



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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*“Swimming for Life”*

## National Records for Steve & Willard



Steve Johnson set National Records in the 3000 and 6000 Postal Swims. Bob Bruce’s Long Distance column on pages 7 - 9 in this issue covers the full details of the 3000/6000 Postal Swims and the 2008 Postal Series. Willard Lamb set National Records at the Chehalem Meet in the 500 and 1000 Freestyle. Full results of the meet are on pages 10 - 13 in this issue.

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### New USMS Logo



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# Chair's Corner by Jody Welborn

Spring is just around the corner and it is time to get ready for Association Championships in Bend, hosted by COMA. The venue is great and the competition is better. Make plans to be there with your teammates.

Don't forget our annual awards banquet that gives us a chance to recognize our swimmers and volunteers. We need your input for the nominees so put on your thinking caps, look at the criteria below and send in your recommendations.

OMS have been blessed with great volunteers over the years. If you have considered volunteering there are several opportunities available including AquaMaster editor, Fitness chair, Awards and Souvenirs chairs. If you are interested please email me at:

jodywelborn@mac.com.

*and  
Remember,*

*Swimming is for Life and Life Matters.*



**Select YOUR Award Winners – You know who they are:**

**Deadline: MARCH 1**

**THE TIME IS NOW...**

...to keep your eyes and ears open for nominations for our annual awards to be presented at the Association Meet. When you see or hear of someone that would fit into the following categories, send their name and reason (description) for nomination to Ginger Pierson:

gingerp@qwest.net\_or 8417 NE 16<sup>th</sup> St Vancouver, WA 98664 or (360) 253-5712.

**Ol' Barn Award:** has shown leadership, dedication, and devotion throughout the year to this organization and to Masters Swimming.

**Connie Wilson Award:** has made an outstanding, long-term leadership contribution to this organization and to Masters Swimming.

**Spirit Awards (Hazel Bressie for Women & Gil Young for Men):** has shown enthusiasm and spirit to his/her team and/or other Masters swimmers during the past year (two awards given – male and female)

**Special Service Award:** contributes outstanding service to a team or OMS

Send nominations to Ginger Pierson at [gingerp@qwest.net](mailto:gingerp@qwest.net) or call (360) 253-5712 or mail to 8417 NE 16<sup>th</sup> St, Vancouver, WA 98664.

**Deadline: MARCH 1**

United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc. or Oregon Masters Swimming.

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# Off the Block

*Curtis Taylor*

*Curtis Taylor, Oregon Master Swimmer and new proprietor of JD Pence, takes the dive off the block this month.*

Those who have been involved in Pacific Northwest swimming for any period of time have most likely heard the name JD Pence. Jim and Cecile Doyle started JD Pence out of their garage in Forest Grove in the late 70's and have since dedicated their adult lives to the sport of swimming. They have told me many times that their best friends are those they met through swimming. But like all good things their association with the store is coming to a close. As they move into retirement, they are happy and, at the same time, sad. They will miss the swimming community greatly, as the community will miss them. All of us wish them the best in their retirement.

At about the same time JD Pence was starting up, a 6 year old from Southern Oregon was diving off the blocks for the first time. From that first meet, through high school, college, and masters swimming my young exuberance for swimming has never waned. Even now after being a masters' swimmer in Oregon for 10 years, I still enjoy working out and competing. Upon reflection, swimming is not just something I do in my spare time, I am proud to say that swimming is part of who I am. I am a huge fan of the sport and its many benefits, and I am constantly amazed by the great people involved in swimming. In those 30 years, I have lived and swam through many changes in the world and in swimming. One thing has remained static throughout those three decades—where I bought all my swimming products. JD Pence has been and continues to be a solid foundation in the swimming community. I am excited to announce a new beginning for JD Pence. My wife (Laura) and I have assumed the responsibility of owning and operating JD Pence. Our goal is to continue to support this great sport for the next 3 decades.

Last year's Olympic Games and, of course, Michael Phelps's awesome performance, provided a renewed interest and attention to this great sport. As we all have witnessed, times have dropped drastically due to new training techniques, suits and technical equipment. More than ever before, it is important to have a strong partnership between coach, swimmer/parent and retailer to ensure the right products are matched to each athlete's individual needs. At JD Pence, we are committed to servicing swimmers of all ages and all ability levels.

