



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

Volume 35, Number 10 Published Monthly by OMS, Inc. November/December 2008

*"Swimming for Life"*

## Thank You Officials



Thanks to Jacki Allender, Henry Leung, Tina Strahan and Colette Crabbe, the Meet at Lincoln City was legal and all times will be considered for Top Ten and Records. So often we just look and focus on the great swims and forget that none of them would count unless we had Officials. Jacki, Henry, Tina and Colette all gave up a Sunday and drove to Lincoln City so we could swim. A big Thank You to all of our Officials. As they say it takes two to tango and we need you as our partners. There is no doubt that together we make a winning combination. Check out the Off the Block Editorial on page 3 and pictures on page 4.

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### Wes Edwards, New NW Zone Rep for USMS

Jane Moore, of PNA, submitted her resignation as Northwest Zone Representative at the last zone meeting because she is now Chair of the USMS Sports Medicine & Science Committee.

Wes Edwards, Vice Chair of Oregon Masters, was recommended as her replacement and was appointed to the position by the USMS President and Vice President of Local Operations. His term started at the end of the USMS Convention.



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## Chair's Corner by Jody Welborn

Hello everyone:

It has been an amazing year for Oregon Masters Swimming and everyone should be pleased. Nationals was a success and we will reap the positives of a job well done for a long time into the future.

But the future is now. Everyone needs to be thinking about what we can do to make Oregon Masters Swimming grow with new ideas to promote adult swimming.

On the immediate agenda is the Executive Committee and the following members are willingly/eager to stay on for another term .

Chair: Jody Welborn

Vice-Chair: Wes Edwards

Treasurer: Doug Christensen

However, we welcome other candidates for the these positions. Please email me at jodywelborn@mac.com if you are interested in the above positions.

One of our elected positions needs a volunteer. The office of Secretary, very kindly and ably filled by Tam Jenkins, is available and nominations for this position are open. Please let any of the board members know if you are interested or email me at jodywelborn@mac.com.

We still need a fitness chair and I would welcome any volunteers. Rachel Skoss has been doing an outstanding job filling in and OMS is grateful for her contributions.

Our new registration form is in this edition and I would like to point out several options for registration:

a) Register on-line through USMS.org

b) Register using the form available in the AquaMaster or online.

Please note as part of registration for Oregon Masters Swimming you will get the AquaMaster on line, but the paper form is still available. Just check the appropriate box.

If you are registering as a senior or a student you will still need to use the "paper" form.

I want to thank the board for an excellent job in the past year. I want to thank the membership for the support and participation. Get ready to set some new goals.

and

**Remember,**

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



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## Off the Block

### Oregon Masters Swimming Board

Your OMS Board takes the dive off the Blocks this month, as they write their heartfelt thanks to all our Officials

I hope by featuring you in our Newsletter that all of you Officials realize and know how much we appreciate all that you do for Masters Swimming. *Dave Radcliff, Editor*

A heartfelt thanks to the dedicated officials who took time out of their own busy lives to make the Lincoln City meet a success for all the participants. *Tam Jenkins, Secretary*

I would like to send a special thanks to all the officials who regularly give their time to make our swim meets run so smoothly. It involves a lot of volunteer hours during their weekend and without them we could not run a sanctioned meet. You are very appreciated. *Darlene Staley, Registrar*

Without these four selfless people we couldn't have had a sanctioned meet. Yes, we could have had a meet but not to OMS standards. There were some individuals who set PR's and others broke records that made the trip to Lincoln City a positive experience. The officials left home at 4:30-5 am to make sure our day was complete. What a sacrifice! Thank you ever so much. *Ginger Pierson, Host/Social*

Oregon is so incredibly fortunate to have such dedicated officials who are willing to take time away from their busy schedules, not to mention away from their families, to officiate at the Masters' meets. They are always professional and take their responsibilities seriously. I can not express how much I have appreciated their contribution to Masters' swimming. *Jeanne Teisher, Past Chair*

In the seven years that I have been involved in OMS, I am always impressed by the dedication, enthusiasm and professionalism of our Officials. Thank you all so much for always being there and playing such a large role in making our sport fun and successful. *Steve Darnell, Records*

Thank you so much. You are all admired and appreciated. *Sue Calnek, Sunshine*

Please extend my sincere thanks to the officials who help us host our competitions. *Doug Christensen, Treasurer*

At the USAS convention a last month many compliments were directed my way for the 2008 LC Masters Nationals we hosted. What stuck out in the compliments was the Officials. Many were local and I just want to thank Jacki and the crew for all they did and all they do every year. You are the best!!!! *Dennis Baker, Coaches*

Thank you. *Robbert van Andel, Web Master*

When I look at Oregon Masters Swimming, the truly unsung heroes are our Officials. Without them there would not be the variety of swim meets that we have and they volunteer above and beyond any expectations. Thanks to their efforts we were able to swim at Lincoln City with official times. Jackie Allender deserves our special thanks but all of our officials are priceless. Thanks so much to you all. *Jody Welborn, Chair*

Thanks a bunch to all of our dedicated and friendly officials! You do such a wonderful job supporting Masters swimmers. Your enthusiasm and generous support is greatly appreciated. *Mary Sweat, Top Ten*

I want to let all the officials know how much they are appreciated and that, we know, without them we would not be competing. I know that they must love this sport just as much as the swimmers do, or they would not take the time to make a swim meet happen. Thank you all for all your sacrifices and hard work and dedication to the sport of Masters swimming. Thank you so very much, *Joy Ward, Safety*

You volunteered your time for extensive training and participation at swim meets, you paid out-of pocket expenses for membership dues and travel expenses, then you answered the call for help when meet directors needed officials to run sanctioned meets. You did all this so that others could realize their competitive goals and dreams and have them officially recognized and validated. Without your dedication and sacrifice, it wouldn't have been possible. Thank you for your service, your sacrifice, your dedication, your professionalism. *Wes Edwards, Vice Chair*

I am constantly in awe of your dedication, professionalism, work ethic, and willingness to serve. We could never do 'our thing' if you weren't so cheerfully doing 'your thing'. Thanks you for your continued excellence. *Bob Bruce, Long Distance*

Thank you all. We appreciate your dedication. *Rich Juhala, Awards*

## Candid Shots of our Officials in Action



# Fitness



**Rachel  
Skoss**



## Sore Shoulders

Last month we discussed stretching, and it was to be followed up this month with some stretches that may be useful to include in your program. However, after feeling the effects from getting back into the water following a couple of months of laziness, it occurred to me that perhaps I should focus upon the shoulders for a little while, and the stretches for the rest of the body will come later. To give credit where it is due, much of this article has been summarised from work by Mat Luebbers: ([http://swimming.about.com/od/swimmersshoulder/Swimmers\\_Shoulder\\_and\\_Related\\_Info.htm](http://swimming.about.com/od/swimmersshoulder/Swimmers_Shoulder_and_Related_Info.htm))

Swimmer's shoulder is a general term for pain in the shoulder that we get when we swim freestyle. It is quite common in all swimmers across all age groups, and it is basically an impingement problem that is related to overuse, muscle weakness, muscle tightness, and/or poor technique. Sometimes you may feel shoulder soreness just after a heavy workout, but at worst, it may intrude on your daily activities out of the pool. Some of the causes of shoulder problems are:

- Faulty stroke mechanics
- Sudden increases in training loads or intensity
- Repetitive micro traumas related to overuse
- Training errors (such as unbalanced strength development)
- Over-use of training devices like hand paddles
- High percentage of freestyle swum in practices
- Weaknesses in the upper trapezius and serratus anterior
- Weakness or tightness of the posterior cuff muscles (infraspinatus and teres minor)
- Hyper mobile or very lax shoulder joint.

Ideally, we should try to limit the likelihood that we will get shoulder pain. Firstly, regarding our freestyle stroke technique, there are some things we can alter to reduce the potential for impingement. According to various research articles, we should:

- Swim with adequate body-roll of the trunk, shoulder through hip (45° to 100° from the long axis in both directions)
- Breathe to both sides in order to facilitate a greater degree of body-roll to both sides.

- Rotate the hips and shoulders as with the arm pull to allow a freer range of shoulder motion, allowing the elbow to stay lower or closer to the water during the recovery phase but still keeping the hand lower than the elbow
- Use a hand entry and pull pattern that stays outside the midline of the long axis
- Use a fingertip or little-finger-first hand entry, as opposed to a thumb first entry
- Use a technique of eyes-down swimming or a neutral head-position, looking at the bottom of the pool instead of the wall ahead of the swimmer
- Aim for our hand to exit at or slightly behind the beltline
- Establish a finger-tip down, high-elbow hand position before rearward force is applied to the water; move to a catch position first, then perform the push

As we age, we are supposed to get wiser. It is particularly important for us to realise that we are no longer teenagers, hence may not be able to do the training loads that we used to do, or, at least we need to build up to them. So as I discovered after my time out of the water, we should not do too much work too soon. We should take care to:

- Limit hand-paddle use early in the training season
- Limit the use of a kickboard
- Avoid sudden increase in workout intensity or mileage
- Match water and dry-land work in terms of progression, intensity, and load
- Utilize swim-fins to reduce shoulder stress
- Mix in other swimming strokes more frequently during a workout and throughout the season

We need to be able to use our shoulders in the correct planes of movement, so need a certain level of flexibility of shoulder musculature. However, it is also important that we do not stretch in ways that will promote shoulder laxity. So to develop appropriate range of movement, we should:

- Complete a proper warm-up of muscles before any flexibility work is started
- Avoid ballistic stretches
- Perform stretches in functional planes and positions of use, not in random directions
- Do not overstretch, as often happens when partner-type techniques are used
- Hold stretches at a point of mild tension for 12-30s, release and repeat two additional times
- Utilize strain-counter-strain or muscle shortening to loosen a tight band of muscle, relieving pain

***Continued on page 18***

# Shake and Swim with “Bake”

## “Congratulations to Paul Jones” Coach Dennis Baker



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In many of the past articles I have written for the AquaMaster, I have stressed the importance of being coached while you swim. Some of the benefits are attention to technique, the great social aspect, more attention to energy systems and just being part of a team. The future of Masters Swimming greatly depends on getting more qualified coaches on deck helping our swimmers. This will allow us to thrive instead of survive. If you need anymore proof of this or more benefits of what I am talking about just read the following letter submitted to USMS on behalf of Paul Jones who recently won the prestigious Kerry O'Brien coaching award at our convention. Paul what a fantastic job you have done. We are all so proud of you at Oregon Masters Swimming. Keep up the great work!

### The Kerry O'Brien Coaching Award Letter of Nomination

Columbia Gorge Masters in the Oregon LMSC would like to nominate Paul Jones for the USMS Kerry O'Brien Coaching Award.

Columbia Gorge Masters was formed in 2002 as a local team within the Oregon LMSC and Oregon Club. We are located in the heart of the Columbia River Gorge and serve several small local communities along the Columbia River, drawing members from both the Oregon and Washington sides of the river.

Our team grew in its early years, but our membership really took off after Paul Jones started coaching. Paul arrived in Hood River, Oregon, in the Fall of 2006 after a move from California. He began swimming with the Masters team until his new job at a ski area required more hours, forcing him to take a hiatus for the winter. When he returned to swimming in the Spring of 2007, our team was looking for a new coach, and Paul stepped up to the plate in May 2007.

Immediately, the quality and intensity of workouts took a huge step up. But it also took no time at all for the team members to recognize that Paul offered a whole lot more than great workouts: He brought an enthusiasm that was infectious and motivating to swimmers of all abilities.

During the first four months of Paul coaching, our team

roster grew from 35 to 50, with as many as 36 in the water on any one day – this with only three days per week of coached workouts. Paul was an instigator along with another Masters swimmer of a program once per week for triathletes that included a swim in the river plus biking and running. He used this opportunity to recruit triathletes to try the Masters program, and has been able to retain these triathletes.

