

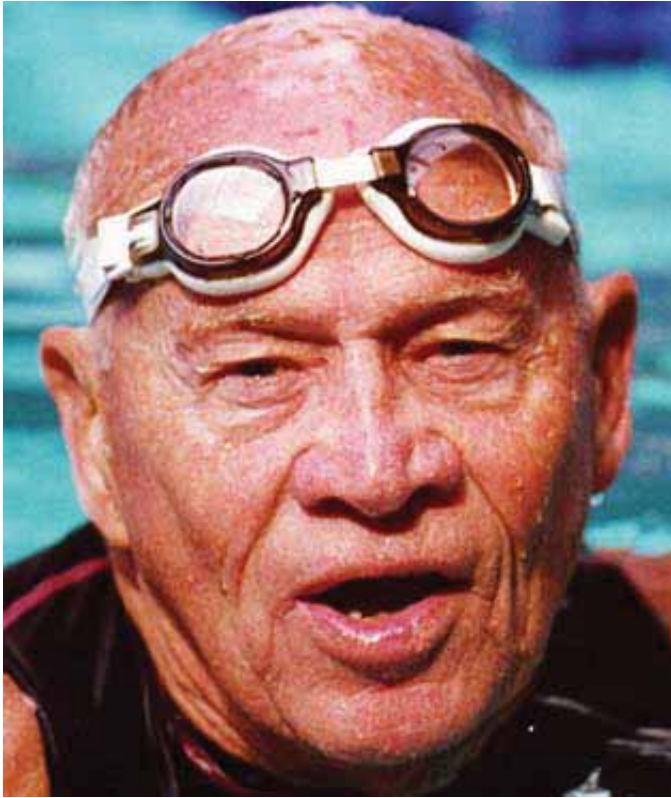


Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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"Swimming for Life"



The Art of Swimming and Goodbye Gil Young

I was sitting at a nightclub the other night enjoying some music. It was a collection of "blues" bands that would mix and match with each other and they were all really great musicians. I noticed a young gentleman sitting in the chair next to me reading a book and not really paying attention to music. I thought it was unusual; I just couldn't figure out why he was so uninterested in this excellent music. He was just tapping his foot every once in a while. A little later in the evening, when the bands were switching around, this young gentleman got up and moved towards the stage. He then strapped on a guitar and began playing the most artistic, awesome, music I have ever heard--I was blown away by his talent and artistry. At that moment, it hit me. It's all about the "Art".

Now, if this young fellow had come to watch one of our Masters meets, I think he would have had the same feeling that I did that night watching him play. Watching swimmers 18 to 90 years old sitting pool side as if they had nothing else planned for the day. He would have been in awe like I was when you all step up to blocks

and tear it up. He would have been amazed at the grace and fluid swimming being done by a vast array of ages and abilities. He would have stood up and cheered like we all do when a world record is set. He would have yelled and clapped when Elfie Stevenin finished a long grueling race at the age of 87.

You are all artists. You participate in this great sport of swimming. At what ever level you swim you amaze people.

The world records, the swimmers competing in their first Nationals, the beginning swimmer that feels that first sensation of moving through the water in a more efficient manner. You do something a lot of people wish they could do. Be proud; be artistic in your swimming every day. Just like that young musician.

Finally, it's time to say farewell to one of our great icons in Oregon Masters Swimming. We will miss you Gil.

I know it's cliché to say he was a nice guy, but God threw away the mold after creating Gil. Gil Young WAS the nicest person I, you or anyone has every met, period. There are so many great stories to tell about Gil. I will share a few now with you. I was speaking to Sandi Rousseau the other day and she told me a tale about Gil at the World Masters Games in the 90's that was hosted by Oregon Masters. Sandi was busy helping run the meet as she does so well and mentioned in passing that

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Earl Walter - Historian***continued from page 1*

she hadn't had time to get a souvenir pin from the meet and probably wouldn't get the chance. Gil had overheard her say this. The meet ended and Sandi never got that pin. So what happened? Gil Young presented Sandi with a pin and a smile.

Lest I forget to mention his swimming, WOW. He leaves us with his last Masters Nationals 2008 at his pool, Mt. Hood, 86 years old and 2 National Championships. Perhaps the greatest display of swimming I have ever seen in 2007 at Federal Way SC Nationals. He won all 5 Freestyle events and the 50 Breaststroke for an astounding 6 for 6 National Championships. In 2002 Gil was a 4 time World Champion at the World Masters Meet in Melbourne. He won the 50 free, 100 free, 400 free and 800 free. Gil was All American 6 times, over 20 State and State Games records, over 10 Northwest Zone records, Hazel Bressie award winner and 2 time Oregon Masters Male Swimmer of the Year. I'm sure I have missed a few, but you get the point. After all that I still think of one thing, Gil was the nicest person I have ever met.

I know you are all thinking of your own great encounters and stories of Gil, but I will share one more. I was speaking to Gil about my father who passed away in the mid 90's. I told Gil I think my dad's spirit is with me when I race all those 200 Butterflies. I said, "Gil I am pretty sure my dad wraps his arms around my neck and hangs on for the ride". He said "wow that must be quite a ride". Well Gilbert Young I think my dad can sit out a few, it's your turn, hang on tight my friend, here we go.



Bronze Plaque, Honoring Gil Young. Lane 7 is officially the Gil Young lane at the Mt. Hood Aquatic Center.



Dennis Baker, who wrote this article, delivers the Eulogy for Gil.

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

Darlene Staley, Registrar for Oregon Masters Swimming



Darlene Staley, our Registrar, takes the dive off the block this month. Check out the interesting statistics about OMS. The online Registration system is in place if you want to register online for 2009. Darlene gives you all the instructions about how to use this new system. The 2009 Registration Form for OMS/USMS will be in the next issue of the Aqua Master.

From the Registrar:

OMS had a record year for members this year. As of August 20th, we had 811 registered swimmers. Believe it or not, we had 406 females and 405 males. (Couldn't get much closer to an even distribution) Andrew W Holden is our oldest swimmer and the only swimmer born before 1920. There are 19 swimmers born between 1920-1929, 33 swimmers between 1930-1939, 94 swimmers between 1940-1949, 223 swimmers between 1950-1959, 236 swimmers between 1960-1969, 138 swimmers between 1970-1979, and 67 swimmers born between 1980-1989.

As of Oct 1, USMS offers a discount membership for the remainder of 2008. They charge \$20 instead of \$25 and you may register for the discounted amount online at the usms.org website. You may find a copy of a discounted form which you can mail to the registrar at <http://www.swimoregon.org/registration.php>, if you prefer that method.

