competitive Gravity

When left unattended, a swimmer will gravitate to the worst technique possible.

Law of Inertia

A swimmer at rest will tend to remain at rest unless acted upon by an outside force. A swimmer in motion will tend to rest as soon as possible unless acted upon by an outside force.

Laws of Acceleration & Momentum

The law of acceleration may only apply for 3 minutes after coach reminds swimmer it is important, then the law of Momentum becomes dominant soon to be replaced by the law of Inertia.

Law of Static Levels

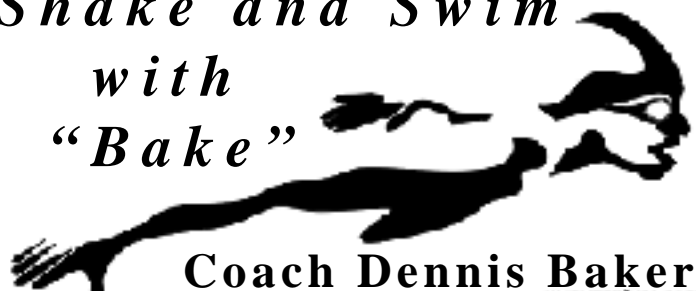
Swimmers will automatically seek their own comfort level and tend to attract others to so the same.

Mind over Matter

The mind can overcome many obstacles during competition but the same does not usually apply during practices.

Continued on page 5

Shake and Swim with "Bake"



Coach Dennis Baker

Managing your energy systems in swimming.

The biggest key to successful swimming is to be aware of what type of practice you are performing daily. It really doesn't matter how many days of the week you are swimming. Balance in using your energy systems must take priority. Whether you are a sprinter, mid-distance, or distance swimmer; tapping into all the different energy systems is paramount.

The energy systems used in swimming have been labeled with so many different names it can get a bit confusing at times. To simplify, let's use what I call the four main groups:

- 1) Anaerobic – Sprint sets (1000 total yards/meters or less) with high intervals of rest (30 seconds or more) in-between 25's, 50's, 75's, or 100's within the set and a very high heart rate.
- 2) Low End Aerobic – Long sets (1500 total yards/meters or more) with short intervals of rest (15 seconds or less) maintaining a low heart rate.
- 3) Threshold – Middle distance sets (1000 to 1500 total

yards/meters) with decreasing intervals of rest (30 seconds to 10 seconds) and maintaining a medium to high heart rate.

- 4) Aerobic – Long sets (1500 total yards/meters or more) with short intervals of rest (15 seconds) with increased speed and heart rate maintained in a medium range.

When swimming two to three times a week, do not repeat the same type of workout in that week.

If swimming more than three times a week, identify what type of swimmer you are and adjust accordingly. For instance, let's say you're a sprinter. You will want to mix in an extra Anaerobic workout in your cycle. Make sure you don't do two of them in a row.

The middle distance swimmer (200's) should focus more on threshold swimming, and as stated above, mix in an extra threshold workout without doing two in a row. Finally, the distance swimmer should include an extra Aerobic workout in their cycle.

Following this basic formula will ensure that you don't get stuck in a rut. The problem with repeating the same energy system workout consecutively is that it strains and tires out that system and you start to feel bad in the water. The only system that can be doubled up on in consecutive days would be Low End Aerobic. This can be very beneficial if you are sore or have not swum for a while.

If you keep hitting the different systems you won't feel burned out and can have a higher level of intensity for that practice. Each workout becomes a building block to making you a better swimmer and creates better use of your workout time. In swimming, just as in life, balance is the key.



Universal Laws Continued from page 4

Law of Finite Attraction

Even after carefully explaining the efficiency and effectiveness of an ideal stroke rate, within 3 minutes swimmer will invariably lose the ability to count strokes and think about any related concept. See similar anomaly under Law of Acceleration.

* Relativity *

The position of the swimmer's body in relation to the position it is supposed to be in, may vary up to +or- 100%.

Fluid Mechanics

The amount of fluids the bladder can retain is directly proportional to the difficulty of the middle of the current practice set. The same principle seems to apply to ripping caps and broken goggle straps, but no scientific evidence connecting the 3 has been documented.

Space, Time Continuum

When swimming Breaststroke or Butterfly in practice, swimmers hands are attracted to the turning wall, each hand at a different speed, at different times, at different points not in the same plane.

Historical Principle of Babylon

Within 3 minutes of the start of coach speaking, the swimmers begin hearing unrecognizable tongues. See similar anomaly under Law of Finite Attraction.

*Vertical and Horizontal Telemetry *

When rotated 90 degrees from the vertical to supine or sublime position, the brain loses most of its ability to function.



Long Distance Swimming



**Bob
Bruce**



As I write, we have completed open water swims at three local venues. Our 2007 Open Water Season in Oregon has just Dorena Lake left, and I hope that many of you will join me and host team Emerald Aquatics for their conventional 1500-meter swim, their zany 1000-meter “all equipment legal” swim, and their 500-meter kicking derby. We will conclude our season open water series awards after the swims, and I will report on them in the next Aqua Master.

We had the best early-season turnout ever at Hagg Lake for the three swims offered. Although the water temperature was a brisk 65 degrees, we saw swimmers post good performances both with and without wetsuits. Thanks to the folks from Gecko Tri Club for hosting this event.

Rogue Valley Masters hosted two fine swims at Applegate Lake. Saturday featured the Association Championship 1500-meter race. Congratulations to Downtown Athletic Club of Eugene, newcomers on the open water scene and winners of the Small Team Championship banner, and to Central Oregon Masters, winners of the Large Team Championship for the fourth consecutive year. Sunday offered a 5-km swim around a three-loop course—yes, Ron, it was three times around!—in glorious conditions and 74 degree water.

Thirteen Oregon swimmers took the long road trip to Sandpoint, Idaho, for the 13th running of the Long Bridge Swim. This has become a large event on a classic point-to-point course, with more than 500 swimmers participating in the community section of the swim. Of course, we were all among the 110 starters in the USMS section of the event, which served as a USMS Open Water National Championship. We had a great showing as a group, with all Oregon swimmers placing sixth or better. Congratulations to Arlene Delmage, Mary Sweat, and Dave Radcliff for winning in their age groups and becoming National Champions. We also had four runners-up and one third place finish. See the results in this Aqua Master.

As fall approaches, our thoughts turn back to pool training and racing. For long distance swimmers, this means two things. It's the final chance to wrap up the USMS 5 & 10-km Postal Championships (TIME IS SHORT!), and it's the first crack at the USMS 3000 & 6000-yard Postal Championships. Both sets of postal swims provide an opportunity for long aerobic swimming, a chance to practice pacing, and a measurement of conditioning. Participation is easy, cheap, and fun! Coaches love these postal swims for their aerobic fitness and training benefits.

Of course, both sets of postal swims are also competitive team events in which Oregon has shown remarkable success in recent years. Hey, we're good at these things! The scoring system rewards everyone who swims, not merely the top placers in each age group. Everyone counts, so remember to enter the national events when you complete the swims. Send me your performances too so that I can enter complete relays.

Once again, I'll remind our long-time event veterans that the USMS Long Distance Committee has changed the postal swim season dates slightly from the old traditional ones. The 5 & 10-km season finishes on September 15, not September 30 as it did for years. The 3000 & 6000-yard postal season now runs from September 15 through November 15, not simply during September and October. The two sets of swims overlap for one day, raising interesting possibilities for the truly obsessed. Incidentally, the dates for the 3000 & 6000-yard postal swims allow new OMS swimmers to take advantage of 2008 OMS/USMS early registration in November.

Good luck and good swimming!



Arlene Delmage and family at Sandpoint, Idaho

LCM Nationals - Texas - August 10 - 13, 2007

First: A WOW about Nationals from Allen Stark

We had 7 swimmers at Nats and we had a great time together, in spite of the heat and humidity, hanging around together, cheering for each other, and getting together at Chris Gaardener's parent's house for Barbeque on Sat. evening. Chris, Tim, Bill, Joy, Arlene, Karen, and I, it was a great group. I especially want to applaud the women. These 3 beautiful Oregonians set the pool on fire (maybe that's why it was so hot.) Arlene had 2 firsts and 1 each of second, third fourth and fifth. Joy had 3 firsts and 2 seconds. Karen had 5 firsts and a fifth. Wow, Wow, Wow.

I need to give myself a WOW for 2 firsts and a second. I'm especially proud of my 100 Breast as I went faster than I thought I could.

Last but not least I want to recognize our brave men's 200 Free Relay. When faced with the task of fielding a free relay when there were only 4 men and 3 of us were breaststrokers, we decided to make a statement about the most beautiful stroke by swimming the entire race breaststroke. I literally was laughing as I was swimming, it was great.