Paul also had the idea for creating a 'Masters Swimming 101' class through the local continuing education program. The idea was to create an environment that taught basic workout and competitive skills to those with no swimming experience in order to assure new swimmers that they too are 'good enough' to participate in Masters swimming. This was quite successful and resulted in adding several new Masters swimmers to our team.

Paul creates workouts that challenge swimmers of all abilities, including the 'I want to go the distance' swimmer, novice swimmers, and our competitive swimmers. He has developed season plans for all. He is skilled in stroke technique and in communicating that information to swimmers.

On deck, Paul is constantly walking from one workout group to the next, giving the sets and interacting with every swimmer in the water. There are no whiteboard workouts in Paul's world. One of his greatest qualities is his ability to know where each group is in the set, remember each lane's send off, and to be at the end of the pool saying supportive words to each swimmer as they make the interval. His supportiveness can be summed up by one swimmer's statement: 'I was having a heck of a time hitting the intervals and was seriously thinking of punking out on a 50 (or 2) but I didn't quit because I knew he was

standing there waiting at the wall with a "Good Job, Jen". If he was that invested in me, I couldn't just quit. It's as simple sometimes as a coach who cares.'

Due to his 'real' job, he was able to coach only one day per week during the winter months, but he made a point to keep in touch with the other coaches and the team. In March of this year, the team started workouts five days per week and

*Continued on bottom of page 7*



# Long Distance Swimming

Bob  
Bruce



The Oregon Club had a HUGE breakthrough team performance in the USMS 5 & 10-km Postal swims in 2008!

5-km: 32 swimmers from Oregon (14 women & 18 men) entered the event—our most ever by far! Doug Asbury, Steve Johnson, Tom Landis, and Dave Radcliff won national individual titles in their age groups, and six Oregon Relay teams won their events. Steve Johnson, the Women's 45+ 3 x 5000 relay, the Men's 65+ 3 x 5000 relay, and the Mixed 45+ 4 x 5000 relay set new National Records. Oregon swept all three National Titles in the club scoring, winning the Women's, Men's, and Combined Categories—more about this below.

10-km: Only 6 Oregon swimmers (4 women & 2 men) entered this longer distance event, the same number as each of the past two years. Steve Johnson and both Oregon relay teams won their age group. Oregon crept into third place in the Overall Club standings due to excellent swims from everyone.

Congratulations to...

- Our 5 individual National Champions—twice for Steve Johnson (USMS Long Distance All-Americans!);
- Our 8 relay team National Champions (USMS Long Distance Relay All-Americans);
- Our 8 Oregon Individual Record breakers—Arlene Delmage, Mary Sweat, Tam Jenkins (twice!), Doug Asbury, Steve Johnson (twice!), and Tom Landis;
- Our 3 National Record Relay teams;
- Our 9 Oregon Relay Record teams;
- Our top three Quality Point scorers in the 5-km swim—

Steve Johnson (1040—you can pick up lots of points when you smash national records), Tom Landis (971), and Dave Radcliff (959);

- Our top three Quality Point scorers in the 10-km swim—Steve Johnson (998), Bob Bruce (984), and Mary Sweat (946);
- Everyone who participated, particularly the six swimmers that swam in both events!

See the full Oregon results in this *Aqua Master*.

The recent club scoring change has added interest in these events. Club point scoring is based on "Quality Points", the ratio of each individual time to the USMS Record for the gender & age group. For example, a swimmer who ties the National Record scores 1000 points, a swimmer whose time is 10% slower than the Record scores 900 points, etc. This ratio is expressed as a three-digit number in the results. Obviously, the faster the swim the more Quality Points a swimmer earns. Club totals are now the sum of the quality points of its swimmers (everyone scores, much like the current One-Hour Swim scoring), rather than the place totals of the top ten swimmers in each age group (which is more like pool meet scoring). And it is a very cool method of comparing individual swims across age groups—this system is ready-made for side wagers!

Since every swimmer receives quality points, every swimmer counts! To illustrate, look at Jo Carney's 5-km swim. Jo has been plugging away with Dennis Baker at ORM, and she decided this year to swim the 5-km postal with some of her ORM friends. Jo was in the water a long time—we distance swimmers call this maximizing the value of your entry fee—but she finished strongly to her great satisfaction and the delight of all others involved. Here's where this gets even better: Jo scored 328 quality points for her performance, a sum that is modest but which turned out to be the difference between second and first place in the Women's Club scoring! Thanks, Jo, for your effort, achievement, and contribution! And if anyone ever asks, EVERYONE COUNTS!

For the record, the same club scoring system is in place for the USMS 3000 & 6000-yard Postal Championships. You need to complete your swims in these events on or before November 15. What are you waiting for?

Good luck and good swimming!

## Continued from page 6

Paul was soon after able to step up to coaching four days per week.

Paul's encouragement to new swimmers has resulted in our team taking 24 swimmers, our highest number ever, to our Association championship meet this Spring, with 5 of those swimmers competing for the first time ever. We also hosted a local Masters meet for Oregon Masters Swimming and had 23 swimmers from our local team participate. Our participation in workouts has also continued to increase. We

regularly see 30 - 35 swimmers in the pool on any given day.

Overall, Paul represents the great spirit of Masters swimming ..... participation is the key ..... which he brings home to the team with his positive attitude, by making workouts fun (well, most of the time!), and with his constant, personalized encouragement. For rejuvenating our existing program and for creating new opportunities for our members, we believe he is a deserving recipient for this award named after a strong contributor to the Masters coaching field.

# **Oregon LMSC Postal 5-km Swim Results 2008**

Place numbers are national places

OR = Oregon Record; NR = National Record

\* = Oregon All-Time Top Twelve Time

## **Women 40-44**

6 Stephanie Schultz	41	COMA	1:14:23.99	845
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## **Women 45-49**

3 Arlene Delmage	45	GVAM	1:11:00.62*	OR	908
4 Karen Matson	45	COMA	1:13:43.07*		874
6 Tynnismaa, Terri	46	CGM	1:18:58.18*		816
7 Joni Young	47	SCC	1:23:52.99*		768
9 Laura Schob	49	COMA	1:27:14.99*		739
12 Christina Fox	47	CAT	1:34:09.99*		684
13 Pat Rogers	48	ORM	1:34:32.99		682
18 Helen Moss	49	ORM	1:53:25.99		568

## **Women 50-54**

2 Mary Sweat	51	unat	1:14:46.16	943
4 Laura Worden	50	CAT	1:22:28.59*	855
10 Jeanna Summers	54	unat	1:34:44.15*	744
16 Jo Carney	54	ORM	3:34:39.62*	328

## **Women 60-64**

7 Tam Jenkins	60	ORM	1:45:13.20*	OR	825
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## **Men 30-35**

3 Nathan Boal	30	CAT	1:11:27.22*		838
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## **Men 35-39**

8 Dave Cloninger	39	COMA	1:13:20.99*		793
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## **Men 45-49**

<b>1 Doug Asbury</b>	<b>48</b>	<b>COMA</b>	<b>1:05:06.99*</b>	<b>OR</b>	<b>941</b>
<b>7 Kris Calvin</b>	<b>46</b>	<b>COMA</b>	<b>1:12:20.99</b>		<b>847</b>
9 Ron Thompson	48	COMA	1:17:04.99*		795
14 Stephen Flanagan	46	EA	1:28:10.99*		695

## **Men 50-54**

7 Mike Tennant	54	COMA	1:15:35.99	806
<b>16 Bill Uehlein</b>	<b>50</b>	<b>ORM</b>	<b>2:19:55.29*</b>	<b>435</b>

## **Men 55-59**

3 Jed Cronin	59	THB	1:16:49.14	825
4 Charlie Swanson	56	EA	1:17:21.51*	819
7 Kermit Yensen	55	THB	1:24:09.32*	753
8 Wes Edwards	55	GVAM	1:25:54.88*	737
14 Larry Beck	57	ORM	1:56:45.76*	543

## **Men 60-64**

1 Steve Johnson	60	EA	1:08:35.47*	NR	1040
3 Bob Bruce	59	COMA	1:15:30.92*		945

## **Men 65-69**

1 Tom Landis	66	COMA	1:14:28.99*	OR	971
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## **Men 70-74**

1 Dave Radcliff	74	THB	1:18:55.33	959
2 Brent Lake	70	COMA	1:37:49.99*	773

## **Women's 35+: 3 x 5000**

4 OREG (Worden, Tynnismaa, Schultz)	3:55:50.76	OR
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## **Women's 45+ "A": 3 x 5000**

1 OREG (Sweat, Matson, Delmage)	3:39:29.85	NR
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## **Women's 45+ "B": 3 x 5000**

3 OREG (Fox, Schob, Young)	4:24:17.97
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## **Men's 25+: 3 x 5000**

1 OREG (Thompson, Cloninger, Boal)	3:41:53.20
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## **Men's 45+: 3 x 5000**

1 OREG (Tennant, Calvin, Asbury)	3:33:03.97	OR
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## **Men's 55+ "A": 3 x 5000**

1 OREG (Cronin, Bruce, Johnson)	3:40:54.53	OR
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## **Men's 55+ "B": 3 x 5000**

2 OREG (Edwards, Yensen, Swanson)	4:07:25.71
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## **Men's 65+: 3 x 5000**

1 OREG (Lake, Radcliff, Landis)	4:11:14.31	NR
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## **Mixed 25+: 4 x 5000**

2 OREG (Sweat, Schultz, Calvin, Boal)	4:52:58.36	OR
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## **Mixed 35+: 4 x 5000**

4 OREG (Worden, Tynnismaa, Landis, Cloninger)	5:09:16.25
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## **Mixed 45+ "A": 4 x 5000**

1 OREG (Matson, Delmage, Johnson, Asbury)	4:38:26.15	NR
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## **Mixed 45+ "B": 4 x 5000**

3 OREG (Schob, Young, Tennant, Bruce)	5:22:14.89
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## **Women's National Club Scores:**

1 OREGON	10,579 pts
2 YMCA Indy SwimFit	10,345
3 St. Pete Masters	8,238

## **Men's National Club Scores:**

1 OREGON	14,515 pts
2 St. Pete Masters	4,828
3 YMCA Indy SwimFit	4,397

## **Combined National Club Scores:**

1 OREGON	25,094 pts
2 YMCA Indy SwimFit	14,742
3 St. Pete Masters	13,066

**A note about club scoring:** Club point scoring is calculated based on Quality Points, which is the ratio of each individual time to the current USMS Record for the gender & age group and expressed as the three-digit number that you see following each individual time in the results. The faster the swim the more Quality Points a swimmer earned. Club totals are the sum of the quality points of its swimmers. Since every swimmer receives quality points, every swimmer counts!

