



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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"Swimming for Life"

ALL IN THE FAMILY



Wes Edwards, OMS Vice Chair, talked his two sisters and brother into swimming a "Family" Mixed Medley Relay at the State Games. The Edwards' Clan is pictured above: Wes, Carla DeLongchamps, Teleia Waters and Jerry Edwards. Family, Fun, Fitness, Fantastic swimming, Friends and Fabulous times together is what makes Masters Swimming so special.

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Now Is The Time

To paraphrase the old saying - *"Now is the time for all good Oregon Master Swimmers to come to the aid of their Organization"*. We are hosting the LCM USMS National Championships on August 14-17. A meet of this caliber requires a great deal of work on the part of many people. The Organizing Committee for this meet needs your help. They need the help of those of you who are swimming as well as those of you who are not swimming. They will work around your schedule.

Let's all show pride in OMS by helping out at this meet. Let's make swimmers from other States look in awe at this meet and the great helping and contributing attitude of all Oregon Masters. With your help we can make this a meet to remember.

Sign up to help at: <http://www.lcnationals2008.net/>
or email the Volunteer Coordinator: [2008lcvolunteers@gmail](mailto:2008lcvolunteers@gmail.com)

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Chair's Corner by Jody Welborn

"Set your goals high and don't stop until you get there." Bo Jackson

It's August! After weeks and months of anticipation, strokes clinics, committee meetings and miles of workouts USMS Long Course Nationals is just days away. Almost 300 swimmers from Oregon and over 1000 swimmers from across the country will soon arrive at the Mount Hood Community College pool ready for fast swimming and good times. Get ready to show the country that MHCC and Oregon Masters Swimming knows how to host a great event.

It is not too late to volunteer to help out at the meet. There are never too many volunteers and there is a lot of fun to be had in lending a hand. If you aren't swimming (or if you are and have days without as many events) consider volunteering. There are many areas that can use help, including hospitality, timing or even as a Jack-of-All trades. Go to the USMS at <http://lcnationals2008.net> and click on the Volunteer tab to sign up.

And while you are at the pool be sure to thank Brandon Drawz (Mount Hood Community College) and Dennis Baker, the co-meet directors, as well as the meet volunteers for all the work they have put in to give us this opportunity. They have stepped up and shown us what Masters Swimming is all about.

Because of them we are all about to achieve our goals.

Swim fast, and have fun.

and Remember,

Swimming is for Life and Life Matters.



(c)swimgraphics.com

The Countdown For LCM Nationals 13 Days

and counting from August 1, 2008

and that still leaves plenty of time

for YOU to VOLUNTEER to Help!

Send your email to: 2008lcvolunteers@gmail.com

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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Off the Block

Jacki Officiates at Olympic Trials

Jacki Allender, OMS's Chair of Officials, is writing the Editorial this month. Jacki was one of the select Officials chosen to work the Olympic Trials. This is a great honor and well deserved by Jacki. OMS is fortunate to have Officials of this caliber to work our meets. Thank you Jacki and all of your great Officials for making our meets First Class and well run.

"USA Swimming would like to invite you to serve our athletes in the role of a deck official....." the letter stated. Wow what a Christmas present!

I arrived in Omaha Nebraska on Friday June 27th. I retrieved my luggage from baggage claim and proceeded to call the hotel shuttle. There was no answer. I tried again with the same results. I knew that a strong storm system had passed through the area about two hours prior to my arrival. I went outside the terminal hoping to find the shuttle outside. I found a police officer. He told me that traffic lights were out in multiple areas of town and that power was out in several places. A shuttle driver from another hotel overheard our conversation and asked what hotel I was staying in. When I told him, he offered to take me there. On the way we passed the Qwest Center where the Trials were to be held. It was obvious that the building had sustained damage to multiple areas of the roof. I hoped that the damage would not affect the competition.

I arrived at my hotel and discovered that phone service had been restored and that a tornado had actually touched down in another part of town. It was an interesting beginning to the 2008 Olympic Trials.

On Saturday evening the officials had a rehearsal with NBC. We were working out where we needed to be and how to get there without falling over the camera equipment or their operators.

I knew that the US Olympic Trial Meet was a very special meet and that there were several surprises planned. We were warned that there would be fireworks after each event of the Finals session and any World Record announcement would have an additional display. Even with being forewarned, several of us nearly jumped out of our skin with the first test. We received the message that this was to be a swim meet unlike any other.

The stroke and turn officials were divided into two teams. One team would work the preliminary and final session of the day and the other team would work time trials. My team was up for the preliminary and final session for Sunday day 1 of the competition. For each session the officials entered the deck area to the announcer's voice saying "Please welcome the officials for the session." We then paraded on to the competition deck. I must admit that I had butterflies as we entered. Each day we were assigned to different positions. I was start end lane 6 for the first day. I was then turn end lane 2, start end lane 7 and stroke lane 1 side for the other days.

I was the stroke judge for the men's 100 butterfly final. Between the speed of the swimmers in the event and the pyrotechnics I was moving at a rather brisk pace to say the least. My chief judge for the evening told me to "get out of Dodge" at the end of the race to avoid any accidents. On the days that our team did Time Trials we had a special place to sit. It was on the very top level of the arena on the lane 8 side almost even with the start end. We had a wonderful time watching the competition and cheering on the swimmers.



Jacki in action before the start of the 400 IM Finals on the First Night

Anyone that has ever been a meet director knows that it requires an army of volunteers for any meet.

Continued on page 5

F i t n e s s



**Rachel
Skoss**



Your Fitness article this month pays tribute to two outstanding Oregon women, who exemplify the spirit of Fitness. This July Elizabeth Budd and Michelle Macy competed in and completed two of the most challenging events in swimming. To accomplish these feats they displayed the utmost level of Fitness. We honor them and hold them up as a challenge to a greater level of Fitness for all Oregon swimmers. They both showed that it is NEVER too late to pick a new challenge to aim for.

On the Fourth of July weekend, Michelle traveled to New York City and swam the Manhattan Marathon Swim. This is a swim of 28 plus miles around the Island of Manhattan. Michelle finished 9th overall in 7 hours and 55 minutes. On July 19th, Elizabeth traveled to Indiana and competed in the First USMS 25 K Open Water Swim. She finished 34th overall and was the first women in her age group and the oldest women to complete the swim.

A quote from the Awards Banquet after the 25 K: Elizabeth says: At the dinner the night before I met a guy from Chicago who said “so you are the one from Oregon?”. I said “yeah”. He said “why are there so many fast swimmers in Oregon? You would expect fast swimmers to come from Florida or

Michelle swims under the Brooklyn Bridge

California.” I told him “it was inspirational to swim in Oregon”. I told him that in Oregon, “I’m just an average swimmer”. I want to thank all of OMS for being kind to a newbie like me.

From OMS to Elizabeth and Michelle - Thank you both for being an inspiration to all of us in Oregon.

Elizabeth at the end of 25 K and still smiling



Off the Blocks continued from page 3

Imagine a meet in a facility that has the capacity for 14,000 spectators, plus 1,200 competitors, their coaches, 65 officials, and your head begins to spin. This is the task that fell to the Omaha Local Organizing Committee. They did an awesome job. Hundreds of volunteers worked thousands of hours for this meet. The copy center alone had 5-10 volunteers at a time.

Security was very tight within the venue. Each credential had the numbers for the area(s) that the individual was entitled to enter. This was strictly enforced. Even the local army reserve unit volunteered their time to man security checkpoints.

As officials, we were probably the volunteers most visible to the public. The volunteers that served as the basket carriers for the athletes worked very hard. It was obvious that they had spent a great deal of time practicing their task. There were hospitality areas for officials, coaches, media, and volunteers. Everyone worked so hard and I greatly appreciate their efforts.

It was such an honor and a thrill for me to be there. It is so difficult to put into words how I felt. I had to keep pinching myself to make sure I wasn't dreaming. I really was only inches away from many of the swimmers that made the 2008 Olympic Team and many that will represent the US in future Olympic games. It was the stuff that dreams are made of.

Happy Swimming.



Swim Bits # 15 -TV Coverage by Ralph Mohr

The Olympics will soon be here, and I must express disappointment at what I saw on TV during the Swim Trials. The TV coverage was the same old stuff.

Swimmers are introduced individually. "Take your marks," and we are left with the perennial running camera on one side of the race, a few overhead shots from a balcony, a close-up of the finish, and the obligatory interview right afterward. How prosaic.

I wish the announcers would try something different and far more interesting. They could discuss the splits necessary for a world record and then post them electronically on the side of the screen during the race. Educate the viewer rather than confuse them during the race.

The NFL has an overhead camera strung on cables that can move back and forth. Why not do the same thing over the pool and follow one or two swimmers close up from above? More close-ups from the end of the pool during a race would

also help.

There was one section in the recent Trials coverage that stood out. Michael Phelps was shown underwater in acute slow motion. Amazing! Why not do more of this? Show all of the strokes in underwater slow motion, both during a race and ahead of time. I have always felt swimming would be far more photogenic in slow motion.

Educate the viewer by showing each of the starts in slow motion. What they do in backstroke is almost a contortion upside down. Contrast Dara Torres' "old" start with Natalie Coughlin off the blocks.

In any case I have a running bet with several people that swimming will have more medals overall and more gold medals than track in Beijing, even though track has more events and are allowed three entries per event. Watch and enjoy our best and fastest!



Elizabeth after her race and Michell before her race



Shake and Swim with “Bake”

“Good Morning”

Coach Dennis Baker

We as Masters Swimmers are constantly looking for ways to get better, train more effectively and in general fight the aging process.

One way to ensure you are getting the most out of your training is to incorporate a morning swim practice into your routine. Here are a few good reasons to add a morning workout.

- 1) Gets your metabolism going. You will continue to burn calories throughout the day at a higher rate. This is great if you want to lose weight or just get more fit.
- 2) Muscle memory will improve. When you jump in at 5am and start swimming following a long nights sleep it will shock your body into performing. The stroke improvements you are working on will have a better chance of sticking with you.



- 3) Helps to clear the day for the “life stuff” I always talk about. Let’s face it folks, Masters Swimmers can usually only workout early in the day or late at night. We often have to grab time slots around the younger club swimmers. Getting your workout out of the way can make more time your day for spouses, kids, jobs etc.

- 4) Enables you to do a double practice if your team offers multiple daily workouts. If you already have one practice in and you’re still feeling good at the end the day, go for it!!!

Begin incorporating morning practices slowly starting with just one a week and then build from there. As with any swimming practice, the hard part is just to get there and get in. Once you do you will be very glad that you did. You will see immediate

benefits if you choose to take the plunge early. Good Morning.



At the beginning of this year, at the age of 63, Sandra Haynie of Columba Gorge Masters established a goal of legally completing a 100 IM in competition. To achieve her goal, in February she began private coaching in butterfly and help with transitions. She started by making 2 strokes of fly with fins, and worked up to doing 8 x 25 fly (4 without fins, 4 with) to build strength and confidence. In addition to her private coaching, she worked hard in practice, particularly on IM Thursdays.

Finally, she was ready to give it a shot. On May 18, 2008, she nervously stepped up to the blocks at her home meet in Hood River, dove in, and swam a beautiful first time ever in competition 25 meters of fly. She touched with both hands, rolled over to her back, and from there was home free. With her teammates and coaches cheering and screaming, she finished legally, hitting the pad in a 3:04.94.

Sandra is an inspiration to all of us on CGM. She shows up at 6:00 am practice with a smile, works hard, competes regularly, and sets and achieves goals. Way to go!

Submitted by Bill Summerfield.



Sandra is pictured with Coach Jill Miles.