N = Breaks listed National Record Z = Zone Record O = Oregon Record
(N includes Zone, Oregon, - Z includes Oregon,)

Andrus-Hughes, Karen

100 Free	1:04.8	1
50 Back	33.26	1
200 Back	2:48.63	1
200 IM	2:50.15	1
100 Back	1:14.61	1
800 Free	11:39.40	5

Delmage, Arlene

1500 Free	20:12.94	5
200 Fly	2:35.32	1
50 Free	29.45	4
100 Fly	1:08.72	1
50 Fly	30.48	2
200 Free	2:19.48	3

Gaarder, Chris

50 Breast	38.06	16
100 Breast	1:24.33	13
50 Fly	33.01	19
200 Breast	3:11.93	17

Stark, Allen L

50 Breast	35.67	2
100 Breast	1:17.55	1
200 Breast	2:54.91	1

Ward, Joy

50 Back	43.22	1
200 Back	3:21.17	2
50 Free	35.62	2
100 Fly	1:40.82	1
100 Back	1:33.60	1

Waud, Timothy P

50 Breast	36.02	11
50 Back	35.18	10

100 Breast	1:19.18	9
200 IM	2:39.46	12
100 Back	1:20.13	11
200 Breast	3:00.09	

Oliva, Tomas (Unatt)

50 Breast	34.88	4
100 Breast	1:18.56	3
50 Fly	31.32	13
200 Free	2:24.25	14

O Mixed 200 Free Relay 1:58.34 6

Andrus-Hughes, Karen
Gaarder, Chris
Delmage, Arlene
Volckening, Bill

Men 200 Medley Relay 2:13.71 12

Waud, Timothy P
Stark, Allen L
Gaarder, Chris
Volckening, Bill

Mixed 200 Medley Relay 2:08.94 3

Andrus-Hughes, Karen
Stark, Allen L
Delmage, Arlene
Volckening, Bill

Z Men 200 Free Relay 2:32.50 10

Waud, Timothy P
Stark, Allen L
Gaarder, Chris
Volckening, Bill

(Note: This was the all Breaststroke Relay that Allen mentions in his WOW article above)

Record Setters from St. Games Meet - July 7

N = Breaks listed National Record Z = Zone Record O = Oregon Record
S = St. Games Record (N includes Zone, Oregon, St. Games - Z includes Oregon, St. Games - Oregon includes St. Games)

Women 25-29

200 LC Meter Breaststroke

1 Monk, Lindsay 25 UNAT 3:02.94 SGO

Women 35-39

50 LC Meter Breaststroke

1 Weeks, Nikki 35 OREG 37.75 SGO

200 LC Meter Breaststroke

1 Nelson, Sara 35 OREG 3:09.13 SGO

50 LC Meter Butterfly

1 Weeks, Nikki 35 OREG 31.39 SGO

200 LC Meter Butterfly

1 Nelson, Sara 35 OREG 3:01.43 SGO

400 LC Meter IM

1 Nelson, Sara 35 OREG 5:48.26 O

Women 45-49

100 LC Meter Freestyle

1 Delmage, Arlene 45 OREG 1:03.94 SGO

800 LC Meter Freestyle

1 Delmage, Arlene 45 OREG 10:46.94 SGO

50 LC Meter Breaststroke

1 Delmage, Arlene 45 OREG 40.78 SGO

Women 50-54

100 LC Meter Freestyle

1 Andrus-Hughes, Karen 50 OREG 1:06.58 SGO

200 LC Meter Freestyle

split Sweat, Mary 50 OREG 2:36.63 O

400 LC Meter Freestyle

split Sweat, Mary 50 OREG 5:19.32 O

800 LC Meter Freestyle

1 Sweat, Mary 50 OREG 10:44.56 O

100 LC Meter Backstroke

1 Andrus-Hughes, Karen 50 OREG 1:17.34 O

50 LC Meter Butterfly

1 Crabbe, Colette 51 OREG 33.59 Z

100 LC Meter Butterfly

split Crabbe, Colette 51 OREG 1:18.06 O

400 LC Meter IM

1 Crabbe, Colette 51 OREG 5:59.83 Z

Women 65-69

100 LC Meter Backstroke

1 Frid, Barbara 65 OREG 1:42.04 SGO

50 LC Meter Breaststroke

1 Frid, Barbara 65 OREG 47.73 Z

Women 80-84

800 LC Meter Freestyle

1 Austen, Betsy 80 OREG 24:19.76 SGO

Women 85-89

100 LC Meter Butterfly

split Stevenin, Elfie 86 OREG 6:10.34 Z

200 LC Meter Butterfly

1 Stevenin, Elfie 86 OREG 12:59.26 Z

Men 30-34

800 LC Meter Freestyle

1 Polito, Chip 31 OREG 9:26.43 SGO

Men 40-44

50 LC Meter Breaststroke

1 Corbeau, James 43 OREG 32.35 O

Men 50-54

100 LC Meter Backstroke

1 Edwards, Wes 54 OREG 1:09.40 SGO

Men 55-59

50 LC Meter Butterfly

1 Bannan, Charles 55 OREG 30.72 SGO

Men 60-64

100 LC Meter Backstroke

1 Smith, Robert 64 OREG 1:18.31 SGO

200 LC Meter Breaststroke

1 Bailey, Connor 61 AMS 3:23.95 SGO

Men 65-69

50 LC Meter Freestyle

split Landis, Tom 65 OREG 29.80 Z

100 LC Meter Freestyle

1 Landis, Tom 65 OREG 1:02.76 W

200 LC Meter Freestyle

split Landis, Tom 65 OREG 2:20.51 SGO

800 LC Meter Freestyle

1 Landis, Tom 65 OREG 12:23.58 SGO

100 LC Meter Butterfly

split Landis, Tom 65 OREG 1:18.11 Z

400 LC Meter IM

1 Landis, Tom 65 OREG 7:05.45 SGO

Men 70-74

800 LC Meter Freestyle

1 Radcliff, David 73 OREG 11:21.08 SGO

Men 85-89

100 LC Meter Freestyle

1 Lamb, Willard 85 OREG 1:26.78 Z

200 LC Meter Freestyle

split Lamb, Willard 85 OREG 3:37.81 SGO

400 LC Meter Freestyle

split Lamb, Willard 85 OREG 7:34.69 Z

800 LC Meter Freestyle

1 Lamb, Willard 85 OREG 15:22.83 W

100 LC Meter Backstroke

1 Lamb, Willard 85 OREG 1:56.91 Z

Women 160-199 400 LC Meter Free Relay

1 OREG 5:23.89 SGO

1) Marsh, Kathy 40

2) Shaw, Susan 40

3) Jacobs, Michelle 36

4) Dansby, Ami 45

Men 160-199 400 LC Meter Free Relay

1 OREG 4:10.97 Z

1) Hathaway, David 47

2) Gaarder, Chris 42

3) Butcher, Gano 43

4) Polito, Chip 31

Men 320-359 200 LC Meter Free Relay

1 OREG 2:30.08 N

1) Marks, Milton 77

2) Young, Gilbert 85

3) Lamb, Willard 85

4) Radcliff, David 73

Applegate Lake Open Water - July 14 - 15

1500 Meters - Association Championship

Pl	Name	Age	Team	Time	O'all
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Women 18-24

1	Kelsey Bowen	21	OR-dac	0:22:00	5
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Women 25-29

1	Jackie Parker	29	OR-ncms	0:26:40	38
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Women 30-34

1	Tammy Taylor	30	OR-coma	0:32:37	52
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Women 35-39

1	Elizabeth Hendersen	36	OR-dac	0:22:27	9
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2	Cynthia Smidt	37	OR-coma	0:26:14	32
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3	Kim Young	39	OR-coma	0:26:30	36
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4	Mary Masterson	35	OR-coma	0:28:01	41
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5	Gwen Turos	37	UNAT	0:31:29	51
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Women 40-44

1	Gillian Scott	41	OR-coma	0:24:00	20
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2	Karen Allen	43	OR-coma	0:24:30	21
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3	Jocelyn Sanford	42	OR-rvm	0:25:52	30
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4	Janice Tacconi	44	OR-rvm	0:29:55	47
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5	Gayle Orner	44	OR-cbat	NT	?
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Women 45-49

1	Kris Denney	47	OR-coma	0:22:26	8
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2	Laura Schob	48	OR-coma	0:24:55	27
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3	Patricia Rogers	47	OR-owet	0:26:10	31
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Women 50-54

1	Mary Sweat	50	OR-unat	0:21:04	4
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2	Elizabeth Budd	53	OR-cat	0:24:59	28
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3	Connie Peterson	52	OR-coma	0:33:38	53
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Women 55-59

1	Deborah Henesson	56	OR-coma	0:25:22	29
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2	Anne Thomas	56	OR-coma	0:26:51	40
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3	Diane Davis	56	DAM	0:30:12	48
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4	Carolyn Layton	58	OR-rvm	0:41:58	58
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Women 60-64

1	Peggy Whiter	63	OR-coma	0:34:58	56
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2	Lynn Sacks	61	OR-rvm	0:37:47	57
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Men 30-31