To help settle the side wagers concerning who had the best 3000 swim—across gender and age group lines—here is the list of the swimmers who scored 800 or more Quality Points:

# **Oregon LMSC Postal 10-km Swim Results 2008**

Place numbers are national places

OR = Oregon Record; NR = National Record

\* = Oregon All-Time Top Twelve Time

1 Steve Johnson	1040 pts	9 Laura Worden	855
(He broke the National Record!)		10 Kris Calvin	847
2 Tom Landis	971	11 Stephanie Schultz	845
3 Dave Radcliff	959	12 Nathan Boal	838
4 Bob Bruce	945	13 Tam Jenkins	825
5 Mary Sweat	943	13 Jed Cronin	825
6 Doug Asbury	941	15 Charlie Swanson	819
7 Arlene Delmage	908	16 Terri Tynnismaa	818
8 Karen Matson	874	17 Mike Tennant	806

## **Women 45-49**

3 Joni Young	47	SCC	2:45:40.99*	843
9 Pat Rogers	48	ORM	3:12:49.99	725

## **Women 50-54**

2 Mary Sweat	50	unat	2:35:00.81*	OR	946
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## **Women 60-64**

2 Tam Jenkins	60	ORM	3:49:09.99*	OR	821
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## **Men 60-64**

1 Steve Johnson	60	EA	2:29:24.75*	OR	998
2 Bob Bruce	60	COMA	2:38:25.99*		984

## **Women's 45+: 3 x 10,000**

1 OREG (Rogers, Young, Sweat)	8:32:31.79	OR
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## **Mixed 45+: 4 x 10,000**

1 OREG (Young, Bruce, Sweat, Johnson)	10:28:32.54	OR
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## **Women's National Club Scores:**

1 Masters of South Texas	4,756 pts
2 Team Illinois Masters	4,699
3 Sawtooth Masters	3,358

4 OREGON	3,335
<b>Men's National Club Scores:</b>	
1 Team Illinois Masters	4,209 pts
2 Ventura County Masters	2,878
3 St. Pete Masters	2,615
4 Michigan Masters	2,367
5 OREGON	1,940

**Combined National Club Scores:**

1 Team Illinois Masters	8,908 pts
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2 Masters of South Texas	5,961
3 OREGON	5,275

**A note about club scoring:** Club point scoring is calculated based on Quality Points, which is the ratio of each individual time to the current USMS Record for the gender & age group and expressed as the three-digit number that you see following each individual time in the results. The faster the swim the more Quality Points a swimmer earned. Club totals are the sum of the quality points of its swimmers. Since every swimmer receives quality points, every swimmer counts!

## Lincoln City Meet - October 5, 2008

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

**Women 18-24**

50 SC Meter Freestyle	
1 Willia, Briana	22 OREG 31.03
2 Esser, Elizabeth	22 OREG 34.64
100 SC Meter Freestyle	
1 Esser, Elizabeth	22 OREG 1:13.28
200 SC Meter Freestyle	
1 Esser, Elizabeth	22 OREG 2:41.96
50 SC Meter Butterfly	
1 Willia, Briana	22 OREG 33.08
100 SC Meter Butterfly	
1 Willia, Briana	22 OREG 1:31.19
100 SC Meter IM	
1 Willia, Briana	22 OREG 1:22.75
2 Esser, Elizabeth	22 OREG 1:27.54

**Women 25-29**

50 SC Meter Freestyle	
1 Gustafson, Aubree	27 OREG 30.01
50 SC Meter Breaststroke	
<b>1 Gustafson, Aubree</b>	<b>27 OREG 39.66 O</b>
100 SC Meter Breaststroke	
1 Gustafson, Aubree	27 OREG 1:27.91
200 SC Meter Breaststroke	
1 Gustafson, Aubree	27 OREG 3:07.84
50 SC Meter Butterfly	
1 Gustafson, Aubree	27 OREG 34.30

**Women 30-34**

50 SC Meter Freestyle	
1 Coulter, Amy	31 OREG 31.37
2 Shindel, Marci	34 OREG 32.73
50 SC Meter Breaststroke	
1 Shindel, Marci	34 OREG 40.81
2 Coulter, Amy	31 OREG 41.82
100 SC Meter Breaststroke	
1 Shindel, Marci	34 OREG 1:27.28
50 SC Meter Butterfly	
1 Coulter, Amy	31 OREG 35.03
100 SC Meter IM	
1 Coulter, Amy	31 OREG 1:22.25

**Women 35-39**

50 SC Meter Freestyle	
1 Howard, Kelly	36 OREG 32.78
100 SC Meter Freestyle	
1 Howard, Kelly	36 OREG 1:14.55
200 SC Meter Freestyle	
1 Howard, Kelly	36 OREG 2:48.43
2 Singer, Shannon	38 PNA 3:06.65
50 SC Meter Backstroke	
1 Young, Susie	39 OREG 43.34

100 SC Meter Backstroke	
1 Lassen, Megan	38 OREG 1:19.23
2 Singer, Shannon	38 PNA 1:43.69
200 SC Meter Backstroke	
1 Lassen, Megan	38 OREG 2:53.00
2 Singer, Shannon	38 PNA 3:41.00
50 SC Meter Breaststroke	
1 Young, Susie	39 OREG 45.59
50 SC Meter Butterfly	
1 Young, Susie	39 OREG 37.75
100 SC Meter Butterfly	
1 Young, Susie	39 OREG 1:26.07
100 SC Meter IM	
1 Lassen, Megan	38 OREG 1:20.21
2 Howard, Kelly	36 OREG 1:33.12
3 Singer, Shannon	38 PNA 1:42.12
200 SC Meter IM	
1 Lassen, Megan	38 OREG 2:53.25
2 Young, Susie	39 OREG 3:05.72

**Women 40-44**

50 SC Meter Freestyle	
1 Kilbourn, Laurie	41 OREG 35.91
200 SC Meter Freestyle	
1 Kilbourn, Laurie	41 OREG 2:55.47
50 SC Meter Breaststroke	
1 Kilbourn, Laurie	41 OREG 46.01
50 SC Meter Butterfly	
1 Kilbourn, Laurie	41 OREG 37.63
100 SC Meter IM	
1 Kilbourn, Laurie	41 OREG 1:36.94

**Women 45-49**

50 SC Meter Freestyle	
1 Lamoureux, Lori	49 OREG 33.59
100 SC Meter Freestyle	
1 Reid, Stephanie	47 OREG 1:18.37
2 Lamoureux, Lori	49 OREG 1:18.85
200 SC Meter Freestyle	
1 Fox, Christina	48 OREG 3:02.53
100 SC Meter Backstroke	
1 Fox, Christina	48 OREG 1:39.90
50 SC Meter Breaststroke	
1 Lamoureux, Lori	49 OREG 44.59
2 Fox, Christina	48 OREG 48.56
100 SC Meter Breaststroke	
1 Stuntzner-Gibson, D.	46 OREG 1:36.90
2 Lamoureux, Lori	49 OREG 1:37.43
200 SC Meter Breaststroke	
1 Fox, Christina	48 OREG 3:39.47
50 SC Meter Butterfly	

1 Stuntzner-Gibson, D.	46 OREG 32.66
2 Reid, Stephanie	47 OREG 39.50
100 SC Meter Butterfly	
1 Stuntzner-Gibson, D.	46 OREG 1:13.50
200 SC Meter Butterfly	
1 Stuntzner-Gibson, D.	46 OREG 2:54.69
100 SC Meter IM	
1 Lamoureux, Lori	49 OREG 1:30.25
2 Reid, Stephanie	47 OREG 1:32.22
3 Fox, Christina	48 OREG 1:40.06
200 SC Meter IM	
1 Reid, Stephanie	47 OREG 3:21.96

**Women 50-54**

50 SC Meter Freestyle	
1 Hollingsworth, Lori	53 OREG 36.78
2 Voshell, Laurie	53 OREG 1:05.88
100 SC Meter Freestyle	
1 Hollingsworth, Lori	53 OREG 1:19.81
200 SC Meter Freestyle	
1 Hollingsworth, Lori	53 OREG 2:54.81
50 SC Meter Backstroke	
1 Voshell, Laurie	53 OREG 1:15.29
200 SC Meter Backstroke	
1 Budd, Elizabeth	54 OREG 3:17.00
50 SC Meter Butterfly	
1 Jones, Ginger	51 OREG 40.76
2 Budd, Elizabeth	54 OREG 40.85
100 SC Meter IM	
1 Budd, Elizabeth	54 OREG 1:30.22
2 Hollingsworth, Lori	53 OREG 1:40.94
200 SC Meter IM	
1 Budd, Elizabeth	54 OREG 3:09.16

**Women 60-64**

200 SC Meter Freestyle	
1 Pierson, Ginger	62 OREG 3:45.89
50 SC Meter Breaststroke	
1 Pierson, Ginger	62 OREG 44.13
100 SC Meter Breaststroke	
1 Pierson, Ginger	62 OREG 1:35.67
200 SC Meter Breaststroke	
1 Pierson, Ginger	62 OREG 3:35.25
200 SC Meter Butterfly	
1 Pierson, Ginger	62 OREG 3:47.56

**Women 65-69**

50 SC Meter Breaststroke	
1 Hodge, Peggie	68 OREG 56.00
100 SC Meter Breaststroke	
1 Hodge, Peggie	68 OREG 2:03.22
50 SC Meter Butterfly	

1 Hodge, Peggie 68 OREG 55.84  
 100 SC Meter Butterfly  
 1 Hodge, Peggie 68 OREG 2:17.00  
 100 SC Meter IM  
 1 Hodge, Peggie 68 OREG 2:01.94

**Men 30-34**

50 SC Meter Freestyle  
 1 Ryan, Daniel 31 OREG 29.03  
 100 SC Meter Freestyle  
 1 Wiepert, Bryan 30 OREG 1:07.83  
 2 Ryan, Daniel 31 OREG 1:10.00  
 50 SC Meter Breaststroke  
 1 Ryan, Daniel 31 OREG 39.00  
 100 SC Meter Breaststroke  
 1 Wiepert, Bryan 30 OREG 1:19.69  
 2 Ryan, Daniel 31 OREG 1:28.22  
 100 SC Meter IM  
 1 Wiepert, Bryan 30 OREG 1:15.12  
 2 Ryan, Daniel 31 OREG 1:24.65

**Men 35-39**

50 SC Meter Freestyle  
 1 Boles, Matthew 35 OREG 30.88  
 2 Ness, Kerry 39 PNA 36.65  
 100 SC Meter Backstroke  
 1 Boles, Matthew 35 OREG 1:12.63  
 50 SC Meter Breaststroke  
 1 Ness, Kerry 39 PNA 43.48  
 100 SC Meter Breaststroke  
 1 Ness, Kerry 39 PNA 1:37.53  
 200 SC Meter Breaststroke  
 1 Lassen, Jason 36 OREG 3:12.22  
 100 SC Meter Butterfly  
 1 Lassen, Jason 36 OREG 1:41.50  
 100 SC Meter IM  
 1 Lassen, Jason 36 OREG 1:25.22  
 2 Ness, Kerry 39 PNA 1:35.29  
 200 SC Meter IM  
 1 Lassen, Jason 36 OREG 3:05.00

**Men 40-44**

50 SC Meter Freestyle  
 1 Kaufman, Seth 40 OREG 27.85  
 100 SC Meter Freestyle  
 1 Kaufman, Seth 40 OREG 1:04.43  
 200 SC Meter Backstroke  
 1 Waud, Timothy 41 OREG 2:47.84  
 50 SC Meter Butterfly  
 1 Waud, Timothy 41 OREG 31.59  
 200 SC Meter Butterfly

1 Waud, Timothy 41 OREG 3:16.19  
 100 SC Meter IM  
 1 Waud, Timothy 41 OREG 1:10.76  
 2 Kaufman, Seth 40 OREG 1:14.40  
 200 SC Meter IM  
 1 Waud, Timothy 41 OREG 2:34.31

**Men 45-49**

50 SC Meter Freestyle  
 1 Lamoureux, Ric 47 OREG 37.19  
 50 SC Meter Breaststroke  
 1 Hathaway, David 48 OREG 37.63  
 200 SC Meter Butterfly  
 1 Hathaway, David 48 OREG 2:51.39  
 100 SC Meter IM  
 1 Hathaway, David 48 OREG 1:11.09  
 200 SC Meter IM  
 1 Hathaway, David 48 OREG 2:47.44

**Men 50-54**

50 SC Meter Freestyle  
 1 Dwight, Charles 53 OREG 29.41  
 2 Amperse, David 54 OREG 31.84  
 3 Cobb, Ronald 52 OREG 31.90  
 4 Bergstrom, Robert 52 OREG 31.99  
 100 SC Meter Backstroke  
 1 Cobb, Ronald 52 OREG 1:24.59  
 2 Bergstrom, Robert 52 OREG 1:28.70  
 50 SC Meter Breaststroke  
 1 Dwight, Charles 53 OREG 39.34  
 2 Amperse, David 54 OREG 39.50  
 3 Cobb, Ronald 52 OREG 41.00  
 4 Bergstrom, Robert 52 OREG 44.47  
 100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

