## MAC Meet Ends 2007 and

Clark and Betsy Austen, long time members of the MAC, enjoyed the 2007 season ending Swim Meet at the MAC Meet on Dec. 9th. Betsy set 3 Oregon Records and 1 Zone Record during the meet. Full resultson pages 14-17

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"Swimming for Life"


## Resolutions Begin 2008

In this New Year, I'm resolving to only train with joy in my heart, and when I'm racing, to swim my heart out, with JOY! - Carol Stark
Avoid back surgery through swimming more. Help raise funds and awareness for those in need. Hug my husband, dog, kids and grandkids as much as possible. Share a smile. I'm always surprised at the type of people who smile back.

- Deb Douglas

I resolve to show up often enough at workouts so that the same people don't keep coming up and introducing themselves to me each time I come. - Mike Dowd
Of course, I resolve to never say never; with that in mind, these are my resolutions: More days in the water (actually practicing), Lots more laughter, 200 fly, 400 IM (SCM, SCY \& LCM (I think I'm losing my mind). More than anything I am going to support my fellow swim buddies and laugh a lot. If it's not fun, it's not worth it. Life is meant to be fun. - Kathy Marsh
WR in LCM 1500 at Association meet - Tom Landis
continued on page 6

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## Chair's Corner by Jody Welborn

Holiday Greetings!
By now the holidays have passed, your OMS registration has been mailed and it is time to get in the pool and SWIM! It is 2008 and Long Course Nationals are right around the corner. It will be a lot of fun and you do not want to miss it so spread the word and get ready. Now is a perfect time to set out your goals, talk to your coach and plan your training.
One of the gifts of being part of Oregon Masters Swimming is the opportunity to pass the joy of swimming to others. Swimming gives back a thousand times what I put into it, whether swimming the laps to get into shape, competing to test my fitness or socializing with others who share the joy. Oregon Masters Swimming is committed to swimming for life. To promote this goal we have a scholarship program to assist those who would love to participate but are limited by finances. If you know of anyone who could use assistance, contact Darlene Staley, OMS registrar or go to the OMS website/Registration and download the application. We are committed to giving the gift of swimming to all.
It is also hard to believe that it has already been more than a year since the World Masters Championships at Stanford in August, 2006. It was an experience beyond expectations: Swimming in a top- notch facility, meeting swimmers from all over the world, watching the elite swimmers compete, and the festive camaraderie spirit of over 5000 swimmers. The turnout from Oregon was great and the experience was such a highlight of our swim careers. So much that an Oregon swimmer and a few colleagues brainstormed on how we could encourage more of our lane mates to attend swim meets. So they came up with a challenge and opportunity to attend the world meet in Perth, Australia.
They decided to sponsor a scholarship, $\$ 2500$ to a male swimmer and $\$ 2500$ to a female swimmer. This is not for the elite swimmer that frequently attends meets and makes top ten swim times, but for the average swimmer that rarely competes. The requirements are: Participation in swim meets, (open water and postal swim count), improvement throughout the year in your swim events (must make qualifying times for worlds) and the need for financial support. The scholarships will be awarded to the swimmer that best meets the criteria and the scholarship funds and applications will be overseen by Oregon Masters Swimming.
If you are interested in applying for this scholarship contact an Oregon Masters Board member soon as the deadline is almost upon us. To apply for scholarship send your personal information, and no more than one page outlining how you meet the criteria to Jody Welborn, Chair, Oregon Masters Swimming, 6687 SW Canyon Drive, Portland, Oregon, 97225.
The OMS board will decide the female and male scholarship.
However, everyone that participates in this great sport is already a winner. Go for it and make it fun.

## Remember,

Swimming is for Life and Life Matters.
P. S. Get Ready for Nationals

Imlewaimaranhime nnm
United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc. or Oregon Masters Swimming.
Aqua-Master is the official publication of Oregon Masters Swimming, Inc. 1211 SW Fifth Ave. Portland, OR 97204-3795. It is the source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact Darlene Staley or Tia Sitton for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for $\$ 12.00$ payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc. Information is also available on line at www.swimoregon.org

Jon Clark takes the dive off the block this month as our Guest Editorial writer. Jon is the Head Coach of the Tualatin Hills Barracudas, the Host Team for the 2008 Association Meet.

## Why is the Association Championship Meet long course this year?

As many of us already know, 2008 will be special for Oregon Masters Swimming. Long Course Nationals are on our home turf this summer on August 14-17 at the Mt. Hood Community College pool in Gresham. Oregon Masters Swimming, Mt. Hood Community College and the Oregon Reign Masters will host the event. There have already been gauntlets tossed around from PNA and others, letting us know that we are the team to beat. Unfortunately, there will be a limited number of qualifying meet opportunities as this summer approaches.
Keeping this in mind, many swimmers will train through the winter months and taper for the Association and/or SCY Nationals. This year the LCM Association Meet will be a perfect opportunity to swim fast and rested in anticipation of the summer event and one of the few times you can swim Long Course and establish your qualifying times for Nationals. This is also a great chance to see where improvements need to be made! There will be plenty of time from early April until August to correct any shortcomings in our technique!
Dennis Baker laid out a great training plan in a previous issue; it is not too late to be in great shape. Not only training for Nationals, but even a good timeline for being ready to swim well in April. - If you start now! The Association meet is the first opportunity to gauge where you are and where you need to go by Nationals. If that is not enough motivation, just think how much money you will save on travel.
I hope to see you at the Tualatin Hills pool for the Association Meet in April.

# The Countdown For LCM Nationals 226 Days 

 and counting from January 1, 2008 Thank You To Our Sponsors

Diamond

Bert Petersen
Willard Lamb
Keith Dow
Jeffrey \& Linda Anspach
Mike Tennant

## Gold

Stephen Darnell
Wes Edwards
Stephen Kevan
Nancy Vincent
David Hathaway
Ron Nakata


Weight problems - part 4: sustainable weight loss
Generally, the key to sustainable weight loss is gradual change from inappropriate to appropriate life-style habits, including eating a nutritional diet plus doing adequate exercise. However, the weight loss and diet industry is a billion dollar (plus) industry, with clinics, and various authors promoting many different fixes.
Dieting has led to many unhealthy misconceptions about weight loss. There are no magical foods or ways to combine foods that melt away excess body fat. In short, if your caloric intake is greater than your energy expenditure, the excess calories will be stored as fat. But remember, the source of the calories can require different levels of metabolism so the type of food you eat does matter. Fat has more kJ per gram than carbohydrates and protein, while having the lowest thermic effect on metabolism. So eating a certain amount (in g ) of fat will result in a higher caloric intake than the same amount of carbohydrate. In addition, research suggests that unsaturated fats are more readily used by the body than the saturated fats.
Don't get stuck on a number! It might not be appropriate for you to weigh what you did as a 16 year old... Remember that weight consists of both lean muscle mass and body fat, with the goal to lose the fat rather than muscle, so weight loss goals need to be realistic. For example, a 130lb woman with $23 \%$ body fat may have a goal to lose 20lbs. Initial body fat mass is 30 lbs , so lean body mass is 100 lbs . Losing 20lbs would result in a weight of 110lbs - which if only 10lbs was from fat, would give her $9 \%$ body fat. This is unhealthy for a female. A better and more realistic goal may be to try to get to $18 \%$ body fat ( 231 lbs of fat). In this case, the goal weight is 123lbs, or a 71 lb weight loss. If she was to try and lose more than 7 lbs , she may also lose lean muscle mass which is not optimal.
The key to safe and sustainable weight loss is to look long term with slow weight loss (about 1lb/week). Those who crash diet are most likely to regain the lost weight within 5 years. Yo-yo dieting cycles will result in your body responding to the times of relative starvation by reducing the metabolic rate, and you may lose lean muscle mass as well as fat, resulting in further slowing of the metabolism.
It is important to not skip meals. If you do skip meals, you may find yourself eating more when you do eat, which can result in a larger stomach capacity. This can then increase
the amount of food you eat before you get the trigger that you feel full.
New research suggests that getting a good night sleep is also important for weight management. Lack of sleep promotes the production of the hormone grelin, which stimulates hunger, whereas sufficient sleep promotes the hormone leptin, which makes you think you are satisfied. One study found that in men who were allowed to sleep 4 hours a night for 2 consecutive days had an increase of grelin ( $28 \%$ ), with a decrease in leptin (18\%). A 16-year study following 68000 women found that those who slept on average 5 hours a night put on more weight than those sleeping 6 , who gained more weight than those sleeping 7.
Other things you can do are to cut down on dietary fats (particularly saturated fats), refined sugars, and alcohol. Increase fibre-rich foods such as wholegrain cereals, and fresh fruit and vegetables. However, don't eliminate all food groups - we do need a certain amount of fat in the diet for healthy functioning. Try to eat less processed foods where possible, and cut down on fast foods. Try to stick to regular eating habits, with smaller meals and snacks if you need them rather than one or two large meals. Remember to drink sufficient quantities of water (at least $1.5-2$ litres). Don't consume all your liquid in the form of coffee and/or sodas! If you tend to overeat, then think about why you are doing it. It may be due to boredom, habit, for social reasons, or for more complex psychological reasons. Eating is not a good way to cope with stress or emotional upsets. You should avoid using food for comfort if upset, angry or stressed. An alternative method to cope with these feelings is some gentle exercise (and utilize those feel-good endorphins from exercise), or seek professional counselling.
Of course, maintaining (or increasing) levels of exercise will help prevent muscle loss, while increasing general energy expenditure. Where exercise can not be a natural part of your lifestyle, try and structure it into the daily schedule. This may be as simple as parking in the back section of the car park rather than waiting for the parking spot close to the door, or taking the stairs when ever possible. If your current exercise regime is becoming old and tired, try adding some new things to your workouts (although keeping the swimming going, of course!) Some people are more motivated when exercising in groups, so classes are a good idea. Some may need one-on-one attention, so a personal trainer may be a good investment. Remember, small sustainable changes to life-style are better for your long-term health rather than changing everything at once.
If you have been a chronic crash dieter for a number of years, professional help may be useful to help reintroduce you to a healthy way of eating. Seek advice from your medical practitioner or dietician. And as with any change, it is more sustainable if you have support so enlist your partner/children/friends to help you achieve and maintain your reasonable goals.