Starting Nov 1st, you may register for 2009 and your membership will be good for Nov/Dec of 2008 as well as all of 2009. The easiest way to register, that requires no stamp, is to register online at www.usms.org. Follow the link to secure registration site and answer the questions. You may also print your own card from this site or select that your registrar send you a card. (You will save OMS a stamp if you select to print your own card.) If you lose your card during the year you can return to this site to print another copy. The web site looks like this. In the upper right corner click on "Join USMS". After



clicking on "Join USMS" you will be taken to a map and then click on Oregon and follow the instructions.



OMS gives discounts to our older folks (65 and above) and also swimmers 24 and under. We also give discounts when there is more than one family member at the same residence. In order to get these discounts please fill out a hard copy of the registration form and mail it to your registrar to process. These 2009 forms will be in the next issue of the AquaMaster as well as at

<http://www.swimoregon.org/registration.php>.



Bert Petersen sent this WOW about a new team: "A new team is being created in Vancouver, WA. and will be called the Columbia River Masters team. Practices will be at Bally's Fitness Center in Fisher's Landing and include early morning, mid-morning, evening and Saturday times. For more information, call coach Bert Petersen at 503-252-6081."

Fitness



Rachel
Skoss



Stretching and Flexibility

Flexibility is important in swimming, and refers to how a limb can move through its range of motion. It will depend on a number of things, like how long and supple the muscles surrounding the joint are, the shape of the bones and cartilage of the joint, the integrity of the ligamentous structures. Obviously some of this is genetic, but we can develop flexibility through a stretching program. More on this later...

Why should we bother? Flexibility is an important component of fitness, particularly in sports such as swimming. Anyone who watched the Olympics marvelling at Dara Torres should realise that stretching is her secret weapon (besides a whole lot of talent and high proportion of fast twitch fibres). While we may not need to be flexible in all joints, it can come in useful to have flexible shoulders. In addition, if you look at the people who zoom past you in kicking drills, chances are they are more flexible around the ankles and feet. If you have tight spots from sitting at work, then stretching can help improve overall posture and reduce any pain that you may suffer. For your swimming, it is likely to make you more efficient as you use your muscles at a more moderate length rather than at an extreme – and this also reduces the likelihood of injury. Flexibility may also enable better technique – a reason Torres' coach has attributed to her faster times at 41 (rather than at her first "peak" in her twenties)!

Unfortunately, we may not all be able to afford a PT/massage therapist/personal trainer/etc... to facilitate our stretching program. In addition, many of us tend to stretch only if something is feeling a bit stiff, or a token effort before a race. We can improve flexibility with a series of stretches, targeting particular muscles. However we need to consider it part of training (so perform them on a regular basis). The most common stretches are sustained static stretches, where we hold a muscle in a lengthened position for 10-60 seconds. These types of

stretches are done in a controlled manner, and as you go in and out of the stretch slowly, they are thought to be safe for most people. Swimmers also use dynamic stretches – gradually increasing the range of motion and speed of movement with a controlled swing – not forcing the movement through the full range at the beginning. For example, swimmers will often use controlled arm swings or torso twists. Ballistic stretching uses momentum to force a joint beyond its normal range of motion, and this is not recommended as there is a greater risk of injury. Assisted stretches are particularly good at improving the range of movement, but as there is also risk of injury it is very important that the person assisting you has a good idea of what to do – and hence it is best you learn these stretches from a PT or fitness instructor rather than reading about it here.

Generally it is best to warm-up a little before starting to stretch. It is much easier if you are stretching warm muscles as they will respond better to the stretch. To increase flexibility, you need to provide enough stretch to the muscle and ligaments with sufficient time to allow adaptation to the new length. It is important not to be too aggressive in your stretching. There is a fine line between pleasure and pain, and you are trying for the feeling of tightness in your muscle that comes from going just beyond your normal range of motion, not the pain from going too far and injuring yourself.

Hence you should stretch to the point of mild discomfort, not to the point of pain. Stretching is good at the beginning of the workout (after a warm-up), as it will likely improve your swimming. However, stretching at the end of a workout has benefits as well, as static stretching can help loosen muscles, remove lactic acid, and prevent muscle tissues from healing at a shorter length (if you've had a heavy workout). If you are including weights in your workout regime then it is recommended to always stretch at the end of it.

As for any fitness program, you are not going to see any improvements unless you make an effort to do regular sessions. After about 6 weeks you should start to see the benefits. However, it is important to note that it is possible for muscles and ligaments to become too flexible, which may increase the risk of injury. If this is the case for you, then it is important to do strengthening exercises and not stretch this particular part of your body – but spend time stretching the other bits that need it!

Next month – some useful stretches for

swimmers.



Long Distance Swimming

Bob
Bruce



Let's recognize our season achievements and highlights from the 2008 OMS Open Water Season:

- We hosted 14 events at 4 venues this year.
- 203 Oregon swimmers from 21 Oregon local teams (and 68 unattached swimmers) took part, totaling 575 swims. COMA again led local team participation by a wide margin with 44 swimmers having 184 swims.
- Visitors from other states and one other country (Canada) joined us for 114 swims, mostly at Elk Lake for the Cascade Lakes Swim Series & Festival which featured the 5-km USMS Open Water Championships.
- 21 Oregon swimmers swam in three or four venues, thus qualifying for the immediately handy glassware awards for the Oregon Open Water Swim Series.
- 5 Oregon swimmers swam at all 4 venues this year.
- No Oregon swimmer swam in the maximum possible 14 events, but Jamie Proffitt had 13 swims, followed closely by Gayle Orner & Keith Dow with 12 and Ron Thompson, Mike Carew, & Jim Teisher with 11.
- Applegate Lake provided the warmest water this year at 74-75 degrees, while our cool spring weather kept Hagg Lake at a brisk 62-64 degrees.
- The hospitality was again fantastic! There is no race hospitality anywhere quite like that found in Oregon!

Congratulations to...

- Our 8 USMS 5-km National Open Water Champions (automatic USMS Long Distance All-Americans!)—Cristina Hayter, Julie Himstreet, Madeleine Holmberg, Jackie Parker, Doug Asbury, Keith Dow, Steve Johnson, and Tom Landis;
- Our 19 1500-meter Association Individual Champions;
- Central Oregon Masters, again our Association Large Team Open Water Champions;
- Southern Oregon Masters, our Association Small Team Open Water Champions in a tightly-contested race;
- Those many Oregonians—and there were quite a few—who ventured far afield to find special open water challenges this year;
- Our race directors, host teams, and myriad volunteers, to whom we owe a great deal;
- Our sponsors, who made our swims financially and logistically possible;
- Everyone who participated!