1	Todd Lantry	31	OR-rvm	0:22:33	10
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2	Scot Elliott	32	OR-coma	0:22:51	12
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Men 35-39

1	Andrew Gramley	39	OR-rvm	0:20:54	1
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2	Michael Servant	36	OR-rvm	0:23:25	15
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3	Nate Sanford	38	OR-rvm	0:24:31	22
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Men 40-44

1	Doug Stewart	43	OR-rvm	0:22:20	7
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2	Rick Rodriguez	44	OR-dac	0:22:58	14
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3	Jay Powell	43	OR-rvm	0:23:40	18
---	------------	----	--------	---------	----

4	Peter Chandler	43	OR-unat	0:24:46	24
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5	David Livengood	44	OR-ncms	0:24:53	26
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6	Chris Dow	41	OR-rvm	0:26:23	33
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Men 45-49

1	Eric Steinhauhoff	47	OR-coma	0:21:03	3
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2	Ron Thompson	47	OR-coma	0:23:28	16
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3	Don Soares	48	OR-rvm	0:24:42	23
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4	Jerry Lentz	45	OR-coma	0:24:48	25
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Men 50-54



Andrew Gramley and Mary Sweat, overall winners are congratulated by Nate Sanford, the Event Director for the Assn. Champs

1	Mike Tennant	54	OR-coma	0:20:59	2
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2	David Heller	50	OR-rvm	0:22:09	6
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3	Ed Ramsey	51	OR-thb	0:22:36	11
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4	Keith C. Dow	51	OR-ncms	0:23:57	19
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5	David Greenblatt	52	OR-rvm	0:26:24	34
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6	Jules DeGiulio	54	OR-unat	0:28:23	43
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7	John Herzog	50	UNAT	0:34:04	55
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Men 55-59

1	Bob Bruce	59	OR-coma	0:23:37	17
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2	Michael P. Carew	57	OR-coma	0:26:36	37
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3	Richard Smith	58	OR-rvm	0:26:49	39
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4	James Schwetz	56	OR-gvam	0:28:14	42
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5	Christopher Robinson	55	OR-rvm	0:29:16	45
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6	Greg Frownfelter	58	OR-rvm	0:29:16	45
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7	Will Davis	56	DAM	0:30:15	49
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8	Carlyle Stout	58	OR-rvm	0:31:10	50
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Men 60-64

1	Dan Gray	62	OR-rvm	0:29:36	46
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2	Richard Juhola	64	OR-ncms	0:33:58	54
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Men 65-69

1	Ralph Mohr	65	OR-coma	0:26:27	35
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Men 70-74

1	David A. Radcliff	73	OR-thb	0:22:57	13
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Men 80-84

1	Raymond Allen	81	OR-som	0:46:29	59
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5000 Meters

Women 35-39

1	Elizabeth Henderson	36	OR-dac	1:14:56	2
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Women 40-44

1	Gillian Scott	41	OR-coma	1:26:15	9
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2	Jocelyn Sanford	42	OR-rvm	1:33:08	18
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Women 45-49

1	Laura Schob	48	OR-coma	1:28:28	13
---	-------------	----	---------	---------	----

2	Patricia Rogers	47	OR-owet	1:30:20	14
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3	Sandra Clark	46	OR-rvm	1:33:13	19
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Women 50-54

1	Lindabeth Schmucker	51	DAM	1:22:15	6
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2	Elizabeth Budd	53	OR-cat	1:28:20	12
3	Connie Peterson	52	OR-coma	1:55:22	28
Women 55-59					
1	Deborah Hodesson	56	OR-coma	1:31:38	15
2	Diane Davis	56	DAM	1:45:28	24
Men 30-34					
1	Todd Lantry	31	OR-rvm	1:19:42	5
Men 35-39					
1	Andrew Gramley	39	OR-rvm	1:14:32	1
2	Nate Sanford	38	OR-rvm	1:33:22	21
Men 40-44					
1	Doug Stewart	43	OR-rvm	1:31:16	15
2	David Livengood	44	OR-ncms	1:32:02	17
Men 45-49					
1	Ron Thompson	47	OR-coma	1:26:34	10
2	Jerry Lentz	45	OR-coma	1:27:51	11

Men 50-54					
1	David Heller	50	OR-rvm	1:18:45	4
2	Keith C. Dow	51	OR-ncms	1:24:38	7
3	Daniel Greenblatt	52	OR-rvm	1:35:44	23
Men 55-59					
1	Bob Bruce	59	OR-coma	1:25:01	8
2	Michael P. Carew	57	OR-coma	1:35:32	22
3	Will Davis	56	DAM	1:45:28	25
Men 60-64					
1	Dan Gray	62	OR-rvm	1:47:33	26
	Richard Juhola	64	OR-ncms	DNF	
Men 65-69					
1	Ralph Mohr	65	OR-coma	1:33:16	20
Men 70-74					
1	David A. Radcliff	73	OR-thb	1:18:29	3
Men 80-84					
1	Raymond Allen	81	OR-som	2:44:09	29



COMA celebrates their Team Championship at the 2007 Open Water Assn. Champs

Team Champions

Large Team

1	Central Oregon Masters Aquatics	128
2	Rogue Valley Masters	83

Small Team

1	Downtown Athletic Club	22
2	North Clackamas Masters	19

3	Tualatin Hills Barracudas	12
4	Southern Oregon Masters	8
5	Corvallis Aquatic Team	6
6	Oregon Wetmasters	4
4	Grass Valley Aquatic Masters	3
8	Circumnavigating Beavers	2



Relay Swimmers had a great time during the fun relays at the Assn. Championships

Joe Oakes does a WOW relay swim in the Santa Barbara Channel

July 20-21, 2007.

Joe Oakes, member of South End Club Relay Team.

July 17: Three days before the swim. Let's be honest about this: I am afraid of this swim, and my fear has a good foundation.

First, the distance is big, on a par with the English Channel, where we swam a relay a few years ago. (I was afraid then, too.) Depending on our route, we will swim between 25 and 30 miles. The plan is for each of us on our South End Club team to swim one-hour legs in rotation 'until we get there,' swimming multiple one-hour stints. When not swimming along with the escort kayak we get to hang out with our buds on board the escort boat.

Second, the water will be cold, probably around 60 F. My workouts with the Barracudas are in 78-degree water. The difference can be expressed in the clanging sound as a portion of the male anatomy collides with the Adam's apple on entering the water. Worse yet: English Channel Rules apply: No wetsuits, no insulated caps, no touching the escort vessel except to enter or to leave the water and a bunch of other no's.

Third, this will take place in the open Pacific Ocean, very far from shore. There will be no lane lines to follow on the bottom, no wave-suppressing lane separators, no pool wall to kick off every 25 yards. Even with a mild wind the waves can be very big and can go on for a long time. Mal de mer, anyone?

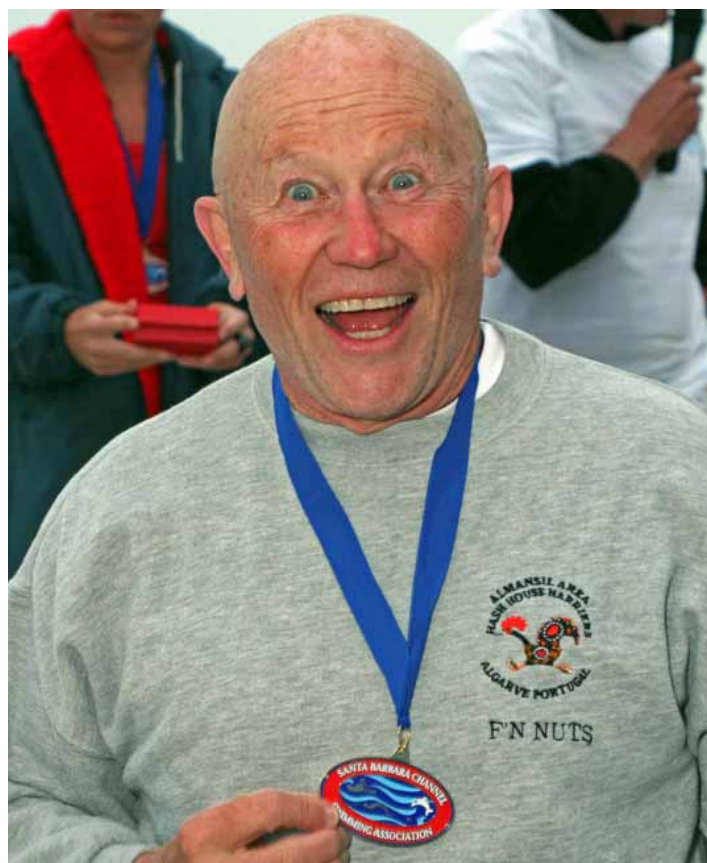
Fourth, and I do not even want to think about this: Big things with big teeth live in that water. You know who I mean, the longish guy dressed in gray and white with the ungracious smile. Bury that thought!