Tips on Turns

Let's take some time to look at an important key to successful swimming heading into our meet season and preparing for our Long Course Masters Nationals. I was lucky enough to participate in the USA Swimming Nationals in Atlanta and the USA Senior Sectionals in December, and made an interesting observation at both meets. While watching and swimming with the best swimmers in the world what caught my eye as it pertains to Masters Swimming was turns.
It's an absolute fact that the best swimmers have the best turns. The new craze is the dolphin kick underwater off the wall. I watched Ryan Lochte beat Michael Phelps all because his turns were better underwater. What I asked myself, "is this a viable technique for a Masters Swimmer to work on"? The answer is yes and no. In practice, it is always good to work on getting a tiny bit farther underwater with perfect streamlines and flutter or dolphin kick, as if putting yourself in oxygen debt. This will make your turns in a competition less fatiguing and you will have a better race. However, in a race, it is not wise to try and emulate swimmers like Lochte, Phelps, and Coughlin. These swimmers generate a huge amount of power off the wall and go very deep. It takes a tremendous amount of time in practice and a lot of strength training to perfect this. The truth, and it hurts to say this, is that the more we age the less viable this type of turn is. My recommendation is not to waste your time and energy trying this in a race. Your time is best served perfecting a nice tight and clean turn. A prime example of this is Dara Torres. At the age of 40 , Dara is once again tearing up the pool and has recently set a couple of American Records. Dara doesn't do a lot of dolphin kicks off the wall. She streamlines, pops right up, and gets to swimming.
I witnessed the same style with a few swimmers at the USA nationals. I asked a few of them why they don't spend a lot of time underwater. Their response was that they were not good at it, and felt more comfortable and faster by just popping up and getting going. One kid I asked had just gone a 42.6 in the 100 yard freestyle! So don't feel like you are

missing out on too much here gang. Keep your turns clean and simple. By this I mean don't stay too long underwater because you will run out of air and lose the momentum you create from the push off.
So what can we do to make our turns better? What is most important to do and not do on your turns? Here is a list and a few drills to help you on your way!!!

1) On a Freestyle turn do not take a breath going into your turn with BOTH ARMS AT YOUR SIDE. It's ok to take a breath going in, but do a stroke with the breath into the wall.
2) On a Freestyle break out do not take a breath before your first arm stroke. You may have to switch the arm you start with to fix this. One arm stroke, then a breath.
3) Perfect your breakouts. Having a comfortable strong breakout is what's most important in turns. As discussed before, it may be a shorter distance under water than you are currently doing.
4) Absolutely, don't loose the momentum off the wall before you start to swim. Use the force you created off the wall to start your stroke. This relates to number 3 .
5) Don't rush your turn. It's not so important how fast you get around, but how well you place your feet and have a good push off. Especially, on flip turns. I see and get wet a lot from swimmers slapping their feet so hard on the wall they never get their feet set and have a bad push off.
A drill to improve your flip turns:

> 1) Flip and stop drill. Do your normal flip turn and stop with your feet on the wall for three seconds while sculling with your hands to keep steady. Set your feet well, bend the knees, and have a strong push off. This drill will help you a great deal. Do twenty of these at the end of practice once a week and you will start to notice a change in your regular practice and
race turns.
A drill to help your open turns:

1) Kick turn drill. Place both hands on the wall with your face in the water. Kick flutter for ten seconds while holding your breath and then do an open turn with a good breakout. This drill will raise your heart rate before the turn and fatigue you. If you can perform a good turn in this state, you can perform a good turn in a race. Do ten of these at the end of practice once a week.
Do these drills with breakouts in mind. Don't stress about not being able to do turns like Lochte, Phelps, and Coughlin and you will be well on your way to better swimming and racing.


The USMS One-Hour Swim is a great fitness event and a wonderful way to start the new year for you and your team. We anticipate a great year in 2008, culminating in two USMS National Championship events in August, and this would be a perfect kickoff as we begin preparation! With the intention to boost Oregon involvement in this event, I am asking for your support in getting your local team to participate fully in this year's One-Hour Swim.
As a coach, I have found that the national postal swims provide excellent fitness opportunities, work very well within a seasonal \& overall training plan, provide unerring —
measurement of swimmer progress, and can (for most of you) be done in your home pool. They can serve as strong confidence-builders for timid swimmers. They are even good for sprinters, although invariably they protest. I have also found that turning postal swims into group events are great team builders, and the One-Hour Swim can provide a wonderful team start to the new calendar year.
The Oregon Club is nearly always in the hunt for National team honors. Last year, we placed fourth overall in our first year in the Extra-Large Club category with 127 Oregon swimmers. The scoring is unique, in that team placement is determined by total yardage. Everyone counts! I would love to see 150 OMS-registered swimmers participate this year, and see us vault upward in the club standings.
You will find the event information \& entry form in this Aqua Master on pages 8-9. You can also find the all-time Oregon top twelve in the One-Hour Swim and information about the year-long Oregon Postal Series on the OMS website (www.swimoregon.org).
Organize, swim well, and have fun! Good luck and good swimming!

## What Are You Waiting For?

Two opportunities have been added to help you swim the 1 Hour Postal Swim in January. The "Snowball" Meet in Oregon City and the Animal Meet in Canby have both agreed to make their pools available for any OMS swimming wishing to do the 1 Hour Postal. There will be room for 12 swimmers at each pool. You must sign up for the swim when you check in at the Registration Desk. Also you must provide you own timer/counter. So what are you waiting for?

## Resolutions continued from page 1

Decrease my sugar and chocolate intake. - Anna Casey
My new year's resolution is to practice coach Bob's "high elbow drill" and get that elbow high after the catch. - Karen Allen
A couple of top ten times in 08 !- Doug Brockbank
I am determined to do as well as I can swimming, but to spend equal efforts genuinely appreciating and getting to know other swimmers. OMS swimmers are an intelligent, determined, and talented group of people. We are incredibly fortunate to have such a rich mine of personalities. - D. I. "Dinneen"
Eat More Chocolate. I make this resolution every year and fail miserably by February. This year is the year I succeed.
Learn to like red wine. My husband has been campaigning for this for years and I have never developed a palate for it. Its supposedly good for you. I should really try to drink a healthier beverage besides iced tea and red wine may be the one for me.
That is enough of a challenge for me for a year! Happy New Year! - Ann Goodman

Get some weekly morning workouts back into my schedule

## - James Butler

Less coaching, more swimming
Less worry, hurry and scurry
Less egg-nog, more slimming....Bert Petersen
To stay in shape, after working so hard to get there. To finish my Ph.D. - Cathy Law
To stay on my healthy diet and continue to lose weight. I miss sweets, but they're not good for me, anyway. To get more involved in Barracudas. I'd like to compete at least twice this coming year and help out at meets, also.

## Elizabeth Harrison

Put more money into savings.
Spend less time complaining that I don't have enough time.

## Andrea Smith

Swim 365 miles (1 mile per day) - Elizabeth Strausbaugh (Elizabeth - it's Leap Year so you better go 366 miles)
My resolution is to beat my wife in the 100 free! - Brian Young.