To do this more effectively, we will be updating and restocking the Cedar Hills store in Portland while closing the Forest Grove and Eugene stores in an effort to consolidate our operations and inventory to better serve you. A complete redesign of [www.jdpence.com](http://www.jdpence.com) is underway and is scheduled to be completed in March. Product selection, navigation and search will be improved, and teams will have their own webpage for their swimmers and parents to order a team's specific suits, apparel, and training equipment.

Our employees are current and former swimmers, coaches, and parents. We are well versed in the latest products and trends in the aquatic sports market. JD Pence will carry the latest products in our retail store in Portland and at [www.jdpence.com](http://www.jdpence.com). Our commitment is to have as many products as possible available for immediate purchase, or we will order them the same day. Our selection of products will grow to 5 times what it is today!!! One of my top priorities is establishing a strong partnership with all of the major vendors to ensure we can provide products to you at competitive prices. We have products by Speedo, TYR, Dolfin, Nike, Blue seventy, Illusions, Finis, WaterGear to name a few vendors. This wide variety of vendors provides many options and price points.

Lastly, JD Pence will continue to support the swimming community by providing a variety of team and individual promotional programs for those who choose JD Pence as their preferred team dealer and retailer.

I would like to thank all of you for your past support of JD Pence, and to thank you for your continued support in the future.

If you have any questions or feedback, please feel free to e-mail or call myself or the staff any time.

Feel free to contact me at [curtis@jdpence.com](mailto:curtis@jdpence.com) with comments and suggestions.

Thanks,

*Curtis Taylor* - JD Pence - A Pacific Northwest swimming tradition for 30 years

# F i t n e s s



Rachel  
Skoss



## Shoulder Injury Prevention Part 2

(Presented by USA Swimming and the Network Task Force on Injury Prevention. April 2002)

A series of exercises for the UN-injured athlete.

### Primary Shoulder Blade Stabilizing Exercises

The second group of exercises, the Shoulder Blade Stabilizers, is designed to strengthen the muscles that control how your shoulder blades move. These muscles are found in the middle of your upper back and along your sides. When these muscles contract, they cause your shoulder blades to rotate or slide across your back. They work in coordination with the rotator cuff muscles to control the movement of the shoulder. If these muscles are weak, you can put too much stress on the rotator cuff when you swim.

#### Exercise #4 – Theraband Rowing

Equipment: One moderate resistance Theraband.

The Movement: Theraband rowing strengthens the muscles that hold your shoulder blades in place. These muscles are important in helping your shoulder joint to move when you swim.

First, make a loop with the Theraband and tie the ends together. The loop should be about 2 feet long. Attach the loop to a doorknob or some other stationary object that will not move when you pull on the Theraband. Sit on a bench or at the edge of a chair. Position the chair so that when your arms are extended in front of you the Theraband is just taut. Sit with an upright posture, and lift the chest to help set the shoulder blades in the proper position. Do not hunch the upper back or shoulders.

Pull your hands toward your body. Keep your elbows in and pull your hands to a point between your belly button and your rib cage. Make sure you lead the pull with your elbows. Your palms should be facing upward when you pull towards your chest. Remember to focus on squeezing the shoulder blades together with each row and maintaining this contraction for the entire exercise.

Maintain a comfortable cadence, completing 1 complete repetition every 2 seconds. Count to yourself 1-and-2-and, 1-and-2-and taking one second for the contraction and 1 second as you return to the starting position. Perform 3 sets of this exercise. Each set should end when you become fatigued or reach 2 minutes of exercise. Take 30 seconds rest between sets and strive for completing 3 sets of 2 minutes each. Like

the other exercises, fatigue is indicated when your posture slumps, or you cannot keep your shoulder blades pinched together.

#### Exercise #5 – Hitch Hiker

Equipment: No equipment is needed for this exercise, but as you get stronger, you can use some very light weights. You can make your own weights by filling two small water bottles with sand. These should weigh less than 2 pounds, even for the strongest swimmers.

The Movement: The Hitch Hiker exercise strengthens the muscles that control your shoulder blades as well as your rotator cuff muscles. You can exercise both sides of body at the same time, or choose to do one arm at a time.