Even though open water season in Oregon has finished, you're still got some swimming to do as we start a new school and swimming year! October and early November is the season for National 3000-yard & 6000-yard Postal Championships. These swims must be done in a 25-yard pool—making them accessible to most of us!—and completed by November 15th. As a coach, I believe strongly that these swims provide solid early season training swims, great conditioning benchmarks, and fun team-building events, and are an absolute requirement for aspiring distance swimmers. As the OMS Long Distance Chair, I would like to see your participation to help swimming in Oregon. In particular, I would love to see us take back the National Team Title in the 3000-yard event, in which we have placed second for the past two years after running a five-year winning streak from 2002-2006. See www.usms.org for information & entry blanks, and get to it!

Good luck and good swimming!

Mike Morehouse Spirit Award Winners

It's time to finish our open water season by recognizing and honoring the 2008 winners of the Mike Morehouse Spirit Award, the most prestigious of all of our annual awards for long distance swimming in Oregon. This year the Oregon Long Distance Committee chose another two worthy honorees, joining twenty previous Award winners [Curious about who they are? Just visit the Long Distance section of the OMS website to find out.]. According to the Award description, the Mike Morehead Spirit Award is given annually to a person or persons who display the highest character of sportsmanship during the Oregon Open Water

Series, past and present.

As always, let's remember Mike Morehouse himself, who was all of the above and more. A true gentleman, Mike was always thoughtful of others; wishing everyone well was his trademark, as well as enjoying his friendships. First a movie star, then a successful attorney, and finally a noted judge, Mike was also an avid open water swimmer in Southern Oregon who everyone would have wanted to be a teammate.

Our Award winners this year are Laura Schob from Central Oregon Masters and Doug Stewart from Southern Oregon

Masters. These choices were well received when announced at our final gathering of the season at Cottage Grove Lake, as we have all known both Laura and Doug for many years from their faithful attendance at many of our events, terrific effort in the water, easy humor and laughter, and gracious attention to all. Although we rarely find them leading the field during the swim, we always find them leading the pack on the beach with a zest and joy that radiates from them. These are the folks that personify the essence of our sport.

Laura is an Oregon native. She got her start in swimming for the summer age group team in her home town of Lakeville (how many of you know where that is?). In the early eighties, she moved to Bend as a teacher—mostly in middle school since then—and she has been swimming there for most of the intervening time. She is a COMA original and mainstay, and has served on the COMA Board in such critical capacities as (what else?) Social Chair, among others.

Doug started his swimming as an age grouper on Guam, where his father was stationed while in the Navy, and continued after the family move to Oak Harbor, WA, when he competed in the High School State Championships for three years while attending Anacortes High School. He resumed his swimming career at age 33 as co-founder of Southern Oregon Masters. He has recently been passing the



open water bug to his 12-year-old son Taos.

Congratulations to Laura and Doug, our new Mike Morehouse Spirit Award winners and Monica LaBarge, who returned from Montana for her 2007 Award.

Good luck and good swimming!



Upper right - Monica, Bottom Doug, Laura and Bob Bruce

Oregon Open Water Series 2008

AgeGr	Place	Name	Team	Points	Swims	Venue	Overall	
F 18-24	1	Bowen, Kelsey	MAC	42	3	3	5	
F 30-34	1	Parker, Jacqueline	OPEN	59	10	3	2	
F 35-39	1	Smidt, Cyndi	COMA	41	9	3	6	
	2	Lassen, Megan	ORM	39	8	3	7	
F 45-49	1	Young, Joni	SCC	61	7	3	1	

	2	Schob, Laura	COMA	54	8	3	3
	3	Orner, Gayle	CBAT	45	12	4	
F 60-64	1	Sacks, Lynn	RVM	29	7	3	
M 35-39	1	Lassen, Jason	ORM	25	6	3	13
M 40-44	1	Proffitt, Jamie	SCC	64	13	4	4
	2	Higley, Rob	COMA	44	10	3	
M 45-49	1	Thompson, Ron	COMA	70	11	4	1t
	2	Bragg, Robin	OPEN	28	8	4	12
M 50-54	1	Dow, Keith	OPEN	70	12	4	1t
M 55-59	1	Teisher, Jim	THB	59	11	3	5
	2	Carew, Mike	COMA	50	11	3	7
M 60-64	1	Gray, Dan	RVM	45	8	3	8
	2	Johnson, Steve	EA	42	4	3	10
M 65-69	1	Mohr, Ralph	COMA	58	8	3	6
	2	Juhala, Richard	GVAM	38	8	3	11
M 70-74	1	Radcliff, David	THB	65	7	3	3