Resolutions continued on page 7

## Swim Bits \# 8 -Fleishhacker by Ralph Mohr

Swim Bits \#8
In the Sept-Oct 2007 issue of Swimmer, there was a "Splashback" article about Fleishhacker Pool in San Francisco. I, like most I suppose, did not know much about the history of the pool, but at least I can say I swam in it.

Fleishhacker was 1000 feet long, but the Pacific Association would put in a bulkhead at the deep end for a 50 meter pool. There were no underwater markings as the pool was over 20 feet deep and full of heated salt water from the Pacific Ocean 400 meters or so to the west.

I swam my first long course meet there ever. I remember the 100 fly vividly because George Harrison was in my heat. George almost made the 1956 Olympic team as a high school swimmer, and he swam for Acalanes High School in the same league I swam in.

I saw George twice in the race: when we left the blocks and as he was coming back. By the time I hit the finish, he was dried off and gone.

Fleishhacker was fun to swim in though. Coming off the ten meter tower one could hit the bottom, grab a hand full of sand from the inlet pipe and look for sand dollars. The life guards used boats and sometimes they couldn't see the other side of the pool because of the San Francisco fog.

I was sad to read that they have turned the pool into a parking lot. We could use it today for open water or postal swims. Imagine: only 18 lengths for a 6000 .


## A New Swim Season - A Message from your Registrar

This is the year that you will be able to register online for USMS and OMS! Just go to the USMS web site and look for details. http://www.usms.org/

As we approach the new registration season with OMS, I would encourage you to check the box that says you would like the AquaMaster by email unless you prefer a hard copy. It saves OMS money by taking your AquaMaster online.

I would also like to remind you that we do have a scholarship fund set aside for those that might not join OMS because of financial reasons. Check out http://www.swimoregon.org/forms/scholarship/information.pdf for information regarding our program. A scholarship application form can be found at http://www.swimoregon.org/forms/scholarship/scholarship form.pdf


Resolutions continued from page 6
My New Year's resolution is to complete this years check off challenge and stop eating cinnamon rolls for breakfast. Mary Sweat
I am going to try harder at swimming this year. I am aiming for a small triathlon by the time I am 50. (running out of time!) I am takiing baby steps but steps none the less. - Matt Tracy
My New Year's resolution will be to keep on living not having a New Year's resolution and treating everyday as if something good is going to happen to me and the people around me. - Denny Manor
Swim the 1 -hr Postal swim and achieve 3,000 yards or better.

Swim 100,000 yards or more for the February Fitness Challenge
Swim at the Association meet
Swim in "Go the Distance" virtual swim averaging 1 mile/ day (366miles/leap yr.) - Jon Schieltz
Actually... to slooooowwwww down. Not in the pool, just in life. I've been reading the back of my Starbucks coffee cups (I know, quite trite) and realizing I should take time to be "present" instead of rushing from place to place. But my \#2 goal is...
To swim fast and get the most out of each workout. Anicia Criscione
My resolution is to attend 3 practices a week. NO EXCUSES!!!! - Connie Peterson

## 31st Annual National Championship One Hour Postal Swim 2008 United States Masters Swimming Long Distance National Championship

Sanctioned by Indiana LMSC for USMS Inc. Sanction Number 168 S01

Date: All swims must take place during January 2008. All entries must be received by February 11, 2008.
Objective: To swim as far as possible in one hour. The total number of yards swum determines the order of finish.
If two or more swimmers complete the same distance, a tie will be declared. Venue: Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five-yard increment. Submit the distance in yards.)
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 AllAmerican selection. A copy of your 2008 registration card must accompany your entry.
Individual Events: Men and women compete separately in age groups: 18-$24,25-29,30-34, \ldots 100+$. The swimmer's age on the day he or she actually completes his/her swim will determine his or her age group. Swimmers who change age groups during January 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).

The age of the youngest relay member determines the age group of the relay: 18+, 25+, 35+, 45+ .. 95+. Each relay member MUST also have entered the individual event. All members of a relay must be registered with the same club. Unattached swimmers are not permitted on relays. The relay with the greatest total yardage will be declared the winner.
Club Event: Each club will be entered automatically in the club event. At least three divisions will be recognized, based on the number of individual entries from each club, as determined by the event host and the Long Distance Committee chair. Relay yards will not be included. Coach Reward: To promote participation in the USMS One Hour Postal Swim and coaches' education at the ASCA Coaches Clinic, coaches entering 25+ swimmers will receive a USMS Logo Polo shirt and 25\% grant towards one ASCA clinic registration. Coaches entering 50+ swimmers will receive two USMS Logo Polo Shirts and 50\% grant towards one ASCA clinic registration. Coaches entering 75+ swimmers will receive three USMS polo shirts and $75 \%$ grant towards one ASCA clinic registration. Coaches entering 100+ swimmers will receive four USMS
logo polo shirts, and 100\% grant for one ASCA clinic registration.
Awards: The top 10 finishers in each age group in the individual event and the top six relay teams in each relay age group will receive USMS Long Distance National Championship medals. First-place finishers in each individual and relay age group will also receive USMS championship patches, no more than one per event/participant. Awards will be presented to top three clubs in each division of the club event. Rules: The 2008 USMS Long Distance Rules govern these events. Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Only two swimmers may share a lane, and they shall each swim on one side of the lane during the entire race (i.e. no circle swimming). An adult "verifier," acting as a starter/head timer/counter/referee, must be present at all times during the swim. Each swimmer must have a verifier to time the event with a stopwatch, count laps, and record cumulative (running) 50 splits. 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.


Distances are to be rounded down to the nearest completed five-yard increment (i.e., round 2764 yards to 2760). See Venue section for conversion from meters to yards. One person may serve as a counter/verifier for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude. T-Shirts: 2008 USMS One Hour Postal National Championship T-shirts are available. The cost for USMS members is US \$17; for other FINA Masters (non-USMS) US \$22. Fees: Individual entry fee is US \$6 for each individual entry; US \$10 for other FINA Masters (non-USMS). ALL relay fees are US $\$ 18$ per entry. All fees are nonrefundable. and are payable by check or money order only - no cash. International entrants must submit US funds via international money order or bank check drawn on a bank with a U.S. affiliate. Electronic Entry: For information, contact event director, Mel Goldstein, 317-253-8289, or goldsteinmel@sbcglobal.net.

## RELAY ENTRY FORM

Circle Event: Women - (3) Men - (3) Mixed - (2 Women \& 2 Men)
Club Name: $\qquad$

## Age Group:

 Club Abbreviation:
## Contact Person:

$\qquad$ Phone \# or Email:
Please note: It is NOT necessary to send duplicate individual forms with this relay enty form. Relay awards will be mailed to individual swimmers.

Swimmer (Name as it appears on registration card)
$\qquad$
\#2:
\#3: $\qquad$ \#4:

## Relay Entry Fees:

US\$18 (Payment in US\$
or International Money
Order ONLY)

Make Checks Payable to:
YMCA Indy SwimFit Deadline: RECEIVED by February 11, 2008

## Send Entries to:

Mel Goldstein, Event Director 5735 Carrollton Ave. Indianapolis, IN 46220 USA

| Gender <br> Circle One <br> W or M | Age | Yards Swum |
| :---: | :---: | :---: |
| W or M | $\square$ | - |
| W or M | $\square$ | - |
| W or M | $\square$ |  |

TOTAL Yards:

## 2008 USMS ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP INDIVIDUAL ENTRY FORM



I certify that I have read the rules of the competition and that on January $\qquad$ , 2008, I swam $\qquad$ yards or $\qquad$ meters at

Pool Name/City:

## Swimmer's Signature

Verifier's Name, Printed
Verifier's Phone Number or Email Address
Entry Fee: $\square$ US\$6, USMS or $\square$ US\$10, other FINA Masters = US\$ $\qquad$ Include: Copy of 2008 USMS or FINA
REGISTRATION CARD, Entry form and split sheet
Check Payable to: YMCA Indy Swim Fit
Send to: Mel Goldstein, Event Director
5735 Carrollton Ave
Indianapolis, IN 46220 USA
Must be RECEIVED by February 11, 2008.

