



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

Volume 35, Number 3

Published Monthly by OMS, Inc.

March 2008

*"Swimming for Life"*

## Oregon's Oldest Records Fall



In 1983, Ginger Pierson set National Records in the 50 and 100 yards Breaststroke events. These former National Records have stood for 25 years as the oldest Oregon Records. They were the oldest until Jayna Tomac of Coos Bay and COMA stepped on the blocks at the Chehalem Meet on Feb. 3rd. Jayna swam 32.79 in the 50 to break Ginger's record of 33.16. In the 100 Breaststroke she swam 1:11.35 to break the 25 year old record of 1:12.38. It was a wonderful moment for both ladies. They were long lasting and outstanding records set by Ginger and great swims by Jayna to finally break them.

### Inside For You

Chair's Corner .....	2
Editorial .....	3
Fitness .....	4
Shake and Swim .....	5
Long Distance .....	6
WOW .....	7
Banquet Information .....	8-9
T Shirt & Swim Bits .....	10
WOW .....	11
Results - Animal Meet .....	12-14
Results - Chehalem Meet ....	15-17
Association Entry .....	18-19
Hood River Entry .....	20
Registration Forms .....	21-22
Swimming Tips .....	23
Schedule of Events .....	Back cover

### OMS Gift for all Swimmers at Association Meet

All Swimmers entering the Association Swim Meet in April will receive a Mesh Swim Bag. The OMS Logo and LCM Nationals Logo will be on the bag. The bag pictured to the right is black mesh with a blue pocket. All of your "swim goodies" will fit in the bag. The bag will be empty. You have to put your own stuff in it. There is plenty of room for paddles, pull buoy, fins, etc. Thank you OMS for this great gift.



**The people behind O.M.S. Inc.***Chairperson of the Board***Jody Welborn**

6687 SW Canyon Dr.

Portland, OR 97211 (503) 297-5889

jodywelborn@mac.com

*Vice Chairperson - Sanctions***Wes Edwards**

(360) 896-8806

wesnad@comcast.net

*Secretary***Tam Jenkins**

(503) 422-0747

tjenkins@ebizjournals.com

*Treasurer***Doug Christensen**

11700 SW Ridgecrest Dr.

Beaverton, OR 97008 (503) 754-2747

dchristensen@rivermarkcu.org

*Registrar***Darlene Staley**

17720 NW Autumn Ridge Dr.

Beaverton, OR 97006 (503) 629-4937

Darlene@AvalarRealty.com

*Aqua-Master Editor***Dave Radcliff**

(503) 648-7141

dave@theradcliffs.com

*Data Manager(for swim meets)***Gary Whitman**

OMS Data Manage PO Box 1072

Camas, WA 98607-1072 (360) 896-6818

all5reds@comcast.net

*Officials (for swim meets)***Jacki Allender**

(541) 753-5681

seewun@proxix.com

*Host / Social***Ginger Pierson**

(360) 253-5712

gingerp@qwest.net

*Fitness Chair***To Be Filled***Safety***Joy Ward**

(503) 777-5514

silenteclipse1210@hotmail.com

*Coaches***Dennis Baker**

(503) 679 4601

bakeswim@yahoo.com

*Awards***Rich Juhala**

(503) 659-3143

senzriich@q.com

*Records***Stephen Darnell**

(360) 834-6020

financialwizard2@comcast.net

*Membership***Tia Sitton**

H(541) 367-1323

sweethomebuilder@centurytel.net

*Long Distance***Bob Bruce**

coachbob@bendbroadband.com

H(541) 317-4851

W(541) 389-7665

*Web Master***Robbert van Andel**

(503) 428-1753

robbert@vafam.com

*Top Ten & OMS email Group Maintenance***Mary Sweat**

(541) 504-5338

Personal

msweat@bendcable.com

Email

omsemail@swimoregon.org

Top Ten

topten@swimoregon.org

*Sunshine***Sue Calnek**

(971) 533-3531

squeegybug60@yahoo.com

*Short Distance***Robert Smith**

(503) 244-3739

dobbssmith@comcast.net

*Past Chair***Jeanne Teisher**

(503) 574-4557

jteisher97007@yahoo.com

*Founders of OMS***Connie Wilson and****Earl Walter - Historian****Jon WOWs Laurie**

Jon Clark, Head Coach of the Tualatin Hills Barracudas and many times the On Deck Coach and National Coach for Oregon Masters, totally surprised his girl friend, Laurie Chesler, at the morning Valentine's practice on February 14th. Jon called the whole team together and had them all moved into three lanes. He had his infamous white board with him. The whole team was thinking, "Oh No - what horrible set is coming up, it's going to be a bad one if he has to write it down and then explain it to us". Then Jon turned the white board around and the whole team cheered and Laurie's first comment was - "Oh my God". Jon had the ring and even got down on his knees. And you think Coaches are only "slave driving tyrants" and can not be sentimental - see how wrong you are. Your Editor, who swims in the same lane with Laurie, did check and we still have permission to moan and groan and make nasty comments about the Coach if we do not like the set. Best to both of you, it was a wonderful Valentine's Day Practice.

When you see Jon and Laurie at the Association Meet make sure you congratulate them and give 'em a hug.

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](http://www.swimoregon.org)





# Off the Block


## The Editorial Lane

Your Aqua Master Editor takes the dive off the block this month as your Editorial writer.

It is often said that Masters Swimming is about Fitness, Competition and Friendship. While this is very true, we sometimes forget to thank those who make it possible. The Aqua Master wants to make sure that in 2008 we do not forget to offer our appreciation to those who have made it possible for us to get together and swim in friendly competition.

Without Officials there would be no meets. We swim and then we sit around talking and laughing and enjoying our friendships while the Officials are constantly working. Every Master swimmer should always take time to thank the Officials, Timers and support people at a meet. A big **THANK YOU** to Jacki Allender, the OMS Official Chair, and all the wonderful Officials who donate their time so we can swim. Pictured to the right are the Meet Referee, Bruce Cheney, and Starter, Peggy Piers, at the Chehalem Meet.

So far in 2008 we have had three meets, one in Oregon City, one in Canby and one in Newberg. This means that the Recreation Departments in these three cities have been willing to close their pools to the public and make them available for a Master's Meet. Thank you Oregon City, Canby and Newberg for the use of your pool. At these meets one of the local swimmers or parents of a swimmer has agreed to be the Meet Director. How many of you Masters remembered to give Tim Waud of Oregon City, DeeAnna Smith of Canby and Kathy Buck of Newberg a big **THANK YOU** for all the work they did so you could swim? Meets don't just happen. They take a lot of work! Pictured on the right is Kathy Buck, Meet Director at the Chehalem Meet. (The happy swimmer is Pete Metzger).

The Aqua Master on behalf of all Oregon Masters thanks the Officials, Cities and Meet Directors for making it possible for us to swim. 



## Thank You To Our Sponsors

### Diamond

Bert Petersen  
Willard Lamb  
Keith Dow  
Jeffrey & Linda Anspach  
Mike Tennant  
Kathy Marsh  
Roy Lambert  
Michael Silvey  
Arlene & Peter Delmage



### Gold

Stephen Darnell  
Wes Edwards  
Stephen Kevan  
Nancy Vincent  
David Hathaway  
Ron Nakata  
Pam Snider  
Bill King

Allen & Carol Stark  
Elizabeth Budd  
Rich Juhala  
Sandi Rousseau  
Kermit Yensen  
Andrew Holden  
Elke Asleson  
Doug Brockbank

# F i t n e s s



**Rachel  
Skoss**



## How does our physiology change as we age?

You may have noticed some changes over the years... perhaps you are not able to get into the swimsuit you wore in college, gravity may have pulled a couple of things southwards, and you are developing lovely road-maps on your face. Various physiological functions probably reached their peak somewhere around 30. After that, while we do see a decline in various functional measures, the path does not necessarily have to be steep, and swimming can be a great method to reduce that slope!

Muscle strength generally declines due to a loss of the muscular cross-sectional area with age. The reduced muscle mass can occur through aging, but also through inactivity, so use it or lose it. Habitual training can delay the loss of strength – and indeed, it is never too late to start a strength training program. Just do it with supervision from a trained professional and with the OK from your doctor.

Neural function reduces as we age, with a progressive loss of spinal cord axons, a reduction in the conduction velocity along our nerves, and a loss in the elasticity of our connective tissue. What does this mean? We may not be able to do some activities quite as well as we used to. For example, in diving off the blocks at the start of the race, we have to consider that



we first need to detect the gun going off, and then we need to process that information in our head, before we send the message to our muscles to get going. Our ability to process the information is affected by aging; however this is another area that by being active, we can reduce the decline in our ability and not be caught standing on the blocks.