Lay on your stomach on the floor. Relax your head and keep it in line with your spine. Put your arms straight out to your sides with your thumbs pointing to the ceiling (It looks like you are hitch-hiking). While squeezing your shoulder blades together, lift your hands up off the floor and move them slightly towards your head. Use both arms at the same time. You should end up in a position that looks like a “Y” at the end of the exercise. Hold this position for 1-2 seconds and then relax to the starting position. Repeat.

Try to perform this exercise for 2 minutes. If you cannot continue the exercise for 2 minutes, that’s okay. When you become fatigued and can no longer maintain your form, rest for 30 seconds. Perform your second and third sets the same way.

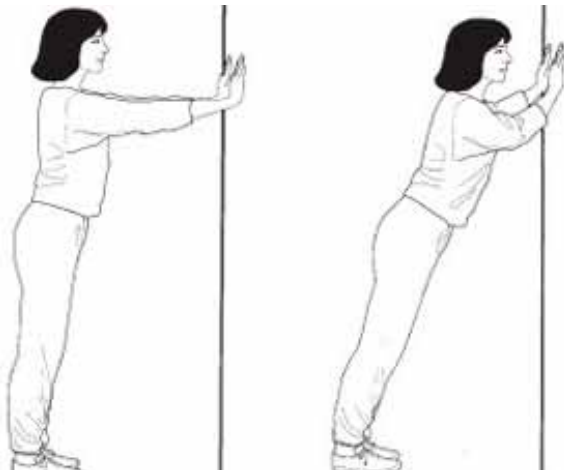
If you reach the point where you can complete 3 sets of 2 minutes, perform the exercise while holding some small weights (less than 2 pounds) in your hands. Remember, you can make your own weights by filling small water bottles with sand, and you can also perform this exercise with one arm at a time.

#### Exercise #6 – Push Ups with a Plus

Equipment: None.

The Movement: This push up exercise strengthens your chest muscles like a normal push up, but there is an added motion at the end that strengthens one of the muscles that stabilizes your shoulder blades. There is a progression to this exercise, which means you will first perform the exercise against a wall while standing. As you get more advanced you can do this exercise while on your knees and then finally in a traditional push-up position. To start this exercise, stand at arms length away from a flat wall. When you stand up straight your palms should touch the wall. The hands should be shoulder-width, or slightly wider than shoulder-width, apart. Allow your chest to move towards the wall, as you would into a normal push up position. Once you are in the “down position” push away from the wall. It is important to do this slowly so your hands never lose contact with the wall.

When you reach the normal ending position for a push up you want to keep going. This is where the extra action comes



in. Continue pushing so that your shoulders rotate forward a bit. It should feel like the center of your back is farther away from the wall than your shoulders, as if you are raising your back like an angry cat. This is the extra motion that strengthens the stabilizers of your shoulder blade.

Hold this position for 2 seconds and repeat the action. Continue each set until you fatigue and start to lose form or until you reach 2 minutes, which ever comes first. Complete 3 sets, resting 30 seconds between each set. As you become stronger, perform the same exercise when kneeling on the floor. And eventually you will be able to perform normal push-ups with the extra motion.



for



Mary Sweat sent in these many “WOWs” about the great distances done during 2008 by Oregon swimmers in the Go The Distance Fitness event.

The U.S. Masters Swimming (USMS) fitness event “Go the Distance” (GTD) 2008 is now in the books! This event boasted 631 participants from all over our country of which 25 were from Oregon!

The objective of this event is for participants to track the distance they swim during the year. When participants achieve the specific distance milestones of 50, 100, 150, 200, 250, 300, 365.25 (average mile a day), 400, 500, 750, 1000, 1250 and 1500 miles they are recognized on the USMS website. Each month the results and recognition of achievements are updated on the website.

GTD also offers challenges to “workout groups”. A GTD “workout group” is simply a group of folks that wish to chase a goal together. In 2008 the “Redmond Early Bird Enthusiastic and Lovable Swimmers” (REBELS!) did just that. The Rebels are Denise De Leone, Amy McElroy, Susan Gorman, Cynthia Larkin, Mary Sweat, Diane Cardwell, Jeannie Groesz, Teri Hendryx and George Weber with an age range of 21 to 78! The goal was set to be 4,000,000 yards which is equivalent to 2273 miles. The REBELS certainly stepped up to the challenge and swam 2694.94 miles blasting their goal - way to go Rebels! How far will they swim this year?!?