Record split entries using RUNNING TIMES for 50 splits to the nearest second and 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 |  |

$\qquad$

## IRISHMAN, IRISHMAN by Joe Oakes

When I was a kid growing up in the South Bronx almost everyone in our neighborhood was either Irish or Italian. Sure, there was the occasional German (who in the forties and fifties often changed their names from Schmidt to Smith), and the rare Pole or Jew. The Puerto Rican influx had not yet arrived and blacks lived across the Harlem River. Our family chose to identify with the Irish, largely because my father, Charles, fought in WWI with New York's Fighting Irish, as recorded in the movie, The Fighting $69^{\text {th }}$. His mother was from Ireland, constantly at war with her English husband, my grandfather. Pop was especially Irish on Friday, payday, at the Emerald Bar on the corner.
So all my life I have wanted to visit the Emerald Isle, the land of my forebears, or some of them anyway. I dreamed of walking along and chancing upon a shamrock, kissing the Blarney Stone and admiring twinkle-eyed, rosy-cheeked colleens smiling at me as they sauntered by. Then in 2007 I got my big chance. I was invited by an Irish club to form a group of swimmers from my club in San Francisco to swim in Ireland. Our club's distinction is that we swim year-round in the cold waters of San Francisco Bay, an admirable trait in the eyes of Irish swimmers with the same proclivity.
It was no small accomplishment getting that invitation. The Irish ocean swimming establishment is rather rigorous in their requirements. Never before had foreigners been permitted to swim in their premier event, the Liffey Swim. We were to be the first.

Four of us made the trip, Danny Needham, Elisa Ghirardelli (who now lives in Israel), Paulie Weiss and I. The Liffey


Joe, in the rear, waiting to enter Forty Foot

Swim was scheduled for September 15, but we wanted to first pay our wet homage at a place called The Forty Foot, a site venerated by ocean swimmers, often written about by Ireland's many fine authors. There is nothing immediately special about The Forty Foot, but there is a different feel to it. Just south of Dublin, it is a smallish cut into a jumble of sea rocks, with steps going down to the sea, hewn by hand in the granite many years ago. Every day, year round, men and women of all ages come here to take in the waters. Until a few years ago it was restricted to men only and bathing costumes of any type were anathema. Today: wetsuits frowned upon.
The temperature of the Irish Sea at Forty Foot the morning of September 13 was a brisk 11 C, 52 F, cool enough to let us know that we were finally in Ireland. We frolicked a bit, swam around a headland, chatted with the genial locals, then took very efficient public transit back downtown (Dublin Area Rapid Transit, DART), where we readied for dinner with our first pint of Guinness.

And Guinness it was again for the Liffey Swim, which starts near the immense Guinness brewery, a 2.2 km swim down towards the sea, passing the Jameson distillery en route. We must have swum under fifteen bridges across the Liffey, each chock-full of loudly cheering swim fans urging on the 400 plus swimmers. Paulie had his waterproof camera and we took pictures along all the way to the finish, shooting each other, the bridges, the fans and the nation's capitol. The Dublin Fire Department hosed us down when we climbed out of the water. Maybe they thought that we were a fire hazard; or maybe there was something in the Liffey that needed to be washed off. (I do not want to know.) The Irishmen took it all seriously and swam like it was an Olympic trial. For us it was sheer fun. Even more fun was the grand awards banquet at the Guinness brewery that evening, but not before joining the other swimmers for a couple of pints at Mulligan's, a pub some of us may remember from James Joyce's Ulysses. Two of our team were awarded trophies to a welcoming Irish chorus of "USA, USA, USA."
The next day we drove across Ireland to where the North Atlantic awaited us. In Dingle Bay we swam with wild and free, tourist-friendly Fungi the Dolphin. I think that the local tourist board has the fishermen feeding him to keep him in the Bay. Our hostess in Kerry was Nuala Moore, a force of nature in herself. Last year she was a member of a relay team that swam completely around Ireland. Nuala (pronounced NOO-la) made arrangements for us to swim in the abandoned Blaskett Islands, and a first-ever 2-1/2 mile swim from Maharee Island to Castlegregory. Nuala was the twinkle-eyed, rosy-cheeked damsel that I had dreamed of, but no dainty colleen she. This woman, full of humor with


The start of the Liffey Swim - check out the number of swimmers waiting their turn
a ready riposte to anything, taught us the tongue-in-cheek meaning of "It's all about me!" To care for us itinerant swimmers, she simply shut down her small shop in Dingle and spent much more time with us than we deserved.
We did two more swims with Nuala, one to test the course


## One of the 15 bridges on the Liffey Swim

of a triathlon she was putting on for charity, and the other in frigid Peddlar's Lake, high on a mountain, where the cold wind made the cold water seem warm by comparison.
Then we were off to County Cork in the south, where an ex-pat American friend, Ned Dennison had invited us to
participate in the Sandy Cove Swim. Naturally we stopped at the Killarney Lakes for another ablution. After a hike of a mile or so we found an isolated spot where we swam among the cliffs in one of the most celebrated trout fishing lakes in Ireland.

In Kinsale, where we swam the Sandy Cove, we stayed at the home of a pair of swimmers, another example of Irish hospitality. The swim itself was interesting. More than 200 of us started in a quiet bay, and the first 500 meters or so out to Goat Island was calm. A left turn around the island took us out into the Atlantic, where the stuff hits the fan. To your right is open sea, all way down to Antarctica. To your left are the rocky cliffs of Goat Island being pummeled by waves generated hundreds of miles away. There is no turning back and no climbing out. Swim or die comes to mind. After what seemed to be a very long time we reached the final turn, back into the calm bay, with only a few hundred meters to go. The instructions were, "Aim for the big pink house and follow the buoys from there." I will tell you that the big pink house took a very long time swimming towards me. Then it was over, the Sandy Cove Swim and all of our swims in Ireland.
Ireland was wonderful. The Irish people are fun-loving, generous, intelligent and talented people. What struck me most of all was that they have not forgotten how to laugh freely and sing readily, things that we Americans used to do, that I dearly miss. They are easy going and welcoming, and they quickly distinguish between American people, whom they love, and our government, which they despise.


The one negative is that, because sorry state of the U.S. Florida and Texas at prices that would be cheap in Euros.. dollar, Ireland, especially Dublin, can be very expensive for Americans. That was brought home to me in the window of a real estate office in Dublin: They were selling "estates" in

But a few dollars will not stop me from returning to Ireland. Hey, what is money for, anyway?



Compiled by Mary Sweat

| Women 18-24 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 4 | 50 Free | Jill Vukmanic | 24 | OREG | 29.78 |
| 8 | 100 Free | Jill Vukmanic | 24 | OREG | 1:07.23 |
| 7 | 200 Free | Jill Vukmanic | 24 | OREG | 2:27.78 |
| 3 | 50 Fly | Jill Vukmanic | 24 | OREG | 31.42 |
| 2 | 100 Fly | Jill Vukmanic | 24 | OREG | 1:11.85 |
| Women 25-29 |  |  |  |  |  |
| 4 | 200 Breast | Lindsay Monk | 25 | OREG | 3:02.94 |
| Women 30-34 |  |  |  |  |  |
| 10 | 800 Free | Ellen Kramer | 32 | OREG | 11:40.94 |
| 4 | 50 Free | Shannon Wallace | 32 | OREG | 29.21 |
| 8 | 100 Free | Shannon Wallace | 32 | OREG | 1:05.67 |
| 4 | 50 Fly | Shannon Wallace | 32 | OREG | 31.30 |
| 6 | 100 Fly | Shannon Wallace | 32 | OREG | 1:12.64 |
| Women 35-39 |  |  |  |  |  |
| 9 | 400 IM | Alison Moore | 37 | OREG | 6:21.32 |
| 3 | 200 Breast | Sara Nelson | 35 | OREG | 3:09.13 |
| 8 | 200 Fly | Sara Nelson | 35 | OREG | 3:01.43 |
| 4 | 400 IM | Sara Nelson | 35 | OREG | 5:48.26 |
| 4 | 100 Free | Nikki Weeks | 35 | OREG | 1:03.78 |
| 3 | 50 Breast | Nikki Weeks | 35 | OREG | 37.75 |
| 5 | 50 Fly | Nikki Weeks | 35 | OREG | 31.39 |
| 9 | 200 Breast | Janette Wells | 35 | OREG | 3:22.11 |
| Women 40-44 |  |  |  |  |  |
| 10 | 400 IM | Kathy Marsh | 40 | OREG | 6:50.16 |
| Women 45-49 |  |  |  |  |  |
| 7 | 50 Free | Arlene Delmage | 45 | OREG | 29.45 |
| 6 | 100 Free | Arlene Delmage | 45 | OREG | 1:03.94 |
| 4 | 200 Free | Arlene Delmage | 45 | OREG | 2:19.48 |
| 10 | 400 Free | Arlene Delmage | 45 | OREG | 5:10.64 |
| 6 | 800 Free | Arlene Delmage | 45 | OREG | 10:35.09 |
| 8 | 1500 Free | Arlene Delmage | 45 | OREG | 20:12.94 |
| 10 | 50 Breast | Arlene Delmage | 45 | OREG | 40.78 |
| 4 | 50 Fly | Arlene Delmage | 45 | OREG | 30.48 |
| 2 | 100 Fly | Arlene Delmage | 45 | OREG | 1:08.72 |
| 2 | 200 Fly | Arlene Delmage | 45 | OREG | 2:35.32 |
| 7 | 100 Back | Laura Harsey | 49 | OREG | 1:18.72 |
| Women 50-54 |  |  |  |  |  |
| 1 | 50 Free | K Andrus-Hughes | 50 | OREG | 29.48 |
| 1 | 100 Free | K Andrus-Hughes | 50 | OREG | 1:04.81 |
| 7 | 800 Free | K Andrus-Hughes | 50 | OREG | 11:26.03 |
| 1 | 50 Back | K Andrus-Hughes | 50 | OREG | 33.26 |
| 1 | 100 Back | K Andrus-Hughes | 50 | OREG | 1:14.61 |
| 1 | 200 Back | K Andrus-Hughes | 50 | OREG | 2:48.63 |
| 2 | 200 IM | K Andrus-Hughes | 50 | OREG | 2:50.15 |
| 10 | 400 IM | Elizabeth Budd | 53 | OREG | 6:50.82 |
| 4 | 50 Fly | Colette Crabbe | 51 | OREG | 33.59 |
| 1 | 400 IM | Colette Crabbe | 51 | OREG | 5:59.83 |
| 1 | 800 Free | Mary Sweat | 50 | OREG | 10:44.56 |
| Women 55-59 |  |  |  |  |  |
| 5 | 100 Fly | Elke Asleson | 55 | OREG | 1:38.85 |