100 SC Meter Breaststroke  
 1 Cobb, Ronald 52 OREG 1:32.12  
 50 SC Meter Butterfly  
 1 Dwight, Charles 53 OREG 31.85  
 2 Amperse, David 54 OREG 34.34  
 100 SC Meter IM  
 1 Amperse, David 54 OREG 1:19.90  
 2 Cobb, Ronald 52 OREG 1:21.37  
 3 Bergstrom, Robert 52 OREG 1:25.41  
 200 SC Meter IM  
 1 Bergstrom, Robert 52 OREG 3:08.83

1 Hansen, Ron 59 PNA 1:50.22  
 200 SC Meter Backstroke  
**1 Edwards, Wes 55 OREG 2:30.62 Z**  
 2 Hansen, Ron 59 PNA 3:54.40  
 50 SC Meter Butterfly

1 Edwards, Wes 55 OREG 30.09  
 100 SC Meter IM  
 1 Hansen, Ron 59 PNA 1:53.80

**Men 60-64**

200 SC Meter Freestyle  
 1 Willemin, Gus 62 OREG 3:22.94

**Men 65-69**

50 SC Meter Backstroke  
 1 Mckeel, Deral 66 OREG 58.40  
 100 SC Meter Backstroke  
 1 Mckeel, Deral 66 OREG 2:00.69  
 200 SC Meter Backstroke  
 1 Mckeel, Deral 66 OREG 4:10.75

**Men 70-74**

50 SC Meter Freestyle  
 1 Radcliff, David 74 OREG 30.59  
 100 SC Meter Freestyle  
 1 Radcliff, David 74 OREG 1:09.35  
 50 SC Meter Butterfly  
 1 Radcliff, David 74 OREG 37.35

**Relays**

**Women 120-159 200 SC Meter Free Relay**  
 1 OREG 2:17.65

1) Shindel, M. 34 2) Fox, C. 48  
 3) Budd, E. 54 4) Willia, B. 22

**Women 160-199 200 SC Meter Free Relay**  
 1 OREG 2:17.31

1) Hollingsworth, L. 53 2) Coulter, A. 31  
 3) Howard, K. 36 4) Reid, S. 47

**Mixed 120-159 200 SC Meter Free Relay**  
 1 OREG 2:09.50

1) Lassen, J. 36 2) Bergstrom, R. 52  
 3) Lassen, M. 38 4) Gustafson, A. 27  
 2 OREG 2:14.00

1) Esser, E. 22 2) Lamoureux, L. 49  
 3) Lamoureux, R. 47 4) Wiepert, B. 30

**Mixed 120-159 200 SC Meter Medley Relay**  
 1 OREG 2:24.41

1) Lassen, M. 38 2) Lassen, J. 36  
 3) Gustafson, A. 27 4) Bergstrom, R. 52  
 2 OREG 2:26.81

1) Esser, E. 22 2) Lamoureux, L. 49  
 3) Dwight, C. 53 4) Wiepert, B. 30



# SCM Zone Meet - Hood River - November 1 - 2

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

## Women 18-24

50 SC Meter Freestyle		
1 Esser, Elizabeth	22 OREG	32.54
100 SC Meter Freestyle		
1 Esser, Elizabeth	22 OREG	1:08.22
200 SC Meter Freestyle		
1 Esser, Elizabeth	22 OREG	2:30.19
100 SC Meter IM		
1 Esser, Elizabeth	22 OREG	1:21.80

## Women 25-29

50 SC Meter Freestyle		
1 Caloca, Victoria	26 OREG	37.93
100 SC Meter Freestyle		
1 Caloca, Victoria	26 OREG	1:27.47
50 SC Meter Breaststroke		
1 Caloca, Victoria	26 OREG	47.97
100 SC Meter Breaststroke		
1 Caloca, Victoria	26 OREG	1:47.54

## Women 30-34

50 SC Meter Freestyle		
1 Kirkwood, Erin	31 OREG	29.14
2 Sitler, Kealey	31 OREG	34.31
100 SC Meter Freestyle		
1 Kirkwood, Erin	31 OREG	1:06.30
2 Clower, Erica	30 OREG	1:08.59
3 Kramer, Ellen	33 OREG	1:11.63
4 Pryor, Evelyn	31 OREG	1:15.41
200 SC Meter Freestyle		
1 Pryor, Evelyn	31 OREG	2:45.43
2 Sitler, Kealey	31 OREG	2:52.36
400 SC Meter Freestyle		
1 Kramer, Ellen	33 OREG	5:23.59
2 Pryor, Evelyn	31 OREG	5:56.53
3 Casey, Anna	32 OREG	6:15.37
1500 SC Meter Freestyle		
1 Casey, Anna	32 OREG	24:04.20
50 SC Meter Backstroke		
<b>1 Kirkwood, Erin</b>	<b>31 OREG</b>	<b>32.93 O</b>
2 Clower, Erica	30 OREG	34.68
100 SC Meter Backstroke		
1 Kirkwood, Erin	31 OREG	1:13.66
2 Clower, Erica	30 OREG	1:15.98
3 Arata, Melissa	32 OREG	1:20.68
4 Sitler, Kealey	31 OREG	1:34.99
200 SC Meter Backstroke		
1 Clower, Erica	30 OREG	2:49.16
2 Arata, Melissa	32 OREG	2:50.65
3 Pryor, Evelyn	31 OREG	3:10.71
4 Sitler, Kealey	31 OREG	3:23.93
100 SC Meter Breaststroke		
1 Arata, Melissa	32 OREG	1:32.60
2 Kramer, Ellen	33 OREG	1:35.18
200 SC Meter Breaststroke		
1 Arata, Melissa	32 OREG	3:19.34
50 SC Meter Butterfly		
1 Clower, Erica	30 OREG	33.29
2 Kirkwood, Erin	31 OREG	33.81
3 Kramer, Ellen	33 OREG	39.88
100 SC Meter Butterfly		
1 Pryor, Evelyn	31 OREG	1:30.44
200 SC Meter Butterfly		
1 Casey, Anna	32 OREG	3:34.82
100 SC Meter IM		

1 Kirkwood, Erin	31 OREG	1:20.19
2 Arata, Melissa	32 OREG	1:20.61
3 Clower, Erica	30 OREG	1:20.88
4 Kramer, Ellen	33 OREG	1:26.77
5 Casey, Anna	32 OREG	1:40.84
200 SC Meter IM		
1 Arata, Melissa	32 OREG	2:54.76
2 Pryor, Evelyn	31 OREG	3:11.35

## Women 35-39

50 SC Meter Freestyle		
1 Morgen, Cheryl	39 OREG	30.84
2 Walters, Melinda	38 OREG	34.95
3 Singer, Shannon	38 PNA	37.88
4 Smith, Angela	36 OREG	43.37
100 SC Meter Freestyle		
1 Osoinach, Ellen	37 OREG	1:41.50
200 SC Meter Freestyle		
1 Lassen, Megan	38 OREG	2:31.13
2 Morgen, Cheryl	39 OREG	2:40.08
3 Walters, Melinda	38 OREG	2:56.62
4 Singer, Shannon	38 PNA	3:11.35
5 Smith, Angela	36 OREG	3:23.37
400 SC Meter Freestyle		
1 Lassen, Megan	38 OREG	5:19.73
2 Young, Susie	39 OREG	5:31.78
3 Young, Kirsten	38 PNA	6:08.50
4 Frieder, Marisa	39 OREG	6:17.84
5 Singer, Shannon	38 PNA	6:38.88
800 SC Meter Freestyle		
1 Lassen, Megan	38 OREG	10:44.05
2 Criscione, Anicia	35 OREG	11:44.31
3 Young, Kirsten	38 PNA	12:46.08
4 Singer, Shannon	38 PNA	13:43.77
5 Smith, Angela	36 OREG	14:10.86
1500 SC Meter Freestyle		
1 Young, Susie	39 OREG	21:17.90
2 Criscione, Anicia	35 OREG	22:05.06
3 Singer, Shannon	38 PNA	26:53.49

50 SC Meter Backstroke		
1 Criscione, Anicia	35 OREG	39.81
2 Young, Susie	39 OREG	42.09
3 Osoinach, Ellen	37 OREG	49.74
100 SC Meter Backstroke		
1 Criscione, Anicia	35 OREG	1:25.94
2 Young, Susie	39 OREG	1:27.45
3 Wells, Janette	36 OREG	1:29.76
4 Smith, Angela	36 OREG	2:02.33
200 SC Meter Backstroke		
1 Criscione, Anicia	35 OREG	2:57.28
2 Wells, Janette	36 OREG	3:08.31

50 SC Meter Breaststroke		
1 Young, Kirsten	38 PNA	44.12
100 SC Meter Breaststroke		
1 Wells, Janette	36 OREG	1:27.76
2 Frieder, Marisa	39 OREG	1:33.65
3 Young, Kirsten	38 PNA	1:35.61
50 SC Meter Butterfly		
1 Morgen, Cheryl	39 OREG	33.10
2 Young, Susie	39 OREG	38.15
3 Young, Kirsten	38 PNA	39.46
4 Walters, Melinda	38 OREG	40.09
5 Frieder, Marisa	39 OREG	44.72
100 SC Meter Butterfly		

1 Morgen, Cheryl	39 OREG	1:16.88
200 SC Meter Butterfly		
1 Morgen, Cheryl	39 OREG	3:05.12
100 SC Meter IM		
1 Lassen, Megan	38 OREG	1:20.10
2 Young, Kirsten	38 PNA	1:29.38
3 Frieder, Marisa	39 OREG	1:30.17
4 Singer, Shannon	38 PNA	1:43.33
200 SC Meter IM		
1 Lassen, Megan	38 OREG	2:55.28
400 SC Meter IM		
1 Criscione, Anicia	35 OREG	6:26.30

## Women 40-44

200 SC Meter Freestyle		
<b>1 Schultz, Stephanie</b>	<b>42 OREG</b>	<b>2:21.68 O</b>
2 Jones, Kristine	40 OREG	2:48.39
400 SC Meter Freestyle		
<b>1 Schultz, Stephanie</b>	<b>42 OREG</b>	<b>4:57.30 O</b>
800 SC Meter Freestyle		
1 Schultz, Stephanie	42 OREG	10:20.19
1500 SC Meter Freestyle		
1 McGill, Jana	40 UNAT	21:41.62
200 SC Meter Backstroke		
1 McGill, Jana	40 UNAT	2:51.15
50 SC Meter Breaststroke		
1 Jones, Kristine	40 OREG	42.64
2 Welty-Fick, Carolyn	44 OREG	45.84
100 SC Meter Butterfly		
1 Schultz, Stephanie	42 OREG	1:18.16
200 SC Meter Butterfly		
1 McGill, Jana	40 UNAT	3:03.84
100 SC Meter IM		
1 Jones, Kristine	40 OREG	1:23.62
2 Welty-Fick, Carolyn	44 OREG	1:41.39
200 SC Meter IM		
1 McGill, Jana	40 UNAT	2:55.30
400 SC Meter IM		
1 McGill, Jana	40 UNAT	6:05.51