GTD 2009 is now underway - so why not join the fun with your Oregon swimming pals! This event, hosted by the USMS Fitness Committee, is free of charge and simple to enter. The only requirement is that folks must be registered for 2009 with USMS. More information is available at:

<http://www.usms.org/fitness/content/gothedistance>

The final results for our Oregon swimming pals who participated in GTD 2008 are listed below:

Denise DeLeone	18-24	46.24 Miles
Michelle Macy	30-34	899.76 Miles
Jackie Parker	30-34	127.67 Miles
Alison Moore	35-39	350.40 Miles
Amy McElroy	35-39	202.11 Miles
JC Briar	40-44	220.30 Miles
Susan Gorman	40-44	307.33 Miles
Cynthia Larkin	45-49	306.23 Miles
Mary Sweat	50-54	757.77 Miles
Jeannie Groesz	55-59	253.15 Miles
Robin Forster	55-59	32.96 Miles
Teri Hendryx	55-59	357.96 Miles
Diane Cardwell	55-59	335.89 Miles
Tam Jenkins	60-64	338.20 Miles
Peg Whiter	65-69	113.54 Miles
Chris Gaarder	40-44	254.42 Miles
Pierre Blouin	40-44	141.79 Miles
Tim Nelson	40-44	1136.37 Miles
Mike Carew	55-59	866.23 Miles
Dallas Figley	55-59	366.67 Miles
Jed Cronin	60-64	357.54 Miles
David Radcliff	70-74	551.79 Miles
Jon Schieltz	70-74	370.57 Miles
George Weber	75-79	130.26 Miles
Ray Allen	80-84	177.02 Miles

# Shake and Swim with “Bake”

Get a “Leg Up” on Swimming!

Coach Dennis Baker



swimgraphics.com

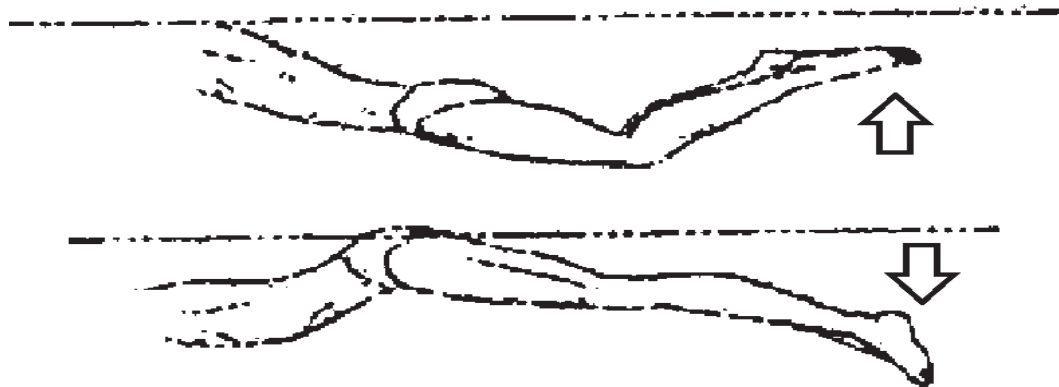
Masters Swimmers constantly fight the aging process and try to swim faster or maintain times throughout the years. As we get older we lose a few attributes that make us swim fast. General strength and flexibility are most evident. One of the areas that we can improve on is our kicking. Here are some tips to help you become a better kicker and swimmer and keep fighting the good fight.

- 1) Do a hard kick set at least 2 times a week. Many coaches, which I am one of, are guilty of using kicking as a cool down or recovery set. You need to do a couple of kick sets a week when you are fresh and rested. The sets don't need to be very long but need to have some intensity.
- 2) Even if you don't kick very much when you swim you still need to train your legs! Kicking raises the heart rate in practice and prepares you better for a race.
- 3) Practice “over kicking”. Over kicking is where you ease up on your arm strokes and kick super fast getting 8-12 kicks in per stroke cycle while doing Freestyle. A small set like 8x50's with about 20 seconds rest should do the trick.
- 4) Split your kicking up by using your kickboard half the time and no board the other half, every other day. Both ways have really good qualities that help you so do both.
- 5) When you kick Freestyle, Backstroke or Butterfly make sure you are kicking both up and down. We

tend to just kick down while the flat bottom part of our foot has a greater surface area it should be used to propel you forward. Also don't just kick with your feet. When kicking you should think about your thighs and use them.