Measurements of cardiovascular function have been shown to decline with the years – maximal heart rate, stroke volume, myocardial contractility, and peripheral blood flow capacity all reduce with aging. However while maximal oxygen uptake (very important for swimmers) has been shown to decline with age, longitudinal studies have shown the rate of decline to be half as fast in active individuals when compared to sedentary people. Indeed, one study showed that men who followed a regular endurance exercise program for 10 years managed to prevent the usual 9-15% decline in maximal aerobic power and work capacity, and at age 55, had the same values of maximal oxygen uptake as they had at 45 (not to mention same blood pressure and body weight).

While older folk may not be able to improve their capacity for strength and endurance at the same rate as younger folk, there are still gains to be made at what ever age you are. Your improvement is likely to be partly dependent on factors like your initial fitness, age and the type and intensity of training that you do. No matter what age you are, regular vigorous physical activity produces improvements in physiological capacity. In addition, habitual physical activity helps retard the aging process. So in other words, keep on swimming!



OMS Masters come in all ages and they all believe in the last sentence from above: ***“No matter what age you are, regular vigorous physical activity produces improvements in physiological capacity. In addition, habitual physical activity helps retard the aging process. So in other words, keep on swimming!”*** Pictured right to left are Elfie, Donna and her daughter (USA Swimmer)

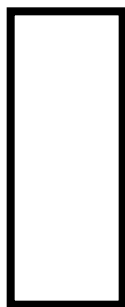




# Shake and Swim with “Bake”

**Coach Dennis Baker**

## **FREESTYLE THE LEAST PATH OF RESISTANCE “THINK INSIDE THE BOX”**



The most common and frequent issue I deal with in my coaching and teaching of swimming is helping swimmers find their way to the least path of resistance through the water. Resistance creates drag and hence more needless work for the swimmer. The more a swimmer has to plow and work through the water directly detracts from their goal of faster times or more efficient workout swims.

Let's talk about the long axis stroke Freestyle. The three main points that will be discussed will be Hand and Arm Position, Head and Body Rotation, and the Kick.

First of all, a good Freestyle should feel very restrictive. This may be the most important overall concept or mantra you can adopt. Try and think of keeping your Freestyle inside a narrow rectangular box while you swim. The more you go outside the imaginary box the more resistance you will create. This box can be tall or high, but has to be narrow. Let's look at our main points to see why this is.

1) Hand and Arm Position. Keeping your hands and arms very close to your body on the recovery phase of your stroke (this is when your arm is out of the water) is paramount in importance. This can be accomplished in two different ways. High Elbow Freestyle which is similar to the “Finger Drag” drill or Straight Arm Freestyle like a windmill. Both types of Freestyles are very efficient because your hands and arms never stray away from the core of your body or torso. If your hands stray away from your body it will cause your body to swing taking you out of your long access posture and out of your imaginary “box”. At this point, you are creating resistance in moving



swimgraphics.com

through the water like a barge rather than cutting through the water like a knife. Traditionally, Finger Drag (but without touching the water during your recovery) high elbow swimming has proven to be the most effective method of long access Freestyle. Creating resistance and swinging the hands and arms wide lead us into our next topic.

2) Head and Body Rotation. A wide swinging arm Freestyle will cause your body to wiggle outside of your box and sway from side to side. Proper rotation should be very constricted and small. Efficient rotation involves a very slight head turn when you take a breath. The shoulders and abdominals turn slightly at the same time. The big key here is not to let your lower torso turn too much. The hips turn ever so slightly during the breath and come back to flat center. DO NOT over rotate back to the other side when you are not breathing. The rotation theory is over emphasized in our swimming community. There are many schools of thought, literature, and videos that are teaching improper and excessive rotation. While the intent is noble the message is being confused leading to inefficient body movement. Many of my beginning and mid level swimmers rotate too much and lose complete control of their hips and lower bodies. This includes the legs which leads us into our final topic.

3) Kicking. If your arms and hands are swinging wide and your head and body are swaying, the legs will naturally follow. To counter the resistance, keep your legs and feet very close together especially when breathing. Fight to keep your kick straight up and down and not let the feet sway from side to side. I often video tape my swimmers and freeze frame their kick. Many of them are shocked at how far their legs and feet come apart; often wider than their body width and hence outside the box. This general rule in kicking applies for swimmers who have a strong propelling kick as well as distance two-beat type non-propelling kickers.

Following these three guidelines will help connect your Freestyle from head to toe. It will help you on your way to a constricted efficient Freestyle. Remember to think “inside the box” and take that path of least resistance.



# Long Distance Swimming



**Bob  
Bruce**



The highest distinction for a Masters long distance swimmer is to be named to the USMS Long Distance All-Star Team. To be considered for this honor, swimmers must participate in at least three of the ten National Long Distance Championship events, including at least one open water and one postal event. Points are tabulated on their placement in each event, much like our system of scoring the Oregon Open Water or Postal Series. The top point-scorer in the nation in each age group—and only one from each age group—is named to the All-Star Team. Two Oregonians, Doug Asbury and Bob Bruce, join 18 other outstanding swimmers in the nation in earning that honor in 2007!

Doug Asbury (Central Oregon Masters, Men's 45-49 age group) has been named to the All-Star team for the first time. Interestingly and unusually, he scored enough points to do so without winning an individual National Long Distance Championship! Since his arrival from North Carolina in 2003, Doug has been a quiet but very strong presence in the Oregon long distance swimming scene, dominating open water and postal swimming in his age group, and always among the top swimmers regardless of age group. Doug's best finishes in National Championship races in 2007 were a trio of second places in the 5-kilometer Postal swim, the 3000-yard Postal swim, and the 1.76-mile Long Bridge open water swim in Sand Point, Idaho.

Bob Bruce (Central Oregon Masters, Men's 55-59 age group) also has been named to the All-Star team for the first time. Like Doug, he did so without winning an individual National Long Distance Championship. Everyone knows Bob! He has lead Oregon long distance swimming as OMS Long Distance Chair since 2001. He has served as Meet Director for open water swims at Eel Lake, Foster Lake, and will assume that role at Elk Lake this year. He has been Head Coach of Central Oregon Masters since 1996 and has served often as Oregon Coach, most recently for the World Championships in 2006 and the National Short Course Championships in 2007—he's well regarded as the "King of Relays". And, of course, he swims a lot. His best

championship result in 2007 was a second place finish in the Long Bridge Swim.

Doug and Bob join a distinguished group of Oregonians who have been named previously to the USMS Long Distance All-Star Team, an elite list of seven swimmers that includes Steve Johnson (2001, 2004, & 2005), Mary Sweat (2003, 2005, & 2006), Lavelle Stoinoff (1995), Pam Himstreet (2001), Sara Quan (2001), Gina Dhom (2002), and Ray Allen (2004). Congratulations to Doug and Bob for their outstanding achievement!

Good luck and good swimming!



**Doug (above) and Bob (below)**







and



## Willard Lamb is Rewriting the World and National Record Book in the the 85-89 Age Group

Willard Lamb is on a roll (swim) this year. At the MAC Meet in December he set a National Record in the 50 Free and a World Record in the 200 Free. Then in early January at the Oregon City Meet he destroyed the World and National Record in the 1500. In that race he took over one and a half minutes off the existing record. In the Chehalem Meet in February he set National Records in the 500 Free, 50 Back and 200 Back. At the MAC and Chehalem Meet he swam 5 other races and he set Zone Records in these events. Watch out Long Course Season - Willard is ready.



Andrew Holden, Willard's close friend, is at every meet with him. Andrew advises and counts laps for Willard. Through the years Andrew has set many National and World Records himself. His friendship and influence is having a wonderful effect on Willard.

Way to go Willard - what a year!



## 2008 Awards Banquet: Achieving Personal Goals

Have you ever shared a personal goal with family or friends and received a less than enthusiastic, encouraging, and supportive response? Did you find yourself modifying your goal or maybe even giving it up because of the comments? If you reached your goal, how did you feel?

At this year's Association Championship / Nike Sponsored Awards Banquet, you will hear from two OMS swimmers who have set some incredible goals. You will hear how they worked through some of their frustration, self-doubt, and injury to ultimately reach their goals. Hearing about their self-discipline and determination will truly amaze you. You won't want to miss what Dennis Baker and Michelle Macy will be sharing.



Dennis, who was born and raised in Portland, OR, has been swimming for 43 years. He grew up in a family of swimmers with two older sisters and his parents. In fact, his parents met swimming in the Columbia River. When asked what he likes about swimming, Dennis pretty much loves it all, particularly the competition. He not only trains and competes in swimming, Dennis is also a swim coach, the current OMS Coaches Chair, and the Meet Director for the 2008 LC USMS National Championship meet at Mt. Hood Community College this summer. In 1980 and 1984, Dennis wanted to make the US Olympics' team but didn't quite make the finals in the 200 fly both times (placed 5th and 8th respectively). He also had a goal of being the oldest ever qualifier for the USA Nationals at 44 years of age, which he accomplished two years ago. As for the Olympics' dream, Dennis is wanting to be the oldest to ever qualify for the US Olympic Trials and he's only .9 of a second off the qualifying time.