## Women 45-49

50 SC Meter Freestyle		
1 Dahl, Lisa	47 PNA	28.18
2 Tyynismaa, Terri	46 OREG	32.48
3 Lamoureux, Lori	49 OREG	33.41
4 Foley, Sharon	48 OREG	33.47
5 Sullivan, Sheila	47 OREG	39.89
100 SC Meter Freestyle		
1 Caswell, Mary	47 OREG	1:09.05
2 Tyynismaa, Terri	46 OREG	1:09.55
3 Lamoureux, Lori	49 OREG	1:16.66
4 Sutherland, Susan	46 OREG	1:26.40
200 SC Meter Freestyle		
1 Tyynismaa, Terri	46 OREG	2:35.94
2 Fox, Christina	48 OREG	2:59.51
3 Sullivan, Sheila	47 OREG	3:15.77
400 SC Meter Freestyle		
1 Tyynismaa, Terri	46 OREG	5:19.89
2 Caswell, Mary	47 OREG	5:22.77
3 Fox, Christina	48 OREG	6:15.15
4 Sutherland, Susan	46 OREG	6:18.33
800 SC Meter Freestyle		
1 Tyynismaa, Terri	46 OREG	11:14.05
2 Snider, Pam	47 OREG	12:04.61
3 Fox, Christina	48 OREG	13:01.10

1500 SC Meter Freestyle				100 SC Meter Freestyle				50 SC Meter Freestyle			
1	Tynnismaa, Terri	46 OREG	21:10.93	1	Groesz, Jeanette	59 OREG	1:39.24	1	Plaggemeier, T	31 UNAT	26.90
50 SC Meter Backstroke				200 SC Meter Freestyle				2 Odegard, Kyle			
1	Dahl, Lisa	47 PNA	35.29	1	Moore, Jane	58 PNA	3:58.31	100 SC Meter Freestyle			
100 SC Meter Backstroke				400 SC Meter Freestyle				1	Plaggemeier, T	31 UNAT	59.22
1	Goodman, Ann	49 OREG	1:21.09	1	Blake, Mary	58 OREG	6:21.43	2	Wiepert, Bryan	30 OREG	1:03.68
2	Snider, Pam	47 OREG	1:31.20	2	Groesz, Jeanette	59 OREG	7:25.79	3	Odegard, Kyle	34 OREG	1:09.42
3	Sullivan, Sheila	47 OREG	1:59.93	3	Moore, Jane	58 PNA	8:15.51	400 SC Meter Freestyle			
200 SC Meter Backstroke				800 SC Meter Freestyle				1	Plaggemeier, T	31 UNAT	4:49.09
1	Goodman, Ann	49 OREG	2:54.47	1	Blake, Mary	58 OREG	12:51.27	800 SC Meter Freestyle			
2	Snider, Pam	47 OREG	3:13.85	2	Moore, Jane	58 PNA	16:58.33	1	Plaggemeier, T	31 UNAT	10:18.69
50 SC Meter Breaststroke				1500 SC Meter Freestyle				50 SC Meter Backstroke			
1	Dahl, Lisa	47 PNA	38.44	1	Blake, Mary	58 OREG	25:05.17	1	Odegard, Kyle	34 OREG	39.69
2	Fox, Christina	48 OREG	48.05	200 SC Meter IM				100 SC Meter Breaststroke			
3	Sutherland, Susan	46 OREG	55.21	1	Blake, Mary	58 OREG	3:33.01	1	Wiepert, Bryan	30 OREG	1:19.16
100 SC Meter Backstroke				<b>Women 60-64</b>				50 SC Meter Butterfly			
1	Caswell, Mary	47 OREG	1:27.47	50 SC Meter Freestyle				1	Plaggemeier, T	31 UNAT	29.45
2	Snider, Pam	47 OREG	1:37.08	1	Fouch, Cathy	62 OREG	41.36	2	Odegard, Kyle	34 OREG	33.95
3	Lamoureux, Lori	49 OREG	1:39.98	2	Pierson, Ginger	62 OREG	46.01	100 SC Meter IM			
4	Fox, Christina	48 OREG	1:41.78	100 SC Meter Freestyle				1	Wiepert, Bryan	30 OREG	1:13.53
200 SC Meter Breaststroke				1	Rousseau, Sandi	61 OREG	1:24.49	2	Odegard, Kyle	34 OREG	1:23.63
1	Fox, Christina	48 OREG	3:41.00	2	Fouch, Cathy	62 OREG	1:37.42	<b>Men 35-39</b>			
50 SC Meter Butterfly				200 SC Meter Freestyle				50 SC Meter Freestyle			
1	Dahl, Lisa	47 PNA	30.99	1	Pierson, Ginger	62 OREG	3:22.26	1	Duus, Gabe	38 UNAT	26.94
2	Caswell, Mary	47 OREG	32.85	100 SC Meter Backstroke				2	Bynum, Andrew	38 OREG	31.73
3	Foley, Sharon	48 OREG	38.51	1	Pierson, Ginger	62 OREG	1:43.40	3	Ness, Kerry	39 PNA	36.23
100 SC Meter IM				50 SC Meter Breaststroke				4	Hawthorne, Jason	38 OREG	37.23
1	Dahl, Lisa	47 PNA	1:13.00	1	Pierson, Ginger	62 OREG	43.41	400 SC Meter Freestyle			
2	Lamoureux, Lori	49 OREG	1:28.23	100 SC Meter Breaststroke				1	Lassen, Jason	36 OREG	6:23.89
3	Sutherland, Susan	46 OREG	1:44.28	1	Pierson, Ginger	62 OREG	1:36.06	800 SC Meter Freestyle			
400 SC Meter IM				200 SC Meter Breaststroke				1	Hawthorne, Jason	38 OREG	13:41.91
1	Caswell, Mary	47 OREG	6:06.49	1	Pierson, Ginger	62 OREG	3:28.87	50 SC Meter Backstroke			
2	Goodman, Ann	49 OREG	6:47.81	50 SC Meter Butterfly				1	Bynum, Andrew	38 OREG	39.62
<b>Women 50-54</b>				1	Fouch, Cathy	62 OREG	54.08	100 SC Meter Backstroke			
50 SC Meter Freestyle				100 SC Meter IM				1	Bynum, Andrew	38 OREG	1:30.94
1	Andrus-Hughes, Karen	51 OREG	29.75	1	Welch, Sarah	61 PNA	1:29.86	50 SC Meter Breaststroke			
2	Summers, Jeanna	54 OREG	39.01	2	Rousseau, Sandi	61 OREG	1:38.33	1	Ness, Kerry	39 PNA	43.05
100 SC Meter Freestyle				3	Fouch, Cathy	62 OREG	1:55.18	2	Bynum, Andrew	38 OREG	44.10
1	Andrus-Hughes, K	51 OREG	1:04.58	<b>Women 65-69</b>				100 SC Meter Breaststroke			
400 SC Meter Freestyle				50 SC Meter Freestyle				1	Ness, Kerry	39 PNA	1:35.47
<b>1 Crabbe, Colette</b>	<b>52 OREG</b>	<b>5:13.38 O</b>		1	Ward, Joy	66 OREG	38.35	200 SC Meter Breaststroke			
2	Peterson, Connie	53 OREG	8:00.91	400 SC Meter Freestyle				1	Lassen, Jason	36 OREG	3:13.66
800 SC Meter Freestyle				1	Hodge, Pegg	68 OREG	8:22.85	50 SC Meter Butterfly			
1	Peterson, Connie	53 OREG	16:35.18	50 SC Meter Breaststroke				1	Duus, Gabe	38 UNAT	29.62
1500 SC Meter Freestyle				1	Hodge, Pegg	68 OREG	57.38	100 SC Meter IM			
1	Peterson, Connie	53 OREG	31:20.01	100 SC Meter Breaststroke				1	Ness, Kerry	39 PNA	1:31.86
50 SC Meter Backstroke				<b>1 Hodge, Pegg</b>	<b>68 OREG</b>	<b>2:02.36 O</b>		200 SC Meter IM			
1	Andrus-Hughes, K	51 OREG	32.99	50 SC Meter Butterfly				1	Lassen, Jason	36 OREG	3:07.26
100 SC Meter Backstroke				1	Ward, Joy	66 OREG	41.82	400 SC Meter IM			
1	Andrus-Hughes, K	51 OREG	1:11.66	2	Hodge, Pegg	68 OREG	54.19	1	Lassen, Jason	36 OREG	6:58.20
2	Summers, Jeanna	54 OREG	1:34.64	100 SC Meter IM				<b>Men 40-44</b>			
50 SC Meter Breaststroke				1	Ward, Joy	66 OREG	1:37.38	50 SC Meter Freestyle			
1	Crabbe, Colette	52 OREG	39.57	2	Hodge, Pegg	68 OREG	1:58.91	<b>1 Wan, Eric</b>	<b>42 OREG</b>	<b>25.48 O</b>	
200 SC Meter Breaststroke				<b>Women 75-79</b>				2	Kaufman, Seth	40 OREG	27.99
1	Crabbe, Colette	52 OREG	3:03.68	50 SC Meter Backstroke				3	Platman, Steve	42 OREG	28.69
50 SC Meter Butterfly				1	Allen, Barbara	75 PNA	58.84	100 SC Meter Freestyle			
1	Peterson, Connie	53 OREG	1:02.13	100 SC Meter Backstroke				<b>1 Wan, Eric</b>	<b>42 OREG</b>	<b>55.87 O</b>	
100 SC Meter Butterfly				1	Allen, Barbara	75 PNA	2:08.13	2	Kaufman, Seth	40 OREG	1:02.71
1	Crabbe, Colette	52 OREG	1:15.47	200 SC Meter Backstroke				3	Wursta, Steve	43 OREG	1:08.58
100 SC Meter IM				<b>1 Allen, Barbara</b>	<b>75 PNA</b>	<b>4:43.26 Z</b>		200 SC Meter Freestyle			
1	Peterson, Connie	53 OREG	2:07.17	Men 18-24				1	Wursta, Steve	43 OREG	2:39.08
200 SC Meter IM				50 SC Meter Freestyle				400 SC Meter Freestyle			
1	Summers, Jeanna	54 OREG	3:37.55	1	Mays, Dayton	20 OREG	27.73	1	Kaufman, Seth	40 OREG	5:01.34
2	Peterson, Connie	53 OREG	4:25.80	50 SC Meter Butterfly				800 SC Meter Freestyle			
<b>Women 55-59</b>				1	Mays, Dayton	20 OREG	29.20	1	Kaufman, Seth	40 OREG	10:41.66
50 SC Meter Freestyle				<b>Men 25-29</b>				1500 SC Meter Freestyle			
1	Gray, Jane	57 OREG	38.20	1	Cleary, Kevin	25 OREG	30.09	1	Waud, Timothy	41 OREG	19:59.12
				<b>Men 30-34</b>				50 SC Meter Backstroke			