Fifth, in order to finish during daylight hours, we will be starting at midnight. The first several hours of the swim will be in the dark on a night with a late-rising half moon. As

we swim through the night we will rely on glow-sticks for visibility, tied to our caps and tied to the kayak. Starting at midnight means that our boat must leave the dock at around 8 p.m. in order to arrive at Santa Cruz Island on time. What about my beauty rest? Sounds like sleep-deprivation to me.

Finally, as if these challenges were not enough, there will be two teams of six on our escort boat, meaning two swimmers at all times will be in the water, swimming very close together.

Continued on page 10



Continued from page 9

One kayak will guide two swimmers. Who came up with this Oceanic Synchronized Swimming concept, anyway?

Did I mention that I am scared?

PREPARATION: Summary: Inadequate. My normal regimen is about 33,000 yards a month in a heated pool. This year it has been more like 40,000-50,000, almost all in that heated pool. Right now I am finishing a week of swimming in Lake Tahoe to get some open-water yardage. The water has been unseasonably warm, in the high 60's. The 6000-foot elevation should serve me well. We will see.

July 20, 6 p.m. We are gathered at dockside for the briefing. There are six teams, two from my South End Club, one from New York, and three local Santa Barbara teams. To put it in a kindly light, our team is the 'most experienced.' That means that the other teams are about 15-20 years younger. Better looking, too.

8 p.m. Race Director Emilio Casanueva has given us our instructions, our marching orders and his benediction. Our duffel bags, water and food have been stowed. We are ready to set sail for Santa Cruz Island, a marathon distance and several hours out into the darkening Pacific.

Midnight. Three of us got sick during the rough passage out. The wind is too high to the start the race. We will wait it out.

The half-moon is yet to rise on this very dark night. Thousands of brilliant stars glow all over the heavens, and the Milky Way directs our eyes to the black silhouette of Santa Cruz Island, towering high above us. Under us the surface of the sea is an enormous curtain that separates our realm of air from that of the airless, gloomy things that lurk in complete darkness far below.

The mood is one of awe, anticipation, excitement and fear.

The temperature of the water is 55 F, far below what we expected and hoped for.

July 21, 0138. The winds have abated enough for us to start. The lead swimmers of each team are moving through the water. Lights on the masts of the team boats indicate where each team is located. The glow sticks on the swimmer's caps and the escort kayak move up and down gently with the waves and the head rotation of the swimmers. With each arm stroke, thousands of miniature bioluminescent creatures, plankton, become agitated and the water turns to a faint blue-green surrounding the swimmer with an eerie aura. Nothing else is visible. What a magnificent gift from Nature to the swimmers!

0738. We have all gone through our first one-hour swim rotation, most of it in complete darkness. There is talk of decapitating our team captain, Gary Emich, who promised us water ten degrees warmer. An hour in water so unexpectedly cold has brought some of us in the direction of hypothermia. One team member got the Eskimo bundling treatment after coming out of the water shaking like a tuning fork and hyperventilating at almost 50 breaths per minute.

The day, as they say, is gray. The good side of this overcast day is that we do not have to worry quite so much about sunburn. Half empty, half full. Take your choice.

Noon. After the first frigid one-hour round we went to a 45-minutes-per-swimmer rotation. The water temperature has slowly risen to 58 F. 15 minutes less and three degrees warmer make a big difference.

We have been swimming across one of the largest marine sanctuaries in the country. Our visitors have included a couple of whales, two schools of dolphins and thousands of birds, including brown pelicans.

Our observer spotted a pair of shark fins coming our way, clearly visible 30 meters off the port beam, moving towards the swimmers in a determined fashion. All hands alert! We might have to pull the swimmers really fast. When seen better from partway up the mast the 'sharks' turned out to be a pair of playful, tubby sunfish, large roly-poly, curious guys, fins high to wave 'howdy.' Well, they looked like sharks from a distance.

1600. The sun showed its face a while back, warming our bodies, our hearts and the surface of the sea as we approach the finish area at Leddbetter Beach. For most of this long day the team boats have been within sight of each other, with only Team Zuma far ahead. Ours boat took the most easterly course, and it cost us in the end. The others had planned better and got the benefit of favorable currents as they each slip by us towards the finish line. (Sour grapes?)

1700. It was with mixed emotions that we approached the beach: elation, relief and a final surge of an endorphin high. Like rats we abandoned ship and swam en masse towards the finish line and the roaring throngs that lined the beach. A few responsible ones among us stayed on board for the much-needed cleanup. With the exception of Team Zuma, all teams finished between 15 and 16 hours, a remarkably close contest. We thanked all the other teams for allowing us to stay in the water longer so we could get more swim time for our money.

2000. I am very ready for a long, hard-earned sleep. I savaged the good food at the awards banquet. It was great to meet with the other teams and compare experiences and tell a few lies. And we all have a few souvenirs from the event: A patch; a fine medal; a tee shirt to impress the folks back at the pool; and a decorative, framable map of the course. Best of all I have some great memories of the Santa Barbara Channel 6x6 Relay Swim, which I am sure to embellish as time passes.

The overall experience was excellent. In honesty, I think that this relay swim was more difficult than the English Channel swim we did a couple of years back (two hours longer), much harder than the Gibraltar-Morocco, Tahoe or the Maui Channel relay swims.

Let me put it this way: Wimps need not apply.



Top Ten Times



Mary Sweat

2006 SCM Top Ten Relays from Oregon

Men 160-199

8 SCM 200 Medley OREG 2:05.73
Steve George (47) Pat Allender (48)
Kevin Cleary (23) Mark Worden (55)

Men 240-279

1 200 Free OREG 1:50.57
Dennis Baker (45) Bert Petersen (68)
Tom Landis (64) Robert Smith (63)
9 200 Free OREG 2:15.92
Thomas Shuman (53) George Thayer (70)
Ralph Mohr (65) Bob Bruce (58)

1 200 Medley OREG 2:03.09
Wes Edwards (53) Allen Stark (57)
Bert Petersen (68) Robert Smith (63)

1 800 Free OREG 10:11.14
Ronald Nakata (67) Jed Cronin (58)
Robert Smith (63) Mike Tennant (53)

Men 320-359

2 200 Free OREG 2:38.02
Willard Lamb (84) Gilbert Young (84)
Andrew Holden (87) Bert Petersen (68)
2 200 Medley OREG 3:15.99
Willard Lamb (84) Bert Petersen (68)
Andrew Holden (87) Gilbert Young (84)

Women 160-199

8 200 Medley OREG 2:54.35
Anicia Criscione (33) Pam Snider (45)
Elizabeth Budd (52) Stephanie Olbrich (37)

Women 240-279

3 200 Medley OREG 3:40.47
Peggy Whiter (63) Peggine Hodge (66)
Connie Peterson (51) Kaleo Schroder (70)

Mixed 200-239

1 200 Medley OREG 2:01.94
Karen Andrus-Hughes (49) Allen Stark (57)
Arlene Delmage (44) Wes Edwards (53)

Mixed 320-359

1 200 Medley OREG 5:42.87
Joy Ward (64) Hilda Buel (92)
Andrew Holden (87) Willard Lamb (84)

2006 FINA Top Ten Relays from Oregon

Men 200-239

5 LCM 200 Med OREG 1:59.49
Wes Edward Pat Allender Stephen Kevan Mike Tennant

Men 240-279

1 SCM 200 Free OREG 1:50.57
Dennis Baker Bert Petersen Tom Landis Robert Smith
1 SCM 200 Med OREG 2:03.09
Wes Edwards Allen Stark Bert Petersen Robert Smith

Men 280-319

8 LCM 200 Free OREG 2:15.55
George Thayer Brent Lake Bill King David Radcliff
8 LCM 200 Med OREG 2:37.03
Brent Lake George Thayer David Radcliff Bill King

Men 320-359

1 LCM 200 Med OREG 3:22.60
Willard Lamb George Thayer Andrew Holden
Gilbert Young
3 LCM 200 Free OREG 2:40.67
Willard Lamb Gilbert Young David Radcliff
Andrew Holden
2 SCM 200 Free OREG 2:38.02
Willard Lamb Gilbert Young Andrew Holden
Bert Petersen
2 SCM 200 Med OREG 3:15.99
Willard Lamb Bert Petersen Andrew Holden
Gilbert Young

Women 160-199

7 LCM 200 Med OREG 2:15.75
Valerie Jenkins Nancy Vincent Arlene Delmage
Donna Buck
9 LCM 200 Free OREG 1:58.72
Valerie Jenkins Kerri Roussain Donna Buck
K. Andrus-Hughes

Women 240-279

2 LCM 200 Free OREG 2:17.52
Barbara Frid Joy Ward Janet Gettling Catherine Imwalle
3 LCM 200 Med OREG 2:35.88
Barbara Frid Catherine Imwalle Joy Ward Janet
Gettling

Mixed 160-199

7 LCM 200 Med OREG 2:03.59
Valerie Jenkins Stephen Williams
D.Christensen Donna Buck

Mixed 200-239

1 SCM 200 Med OREG 2:01.94
K. Andrus-Hughes Allen Stark Arlene Delmage Wes
Edwards
6 LCM 200 Free OREG 1:51.44
Wes Edwards Kerri Roussain K. Andrus-Hughes
Mike Tennant
1 LCM 200 Med OREG 2:03.69
K. Andrus-Hughes Allen Stark Arlene Delmage
Mike Tennant

Mixed 240-279

5 LCM 200 Free OREG 2:05.91
Barbara Frid Janet Gettling Bob Bruce Robert Smith
4 LCM 200 Med OREG 2:22.84
Robert Smith Catherine Imwalle Joy Ward Bob Bruce

Mixed 320-359

4 SCM 200 Med OREG 5:42.87
Joy Ward Hilda Buel Andrew Holden Willard Lamb

The Patriot Games ~ A Metric Pentathlon

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #377-07
Eligibility: Currently registered USMS swimmers, 18 years and older.
Unregistered swimmers must submit a 2007 registration form and fee with this form.