According to Michelle's parents, she was swimming before she could walk. What Michelle remembers is when her family moved to a new town in Minnesota when she was 9 years of age, her parents wanted her to meet new kids. So, they signed Michelle up for the local USS swim team. Over the years, what Michelle has enjoyed about swimming is the camaraderie among swimmers and the outlet it gives her. She continually sets goals for herself such as just making it through swim workouts (a goal in her early years as well as an adult after a break from swimming) to competing in the state swim meet (high school) and to wanting to head to Nationals (college). Michelle's ultimate goal/dream, which had been dormant for a very long time, was to swim the English Channel. As you may have heard or read, Michelle did accomplish this goal and dream last Fall. She hopes that through her swimming she can inspire others to go after their own dreams. Additionally swimming has provided a way for Michelle to help fundraise for breast cancer research. This disease has become quite prevalent in her family and by swimming she has been able to raise money for the research of this disease.





## 2008 Awards Banquet To Be Held At The Rock Creek Country Club

Banquet Location: Rock Creek Country Club / 5100 NW Neakahnie Ave. / Portland

The Nike sponsored banquet will be held at the beautiful Rock Creek Country Club, which is considered one of the finest private clubs in Portland! The bar will open at 5:00 with dinner around 6:00. The Italian Buffet will include Parmesan Chicken, Penne Pasta served with choice of 3 sauces (Marinara, Alfredo, or Pesto), Caesar Salad, Insalata Caprese, Hot Garlic Bread, Tiramisu, Coffee, Decaf, Ice Tea and Lemonade.



Below are the directions to Rock Creek Country Club, located just a few minutes from the Tualatin Hills Aquatic Center.

Driving Directions:

- v Head West on US-26 W (heading away from Portland)
- v Exit at 185TH AVE. (EXIT 64)
- v Turn RIGHT onto NW 185TH AVE. (1.0 miles)
- v Turn LEFT onto NW WEST UNION RD. (0.5 miles)
- v Turn LEFT onto NW NEAKAHNIE AVE. (0.2 miles)



Make sure you sign up for the Banquet when you fill out your Entry Blank. This is one Banquet you do not want to miss. A chance to honor your fellow Masters, great food and inspirational talks by Dennis and Michelle and all in a beautiful setting.

The Entry Blank for the Association Meet and Banquet is on page 18 of this Aqua Master.

See you there!

## Great T Shirt for Association Meet

The T Shirt pictured below is the custom design for the 2008 Association Meet. It's a blue T Shirt with light blue, black and orange highlights. You can order your T Shirt on the Association Entry Blank (page 18 of this Aqua Master). Check out those goggles hanging on the corner of the State. Don't they look cool?



## Swim Bits # 10 -Learning from Michael Phelps by Ralph Mohr

I've always wondered what Michael Phelps does in workouts, so I have searched the Internet recently looking for workouts and commentary on his training. From this I have distilled several ideas we can use in our own workouts.

First, and most important, he seldom swims slow. Over and over, his coach, teammates and observers commented on his fierce competitiveness in the water. Phelps does not like to lose a set, interval, or race at any distance or any stroke.

In Masters workouts that may not be possible due to age or gender, but we can always race the clock. That is our main competitor. However, if you have a teammate who is similar in speed, the two of you can make a friendly compact to compete in certain sets to help both of you. "Ha, ha, Gotcha this time!" in practice makes both of you swim faster in meets.

Phelps also does long sets of repeats. The most outstanding I found was 10X400 yards on descending rest, starting at 4:45, that he did seven years ago. In almost every workout, however, there is at least 2200 yards in continuous repeats with sections focused on one stroke or another. He will go 3x100 fly, 3x200 Back, 3x200 Breast, 3x200 Free, for instance, and then repeat. We may not be able to do his distances but we can copy the pattern.

Phelps also seldom does IMs within a set. Rather he will swim parts of IMs, such as 100s or 200s divided into half fly/half back, half back/half breast, etc. His focus is on the individual strokes rather than on the whole IM in practice.

Most of Phelps's water workouts end with a kicking set. I have added this idea already to my own workouts. The legs are tired, but the stress is less on the rest of the body.

Last, Phelps does a post practice land circuit. Interestingly this has not included lifting weights. Rather Phelps does old-fashioned pull-ups, dips, pushups, sit-ups and squat jumps, 15 or more each in repeat sets. He adds ball work for abdominals and lunges for the legs. These we can do on our off days or at home.

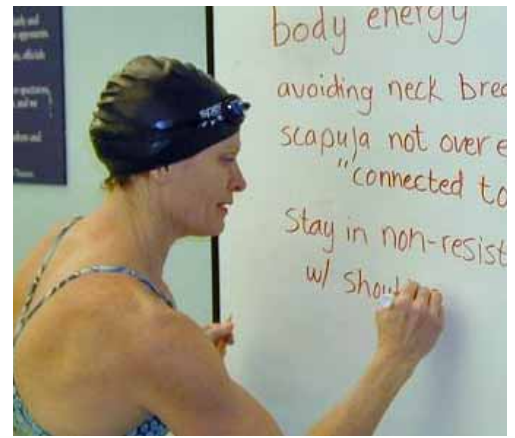
Other swimmers may not be able to swim like Michael Phelps or as fast, but we can mimic much of what he has done to become the best swimmer in the world.

<b>Arizona Meet</b>			
MJ Caswell and Ann Goodman of the Columbia Gorge Masters traveled to Arizona for a Meet. They did Oregon proud.	<b>Caswell, Mary J</b>	<b>46</b>	400 Free
	800 Free	11:33.54	<b>Goodman, Ann</b>
	100 Free	1:11.40	<b>48</b>
	50 Fly	35.70	100 Back
	200 Free	2:37.13	50 Back
	100 IM	1:22.90	200 Back
			5:35.81
			1:20.39
			38.47
			2:56.93