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**Hagg Lake Open Water Swim
800**

Pl.	Time	Name	Age
1	00:10:07	Greg Jablonski	41
2	00:10:39	Rick Graves	40
5	00:11:28	Erin Ford	32
6	00:11:32	Tim Cespedes	48
7	00:11:35	Megan Lassen	37
8	00:11:42	Rob Higley	42
10	00:11:52	Theodore Casterline	42
11	00:12:08	Jeff Rodgers	41
12	00:12:53	Elizabeth Budd	54
13	00:12:54	Michelle Macy	31
14	00:12:56	Lisa Kaufman	38
17	00:13:07	Kermit Yensen	54
18	00:13:09	Jim Teisher	58
22	00:13:22	Lou Boone	47
23	00:13:34	Ken Zell	60
32	00:15:00	Darryl Williams	44
34	00:15:34	Heather Burger	46
36	00:15:48	Jason Lassen	35
68	00:24:42	Jorge Villavicencio	40
2000			
2	00:24:09	Eric Lagerstrom	18
3	00:24:21	Greg Jablonski	41
5	00:26:16	Rick Graves	40
13	00:28:21	Tim Cespedes	48
14	00:28:29	Erin Ford	32
15	00:28:36	Keith Dow	52

17	00:29:31	Megan Lassen	37	106	00:42:51	Robert Shelfer	62
20	00:29:57	Rob Higley	42	107	00:42:53	Jason Lassen	35
21	00:30:28	Lisa Kaufman	38	111	00:43:15	April Shepherd	31
24	00:31:29	Kelsey Bowen	22	139	00:53:10	Oren Bergfald	44
25	00:31:51	Gary Albrecht	38	4000			
28	00:32:06	Jeff Rodgers	41	1	00:57:28	Greg Jablonski	41
29	00:32:09	Michelle Macy	31	4	00:59:35	Don Ollila	32
31	00:32:32	Bruce Cheney	56	5	01:01:49	Theodore Casterline	42
33	00:32:41	Elizabeth Budd	54	7	01:02:11	Tim Cespedes	48
36	00:33:02	Gayle Orner	45	13	01:08:01	Rob Higley	42
37	00:33:05	Sam Schonstal	45	16	01:10:17	Keith Dow	52
39	00:33:19	Jim Teisher	58	17	01:10:49	Elizabeth Budd 5	4
40	00:33:20	Kermit Yensen	54	19	01:12:09	Kirsten Roberts	38
42	00:34:01	Joni Young	46	21	01:13:14	Jeff Rodgers	41
45	00:34:11	David Livengood	45	22	01:13:33	Michelle Macy	31
46	00:34:35	Lou Boone	47	24	01:14:03	Joni Young	46
51	00:34:53	Patricia Rogers	48	26	01:14:19	Kermit Yensen	54
54	00:35:32	Jeanna Summers	54	34	01:17:01	David Bogden	57
55	00:35:49	James Schwetz	57	37	01:17:38	Patricia Rogers	48
56	00:35:53	Jorge Villavicencio	40	44	01:21:16	Ann Thomas	44
58	00:36:12	Jacqueline Parker	30	46	01:22:13	Janie Malloy	46
62	00:36:27	Ken Zell	60	47	01:22:21	Anne Juurma	46
65	00:36:54	Jennifer Pidkowitz	24	48	01:22:55	Lou Boone	47
84	00:38:55	Heather Burger	46	50	01:23:44	Jim Teisher	58
86	00:38:58	Christopher Toole	57	53	01:25:15	Ann Devine	54
90	00:39:34	Michael Harfst	55	56	01:25:37	Heather Burger	46
94	00:40:01	John Beazle	34	61	01:29:12	Jacqueline Parker	30
101	00:42:10	Darryl Williams	44	68	01:32:04	Gayle Orner	45
102	00:42:22	Robin Bragg III	48	72	01:37:14	Robin Bragg III	48



Long Distance Swimming



**Bob
Bruce**



With the impending USMS Long Course Championships in Gresham looming on our swimming horizon, not to mention the strong Summer Sizzler Meet and largest State Games swimming meet in recent memory, the summer does seem packed this year. Let's also remember that we are in the middle of another fine Oregon open water season, and that some of us have even done the first leg of the summer postals.

The opening open water swims were hosted by the Gecko Tri Club on Sunday, June 1, at Hagg Lake. This was the earliest date ever for these swims, and the water was a bit chillier than usual. We had a good turnout of folks in wetsuits and a few hardy souls without them.

Despite the far traveling distance for most of us, the Applegate Lake swims were wonderful as always. RVM and COMA were well represented, along with the cast of usual suspects that hang out at open water events. The water was blissfully balmy, the air temperature delightfully cooler than usual, and the individual races were fun. Despite unsubstantiated comments that the teams were fixed, the Pursuit relay also proved to be a winner with 12 teams participating.

Taos, Ralph and Joni were the winning Relay



Congratulations to Elizabeth Budd (CAT) for tackling the challenge of the inaugural USMS 25-km Open Water Championships, recently held in Noblesville, Indiana. Elizabeth became a USMS All-American by winning her age group with a time of 8:33:17, with splits more even than most. I'll bet that most of us haven't even dreamed of swimming continuously for that long! Well done, Elizabeth!

Next on our agenda are the three days of the Cascade Lakes Swim Series & Festival at Elk Lake, featuring the Oregon Association 1500-meter Open Water Championships on Saturday, August 1, and the USMS 5000-meter Open Water Championships on Sunday, August 2. As always, COMA is waiting to host with flair, including excellent water (surprisingly warm this year despite the heavy winter snowfall and the late ice melt on the Lake), the five-swim series options with the special 'Survivor' award, family-oriented events, and the usual groaning table of goodies.

The Dorena Lake open water swims will conclude our summer. Let's join host team Emerald Aquatics for their one-day event featuring a 1500-meter swim, their zany 1000-meter "all equipment legal" swim, and their 500-meter kicking derby, and join our OMS open water diehards in concluding our season open water series. Steve Johnson reports that the Lake is warm and the water level is very high, so we will probably miss the little mud flats that have proved so amusing in the past few years.

But wait! You long distance folks aren't off the hook yet. Although we have had a good start in the 5 & 10-km postal swims, we need more of you to do one or both of these swims to reach our annual Oregon Club goal of winning the national team titles. I will host a special 5 & 10-km opportunity in Bend on Sunday, August 30, for those who might be interested—please contact me (coachbob@bendbroadband.com) if you would like to swim then. Or see if you can find the time at one of your local 50-meter pools—Amazon (Eugene), Osborn (Corvallis), Tualatin Hills (Beaverton), MAC (Portland), Mt Hood Community College (Gresham), or Pendleton. I hope that many of you will choose a postal swim as your season-ending challenge. Remember to let me know when you have completed one or both of these great events.

Good luck and good swimming!

At Applegate - Troy, 1500 winner, and Steve, 5 K winner, both show the strain of their winning swims