1 Wursta, Steve	43 OREG	42.80
50 SC Meter Breaststroke		
<b>1 Corbeau, James</b>	<b>44 OREG</b>	<b>31.14 Z</b>
2 Waud, Timothy	41 OREG	34.73
3 Cole, Chris	41 OREG	35.66
4 Wursta, Steve	43 OREG	40.69
100 SC Meter Breaststroke		
1 Waud, Timothy	41 OREG	1:15.03
2 Cole, Chris	41 OREG	1:18.88
200 SC Meter Breaststroke		
1 Corbeau, James	44 OREG	2:38.78
2 Waud, Timothy	41 OREG	2:46.21
50 SC Meter Butterfly		
1 Wan, Eric	42 OREG	30.63
2 Waud, Timothy	41 OREG	31.08
3 Cole, Chris	41 OREG	34.11
4 Platman, Steve	42 OREG	37.88
100 SC Meter IM		
1 Wan, Eric	42 OREG	1:08.45
2 Kaufman, Seth	40 OREG	1:12.92
3 Cole, Chris	41 OREG	1:14.44
4 Wursta, Steve	43 OREG	1:22.83
200 SC Meter IM		
1 Wursta, Steve	43 OREG	3:01.11
400 SC Meter IM		
1 Waud, Timothy	41 OREG	5:36.11
<b>Men 45-49</b>		
50 SC Meter Freestyle		
1 Washburne, Brent	47 OREG	26.68
2 Stelzer, Keith	49 OREG	29.40
3 Ribkoff, Mark	48 OREG	33.73
4 Lamoureux, Ric	47 OREG	38.43
100 SC Meter Freestyle		
<b>1 Washburne, Brent</b>	<b>47 OREG</b>	<b>58.66 O</b>
2 Stelzer, Keith	49 OREG	1:08.98
3 Ribkoff, Mark	48 OREG	1:20.45
4 Johnisee, Chuck	49 OREG	1:32.17
200 SC Meter Freestyle		
1 Thompson, Ron	49 OREG	2:33.24
400 SC Meter Freestyle		
1 Hathaway, David	48 OREG	4:48.40
2 Thompson, Ron	49 OREG	6:13.95
800 SC Meter Freestyle		
1 Thompson, Ron	49 OREG	11:03.29
1500 SC Meter Freestyle		
1 Hathaway, David	48 OREG	19:40.55
2 Thompson, Ron	49 OREG	21:39.86
3 Ribkoff, Mark	48 OREG	28:21.09
50 SC Meter Backstroke		
1 Washburne, Brent	47 OREG	32.28
50 SC Meter Breaststroke		
1 Sumerfield, Bill	48 OREG	35.54
2 Johnisee, Chuck	49 OREG	44.68
3 Stelzer, Keith	49 OREG	47.38
4 Ribkoff, Mark	48 OREG	47.40
100 SC Meter Breaststroke		
1 Djang, Lincoln	49 OREG	1:12.88
2 Sumerfield, Bill	48 OREG	1:18.26
3 Hathaway, David	48 OREG	1:21.86
4 Thompson, Ron	49 OREG	1:33.31
5 Ribkoff, Mark	48 OREG	1:44.82
200 SC Meter Breaststroke		
1 Sumerfield, Bill	48 OREG	2:59.24
2 Thompson, Ron	49 OREG	3:27.24
3 Johnisee, Chuck	49 OREG	3:50.47
50 SC Meter Butterfly		
1 Washburne, Brent	47 OREG	29.50
2 Hathaway, David	48 OREG	30.73
3 Stelzer, Keith	49 OREG	35.26

4 Ribkoff, Mark	48 OREG	42.63
100 SC Meter Butterfly		
1 Hathaway, David	48 OREG	1:09.23
100 SC Meter IM		
1 Washburne, Brent	47 OREG	1:10.76
2 Stelzer, Keith	49 OREG	1:26.25
400 SC Meter IM		
<b>1 Djang, Lincoln</b>	<b>49 OREG</b>	<b>4:50.71 Z</b>
2 Hathaway, David	48 OREG	5:46.16
<b>Men 50-54</b>		
50 SC Meter Freestyle		
1 Oliver, Gary	51 OREG	27.30
2 Allender, Patrick	50 OREG	27.63
3 Morrison, Robert	54 HMS	28.65
4 Dwight, Charles	53 OREG	29.10
5 Nuttman, John Mark	54 PNA	29.65
6 Amperse, David	54 OREG	31.13
100 SC Meter Freestyle		
1 Goodman, Doug	52 OREG	1:02.73
2 Morrison, Robert	54 HMS	1:04.62
3 Amperse, David	54 OREG	1:08.27
200 SC Meter Freestyle		
1 Morrison, Robert	54 HMS	2:26.62
400 SC Meter Freestyle		
1 Ramsey, Ed	52 OREG	5:20.88
2 Helm, Charlie	52 OREG	7:26.99
800 SC Meter Freestyle		
<b>1 Goodman, Doug</b>	<b>52 OREG</b>	<b>10:01.23 O</b>
1500 SC Meter Freestyle		
1 Ramsey, Ed	52 OREG	21:16.23
50 SC Meter Backstroke		
1 Oliver, Gary	51 OREG	33.85
2 Goodman, Doug	52 OREG	36.64
3 Nuttman, John Mark	54 PNA	42.13
4 Helm, Charlie	52 OREG	57.56
50 SC Meter Breaststroke		
1 Allender, Patrick	50 OREG	34.69
2 Morrison, Robert	54 HMS	35.17
3 Oliver, Gary	51 OREG	36.17
4 Amperse, David	54 OREG	39.50
5 Dwight, Charles	53 OREG	39.70
6 Nuttman, John Mark	54 PNA	41.72
7 Helm, Charlie	52 OREG	56.66
100 SC Meter Breaststroke		
<b>1 Allender, Patrick</b>	<b>50 OREG</b>	<b>1:12.28 Z</b>
2 Morrison, Robert	54 HMS	1:20.68
3 Amperse, David	54 OREG	1:27.17
200 SC Meter Breaststroke		
<b>1 Allender, Patrick</b>	<b>50 OREG</b>	<b>2:36.14 Z</b>
2 Morrison, Robert	54 HMS	2:59.44
50 SC Meter Butterfly		
1 Oliver, Gary	51 OREG	31.16
2 Goodman, Doug	52 OREG	33.32
3 Moore, Hugh	54 PNA	33.42
4 Amperse, David	54 OREG	35.53
5 Nuttman, John Mark	54 PNA	37.13
200 SC Meter Butterfly		
1 Moore, Hugh	54 PNA	2:58.03
100 SC Meter IM		
1 Oliver, Gary	51 OREG	1:10.71
2 Amperse, David	54 OREG	1:21.48
3 Nuttman, John Mark	54 PNA	1:24.52
4 Helm, Charlie	52 OREG	2:00.47
200 SC Meter IM		
1 Moore, Hugh	54 PNA	2:58.10
400 SC Meter IM		
<b>1 Oliver, Gary</b>	<b>51 OREG</b>	<b>5:28.00 O</b>
2 Moore, Hugh	54 PNA	6:25.31
<b>Men 55-59</b>		

50 SC Meter Freestyle		
1 Sherwood, Reggie	57 OREG	32.45
2 Shuman, Thomas	55 OREG	38.43
100 SC Meter Freestyle		
1 Sherwood, Reggie	57 OREG	1:12.32
2 Shuman, Thomas	55 OREG	1:22.01
200 SC Meter Freestyle		
1 Sherwood, Reggie	57 OREG	2:45.17
2 Shuman, Thomas	55 OREG	3:09.62
3 Hansen, Ron	59 PNA	3:14.20
400 SC Meter Freestyle		
1 Hansen, Ron	59 PNA	6:40.73
2 Shuman, Thomas	55 OREG	6:54.49
800 SC Meter Freestyle		
1 Hansen, Ron	59 PNA	13:38.96
2 Shuman, Thomas	55 OREG	14:10.45
1500 SC Meter Freestyle		
1 Stephenson, Mike	56 OREG	20:35.43
2 Edwards, Wes	55 OREG	22:06.31
3 Hansen, Ron	59 PNA	26:56.56
50 SC Meter Backstroke		
1 Edwards, Wes	55 OREG	30.53
50 SC Meter Breaststroke		
1 Tennant, Mike	55 OREG	35.12
2 Sherwood, Reggie	57 OREG	40.46
3 Hansen, Ron	59 PNA	47.77
100 SC Meter Breaststroke		
<b>1 Stark, Allen</b>	<b>59 OREG</b>	<b>1:14.97 Z</b>
2 Tennant, Mike	55 OREG	1:18.74
3 Sherwood, Reggie	57 OREG	1:31.40
4 Hansen, Ron	59 PNA	1:48.94
200 SC Meter Breaststroke		
1 Sherwood, Reggie	57 OREG	3:25.29
2 Stark, Allen	59 OREG	4:14.00
50 SC Meter Butterfly		
1 Tennant, Mike	55 OREG	30.12
2 Edwards, Wes	55 OREG	30.22
3 Stark, Allen	59 OREG	31.81
4 Stephenson, Mike	56 OREG	35.64
100 SC Meter Butterfly		
<b>1 Tennant, Mike</b>	<b>55 OREG</b>	<b>1:10.32 O</b>
200 SC Meter Butterfly		
1 Stark, Allen	59 OREG	2:59.86
200 SC Meter IM		
1 Stephenson, Mike	56 OREG	2:50.85
400 SC Meter IM		
<b>1 Tennant, Mike</b>	<b>55 OREG</b>	<b>5:38.39 Z</b>
<b>Men 60-64</b>		
100 SC Meter Freestyle		
1 Shelfer, Robert	63 OREG	1:27.62
200 SC Meter Freestyle		
1 Shelfer, Robert	63 OREG	3:36.84
1500 SC Meter Freestyle		
1 Cronin, Jed	60 OREG	21:25.62
2 Shelfer, Robert	63 OREG	30:14.82
100 SC Meter Backstroke		
1 Bruce, Bob	60 OREG	1:17.34
200 SC Meter Backstroke		
<b>1 Bruce, Bob</b>	<b>60 OREG</b>	<b>2:51.48 O</b>
200 SC Meter Breaststroke		
1 Bruce, Bob	60 OREG	3:10.45
50 SC Meter Butterfly		
1 Silvey, Michael	63 OREG	36.86
200 SC Meter IM		
<b>1 Bruce, Bob</b>	<b>60 OREG</b>	<b>2:47.33 O</b>
<b>Men 65-69</b>		
50 SC Meter Freestyle		
<b>1 Smith, Robert</b>	<b>65 OREG</b>	<b>28.17 Z</b>
2 Rudolph, Roger	65 OREG	37.40

3 Mellow, Bill	67 OREG	39.09
200 SC Meter Freestyle		
1 Rudolph, Roger	65 OREG	3:18.72
800 SC Meter Freestyle		
1 Mellow, Bill	67 OREG	16:02.35
1500 SC Meter Freestyle		
1 Mellow, Bill	67 OREG	30:12.30
50 SC Meter Backstroke		
<b>1 Smith, Robert</b>	<b>65 OREG</b>	<b>32.76 N</b>
100 SC Meter Backstroke		
<b>1 Smith, Robert</b>	<b>65 OREG</b>	<b>1:17.59 Z</b>
200 SC Meter Backstroke		
1 Nordby, Michael	67 PNA	3:18.27
50 SC Meter Breaststroke		
<b>1 Smith, Robert</b>	<b>65 OREG</b>	<b>37.41 Z</b>
2 Mellow, Bill	67 OREG	48.62
100 SC Meter Breaststroke		
1 Mellow, Bill	67 OREG	1:55.29
200 SC Meter Breaststroke		
1 Mellow, Bill	67 OREG	4:14.97
50 SC Meter Butterfly		
1 Smith, Robert	65 OREG	33.13
2 Rudolph, Roger	65 OREG	43.17
100 SC Meter IM		
<b>1 Smith, Robert</b>	<b>65 OREG</b>	<b>1:14.29 Z</b>
200 SC Meter IM		
1 Nordby, Michael	67 PNA	3:24.39
<b>Men 70-74</b>		
50 SC Meter Freestyle		
1 Thayer, George	72 OREG	33.90
200 SC Meter Freestyle		
1 Radcliff, David	74 OREG	2:31.54
400 SC Meter Freestyle		
1 Radcliff, David	74 OREG	5:29.17
2 Lake, Brent	70 OREG	6:31.04
800 SC Meter Freestyle		
1 Radcliff, David	74 OREG	11:25.94
2 Lake, Brent	70 OREG	13:03.68
1500 SC Meter Freestyle		
1 Radcliff, David	74 OREG	21:34.47
2 Lake, Brent	70 OREG	25:34.36
50 SC Meter Backstroke		
1 Thayer, George	72 OREG	41.16
2 Lake, Brent	70 OREG	43.21
100 SC Meter Backstroke		