## Shane Gould and Milt Nelms Put on a Clinic for the MAC Swimmers



Photos by Brent Washburne

# Animal Meet - January 26

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

**Women 18-24**

500 Yard Freestyle

1 Scheafer, Kayla 22 OREG 6:29.01

100 Yard Butterfly

1 Scheafer, Kayla 22 OREG 1:20.09

200 Yard IM

1 Scheafer, Kayla 22 OREG 2:50.12

**Women 25-29**

200 Yard Freestyle

1 Gustafson, Aubree 26 OREG 2:16.50

500 Yard Freestyle

1 Woloszczuk, Rebecca 26 OREG 6:02.75

50 Yard Butterfly

1 Gustafson, Aubree 26 OREG 30.98

100 Yard Butterfly

1 Woloszczuk, Rebecca 26 OREG 1:09.82

100 Yard IM

1 Gustafson, Aubree 26 OREG 1:10.69

200 Yard IM

1 Woloszczuk, Rebecca 26 OREG 2:34.83

**Women 30-34**

200 Yard Freestyle

1 Kellar, Tami 34 OREG 2:41.01

1000 Yard Freestyle

1 Kramer, Ellen 32 OREG 12:32.20

50 Yard Butterfly

1 Kellar, Tami 34 OREG 36.89

100 Yard IM

1 Kellar, Tami 34 OREG 1:20.11

**Women 35-39**

200 Yard Freestyle

1 Walters, Melinda 37 OREG 2:38.25

2 Jacobs-Brown, M. 36 OREG 2:38.27

50 Yard Butterfly

1 Walters, Melinda 37 OREG 36.13

2 Jacobs-Brown, M. 36 OREG 40.36

100 Yard IM

1 Walters, Melinda 37 OREG 1:20.57

2 Jacobs-Brown, M. 36 OREG 1:23.57

**Women 40-44**

1000 Yard Freestyle

1 Marsh, Kathy 40 OREG 14:00.91

200 Yard Butterfly

1 Marsh, Kathy 40 OREG 3:08.36

400 Yard IM

1 Marsh, Kathy 40 OREG 6:06.20

**Women 45-49**

200 Yard Freestyle

1 Viales, Dianne 46 OREG 2:19.79

500 Yard Freestyle

**1 Vaughn-Edmonds, H. 45OREG5:33.68 O**

2 Delmage, Arlene 45 OREG 5:50.47

3 Fox, Christina 47 OREG 7:06.07

4 Malloy, Janie 45 OREG 7:10.71

50 Yard Butterfly

1 Viales, Dianne 46 OREG 32.68

2 Fox, Christina 47 OREG 44.24

100 Yard Butterfly

1 Delmage, Arlene 45 OREG 1:06.00

2 Malloy, Janie

45 OREG 1:33.06

100 Yard IM

1 Viales, Dianne 46 OREG 1:11.59

200 Yard IM

1 Delmage, Arlene 45 OREG 2:28.12

2 Fox, Christina 47 OREG 3:03.06

3 Malloy, Janie 45 OREG 3:11.58

**Women 50-54**

200 Yard Freestyle

1 Budd, Elizabeth 53 OREG 2:30.75

500 Yard Freestyle

**1 Crabbe, Colette 51 OREG6:09.94 O**

50 Yard Butterfly

1 Budd, Elizabeth 53 OREG 37.24

100 Yard Butterfly

1 Crabbe, Colette 51 OREG 1:08.23

100 Yard IM

1 Budd, Elizabeth 53 OREG 1:19.55

200 Yard IM

1 Crabbe, Colette 51 OREG 2:28.25

**Women 60-64**

200 Yard Freestyle

1 Rousseau, Sandi 60 OREG 2:45.82

2 Pierson, Ginger 61 OREG 3:03.27

500 Yard Freestyle

1 Pierson, Ginger 61 OREG 8:42.74

2 Jorgensen, Christine 63 MARY 9:07.37

50 Yard Butterfly

1 Rousseau, Sandi 60 OREG 35.39

2 Pierson, Ginger 61 OREG 43.96

100 Yard Butterfly

1 Jorgensen, Christine 63 MARY 1:47.91

200 Yard Butterfly

1 Pierson, Ginger 61 OREG 3:16.47

100 Yard IM

1 Rousseau, Sandi 60 OREG 1:28.39

200 Yard IM

1 Pierson, Ginger 61 OREG 3:11.20

2 Jorgensen, Christine 63 MARY 3:34.16

**Women 65-69**

200 Yard Butterfly

**1 Ward, Joy 65 OREG3:21.90 Z**

200 Yard IM

**1 Ward, Joy 65 OREG3:05.14 Z****Women 85-89**

200 Yard Freestyle

1 Stevenin, Elfie 86 OREG 8:10.32

50 Yard Butterfly

1 Stevenin, Elfie 86 OREG 2:35.12

100 Yard IM

1 Stevenin, Elfie 86 OREG 4:24.97

**Men 40-44**

200 Yard Freestyle

1 Livengood, David 44 OREG 2:29.12

500 Yard Freestyle

1 Butcher, Gano 44 OREG 5:44.04

2 Waud, Timothy 40 OREG 5:51.17

1000 Yard Freestyle

1 Kays, David 40 PNA 10:23.72

2 Higley, Robert

42 OREG 11:56.08

50 Yard Butterfly

1 Livengood, David 44 OREG 34.67

100 Yard Butterfly

1 Waud, Timothy 40 OREG 1:06.05

200 Yard Butterfly

1 Kays, David 40 PNA 2:20.40

2 Higley, Robert 42 OREG 2:33.75

100 Yard IM

1 Livengood, David 44 OREG 1:14.48

200 Yard IM

1 Butcher, Gano 44 OREG 2:17.20

2 Waud, Timothy 40 OREG 2:28.32

400 Yard IM

1 Kays, David 40 PNA 4:36.71

2 Higley, Robert 42 OREG 5:09.96

**Men 45-49**

200 Yard Freestyle

1 Washburne, Brent 46 OREG 2:09.83

500 Yard Freestyle

1 Hathaway, David 47 OREG 5:43.04

50 Yard Butterfly

1 Washburne, Brent 46 OREG 27.33

100 Yard IM

1 Washburne, Brent 46 OREG 1:03.85

200 Yard IM

1 Hathaway, David 47 OREG 2:24.18

**Men 50-54**

200 Yard Freestyle

1 Wallis, Gary 54 OREG 2:26.47

2 Amperse, David 53 OREG 2:26.91

500 Yard Freestyle

1 Kevan, Stephen 53 OREG 5:33.08

2 Scoville, Brent 50 OREG 6:13.38

3 Taylor, Charles 52 OREG 8:03.13

50 Yard Butterfly

1 Amperse, David 53 OREG 30.41

2 Wallis, Gary 54 OREG 32.14

100 Yard Butterfly

1 Kevan, Stephen 53 OREG 1:01.53

2 Scoville, Brent 50 OREG 1:15.64

3 Taylor, Charles 52 OREG 1:19.51

100 Yard IM

1 Amperse, David 53 OREG 1:08.09

2 Wallis, Gary 54 OREG 1:12.67

200 Yard IM

**1 Kevan, Stephen 53 OREG2:13.22 O**

2 Scoville, Brent 50 OREG 2:34.38

**Men 55-59**

200 Yard Freestyle

1 Bergstrom, Robert 55 OREG 2:19.71

500 Yard Freestyle

1 Taylor, Scott 56 OREG 7:36.32

1000 Yard Freestyle

1 Kralovec, Charles 55 OREG 17:59.32

50 Yard Butterfly

1 Bergstrom, Robert 55 OREG 31.54

*continued on page 14*



## Meet the Real Animals at the Animal Meet



## Meet the Happy Animals at the Animal Meet



### Animal Results continued from page 12

100 Yard Butterfly

1 Taylor, Scott 56 OREG 1:33.02

200 Yard Butterfly

1 Kralovec, Charles 55 OREG 3:48.31

100 Yard IM

1 Bergstrom, Robert 55 OREG 1:15.15

200 Yard IM

1 Taylor, Scott 56 OREG 3:06.42

400 Yard IM

1 Kralovec, Charles 55 OREG 7:33.65

### Men 60-64

500 Yard Freestyle

1 Juhala, Richard 64 OREG 8:33.71

2 Lewis, William 64 OREG 8:51.61

100 Yard Butterfly

1 Juhala, Richard 64 OREG 1:32.86

2 Smith, William

100 Yard IM

1 Lewis, William

200 Yard IM

1 Juhala, Richard

2 Smith, William

### Men 65-69

200 Yard Freestyle

1 Nakata, Ronald 68 OREG 2:41.95

50 Yard Butterfly

1 Nakata, Ronald 68 OREG 32.12

100 Yard IM

1 Nakata, Ronald 68 OREG 1:13.20

### Men 70-74

200 Yard Freestyle

1 Harrington, David 72 OREG 3:35.92

500 Yard Freestyle

62 OREG 1:43.36

64 OREG 1:45.82

64 OREG 3:30.07

62 OREG 3:37.14

68 OREG 2:41.95

68 OREG 32.12

68 OREG 1:13.20

72 OREG 3:35.92

1 Radcliff, David 73 OREG 6:16.16

50 Yard Butterfly

1 Harrington, David 72 OREG 42.95

100 Yard Butterfly

1 Radcliff, David 73 OREG 1:31.19

100 Yard IM

1 Harrington, David 72 OREG 1:47.68

200 Yard IM

1 Radcliff, David 73 OREG 2:57.79

### Men 75-79

200 Yard Freestyle

1 Marks, Milton 77 OREG 3:01.89

50 Yard Butterfly

1 Marks, Milton 77 OREG 42.27

100 Yard IM

1 Marks, Milton 77 OREG 1:27.77

## Sixth Annual Animal Masters SCY Meet - 1/26/2008

### Combined Events

#### Men Animal Grand Masters

Pl	Name	Team	Total
1	Kays, David 40	PNA-PN	17:20.83
2	Higley, Rob 42	OREG-OR	19:39.79
3	Kralovec, Charles 55	OREG-OR	29:21.28

#### Men Animal Masters

1	Kevan, Stephen 53	OREG-OR	8:47.83
2	Waud, Timothy 40	OREG-OR	9:25.54
3	Scoville, Brent 50	OREG-OR	10:03.40
4	Radcliff, David 73	OREG-OR	10:45.14
5	Butcher, Gano 44	OREG-OR	11:44.60
6	Hathaway, David 47	OREG-OR	11:50.58
7	Taylor, Scott 56	OREG-OR	12:15.76
8	Taylor, Charles 52	OREG-OR	12:37.49
9	Juhala, Richard 64	OREG-OR	13:36.64
10	Smith, William 62	OREG-OR	16:12.11

#### Men Animal Sprint Masters

1	Washburne, Brent 46	OREG-OR	3:41.01
2	Amperse, David 53	OREG-OR	4:05.41
3	Bergstrom, Robert 55	OREG-OR	4:06.40
4	Wallis, Gary 54	OREG-OR	4:11.28
5	Livengood, David 44	OREG-OR	4:18.27

6	Nakata, Ronald 68	OREG-OR	4:27.27
7	Marks, Milton 77	OREG-OR	5:11.93
8	Harrington, David 72	OREG-OR	6:06.55

#### Women Animal Grand Masters

1	Marsh, Kathy 40	OREG-OR	23:15.47
---	-----------------	---------	----------

#### Women Animal Masters

1	Delmage, Arlene 45	OREG-OR	9:24.59
2	Crabbe, Colette 51	OREG-OR	9:46.42
3	Woloszczuk, Reb. 26	OREG-OR	9:47.40
4	Scheafer, Kayla 22	OREG-OR	10:39.22
5	Malloy, Janie 45	OREG-OR	11:55.35
6	Jorgensen, Christine 63	MARY-MD	14:29.44

#### Women Animal Sprint Masters

1	Gustafson, Aubree 26	OREG-OR	3:58.17
2	Viales, Dianne 46	OREG-OR	4:04.06
3	Budd, Elizabeth 53	OREG-OR	4:27.54
4	Walters, Melinda 37	OREG-OR	4:34.95
5	Kellar, Tami 34	OREG-OR	4:38.01
6	Jacobs-Brown, M. 36	OREG-OR	4:42.20
7	Rousseau, Sandi 60	OREG-OR	4:49.60
8	Stevenin, Elfie 86	OREG-OR	15:10.41