Applegate Lake Swim 1500**WOMEN**

15-19

1 Alexa Morris 15 0:25:19

20-24

1 Allison Gartz 22 0:25:42

25-29

1 Ashley Johnson 25 0:22:48

2 Molly Clark 27 0:27:20

30-34

1 Jacqueline Parker 30 0:26:40

35-39

1 Hailey Kuhn 38 0:22:54

2 Cynthia Smith 38 0:27:06

40-44

1 Jocelyn Sanford 43 0:27:26

1 Kim Young 40 0:27:26

3 Lisa Bach 42 0:37:16

45-49

1 Janine Smith 48 0:22:42

2 Joni Young 47 0:24:20

3 Laura Schob 49 0:25:15

4 Gayle Orner 45 0:29:07

5 Julie Stuelpnagel 47 0:30:48

50-54

1 Deb Douglas 54 0:27:20

60-64

1 Janet Gettling 60 0:27:20

2 Geri Mathewson 60 0:27:44

3 Lynn Sacks 62 0:35:35

65-69

1 Peggie Hodge 68 0:36:04

MEN

30-34

1 Todd Lantry 32 0:26:04

35-39

1 Michael Servent 37 0:24:04

40-44

1 Troy Drawz 40 0:21:09

2 Jamie Proffitt 43 0:21:21

3 Andrew Gramley 40 0:21:23

4 Doug Stewart 44 0:23:16

45-49

1 Ron Thompson 48 0:23:14

2 David VanDer Zwan 45 0:24:25

3 Dan Stewart 46 0:26:43

4 Robin Bragg 48 0:30:31

50-54

1 David Heller 51 0:23:08

2 Ed Ramsey 52 0:23:15

3 Keith Dow 52 0:24:55

4 Mark Fairlee 50 0:25:20

5 Michael Douglas 50 0:26:02

6 Daniel Greenblatt 55 0:27:27

55-59

1 Jim Teisher 58 0:24:26

2 Bob Needham 55 0:25:05

3 Michael Carew 58 0:27:11

60-64

1 Bob Bruce 60 0:24:21

2 Will Hershman 61 0:38:45

3 Tom Sherwood 62 0:39:58

4 John Hill 60 1:02:37

65-69

1 Tom Landis 66 0:22:38

2 Ralph Mohr 66 0:27:17

3 Richard Juhala 65 0:34:53

70-74

1 Dave Radcliff 74 0:25:02

2 Brent Lake 70 0:29:05

Applegate Lake Swim 5 K**WOMEN**

25-29

1 Gina Jones 28 1:34:43

30-34

1 Jacqueline Parker 30 1:41:00

35-39

1 Cynthia Smidt 38 1:36:43

40-44

1 Kim Young 40 1:37:27

45-49

1 Joni Young 47 1:25:05

2 Laura Schob 49 1:29:05

3 Gayle Orner 45 1:50:56

50-54

1 Lindabeth Schmucker 52 1:23:24

2 Connie Peterson 53 2:00:03

65-69

1 Peggie Hodge 68 2:13:48

MEN

30-34

1 Todd Lantry 32 1:32:21

35-39

1 Michael Servent 37 1:27:15

40-44

1 Jamie Proffitt 43 1:13:29

2 Troy Drawz 40 1:15:47

3 Doug Stewart 44 1:31:48

45-49

1 Ron Thompson 48 1:23:39

2 David VanDer Zwan 45 1:30:20

3 Robin Bragg 48 1:56:33

50-54

1 David Heller 51 1:19:47

2 Keith Dow 52 1:28:47

3 Daniel Greenblatt 55 1:39:23

4 Daryl Yasui 51 1:40:25

55-59

1 Jim Teisher 58 1:24:05

2 Michael Carew 58 1:35:02

60-64

1 Steve Johnson 60 1:11:28

2 Bob Bruce 60 1:28:21

3 Dan Gray 63 1:45:24

65-69

1 Tom Landis 66 1:22:54

2 Ralph Mohr 66 1:37:42

3 Richard Juhala 65 2:07:50

70-74

1 Dave Radcliff 74 1:23:03

2 Brent Lake 70 1:45:42



Mt. Hood LCM Meet - June 14, 2008

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

Women 18-24

50 LC Meter Freestyle

1 Newby, Nina 20 OREG 30.24
2 Esser, Elizabeth 22 OREG 34.14

100 LC Meter Freestyle

1 Esser, Elizabeth 22 OREG 1:16.47
200 LC Meter Freestyle

1 Esser, Elizabeth 22 OREG 2:45.24
50 LC Meter Butterfly

1 Newby, Nina 20 OREG 36.47
2 Esser, Elizabeth 22 OREG 39.55

200 LC Meter IM

1 Esser, Elizabeth 22 OREG 3:17.50

Women 25-29

50 LC Meter Freestyle

1 Gustafson, Aubree 27 OREG 30.48
2 Fahmi, Karen 25 OREG 32.56

50 LC Meter Backstroke

1 Fahmi, Karen 25 OREG 38.96

50 LC Meter Breaststroke

1 Gustafson, Aubree 27 OREG 41.77

50 LC Meter Butterfly

1 Gustafson, Aubree 27 OREG 34.90

100 LC Meter Butterfly

1 Fahmi, Karen 25 OREG 1:16.69

Women 30-34

50 LC Meter Freestyle

1 Elwonger, Stephanie 30 OREG 31.82
2 Kirkwood, Erin 31 OREG 32.12

3 Kramer, Ellen 33 OREG 33.37

100 LC Meter Freestyle

1 Elwonger, Stephanie 30 OREG 1:08.15
2 Kirkwood, Erin 31 OREG 1:12.50

3 Kramer, Ellen 33 OREG 1:16.63

4 Pryor, Evelyn 31 OREG 1:21.17

200 LC Meter Freestyle

1 Pryor, Evelyn 31 OREG 2:57.99

50 LC Meter Backstroke

1 Kirkwood, Erin 31 OREG 36.54

100 LC Meter Backstroke

1 Pryor, Evelyn 31 OREG 1:40.52

50 LC Meter Breaststroke

1 Kramer, Ellen 33 OREG 46.56

100 LC Meter Breaststroke

1 Kramer, Ellen 33 OREG 1:39.87

50 LC Meter Butterfly

1 Elwonger, Stephanie 30 OREG 32.64
2 Kirkwood, Erin 31 OREG 35.88

100 LC Meter Butterfly

1 Elwonger, Stephanie 30 OREG 1:18.55
2 Pryor, Evelyn 31 OREG 1:37.14

200 LC Meter IM

1 Elwonger, Stephanie 30 OREG 2:48.58
2 Pryor, Evelyn 31 OREG 3:22.55

Women 35-39

50 LC Meter Freestyle

1 Tomac, Jayna 36 OREG 30.36
2 Maxon, Robin 37 OREG 38.58

3 Osoinach, Ellen 37 OREG 43.65

100 LC Meter Freestyle

1 Tomac, Jayna 36 OREG 1:08.17
2 Young, Susie 39 OREG 1:16.87

3 Maxon, Robin 37 OREG 1:41.17

4 Osoinach, Ellen 37 OREG 1:47.93

200 LC Meter Freestyle

1 Nelson, Sara 36 OREG 2:24.36
2 Tomac, Jayna 36 OREG 2:29.58

3 Lassen, Megan 38 UNAT 2:33.92

4 Simpson, Shauna 37 OREG 2:56.48

1500 LC Meter Freestyle

1 Lassen, Megan 38 UNAT 20:59.94

2 Young, Susie 39 OREG 21:51.13

50 LC Meter Backstroke

1 Osoinach, Ellen 37 OREG 53.92
2 Maxon, Robin 37 OREG 55.27

50 LC Meter Breaststroke

1 Tomac, Jayna 36 OREG 37.05
2 White, Anna 35 OREG 44.62

3 Maxon, Robin 37 OREG 51.09

100 LC Meter Breaststroke

1 White, Anna 35 OREG 1:34.51

200 LC Meter Breaststroke

1 Nelson, Sara 36 OREG 3:03.95
2 White, Anna 35 OREG 3:26.03

50 LC Meter Butterfly

1 Simpson, Shauna 37 OREG 41.45
2 Maxon, Robin 37 OREG 48.27

100 LC Meter Butterfly

1 Nelson, Sara 36 OREG 1:19.12

2 Simpson, Shauna 37 OREG 1:30.41

3 Young, Susie 39 OREG 1:30.43

200 LC Meter IM

1 Lassen, Megan 38 UNAT 2:59.76

2 Young, Susie 39 OREG 3:04.55

400 LC Meter IM

1 Nelson, Sara 36 OREG 5:43.64 O

Women 40-44

50 LC Meter Freestyle

1 Schultz, Stephanie 42 OREG 32.78

2 Simmons, Stephanie 42 OREG 35.44

200 LC Meter Freestyle

1 Schultz, Stephanie 42 OREG 2:31.39

50 LC Meter Breaststroke

1 Shaw, Susan 41 OREG 48.40

100 LC Meter Breaststroke

1 Shaw, Susan 41 OREG 1:45.21

200 LC Meter Breaststroke

1 Shaw, Susan 41 OREG 3:51.39

200 LC Meter Butterfly

1 Schultz, Stephanie 42 OREG 3:10.38

Women 45-49

50 LC Meter Freestyle

1 Jenkins, Valerie 45 OREG 30.50

2 Caswell, Mary 47 OREG 30.78

100 LC Meter Freestyle

1 Clutter, Cindy 48 INWM 1:25.42

200 LC Meter Freestyle

1 Jenkins, Valerie 45 OREG 2:29.84

2 Clutter, Cindy 48 INWM 3:05.69

1500 LC Meter Freestyle

1 Delmage, Arlene 46 OREG 20:06.82 Z

2 Clutter, Cindy 48 INWM 24:20.85

3 Rogers, Patricia 49 OREG 26:20.19

4 Tracy, Kay 46 OREG 28:29.21

50 LC Meter Backstroke

1 Tracy, Kay 46 OREG 50.91

100 LC Meter Backstroke

1 Snider, Pam 47 OREG 1:37.37

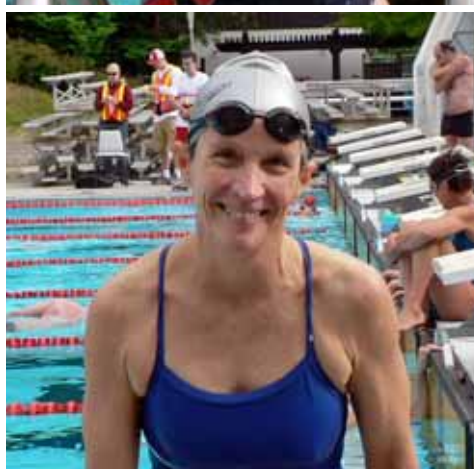
2 Fox, Christina 48 OREG 1:41.48

Split - Jenkins, Val 45 OREG 1:13.59 Z

200 LC Meter Backstroke

1 Snider, Pam 47 OREG 3:19.69





2 Fox, Christina	48	OREG	3:26.64
50 LC Meter Breaststroke			
1 Delmage, Arlene	46	OREG	40.83
2 Caswell, Mary	47	OREG	42.76
3 Redwine, Roxanne	49	OREG	46.84
4 Clutter, Cindy	48	INWM	48.06
5 Fox, Christina	48	OREG	50.36

100 LC Meter Breaststroke			
1 Caswell, Mary	47	OREG	1:32.59
2 Snider, Pam	47	OREG	1:37.94
3 Fox, Christina	48	OREG	1:44.72
4 Redwine, Roxanne	49	OREG	1:44.78
200 LC Meter Breaststroke			
1 Delmage, Arlene	46	OREG	3:11.17
2 Caswell, Mary	47	OREG	3:23.78
3 Snider, Pam	47	OREG	3:29.58
4 Redwine, Roxanne	49	OREG	3:43.78
5 Fox, Christina	48	OREG	3:48.91

50 LC Meter Butterfly			
1 Jenkins, Valerie	45	OREG	32.60
200 LC Meter IM			
1 Snider, Pam	47	OREG	3:12.74

Women 50-54

50 LC Meter Freestyle			
1 Andrus-Hughes, K	51	OREG	31.07
2 Eckert-Mason, K	51	OREG	40.78
3 Young, Maggi	53	OREG	51.52

100 LC Meter Freestyle			
1 Crabbe, Colette	52	OREG	1:12.21
2 Eckert-Mason, K	51	OREG	1:25.91
3 Young, Maggi	53	OREG	2:03.30

200 LC Meter Freestyle			
1 Hair, Margaret	53	INWM	2:59.36
2 Summers, Jeanna	54	OREG	3:14.08
3 Eckert-Mason, K	51	OREG	3:16.65

1500 LC Meter Freestyle			
1 Hair, Margaret	53	INWM	24:17.67
50 LC Meter Backstroke			
1 Hair, Margaret	53	INWM	45.36
2 Eckert-Mason, K	51	OREG	48.89
3 Young, Maggi	53	OREG	1:12.81

100 LC Meter Backstroke			
1 Hair, Margaret	53	INWM	1:41.00
200 LC Meter Backstroke			
1 Summers, Jeanna	54	OREG	3:24.08

50 LC Meter Breaststroke			
1 Hair, Margaret	53	INWM	45.02
100 LC Meter Breaststroke			
1 Crabbe, Colette	52	OREG	1:29.13 O

50 LC Meter Butterfly			
1 Worden, Laura	51	OREG	37.07
100 LC Meter Butterfly			
1 Worden, Laura	51	OREG	1:24.86
200 LC Meter Butterfly			
1 Worden, Laura	51	OREG	3:11.76 O

200 LC Meter IM			
1 Andrus-Hughes, K	51	OREG	2:55.67
2 Summers, Jeanna	54	OREG	3:37.67
400 LC Meter IM			
1 Crabbe, Colette	52	OREG	6:06.19
2 Worden, Laura	51	OREG	6:51.50
3 Moss, Helen	50	OREG	9:11.67

Women 55-59			
50 LC Meter Freestyle			
1 Gray, Jane	57	OREG	40.13
2 Rienks, Penny	57	OREG	40.29

100 LC Meter Freestyle			
1 Gray, Jane	57	OREG	1:35.04
200 LC Meter Freestyle			
1 Gray, Jane	57	OREG	3:27.04
50 LC Meter Backstroke			
1 Rienks, Penny	57	OREG	45.35
2 Coffeen, Linda	57	OREG	1:01.81

100 LC Meter Backstroke			
1 Rienks, Penny	57	OREG	1:39.81
2 Coffeen, Linda	57	OREG	2:14.17
200 LC Meter Backstroke			
1 Coffeen, Linda	57	OREG	4:40.83
50 LC Meter Breaststroke			
1 Rienks, Penny	57	OREG	52.42
200 LC Meter Butterfly			
1 Asleson, Elke	56	OREG	3:51.04
200 LC Meter IM			
1 Asleson, Elke	56	OREG	3:35.03
400 LC Meter IM			
1 Asleson, Elke	56	OREG	7:32.12

100 LC Meter Freestyle			
1 Gray, Jane	57	OREG	1:35.04
200 LC Meter Freestyle			
1 Gray, Jane	57	OREG	3:27.04

50 LC Meter Backstroke			
1 Rienks, Penny	57	OREG	45.35
2 Coffeen, Linda	57	OREG	1:01.81
100 LC Meter Backstroke			
1 Rienks, Penny	57	OREG	1:39.81
2 Coffeen, Linda	57	OREG	2:14.17

200 LC Meter Backstroke			
1 Coffeen, Linda	57	OREG	4:40.83
50 LC Meter Breaststroke			
1 Rienks, Penny	57	OREG	52.42
200 LC Meter Butterfly			
1 Asleson, Elke	56	OREG	3:51.04

200 LC Meter IM			
1 Asleson, Elke	56	OREG	3:35.03
400 LC Meter IM			
1 Asleson, Elke	56	OREG	7:32.12

Women 60-64			
50 LC Meter Freestyle			
1 Haynie, Sandra	63	OREG	1:03.90
100 LC Meter Freestyle			
1 Ensign, Jeanne	62	PNA	1:55.45
200 LC Meter Freestyle			
1 Rousseau, Sandi	61	OREG	3:12.95

1500 LC Meter Freestyle			
1 Ensign, Jeanne	62	PNA	31:23.92
100 LC Meter Backstroke			
1 Pierson, Ginger	62	OREG	1:48.21
2 Rousseau, Sandi	61	OREG	1:52.43

50 LC Meter Breaststroke			
1 Pierson, Ginger	62	OREG	44.23
2 Rousseau, Sandi	61	OREG	55.78
100 LC Meter Breaststroke			
1 Pierson, Ginger	62	OREG	1:38.01
200 LC Meter Breaststroke			
1 Pierson, Ginger	62	OREG	3:40.37

50 LC Meter Butterfly			
1 Rousseau, Sandi	61	OREG	40.04
2 Welch, Sarah	61	PNA	40.76
100 LC Meter Butterfly			
1 Welch, Sarah	61	PNA	1:35.46
2 Rousseau, Sandi	61	OREG	1:44.83

200 LC Meter IM			
1 Welch, Sarah	61	PNA	3:28.84
2 Pierson, Ginger	62	OREG	3:38.22
400 LC Meter IM			
1 Welch, Sarah	61	PNA	7:37.55

Women 65-69			
50 LC Meter Freestyle			
1 Whiter, Peggy	65	OREG	43.64
100 LC Meter Freestyle			
1 Whiter, Peggy	65	OREG	1:46.49
50 LC Meter Backstroke			
1 Pronk, Bonnie	66	MSBC	41.46
200 LC Meter Backstroke			
1 Ward, Joy	66	OREG	3:24.92

50 LC Meter Breaststroke			
1 Pronk, Bonnie	66	MSBC	43.56
2 Whiter, Peggy	65	OREG	1:01.13
200 LC Meter IM			
1 Ward, Joy	66	OREG	3:39.13 Z
400 LC Meter IM			
1 Pronk, Bonnie	66	MSBC	7:13.77

Women 65-69			
50 LC Meter Freestyle			
1 Whiter, Peggy	65	OREG	43.64
100 LC Meter Freestyle			
1 Whiter, Peggy	65	OREG	1:46.49
50 LC Meter Backstroke			
1 Pronk, Bonnie	66	MSBC	41.46
200 LC Meter Backstroke			
1 Ward, Joy	66	OREG	3:24.92

50 LC Meter Breaststroke			
1 Pronk, Bonnie	66	MSBC	43.56
2 Whiter, Peggy	65	OREG	1:01.13
200 LC Meter IM			
1 Ward, Joy	66	OREG	3:39.13 Z
400 LC Meter IM			
1 Pronk, Bonnie	66	MSBC	7:13.77

Women 65-69			
50 LC Meter Freestyle			
1 Whiter, Peggy	65	OREG	43.64
100 LC Meter Freestyle			
1 Whiter, Peggy	65	OREG	1:46.49
50 LC Meter Backstroke			
1 Pronk, Bonnie	66	MSBC	41.46
200 LC Meter Backstroke			
1 Ward, Joy	66	OREG	3:24.92

50 LC Meter Breaststroke			
1 Pronk, Bonnie	66	MSBC	43.56
2 Whiter, Peggy	65	OREG	1:01.13
200 LC Meter IM			
1 Ward, Joy	66	OREG	3:39.13 Z
400 LC Meter IM			
1 Pronk, Bonnie	66	MSBC	7:13.77

Women 65-69			
50 LC Meter Freestyle			
1 Whiter, Peggy	65	OREG	43.64
100 LC Meter Freestyle			
1 Whiter, Peggy	65	OREG	1:46.49
50 LC Meter Backstroke			
1 Pronk, Bonnie	66	MSBC	41.46
200 LC Meter Backstroke			
1 Ward, Joy	66	OREG	3:24.92

50 LC Meter Breaststroke			
1 Pronk, Bonnie	66	MSBC	43.56
2 Whiter, Peggy	65	OREG	1:01.13
200 LC Meter IM			
1 Ward, Joy	66	OREG	3:39.13 Z
400 LC Meter IM			
1 Pronk, Bonnie	66	MSBC	7:13.77

Women 70-74

50 LC Meter Freestyle			
1 Kawabata, G	74 OREG	50.21	
2 Dinneen, Dolores	71 OREG	1:02.15	
100 LC Meter Freestyle			
1 Dinneen, Dolores	71 OREG	2:20.60	
200 LC Meter Freestyle			
1 Dinneen, Dolores	71 OREG	4:58.11	
1500 LC Meter Freestyle			
1 Dinneen, Dolores	71 OREG	43:26.69	

Women 75-79

50 LC Meter Freestyle			
1 Stoinoff, Lavelle	75 OREG	44.49 Z	
2 Rosik, Cynthia	75 OREG	1:06.21	
100 LC Meter Freestyle			
1 L'Esperance, B	76 OREG	2:41.39	
200 LC Meter Freestyle			
1 L'Esperance, B	76 OREG	5:33.97	
1500 LC Meter Freestyle			
1 Allen, Barbara	75 PNA	40:45.09	
50 LC Meter Backstroke			
1 Allen, Barbara	75 PNA	1:01.77	
2 L'Esperance, B	76 OREG	1:20.86	
100 LC Meter Backstroke			
1 Allen, Barbara	75 PNA	2:17.83	
2 L'Esperance, B	76 OREG	2:59.70	
200 LC Meter Backstroke			
1 Allen, Barbara	75 PNA	4:57.39	
2 L'Esperance, B	76 OREG	6:23.35	
50 LC Meter Breaststroke			
1 Rosik, Cynthia	75 OREG	1:17.15	
100 LC Meter Breaststroke			
1 Rosik, Cynthia	75 OREG	2:39.13	
200 LC Meter Breaststroke			
1 Rosik, Cynthia	75 OREG	5:44.12	