Dorena Open Water Swim @ Cottage Grove Lake

1500-meter Results

Pl	Name	Age	Club	Time	Ov'al				
18-24						25-29			
1	Bowen, Kelsey	23	OR-mac	22:00.4	5	1	Chapman, Craig	27	UNAT 22:35.2 10
2	Barriga, Jessica	20	UNAT	26:28.2	29	30-34			
30-34						1	Plaggenmeier, Thomas	30	UNAT 21:47.9 4
35-39						35-39			
1	Clower, Erica	30	OR-ocst	23:38.5	17	1	Houston, Bob	39	UNAT 24:46.5 22
2	Malsch, Anna	34	OR-tsun	25:37.0	26	2	Lassen, Jason	35	OR-orm 31:16.5 36
40-44						3	Whiting, Rob	39	OR-ocst 31:25.3 38
1	Masei, Tobi	38	UNAT	22:08.1	7	40-44			
2	Lassen, Megan	38	OR-orm	22:23.1	9	1	Proffitt, Jamie	43	OR-scc 20:41.0 2
3	Himstreet, Julie	37	OR-ea	23:22.2	15	2	Higley, Rob	43	OR-coma 22:00.6 6
4	Patterson, Breyer	39	OR-ea	24:39.6	21	45-49			
5	Smidt, Cynthia	38	OR-coma	26:22.5	28	1	Thompson, Ron	48	OR-coma 22:46.6 11
6	Foytek, Terry	37	OR-ea	31:19.2	37	2	Taylor, Sean	45	UNAT 24:34.8 20
7	Vintrova, Renata	36	UNAT	32:32.8	40	3	Flanagan, Stephen	46	OR-ea 25:27.4 25
8	Savoie, Lara	38	OR-ea	34:49.9	44	4	Bragg, Robin	48	OR-open 29:09.9 33
50-54						50-54			
1	Watkins, Elizabeth	43	OR-orm	21:42.6	3	1	Dow, Keith	53	OR-open 23:25.2 16
2	Taylor, Romney	42	UNAT	25:46.1	27	2	Hammon, Kipp	50	OR-ea 28:24.8 31
3	Brancato, Barbara	40	UNAT	35:40.3	45	3	Waller, John	51	OR-scat 29:04.8 32
55-59						55-59			
1	Ferguson, Ellen	46	OR-mac	22:13.9	8	1	DeGuilio, Jules	55	OR-unat 22:55.4 13
2	Young, Joni	47	OR-scc	22:49.9	12	2	Philbrick, Larry	56	OR-scc 23:17.1 14
3	Schob, Laura	49	OR-coma	25:03.3	24	60-64			
4	Orner, Gayle	45	OR-cbat	30:32.9	35	1	Johnson, Steve	60	OR-ea 20:18.9 1
60-64						2	Gray Dan	63	OR-rvm 29:32.6 34
1	Fitzpartrick, Jana	50	OR-scc	24:23.4	19	65-69			
2	Budd, Elizabeth	54	OR-cat	24:54.1	23	1	Mohr, Ralph	66	OR-coma 27:50.1 30
3	Patten, Wendy	52	UNAT	35:44.5	46	2	Juhala, Richard	65	OR-gvam 34:06.7 41
65-69						70-74			
1	Mills, Kim	58	UNAT	36:59.9	47	1	Radcliff, David	74	OR-thb 24:05.4 18
70-74						Cottage Grove Lake 2008: 1500-meter Results (wetsuit)			
75-79						30-34			
1	Saunders, Ginny	61	OR-ea	32:30.6	39	1	Burnham, Jendall	33	UNAT 30:50.7 2
2	Himstreet, Pam	64	OR-coma	34:29.7	42	45-49			
3	Sacks, Lynn	62	OR-rvm	34:41.6	43	1	Herrman, Kathy	45	UNAT 29:26.3 1
4	Newton, Gail	63	OR-ea	41:03.6	48	50-54			

1	Finch, Deb	50	OR-ea	41:20.0	4	2	Dow, Keith	53	OR-open	15:43.3	11
	45-49					3	Hammon, Kipp	50	OR-ea	15:47.5	12
1	Weinhold, Paul	45	UNAT	36:13.1	3		55-59				
1000-meter Whitely Equipment Race						1	Swanson, Charlie	56	OR-ea	12:50.5	2
	35-39						60-64				
1	Lassen, Megan	38	OR-orm	12:30.7	1	1	Gray, Dan	63	OR-rvm	18:48.8	18
2	Himstreet, Julie	37	OR-ea	15:15.8	7		65-69				
3	Vintrova, Renata	36	UNAT	17:55.8	15	1	Mohr, Ralph	66	OR-coma	15:33.2	9
	45-49					2	Juhala, Richard	65	OR-gvam	18:21.2	16
1	Orner, Gayle	45	OR-cbat	17:23.1	13	500-meter Flatfoot Kicking Race					
2	Schob, Laura	49	OR-coma	17:33.3	14		30-34				
	50-54					1	Clower, Erica	30	OR-ocst	11:55.2	6
1	Budd, Elizabeth	54	OR-cat	14:49.0	4		35-39				
	60-64					1	Lassen, Megan	38	OR-orm	9:52.2	2
1	Sacks, Lynn	62	OR-rvm	18:48.8	17	2	Himstreet, Julie	37	OR-ea	10:22.8	3
	35-39					3	Foytek, Terry	37	OR-ea	15:31.3	9
1	Lassen, Jason	35	OR-orm	15:23.2	8		30-34				
	40-44					1	Plaggenmeier, Thomas	30	UNAT	11:33.9	5
1	Proffitt, Jamie	43	OR-scc	13:13.2	3		35-39				
2	Higley, Rob	43	OR-coma	14:54.0	5	1	Lassen, Jason	35	OR-orm	11:31.5	4
	45-49					2	Whiting, Rob	39	OR-ocst	13:36.1	7
1	Bragg, Robin	48	OR-open	15:40.7	10		45-49				
2	Bergfald, Oren	45	OR-ncms	21:23.0	19	1	Bergfald, Oren	45	OR-ncms	14:28.3	8
	50-54						60-64				
1	Waller, John	51	OR-scat	15:09.6	6	1	Johnson, Steve	60	OR-ea	9:38.0	1

Graceful (?) exits at the end of the Whitely Equipment Race





SCY Top Ten Times



Compiled by
**Mary
Sweat**

Relays

Women 45+

2 SCY 200 Free	OREG	1:45.88
Arlene Delmage (45)		Mary J Caswell (47)
Donna Buck (49)		Ellen Ferguson (45)

Women 55+

2 SCY 200 Medley	OREG	2:25.75
Barbara Frid (65)		Ginger Pierson (62)
Sandi Rousseau (60)		Joy Ward (65)

Mixed 55+

6 SCY 200 Free	OREG	1:54.42
Mike L Pendleton (56)		Sandi Rousseau (60)
Barbara Frid (66)		Tom Landis (66)
9 SCY 200 Medley	OREG	2:10.11
Barbara Frid (66)		Ginger L Pierson (62)
Mike L Pendleton (56)		Tom Landis (66)

2008 USMS Top Ten SCY

Women 35-39

9 SCY 200 Free	Kristine Senkier	38	OREG	2:04.36
4 SCY 50 Breast	Jayna M Tomac	36	OREG	32.17
3 SCY 100 Breast	Jayna M Tomac	36	OREG	1:09.52
3 SCY 200 Breast	Jayna M Tomac	36	OREG	2:35.27
9 SCY 200 IM	Jayna M Tomac	36	OREG	2:22.65

Women 40-44

7 SCY 100 Free	Valerie G Jenkins	44	OREG	55.73
1 SCY 50 Back	Valerie G Jenkins	44	OREG	27.12
4 SCY 100 Back	Valerie G Jenkins	44	OREG	1:01.17

Women 45-49

7 SCY 100 Fly	Mary J Caswell	47	OREG	1:04.19
6 SCY 200 Free	Arlene Delmage	45	OREG	2:01.73
5 SCY 50 Fly	Arlene Delmage	45	OREG	27.58
2 SCY 100 Fly	Arlene Delmage	45	OREG	59.39
2 SCY 200 Fly	Arlene Delmage	45	OREG	2:14.69
5 SCY 400 IM	Arlene Delmage	45	OREG	5:03.95
4 SCY 200 Free	Ellen Ferguson	45	OREG	2:00.27
8 SCY 500 Free	Ellen Ferguson	45	OREG	5:33.61
7 SCY 200 IM	Ellen Ferguson	45	OREG	2:24.39
9 SCY 500 Free	Holly Vaughn-Edmonds	45	OREG	5:33.68