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

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

DATE: Sunday, September 9, 2007

Show your patriotic spirit and swim
the **911** red, white and blue meet
Sunday, September 9, 2007!

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

Meet director: Bert Petersen • Phone: 503-252-6081 • E-mail bertbutterfly@msn.com

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

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

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY, AUGUST 24, 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 AGE GROUPS: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359, ETC. **YOU MAY ENTER UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400M AND 800M RELAYS WILL BE SEEDDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. *RELAY ENTRIES WILL CLOSE 30 MIN. BEFORE EVENT.* ALL EVENTS WILL BE SEEDDED SLOW TO FAST.

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

Sunday September 9, 2007 Sprint

50m FLY (1) _____ : _____ . _____

50m BACK (3) _____ : _____ . _____

Sunday September 9, 2007 Mid Distance

100m FLY (2) _____ : _____ . _____

100m BACK (4) _____ : _____ . _____

Break before the Medley relay

MEDLEY RELAY (5-8)

50m BREAST(9) _____ : _____ . _____

100m BREAST(10) _____ : _____ . _____

MIXED FREE RELAYS (11-13)

50m FREE (14) _____ : _____ . _____

100m FREE (15) _____ : _____ . _____

Break before the mixed medley relay

MIXED MEDLEY RELAY (16-17)

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

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

Break before the Free relay

FREE RELAY (20-25)

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

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

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

SIGNATURE _____ DATE _____

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

Elk Lake Open Water - July 27 - 29

3000 Meter Swim

3000 Meter Swim												
Pl	Name	Age	Club	Team	Time	Ov	'al	Gen				
Wet Suit												
Women 30-34												
1	Janette Wells	34	OREG	COMA	0:50:56	25	3					
2	Andie Pape	33	OREG	COMA	0:54:01	42	5					
Women 40-44												
1	Karin Robinson	43	PNA	BAM	0:48:58	19	1					
2	Gillian Scott	41	OREG	COMA	0:49:00	20	2					
3	Robin Lewis	40	OREG	COMA	0:53:23	37	4					
4	Marion Sills	41	UNAT		0:54:56	45	6					
Men 40-44												
1	Tim Lunney	41	OREG	COMA	0:47:57	15	1					
2	Curtis Thompson	43	UNAT		1:04:03	56	7					
45-49												
1	Dave Bowman	47	UNAT		0:47:57	16	2					
2	Jerry Lentz	45	OREG	COMA	0:51:00	26	3					
3	Michael Soma	49	UNAT		0:54:17	44	5					
Men 50-51												
1	Fred Christensen	51	OREG	COMA	0:52:42	31	4					
Men 55-59												
1	John Condon	58	UNAT		0:59:42	50	6					
Non Wet Suit												
Women 25-29												
1	Jackie Parker	29	OREG	NCMS	1:01:19	53	15					
Women 30-34												
1	Michelle Macy	30	OREG	THB	0:47:21	11	3					
2	Monica LaBarge	31	OREG	EA	0:49:42	22	5					
3	Heather Law	33	UNAT		0:50:35	24	6					
4	Erin Barnholdt	30	UNAT		1:01:39	54	16					
5	Tammy Taylor	30	OREG	COMA	1:07:32	58	19					
Women 35-39												
1	Juliet Cox	39	MAN		0:45:37	8	2					
2	Amanda Watkins	35	UNAT		0:53:48	39	10					
3	Kim Young	39	OREG	COMA	0:53:54	41	11					
4	Shannon Singer	37	PNA	SVY	1:07:11	57	18					
Women 40-44												
1	Karen Daniels	42	OREG	COMA	0:53:12	34	9					
2	Gayle Orner	44	OREG	CBAT	1:03:54	55	17					
3	Jaqueline Wursta	40	OREG	COMA	1:07:50	59	20					
Women 45-49												
1	Kris Denney	47	OREG	COMA	0:48:47	18	4					
2	Laura Schob	48	OREG	COMA	0:51:48	28	7					
3	Ann Goodman	48	OREG	CGM	0:54:44	43	12					

500 Meter Swim

Wet Suit												
Women 25-29												
1	Christina Modolo	28	UNAT		09:49.3	54	2					
Women 30-34												
1	Janette Wells	34	OREG	COMA	08:15.7	23	1					
Women 35-39												
1	Linda Anspach	37	OREG	COMA	10:12.1	59	3					
Women 70-74												
1	Diane Stuart	72	CONN		12:14.2	81	4					
Men 40-44												
1	Curtis Thompson	43	UNAT		10:25.1	62	2					
2	Christopher Hanson	40	PNA	SVY	10:40.0	67	3					
Men 45-49												
1	Jerry Lentz	45	OREG	COMA	08:04.2	18	1					
2	Dean Hinchliff	48	OREG	TP	11:10.6	74	5					

4	Cynthia Larkin	48	OREG	COMA	0:55:12	46	13					
5	Patricia Rogers	47	OREG	OWET	0:55:19	47	14					
Women 50-54												
1	Mary Sweat	50	OREG	UNAT	0:43:17	5	1					
2	Madeleine Holmberg	54	OREG	COMA	0:53:07	33	8					
3	Connie Peterson	52	OREG	COMA	1:12:38	62	21					
Women 60-64												
1	Peggy Whiter	63	OREG	COMA	1:22:07	63	22					
Men 30-34												
1	Scot Elliott	33	OREG	COMA	0:47:42	13	10					
Men 40-44												
1	Timothy Nelson	41	OREG	COMA	0:40:44	1	1					
2	Timothy Waid	44	MOVY		0:43:04	3	3					
3	John Gessner	41	OREG	COMA	0:43:15	4	4					
4	Jamie Proffitt	42	OREG	SCC	0:44:31	7	6					
5	Rob Higley	42	OREG	COMA	0:48:08	17	12					
6	Steve Wursta	41	OREG	COMA	0:53:05	32	18					
7	Peter Chandler	43	OREG	UNAT	0:53:13	35	19					
8	Frank Cobarrubia	43	OREG	COMA	0:53:14	36	20					
9	Dave Livengood	44	OREG	NCMS	0:53:42	38	21					
Men 45-49												
1	Doug Asbury	47	OREG	COMA	0:41:46	2	2					
2	Kris Calvin	45	OREG	COMA	0:44:20	6	5					
3	Eric Steinhauft	48	OREG	COMA	0:46:22	9	7					
4	Jeffery Anspach	46	OREG	COMA	0:46:44	10	8					
5	David Steinhauft	49	UNAT		0:47:35	12	9					
6	Ron Thompson	47	OREG	COMA	0:49:38	21	13					
Men 50-54												
1	Keith Dow	51	OREG	NCMS	0:52:09	30	17					
2	Jonathan Istok	51	OREG	CAT	0:53:51	40	22					
Men 55-59												
1	Jim Teisher	57	OREG	THB	0:49:46	23	14					
2	Bob Bruce	59	OREG	COMA	0:51:38	27	15					
3	Steve Mann	55	OREG	COMA	0:51:58	29	16					
4	Mike Carew	57	OREG	COMA	0:58:13	49	24					
5	Dallas Figley	55	OREG	UNAT	1:10:54	60	27					
Men 60-64												
1	Dan Gray	62	OREG	RVM	1:01:10	52	26					
2	Richard Juhala	64	OREG	NCMS	1:11:59	61	28					
Men 65-69												
1	Ralph Mohr	65	OREG	COMA	0:55:25	48	23					
2	Brent Lake	69	OREG	COMA	1:01:00	51	25					
Men 70-74												
1	David Radcliff	73	OREG	THB	0:47:51	14	11					