# Chehalem Meet - February 2, 2008

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

**Women 25-29**

50 Yard Freestyle

1 Gustafson, Aubree 26 OREG 27.10

2 Popelka, Erin 26 OREG 28.02

100 Yard Freestyle

1 Gustafson, Aubree 26 OREG 1:01.39

50 Yard Breaststroke

1 Gustafson, Aubree 26 OREG 37.15

100 Yard Breaststroke

1 Popelka, Erin 26 OREG 1:13.79

2 Gustafson, Aubree 26 OREG 1:18.76

50 Yard Butterfly

1 Popelka, Erin 26 OREG 28.84

100 Yard Butterfly

1 Popelka, Erin 26 OREG 1:05.37

2 Gustafson, Aubree 26 OREG 1:14.05

100 Yard IM

1 Popelka, Erin 26 OREG 1:07.18

**Women 30-34**

100 Yard Freestyle

1 Kramer, Ellen 32 OREG 1:01.86

2 Kellar, Tami 34 OREG 1:11.09

200 Yard Freestyle

1 Krupp, Katy 32 OREG 2:40.45

500 Yard Freestyle

1 Kramer, Ellen 32 OREG 5:59.03

2 Krupp, Katy 32 OREG 7:12.77

50 Yard Breaststroke

1 Kellar, Tami 34 OREG 39.40

100 Yard Breaststroke

1 Kellar, Tami 34 OREG 1:27.93

200 Yard Breaststroke

1 Kellar, Tami 34 OREG 3:16.70

50 Yard Butterfly

1 Kellar, Tami 34 OREG 35.74

100 Yard IM

1 Krupp, Katy 32 OREG 1:35.02

**Women 35-39**

50 Yard Freestyle

1 Dunn, Lisa 38 OREG 31.63

2 Smith, Angela 36 OREG 37.97

100 Yard Freestyle

1 Smith, Angela 36 OREG 1:27.08

200 Yard Freestyle

1 Smith, Angela 36 OREG 3:05.95

500 Yard Freestyle

1 Smith, Angela 36 OREG 8:08.90

1000 Yard Freestyle

1 Smith, Angela 36 OREG 16:44.50

50 Yard Backstroke

1 Dunn, Lisa 38 OREG 38.83

50 Yard Breaststroke

**1 Tomac, Jayna 35 OREG 32.79 Z**

100 Yard Breaststroke

**1 Tomac, Jayna 35 OREG 1:11.35 Z**

200 Yard Breaststroke

1 Tomac, Jayna 35 OREG 2:37.90

100 Yard IM

1 Tomac, Jayna 35 OREG 1:08.01

2 Dunn, Lisa

**Women 40-44**

100 Yard Freestyle

1 Knox, Carolyn 41 OREG 1:50.15

100 Yard Backstroke

1 Knox, Carolyn 41 OREG 2:13.77

100 Yard Breaststroke

1 Knox, Carolyn 41 OREG 2:24.72

**Women 45-49**

50 Yard Freestyle

1 Buck, Donna 48 OREG 28.34

2 Edwards, Sharon 45 OREG 32.87

100 Yard Freestyle

1 Fox, Christina 47 OREG 1:16.48

2 Edwards, Sharon 45 OREG 1:19.66

200 Yard Freestyle

1 Sullivan, Sheila 46 OREG 2:58.09

500 Yard Freestyle

1 Sullivan, Sheila 46 OREG 7:57.11

1000 Yard Freestyle

1 Fox, Christina 47 OREG 14:35.30

2 Sullivan, Sheila 46 OREG 16:41.80

50 Yard Backstroke

1 Snider, Pam 46 OREG 38.38

2 Edwards, Sharon 45 OREG 41.72

200 Yard Backstroke

1 Fox, Christina 47 OREG 2:58.34

50 Yard Breaststroke

1 Buck, Donna 48 OREG 37.01

2 Snider, Pam 46 OREG 40.56

3 Fox, Christina 47 OREG 43.06

100 Yard Breaststroke

1 Snider, Pam 46 OREG 1:26.67

200 Yard Breaststroke

1 Snider, Pam 46 OREG 3:04.59

2 Fox, Christina 47 OREG 3:17.71

50 Yard Butterfly

1 Buck, Donna 48 OREG 31.88

100 Yard IM

1 Snider, Pam 46 OREG 1:17.75

**Women 50-54**

50 Yard Freestyle

1 Budd, Elizabeth 54 OREG 32.40

50 Yard Backstroke

1 Budd, Elizabeth 54 OREG 37.90

100 Yard Backstroke

1 Worden, Laura 50 OREG 1:19.70

50 Yard Breaststroke

1 Budd, Elizabeth 54 OREG 42.50

50 Yard Butterfly

1 Worden, Laura 50 OREG 31.33

2 Jones, Ginger 50 OREG 36.06

3 Budd, Elizabeth 54 OREG 36.80

100 Yard IM

1 Worden, Laura 50 OREG 1:18.37

2 Budd, Elizabeth 54 OREG 1:19.59

200 Yard IM

1 Worden, Laura 50 OREG 2:50.28

400 Yard IM

1 Worden, Laura

**Women 55-59**

50 Yard Freestyle

1 Blackburn, Jean 56 PNA 33.97

2 Rienks, Penny 56 OREG 36.52

100 Yard Freestyle

1 Blackburn, Jean 56 PNA 1:16.81

50 Yard Backstroke

1 Rienks, Penny 56 OREG 41.49

50 Yard Breaststroke

1 Rienks, Penny 56 OREG 47.27

50 Yard Butterfly

1 Blackburn, Jean 56 PNA 38.32

2 Rienks, Penny 56 OREG 50.12

100 Yard Butterfly

1 Blackburn, Jean 56 PNA 1:29.69

100 Yard IM

1 Rienks, Penny 56 OREG 1:38.86

200 Yard IM

1 Buck, Kathleen 57 OREG 3:15.76

400 Yard IM

1 Buck, Kathleen 57 OREG 6:52.24

**Women 60-64**

50 Yard Breaststroke

1 Pierson, Ginger 61 OREG 39.58

100 Yard Breaststroke

1 Pierson, Ginger 61 OREG 1:26.75

200 Yard Breaststroke

1 Pierson, Ginger 61 OREG 3:10.50

100 Yard Butterfly

1 Pierson, Ginger 61 OREG 1:34.48

200 Yard Butterfly

1 Pierson, Ginger 61 OREG 3:16.58

**Women 65-69**

50 Yard Freestyle

1 Frid, Barbara 65 OREG 33.94

100 Yard Freestyle

1 Frid, Barbara 65 OREG 1:15.94

50 Yard Breaststroke

1 Frid, Barbara 65 OREG 42.94

100 Yard Breaststroke

1 Frid, Barbara 65 OREG 1:35.38

**Women 70-74**

50 Yard Freestyle

1 Dinneen, Dolores 70 OREG 52.71

200 Yard Freestyle

1 Dinneen, Dolores 70 OREG 4:03.72

1000 Yard Freestyle

1 Dinneen, Dolores 70 OREG 22:13.36

**Women 85-89**

50 Yard Freestyle

1 Stevenin, Elfie 86 OREG 1:44.88

100 Yard Backstroke

1 Stevenin, Elfie 86 OREG 3:32.11

50 Yard Butterfly

1 Stevenin, Elfie 86 OREG 2:43.92

100 Yard Butterfly

1 Stevenin, Elfie 86 OREG 6:43.37

200 Yard IM			100 Yard IM		1 Willemine, Gus	62 OREG	35.22
1 Stevenin, Elfie	86 OREG	9:53.61	1 Gaarder, Chris	43 OREG	1:06.42	100 Yard Butterfly	
<b>Men 18-24</b>			<b>Men 45-49</b>			1 Smith, William	62 OREG 1:39.49
50 Yard Backstroke			50 Yard Freestyle			100 Yard IM	
1 Cleary, Kevin	24 OREG	33.75	1 Sumerfield, Bill	47 OREG	25.29	1 Smith, William	62 OREG 1:39.46
50 Yard Breaststroke			100 Yard Freestyle			<b>Men 65-69</b>	
1 Cleary, Kevin	24 OREG	33.11	1 Sumerfield, Bill	47 OREG	56.93	50 Yard Freestyle	
50 Yard Butterfly			200 Yard Freestyle			1 Dielman, Gary	68 OREG 33.40
1 Cleary, Kevin	24 OREG	27.97	1 Sumerfield, Bill	47 OREG	2:04.00	2 Shibue, Charlie	68 OREG 45.64
<b>Men 30-34</b>			500 Yard Freestyle			100 Yard Freestyle	
100 Yard Breaststroke			1 Sumerfield, Bill	47 OREG	5:58.64	1 Dielman, Gary	68 OREG 1:16.97
1 Polito, Chip	31 OREG	1:03.14	1000 Yard Freestyle			2 Shibue, Charlie	68 OREG 1:54.80
100 Yard Butterfly			1 Hathaway, David	47 OREG	11:45.27	200 Yard Freestyle	