Women 50-54

2 SCY 50 Free	Karen Andrus-Hughes	50	OREG	25.63
1 SCY 100 Free	Karen Andrus-Hughes	50	OREG	56.59
1 SCY 50 Back	Karen Andrus-Hughes	50	OREG	29.08
1 SCY 100 Back	Karen Andrus-Hughes	50	OREG	1:02.67
1 SCY 200 Back	Karen Andrus-Hughes	50	OREG	2:19.01
3 SCY 100 IM	Karen Andrus-Hughes	50	OREG	1:06.42
5 SCY 50 Breast	Colette M Crabbe	51	OREG	34.46
2 SCY 100 Breast	Colette M Crabbe	51	OREG	1:15.22
1 SCY 200 Breast	Colette M Crabbe	51	OREG	2:42.83
9 SCY 100 IM	Colette M Crabbe	51	OREG	1:08.58
3 SCY 200 IM	Colette M Crabbe	51	OREG	2:25.29
3 SCY 400 IM	Colette M Crabbe	51	OREG	5:12.28

Women 60-64

9 SCY 200 Back	Ginger Pierson	61	OREG	3:11.78
1 SCY 50 Breast	Ginger L Pierson	62	OREG	36.37
1 SCY 100 Breast	Ginger L Pierson	62	OREG	1:19.98
1 SCY 200 Breast	Ginger L Pierson	62	OREG	2:57.67
4 SCY 100 Fly	Ginger L Pierson	62	OREG	1:25.44
3 SCY 200 Fly	Ginger L Pierson	62	OREG	3:12.12
10 SCY 100 IM	Ginger Pierson	61	OREG	1:24.78
5 SCY 200 IM	Ginger Pierson	62	OREG	3:00.39
4 SCY 400 IM	Ginger Pierson	62	OREG	6:25.15
10 SCY 50 Free	Sandi Rousseau	60	OREG	31.37
10 SCY 100 Free	Sandi Rousseau	60	OREG	1:10.85
7 SCY 50 Back	Sandi Rousseau	60	OREG	39.41
3 SCY 50 Fly	Sandi Rousseau	60	OREG	33.69
3 SCY 100 Fly	Sandi Rousseau	60	OREG	1:22.68

Women 65-69

7 SCY 100 Free	Barbara Frid	65	OREG	1:15.94
1 SCY 50 Back	Barbara Frid	66	OREG	37.99
2 SCY 100 Back	Barbara Frid	66	OREG	1:25.86
2 SCY 50 Breast	Barbara Frid	66	OREG	41.78
3 SCY 100 Breast	Barbara Frid	66	OREG	1:33.18
1 SCY 50 Fly	Barbara Frid	66	OREG	34.58
1 SCY 100 IM	Barbara Frid	66	OREG	1:22.67
6 SCY 50 Free	Joy Ward	65	OREG	33.06
2 SCY 50 Back	Joy Ward	65	OREG	38.66
1 SCY 100 Back	Joy Ward	65	OREG	1:24.81
1 SCY 200 Back	Joy Ward	65	OREG	3:00.44
3 SCY 50 Fly	Joy Ward	65	OREG	35.74
2 SCY 100 Fly	Joy Ward	65	OREG	1:33.20
1 SCY 200 Fly	Joy Ward	65	OREG	3:21.90
1 SCY 200 IM	Joy Ward	65	OREG	3:05.14

Women 85-89

8 SCY 200 Free	Elfie Stevenin	86	OREG	8:10.32
6 SCY 50 Fly	Elfie Stevenin	86	OREG	2:35.12
4 SCY 100 Fly	Elfie Stevenin	86	OREG	6:43.37
9 SCY 100 IM	Elfie Stevenin	86	OREG	4:24.97
5 SCY 200 IM	Elfie Stevenin	86	OREG	9:53.61

Men 30-34

7 SCY 200 Breast	Chip Polito	31	OREG	2:16.06
8 SCY 100 Fly	Chip Polito	31	OREG	53.89
6 SCY 200 Fly	Chip Polito	31	OREG	2:01.66
5 SCY 200 IM	Chip Polito	31	OREG	2:00.56
3 SCY 400 IM	Chip Polito	31	OREG	4:18.74

Men 40-44

6 SCY 50 Breast	James L Corbeau	43	OREG	27.95
10 SCY 100 Breast	James L Corbeau	43	OREG	1:02.13

Men 55-59

8 SCY 500 Free	Steve Johnson	59	OREG	5:30.94
6 SCY 1000 Free	Mike L Pendleton	56	OREG	11:20.84
9 SCY 100 Breast	Allen Stark	59	OREG	1:08.22
5 SCY 200 Breast	Allen Stark	59	OREG	2:28.59

Men 60-64

4 SCY 50 Back	Robert Smith	64	OREG	30.02
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Men 65-69

2 SCY 50 Free	Tom Landis	66	OREG	24.90
1 SCY 100 Free	Tom Landis	66	OREG	54.76
1 SCY 200 Free	Tom Landis	66	OREG	2:02.57
1 SCY 500 Free	Tom Landis	66	OREG	5:41.48
1 SCY 1000 Free	Tom Landis	66	OREG	11:56.3
1 SCY 1650 Free	Tom Landis	66	OREG	19:38.3
8 SCY 50 Fly	Tom Landis	66	OREG	30.53
6 SCY 100 Fly	Tom Landis	66	OREG	1:11.24
2 SCY 100 IM	Tom Landis	66	OREG	1:06.23
1 SCY 200 IM	Tom Landis	66	OREG	2:26.55