Women 85-89

50 LC Meter Backstroke			
1 Stevenin, Elfie	87 OREG	1:54.16	
50 LC Meter Breaststroke			
1 Stevenin, Elfie	87 OREG	3:09.00	
50 LC Meter Butterfly			
1 Stevenin, Elfie	87 OREG	2:54.86	
100 LC Meter Butterfly			
1 Stevenin, Elfie	87 OREG	7:12.54	

Men 18-24

50 LC Meter Freestyle			
1 Tracy, Kennison	19 OREG	29.51	
50 LC Meter Backstroke			
1 Tracy, Kennison	19 OREG	36.42	
50 LC Meter Breaststroke			
1 Tracy, Kennison	19 OREG	38.40	
50 LC Meter Butterfly			
1 Tracy, Kennison	19 OREG	32.15	

Men 25-29

50 LC Meter Freestyle			
1 Burton, Michael	28 OREG	25.58	
100 LC Meter Freestyle			
1 Williams, Sumner	29 NMMS	1:08.32	
200 LC Meter Freestyle			
1 Williams, Sumner	29 NMMS	2:31.54	
1500 LC Meter Freestyle			
1 Williams, Sumner	29 NMMS	22:24.10	
2 Cleary, Kevin	25 OREG	22:50.60	
50 LC Meter Backstroke			
1 Cleary, Kevin	25 OREG	38.53	
50 LC Meter Breaststroke			

1 Burton, Michael 28 OREG 31.06 Z

100 LC Meter Breaststroke			
1 Burton, Michael	28 OREG	1:15.10	
50 LC Meter Butterfly			
1 Burton, Michael	28 OREG	28.27	
100 LC Meter Butterfly			
1 Williams, Sumner	29 NMMS	1:28.56	

Men 30-34**1500 LC Meter Freestyle****1 Polito, Chip 32 OREG 18:07.74 O**

50 LC Meter Backstroke			
1 Wallace, Colin	30 OREG	32.39	
200 LC Meter Backstroke			
1 Polito, Chip	32 OREG	2:25.43	
100 LC Meter Butterfly			
1 Wallace, Colin	30 OREG	1:13.33	
200 LC Meter IM			
1 Wallace, Colin	30 OREG	2:43.11	

Men 35-39

50 LC Meter Freestyle			
1 Sixkiller, Daniel	35 UNAT	29.19	
100 LC Meter Freestyle			
1 Sixkiller, Daniel	35 UNAT	1:04.85	
50 LC Meter Backstroke			
1 Sixkiller, Daniel	35 UNAT	37.88	
50 LC Meter Breaststroke			
1 Darby, Brian	35 OREG	40.66	
2 Lassen, Jason	36 UNAT	42.74	
100 LC Meter Breaststroke			
1 Lassen, Jason	36 UNAT	1:32.90	
200 LC Meter Breaststroke			
1 Lassen, Jason	36 UNAT	3:23.99	
50 LC Meter Butterfly			
1 Sixkiller, Daniel	35 UNAT	32.67	

Men 40-44

50 LC Meter Freestyle			
1 Wan, Eric	42 OREG	26.58	
2 Corbeau, James	44 OREG	27.63	
3 Kaufman, Seth	40 OREG	28.56	
4 Rice, David	41 OREG	29.69	
5 Butcher, Gano	44 OREG	30.46	
6 Barbieri, Cristiano	42 OREG	33.29	
100 LC Meter Freestyle			

1 Wan, Eric 42 OREG 57.57 O

2 Corbeau, James	44 OREG	1:02.97	
3 Kaufman, Seth	40 OREG	1:03.16	
4 Rice, David	41 OREG	1:05.56	
5 Barbieri, Cristiano	42 OREG	1:17.19	
1500 LC Meter Freestyle			
1 Waud, Timothy	41 OREG	20:17.56	
2 Kaufman, Seth	40 OREG	21:40.77	

50 LC Meter Backstroke			
1 Butcher, Gano	44 OREG	33.80	
2 Parmentier, Steve	43 OREG	34.04	
3 Wan, Eric	42 OREG	35.42	
4 Waud, Timothy	41 OREG	36.65	
5 Gaarder, Chris	43 OREG	39.50	

200 LC Meter Backstroke			
1 Butcher, Gano	44 OREG	2:44.39	
2 Waud, Timothy	41 OREG	2:53.53	

50 LC Meter Breaststroke			
1 Corbeau, James	44 OREG	32.97	
2 Wan, Eric	42 OREG	37.39	
3 Gaarder, Chris	43 OREG	37.69	
4 Rice, David	41 OREG	37.70	
100 LC Meter Breaststroke			



3 Relays = 3 National Records at Mt. Hood Meet

In the first Relay event of the Meet, 3 Oregon Relay Teams stepped to the starting blocks for the 400 Mixed Medley Relay and each Team swam to a new National Record. Looks like Oregon will be ready for LCM Nationals.



National Record - 160 Mixed Medley Relay - Keith, Jayna, Dennis, Val



National Record - 200 Mixed Medley Relay - Mike, Arlene, Karen, Pat



National Record - 280 Mixed Medley Relay - Tom, Ginger, Willard, Joy

1 Corbeau, James	44	OREG	1:15.64
2 Gaarder, Chris	43	OREG	1:22.66
50 LC Meter Butterfly			
1 Parmentier, Steve	43	OREG	31.17
2 Butcher, Gano	44	OREG	31.24
3 Waud, Timothy	41	OREG	32.17
200 LC Meter IM			
1 Peters, Keith	43	OREG	2:31.64

Men 45-49

50 LC Meter Freestyle			
1 Culbertson, Scott	46	OREG	28.28
2 Sumerfield, Bill	48	OREG	28.61
3 O'Shea, John	45	OREG	30.65
100 LC Meter Freestyle			
1 Sumerfield, Bill	48	OREG	1:04.83
2 O'Shea, John	45	OREG	1:10.13
200 LC Meter Freestyle			
1 Culbertson, Scott	46	OREG	2:23.99
2 Sumerfield, Bill	48	OREG	2:25.80
1500 LC Meter Freestyle			
1 Hathaway, David	48	OREG	20:32.71
2 Culbertson, Scott	46	OREG	21:28.90
50 LC Meter Backstroke			
1 Christensen, Doug	45	OREG	35.18
2 Hathaway, David	48	OREG	35.98
3 O'Shea, John	45	OREG	36.65
200 LC Meter Backstroke			
1 Hathaway, David	48	OREG	2:55.83
50 LC Meter Breaststroke			
1 Sumerfield, Bill	48	OREG	38.21
2 Culbertson, Scott	46	OREG	39.10
200 LC Meter Breaststroke			
1 Culbertson, Scott	46	OREG	3:11.01
2 Hathaway, David	48	OREG	3:15.88
3 Washburne, Brent	47	OREG	3:19.69
50 LC Meter Butterfly			
1 Christensen, Doug	45	OREG	28.86
100 LC Meter Butterfly			
1 Christensen, Doug	45	OREG	1:06.17
2 Washburne, Brent	47	OREG	1:14.72
200 LC Meter IM			
1 Christensen, Doug	45	OREG	2:37.65
2 Hathaway, David	48	OREG	2:41.24
3 Washburne, Brent	47	OREG	2:48.50
400 LC Meter IM			
1 Washburne, Brent	47	OREG	6:11.44

Men 50-54

50 LC Meter Freestyle			
1 Allender, Patrick	50	OREG	28.51
2 Dwight, Charles	53	OREG	29.50
3 Goodman, Doug	52	OREG	30.01
4 Piette, Jeffrey	53	OREG	30.95
5 Amperse, David	54	OREG	31.56
6 Ottolia, Andy	53	OREG	32.76
7 Darnell, Stephen	54	OREG	34.56
8 Tanner, Tom	53	OREG	36.28
100 LC Meter Freestyle			
1 Goodman, Doug	52	OREG	1:06.43
2 Ottolia, Andy	53	OREG	1:20.43
3 Tanner, Tom	53	OREG	1:21.51
4 Darnell, Stephen	54	OREG	1:26.60
200 LC Meter Freestyle			
1 Goodman, Doug	52	OREG	2:25.58
2 Piette, Jeffrey	53	OREG	2:28.68
3 Bergstrom, Robert	52	OREG	2:37.01
4 Tanner, Tom	53	OREG	3:04.61

1500 LC Meter Freestyle			
1 Goodman, Doug	52	OREG	20:21.89
50 LC Meter Backstroke			
1 Scoville, Brent	51	OREG	37.43
2 Darnell, Stephen	54	OREG	44.63
100 LC Meter Backstroke			
1 Metzger, Peter	53	OREG	1:13.43
2 Allender, Patrick	50	OREG	1:21.91
3 Darnell, Stephen	54	OREG	1:45.98
200 LC Meter Backstroke			
1 Metzger, Peter	53	OREG	2:45.14
2 Scoville, Brent	51	OREG	2:58.13
50 LC Meter Breaststroke			
1 Ottolia, Andy	53	OREG	40.75
100 LC Meter Breaststroke			
1 Allender, Patrick	50	OREG	1:17.69
2 Ottolia, Andy	53	OREG	1:31.35
3 Scoville, Brent	51	OREG	1:35.26
200 LC Meter Breaststroke			
1 Allender, Patrick	50	OREG	2:54.58
50 LC Meter Butterfly			
1 Dwight, Charles	53	OREG	31.58
2 Piette, Jeffrey	53	OREG	32.61
3 Ottolia, Andy	53	OREG	34.08
4 Scoville, Brent	51	OREG	39.08
100 LC Meter Butterfly			
1 Piette, Jeffrey	53	OREG	1:18.83
200 LC Meter Butterfly			
1 Robinson, Dan	51	PNA	2:44.30
200 LC Meter IM			
1 Metzger, Peter	53	OREG	2:49.89
2 Scoville, Brent	51	OREG	2:56.77
3 Bergstrom, Robert	52	OREG	3:16.75
400 LC Meter IM			
1 Taylor, Charles	52	OREG	7:09.48
Men 55-59			
50 LC Meter Freestyle			
1 Tennant, Mike	55	OREG	26.00
2 Edwards, Wes	55	OREG	27.26
3 Brockbank, Doug	55	OREG	28.30
4 Bannan, Charles	56	OREG	29.98
5 Dasch, Vern	59	OREG	30.03
6 Stark, Allen	59	OREG	31.08
7 Bacon, Tom	56	OREG	42.59
100 LC Meter Freestyle			
1 Tennant, Mike	55	OREG	59.27
2 Pendleton, Mike	56	OREG	1:05.19
3 Dasch, Vern	59	OREG	1:09.25
4 Macaulay, Thomas	59	OREG	1:14.04
5 Figley, Dallas	56	OREG	1:38.45
6 Bacon, Tom	56	OREG	1:48.17
200 LC Meter Freestyle			
1 Pendleton, Mike	56	OREG	2:21.48
2 Dasch, Vern	59	OREG	2:40.42
3 Figley, Dallas	56	OREG	3:29.13
1500 LC Meter Freestyle			
1 Edwards, Wes	55	OREG	23:31.27
2 Figley, Dallas	56	OREG	28:53.88
50 LC Meter Backstroke			
1 Edwards, Wes	55	OREG	32.70
2 Macaulay, Thomas	59	OREG	41.37
50 LC Meter Breaststroke			
1 Edwards, Wes	55	OREG	38.52
2 Macaulay, Thomas	59	OREG	44.22
100 LC Meter Breaststroke			
1 Stark, Allen	59	OREG	1:30.08





50 LC Meter Butterfly				
1 Brockbank, Doug	55	OREG	31.23	
2 Bannan, Charles	56	OREG	32.22	
100 LC Meter Butterfly				
1 Brockbank, Doug	55	OREG	1:17.82	
200 LC Meter Butterfly				
1 Lautman, Scott	56	PNA	2:26.37W	
200 LC Meter IM				
1 Macaulay, Thomas	59	OREG	3:08.55	

Men 60-64

50 LC Meter Freestyle				
1 Prentice, Douglas	60	OREG	29.91	
2 Stout, Jon	62	OREG	31.16	
3 Lambert, Roy	62	OREG	36.28	
4 Smith, William	63	OREG	40.03	
5 Jenkins, James	61	OREG	46.91	

100 LC Meter Freestyle				
1 Stout, Jon	62	OREG	1:08.88	
2 Ellis, John	62	OREG	1:28.86	
3 Jenkins, James	61	OREG	1:43.06	

200 LC Meter Freestyle				
1 Rueff, Daniel	61	OREG	2:53.44	

1500 LC Meter Freestyle				
1 Ellis, John	62	OREG	26:53.37	
2 Smith, William	63	OREG	29:11.94	
3 Shelfer, Robert	63	OREG	32:26.80	

50 LC Meter Backstroke				
1 Stout, Jon	62	OREG	39.07	
2 Smith, William	63	OREG	56.75	
3 Jenkins, James	61	OREG	1:03.14	

100 LC Meter Backstroke				
1 Stout, Jon	62	OREG	1:28.31	
2 Jenkins, James	61	OREG	2:19.48	

200 LC Meter Backstroke				
1 Rueff, Daniel	61	OREG	3:26.56	

50 LC Meter Breaststroke				
1 Prentice, Douglas	60	OREG	42.35	
100 LC Meter Breaststroke				
1 Lambert, Roy	62	OREG	1:35.05	
2 Ellis, John	62	OREG	1:44.77	