| 7 | 200 Fly |
| :--- | :--- |
| 6 | 100 Back |
| 6 | 200 Fly |
| 10 | 400 IM |
| Women $60-64$ |  |
| 2 | 50 Breast |
| 2 | 100 Breast |
| 4 | 200 Breast |
| 4 | 100 Fly |
| 4 | 200 Fly |
| 7 | 100 Free |
| 4 | 50 Fly |

## Women 65-69

| 3 | 50 Free |
| :--- | :--- |
| 2 | 100 Free |
| 2 | 50 Back |


| 2 | 50 Back |
| :--- | :--- |
| 3 | 100 Back |

250 Breast
$4 \quad 100$ Breast

Barbara Fri
Barbara Frid
Barbara Frid
Barbara Frid
Barbara Frid
Barbara Frid
Barbara Frid 200 Breast P 50 Free Joy Ward 50 Back Joy Ward 100 Back 200 Back Joy Ward Joy Ward Joy Ward Joy Ward Dolores Dinneen 70 OREG 18:57.53 10800 Free Women 75-79 $10 \quad 100$ Back
Women $80-84$

| 7 | 800 Free |
| :--- | :--- |
| 8 | 200 Breast |
| 5 | 200 IM |

Beverly L'Esperance 75
B
Betsy Austen Margaret Wells
Margaret Wells
E

Elfie Stevenin
Pauline Stangel
86 OREG

8:12.37
1:26.61
6:58.82
2:24.39
12:59.26
9:18.13
20:20.02
11:22.91
3:20.20
2:53.31
25.55

9:26.43
32.35
34.88

1:18.56
31.62

1:08.39
2:31.13
30.72

2:21.16
4:57.38



100 SC Meter Backstroke
1 Goodman, Ann $\quad 48$ OR $1: 22.01$

200 SC Meter Backstroke
1 Goodman, Ann $\quad 48$ OR 2:58.27
50 SC Meter Breaststroke
1 Foley, Sharon 47 OR 41.74
00 SC Meter Breaststroke

50 SC Meter Butterfly
1 Foley, Sharon 47 OR 35.17
200 SC Meter Butterfly
1 Snider, Pam 46 OR $3: 25.05$
2 Malloy, Janie
1 Fox, Christina
2 Malloy, Janie
I
Fox
Women 50-54
SC Meter Freestyle 100 SC Meter Freestyle
1 Andrus-Hughes, K.
800 SC Meter Freestyle
2 Summers, Jeanna
53 OR 13:49.48
0 SC Meter Backstroke

100 SC Meter Backstroke
1 Summers, Jeanna 53 OR 1:33.49
SC Meter Backstroke

100 SC Meter Breaststroke
Sherwood, Dianne 54 OR 1:48.06
200 SC Meter Breaststroke
50 SC Meter Butterfly

1 Budd, Elizabeth 100 SC Meter IM
1 Budd, Elizabeth
200 SC Meter IM
1 Summers, Jeanna
Women 55-59
50 SC Meter Freestyle
1 Gray, Jane
100 SC Meter Freestyle
1 Gray, Jane
50 SC Meter Backstroke
1 Gray, Jane
Women 60-64
50 SC Meter Freestyle
1 Rousseau, Sandi
2 Sitter, Darby
100 SC Meter Freestyle 1 Rousseau, Sandi
200 SC Meter Freestyle
1 Sitter, Darby
50 SC Meter Backstroke 1 Sitter, Darby
100 SC Meter Backstroke
1 Rousseau, Sandi
50 SC Meter Butterfly
1 Rousseau, Sandi
2 Sitter, Darby
100 SC Meter Butterfly
1 Rousseau, Sandi
100 SC Meter IM
1 Sitter, Darby
Women 65-69
50 SC Meter Freestyle
1 Frid, Barbara
50 SC Meter Backstroke
1 Frid, Barbara 65 OR 44.13
50 SC Meter Breaststroke
1 Frid, Barbara 65 OR 47.47 Z
50 SC Meter Butterfly
1 Frid, Barbara
100 SC Meter Butterfly
1 Ward, Joy
200 SC Meter Butterfly
1 Ward, Joy
100 SC Meter IM
1 Frid, Barbara
200 SC Meter IM
1 Ward, Joy
Women 70-74
50 SC Meter Freestyle
1 Dinneen, Dolores
100 SC Meter Freestyle
1 Dinneen, Dolores
200 SC Meter Freestyle
1 Dinneen, Dolores
Women 80-84
100 SC Meter Freestyle
1 Austen, Betsy
200 SC Meter Freestyle
1 Austen, Betsy
800 SC Meter Freestyle
1 Austen, Betsy
100 SC Meter Backstroke
1 Austen, Betsy $\quad 80$ OR $\quad 3: 13.27$

| 53 OR | 42.79 |
| :--- | ---: | ---: |
| 53 OR | $1: 30.80$ |
| 53 OR | $3: 38.68$ |
| 56 OR | 40.97 |
| 56 OR | $1: 35.04$ |
| 56 OR | 58.63 |

200 SC Meter Backstroke
1 Austen, Betsy
80 OR 6:38.23
Women 85-89
800 SC Meter Freestyle
1 Stevenin, Elfie $\quad 86$ OR 39:27.00
50 SC Meter Backstroke
1 Stevenin, Elfie 86 OR 1:54.69
50 SC Meter Butterfly
1 Stevenin, Elfie $\quad 86$ OR $2: 45.54$
100 SC Meter Butterfly
1 Stevenin, Elfie 86 OR 6:24.87
Men 18-24
100 SC Meter Breaststroke
1 Cleary, Kevin 24 OR 1:20.87
200 SC Meter Breaststroke
1 Cleary, Kevin $\quad 24$ OR $\quad$ 3:08.05
100 SC Meter Butterfly
1 Cleary, Kevin 24 OR 1:06.98
Men 30-34
50 SC Meter Freestyle
1 Kuzara, Byron 34 OR 30.79
100 SC Meter Freestyle
1 Kuzara, Byron 34 OR 1:08.69
200 SC Meter Freestyle
1 Kuzara, Byron 34 OR 2:36.39
Men 35-39
50 SC Meter Freestyle
1 Ness, Kerry 38 PNA 36.25
50 SC Meter Breaststroke
1 Ness, Kerry 38 PNA 41.55
100 SC Meter Breaststroke
1 Ness, Kerry
38 PNA 1:38.51
100 SC Meter IM
1 Ness, Kerry
Men 40-44
50 SC Meter Freestyle
1 Wan, Eric $\quad 41$ OR 26.13

2 Butcher, Gano $\quad 43$ OR 26.24
3 Clydesdale, William 40 OR 27.17
4 Larsen, Jon-Erik 40 OR 27.44
5 Gaarder, Chris $\quad 42$ OR 29.57