1 SCY 400 IM	Tom Landis	66	OREG	5:23.48	6 SCY 200 Breast	Milton Marks	77	OREG	3:27.11
Men 70-74					10 SCY 50 Fly	Milton Marks	77	OREG	42.27
1 SCY 200 Free	David Radcliff	73	OREG	2:13.26	10 SCY 100 IM	Milton Marks	77	OREG	1:27.77
2 SCY 500 Free	David Radcliff	73	OREG	6:16.16	Men 85-89				
1 SCY 1000 Free	David Radcliff	73	OREG	12:43.08	10 SCY 50 Free	Charles Bushey	86	OREG	57.45
8 SCY 100 Fly	David Radcliff	73	OREG	1:31.19	8 SCY 200 Free	Charles Bushey	86	OREG	4:43.99
6 SCY 200 IM	David Radcliff	73	OREG	2:57.79	8 SCY 500 Free	Charles Bushey	86	OREG	12:29.40
9 SCY 50 Back	George D Thayer	72	OREG	34.93	10 SCY 200 Back	Charles Bushey	86	OREG	5:38.17
7 SCY 100 Back	George D Thayer	72	OREG	1:18.19	1 SCY 50 Free	Willard Lamb	85	OREG	34.39
7 SCY 200 Back	George Thayer	72	OREG	2:58.46	1 SCY 500 Free	Willard Lamb	85	OREG	8:08.69
Men 75-79					1 SCY 50 Back	Willard Lamb	85	OREG	42.48
8 SCY 50 Back	Milton Marks	77	OREG	40.49	1 SCY 100 Back	Willard Lamb	85	OREG	1:38.08
7 SCY 50 Breast	Milton Marks	77	OREG	40.36	1 SCY 200 Back	Willard Lamb	85	OREG	3:36.68
8 SCY 100 Breast	Milton Marks	77	OREG	1:33.58					

Northwest Zone Short Course Meters Championship

November 1-2, 2008

Supplemental Information

Accommodations: To book the rates below call Sue Collins at Cascade Travel 800-426-4981 or e-mail sue@cascadetyl.com. Have your name, address, e-mail, and credit card ready. Once your reservation is confirmed, you will be sent a confirmation and information packet. Please feel free to call with any questions you may have about the meet, the hotels, or the area!

Best Western Hood River Inn Exit 64 on I-84 (All prices plus 8% room tax.)

Standard room (parking lot view) 1 Queen \$99; Standard room (parking lot view) 2 Queens \$109; Riverview room 1 Queen \$109; Riverview room 2 Queens \$119. Rates based on two people per room, additional adults \$12 each with a max of 4 per room. Hotel is located off I-84 along the Columbia River and has its own restaurant plus an adjacent restaurant, McDonalds, and Taco Time. Pool is a five minute drive; downtown Hood River is a 3 minute drive or 10 minute walk on a paved pathway.

Hood River Hotel 102 Oak Street (All prices plus 8% room tax.)

Courtyard View Rooms 1 Queen Bed \$89; Town View rooms 1 Queen Bed \$109 (weekday); \$119 (weekend); Riverview rooms Queen \$119 (weekday); \$129 (weekend); Suites with kitchen facilities \$119 to \$169 per night and can accommodate 2-4 people. Hotel is located in downtown Hood River, has its own restaurant, and is within walking distance to many more. The hotel was built around 1900 and has been fully restored. Pool is a less than a five minute drive.

Comfort Suites 2626 Cascade Avenue (All prices plus 8% room tax.)

Standard Room 1 King Bed \$99.99 (1 person; \$10 for second person) 2 Queen Beds, \$109.99 (1 person; second person \$10). Hotel is located at the west end of town. Rooms are suites with bed configuration stated above, plus a hide-a-bed, sitting area, small fridge, microwave, and coffee maker. Includes Continental breakfast. There is a Safeway, Taco Bell, Dairy Queen, and Walmart within walking distance. The pool is a three minute drive.

Hood River Bed & Breakfast: For a unique experience at a B&B owned by a Masters swimmer, contact Jane Nichols at jane@hoodriverbnb.com or 541-387-2997. Located three blocks from downtown and less than 5 minutes from the pool, this B&B has great breakfasts and munchies, river views from all rooms, deck, gazebo, hammock, web access, and fax services. Queen beds, private baths. Discounts for extended stays.

HOST (House Our Swimmers Tonight) / Camping Info: Contact Sandi Rousseau at swim@gorge.net or 541-354-2580 if you would like to stay with a local swimmer and meet some new friends or prefer camping.

Northwest Zone Meeting: Jane Moore (or her elected replacement) will be planning a Zone meeting on Saturday, November 1st. This will likely be prior to the start of warm-ups but time and place will be announced later. Please plan to attend to represent your LMSC.

Hood River Short Course Meters Zone Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #378-09

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

Unregistered swimmers must submit a 2008 registration form and fee with this form.

Hosted by: Columbia Gorge Masters &
Hood River Valley Swim Team
Hood River Aquatic Center
1601 May Street
Hood River, Oregon
6-7 lanes competition-electronic timing
Separate warm-up/down area

DATE: Saturday & Sunday, November 1-2, 2008

SATURDAY: WARM-UPS: NOON • MEET STARTS: 1PM
SUNDAY : WARM-UPS: 8AM • MEET STARTS 9AM

Daylight Savings Time ends Nov 2nd at 2am. Enjoy an extra hour of sleep!

Meet director: Sandi Rousseau • home 541-354-2580 • cell 503-806-7020 • swim@gorge.net

Directions to the pool: Eastbound: Take I-84 to Exit#62 (first Hood River Exit), turn right onto Cascade and go toward town for 1.2 miles to the first stoplight. Turn right on 13th, go up the hill and turn right on May St (just past the hospital on the left). Pool will be on your left just past the park. Westbound: Take I-84 to Exit #63 (second Hood River Exit), turn left and go into town. Go through the blinking red light and go one block to State Street. Turn right and go .6 mile to 13th Street. Turn left, proceed up the hill and turn right on May Street (just past hospital). Pool will be on your left just past the park.

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

HOST (HOUSE OUR SWIMMERS TONIGHT): CONTACT SANDI ROUSSEAU 541-354-2580 OR E-MAIL SWIM@GORGE.NET

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY OCTOBER 17, 2008



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY



NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ 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. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC 31, 2008. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS WITH NO MORE THAN 5 EVENTS PER DAY, PLUS 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 400, 800 & 1500 FREESTYLES & 400 IM WILL BE DECK SEEDED. **CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM.** ALL EVENTS WILL BE SEEDS SLOW TO FAST.

Saturday, Nov 1, 2008

800 FREE (1) _____ : _____ . _____
200 BACK (2) _____ : _____ . _____
50 FREE (3) _____ : _____ . _____
100 BREAST (4) _____ : _____ . _____
200 IM (5) _____ : _____ . _____

break

FREE RELAYS (6-11)

50 FLY (12) _____ : _____ . _____
200 FREE (13) _____ : _____ . _____
100 BACK (14) _____ : _____ . _____

break

MIXED MEDLEY RELAYS (15-16)

400 IM (17) _____ : _____ . _____

Sunday, Nov 2, 2008

400 FREE (18) _____ : _____ . _____
200 FLY (19) _____ : _____ . _____
50 BREAST (20) _____ : _____ . _____
100 FREE (21) _____ : _____ . _____

break

MIXED FREE RELAYS (22-24)

100 FLY (25) _____ : _____ . _____
50 BACK (26) _____ : _____ . _____
200 BREAST (27) _____ : _____ . _____
100 IM (28) _____ : _____ . _____

break

MEDLEY RELAYS (29-32)

1500 FREE (33) _____ : _____ . _____

"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: \$23.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072

Chehalem Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #379-01

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

Unregistered swimmers must submit a 2009 registration form and fee with this form.