200 LC Meter Breaststroke				
1 Ellis, John	62	OREG	3:51.46	
2 Smith, William	63	OREG	4:04.14	

50 LC Meter Butterfly				
1 Prentice, Douglas	60	OREG	35.16	
2 Rueff, Daniel	61	OREG	37.16	

200 LC Meter IM				
1 Rueff, Daniel	61	OREG	3:14.39	
2 Smith, William	63	OREG	4:05.40	

400 LC Meter IM				
1 Rueff, Daniel	61	OREG	7:16.76	

Men 65-69

50 LC Meter Freestyle				
1 Smith, Robert	65	OREG	30.52	
2 Nakata, Ronald	69	OREG	32.99	
3 Dielman, Gary	69	OREG	36.66	
4 Juhala, Richard	65	OREG	42.32	

100 LC Meter Freestyle				
1 Landis, Tom	66	OREG	1:03.17	
2 Dielman, Gary	69	OREG	1:25.01	

200 LC Meter Freestyle				
1 Dielman, Gary	69	OREG	3:10.95	
2 Juhala, Richard	65	OREG	3:38.95	

1500 LC Meter Freestyle				
1 Dielman, Gary	69	OREG	28:01.27	

50 LC Meter Backstroke				
1 Smith, Robert	65	OREG	36.23 Z	

2 Nakata, Ronald	69	OREG	43.15	
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100 LC Meter Backstroke				
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1 Juhala, Richard	65	OREG	1:53.34	
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Split Smith, Robert	65	OREG	1:20.57 Z	
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200 LC Meter Breaststroke				
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1 Juhala, Richard	65	OREG	4:10.07	
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50 LC Meter Butterfly				
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1 Nakata, Ronald	69	OREG	36.58	
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400 LC Meter IM				
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1 Landis, Tom	66	OREG	6:27.01	
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2 Juhala, Richard	65	OREG	8:49.64	
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Men 70-74

50 LC Meter Freestyle				
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1 Petersen, Bert	70	OREG	33.20	
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50 LC Meter Butterfly				
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1 Petersen, Bert	70	OREG	32.62	
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Men 75-79

200 LC Meter Freestyle				
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1 Sprenger, Fred	77	OREG	4:02.96	
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1500 LC Meter Freestyle				
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1 Sprenger, Fred	77	OREG	32:29.02	
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200 LC Meter Backstroke				
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1 Marks, Milton	78	OREG	3:57.45	
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2 Sprenger, Fred	77	OREG	4:56.14	
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100 LC Meter Breaststroke				
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1 Marks, Milton	78	OREG	1:53.55	
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200 LC Meter Breaststroke				
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1 Marks, Milton	78	OREG	4:12.16	
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Men 85-89

100 LC Meter Freestyle				
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1 Lamb, Willard	86	OREG	1:27.02	
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200 LC Meter Freestyle				
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1 Lamb, Willard	86	OREG	3:23.15	
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2 Mallon, Joseph	87	OREG	6:28.31	
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100 LC Meter Backstroke				
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1 Lamb, Willard	86	OREG	1:49.24 N	
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200 LC Meter Backstroke				
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1 Lamb, Willard	86	OREG	4:04.33 N	
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Relays**Women 160-199 200 LCM Medley Relay**

1 OREG	2:50.71			
1) Pryor, E. 31	2) Snider, P. 47			
3) Worden, L. 51	4) Eckert-Mason, K. 51			

Men 200-239 200 LC Meter Free Relay

1 OREG	2:04.08			
1) Macaulay, T. 59	2) Dasch, V. 59			
3) Butcher, G. 44	4) Bannan, C. 56			

Men 240-279 400 LC Meter Free Relay

1 OREG	4:16.64	N		
1) Landis, T. 66	2) Edwards, W. 55			
3) Smith, R. 65	4) Tennant, M. 55			

Men 240-279 400 LC Meter Medley Relay

1 OREG	4:55.69	N		
1) Smith, R. 65	2) Stark, A. 59			
3) Landis, T. 66	4) Tennant, M. 55			

Mixed 160-199 400 LC Meter Medley Relay

1 OREG	4:32.30	N		
1) Jenkins, V. 45	2) Tomac, J. 36			
3) Baker, D. 47	4) Peters, K. 43			

Mixed 200-239 400 LC Meter Medley Relay

1 OREG	4:41.46	N		
1) Andrus-Hughes, K. 51	2) Allender, P. 50			
3) Delmage, A. 46	4) Tennant, M. 55			

Mixed 280-319 400 LC Meter Medley Relay

1 OREG	6:03.51	N		
1) Ward, J. 66	2) Pierson, G. 62			
3) Landis, T. 66	4) Lamb, W. 86			



St. Games LCM Meet - July 12-13, 2008

(Records were not available at the time of publication)

Women 25-29

50 LC Meter Freestyle

1	Oksness, Myra	28	UNAT	29.45
2	Gustafson, Aubree	27	OREG	30.19

100 LC Meter Freestyle

1	Gustafson, Aubree	27	OREG	1:09.30
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50 LC Meter Backstroke

1	Graun, Chelsea	27	UNAT	42.03
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100 LC Meter Backstroke

1	Oksness, Myra	28	UNAT	1:19.87
2	Graun, Chelsea	27	UNAT	1:32.42

50 LC Meter Breaststroke

1	Graun, Chelsea	27	UNAT	41.42
2	Gustafson, Aubree	27	OREG	41.75
3	Oksness, Myra	28	UNAT	42.88

100 LC Meter Breaststroke

1	Gustafson, Aubree	27	OREG	1:31.30
2	Graun, Chelsea	27	UNAT	1:33.14

200 LC Meter Breaststroke

1	Gustafson, Aubree	27	OREG	3:16.58
2	Graun, Chelsea	27	UNAT	3:24.88

50 LC Meter Butterfly

1	Gustafson, Aubree	27	OREG	33.87
2	Graun, Chelsea	27	UNAT	37.63

Women 30-34

50 LC Meter Freestyle

1	Kirkwood, Erin	31	OREG	30.73
2	Krupp, Katy	33	OREG	36.22
3	Harrison, Elizabeth	34	OREG	52.31

100 LC Meter Freestyle

1	Krupp, Katy	33	OREG	1:21.39
2	Harrison, Elizabeth	34	OREG	1:57.00

200 LC Meter Freestyle

1	Pryor, Evelyn	31	OREG	2:47.02
2	Krupp, Katy	33	OREG	2:51.93
3	Harrison, Elizabeth	34	OREG	4:04.00

400 LC Meter Freestyle

1	Kramer, Ellen	33	OREG	5:34.23
2	Krupp, Katy	33	OREG	6:11.04
3	Parker, Jacqueline	30	OREG	6:24.79

800 LC Meter Freestyle

1	Kramer, Ellen	33	OREG	11:38.22
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1500 LC Meter Freestyle

1	Kramer, Ellen	33	OREG	22:18.30
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50 LC Meter Backstroke

1	Kirkwood, Erin	31	OREG	36.08
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100 LC Meter Backstroke

1	Kirkwood, Erin	31	OREG	1:22.06
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200 LC Meter Backstroke

1	Kirkwood, Erin	31	OREG	3:03.06
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50 LC Meter Breaststroke

1	Coulter, Amy	31	OREG	40.59
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100 LC Meter Breaststroke

1	Coulter, Amy	31	OREG	1:31.53
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200 LC Meter Breaststroke

1	Kramer, Ellen	33	OREG	3:29.65
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50 LC Meter Butterfly

1	Coulter, Amy	31	OREG	34.74
2	Kirkwood, Erin	31	OREG	35.40

3	Harrison, Elizabeth	34	OREG	1:11.02
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100 LC Meter Butterfly

1	Pryor, Evelyn	31	OREG	1:31.24
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200 LC Meter IM

1	Pryor, Evelyn	31	OREG	3:11.64
2	Harrison, Elizabeth	34	OREG	5:18.18

Women 35-39

50 LC Meter Freestyle

1	Roberts, Kirsten	39	OREG	33.54
2	Jacobs-Brown, M.	37	OREG	34.59
3	Osoinach, Ellen	37	OREG	41.27

100 LC Meter Freestyle

1	Senkier, Kristine	38	OREG	1:05.13
2	Jacobs-Brown, M.	37	OREG	1:21.42
3	Maxon, Robin	37	OREG	1:28.81
4	Osoinach, Ellen	37	OREG	1:40.09

200 LC Meter Freestyle

1	Lassen, Megan	38	UNAT	2:29.03
2	Simpson, Shauna	37	OREG	2:56.50
3	Jacobs-Brown, M.	37	OREG	3:01.59

400 LC Meter Freestyle

1	Senkier, Kristine	38	OREG	4:56.58
2	Lassen, Megan	38	UNAT	5:20.25
3	Simpson, Shauna	37	OREG	5:58.15
4	Jacobs-Brown, M.	37	OREG	6:24.99

800 LC Meter Freestyle

1	Lassen, Megan	38	UNAT	11:01.63
2	Criscione, Anicia	35	OREG	11:56.16

1500 LC Meter Freestyle

1	Young, Susie	39	OREG	21:41.19
2	Roberts, Kirsten	39	OREG	23:25.28

50 LC Meter Backstroke

1	Senkier, Kristine	38	OREG	33.77
2	Maxon, Robin	37	OREG	56.15
3	Osoinach, Ellen	37	OREG	56.45

100 LC Meter Backstroke

1	Osoinach, Ellen	37	OREG	2:09.83
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200 LC Meter Backstroke

1	Senkier, Kristine	38	OREG	2:42.08
2	Jacobs-Brown, M.	37	OREG	3:37.91

50 LC Meter Breaststroke

1	Criscione, Anicia	35	OREG	44.33
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50 LC Meter Butterfly

1	Young, Susie	39	OREG	38.44
2	Simpson, Shauna	37	OREG	42.12
3	Maxon, Robin	37	OREG	46.01

100 LC Meter Butterfly

1	Young, Susie	39	OREG	1:28.12
2	Simpson, Shauna	37	OREG	1:31.38
3	Criscione, Anicia	35	OREG	1:31.53

200 LC Meter Butterfly

1	Young, Susie	39	OREG	3:16.62
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200 LC Meter IM

1	Young, Susie	39	OREG	3:03.82
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Women 40-44

50 LC Meter Freestyle

1	Simmons, Stephanie	42	OREG	35.46
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100 LC Meter Freestyle

1	Shaw, Susan	41	OREG	1:18.53
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200 LC Meter Freestyle

1	Shaw, Susan	41	OREG	2:56.27
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400 LC Meter Freestyle

1	Shaw, Susan	41	OREG	6:05.75
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50 LC Meter Breaststroke

1	Shaw, Susan	41	OREG	48.04
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100 LC Meter Breaststroke

1	Shaw, Susan	41	OREG	1:43.30
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200 LC Meter Breaststroke

1	Cialdella, Lynn	41	OREG	3:34.70
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2	Shaw, Susan	41	OREG	3:41.54
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400 LC Meter IM

1	Cialdella, Lynn	41	OREG	6:46.75
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Women 45-49

50 LC Meter Freestyle

1	Jenkins, Valerie	45	OREG	30.62
2	Buck, Donna	49	OREG	31.49
3	Viales, Dianne	46	OREG	31.99
4	Lamoureux, Lori	49	OREG	34.72
5	Reid, Stephanie	47	UNAT	35.59

100 LC Meter Freestyle

1	Buck, Donna	49	OREG	1:11.18
2	Cole, Jennifer	46	UNAT	1:32.43

200 LC Meter Freestyle

1	Delmage, Arlene	46	OREG	2:20.61
2	Reid, Stephanie	47	UNAT	3:03.12
3	Dansby, Ami	46	OREG	3:04.39

400 LC Meter Freestyle

1	Delmage, Arlene	46	OREG	5:01.32
2	Viales, Dianne	46	OREG	5:32.97
3	Black, Jill	46	OREG	5:49.48
4	Snider, Pam	47	OREG	6:01.71
5	Dansby, Ami	46	OREG	6:25.74
6	Cole, Jennifer	46	UNAT	7:09.68

1500 LC Meter Freestyle

1	Goodman, Ann	49	OREG	24:13.15
2	Dansby, Ami	46	OREG	25:35.99

50 LC Meter Backstroke

1	Delmage, Arlene	46	OREG	39.59
2	Goodman, Ann	49	OREG	39.72
3	Viales, Dianne	46	OREG	41.34
4	Franklin, Valerie	46	UNAT	48.02

100 LC Meter Backstroke

1	Jenkins, Valerie	45	OREG	1:18.74
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200 LC Meter Backstroke

1	Goodman, Ann	49	OREG	3:03.20
2	Delmage, Arlene	46	OREG	3:03.81

50 LC Meter Breaststroke

1	Buck, Donna	49	OREG	41.44
2	Lamoureux, Lori	49	OREG	45.64

100 LC Meter Breaststroke

1	Buck, Donna	49	OREG	1:33.30
2	Snider, Pam	47	OREG	1:39.03
3	Lamoureux, Lori	49	OREG	1:40.53
4	Franklin, Valerie	46	UNAT	1:41.73