65 OR 3:42.91 Z 2 Butcher, Gano 43 OR 58.48
$\begin{array}{lll}50 \text { SC Meter Backstroke } \\ 1 \text { Butcher, Gano } & 43 \text { OR } & 30.43\end{array}$
2 Waud, Timothy $\quad 40$ OR 34.21
65 OR 3:30.76 Z 100 SC Meter Backstroke
1 Waud, Timothy 40 OR 1:15.02
200 SC Meter Backstroke
1 Waud, Timothy $\quad 40$ OR 2:42.18
50 SC Meter Breaststroke
1 Corbeau, James $\quad 43$ OR 32.26
2 Larsen, Jon-Erik 40 OR 34.52
3 Gaarder, Chris $\quad 42$ OR 36.18
4 Waud, Timothy 40 OR 36.35
100 SC Meter Breaststroke
80 OR 2:38.46 O 1 Corbeau, James 43 OR 1:10.72
2 Gaarder, Chris $\quad 42$ OR 1:19.51
80 OR 5:15.37 O 200 SC Meter Breaststroke
1 Waud, Timothy 40 OR 2:50.17
50 SC Meter Butterfly
1 Clydesdale, William 40 OR 30.50
2 Larsen, Jon-Erik 40 OR 30.63

| Page 16 | Aqua Mas |  |
| :---: | :---: | :---: |
| 3 Gaarder, Chris | 42 OR | 34.17 |
| 100 SC Meter IM |  |  |
| 1 Wan, Eric | 41 OR | 1:08.38 |
| 2 Clydesdale, William | 40 OR | 1:09.95 |
| 3 Gaarder, Chris | 42 OR | 1:14.64 |
| Men 45-49 |  |  |
| 50 SC Meter Freestyle |  |  |
| 1 Hathaway, David | 47 OR | 26.97 |
| 2 Rabe, Jim | 47 OR | 27.10 |
| 3 Sumerfield, Bill | 47 OR | 27.89 |
| 4 Boone, Lou | 46 OR | 29.00 |
| 5 Stelzer, Keith | 48 OR | 29.89 |
| 100 SC Meter Freestyle |  |  |
| 1 Washburne, Brent | 46 OR | 1:00.16 |
| 2 Hathaway, David | 47 OR | 1:00.26 |
| 3 Sumerfield, Bill | 47 OR | 1:03.00 |
| 4 Boone, Lou | 46 OR | 1:07.50 |
| 5 Stelzer, Keith | 48 OR | 1:13.01 |
| 200 SC Meter Freestyle |  |  |
| 1 Rabe, Jim | 47 OR | 2:16.25 |
| 2 Sumerfield, Bill | 47 OR | 2:22.45 |
| 50 SC Meter Backstroke |  |  |
| 1 Rodriguez, Rick | 45 OR | 32.49 |
| 2 Hathaway, David | 47 OR | 32.71 |
| 100 SC Meter Backstroke |  |  |
| 1 Washburne, Brent | 46 OR | 1:14.86 |
| 2 Boone, Lou | 46 OR | 1:19.19 |
| 200 SC Meter Backstroke |  |  |
| 1 Rodriguez, Rick | 45 OR | 2:37.55 |
| 50 SC Meter Butterfly |  |  |
| 1 Rabe, Jim | 47 OR | 30.88 |
| 2 Stelzer, Keith | 48 OR | 33.57 |
| 100 SC Meter IM |  |  |
| 1 Washburne, Brent | 46 OR | 1:10.20 |
| 2 Boone, Lou | 46 OR | 1:16.14 |
| Men 50-54 |  |  |
| 50 SC Meter Freestyle |  |  |
| 1 Tennant, Mike | 54 OR | 26.28 |
| 2 Peyton, Mike | 52 OR | 28.87 |
| 3 Mann, Edward | 50 OR | 28.95 |
| 100 SC Meter Freestyle |  |  |
| 1 Tennant, Mike | 54 OR | 1:00.52 |
| 2 Peyton, Mike | 52 OR | 1:05.68 |
| 200 SC Meter Freestyle |  |  |
| 1 Kevan, Stephen | 53 OR | 2:14.38 |
| 2 Mann, Edward | 50 OR | 2:26.72 |
| 3 Peyton, Mike | 52 OR | 2:29.29 |
| 4 Yensen, Kermit | 54 OR | 2:37.84 |
| 800 SC Meter Freestyle |  |  |
| 1 Ramsey, Ed | 51 OR | 11:00.30 |
| 2 Yensen, Kermit | 54 OR | 12:25.02 |
| 3 Preston, David | 52 OR | 14:22.30 |
| 100 SC Meter Backstroke |  |  |
| 1 Metzger, Peter | 52 OR | 1:11.19 |
| 200 SC Meter Backstroke |  |  |
| 1 Edwards, Wes | 54 OR | 2:24.93 |
| 2 Ramsey, Ed | 51 OR | 2:51.51 |
| 50 SC Meter Breaststroke |  |  |
| 1 Mann, Edward | 50 OR | 38.64 |
| 100 SC Meter Breaststroke |  |  |
| 1 Edwards, Wes | 54 OR | 1:23.89 |
| 200 SC Meter Breaststroke |  |  |
| 1 Taylor, Charles | 51 OR | 3:10.36 |
| 50 SC Meter Butterfly |  |  |

2 Clydesdale, William
3 Gaarder, Chris
Men 45-49

2 Hathaway, David
3 Sumerfield, Bill
4 Boone, Lou

200 SC Meter Freestyle
Rabe, Jim

50 SC Meter Backstroke

100 SC Meter Backstroke
1 Washburne, Brent 46 OR 1:14.86

200 SC Meter Backstroke
1 Rodriguez, Rick
50 SC Meter Butterfly
Rabe, Jim
2 Stelzer, Keith
1 Washburne, Brent
Boone, Lou

50 SC Meter Freestyle
Tennant, Mike

3 Mann, Edward
100 SC Meter Freestyle
Tennant, Mike

200 SC Meter Freestyle
1 Kevan, Stephen
Mann, Edwar

4 Yensen, Kermit
800 SC Meter Freestyle
sey, Ed

Preston
100 SC Meter Backstroke

200 SC Meter Backstroke
1 Edwards, Wes 54 OR 2:24.93 Z
50 SC Meter Breaststroke
1 Mann, Edward 50 OR 38.64
00 SC Meter Breaststroke
Edwards, Wes $\quad 54$ OR 1:23.89
100

50 SC Meter Butterfly

1 Kevan, Stephen 100 SC Meter Butterfly
1 Kevan, Stephen 2 Yensen, Kermit 200 SC Meter Butterfly 1 Yensen, Kermit
2 Taylor, Charles
100 SC Meter IM
1 Kevan, Stephen
2 Tennant, Mike
3 Mann, Edward
200 SC Meter IM
1 Kevan, Stephen
2 Yensen, Kermit
Men 55-59
50 SC Meter Freestyle
1 Dasch, Vern
2 Sherwood, Reggie
100 SC Meter Freestyle
1 Dasch, Vern
2 Maestre, Robert
3 Sherwood, Reggie
200 SC Meter Freestyle
1 Dasch, Vern
2 Macaulay, Thomas
3 Maestre, Robert
4 Sherwood, Reggie
800 SC Meter Freestyle
1 Hansen, Ron
100 SC Meter Backstroke
1 Hansen, Ron
1 Maestre, Robert $\quad 57$ OR 2:58.04
2 Hansen, Ron $\quad 58$ PNA 3:49.76
50 SC Meter Breaststroke
1 Macaulay, Thomas 58 OR 41.33
2 Sherwood, Reggie 56 OR 43.00
3 Hansen, Ron 58 PNA 47.04
100 SC Meter Breaststroke
1 Hansen, Ron
200 SC Meter Breaststroke
1 Stark, Allen
2 Sherwood, Reggie
50 SC Meter Butterfly
1 Maestre, Robert 200 SC Meter Butterfly
1 Stark, Allen
100 SC Meter IM
1 Macaulay, Thomas
200 SC Meter IM
1 Macaulay, Thomas
Men 60-64
50 SC Meter Freestyle
1 Silvey, Michael
2 Lewis, William
3 Juhala, Richard
4 Stockamp, John
100 SC Meter Freestyle
1 Silvey, Michael
2 Lewis, William
3 Stockamp, John 200 SC Meter Freestyle 1 Stockamp, John 800 SC Meter Freestyle