Hosted by: Chehalem Swim Team

Location: Chehalem Aquatic Center
1802 Haworth
Newberg, OR 97132

25 yards ~ 6 lanes competition-electronic timing
separate warm-up/down area

DATE: Saturday January 31, 2009

WARM-UPS: 8AM
MEET STARTS: 9AM

Meet Director: Kathleen Buck • Phone 503-625-5747 • e-mail kbuckcheney@comcast.net

Directions to Pool: Take I-5 (North or South) to the Tualatin/Sherwood Exit (289). Turn West onto Nyberg Road, which becomes the Tualatin/Sherwood Road. Proceed through the community of Tualatin until you reach Sherwood (5 miles). In Sherwood, immediately past the Albertson's shopping complex, take a left (South) onto Hwy 99W. Continue on 99W to Newberg. In Newberg, turn Right onto Villa Road (Walgreens will be on your left). Turn right onto Haworth, and the pool is on your right.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT 2009 USMS REGISTRATION CARD WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY JANUARY 16, 2009



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY



NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2009 USMS # _____

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

IS THIS YOUR FIRST MASTERS MEET? _____ Yes _____ No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). THE 500 & 1000 FREESTYLES & 400 IM WILL BE DECK SEEDED. **CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM.** ALL EVENTS WILL BE SEEDED SLOW TO FAST.

SATURDAY, January 31

400 IM (1) _____ : _____ . _____

100 FLY (2) _____ : _____ . _____

200 FREE (3) _____ : _____ . _____

50 BREAST (4) _____ : _____ . _____

MIXED FREE RELAYS (5-7)

* break *

100 BACK (8) _____ : _____ . _____

200 BREAST (9) _____ : _____ . _____

50 FREE (10) _____ : _____ . _____

MEDLEY RELAYS (11-14)

* break *

500 FREE (15) _____ : _____ . _____

200 IM (16) _____ : _____ . _____

100 BREAST (17) _____ : _____ . _____

200 BACK (18) _____ : _____ . _____

50 FLY (19) _____ : _____ . _____

FREE RELAYS (20-25)

* break *

100 IM (26) _____ : _____ . _____

100 FREE (27) _____ : _____ . _____

200 FLY (28) _____ : _____ . _____

50 BACK (29) _____ : _____ . _____

MIXED MEDLEY RELAYS (30-31)

* break *

1000 FREE (32) _____ : _____ . _____

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

Seventh Annual Animal Masters Meet
OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
 Eligibility: Currently registered USMS swimmers, 18 years and older.
 Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #379-02



Location: Canby Municipal Pool
 1150 S Ivy
 Canby, Oregon 97013
 5 lanes competition-electronic timing
 1 lane continuous warm-up/down lane

Date: Sunday, February 15, 2009

Positive Check-in at Clerk of Course: 3PM
 Warm-ups: 2:30PM
 Meet Starts: 3:30PM

Hosted by: Canby Swim Club "The GATORS"

Meet Director: DeeAnna Smith. Phone: 503-651-1543. Email: deemarie1964@yahoo.com.

Directions to the pool: **Southbound-** I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto HWY 99E (Oregon City, Canby). continue south on 99E, turn left on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center • **Northbound-** I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn right on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center

Lodging: Holiday Inn Wilsonville, 24525 SW 95th Ave, Wilsonville (North Wilsonville exit off I-5) 503-682-2211

Ask for the Canby Swim Club preferred rate.

Swimmers will receive one basic Heat Sheet upon completion of final seeding.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2009 USMS REGISTRATION CARD OR 2009 REGISTRATION FORM WITH THIS ENTRY
ENTRY DEADLINE: POSTMARK NO LATER THAN Friday, January 30, 2009

⌂ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY ⌂

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2009 USMS # _____

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

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

TWO OPTIONS: Enter meet only (no T-shirt) **OR** Enter meet and receive a cool T-shirt

(If entry is received after January 12th, a T-shirt is not guaranteed).

Trophy for lowest cumulative Male and Female times for each session. Chose **only one:** Sprint, Animal or Animal Grand

Animal Sprint Masters

100 I.M. (1-2) _____ : _____ . _____

50 FLY (7-8) _____ : _____ . _____

200 FREE (13-14) _____ : _____ . _____

All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 5 seconds for Disqualifications. Slowest time of all swimmers plus 20 seconds for no show.

Animal Masters

200 I.M. (3-4) _____ : _____ . _____

100 FLY (9-10) _____ : _____ . _____

500 FREE (15-16) _____ : _____ . _____

All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 15 seconds for Disqualifications. Slowest time of all swimmers plus 60 seconds for no show.

Animal Grand Masters

400 I.M. (5-6) _____ : _____ . _____

200 FLY (11-12) _____ : _____ . _____

1000 FREE (17-18) _____ : _____ . _____

All swimmers must enter the 3 events to the left to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 30 seconds for Disqualifications. Slowest time of all swimmers plus 2 minutes for no show.

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

SIGNATURE _____ DATE _____

Shirt size (circle) S M L XL 2XL

MEET ENTRY FEE: WITH T-SHIRT \$27.00 OR WITHOUT T-SHIRT \$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 United States Masters Swimming 3000-yd & 6000-yd Postal National Championships

Sponsored by Swim Louisville Masters
Sanction 418-LD-0001

September 15, 2008 – November 15, 2008

DATE: All swims must be completed on or between September 15 and November 15, 2008. **All entries must be received by November 25, 2008.**

OBJECTIVE: To swim 3000 yards or 6000 yards. The recorded time determines the order of finish. If two or more swimmers report the same time, a tie will be declared.

LOCATION: Any 25 yard pool, no exceptions.

ELIGIBILITY: Each participant must be registered for 2008 with USMS (or the equivalent organization for non-U.S. Swimmers). Foreign swimmers are not eligible for USMS records or All-American selection. **A copy of your current 2008 registration card must accompany your entry.**

INDIVIDUAL EVENTS: Men and women compete separately in age groups of five-year increments: 18-24, 25-29, 30-34,...100+. The swimmer's age on the day he or she actually completes his or her swim will determine his or her age group. Swimmers who change age groups during the event may enter twice but must swim the event twice, one time in each age group.