50 LC Meter Butterfly

1	Snider, Pam	47	OREG	40.54
2	Franklin, Valerie	46	UNAT	41.13

100 LC Meter Butterfly

1	Dansby, Ami	46	OREG	1:38.30
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200 LC Meter Butterfly

1	Dansby, Ami	46	OREG	3:36.56
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200 LC Meter IM

1	Viales, Dianne	46	OREG	2:57.63
2	Buck, Donna	49	OREG	3:03.65
3	Reid, Stephanie	47	UNAT	3:28.06

Women 50-54

50 LC Meter Freestyle

1	Andrus-Hughes, K	51	OREG	30.34
2	Harsey, Laura	50	OREG	31.26
3	Hollingsworth, L	53	OREG	38.87
4	Delongchamps, C	52	OREG	42.03
5	Sanders, Susan	54	OREG	43.17
6	Kimberling, Gail	52	OREG	43.99
7	Young, Maggi	53	OREG	47.27

100 LC Meter Freestyle

1	Harsey, Laura	50	OREG	1:07.50
2	Eckert-Mason, K	51	OREG	1:27.45
3	Sanders, Susan	54	OREG	1:37.86
4	Young, Maggi	53	OREG	1:53.18

200 LC Meter Freestyle

1	Andrus-Hughes, K	51	OREG	2:28.27
2	Schuldt, Jill	50	OREG	3:03.85
3	Hollingsworth, L	53	OREG	3:08.76
4	Kimberling, Gail	52	OREG	3:38.37
5	Sanders, Susan	54	OREG	3:42.46
6	Young, Maggi	53	OREG	3:54.04
7	Peterson, Connie	53	OREG	4:01.76

400 LC Meter Freestyle

1	Crabbe, Colette	52	OREG	5:41.20
2	Schuldt, Jill	50	OREG	6:28.24
3	Eckert-Mason, K	51	OREG	6:45.02
4	Sanders, Susan	54	OREG	7:46.77
5	Peterson, Connie	53	OREG	8:06.01
6	Young, Maggi	53	OREG	8:17.82

800 LC Meter Freestyle

1	Schuldt, Jill	50	OREG	13:45.94
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1500 LC Meter Freestyle

1	Summers, Jeanna	54	OREG	25:59.02
2	Schuldt, Jill	50	OREG	26:31.93
3	Peterson, Connie	53	OREG	31:39.72

50 LC Meter Backstroke

1	Andrus-Hughes, K	51	OREG	34.77
2	Summers, Jeanna	54	OREG	44.28
3	Snyder, Lynn	52	OREG	47.91

4	Eckert-Mason, K	51	OREG	50.05
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5	Young, Maggi	53	OREG	1:06.89
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6	Peterson, Connie	53	OREG	1:09.69
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100 LC Meter Backstroke

1	Harsey, Laura	50	OREG	1:20.74
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200 LC Meter Backstroke

1	Andrus-Hughes, K	51	OREG	2:48.74
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2	Snyder, Lynn	52	OREG	3:48.04
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50 LC Meter Breaststroke

1	Harsey, Laura	50	OREG	42.76
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2	Snyder, Lynn	52	OREG	50.44
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3	Delongchamps, C	52	OREG	54.51
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4	Sanders, Susan	54	OREG	59.87
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5	Kimberling, Gail	52	OREG	1:00.92
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100 LC Meter Breaststroke

1	Snyder, Lynn	52	OREG	1:48.15
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2	Summers, Jeanna	54	OREG	2:05.60
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200 LC Meter Breaststroke

1	Crabbe, Colette	52	OREG	3:09.90
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2	Snyder, Lynn	52	OREG	3:43.97
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50 LC Meter Butterfly

1	Harsey, Laura	50	OREG	34.70
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2	Worden, Laura	51	OREG	34.88
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3	Summers, Jeanna	54	OREG	52.09
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100 LC Meter Butterfly

1	Worden, Laura	51	OREG	1:21.22
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200 LC Meter Butterfly

1	Crabbe, Colette	52	OREG	3:03.30
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2	Worden, Laura	51	OREG	3:05.13
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200 LC Meter IM

1	Crabbe, Colette	52	OREG	2:52.55
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2	Worden, Laura	51	OREG	3:04.13
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3	Peterson, Connie	53	OREG	4:34.76
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400 LC Meter IM

1	Worden, Laura	51	OREG	6:32.33
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Women 55-59

50 LC Meter Freestyle

1	Royle, Mary Anne	56	OREG	37.10
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2	Gray, Jane	57	OREG	39.18
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3	Wikander, Teresa	56	UNAT	1:16.81
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50 LC Meter Backstroke

1	Hendryx, Teri	55	OREG	42.48
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2	Royle, Mary Anne	56	OREG	44.04
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100 LC Meter Backstroke

1	Royle, Mary Anne	56	OREG	1:36.51
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200 LC Meter Backstroke

1	Hendryx, Teri	55	OREG	3:25.38
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2	Royle, Mary Anne	56	OREG	3:34.85
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50 LC Meter Breaststroke

1	Hartman, Christy	55	OREG	42.19
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2	Sherwood, Dianne	55	OREG	48.85
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3	Wikander, Teresa	56	UNAT	1:19.98
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100 LC Meter Breaststroke

1	Hartman, Christy	55	OREG	1:39.54
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2	Hendryx, Teri	55	OREG	1:44.73
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3	Sherwood, Dianne	55	OREG	1:47.54
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200 LC Meter Breaststroke

1	Sherwood, Dianne	55	OREG	3:54.01
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100 LC Meter Butterfly

1	Asleson, Elke	56	OREG	1:38.35
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200 LC Meter IM

1	Asleson, Elke	56	OREG	3:35.48
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400 LC Meter IM

1	Asleson, Elke	56	OREG	7:58.28
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Women 60-64

100 LC Meter Freestyle

1	Rousseau, Sandi	61	OREG	1:27.43
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2	Haynie, Sandra	63	OREG	2:18.80
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50 LC Meter Backstroke

1	Pierson, Ginger	62	OREG	48.03
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2	Rousseau, Sandi	61	OREG	50.66
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3	Haynie, Sandra	63	OREG	1:25.27
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100 LC Meter Backstroke

1	Rousseau, Sandi	61	OREG	1:48.02
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200 LC Meter Backstroke

1	Pierson, Ginger	62	OREG	3:47.53
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50 LC Meter Breaststroke

1	Pierson, Ginger	62	OREG	44.38
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100 LC Meter Breaststroke

1	Pierson, Ginger	62	OREG	1:38.56
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2	Rousseau, Sandi	61	OREG	2:04.43
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200 LC Meter Breaststroke

1	Pierson, Ginger	62	OREG	3:37.72
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50 LC Meter Butterfly

1	Rousseau, Sandi	61	OREG	40.73
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100 LC Meter Butterfly

1	Rousseau, Sandi	61	OREG	1:44.00
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200 LC Meter IM

1	Pierson, Ginger	62	OREG	3:39.08
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Women 65-69

50 LC Meter Freestyle

1	Frid, Barbara	66	OREG	36.42
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2	Brooks, Nancy J	66	RINC	40.33
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3	Whiter, Peggy	65	OREG	44.68
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100 LC Meter Freestyle

1	Whiter, Peggy	65	OREG	1:46.81
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400 LC Meter Freestyle

1	Whiter, Peggy	65	OREG	8:04.87
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50 LC Meter Backstroke

1	Frid, Barbara	66	OREG	47.07
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2	Brooks, Nancy J	66	RINC	50.69
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3	Whiter, Peggy	65	OREG	1:03.57
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100 LC Meter Backstroke

1	Frid, Barbara	66	OREG	1:44.48
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50 LC Meter Breaststroke

1	Brooks, Nancy J	66	RINC	48.87
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2	Frid, Barbara	66	OREG	49.15
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3	Whiter, Peggy	65	OREG	1:03.14
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100 LC Meter Breaststroke

1	Brooks, Nancy J	66	RINC	1:48.71
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2	Frid, Barbara	66	OREG	1:49.69
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200 LC Meter Breaststroke

1	Brooks, Nancy J	66	RINC	4:06.66
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50 LC Meter Butterfly

1	Ward, Joy	66	OREG	40.54
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2	Frid, Barbara	66	OREG	41.22
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200 LC Meter Butterfly
1 Ward, Joy 66 OREG 3:51.77
400 LC Meter IM
1 Ward, Joy 66 OREG 7:41.14

Women 70-74

50 LC Meter Freestyle
1 Kawabata, G 74 OREG 48.09
2 Dinneen, Dolores 71 OREG 1:02.11
100 LC Meter Freestyle
1 Dinneen, Dolores 71 OREG 2:20.21
200 LC Meter Freestyle
1 Kawabata, G 74 OREG 3:54.97
2 Dinneen, Dolores 71 OREG 5:15.79
400 LC Meter Freestyle
1 Dinneen, Dolores 71 OREG 10:30.85
800 LC Meter Freestyle
1 Dinneen, Dolores 71 OREG 24:16.41
1500 LC Meter Freestyle
1 Dinneen, Dolores 71 OREG 43:46.86

Women 75-79

100 LC Meter Freestyle
1 Stoinoff, Lavelle 75 OREG 1:36.87
2 L'Esperance, Bev 76 OREG 2:43.05
400 LC Meter Freestyle
1 Stoinoff, Lavelle 75 OREG 7:30.75
2 L'Esperance, Bev 76 OREG 11:53.42
50 LC Meter Backstroke
1 L'Esperance, Bev 76 OREG 1:31.19
200 LC Meter Backstroke
1 L'Esperance, Bev 76 OREG 6:39.90

Women 80-84

50 LC Meter Freestyle
1 Austen, Betsy 81 OREG 1:16.69
50 LC Meter Breaststroke
1 Austen, Betsy 81 OREG 1:43.29
200 LC Meter Breaststroke
1 Austen, Betsy 81 OREG 7:30.68

Women 85-89

50 LC Meter Freestyle
1 Stevenin, Elfie 87 OREG 2:28.18
100 LC Meter Freestyle
1 Stevenin, Elfie 87 OREG 5:27.43
100 LC Meter Breaststroke
1 Stevenin, Elfie 87 OREG 7:03.49
50 LC Meter Butterfly
1 Stevenin, Elfie 87 OREG 3:42.36
100 LC Meter Butterfly
1 Stevenin, Elfie 87 OREG 7:37.78

Men 18-24

50 LC Meter Freestyle
1 Asleson, Kris 20 OREG 26.43
2 Lentz, Steven 22 UNAT 29.30
3 Shipp, Kevin 22 OREG 36.48
100 LC Meter Freestyle
1 Shipp, Kevin 22 OREG 1:26.49
200 LC Meter Freestyle
1 Shipp, Kevin 22 OREG 3:32.61
400 LC Meter Freestyle

1 Shipp, Kevin 22 OREG 7:48.81
50 LC Meter Breaststroke
1 Asleson, Kris 20 OREG 32.80
2 Shipp, Kevin 22 OREG 45.23
100 LC Meter Breaststroke
1 Shipp, Kevin 22 OREG 1:41.00

Men 30-34

800 LC Meter Freestyle
1 Polito, Chip 32 OREG 9:24.73
200 LC Meter Backstroke
1 Polito, Chip 32 OREG 2:22.56
100 LC Meter Breaststroke
1 Polito, Chip 32 OREG 1:14.42
100 LC Meter Butterfly
1 Polito, Chip 32 OREG 1:02.25

Men 35-39

100 LC Meter Freestyle
1 Sawyer, Ralph 35 OREG 1:01.98
400 LC Meter Freestyle
1 Sawyer, Ralph 35 OREG 5:00.33
1500 LC Meter Freestyle
1 Sawyer, Ralph 35 OREG 20:27.72
50 LC Meter Breaststroke

1 Lassen, Jason 36 UNAT 43.69
100 LC Meter Breaststroke
1 Lassen, Jason 36 UNAT 1:32.68
200 LC Meter Breaststroke
1 Lassen, Jason 36 UNAT 3:22.52

Men 40-44

50 LC Meter Freestyle
1 Wan, Eric 42 OREG 25.98
2 Corbeau, James 44 OREG 27.04
3 Butcher, Gano 44 OREG 27.47
4 Shoup, David 42 OREG 27.71
5 Kaufman, Seth 40 OREG 27.93
6 Larsen, Jon-Erik 41 OREG 28.36

100 LC Meter Freestyle
1 Wan, Eric 42 OREG 56.81
2 Corbeau, James 44 OREG 1:00.42
3 Kaufman, Seth 40 OREG 1:01.94
4 Shoup, David 42 OREG 1:02.42
5 Bryan, Andrew 43 OREG 1:06.91
200 LC Meter Freestyle

1 Wan, Eric 42 OREG 2:14.81
2 Shoup, David 42 OREG 2:19.82
400 LC Meter Freestyle
1 Drawz, Troy 40 OREG 4:45.77
2 Kaufman, Seth 40 OREG 5:13.63
3 Bryan, Andrew 43 OREG 5:22.70

800 LC Meter Freestyle
1 Kaufman, Seth 40 OREG 11:17.21
1500 LC Meter Freestyle
1 Waud, Timothy 41 OREG 20:32.48
2 Kaufman, Seth 40 OREG 21:52.14
50 LC Meter Backstroke
1 Bailor, Tom 42 UNAT 33.45
2 Parmentier, Steve 43 OREG 33.74
3 Butcher, Gano 44 OREG 36.12

4 Bryan, Andrew 43 OREG 36.44
200 LC Meter Backstroke
1 Bailor, Tom 42 UNAT 2:44.51
2 Bryan, Andrew 43 OREG 2:50.16
3 Waud, Timothy 41 OREG 3:02.61