53 OR 29.90

53 OR 1:08.57 O
54 OR 1:24.48
54 OR 3:11.12
51 OR 3:39.81

53 OR 1:09.75
54 OR 1:11.56
50 OR 1:16.23
53 OR 2:35.04
54 OR 2:58.81

58 OR 29.93
56 OR 31.14

58 OR 1:06.87
57 OR 1:07.14
56 OR 1:11.05
58 OR 2:33.47
58 OR 2:35.21
57 OR 2:36.98
56 OR 2:45.98
58 PNA14:51.14

58 PNA 1:54.81

58 PNA 1:48.82

58 OR 2:46.36 Z
56 OR 3:21.91

57 OR 35.96
58 OR 3:07.85
58 OR 1:21.72
58 OR 2:59.36

62 OR 31.75
64 OR 37.67
64 OR 41.39
63 PNA 53.62
62 OR 1:11.52
64 OR 1:28.42
63 PNA 2:09.63

63 PNA 5:19.00

1 Smith, William 50 SC Meter Backstroke

| 1 | Silvey, Michael | 62 OR | 41.96 |
| :--- | :--- | :--- | :--- |
| 2 | Juhala, Richard | 64 OR | 51.98 |
| 3 | Smith, William | 62 OR | 59.10 |

3 Smith, William $\quad 62$ OR $\quad 59.10$
50 SC Meter Breaststroke
1 Weinbrecht, John 60 OR 39.05

2 Juhala, Richard 64 OR 48.08
100 SC Meter Breaststroke
1 Smith, William 62 OR 1:51.27
200 SC Meter Breaststroke
1 Weinbrecht, John 60 OR 3:07.55 O
50 SC Meter Butterfly
1 Silvey, Michael 62 OR 35.98

2 Juhala, Richard 64 OR 46.84
100 SC Meter Butterfly
1 Smith, William 62 OR 1:54.27
100 SC Meter IM
1 Juhala, Richard 64 OR 1:49.88
200 SC Meter IM
1 Smith, William 62 OR 4:00.92
Men 65-69
50 SC Meter Freestyle
1 Landis, Tom
65 OR 29.29 Z
200 SC Meter Freestyle
1 Landis, Tom
50 SC Meter Butterfly
1 Petersen, Bert 69 OR 31.72
200 SC Meter IM
1 Landis, Tom 65 OR 2:57.40 Z
Men 70-74
50 SC Meter Freestyle
1 Thayer, George $\quad 71$ OR 33.07
200 SC Meter Freestyle
1 Radcliff, David 73 OR 2:30.45 Z
2 King, Bill 74 OR $\quad 3: 12.90$
800 SC Meter Freestyle
1 Radcliff, David 73 OR 11:01.38 Z
50 SC Meter Backstroke
1 Thayer, George $\quad 71$ OR 40.54
100 SC Meter Backstroke
1 Thayer, George $\quad 71$ OR 1:31.93
Men 75-79
50 SC Meter Freestyle
1 Marks, Milton $\quad 77$ OR 36.59
2 Lertzman, Alan 79 OR 43.12
50 SC Meter Backstroke
1 Marks, Milton $\quad 77$ OR 46.04
50 SC Meter Breaststroke
1 Marks, Milton 77 OR 46.61
200 SC Meter Breaststroke
1 Marks, Milton $\quad 77$ OR 3:58.08
Men 80-84
50 SC Meter Freestyle
1 Austen, Clark $\quad 80$ OR 58.23

100 SC Meter Freestyle
1 Austen, Clark $\quad 80$ OR 2:20.58
200 SC Meter Freestyle
1 Austen, Clark $\quad 80$ OR 5:13.53
Men 85-89
50 SC Meter Freestyle
1 Lamb, Willard
85 OR 36.51 N
100 SC Meter Freestyle
1 Lamb, Willard 85 OR 1:25.28 Z

200 SC Meter Freestyle
1 Lamb, Willard
2 Bushey, Charles
800 SC Meter Freestyle
1 Bushey, Charles
50 SC Meter Backstroke



A WOW from Cathy Law: To celebrate my upcoming 40th birthday on December 4th, I will begin swimming 40 miles in 40 day starting October 30th. The final swim will be at $4: 15$ p.m. on Saturday, December 8th at Osborn Aquatic Center, followed by a family swim party and potluck.
I realize for some people that 40 miles is not a great distance, but it is actually about twice what I normally do in that amount of time, so I am a little nervous but excited. Thru this swim I am also attempting to promote the sport of swimming by encouraging others to swim or encourage those who do not swim to do any form of exercise in order to promote better long term health and aging.

Since we are adopting a baby girl from China, I have tied the swim into our adoption as well. If you want to learn more about the swim, our adoption, etc. check out our blog (adoptmaggie.blogspot.com).

Some WOWs and PRs from Alan Stark from the SPMA SCM Meet in Long Beach,CA.Oregon was represented by my wife Carol and myself.Carol had been ill or hurt most of last year and had only been training a little for the last month so imagine the WOW when she dropped her best 50 free time 7 sec to 47.35 . She also dropped her 50 BK over a sec to 54.85 .I want to give her a WOW for her 50 BR also. We had been talking about her swimming Fly at a future meet and she had that on her mind when she dove in and took the first stroke fly.Realizing her error she finished the race and smiled at the ref when he delivered the inevitable DQ. I think I deserve a WOW too for my times.
50 BR 33.73-ZR and my best time in several years.
100 BR 1:15.26 also a ZR.
200 BR 2:52.40(really more of a whoa than a WOW as that is my slowest time for that distance,well 2 out of 3 ain't bad.)
A WOW from Rich Juhala: Here's Don Baker and I with Bill Winkler. Don and I were the oldest swimmers at the alumni meet.

I'm an OSU Alum, but not a swim team Alum. I've managed over the years to secure an invitation to the meet through Bill Winkler, the former mens swim coach and Steve George. (Steve is pictured on the bottom right)

Winkler was honored that same weekend for 50 years of service to Oregon State University; his dedication has helped students and faculty personalize an appreciation for
 fitness. I'm sure that he has prevented numerous heart attacks and strokes thru the classes he's taught. Bill Winkler is the man I have to thank for creating within me an interest in lifetime fitness. For me, it all started with a running class taught by Bill which was based on Dr. Ken Cooper's Aerobics. Attached is a photo of the whole group, alumni and OSU women swimmers.


## Short Course Meters "Snowball" Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction \#378-02
Eligibility: Currently registered USMS swimmers, 18 years and older.
Unregistered swimmers must submit a 2008 registration form and fee with this form.
Hosted by: Oregon City Swim Team
1211 Jackson Street Oregon City, Oregon 5 lanes competition-electronic timing 1 lane for continuous warm-up/down area


Meet director: Tim Waud•503-341-3152•twaud@aol.com Directions to the pool:I-205 North or South, take Exit \#10. Go east on Trails End Hwy. Turn right on Washington St. After approximately 1 mile, turn left on 12th St. Then turn left again onto Jackson St. The pool is located on the corner of 12th and Jackson St.

All entrants must submit a photocopy of their CURRENT USMS registration card or 2008 form with this entry.

| ENTRY DEADLINE: POSTMARK NO LATER THAN DECEMBER 28, 2007 |  |  |  |
| :---: | :---: | :---: | :---: |
| \& F FILL INLOWER PORTION COMPLETELY | - Return Lower portion _ | FILL IN LOWER POR | ETELY |
| NAME |  |  |  |
| Address | Birthdate 2008 USMS \# | AGE _ SEX |  |
| City |  |  |  |
| State ZIP | USMS Club (o | MACO, PNA, ETC) |  |
| Phone | Is THIS YOUR FIR | Masters Meet? | - No |

E-MAIL $\qquad$
Age groups: $18-24,25-29,30-34$, etc. up to 100+. Relay age groups: $72-99,110-119,120-159,160-199,200-239,240-279,280-319$ amd 320-359, 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 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. The 1500 freestyle \& 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.

| Sunday, January 13, 2008 |  |
| :---: | :---: |
| 400 IM | (1) - |
| 100 BREAST | (2) |
| 200 FREE | (3) |
| 50 FLY | (4) |
| **5 MINUTE BREAK** |  |
| MIXED MEDLEY RELAYS (5-6) |  |
| 100 BACK | (7) - : |
| 200 FLY | (8) |
| 50 FREE | (9) |
| 100 IM | (10) |
| **5 MINUTE BREAK** |  |
| FREE RELAY | S (11-16) |


| 100 FLY | (17) |
| :---: | :---: |
| 200 BACK | (18) |
| 50 BREAST | (19) |
| 200 I.M. | (20) |
| **5 MINUTE BREAK** |  |
| MIXED FREE RELAYS (21-23) |  |
| 100 FREE | (24) |
| 200 BREAST | (25) |
| 50 BACK | (26) |
| **5 MINUTE BREAK** |  |
| MEDLEY RE | LAYS (27-30) |
| 1500 FREE | (31) |