Non Wet Suit												
Youth												
1	Iris Hubbard	10	UNAT		10:32.8	65	29					
1	Tim Gorman	11	BSC		09:31.4	48	26					
Women 25-29												
1	Jackie Parker	29	OREG	NCMS	09:29.5	47	20					
2	Kelly Murillo	26	UNAT		12:29.6	82	38					
3	Shannon Schmitt Taylor	29	UNAT		13:29.0	84	40					
Women 30-34												
1	Sara Nelson	34	OREG	COMA	07:20.9	5	1					
2	Tamara Houston	31	OREG	COMA	08:04.8	19	6					
3	Michelle Macy	30	OREG	THB	08:06.8	20	7					
4	Heather Law	33	UNAT		08:38.0	28	10					

5	Monica LaBarge	31	OREG	EA	09:09.6	41	16
6	Andie Pape	33	OREG	COMA	09:17.5	44	17
7	Tammy Taylor	30	OREG	COMA	10:31.3	64	28
8	Julia Lyon	33	UNAT		10:34.3	66	30
Women 35-39							
1	Suzanne Topp	39	UT		07:58.8	14	3
2	Elizabeth Henderson	36	OREG	EA	08:02.2	17	5
3	Deborah Topp	38	OREG		08:28.0	26	9
4	Alyssa Reishauer	38	OREG	COMA	09:06.8	37	12
5	Dara Gaskin	38	OREG	COMA	09:44.0	51	22
6	Shannon Singer	37	PNA	SVY	10:43.6	68	31
Women 40-44							
1	Gillian Scott	41	OREG	COMA	08:20.5	24	8
2	Karen Daniels	42	OREG	COMA	09:01.0	35	11
3	Robin Lewis	40	OREG	COMA	09:08.9	40	15
4	Bridget McGinn	40	OREG	COMA	09:25.4	46	19
5	Gayle Orner	44	OREG	CBAT	09:55.9	58	25
6	Susan Gorman	41	OREG	COMA	10:45.8	69	32
7	Jaqueline Wursta	40	OREG	COMA	11:04.1	72	33
Women 45-49							
1	Kris Denney	47	OREG	COMA	08:00.1	15	4
2	Ann Goodman	48	OREG	CGM	09:07.3	38	13
3	Patricia Rogers	47	OREG	OWET	09:19.8	45	18
4	Uriel Fox	49	UNAT		10:19.9	61	27
Women 50-54							
1	Mary Sweat	50	OREG	UNAT	07:26.8	8	2
2	Madeleine Holmberg	54	OREG	COMA	09:07.6	39	14
3	Jeanna Summers	53	OREG	UNAT	09:34.4	49	21
4	Teri Hendryx	54	OREG	COMA	09:47.0	53	23
5	Toni Brown	52	OREG	COMA	10:12.3	60	26
6	Connie Peterson	52	OREG	COMA	12:05.1	80	37
7	Sandra Smith	54	OREG	SVY	18:53.1	86	41
Women 55-59							
1	Ann Thomas	56	OREG	COMA	09:52.6	56	24
2	Kathy Frank	59	OREG	COMA	11:44.6	77	34
3	Diane Cardwell	55	OREG	COMA	11:52.1	79	36
Women 60-64							
1	Peggy Whiter	63	OREG	COMA	11:51.9	78	35
2	Lynn Sacks	61	OREG	RVM	12:40.9	83	39
Men 30-34							
1	Scot Elliott	33	OREG	COMA	07:51.0	11	9
Men 40-44							

1	Timothy Nelson	41	OREG	COMA	06:51.5	1	1
2	Timothy Waid	44	MOVY		07:06.2	4	4
3	Jamie Proffitt	42	OREG	SCC	07:24.9	7	6
4	Rob Higley	42	OREG	COMA	08:01.0	16	12
5	Tim Lunney	41	OREG	COMA	08:23.0	25	15
6	Frank Cobarrubia	43	OREG	COMA	08:42.7	30	18
7	Peter Chandler	43	OREG	UNAT	08:44.4	32	20
8	Dave Livengood	44	OREG	NCMS	08:52.1	33	21
9	Steve Wursta	41	OREG	COMA	08:52.7	34	22
Men 45-49							
1	Doug Asbury	47	OREG	COMA	07:02.2	3	3
2	Eric Steinhauhoff	48	OREG	COMA	07:23.5	6	5
3	Kris Calvin	45	OREG	COMA	07:30.8	10	8
4	Jeffery Anspach	46	OREG	COMA	07:53.3	12	10
5	Ron Thompson	47	OREG	COMA	08:32.3	27	16
6	Michael Douglas	49	OREG	COMA	09:01.7	36	23
7	Michael Soma	49	UNAT		09:51.8	55	29
Men 50-54							
1	Mike Tennant	54	OREG	COMA	07:30.6	9	7
2	Keith Dow	51	OREG	NCMS	08:13.7	21	13
3	Michael Moneta	51	UNAT		09:14.5	43	25
4	Thomas Shuman	53	OREG	COMA	10:59.5	70	32
5	Paul Weid	52	UNAT		11:06.3	73	34
Men 55-59							
1	Steve Johnson	59	OREG	EA	06:56.5	2	2
2	Steve Mann	55	OREG	COMA	07:58.3	13	11
3	Jim Teisher	57	OREG	THB	08:40.7	29	17
4	Thomas Hagen	55	UNAT		08:44.1	31	19
5	Brian Oberst	58	OREG	COMA	09:13.4	42	24
6	Mike Carew	57	OREG	COMA	09:35.4	50	27
7	Christopher Robinson	55	OREG	RVM	09:53.2	57	30
8	John Condon	58	UNAT		10:30.7	63	31
9	Dallas Figley	55	OREG	UNAT	10:59.5	70	32
10	Mike Warren	56	UNAT		11:32.9	75	35
Men 60-64							
1	Richard Juhala	64	OREG	NCMS	11:32.9	76	35
Men 65-69							
1	Brent Lake	69	OREG	COMA	09:46.5	52	28
Men 70-74							
1	David Radcliff	73	OREG	THB	08:14.6	22	14
Men 80-84							
1	Raymond Allen	81	OREG	SOM	15:15.5	85	37

1500 Meter Swim

Wet Suit							
Youth							
1	Jackie Nonweiler	13	BSC		0:31:06	79	7
Women 25-29							
1	Becca Yates	26	UNAT		0:26:30	47	4
2	Christina Modolo	28	UNAT		0:29:02	68	5
Women 30-34							
1	Janette Wells	34	OREG	COMA	0:24:07	25	2
Women 40-44							
1	Gillian Scott	41	OREG	COMA	0:22:55	18	1
2	Robin Lewis	40	OREG	COMA	0:26:29	46	3
3	Becky Nonweiler	44	OREG	COMA	0:29:37	71	6
Women 50-54							
1	Caroline Hagen	54	UNAT		0:34:52	88	8
Women 70-74							
1	Diane Stuart	72	CONN		0:38:15	92	9
Men 40-44							
1	Tim Lunney	41	OREG	COMA	0:22:59	20	2
2	Curtis Thompson	43	UNAT		0:31:04	78	4
3	Christopher Hanson	40	PNA	SVY	0:34:45	87	5
Men 45-49							

1	Jeffery Anspach	46	OREG	COMA	0:21:21	7	1
2	Jerry Lentz	45	OREG	COMA	0:23:57	24	3
Non Wet Suit							
Women 25-29							
1	Jackie Parker	29	OREG	NCMS	0:27:55	59	22
Women 30-34							
1	Sara Nelson	34	OREG	COMA	0:21:05	5	1
2	Tamara Houston	31	OREG	COMA	0:22:39	15	5
3	Michelle Macy	30	OREG	THB	0:24:09	26	7
4	Monica LaBarge	31	OREG	EA	0:24:20	28	8
5	Heather Law	33	UNAT		0:24:26	29	9
6	Erin Barnholdt	30	UNAT		0:29:07	69	27
7	Andie Pape	33	OREG	COMA	0:29:42	72	28
8	Tammy Taylor	30	OREG	COMA	0:32:29	81	31
Women 35-39							
1	Elizabeth Henderson	36	OREG	EA	0:21:26	11	3
2	Juliet Cox	39	MAN		0:21:27	12	4
3	Suzanne Topp	39	UT		0:23:32	21	6
4	Deborah Topp	38	OREG		0:24:34	32	10
5	Alyssa Reishauer	38	OREG	COMA	0:27:09	52	18
6	Dara Gaskin	38	OREG	COMA	0:28:39	65	25