1 Polito, Chip	31 OREG	54.06	50 Yard Breaststroke			1 Dielman, Gary	68 OREG 2:48.65
200 Yard Butterfly			1 Hathaway, David	47 OREG	33.90	2 Shibue, Charlie	68 OREG 4:38.61
1 Polito, Chip	31 OREG	2:04.46	400 Yard IM			500 Yard Freestyle	
<b>Men 35-39</b>			1 Hathaway, David	47 OREG	5:02.51	1 Lake, Brent	69 OREG 7:07.08
50 Yard Freestyle			<b>Men 50-54</b>			2 Dielman, Gary	68 OREG 8:01.14
1 Augustynovich, C	36 OREG	28.19	50 Yard Freestyle			1000 Yard Freestyle	
2 Hawthorne, Jason	37 OREG	31.70	1 Metzger, Peter	52 OREG	25.99	1 Lake, Brent	69 OREG 14:37.46
100 Yard Freestyle			2 Mann, Edward	50 OREG	26.09	50 Yard Backstroke	
1 Augustynovich, C	36 OREG	1:05.26	3 Moon, Robert	52 OREG	32.59	1 Lake, Brent	69 OREG 37.55
2 Hawthorne, Jason	37 OREG	1:11.45	200 Yard Freestyle			100 Yard Backstroke	
3 Vegter, Brian	36 OREG	1:17.65	1 Mann, Edward	50 OREG	2:11.33	1 Lake, Brent	69 OREG 1:24.04
200 Yard Freestyle			2 Moon, Robert	52 OREG	2:36.43	<b>Men 70-74</b>	
1 Hawthorne, Jason	37 OREG	2:38.87	50 Yard Backstroke			50 Yard Freestyle	
500 Yard Freestyle			1 Metzger, Peter	52 OREG	29.23	1 Thayer, George	71 OREG 29.83
1 Hawthorne, Jason	37 OREG	7:04.57	2 Limoges, Craig	54 UNAT	31.21	100 Yard Freestyle	
2 Vegter, Brian	36 OREG	8:00.25	3 Mann, Edward	50 OREG	33.20	1 Thayer, George	71 OREG 1:11.55
1000 Yard Freestyle			100 Yard Backstroke			200 Yard Freestyle	
1 Hawthorne, Jason	37 OREG	14:51.77	1 Metzger, Peter	52 OREG	1:02.80	1 Radcliff, David	73 OREG 2:13.26
50 Yard Butterfly			2 Limoges, Craig	54 UNAT	1:08.15	1000 Yard Freestyle	
1 Augustynovich, C	36 OREG	31.92	3 Moon, Robert	52 OREG	1:31.70	1 Radcliff, David	73 OREG 12:43.08
2 Vegter, Brian	36 OREG	42.37	200 Yard Backstroke			50 Yard Backstroke	
100 Yard IM			1 Mann, Edward	50 OREG	2:32.22	1 Thayer, George	71 OREG 38.34
1 Vegter, Brian	36 OREG	1:31.63	100 Yard Breaststroke			<b>Men 75-79</b>	
<b>Men 40-44</b>			1 Moon, Robert	52 OREG	1:31.09	100 Yard Freestyle	
50 Yard Freestyle			50 Yard Butterfly			1 Sprenger, Fred	76 OREG 1:50.70
1 Wan, Eric	41 OREG	23.97	1 Metzger, Peter	52 OREG	27.69	50 Yard Backstroke	
2 Rice, David	40 OREG	24.56	2 Limoges, Craig	54 UNAT	28.48	1 Marks, Milton	77 OREG 40.49
3 Watanabe, Bruce	44 OREG	25.17	3 Moon, Robert	52 OREG	43.42	200 Yard Backstroke	
4 Waud, Timothy	40 OREG	30.74	100 Yard IM			1 Sprenger, Fred	76 OREG 4:41.08
100 Yard Freestyle			1 Limoges, Craig	54 UNAT	1:08.77	50 Yard Breaststroke	
1 Wan, Eric	41 OREG	51.84	<b>Men 55-59</b>			1 Marks, Milton	77 OREG 40.36
2 Watanabe, Bruce	44 OREG	55.01	50 Yard Freestyle			100 Yard Breaststroke	
3 Rice, David	40 OREG	55.07	1 Storer, Andrew	56 OREG	30.04	1 Marks, Milton	77 OREG 1:33.58
4 Waud, Timothy	40 OREG	1:05.82	100 Yard Freestyle			200 Yard Breaststroke	
200 Yard Freestyle			1 Storer, Andrew	56 OREG	1:07.59	<b>1 Marks, Milton</b>	<b>77 OREG 3:27.11 O</b>
1 Waud, Timothy	40 OREG	2:24.09	50 Yard Backstroke			<b>Men 85-89</b>	
50 Yard Backstroke			1 Storer, Andrew	56 OREG	44.98	50 Yard Freestyle	
1 McCarthy, Darren	42 OREG	30.35	50 Yard Breaststroke			<b>1 Lamb, Willard</b>	<b>85 OREG 34.39 Z</b>
50 Yard Breaststroke			1 Storer, Andrew	56 OREG	45.87	2 Bushey, Charles	86 OREG 57.45
1 McCarthy, Darren	42 OREG	31.42	50 Yard Butterfly			200 Yard Freestyle	
2 Rice, David	40 OREG	32.98	1 Storer, Andrew	56 OREG	44.41	1 Bushey, Charles	86 OREG 4:43.99
3 Gaarder, Chris	43 OREG	33.02	<b>Men 60-64</b>			500 Yard Freestyle	
100 Yard Breaststroke			500 Yard Freestyle			<b>1 Lamb, Willard</b>	<b>85 OREG 8:08.69 N</b>
1 Rice, David	40 OREG	1:11.44	1 Smith, William	62 OREG	8:17.23	2 Bushey, Charles	86 OREG 12:29.40
2 Gaarder, Chris	43 OREG	1:12.60	1000 Yard Freestyle			50 Yard Backstroke	
200 Yard Breaststroke			1 Willemine, Gus	62 OREG	18:13.81	<b>1 Lamb, Willard</b>	<b>85 OREG 42.48 N</b>
1 McCarthy, Darren	42 OREG	2:31.94	100 Yard Backstroke			100 Yard Backstroke	
2 Gaarder, Chris	43 OREG	2:40.44	1 Smith, William	62 OREG	1:53.03	<b>1 Lamb, Willard</b>	<b>85 OREG 1:38.08 Z</b>
50 Yard Butterfly			100 Yard Breaststroke			2 Bushey, Charles	86 OREG 2:38.11
1 Wan, Eric	41 OREG	27.94	1 Smith, William	62 OREG	1:43.35	200 Yard Backstroke	
2 Waud, Timothy	40 OREG	32.82	50 Yard Butterfly			<b>1 Lamb, Willard</b>	<b>85 OREG 3:36.68 N</b>



2 Bushey, Charles 86 OREG 5:38.17

**Relays****Men 35+ 200 Yard Free Relay**

1 OREG 2:11.91  
 1) Moon, R. 52 2) Vegter, B. 36  
 3) Dielman, G. 68 4) Storer, A. 56

**Men 35+ 200 Yard Medley Relay**

1 OREG 2:45.02

1) Moon, R. 52

3) Vegter, B. 36

**Mixed 25+ 200 Yard Medley Relay**

1 OREG 2:27.28  
 1) Edwards, S. 45 2) Kellar, T. 34  
 3) Augustynovich, C. 36 4) Hawthorne, J. 37

**Mixed 35+ 200 Yard Free Relay**

1 OREG 2:12.60

2) Storer, A. 56

4) Dielman, G. 68

1) Hawthorne, J. 37

3) Smith, A. 36

**Mixed 35+ 200 Yard Medley Relay**

2 OREG 2:39.45  
 1) Rienks, P. 56 2) Storer, A. 56  
 3) Vegter, B. 36 4) Dunn, L. 38



**OREGON MASTERS SWIMMING ASSOCIATION LONG COURSE METERS CHAMPIONSHIPS**

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #378-04

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit an Oregon 2008 registration form and fee with this form.

Place: Tualatin Hills Aquatic Center Pool

15707 SW Walker Rd.

Beaverton, Oregon

50 meters - 6-8 lanes competition-electronic timing

50 meter races will be 3 button timing

Continuous warm-up/down in 1-2 lanes

OMS souvenir/participation award for all OMS entrants

**DATE: Fri., Sat. & Sun. April 4-6, 2008**
**FRIDAY: WARM-UPS: 4PM • MEET STARTS: 5PM**  
**SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**  
**SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**

Meet director: Marisa Frieder • (503) 452-7053 • mmfrieder@yahoo.com

Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2008 OMS REGISTRATION FORM WITH THIS ENTRY.

**ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 14, 2008**

FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

NAME \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE (AS OF 12-31-08) \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_

2008 USMS # \_\_\_\_\_

CITY \_\_\_\_\_

IF OMS, LOCAL TEAM (SEE LISTINGS ON 2008 REG. FORM) \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

USMS CLUB (OREG, PNA, ETC) \_\_\_\_\_

PHONE \_\_\_\_\_

IS THIS YOUR FIRST MASTERS MEET? \_\_\_\_\_ Yes \_\_\_\_\_ No

E-MAIL \_\_\_\_\_

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279... ETC. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY.** ENTER RELAYS AT THE MEET. ONLY 200 METER RELAYS WILL BE COUNTED FOR TEAM POINTS. SWIMMERS AT THE SHALLOW END WILL BE REQUIRED TO START IN THE WATER. 400 AND 800 RELAYS ONLY IF TIME PERMITS. YOU MAY SWIM THE 200, 400 & 800 METER DISTANCE OF EACH RELAY ONLY ONCE. THE 400IM, 400, 800 & 1500 FREESTYLES WILL BE DECK SEEDDED. 800 & 1500 FREE MAY BE SWUM 2 PER LANE. SEE GUIDELINES PAGE POSTED ON-LINE OR IN AQUAMASTER FOR TIMES REGARDING CHECK-IN DEADLINES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDDED SLOW TO FAST. YOUR TEAM MUST BE REGISTERED FOR 2008 IN ORDER TO SCORE POINTS.

**Friday, April 4, 2008****400 IM** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**1500 FREE** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**Saturday, April 5, 2008****100 FLY** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**200 FREE** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**50 BREAST** (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\* \_\_\_\_\_

**MIXED FREE RELAYS (6-8)****100 BACK** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**200 BREAST** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**50 FREE** (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\* \_\_\_\_\_

**MEDLEY RELAYS (12-15)****800 FREE** (16) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**ASSOCIATION/AWARDS BANQUET - ROCK CREEK COUNTRY CLUB****Sunday, April 6, 2008****400 FREE** (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**Break- Event 18 will not begin before 10 am****100 BREAST** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**200 BACK** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**50 FLY** (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

**MIXED MEDLEY RELAYS (21-22)****100 FREE** (23) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**200 FLY** (24) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**50 BACK** (25) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**200 IM** (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**FREE RELAYS (27-32)**

Please plan  
to attend the OMS Annual Meeting at Rock  
Creek Country Club - 4:30 pm on Saturday  
April 5th

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

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

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

**Association Champs Shirt: T-Shirts \$16.00 ea.,**  
**(indicate size to the right)**

S M L XL XXL (\$2 add.)

T-SHIRTS \_\_\_\_\_ X \$ \_\_\_\_\_ = \_\_\_\_\_

MEET ENTRY FEE **23.00**

TOTAL ENCLOSED \_\_\_\_\_

**MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.****SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072**



# OMS LCM Association Championship

## April 4-6, 2008

### OFFICIAL RULES AND GUIDELINES

#### **DISTANCE EVENTS: CHECK-IN DEADLINES/TIME PERIODS**

Friday, April 4, **400 IM** – 4:30 p.m., **1500 Free** – 5:00 p.m.

Saturday, April 5, **800 Free** – Between the start of the 200 Free and the start of the 200 Breast

Sunday, April 6, **400 Free** - 8:30 a.m.

#### **RELAY ENTRIES: DEADLINES**

Saturday, April 5, **Mixed Free Relay** – 9:30 a.m. / **Medley Relay** - By the end of the 100 Back

Sunday, April 6, **Mixed Medley Relay** – By the end of the 100 Breast / **Free Relay** - By the end of the 100 Free

**THE EVENTS LISTED ABOVE WILL BE OFFICIALLY CLOSED AT THE STATED TIMES.**

**SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY AT THE THESE TIMES.**

**THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.**

**TEAM SCORING:** There will be three team categories (Small, Medium, and Large) based on the number of “entered” swimmers from a team. **Only teams registered by March 30, 2008, will be able to score points.** There will be a meeting of all the team representatives on Saturday, April 5, 2008 at 8:45 a.m. to vote on the breakdown of the teams into three categories. At this meeting, we will announce the number of swimmers entered per team and look for the “natural breaks” in those numbers. For example, in the past we have used as a guideline the groupings of 1-9, 10-19, and 20 or more swimmers, but this can vary from year to year. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. Team names and abbreviations are listed on the 2008 OMS registration form in this issue of the Aqua Master. Someone from your team must register the team for 2008.

**The team registration form is included in this issue. Please make sure your team is registered. As of the printing of this Aqua Master the following Teams were registered.**

<b>Registered for 2008</b>		<b>Not Registered for 2008</b>	
Albany YMCA Tiger Master sharks	YTMS	Garage Masters	GMS
Baker Area Seasoned Swimmers	BASS	Grass Valley Masters	GVAM
Canby Masters	CBM	Metro YMCA	METY
Central Oregon Masters	COMA	North Clackamas Masters	NCMS
Chehalem Masters Swim Team	CMST	Oregon Reign Masters	ORM
Circumnavigating Beavers	CBAT	Portland Community College Masters	PCCM
Columbia Gorge Masters	CGM	Riverplace Ath. Club (Tsunamis)	RAC
Corvallis Aquatic Masters	CAT	Rogue Valley Masters	RVM
Downtown Athletic Club	DAC	Sherwood YMCA Dragons	SYD
Emerald Aquatics	EA	Swimmers in Sweet Home	SWISH
		Tualatin Hills Barracudas	THB
		Albany Aquatics	AAA
		Fishsticks	FISH
		Lincoln City Masters	LCM
		Multnomah Athletic Club	MAC
		Nike Masters	NIKE
		Pendleton Masters	PEND
		Roseburg Masters	RMST
		Salem Courthouse Crew	SCC
		Salem YMCA Masters	SYM
		Southern Oregon Masters	SOM
		Umpqua Valley Masters	UVM

What you write down on your entry form is your team designation for the meet and no exceptions will be allowed. If you leave this Local Team space blank you will be entered as the team listed on your 2008 USMS card for scoring purposes.

**TEAM AWARDS:** Awards for First, Second, and Third Place will be awarded for each team category

**IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET**

**PLEASE CONTACT Wes Edwards [wesnad@comcast.net](mailto:wesnad@comcast.net) 360-896-8806**

**Accommodations:** The following hotels are located close to the pool. None have been designated as the Official OMS Hotel

Homestead Studio Suites 875 SW 158th Avenue Beaverton, OR 97006 US Standard Rate Range: \$69.99 - \$109.99	Phoenix Inn and Suites 15402 NW Cornell Rd. Beaverton, OR 97006 From \$89.33	Comfort Inn and Suites West Beaverton 13455 SW Canyon Rd. Beaverton, OR 97005 Standard Rate Range: \$80.70 - \$149.95
Fairfield Inn & Suites by Marriott 15583 Northwest Gateway Court Beaverton, OR 97006 Standard Rate Range: \$67.00 - \$109.00	Extended Stay America 18665 NW Eider Court Hillsboro, OR 97006 From \$74.99	Courtyard by Marriott 3050 NW Stucki Place Hillsboro, OR 97124 Standard Rate Range: \$89.00 - \$209.00
Homewood Suites 11525 NW Gateway Court Beaverton, OR 97005 Standard Rate Range: \$90.00 - \$169.00	Extended Stay Deluxe 19311 NW Cornell Rd. Hillsboro, OR 947124 From \$84.99	Americas Best Inns 333 SW 198th Aloha, OR 97006 Standard Rate Range: \$62.10 - \$95.00
Hilton Garden Inn 15520 NW Gateway Court Beaverton, OR 97006 From \$84.15	Residence Inn by Marriott 18855 Tanasbourne Dr. Hillsboro, OR 97124 Standard Rate Range: \$101.00 - \$159.00	

## Hood River Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #378-05

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: Sunday, May 18, 2008

**WARM-UPS: 8AM • MEET STARTS: 9AM**

Meet director: Shelly Rawding, 509-493-4679, hrvt.coach@gmail.com

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 MAY 2, 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 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 400 & 800 FREESTYLE & 400 IM WILL BE DECK SEEDDED. *CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM.* ALL EVENTS WILL BE SEEDDED SLOW TO FAST.

### Sunday, May 18, 2008

**400 FREE** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BACK** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FLY** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BREAST** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

### **MIXED FREE RELAYS (5-7)**

**200 IM** (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FREE** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BREAST** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FLY** (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

### **MEDLEY RELAYS (12-15)**

**400 IM** (16) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BREAST** (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FREE** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BACK** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

### **FREE RELAYS (20-25)**

**100 FLY** (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BACK** (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE** (28) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 IM** (29) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

### **MIXED MEDLEY RELAYS (30-31)**

\*\*\*break\*\*\*

**800 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: \$18.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.**  
**SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072**



# The Countdown For LCM Nationals 166 Days

and counting from March 1, 2008

I recently came across a great site on the web. It is called Swim Faster Faster, (swimfasterfaster.com). The site is dedicated to giving tips so you can swim faster. Ande Rasmussen, a former University of Texas swimmer and current Master Swimmer, has created the site. Currently there are over 60 tips to help you swim faster. I have gone through the site and picked out some to help you prepare for the Association Meet and LCM Nationals. Remember only 166 days till LCM Nationals.