#### Abstract

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


SIGNATURE
Date
MEET ENTRY FEE: $\mathbf{\$ 1 5 . 0 0}$ • Make checks payable to Oregon Masters Swimming. Send form(s) and fee(s) to: OMS data Manager, PO Box 1072, Camas, WA 98607-1072

## Sixth 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 \#378-01
Location: Canby Municipal Pool 1150 S Ivy Canby, Oregon 97013
5 lanes competition-electronic timing
1 lane continuous warm-up/down lane

Date: Saturday, January 26, 2008

## Positive Check-in at Clerk of Course: 1:30PM <br> Warm-ups: 1 PM <br> Meet Starts: 2 PM

Hosted by: Canby Swim Club "The GATORS"
Nancy Edwards • Phone: 503-320-2256 • Email: rob2nan1@comcast.net
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 99 E , turn left on Ivy ( 7 -Eleven on corner), go $121 / 2$ 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 $121 / 2$ 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.
An ample assortment of refreshments, including espresso will be available for purchase throughout the meet.
J.D. Pence will be on-site to fill your swimwear and swim gear needs.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2008 USMS REGISTRATION CARD OR 2008 REGISTRATION FORM WITH THIS ENTRY ENTRY DEADLINE: POSTMARK NO LATER THAN Friday, January 11, 2008
\& FILL INLOWER PORTION COMPLETELY - RETURN LOWER PORTION _ FILL IN LOWER PORTION COMPLETELY \& \&

NAME
AdDress
City
STATE ZII
Phone $\qquad$

| Birthdate | AGE | SEX |
| :---: | :---: | :---: |
| 2008 USMS \# |  |  |
| USMS Club (OREG, MACO, PNA, ETC) |  |  |
| Is THIS YOUR FIRS | S MeE |  |

E-MAIL
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 Grand Masters
400 I.M. (5-6) : $\qquad$ 200 FLY (11-12) ___ 1000 FREE (17-18)


Animal Masters
200 I.M. (3-4)
100 FLY 500 FREE
(15-16)
$\qquad$ : $\square \cdot \square$ 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.


#### Abstract

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Signature

|  |  |  |  |  |  |  | DATE |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
|  | Shirt size (circle) | S | M | L | XL | $2 X L$ |  |

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

## Chehalem Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction \#378-03
Eligibility: Currently registered USMS swimmers, 18 years and older.
Unregistered swimmers must submit a 2008 registration form and fee with this form.
Hosted by: Chehalem Swim Team
Location: Chehalem Aquatic Center 1802 Haworth Newberg, OR 97132
25 yards $\sim 6$ lanes competition-electronic timing separate warm-up/down area

DATE: Saturday February 2, 2008

## 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 2008 USMS registration card with this entry.

## ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY JANUARY 18, 2008

FILL IN LOWER PORTION COMPLETELY \&
Fill in lower portion completely
Return lower portion

Name $\qquad$
Address
City
State $\qquad$ ZIP $\qquad$
Рhone $\qquad$

| Birthdate | Age | Sex |
| :---: | :---: | :---: |
| 2008 USMS |  |  |
| USMS Club | ETC) |  |
| Is THIS Your | ev? | - No |

E-MAIL
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 $200 \mathrm{y}, 400 \mathrm{y}$ or 800 y ( 800 y 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, FEBRUARY 2

| 400 IM (1) | 200 IM | (16) |
| :---: | :---: | :---: |
| 100 FLY (2) | 100 BREAST | (17) |
| 200 FREE (3) | 200 BACK | (18) |
| 50 BREAST (4) | 50 FLY | (19) |
| MIXED FREE RELAYS (5-7) * break* | FREE RELAYS (20-25)* break* |  |
| 100 BACK (8) | 100 IM | (26) |
| 200 BREAST (9) | 100 FREE | (27) |
| 50 FREE (10) | 200 FLY | (28) |
| MEDLEY RELAYS (11-14) | 50 BACK | (29) |
| * break* | MIXED MEDLEY RELAYS (30-31) |  |
| 500 FREE (15)__ : | 1000 FREE | (32) |

[^0]

Team Name $\qquad$ Abbreviation $\qquad$
Team Representative Information (must be an OMS member)
Rep. Name $\qquad$
Address $\qquad$
Phone \# 1 $\qquad$ Phone \# 2 $\qquad$
Email $\qquad$
Team Information
Approximate number of swimmers on team $\qquad$
Practice Schedule $\qquad$
$\qquad$
$\qquad$
$\qquad$

## Coach Information

Coach Name $\qquad$
Address $\qquad$
Phone \# 1 $\qquad$ Phone \# 2
Email $\qquad$

## Pool Information

Pool Name $\qquad$
Address $\qquad$
Phone $\qquad$

Mail to: Tia Sitton, Membership Chair, 42455 N. River Dr. Sweet Home, OR 97386
Email for Tia - sweethomebuilder@centurytel.net

| Last Name: <br> (Please register with the name you will use for competition) | First Name: | M.I.: |
| :--- | :--- | :---: |
| Address: |  |  |


| City: |  | State: | Zip: |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Phone: | Date of Birth: | Age: | Sex: | M | $\square \mathrm{F}$ |
| E-mail Address:$\square$ Electronic Delivery (I prefer to receive the Aqua Master electronically) |  |  | $\left.\begin{array}{ll}\text { Do you coach a } & \text { Yes } \quad \square \\ \text { Masters Team } & \text { No } \quad \square \\ \hline\end{array}\right]$ |  |  |

Club: OMS is comprised of one club or you may register unattached.

## OREG

*UNATTACHED
*(Unattached members cannot swim in relays)

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

$\qquad$ (Abbreviation)

Albany Aquatics
Central Oregon Masters
Circumnavigating Beavers
Columbia Gorge Masters
Corvallis Aquatic Masters
Downtown Athletic Club
Emerald Aquatics
Fishsticks FISH

| AAA | Grass Valley Masters | GVAM |
| :--- | :--- | :--- |
| COMA | Lincoln City Masters | LCM |
| CBAT | Mt. Hood Masters | MHM |
| CGM | Multnomah Athletic Club | MAC |
| CAT | Nike Masters | NIKE |
| DAC | North Clackamas Masters | NCMS |
| EA | Oregon Reign Masters | ORM |
| FISH | Pendleton Masters | PEND |


| Rogue Valley Masters | RVM |
| :--- | :--- |
| Roseburg Masters | RMST |
| Salem Courthouse Crew | SCC |
| Salem YMCA Masters | SYM |
| Southern Oregon Masters | SOM |
| Swimmers in Sweet Home | SWISH |
| Tualatin Hills Barracudas | THB |
| Umpqua Valley Masters | UVM |

$\$ 38.00$ Single Registration: Valid November 1, 2007 to December 31, 2008. Make checks payable to OMS, Inc.
(Fee breakdown: USMS = \$25.00, Benefits of Membership include: A subscription to USMS's magazine, USMS SWIMMER, during the length of the membership year ( $\$ 8.00$ of the annual dues is designated for the magazine subscription), and periodic mailings from the Local Masters Swimming Committee, OMS $=\$ 13.00$
\$66.00 Joint registration: Two members at one address/One Aqua-Master. One Registration Form per member please.
\$28.00 Senior Registration (65 to 74 years): Valid November 1, 2007 to December 31, 2008.
$\$ 46.00$ Two Seniors ( 65 to 74 years ) at one address/One Aqua-Master. One Registration Form per member please.
$\$ 10.00$ Age Group 18 to 24 years and Seniors 75 years and older
Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

$\square$
$\square$
$\square$I have added a contribution of \$ $\qquad$ for Oregon Masters Swimming. We value your support! I have added a contribution of $\$ 50$ as a Gold Medal Sponsor of Oregon Masters Swimming. I have added a contribution of $\$ 100$ as a Diamond Medal Sponsor of Oregon Masters Swimming. I have added a contribution of $\$ 1.00$ (or $\$$ $\qquad$ ) to the United States Masters Swimming Foundation.
" I , the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature:
Date:
MAIL TO: DARLENE STALEY, OMS REGISTRAR, 17720 NW Autumn Ridge Dr, Beaverton, OR 97006
This form is available on the OMS website: www.swimoregon.org

## 2007/08 Meat



Board Meetings
All Board Meetings are open. OMS members are encouraged to attend.
Contact Jody Welborn, OMS Chair, for details.
Jan. 15

April 5 - General Membership Meeting
May 20
July 13-10 AM (\&St. Games)
Aug. 26
Oregon Masters Swimming, Inc.
5832 SE Woll Pond Way

Hillsboro, OR 97123-6970 | Nonprofit |
| :---: |
| Organization |
| U.Sostage |
| Paid |
| Portland, |
| Permit No. 1292 |


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