7 Tania Wildbill	37	OREG	PEND	0:29:00	67	26	9 Frank Cobarrubia	43	OREG	COMA	0:26:28	45	25
8 Shannon Singer	37	PNA	SVY	0:33:21	84	33	10 Chris Cole	40	UNAT		0:27:10	53	28
Women 40-44							11 Joe Barrett	42	UNAT		0:30:02	73	36
1 Karin Robinson	43	PNA	BAM	0:25:15	34	11	Men 45-49						
2 Karen Daniels	42	OREG	COMA	0:26:13	39	13	1 Doug Asbury	47	OREG	COMA	0:20:55	2	2
3 Marion Sills	41	UNAT		0:27:21	54	19	2 Kris Calvin	45	OREG	COMA	0:21:23	8	6
4 Bridget McGinn	40	OREG	COMA	0:27:59	60	23	3 David Steinhauhoff	49	UNAT		0:22:51	17	11
5 Gayle Orner	44	OREG	CBAT	0:30:46	75	29	4 Eric Steinhauhoff	48	OREG	COMA	0:22:57	19	12
6 Jaqueline Wursta	40	OREG	COMA	0:33:20	83	32	5 Mike Marshall	46	OREG	COMA	0:24:13	27	15
Women 45-49							6 Ron Thompson	47	OREG	COMA	0:24:39	33	18
1 Joni Young	46	OREG	SCC	0:25:26	35	12	7 Michael Douglas	49	OREG	COMA	0:26:12	38	21
2 Laura Schob	48	OREG	COMA	0:26:20	41	14	8 Mark Fairlee	49	UNAT		0:27:49	58	30
4 Patricia Rogers	47	OREG	OWET	0:26:45	50	17	9 Dave Stensland	46	OREG	COMA	0:28:10	62	32
3 Ann Goodman	48	OREG	CGM	0:26:45	49	16	10 Michael Soma	49	UNAT		0:30:47	76	38
5 Lisa Nirell	45	OREG	COMA	0:27:47	57	21	Men 50-54						
Women 50-54							1 Mike Tennant	54	OREG	COMA	0:21:24	9	7
1 Mary Sweat	50	OREG	UNAT	0:21:25	10	2	2 Keith Dow	51	OREG	NCMS	0:24:32	30	16
2 Madeleine Holmberg	54	OREG	COMA	0:26:26	44	15	3 Michael Moneta	51	UNAT		0:27:42	56	29
3 Jeanna Summers	53	OREG	UNAT	0:27:28	55	20	4 Jules DeGiulio	54	OREG	UNAT	0:28:07	61	31
4 Toni Brown	52	OREG	COMA	0:30:58	77	30	5 Thomas Shuman	53	OREG	COMA	0:32:39	82	40
5 Connie Peterson	52	OREG	COMA	0:35:05	89	34	Men 55-59						
6 Adele Tennant	55	UNAT		0:49:44	93	37	1 Steve Johnson	59	OREG	EA	0:21:00	3	3
7 Sandra Smith	54	OREG	SVY	0:56:51	95	38	2 Jim Teisher	57	OREG	THB	0:24:34	31	17
Women 55-59							3 Brian Oberst	58	OREG	COMA	0:25:45	37	20
1 Ann Thomas	56	OREG	COMA	0:28:15	63	24	4 Steve Mann	55	OREG	COMA	0:26:25	43	24
Women 60-64							5 Thomas Hagen	55	UNAT		0:26:34	48	26
1 Peggy Whiter	63	OREG	COMA	0:35:49	90	35	6 Christopher Robinson	55	OREG	RVM	0:28:37	64	33
2 Pamela Himstreet	63	OREG	COMA	0:36:34	91	36	7 Mike Carew	57	OREG	COMA	0:28:46	66	34
Men 30-34							8 Mike Warren	56	UNAT		0:31:29	80	39
1 Scot Elliott	33	OREG	COMA	0:22:47	16	10	9 Dallas Figley	55	OREG	UNAT	0:33:50	85	41
Men 35-39							Men 60-64						
1 David Cloninger	38	OREG	COMA	0:22:30	14	9	1 Dan Gray	62	OREG	RVM	0:30:07	74	37
Men 40-44							2 Richard Juhala	64	OREG	NCMS	0:33:58	86	42
1 Timothy Nelson	41	OREG	COMA	0:20:08	1	1	Men 65-69						
2 Timothy Waid	44	MOVY		0:21:04	4	4	1 Ralph Mohr	65	OREG	COMA	0:26:49	51	27
3 John Gessner	41	OREG	COMA	0:21:20	6	5	2 Brent Lake	69	OREG	COMA	0:29:28	70	35
4 Jamie Proffitt	42	OREG	SCC	0:22:19	13	8	Men 70-74						
5 Rob Higley	42	OREG	COMA	0:23:41	22	13	1 David Radcliff	73	OREG	THB	0:23:48	23	14
6 Steve Wursta	41	OREG	COMA	0:25:43	36	19	Men 80-84						
7 Dave Livengood	44	OREG	NCMS	0:26:16	40	22	1 Raymond Allen	81	OREG	SOM	0:51:27	94	43
8 Peter Chandler	43	OREG	UNAT	0:26:21	42	23							

5000 Meter Swim

Wet Suit							4 Heather Law	33	UNAT		1:30:21	24	7
Women 30-34							5 Tammy Taylor	30	OREG	COMA	1:58:21	40	12
1 Janette Wells	34	OREG	COMA	1:25:46	19	1	Women 35-39						
2 Andie Pape	33	OREG	COMA	1:33:21	30	3	1 Juliet Cox	39	MAN		1:13:36	6	1
Women 35-39							2 Elizabeth Henderson	36	OREG	EA	1:21:20	14	3
1 Kim Young	39	OREG	COMA	1:33:30	32	4	3 Shannon Singer	37	PNA	SVY	1:55:46	37	10
Women 40-44							Women 40-44						
1 Marion Sills	41	UNAT		1:33:20	29	2	1 Gayle Orner	44	OREG	CBAT	1:57:00	39	11
Men 40-44							Women 45-49						
1 Tim Lunney	41	OREG	COMA	1:20:32	12	4	1 Ann Goodman	48	OREG	CGM	1:43:09	36	9
Men 45-49							Women 50-54						
1 Eric Steinhauhoff	48	OREG	COMA	1:11:20	3	1	1 Elizabeth Budd	53	OREG	CAT	1:25:55	20	6
2 Jeffery Anspach	46	OREG	COMA	1:13:38	7	3	2 Madeleine Holmberg	54	OREG	COMA	1:33:26	31	8
3 Jerry Lentz	45	OREG	COMA	1:31:58	26	6	3 Connie Peterson	52	OREG	COMA	2:03:13	41	13
4 Michael Soma	49	UNAT		1:34:35	33	7	Men 30-34						
Men 50-54							1 Scot Elliott	33	OREG	COMA	1:24:33	16	8
1 Mike Tennant	54	OREG	COMA	1:11:33	5	2	Men 40-44						
2 Fred Christensen	51	OREG	COMA	1:30:05	23	5	1 Timothy Nelson	41	OREG	COMA	1:09:38	1	1
Non Wet Suit							2 Timothy Waid	44	MOVY		1:11:23	4	3
Women 30-34							3 John Gessner	41	OREG	COMA	1:15:30	9	5
1 Michelle Macy	30	OREG	THB	1:21:16	13	2	4 Jamie Proffitt	42	OREG	SCC	1:17:09	10	6
2 Tamara Houston	31	OREG	COMA	1:22:14	15	4	5 Rob Higley	42	OREG	COMA	1:20:27	11	7
3 Monica LaBarge	31	OREG	EA	1:25:44	17	5	6 Steve Wursta	41	OREG	COMA	1:26:42	21	10

7 Peter Chandler Men 45-49	43 OREG UNAT	1:33:14	28	14	2 Michael Moneta Men 55-59	51 UNAT	1:41:05	35	16
1 Doug Asbury	47 OREG COMA	1:11:17	2	2	1 Jim Teisher	57 OREG THB	1:29:04	22	11
2 Kris Calvin	45 OREG COMA	1:14:14	8	4	2 Steve Mann	55 OREG COMA	1:32:27	27	13
3 Ron Thompson Men 50-54	47 OREG COMA	1:25:45	18	9	3 Mike Carew	57 OREG COMA	1:40:35	34	15
1 Keith Dow	51 OREG NCMS	1:30:41	25	12	4 Dallas Figley	55 OREG UNAT	1:56:42	38	17

1000 Meter Swim

Wet Suit

Women 30-34

1 Janette Wells	34 OREG COMA	0:14:02	17	1
2 Andie Pape	33 OREG COMA	0:15:18	33	3

Women 40-44

1 Robin Lewis	40 OREG COMA	0:14:57	25	2
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Women 50-54

1 Caroline Hagen	54 UNAT	0:19:35	57	4
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Women 55-59

1 Lee Husk	55 OREG COMA	0:22:21	62	5
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Men 40-44

1 Tim Lunney	41 OREG COMA	0:13:55	15	2
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2 Christopher Hanson	40 PNA SVY	0:18:08	49	4
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Men 45-49

1 Eric Steinhaff	48 OREG COMA	0:11:48	3	1
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2 Jerry Lentz	45 OREG COMA	0:14:10	18	3
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Non Wet Suit