RELAY EVENTS: Relay events will be contested in three categories: 3 men, 3 women, or 4 mixed (2 men, 2 women). Each relay member **must** also enter the individual event and be registered with the same USMS club. Unattached swimmers are not permitted on relays. The youngest relay member's age shall determine the relay's age group. Age groups are 18+, 25+, 35+, . . . 95+. The cumulative time for the individual swims will be the relay time. Relay entry forms are located at: www.usms.org/longdist/.

CLUB EVENT: Each Club will be entered automatically in the Club event. Club point scoring will be calculated based on Quality Points, which are ratios of each individual time to the corresponding USMS record for the gender & age group. The faster the swim, the more Quality Points a swimmer earns. Club totals will be the sum of the Quality Points of its swimmers. Since every swimmer will receive Quality Points, every swimmer counts!

FEES: \$10.00 for each individual entry (\$12.00 for non-US swimmers) and \$18.00 for all relay entries. Fees are non-

refundable and are payable by check or money order only, no cash. Foreign entrants must submit fees in U.S. Funds via international money order or bank check drawn on a bank with a U.S. affiliate.

AWARDS: The top 10 finishers in each age group in the individual event and the top 3 clubs in relay events will receive USMS Long Distance National Championship medals. First-place finishers in each individual and relay age group will also receive a USMS championship patch. Only one patch per event/participant will be awarded.

RULES: The 2008 USMS Rules govern these events. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. No more than two swimmers may share a lane, with each swimming on one side of the lane during the entire race (i.e. no circle swimming). An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer must have a verifier to count laps, record cumulative splits and time the event with a stop watch or electronic timing device. Cumulative split times must be recorded to the nearest second and tenth (or hundredth) of a second. A split sheet must be kept for each swimmer and a copy included with the entry form, signed by the verifier. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 yards to 2760). One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

RECORDS: **Should you break a record, your entry must be received no later than October 15, 2008 to be printed in the 2009 Rule Book.** Please be sure to indicate on the envelope that the entry contains a USMS record.

T-SHIRTS: A 2008 USMS 3000/6000 Postal National Championship T-shirt is available at a cost of \$15. (International orders cost \$20 for each shirt).

RESULTS: Complete results will be available by mail, e-mail or via the internet (see the USMS web site after January 5, 2009).

QUESTIONS: Contact event director: Mark Gill at (480) 784-7112 between 9:00am and 9:00pm EST or mark.gill@usms.org

RELAY ENTRY FORMS ARE LOCATED AT:

<http://www.usms.org/longdist/ldnats08/3-6000relayentry.pdf>

Staple a copy of your USMS (or equivalent) Registration Card here.

2008 USMS 3000/6000 POSTAL SWIM NATIONAL CHAMPIONSHIPS INDIVIDUAL ENTRY FORM

NAME: _____ GENDER: M or W AGE: _____ BIRTHDATE: ____/____/____
Name as it appears on Registration Card - Last, First Circle one Day of swim MM DD YY
 ADDRESS: _____ PHONE: _____ - _____ - _____
 CITY: _____ STATE: _____ ZIP: _____ COUNTRY: _____
 CLUB: _____ CLUB ABBR: _____ REGISTRATION NUMBER: _____ - _____
2008 USMS or FINA
 E-Mail Address: _____ SEND RESULTS (Check **ONE**): ☐ E-Mail **OR** ☐ Mailed Hard Copy
 Check which USMS Postal Events you have entered this year: 1 Hour _____ 5K _____ 10K _____ 3000 _____ 6000 _____

Check if you want to decline any awards you may earn. _____

Results posted at: www.usms.org by 1/5/2009

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

SWIMMER's SIGNATURE _____ **DATE** _____

In addition, I certify that I have read the rules of this competition and that on ____/____/____, 2008, I swam ____3000 yds ____6000 yds in a time of ____:____:____ at:

Pool name/City _____

Swimmer's Signature _____

Verifier's/Timer's Name, PRINTED _____

Verifier's Phone Number or Email Address _____

Entry Fee: ☐ US\$10, USMS, or
☐ US\$12, other FINA Masters = US \$ _____

T-Shirts: Indicate Quantity Ordered

Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____

US\$15 each, USMS _____

US\$20 each, other FINA Masters _____ = US \$ _____

TOTAL US \$ _____

Include: Copy of **2008 USMS or FINA REGISTRATION CARD**, Entry form and split sheet
Check Payable to: Louisville Masters
Send to: Mark Gill
2955 Riedling Drive
Louisville, KY 40206

Must be RECEIVED by November 25, 2008.

Record Split Entries using CUMULATIVE TIMES to the nearest second & tenth (or hundredth).

50		1050		2050		3050		4050		5050	
100		1100		2100		3100		4100		5100	
150		1150		2150		3150		4150		5150	
200		1200		2200		3200		4200		5200	
250		1250		2250		3250		4250		5250	
300		1300		2300		3300		4300		5300	
350		1350		2350		3350		4350		5350	
400		1400		2400		3400		4400		5400	
450		1450		2450		3450		4450		5450	
500		1500		2500		3500		4500		5500	
550		1550		2550		3550		4550		5550	
600		1600		2600		3600		4600		5600	
650		1650		2650		3650		4650		5650	
700		1700		2700		3700		4700		5700	
750		1750		2750		3750		4750		5750	
800		1800		2800		3800		4800		5800	
850		1850		2850		3850		4850		5850	
900		1900		2900		3900		4900		5900	
950		1950		2950		3950		4950		5950	
1000		2000		3000		4000		5000		6000	

2008-'09 Meet **SCHEDULE**



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Date - - - - - Event - - - - - Location - - - - - Contact

Pool Meets

Oct. 5, 2008- - - - - SCM - - - - - Lincoln City- - - - - Jason Garding - - - - - jason@lincolncity.org

*Nov. 1-2, 2008- - - - - Zone SCM - - - - - Hood River - - - - - Sandi Rousseau - - - - - swim@gorge.net

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

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

Postal Championships 2008/2009

*3000/6000 - - - - - Sept. 15 - Nov. 15- - - - - www.usms.org

1 Hour - - - - - January 2009 - - - - - www.usms.org

* 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.

Board Retreat Oct. 10-11

Aqua Master
October/November 2008

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

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Inside: Results of Cottage Grove (Dorena)Lake Swim