50 LC Meter Breaststroke
1 Corbeau, James 44 OREG 31.89
2 Larsen, Jon-Erik 41 OREG 36.11
3 Butcher, Gano 44 OREG 36.15
4 Waud, Timothy 41 OREG 37.15

100 LC Meter Breaststroke
1 Butcher, Gano 44 OREG 1:19.65
2 Wan, Eric 42 OREG 1:24.63
3 Waud, Timothy 41 OREG 1:27.37

50 LC Meter Butterfly
1 Butcher, Gano 44 OREG 28.68
2 Wan, Eric 42 OREG 29.61
3 Parmentier, Steve 43 OREG 29.94
4 Shoup, David 42 OREG 30.35
5 Bailor, Tom 42 UNAT 31.83
6 Bryan, Andrew 43 OREG 34.01

200 LC Meter IM
1 Butcher, Gano 44 OREG 2:41.19

Men 45-49

50 LC Meter Freestyle
1 Washburne, Brent 47 OREG 26.96
2 Lloyd, Mark 49 UNAT 31.00

100 LC Meter Freestyle
1 Washburne, Brent 47 OREG 1:00.88
2 Christensen, Doug 45 OREG 1:02.50
3 Hathaway, David 48 OREG 1:02.52
4 Culbertson, Scott 46 OREG 1:02.81
5 Asbury, Doug 49 OREG 1:04.69

200 LC Meter Freestyle
1 Hathaway, David 48 OREG 2:19.24
2 Bragg, Robin 48 OREG 3:34.27
400 LC Meter Freestyle

1 Asbury, Doug 49 OREG 4:49.44
2 Hathaway, David 48 OREG 5:05.94
3 Bragg, Robin 48 OREG 7:22.59

800 LC Meter Freestyle
1 Hathaway, David 48 OREG 10:36.36
2 Bragg, Robin 48 OREG 15:09.60

1500 LC Meter Freestyle
1 Asbury, Doug 49 OREG 19:36.07
2 Bragg, Robin 48 OREG 28:56.77

50 LC Meter Backstroke
1 Washburne, Brent 47 OREG 37.03
2 Culbertson, Scott 46 OREG 40.05

200 LC Meter Backstroke
1 Bragg, Robin 48 OREG 4:59.17

50 LC Meter Breaststroke
1 Christensen, Doug 45 OREG 35.77
2 Washburne, Brent 47 OREG 40.10

100 LC Meter Breaststroke
1 Christensen, Doug 45 OREG 1:20.04
2 Hathaway, David 48 OREG 1:26.44
3 Culbertson, Scott 46 OREG 1:27.38

50 LC Meter Butterfly			
1 Christensen, Doug	45 OREG	27.95	
2 Washburne, Brent	47 OREG	29.09	
3 Culbertson, Scott	46 OREG	32.38	
4 Asbury, Doug	49 OREG	33.42	
100 LC Meter Butterfly			
1 Christensen, Doug	45 OREG	1:05.91	
2 Hathaway, David	48 OREG	1:10.28	
200 LC Meter IM			
1 Christensen, Doug	45 OREG	2:34.49	
Men 50-54			
50 LC Meter Freestyle			
1 Dwight, Charles	53 OREG	28.84	
2 Goodman, Doug	52 OREG	29.72	
3 Mann, Edward	51 OREG	30.27	
4 Dolan, Dan	53 OREG	32.84	
5 Darnell, Stephen	54 OREG	35.08	
6 Knight, Art	53 UNAT	35.11	
7 Tanner, Tom	53 OREG	35.38	
100 LC Meter Freestyle			
1 Goodman, Doug	52 OREG	1:04.69	
2 Dow, Keith	53 OREG	1:06.67	
3 Mann, Edward	51 OREG	1:07.36	
4 Scoville, Brent	51 OREG	1:08.75	
5 Dolan, Dan	53 OREG	1:12.69	
6 Knight, Art	53 UNAT	1:17.64	
7 Tanner, Tom	53 OREG	1:20.82	
8 Darnell, Stephen	54 OREG	1:25.69	
200 LC Meter Freestyle			
1 Goodman, Doug	52 OREG	2:26.39	
2 Wren, Mark	50 OREG	2:38.27	
3 Mann, Edward	51 OREG	2:44.88	
4 Tanner, Tom	53 OREG	3:00.11	
5 Knight, Art	53 UNAT	3:02.44	
400 LC Meter Freestyle			
1 Goodman, Doug	52 OREG	5:10.63	
2 Scoville, Brent	51 OREG	5:31.02	
3 Tanner, Tom	53 OREG	6:28.19	
4 Knight, Art	53 UNAT	6:37.31	
800 LC Meter Freestyle			
1 Goodman, Doug	52 OREG	10:49.77	
1500 LC Meter Freestyle			
1 Goodman, Doug	52 OREG	20:38.68	
2 Dowd, Mike	50 OREG	24:15.25	
50 LC Meter Backstroke			
1 Sands, Michael	53 UNAT	37.55	
2 Scoville, Brent	51 OREG	37.85	
3 Mann, Edward	51 OREG	39.30	
4 Darnell, Stephen	54 OREG	45.92	
5 Knight, Art	53 UNAT	50.22	
100 LC Meter Backstroke			
1 Ottolia, Andy	53 OREG	1:35.65	
2 Darnell, Stephen	54 OREG	1:42.71	
200 LC Meter Backstroke			
1 Scoville, Brent	51 OREG	2:57.26	
2 Dowd, Mike	50 OREG	3:27.68	
50 LC Meter Breaststroke			
1 Dwight, Charles	53 OREG	39.61	

2 Dowd, Mike	50 OREG	40.01	
3 Dolan, Dan	53 OREG	40.58	
4 Ottolia, Andy	53 OREG	40.83	
5 Mann, Edward	51 OREG	41.42	
6 Wren, Mark	50 OREG	41.94	
7 Darnell, Stephen	54 OREG	50.97	
100 LC Meter Breaststroke			
1 Allender, Patrick	50 OREG	1:16.81	
2 Dowd, Mike	50 OREG	1:26.89	
3 Dolan, Dan	53 OREG	1:29.97	
4 Darnell, Stephen	54 OREG	1:55.88	
200 LC Meter Breaststroke			
1 Allender, Patrick	50 OREG	2:47.69	
2 Dowd, Mike	50 OREG	3:13.20	
3 Ottolia, Andy	53 OREG	3:22.60	
50 LC Meter Butterfly			
1 Allender, Patrick	50 OREG	29.93	
2 Dwight, Charles	53 OREG	31.01	
3 Dolan, Dan	53 OREG	34.96	
200 LC Meter IM			
1 Allender, Patrick	50 OREG	2:35.92	
2 Dolan, Dan	53 OREG	2:58.22	
3 Dowd, Mike	50 OREG	3:07.45	
Men 55-59			
50 LC Meter Freestyle			
1 Edwards, Wes	55 OREG	27.20	
2 Brockbank, Doug	55 OREG	27.51	
3 Dasch, Vern	59 OREG	29.85	
4 Yensen, Kermit	55 OREG	30.72	
5 Sherwood, Reggie	57 OREG	31.81	
6 Ritter, John	55 UNAT	32.30	
7 Wikander, Carroll	57 OREG	32.77	
8 Lentz, Peter	56 UNAT	33.78	
9 Six, John	55 UNAT	33.88	
10 Rice, Randy	56 UNAT	34.33	
11 Andrus-Hughes, B	56 OREG	39.29	
100 LC Meter Freestyle			
1 Mann, Stephen	56 OREG	1:02.70	
2 Dasch, Vern	59 OREG	1:07.66	
3 Yensen, Kermit	55 OREG	1:09.74	
4 Ritter, John	55 UNAT	1:19.10	
5 Sherwood, Reggie	57 OREG	1:19.98	
6 Six, John	55 UNAT	1:31.93	
7 Andrus-Hughes, B	56 OREG	1:34.56	
200 LC Meter Freestyle			
1 Dasch, Vern	59 OREG	2:32.09	
400 LC Meter Freestyle			
1 Dasch, Vern	59 OREG	5:47.14	
2 Lentz, Peter	56 UNAT	6:56.90	
50 LC Meter Backstroke			
1 Brockbank, Doug	55 OREG	32.73	
2 Mann, Stephen	56 OREG	34.31	
3 Six, John	55 UNAT	48.84	
100 LC Meter Backstroke			
1 Edwards, Wes	55 OREG	1:09.39	
200 LC Meter Backstroke			
1 Edwards, Wes	55 OREG	2:32.09	
50 LC Meter Breaststroke			

1 Stark, Allen	59 OREG	36.48	
2 Wikander, Carroll	57 OREG	40.97	
3 Sherwood, Reggie	57 OREG	42.94	
100 LC Meter Breaststroke			
1 Stark, Allen	59 OREG	1:23.85	
2 Edwards, Wes	55 OREG	1:25.77	
3 Dasch, Vern	59 OREG	1:29.15	
4 Sherwood, Reggie	57 OREG	1:40.89	
200 LC Meter Breaststroke			
1 Stark, Allen	59 OREG	3:01.18	
2 Wikander, Carroll	57 OREG	4:07.58	
50 LC Meter Butterfly			
1 Brockbank, Doug	55 OREG	30.29	
2 Mann, Stephen	56 OREG	31.33	
3 Bannan, Charles	56 OREG	33.13	
4 Yensen, Kermit	55 OREG	33.95	
5 Ritter, John	55 UNAT	37.77	
100 LC Meter Butterfly			
1 Brockbank, Doug	55 OREG	1:13.32	
2 Yensen, Kermit	55 OREG	1:24.92	
3 Ritter, John	55 UNAT	1:40.69	
200 LC Meter Butterfly			
1 Stark, Allen	59 OREG	3:08.22	
2 Yensen, Kermit	55 OREG	3:21.65	
200 LC Meter IM			
1 Stark, Allen	59 OREG	3:05.89	
Men 60-64			
50 LC Meter Freestyle			
1 Prentice, Douglas	60 OREG	29.74	
2 Stout, Jon	62 OREG	29.95	
3 Jenkins, James	61 OREG	44.61	
100 LC Meter Freestyle			
1 Stout, Jon	62 OREG	1:07.94	
2 Prentice, Douglas	60 OREG	1:09.47	
3 Eldredge, Stephen	64 UNAT	1:39.47	
4 Shelfer, Robert	63 OREG	1:48.94	
200 LC Meter Freestyle			
1 Bailey, Connor	62 AMS	2:44.46	
2 Jenkins, James	61 OREG	3:56.68	
3 Shelfer, Robert	63 OREG	3:56.69	
400 LC Meter Freestyle			
1 Shelfer, Robert	63 OREG	8:43.91	
800 LC Meter Freestyle			
1 Shelfer, Robert	63 OREG	17:23.77	
1500 LC Meter Freestyle			
1 Bailey, Connor	62 AMS	22:56.30	
2 Shelfer, Robert	63 OREG	36:44.76	
50 LC Meter Breaststroke			
1 Prentice, Douglas	60 OREG	40.43	
100 LC Meter Breaststroke			
1 Prentice, Douglas	60 OREG	1:32.71	
2 Bailey, Connor	62 AMS	1:33.00	
200 LC Meter Breaststroke			
1 Bailey, Connor	62 AMS	3:28.57	
50 LC Meter Butterfly			
1 Prentice, Douglas	60 OREG	33.76	
2 Beauregard, C	61 OREG	34.00	
3 Bailey, Connor	62 AMS	36.33	

100 LC Meter Butterfly
 1 Beauregard, C 61 OREG 1:23.64
 200 LC Meter Butterfly
 1 Beauregard, C 61 OREG 3:20.73
 200 LC Meter IM
 1 Beauregard, C 61 OREG 3:12.83
 400 LC Meter IM
 1 Beauregard, C 61 OREG 6:48.62
Men 65-69
 50 LC Meter Freestyle
 1 Smith, Robert 65 OREG 28.76
 100 LC Meter Freestyle
 1 Keudell, David 68 OREG 1:34.19
 400 LC Meter Freestyle
 1 Juhala, Richard 65 OREG 7:34.65
 2 Lewis, William 65 OREG 7:52.69
 800 LC Meter Freestyle
 1 Smith, Robert 65 OREG 12:43.76
 50 LC Meter Backstroke
 1 Smith, Robert 65 OREG 35.03
 100 LC Meter Backstroke
 1 Juhala, Richard 65 OREG 1:52.48
 200 LC Meter Backstroke
 1 Smith, Robert 65 OREG 2:55.69
 2 Juhala, Richard 65 OREG 3:59.93
 50 LC Meter Breaststroke
 1 Smith, Robert 65 OREG 40.83
 2 Keudell, David 68 OREG 46.95
 100 LC Meter Breaststroke
 1 Smith, Robert 65 OREG 1:30.87
 2 Keudell, David 68 OREG 1:45.72
 200 LC Meter Breaststroke
 1 Keudell, David 68 OREG 3:54.15
 2 Juhala, Richard 65 OREG 4:26.99
 50 LC Meter Butterfly
 1 Landis, Tom 66 OREG 32.61
 200 LC Meter Butterfly
 1 Landis, Tom 66 OREG 3:12.79
 2 Juhala, Richard 65 OREG 4:30.98
 200 LC Meter IM
 1 Lewis, William 65 OREG 5:01.42
 400 LC Meter IM
 1 Juhala, Richard 65 OREG 8:43.35
Men 70-74
 50 LC Meter Freestyle
 1 Thayer, George 72 OREG 34.70
 2 Flores-Fiol, Oscar 70 OREG 38.12
 3 Ngan, Waibong 71 UNAT 39.17
 100 LC Meter Freestyle
 1 Petersen, Bert 70 OREG 1:16.54
 2 Thayer, George 72 OREG 1:24.32
 3 Ngan, Waibong 71 UNAT 1:32.53
 400 LC Meter Freestyle
 1 Radcliff, David 74 OREG 5:34.63
 2 Lake, Brent 70 OREG 6:33.43
 3 Sylva, Richard 70 OREG 7:19.51
 800 LC Meter Freestyle
 1 Radcliff, David 74 OREG 11:43.71