Youth

1 Iris Hubbard	10 UNAT	0:18:19	50	19
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Women 25-29

1 Christina Modolo	28 UNAT	0:16:32	43	16
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Women 30-34

1 Sara Nelson	34 OREG COMA	0:11:47	2	1
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2 Tamara Houston	31 OREG COMA	0:13:07	11	2
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3 Michelle Macy	30 OREG THB	0:14:20	20	3
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4 Monica LaBarge	31 OREG EA	0:15:04	28	4
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5 Heather Law	33 UNAT	0:15:09	30	6
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6 Tammy Taylor	30 OREG COMA	0:18:44	53	22
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Women 35-39

1 Kim Young	39 OREG COMA	0:15:05	29	5
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2 Kara Jensen	38 OREG COMA	0:15:10	31	7
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3 Dara Gaskin	38 OREG COMA	0:15:56	40	14
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4 Linda Anspach	37 OREG COMA	0:16:33	44	17
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5 Shannon Singer	37 PNA SVY	0:18:34	52	21
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Women 40-44

1 Bridget McGinn	40 OREG COMA	0:15:44	37	11
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2 Gayle Orner	44 OREG CBAT	0:18:20	51	20
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3 Jaqueline Wursta	40 OREG COMA	0:18:44	53	22
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Women 45-49

1 Patricia Rogers	47 OREG OWET	0:15:21	34	8
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2 Cynthia Larkin	48 OREG COMA	0:15:25	35	9
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3 Ann Goodman	48 OREG CGM	0:15:38	36	10
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Women 50-54

1 Madeleine Holmberg	54 OREG COMA	0:15:46	38	12
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2 Jeanna Summers	53 OREG UNAT	0:15:53	39	13
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3 Toni Brown	52 OREG COMA	0:16:57	47	18
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4 Connie Peterson	52 OREG COMA	0:21:33	60	26
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Women 55-59

5 Kimberlee Stuart	50 UNAT	0:23:18	63	28
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6 Sandra Smith	54 OREG SVY	0:28:33	65	29
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Women 60-64

1 Ann Thomas	56 OREG COMA	0:16:00	41	15
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1 Pamela Himstreet	63 OREG COMA	0:19:26	56	24
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2 Peggy Whiter	63 OREG COMA	0:19:46	59	25
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Women 70-74

1 Diane Stuart	72 CONN	0:21:36	61	27
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Men 30-34

1 Scot Elliott	33 OREG COMA	0:13:51	14	11
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Men 35-39

1 David Doyle	39 OREG COMA	0:15:14	32	20
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Men 40-44

1 Timothy Nelson	41 OREG COMA	0:11:42	1	1
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2 Timothy Waid	44 MOVY	0:11:54	4	2
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3 Jamie Proffitt	42 OREG SCC	0:12:13	6	4
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4 Rob Higley	42 OREG COMA	0:13:09	12	9
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5 Steve Wursta	41 OREG COMA	0:14:26	22	15
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6 Frank Cobarrubia	43 OREG COMA	0:15:02	27	19
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Men 45-49

1 Doug Asbury	47 OREG COMA	0:12:04	5	3
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2 Kris Calvin	45 OREG COMA	0:12:13	6	4
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3 David Steinhaff	49 UNAT	0:12:18	8	6
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4 Jeff Stuart	46 UNAT	0:13:05	10	8
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5 Jeffery Anspach	46 OREG COMA	0:13:09	12	9
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6 Ron Thompson	47 OREG COMA	0:14:15	19	13
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7 Michael Douglas	49 OREG COMA	0:16:51	46	23
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8 Michael Soma	49 UNAT	0:17:57	48	24
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9 Ken Zugay	45 UNAT	0:33:02	67	29
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Men 50-54

1 Mike Tennant	54 OREG COMA	0:12:31	9	7
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2 Keith Dow	51 OREG NCMS	0:14:22	21	14
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3 Thomas Shuman	53 OREG COMA	0:19:35	57	26
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Men 55-59

1 Jim Teisher	57 OREG THB	0:14:26	22	15
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2 Thomas Hagen	55 UNAT	0:14:46	24	17
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3 Steve Mann	55 OREG COMA	0:14:58	26	18
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4 Mike Carew	57 OREG COMA	0:16:20	42	21
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5 Dallas Figley	55 OREG UNAT	0:19:01	55	25
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6 Peter Hubbard	55 UNAT	0:29:07	66	28
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Men 65-69

1 Brent Lake	69 OREG COMA	0:16:40	45	22
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Men 70-74

1 David Radcliff	73 OREG THB	0:13:56	15	12
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Men 80-84

1 Raymond Allen	81 OREG SOM	0:27:12	64	27
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Long Series, Short Series and Survivors

Long Series - 1500, 3000, 5000

Place	Points	Name
Women 30-34		
1	5	Michelle Macy
2	9	Monica LaBarge
3	12	Heather Law
4	19	Andie Pape
5	23	Tammy Taylor
Women 35-39		

1	4	Women 40-44
1	10	
2	15	
Women 45-49		
1	6	
Women 50-54		
1	6	
2	11	

Juliet Cox	Men 30-34
Marion Sills	Men 40-44
Gayle Orner	
Ann Goodman	
Madeleine Holmberg	
Connie Peterson	

1	3	Scot Elliott
Men 40-44		
1	3	Timothy Nelson
2	6	Timothy Waid
3	9	John Gessner
4	15	Rob Higley
5	19	Tim Lunney
6	20	Steve Wursta

7	25	Peter Chandler
Men 45-49		
1	6	Kris Calvin
2	10	Eric Steinhauft
3	13	Jeffery Anspach
4	18	Ron Thompson
5	23	Jerry Lentz
6	28	Michael Soma
Men 50-54		
1	5	Keith Dow
Men 55-59		
1	24	Dallas Figley
Short Series - 500, 1000, 1500		
Women 25-29		
1	6	Christina Modolo
Women 30-34		
1	3	Sara Nelson
2	6	Tamara Houston
3	14	Janette Wells
Women 35-39		
1	14	Dara Gaskin
2	19	Shannon Singer
Women 40-44		
1	10	Robin Lewis
2	11	Bridget McGinn
3	20	Jaqueline Wursta
Women 50-54		
1	8	Jeanna Summers
2	12	Toni Brown
3	22	Sandra Smith
Women 60-64		

1	4	Peggy Whiter
Women 70-74		
1	3	Diane Stuart
Men 40-44		
1	10	Jamie Proffitt
2	23	Frank Cobarrubia
3	33	Christopher Hanson
Men 45-49		
1	4	Doug Asbury
2	24	Michael Douglas
Men 50-54		
1	3	Mike Tennant
2	12	Thomas Shuman
Men 55-59		
1	19	Jim Teisher
2	22	Steve Mann
3	24	Thomas Hagen
4	30	Mike Carew
Men 65-69		
1	4	Brent Lake
Men 80-84		
1	3	Raymond Allen
Survivors - 500, 1000, 1500, 3000, 5000		
Name		Age
Jeffery Anspach		46
Doug Asbury		47
Kris Calvin		45
Mike Carew		57
Keith Dow		51

Scot Elliott	33
Dallas Figley	55
Ann Goodman	48
Rob Higley	42
Madeleine Holmberg	54
Monica LaBarge	31
Heather Law	33
Jerry Lentz	45
Tim Lunney	41
Michelle Macy	30
Steve Mann	55
Timothy Nelson	41
Gayle Orner	44
Andie Pape	33
Connie Peterson	52
Jamie Proffitt	42
Shannon Singer	37
Michael Soma	49
Eric Steinhauft	48
Tammy Taylor	30
Jim Teisher	57
Ron Thompson	47
Timothy Waid	44
Janette Wells	34
Steve Wursta	41



Exciting finishes at Elk



2007



Date - - - - -	Event - - - - -	Location - - - - -	Contact - - - - -
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Pool Meets

* Sept. 9 - - - - -	SCM - Patriot Games - Camas, Washington - - - - -	Bert Petersen - - - - -	bertbutterfly@msn.com
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Open Water

National Championships

Postal Championships 2007

Go The Distance - - -	Year long postal - - -	Where ever you are - - - - -	Mary Sweat - - - - -	gothedistance@swimoregon.org
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5K / 10 K Postal	May 15 - Sept. 15	Any 50 M. pool - - - - -	USMS - - - - -	http://www.usms.org
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3000 / 6000 Postal	Sept. 15 - Nov. 15	Any 25 Yard pool - - - - -	USMS - - - - -	http://www.usms.org
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International Championships

- - - - - * ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER

Board Meetings

All Board Meetings are open. OMS members are encouraged to attend.
Contact Jody Welborn, OMS Chair, for details.

October Retreat TBA

Aqua Master
September 2007

Inside: Applegate Lake, Elk Lake, LCM & OW Nationals