1 Thayer, George	72 OREG	1:34.31
2 Lake, Brent	70 OREG	1:39.22
200 SC Meter Backstroke		
1 Lake, Brent	70 OREG	3:31.36
50 SC Meter Breaststroke		
1 Thayer, George	72 OREG	46.75
<b>Men 80-84</b>		
100 SC Meter Backstroke		
1 Miesen, Lee	81 OREG	2:08.78
50 SC Meter Breaststroke		
1 Miesen, Lee	81 OREG	56.40
100 SC Meter Breaststroke		
<b>1 Miesen, Lee</b>	<b>81 OREG</b>	<b>2:14.10 O</b>
50 SC Meter Butterfly		
1 Miesen, Lee	81 OREG	1:16.76
<b>Men 85-89</b>		
50 SC Meter Freestyle		
1 Lamb, Willard	86 OREG	38.50
100 SC Meter Freestyle		
1 Lamb, Willard	86 OREG	1:30.21
400 SC Meter Freestyle		
<b>1 Lamb, Willard</b>	<b>86 OREG</b>	<b>7:18.97 W</b>
100 SC Meter Backstroke		
1 Lamb, Willard	86 OREG	1:55.42
200 SC Meter Backstroke		
1 Lamb, Willard	86 OREG	4:15.99
<b>Relays</b>		
<b>Women 120-159 200 SC Meter Free Relay</b>		
1 OREG		2:18.02
1) Lamoureux, L. 49	2) Osoinach, E. 37	
3) Esser, E. 22	4) Kirkwood, E. 31	
<b>Women 120-159 200 SC Meter Medley Relay</b>		
1 OREG		2:35.84
1) Kirkwood, E. 31	2) Lamoureux, L. 49	
3) Esser, E. 22	4) Osoinach, E. 37	
<b>Women 160-199 200 SC Meter Medley Relay</b>		
1 PNA		2:41.36
1) Singer, S. 38	2) Young, K. 38	
3) Welch, S. 61	4) Dahl, L. 47	
<b>Men 120-159 200 SC Meter Free Relay</b>		
1 OREG		2:04.97
1) Hawthorne, J. 38	2) Odegard, K. 34	
3) Amperse, D. 54	4) Mays, D. 20	

<b>Men 200-239 200 SC Meter Free Relay</b>		
1 OREG		1:53.43
1) Wan, E. 42	2) Silvey, M. 63	
3) Sherwood, R. 57	4) Washburne, B. 47	
2 OREG		1:55.66
1) Goodman, D. 52	2) Stephenson, M. 56	
3) Stelzer, K. 49	4) Sumerfield, B. 48	
3 PNA		2:14.05
1) Nuttman, J. 54	2) Moore, H. 54	
3) Nordby, M. 67	4) Ness, K. 39	
<b>Men 240-279 200 SC Meter Medley Relay</b>		
1 OREG		2:09.53
1) Edwards, W. 55	2) Stark, A. 59	
3) Tennant, M. 55	4) Radcliff, D. 74	
<b>Mixed 120-159 200 SC Meter Free Relay</b>		
1 OREG		2:03.86
1) Clower, E. 30	2) Odegard, K. 34	
3) Arata, M. 32	4) Amperse, D. 54	
<b>Mixed 120-159 200 SC Meter Medley Relay</b>		
1 OREG		2:25.25
1) Arata, M. 32	2) Amperse, D. 54	
3) Mays, D. 20	4) Sullivan, S. 47	
2 OREG		2:35.30
1) Clower, E. 30	2) Smith, A. 36	
3) Odegard, K. 34	4) Hawthorne, J. 38	
<b>Mixed 160-199 200 SC Meter Medley Relay</b>		
1 OREG		2:23.55
1) Wells, J. 36	2) Cole, C. 41	
3) Morgen, C. 39	4) Thompson, R. 49	
2 OREG		2:30.24
1) Thayer, G. 72	2) Kramer, E. 33	
3) Lassen, M. 38	4) Kaufman, S. 40	
3 PNA		2:52.17
1) Hansen, R. 59	2) Ness, K. 39	
3) Young, K. 38	4) Singer, S. 38	
<b>Mixed 200-239 200 SC Meter Free Relay</b>		
<b>1 OREG</b>		<b>2:01.70 O</b>
<b>1) Sumerfield, B. 48</b>	<b>2) Goodman, A. 49</b>	
<b>3) Stephenson, M. 56</b>	<b>4) Caswell, M. 47</b>	
<b>Mixed 240-279 200 SC Meter Medley Relay</b>		
1 OREG		3:16.40
1) Lake, B. 70	2) Hodge, P. 68	
3) Rudolph, R. 65	4) Peterson, C. 53	



Mike Stephenson and MJ Caswell of CGM had great swims and helped to run a super meet.



Mark Ribkoff, of CGM was all smiles after his first meet - EVER!

## Candid Shots of the Zone Meet by Pat Allender



## Why Join a Masters Program, and Why Join USMS?

*USMS is running a series of excellent articles on their website (www.usms.org). These articles are about, "Why Join Masters and Why Join USMS?". We have reprinted some of the material. As we start the registration process for 2009 we urge you to check out these articles and to turn in your Registration for 2009. All of these special reasons for joining USMS/OMS so pertain to Masters Swimming here in Oregon. Spread the word!*

### Why Join a Masters Program, and Why Join USMS?

Is it worth it? What's in it for me? What do I get if I join?

USMS Executive Director Rob Butcher shares a conversation we've all had and USMS Features answers your burning questions...

The other day I was on deck preparing for a swim. It was around 7:00 p.m.; I'd just left the office and wanted to get in an easy "stress relieving" swim before heading home. The pool was practically empty except for one man. I was stretching as I watched him swim. I'd not seen him at the pool before but he had a somewhat natural looking stroke. "Perhaps he swam in high school," I thought to myself. When he stopped at the wall, I said, "Hey, you're making it look easy." "Thanks," he replied. "I'm Ben. I'm trying to get back in shape, and hoping to do a triathlon one day." "Awesome," I responded. "How's it going so far?" "I've got my good and bad days," he shot back. "It's not easy when you've never really swam before and not sure what you are doing." "Well, give yourself credit for showing up," I offered. "Do you swim with a Masters team?" "No," he said. "I've heard of Masters but don't think I'd be good enough to swim with them." "You'd do great, and you'd have fun," I told him. We kept the conversation going about 10 minutes or so with Ben asking me questions about local Masters teams and USMS. "There are several adult Masters programs in the area that you'd really enjoy swimming with and would fit your work schedule," I said. I offered him my email address and told him that I would send him more information on Masters. "Thanks," he replied, and went back to swimming. I've heard your stories and know that my encounter with Ben is common; you've run into your own Bens along the way and have had to describe USMS and the benefits that it offers. You've convinced friends, family, neighbors and community members that your local Masters program and USMS is for them -- that it is for everyone. So, over the next couple of months we'll remind you why you joined and possibly share programs and benefits that you have not yet taken advantage of and we will provide you with support as you promote your Masters program and USMS in your local communities. In an eight-part series

titled "Why Join a Masters Program, and Why Join USMS?", USMS Features will highlight stories like Ben's and others who just want to "better themselves." We'll introduce you to terrific coaches, such as Susan Ingraham, who was deservedly recognized as USMS Coach of the Year, and what makes their programs so successful. We'll show you how programs such as Walnut Creek Masters, Indy SwimFit, and the Woodlands, all USMS Club of the recipients, and many others, started as just a dream and have weaved themselves into the culture of their local communities and the USMS community. We'll introduce you to USMS volunteer Mary Sweat, who created a USMS fitness program two years ago called "Go the Distance," and how it's turned into a wildly popular program with close to 1,000 participants each month. We'll take you behind the scenes of the member magazine USMS Swimmer, and the LMSC newsletters that so many members rely on for valued information. And yes, we'll even pull back the curtain on competition, how it works, why it motivates us and how to participate. Each Feature will connect you with another USMS benefit or program. If you are already a USMS member, each Feature will encourage you to become even more involved, and if you have not yet joined a local Masters program or USMS, each Feature will have you asking yourself, "Why has it taken me this long to join?"

### USMS: Bringing People Together

What do your church, your college alumni association, the dog park and Facebook have in common? Each of these networks offers you a sense of community, a group of people with whom you share a common bond and a place where you feel at home.

This is the third part in our eight-part series, "Why join a local USMS program, and why USMS?" For most of you, the community and friendships that USMS provides are the intangible benefits that you cherish the most. It's your commitment to the lifestyle and your belief in the cause that brought you to your local team and USMS. It's your local community and friendships on your team that keep you connected and motivated in your pursuit of a healthy lifestyle.

#### All in the Family

USMS members and teammates seem to share more than lanes and swimming equipment; for USMS member Liz Kooy, an Illinois Masters member, USMS has provided a family.

Liz's second child was diagnosed with a rare intestinal illness shortly after birth and underwent surgery at the age of 11 weeks. Liz, her husband and her older son spent weeks at a time in and out of the hospital caring for Liz's the infant. Her local team, the Chicago Smelts, displayed unconditional

support for its teammate by organizing a schedule for team members to cook and deliver home-cooked meals to the hospital for Liz and her family. "As an athlete I never wanted to admit when I was in need, but my teammates recognized my struggles and jumped in to help. My husband and I were overwhelmed with the love and support of my teammates." Not only did Liz's teammates care for her and her family while they spent countless hours at the hospital, but once Liz returned home the Chicago Smelts continued to show their commitment to their teammate in need. "They would stop by and say, 'Come on, let's go for a swim to clear your head,'" Liz remembers. "They were incredible, they are like family. They helped me weather the storm."

#### The USMS Connection

USMS members continue to come to the pool, continue to practice and continue to compete because "it's fun," says Heather Howland. "We have Masters swimmers of all ages and skill levels on my team," says Heather, who swims with the Wellness Center Sea Dogs. Heather described her practice as "catered to individual goals, but we train as a team. We start together and finish together. Everyone cheers and laughs." Not only does Heather feel a connection to the swimmers and coaches that are part of her local Masters program, but she has also made friends across the country. "I love to compete," she said, "but sometimes my teammates don't want to travel to all of the meets. So, I call up some

of the friends that I have made from other teams and travel with them!"

Participation in meets and fitness programs and attending other USMS events such as the annual convention, as well as participation within online networks, has given Heather and other USMS members the chance to connect with USMS members from across the country.

#### Face Time

Allen Highnote, a member of Southern Pacific LMSC, says, "I feel more connected to my sport and more connected to other members" through networks such as Facebook. Allen has reconnected with old teammates and grows new relationships with USMS members from various regions through chats, wall posts and friend requests. Allen, an IT specialist, is not currently a member of a local Masters program and uses networks such as Facebook to create a sense of belonging, unity and team. There are various "Facebook Groups" established by USMS members that focus on topics such as "2009 Swimming Masters Nationals, Clovis, California," and "Women Swim Coaches." USMS brings athletes together from across the country to create networks, relationships and families. If you are currently swimming without a team, go to your LMSC website to find a coach and team in your area. To view a complete list of LMSCs, visit [www.usms.org/lmsc/](http://www.usms.org/lmsc/).



#### Goodby Old Friend -

The first time I met Gil was at a swimming meet years ago. I introduced myself, and he said, "I have checked on your times for each event, as I always keep up on my competition." I have swum against Gil many times, but have never beaten him. He and I swam at the Australian World's

## Tribute to Gil Young

From Herb Hoeptner

Championships. (2002). He got the golds, I got the silvers. The one race I got a gold was the race he didn't swim in. He was entered in a high-jump competition which happened to be at the same time as the swimming competition.

So now that he is gone, he will still be my competition whenever I swim. *Herb Hoeptner*

## Swim Bits # 16 - Pain is Inevitable by Ralph Mohr

I picked up at the local library a book about running by a prominent Japanese author, Haruki Murakami. (Cf., the novel, *Kafka on the Shore*.) In it he made a marvelous observation he learned from a fellow marathoner: Pain is inevitable. Suffering is optional.

Its immediate application to swimming is obvious. All workouts involve some pain. My shoulders are tender. Someone else's knees may throb. I've run into the wall with my head in backstroke. A half an hour of 100s with 10 seconds rest at a 500 pace is painful. And the reply is, "So what?" Pain is inevitable.