2 Sylva, Richard 70 OREG 15:27.23
 1500 LC Meter Freestyle
 1 Radcliff, David 74 OREG 22:55.64
 2 Lake, Brent 70 OREG 25:07.72
 3 Petersen, Bert 70 OREG 27:16.57
 50 LC Meter Backstroke
 1 Lake, Brent 70 OREG 44.38
 2 Thayer, George 72 OREG 44.45
 3 Mcdonald, Jim 70 UNAT 58.83
 100 LC Meter Backstroke
 1 Lake, Brent 70 OREG 1:43.58
 200 LC Meter Backstroke
 1 Lake, Brent 70 OREG 3:35.12
 2 Mcdonald, Jim 70 UNAT 5:16.57
 50 LC Meter Breaststroke
 1 Ngan, Waibong 71 UNAT 48.05
 100 LC Meter Breaststroke
 1 Ngan, Waibong 71 UNAT 1:48.90
 50 LC Meter Butterfly
 1 Flores-Fiol, Oscar 70 OREG 44.78
Men 75-79
 400 LC Meter Freestyle
 1 Sprenger, Fred 77 OREG 8:21.40
 800 LC Meter Freestyle
 1 Sprenger, Fred 77 OREG 17:36.20
 1500 LC Meter Freestyle
 1 Sprenger, Fred 77 OREG 34:01.06
 100 LC Meter Backstroke
 1 Sprenger, Fred 77 OREG 2:20.92
 200 LC Meter Backstroke
 1 Sprenger, Fred 77 OREG 5:04.59
Men 80-84
 50 LC Meter Freestyle
 1 Popovich, Michael 81 OREG 54.88
 2 Jones, Sheridan 81 OREG 2:03.07
 100 LC Meter Freestyle
 1 Popovich, Michael 81 OREG 2:09.42
 2 Austen, Clark 81 OREG 2:33.57
 200 LC Meter Freestyle
 1 Popovich, Michael 81 OREG 4:57.37
 2 Austen, Clark 81 OREG 5:55.34
 50 LC Meter Backstroke
 1 Miesen, Lee 81 OREG 1:00.00
 100 LC Meter Backstroke
 1 Miesen, Lee 81 OREG 2:12.46
 200 LC Meter Backstroke
 1 Miesen, Lee 81 OREG 4:52.97
 50 LC Meter Breaststroke
 1 Miesen, Lee 81 OREG 56.90
 100 LC Meter Butterfly
 1 Miesen, Lee 81 OREG 3:14.80
 200 LC Meter Butterfly
 1 Miesen, Lee 81 OREG 7:30.14
Men 85-89
 50 LC Meter Freestyle
 1 Lamb, Willard 86 OREG 37.33
 2 Holden, Andrew 89 OREG 48.81

100 LC Meter Freestyle
 1 Lamb, Willard 86 OREG 1:27.03
 200 LC Meter Freestyle
 1 Lamb, Willard 86 OREG 3:19.13
 400 LC Meter Freestyle
 1 Lamb, Willard 86 OREG 7:06.36
 2 Mallon, Joseph 87 OREG 13:13.44
 800 LC Meter Freestyle
 1 Lamb, Willard 86 OREG 14:54.06
 50 LC Meter Backstroke
 1 Lamb, Willard 86 OREG 51.26
 50 LC Meter Butterfly
 1 Holden, Andrew 89 OREG 1:05.22
Relays
Women 160-199 200 LCM Free Relay
 1 OREG 2:24.09
 1) Schuldt, J. 50 2) Lamoureux, L. 49
 3) Osinach, E. 37 4) Kirkwood, E. 31
 2 UNAT 2:31.47
 1) Reid, S. 47 2) Kimberling, G. 52
 3) Hollingsworth, L. 53 4) Coulter, A. 31
Women 160-199 200 LCM Med. Relay
 1 OREG 2:51.31
 1) Osinach, E. 37 2) Lamoureux, L. 49
 3) Kirkwood, E. 31 4) Schuldt, J. 50
Men 160-199 200 LC Meter Free Relay
 1 OREG 1:57.48
 1) Washburne, B. 47 2) Mann, E. 51
 3) Dowd, M. 50 4) Wan, E. 42
Men 160-199 200 LC Meter Med. Relay
 1 OREG 2:23.29
 1) Mann, E. 51 2) Washburne, B. 47
 3) Dwight, C. 53 4) Wan, E. 42
Men 280-319 800 LC Meter Free Relay
 1 OREG 11:33.94
 1) Landis, T. 66 2) Lake, B. 70
 3) Thayer, G. 72 4) Radcliff, D. 74
Mixed 160-199 400 LCM Free Relay
 1 OREG 4:18.68
 1) Delmage, A. 46 2) Andrus-Hughes, 51
 3) Hathaway, D. 48 4) Butcher, G. 44
Mixed 200-239 200 LCM Free Relay
 1 UNAT 2:28.74
 1) Knight, A. 53 2) Franklin, V. 46
 3) Cole, J. 46 4) Ritter, J. 55
Mixed 200-239 200 LCM Medley Relay
 1 UNAT 2:51.54
 1) Edwards, W. 55 2) Delongchamps, 52
 3) Waters, T. 53 4) Edwards, J. 58
Mixed 280-319 400 LCM Free Relay
 1 OREG 5:24.15
 1) Lamb, W. 86 2) Ward, J. 66
 3) Frid, B. 66 4) Landis, T. 66
Mixed 280-319 200 LCM Med. Relay
 1 OREG 2:37.99
 1) Ward, J. 66 2) Pierson, G. 62
 3) Landis, T. 66 4) Lamb, W. 86

The Patriot Games ~ A Metric Pentathlon
 Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #378-08
 Eligibility: Currently registered USMS swimmers, 18 years and older.
 Unregistered swimmers must submit a 2008 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 7, 2008

**Show your patriotic spirit and swim
 the 911 red, white and blue meet
 Sunday, September 7, 2008!**

**WARM-UPS: 10AM
 MEET STARTS: 11AM**

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 2008 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY, AUGUST 22, 2008

✂ 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 12-31-08) _____ SEX _____

2008 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 SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. RELAY ENTRIES WILL CLOSE 30 MIN. BEFORE EVENT. ALL EVENTS WILL BE SEEDED SLOW TO FAST. Enter as many as five events. If you choose to not enter all 5 events in either the sprint or mid distance category, you will not be scored as a pentathlon. OMS awards will be given to individual event winners and there will be special awards for Pentathlon winners.

Sunday September 7, 2008 Sprint

50m FLY (1) _____ : _____ . _____

50m BACK (3) _____ : _____ . _____

50m BREAST(9) _____ : _____ . _____

50m FREE (14) _____ : _____ . _____

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

Sunday September 7, 2008 Mid Distance

100m FLY (2) _____ : _____ . _____

100m BACK (4) _____ : _____ . _____

100m BREAST(10) _____ : _____ . _____

100m FREE (15) _____ : _____ . _____

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

Break before the Medley relay

MEDLEY RELAY (5-8)

MIXED FREE RELAYS (11-13)

Break before the mixed medley relay
MIXED MEDLEY RELAY (16-17)

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

2008 OPEN WATER SWIM— DORENA LAKE

SUNDAY, AUGUST 24

SPONSORED BY EMERALD AQUATICS

WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS

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

USMS Sanction #: 378-OW4 One-day registration will be available at the meet for \$15.00.

Schedule:

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

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

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

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

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

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

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

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

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

ENTRIES MUST BE POSTMARKED BY August 4th

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

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

add \$10 for late entries

all 3 events	\$40.00	_____
or 2 events	\$35.00	_____
or 1 event	\$30.00	_____

USMS Reg# _____

Please attach a copy of your USMS registration card.

TOTAL _____

Make checks payable to Emerald Aquatics

All fees are non-refundable.

Name _____ Sex _____ Age _____

Address _____

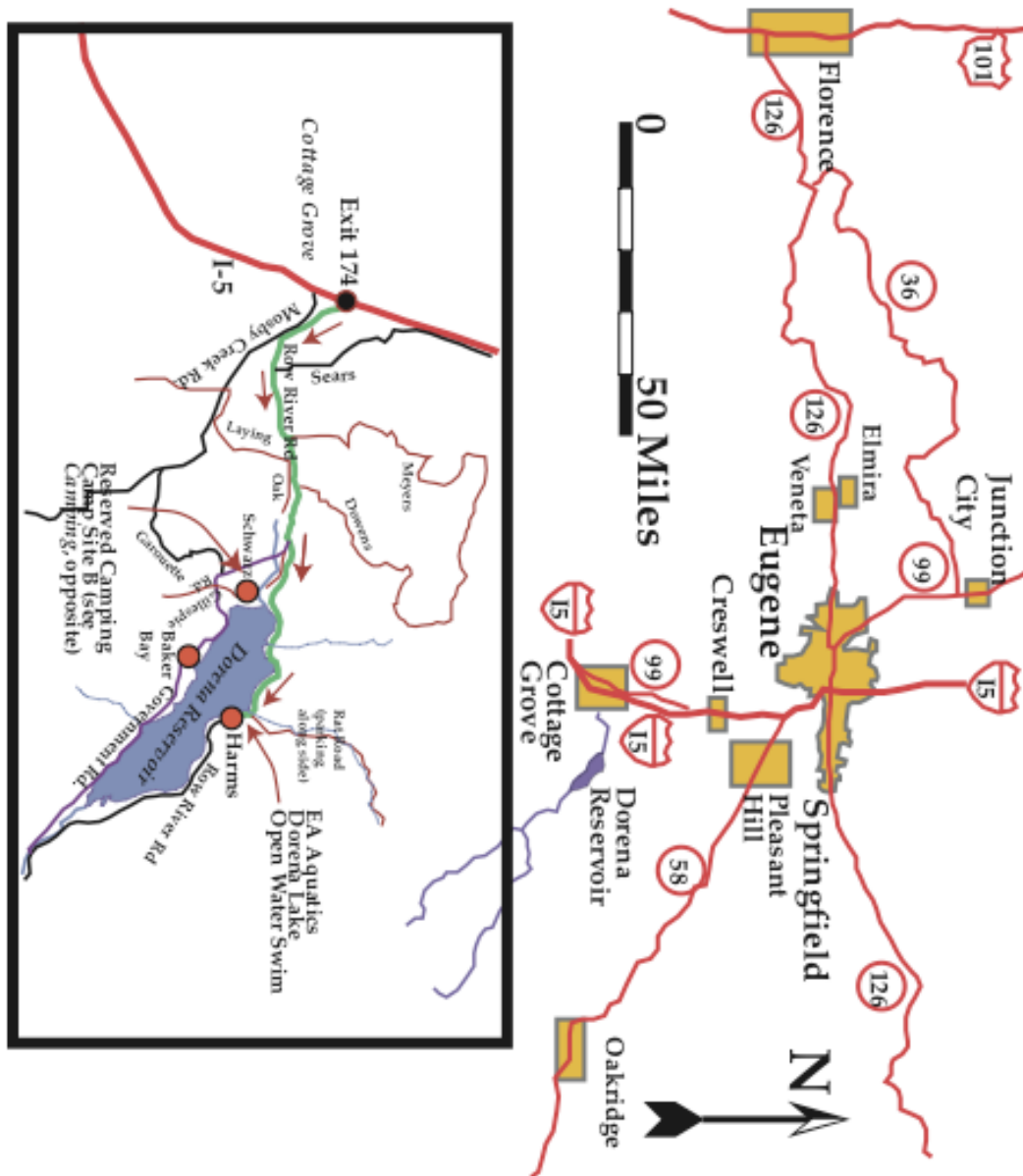
City/State/Zip _____ Local Team _____

Birthdate _____ Day phone _____ Evening phone _____ Fax _____

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Signature _____ Date _____

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



2008



Date	Event	Location	Contact
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Pool Meets

*Sept. 7 - SCM - Patriot Games - (Camas, WA)

Jan. 31, 2009 - SCY - Chehalem (Newberg)

Feb. 15, 2009 - SCY - Animal Meet (Canby)

Open Water

Aug 1,2,3 - Elk Lake

*Aug 24 - Dorena Lake

National Championships

Aug. 3 - 5 K Open Water National Champ - Elk Lake, Oregon - Bob Bruce - coachbob@bendbroadband.com

Aug. 14 - 17 - LCM Nationals - Gresham, Oregon - Dennis Baker - bakeswims@yahoo.com

Postal Championships 2007

5K - 10K - May 15 - Sept. 15 - USMS Postal - www.usms.org - coachbob@bendbroadband.com

* 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.

Aug. 26

Aqua Master

August 2008

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

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Inside: Results - Mt. Hood, St. Games, Hagg and Applegate Lake