## Swim Tips

### Swim Faster Faster: Tip 59 Cause and Effect

If you want to improve your time in a particular event over a season, it won't fall out of the sky and happen just because you made a wish. We live in a cause / effect world.

Your improvements will happen in direct proportion to the causes you put in place.

The hard work you do, the practice times you swim, the technique you sharpen into new habits, how strong you are, what you weigh and your body shape, how psyched you are, how correctly you split the race, what kind of suit you're wearing, how well you do your technique in the race,

Do the causes, If you want the EFFECTS.

I wish we could just make a wish and click our heels and have our goals be so.

Luck does exist and the harder you work the luckier you're gonna get.

### Swimming Faster Faster: Tip 1

Do you want to swim fast in meets? (*Association Meet and LCM Nationals*)

If you really do then you need to **Swim Fast** in practice.

It's that simple and it's that complicated. Pay attention to your training times and try to beat them.

### Swimming Faster Faster: Tip 3

Just about every fast swimmer I ever trained with like Kim Linehan, Rick Carey, Steve Lundquist, Rowdy Gaines, Scott Spann, Kris Kirchner, Nick Nevid, Shaun Jordan, Chris Jacobs and William Paulus, were very fast Kickers.

Eddie Reese told me Gary Hall could kick some very fast 50s and 100s.

Same goes for Ian Crocker, Nate Dusing, Aaron Piersol, Neil

Walker, and Brendan Hansen.

I'll bet that Michael Phelps and Ryan Lochte are also.

So how's your kick. Are you a fast kicker?

Do you plod along in kick sets or go for it?

What ever your current kicking ability is,

I GUARANTEE you this.

If you focus on kicking faster and consistently work on it in training,

**YOU WILL BECOME A FASTER KICKER.**

Which will make you a faster swimmer in meets.

I think it's important for YOU to know your kicking times for each stroke you swim and work to improve them.

What are your kicking times (in yards and meters) for the following: 15, 25, 50, 75, 100, 150, & 200 in each stroke?

What's the fastest interval you can kick 10 x 50 on and 10 x 100 on?

When I was 14 I was one of the worst kickers on the team, by the time I was 20 I became one of the best kickers.

Begin by eliminating this sentence from your vocabulary and brain. "I'm not a fast kicker."

When kick sets arrive focus on improving your best kicking times.

### Swim Faster Faster: Tip 32 Goals

Goals are critical to your swimming success.

Goals are the outcomes we want, the targets we intend to hit, the dreams we want to make reality, the times we want to swim, the weights we want to weigh, the strength we want to have, the things we want to do.

Goals are dreams with deadlines.

Our goals need to be **SMART**

Specific,

Measurable,

Achievable,

Realistic,

Time Focused

I encourage you to get out pen and paper and write down your swimming goals.

Think short term, mid term and long term.

What would you like to have and do in swimming?

Be specific, set a deadline.



## 2008 Local Team Registration

This form must be postmarked by the entry deadlines of the 2008 OMS Association Championship and the 2008 OMS Open Water Championships, in order for a team to compete as a "Local Team" at those events.

**Team Name** \_\_\_\_\_ **Abbreviation** \_\_\_\_\_

### Team Representative Information (must be an OMS member)

**Rep. Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone # 1** \_\_\_\_\_ **Phone # 2** \_\_\_\_\_

**Email** \_\_\_\_\_

### Team Information

**Approximate number of swimmers on team** \_\_\_\_\_

**Practice Schedule** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Coach Information

**Coach Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone # 1** \_\_\_\_\_ **Phone # 2** \_\_\_\_\_

**Email** \_\_\_\_\_

### Pool Information

**Pool Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Mail to: Tia Sitton, Membership Chair, 42455 N. River Dr. Sweet Home, OR 97386**

**Email for Tia - sweethomebuilder@centurytel.net**





# OREGON MASTERS SWIMMING

## UNITED STATES MASTERS SWIMMING

### YEAR 2008 REGISTRATION

☐

Renewal - 2007 USMS # \_\_\_\_\_

☐

New Member

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

<b>Address:</b>
-----------------

<b>City:</b>	<b>State:</b>	<b>Zip:</b>
--------------	---------------	-------------

<b>Phone:</b>	<b>Date of Birth:</b>	<b>Age:</b>	<b>Sex:</b> <input type="checkbox"/> M <input type="checkbox"/> F
---------------	-----------------------	-------------	---

<b>E-mail Address:</b> _____ <input type="checkbox"/> Electronic Delivery (I prefer to receive the Aqua Master electronically)	<b>Do you coach a Masters Team</b> Yes <input type="checkbox"/> No <input type="checkbox"/>
---	--

<b>Club:</b> OMS is comprised of one club or you may register unattached.	<input type="checkbox"/> OREG	<input type="checkbox"/> *UNATTACHED
*(Unattached members cannot swim in relays)		

<b>Local Team: Choose name and abbreviation from list below (Name)</b>	<b>(Abbreviation)</b>
--	-----------------------

Registered for 2008		Not Registered for 2008	
Albany YMCA Tiger Master sharks	YTMS	Albany Aquatics	AAA
Baker Area Seasoned Swimmers	BASS	Fishsticks	FISH
Canby Masters	CBM	Lincoln City Masters	LCM
Central Oregon Masters	COMA	Multnomah Athletic Club	MAC
Chehalem Masters Swim Team	CMST	Nike Masters	NIKE
Circumnavigating Beavers	CBAT	Pendleton Masters	PEND
Columbia Gorge Masters	CGM	Roseburg Masters	RMST
Corvallis Aquatic Masters	CAT	Salem Courthouse Crew	SCC
Downtown Athletic Club	DAC	Salem YMCA Masters	SYM
Emerald Aquatics	EA	Southern Oregon Masters	SOM
		Umpqua Valley Masters	UVM
Garage Masters	GMS		
Grass Valley Masters	GVAM		
Metro YMCA	METY		
North Clackamas Masters	NCMS		
Oregon Reign Masters	ORM		
Portland Community College Masters	PCCM		
Riverplace Ath. Club (Tsunamis)	RAC		
Rogue Valley Masters	RVM		
Sherwood YMCA Dragons	SYD		
Swimmers in Sweet Home	SWISH		
Tualatin Hills Barracudas	THB		

**\$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.**

- ☐ I have added a contribution of \$\_\_\_\_\_ for Oregon Masters Swimming. We value your support!  
☐ I have added a contribution of \$50 as a Gold Medal Sponsor of Oregon Masters Swimming.  
☐ I have added a contribution of \$100 as a Diamond Medal Sponsor of Oregon Masters Swimming.  
☐ I have added a contribution of \$1.00 (or \$\_\_\_\_\_) to the United States Masters Swimming Foundation.

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

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**MAIL TO: DARLENE STALEY, OMS REGISTRAR, 17720 NW Autumn Ridge Dr, Beaverton, OR 97006**

This form is available on the OMS website: [www.swimoregon.org](http://www.swimoregon.org)

# 2008



Date - - - - -	Event - - - - -	Location - - - - -	Contact - - - - -
<b>Pool Meets</b>			
*April 4,5,6	LCM Assn. Champs	Beaverton, OR - - - - -	Marisa Frieder - - - - mmfrieder@yahoo.com
*May 18	SCM	Hood River - - - - -	Shelly Rawding - - - - hrvst.coach@gmail.com
June 14	LCM	Gresham, OR	
July 12-13	LCM	St. Games - Gresham, OR	
<b>Open Water</b>			
June 1	Hagg Lake		
July 19-20	Applegate Lake		
Aug 1,2,3	Elk Lake		
Aug 24	Dorena Lake		
<b>National Championships</b>			
May 1 - 4	SCY Nationals	Austin, Texas - - - - -	USMS - - - - - http://www.usms.org
Aug. 3	5 K Open Water National Champ	Elk Lake, Oregon - - - - -	Bob Bruce - - - - - coachbob@bendbroadband.com
Aug. 14 - 17	LCM Nationals	Gresham, Oregon - - - - -	Dennis Baker - - - - - bakeswims@yahooe.com
<b>Postal Championships 2007</b>			
*February Fitness Challenge	February	Any pool - - - - -	Barracudas - - - - - dave@theradcliffs.com
<b>International Championships</b>			
- - - - - * ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER			

<b>Board Meetings</b> All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details. March 4	April 5 - General Membership Meeting May 20 July 13 - 10 AM (&St. Games) Aug. 26
---	---

***Aqua Master***  
***March 2008***

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

**Nonprofit  
Organization**  
U.S. Postage  
**Paid**  
Portland, Oregon  
Permit No. 1292

**Inside: Results - Animal Meet & Chehalem Meet**