Most of the time while swimming I don't suffer. I enjoy

getting in our outdoor pool in the middle of the winter in a full, wind blown storm. It's not cold unless there is ice on the deck. It is fun to swim 600 repeats with rain pelting your back. We even had hail once, and we did kicking drills with boards over our heads.

Suffering is the last 500 of an open water 5K when I'd not trained enough. My fault. Suffering is not finishing a 200 fly due to asthma. I was angry at myself and my condition. I'll get it right one of these days. Suffering is not swimming at all.

We choose to swim and, therefore, there will be pain. We're all going to be smarter, though, and not suffer.

*Continued from page 5*

- and increasing range of motion
- Use range of motion, dynamic stretches, such as pendulum swings
- Use isolated stretches of the pectoralis, posterior capsule, and latissimus dorsi
- Find a good massage therapist (!!!)

Given that over time, many of us have slipped into poor postural habits, we may find muscle weakness and instability of the scapula also contributes to the muscle soreness and rotator cuff problems. We need to consider specific strengthening exercises for these areas such as:

- Elastic band, elastic tubing or dumbbell exercises, focused on the rotator cuff and scapular stabilizers, to include internal and external rotation; shoulder

flexion, abduction, extension, and retraction

- These strengthening exercises should be performed after a swimming workout or on a non-swimming day to avoid fatiguing the rotator cuff, which could lead to injury
- Include back and abdominal strengthening exercises to help build balanced strength through the trunk

In conclusion, it is very important that you both listen to your coach, and to your body. If your shoulders start to hurt, then consider possible reasons why. Discuss the issue with your coach, and seek medical advice if necessary. While sore shoulders can sometimes be managed by a strengthening and stretching program, a good massage therapist can also help, as can physical therapy. It is probably best to do something about it before you require surgery!

### **Jani Checks Back In with OMS - (*Good to hear from you!*)**

#### **A Different Take on Fitness**

**by Jani Sutherland**

For those of you who have been around awhile you may recognize my name as the former Fitness Chair for OMS for many years. I moved to Idaho and resigned from being Chair in 2006. I do keep tabs on things in Oregon and since my picture is still on the website in the Board of Directors section under Fitness Chair (but no name with it) I thought I might as well update you and share some new fitness things I have learned.

When I moved to small town Idaho there were 3 pools, one only open in the summer, one that closed the week before I arrived and one that had monthly dues higher than my mortgage. Eventually the two-years-behind-schedule YMCA (with pool) would be completed, but every few months of planning would see a lane eliminated. We ended up with a 5 lane pool that finally opened in December.

It was hit and miss swimming for me but during these times of no swimming I had my back fused twice so I was out of the water for quite awhile anyhow. The Y finally opened and I ventured into the water to see how my L1-L5 fused back would function. No flip turns yet but being weightless was wonderful. There was a small Masters program but I wasn't ready for that yet, just needed to work on my endurance

and remember what I was supposed to do; cardiovascular fitness was a thing of the future. Eventually I was able to do something that resembled a flip turn and I felt I was ready to join our small Masters program. When I say small I mean small. Often times the only 2 people at practice were myself and my back surgeon (great for quick consultations - and lots of individual attention from the coach).

My previous swim life in Oregon had been spent with COMA and Bob Bruce. My idea of fitness was the 30 minutes of threshold 100's we did every other Thursday (still my favorite set, Bob). My new coach felt the fastest way to cardiovascular fitness was hypoxic training and kicking (no fins). I had always loved to kick (with fins) and hated hypoxic sets. We never did a whole lot of hypoxic and I managed to do as little as possible when we did do it. I was not looking forward to practices that always included hypoxic; the kicking without fins I could handle. Of course we did descending sets and sprinting (another thing I hate as a former distance swimmer) so it wasn't just hypoxic but there sure was a lot of it.

About 4 months have gone by, I am quite accomplished at hypoxic sets and even enjoy them. And I am swimming those 100's on the interval that I swam years ago. And with only 45 minutes of swimming twice a week (and sometimes on my own on Saturdays), I am a firm believer that the fastest way to cardiovascular fitness just may be hypoxic training.



**Multnomah Athletic Club Short Course Meters Meet**

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #378-10

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

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

Hosted by: Multnomah Athletic Club, West Pool

DATE: Sunday December 7, 2008

Location: 1849 Salmon Street  
Portland, OR25 meters ~ 6-8 lanes competition-electronic timing  
One lane continuous warm-up/down after 400 free**WARM-UPS: 7AM  
MEET STARTS: 8AM**

Meet Director: Sharon Foley • 503-203-8760 • sfenrich@att.net

Directions to the pool: SOUTHBOUND - Take I-5 to I-405 South. Take the Burnside exit, go straight on that street (15th) to Salmon, turn right, go through stop light at 18th, MAC club is on the right, and parking garage is on the left. NORTHBOUND - Take I-5 to I-405 North, Take the Salmon St. Exit. Merge onto 14th St. Go one block and turn left onto Taylor. Turn left onto 17th. Proceed on 17th to Salmon. Turn right onto Salmon.

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

**ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY NOVEMBER 21, 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 OR 2009 USMS # \_\_\_\_\_

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

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

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 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. THE 400 FREESTYLE WILL BE DECK SEEDED. CHECK IN FOR THAT EVENT WILL CLOSE AT 7:30AM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

**SUNDAY, December 7****400 FREE** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**\* break- 20 min. warm-up\*** (event 2 will start no earlier than 9am)**100 BACK** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**200 FLY** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**50 BREAST** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**200 IM** (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**100 FREE** (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**\* break\*****200 BACK** (7) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**50 FLY** (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**100 BREAST** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**200 FREE** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**\* break\*****100 IM** (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**50 BACK** (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**100 FLY** (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**200 BREAST** (14) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**50 FREE** (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

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

## Chehalem Short Course Yards Meet

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

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

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

Hosted by: Chehalem Swim Team

Location: Chehalem Aquatic Center  
1802 Haworth  
Newberg, OR 97132

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

DATE: Saturday January 31, 2009

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

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

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

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

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



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY



NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

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

PHONE \_\_\_\_\_

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

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

2009 USMS # \_\_\_\_\_

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

IS THIS YOUR FIRST MASTERS MEET? — Yes — No

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

### SATURDAY, January 31

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

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

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

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

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

\* break \*

**100 BACK** (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BREAST** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

#### MEDLEY RELAYS (11-14)

\* break \*

**500 FREE** (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

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

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

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

#### FREE RELAYS (20-25)

\* break \*

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

**100 FREE** (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FLY** (28) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BACK** (29) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

\* break \*

**1000 FREE** (32) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

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

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



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

**Date: Sunday, February 15, 2009**

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

*Hosted by: Canby Swim Club "The GATORS"*

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

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

**Northbound-** I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn right on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center

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

**Ask for the Canby Swim Club preferred rate.**

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

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

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

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_  
 STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_  
 E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
 2009 USMS # \_\_\_\_\_  
 USMS CLUB (OREG, MACO, PNA, ETC) \_\_\_\_\_  
 IS THIS YOUR FIRST OREGON MASTERS MEET? \_\_\_\_ YES \_\_\_\_ NO

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

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

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

**Animal Sprint Masters**

**100 I.M. (1-2)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FLY (7-8)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FREE (13-14)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**Animal Masters**

**200 I.M. (3-4)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 FLY (9-10)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**500 FREE (15-16)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**Animal Grand Masters**

**400 I.M. (5-6)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FLY (11-12)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**1000 FREE (17-18)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

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

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Shirt size (circle) S      M      L      XL      2XL

**MEET ENTRY FEE: WITH T-SHIRT \$27.00 OR WITHOUT T-SHIRT \$15.00**

MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

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



## 2009 Local Team Registration

This form must be postmarked by the entry deadlines of the 2009 OMS Association Championship and the 2009 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 2009 REGISTRATION

☐

Renewal - 2008 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>
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<b>Address:</b>
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<b>City:</b>	<b>State:</b>	<b>Zip:</b>
--------------	---------------	-------------

<b>Phone:</b>	<b>Date of Birth:</b>	<b>Age:</b>	<b>Sex:</b>	<b>M</b> <input type="checkbox"/>	<b>F</b> <input type="checkbox"/>
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<b>E-mail Address:</b> (Please print carefully)
--

<b>Aqua Master - Check one box</b> <input type="checkbox"/> <b>Electronic Delivery</b> <input type="checkbox"/> <b>Postal Delivery</b>	<b>Club: OMS is comprised of one club</b> <b>OREG</b> <input type="checkbox"/> <b>or you may register unattached. *UNATTACHED</b> <input type="checkbox"/> <b>(Select one)</b> *(Unattached members cannot swim in relays)	<b>Do you coach a Masters Team</b> <b>Yes</b> <input type="checkbox"/> <b>No</b> <input type="checkbox"/>
--	--	--

<b>Local Team: Choose name and abbreviation from list below (Name)</b> _____ <b>(Abbreviation)</b> _____
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Albany YMCA Tiger Master Sharks	YTSM	Emerald Aquatics	EA	Multnomah Athletic Club	MAC	Rogue Valley Masters	RVM
Baker Area Seasoned Swimmers	BASS	Fit Athletes Swimmers & Triathletes	FAST	Newport Masters	NST	Salem YMCA Masters	SYM
Canby Masters	CBM	Fishsticks	FISH	Nike Masters	NIKE	Sherwood YMCA Dragons	SYD
Central Oregon Masters	COMA	Grass Valley Masters	GVAM	North Clackamas Masters	NCMS	Southern Oregon Masters	SOM
Chehalem Masters Swim Team	CMST	Klamath Basin Masters	KBM	Oregon City Swim Team	OCST	Swimmers in Sweet Home	SWISH
Circumnavigating Beavers	CBAT	LaCamas HeadHunters	LH	Oregon Pool-Less Elite Narwhals	OPEN	Tornadoes Master Team	TOR
Columbia Gorge Masters	CGM	Lebanon Masters	LM	Oregon Reign Masters	ORM	Tualatin Hills Barracudas	THB
Columbia River Masters	CRM	Lincoln City Masters	LCM	Portland Comm. College Masters	PCCM	Umpqua Valley Masters	UVM
Corvallis Aquatic Masters	CAT	JMasters	MJCC	Pendleton Masters	PEND	Western Oregon Univ.	WOU
Downtown Athletic Club	DAC	Mittleman Jewish Comm. Cntr.	MJCC	Riverplace Ath. Club (Tsunamis)	RAC		

**Registration: Valid November 1, 2008 to December 31, 2009. Make checks payable to OMS, Inc.**

**\$38.00 Single**

**\$28.00 Senior Registration (65 to 74 years)**

**\$10.00 Age Group 18 to 24 years and Seniors 75 years and older**

Fee breakdown: USMS = \$25.00, Benefits of Membership include: A subscription to USMS's magazine, *USMS SWIMMER*, during the length of the membership year. OMS = \$13.00 (OMS covers the additional cost for our younger and older members)

**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-'09 Meet **SCHEDULE**



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Date	Event	Location	Contact
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## Pool Meets

*Dec. 7, 2008	SCM	MAC	Sharon Foley - sfenrich@att.net
*Jan. 31, 2009	SCY	Chehalem (Newberg)	Kathleen Buck - kbuckcheney@comcast.net
*Feb. 15, 2009	SCY	Animal Meet (Canby)	DeeAnna Smith - deemarie1964@yahoo.com

## Postal Championships 2008/2009

3000/6000	Sept. 15 - Nov. 15	www.usms.org
1 Hour	January 2009	www.usms.org
February Fitness Challenge	February 2009	dave@theradcliffs.com

## Board Meetings

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

***Aqua Master***  
***November/December 2008***

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

**Nonprofit  
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**Inside: Results - Lincoln City & NW Zone SCM**