- 6) When kicking Breaststroke you must also use the bottoms of your feet. When snapping together at the end of your kick try and turn your feet inward so the bottoms touch together. This will give you a much need extra snap at the end of the kick to propel you forward.

Try these tips out and you will be on your way to becoming a better swimmer. Lastly, I would like to thank Dave Radcliff and his wife Nancy for their years of service providing us with this great award winning AquaMaster. They are stepping away to pursue other things in life and we wish you both all the best! I have had a few heroes in my life



*“When you kick Freestyle, Backstroke or Butterfly make sure you are kicking both up and down”*

that inspire me, one being my Father and also Gil Young. Dave Radcliff is also one of my heroes and an inspiration to me. With all of his great swimming accomplishments and hard work ethic, one thing stands alone; he is just a great guy. If I can be half the man Dave is I will be doing just fine. Thanks again Dave.

Coach Bake

# Long Distance Swimming



**Bob**  
**Bruce**



Oregon had a fantastic showing—including both Club Championship titles—in the results for the 2008 USMS 3000 & 6000-yard National Postal Championships. Here's a quick summary:

**3000-yard:** 66 swimmers from Oregon (35 women & 31 men) entered the event, 21 more than entered last year. Dave Cloninger, Steve Johnson, Tom Landis, and Dave Radcliff each won the national title in their respective age groups, with Steve smashing the National Record. Seven Oregon Relay teams won their events, with the Men's 65+ 3 x 3000 team breaking their National Record set last year. In the club scoring championship, Oregon pulled out a very narrow win over two-time defending Great Bay Masters from New England.

**6000-yard:** 13 Oregon swimmers (5 women & 8 men)—one more than last year—entered this longer distance event. Mary Sweat, Steve Johnson, and Dave Radcliff won national titles, with Steve breaking another National Record. All five Oregon relay teams won events in their age group, with the Men's 65+ 3 x 6000 team demolishing their own National Record from last year. Finally, Oregon won the club championship title, finishing our seven-year streak of second-place finishes in this event after last winning the title in 2000.

Congratulations to...

- Our 5 individual National Champions (USMS Long Distance All-Americans!);
- Steve Johnson and Dave Radcliff, our double National Champions;
- Our 12 (!) relay team National Champions (USMS Long Distance Relay All-Americans);
- Our 7 Oregon Individual Record breakers—Tam Jenkins (ORM), Nina Gee (COMA), Will Steinhauff (COMA), Dave Cloninger (COMA), Greg Jablonski (THB), Steve Johnson (EA)—TWICE, and Tom Landis (COMA).
- Our 2 National Relay Record teams— Men's 65+ 3 x 3000 relay team of Ralph Mohr (COMA), Dave Radcliff (THB), and Tom Landis (COMA) and Men's 65+ 3 x 6000 relay team of Brent Lake (COMA), Dave Radcliff (THB), and Tom Landis (COMA);
- Our 8 Oregon Relay Record teams, that included lots of

different swim stars;

- Everyone who participated—we continue to improve here, which is ultimately the bottom line in this excellent fitness event.

Look for the full Oregon results in this *Aqua Master*. They are impressive!

As always, I have opinions, comments, and questions:

- The club scoring system (in which all swims count towards club scoring) that was instituted three years ago is a success, as overall national participation in these events has increased. Oregon also appears to have finally hit stride with our own improvement in participation. And our Oregon club scored more points per swimmer than the runner-up club in the 3000, which was a good thing since they had more swimmers entered than we did! A strong entry and lots of good performances is a winning recipe. This event is for EVERYONE, and there is room for EVERYONE to participate and contribute!
- Our top strength was really highlighted by Oregon's performance in the relays. We were dominant with 12 wins, 8 seconds, and 3 thirds (of 23 total entries)! Of course, having many swimmers enter practically guarantees strong relay performances, so let's keep this up. This is a great opportunity for many deserving swimmers to get recognition on the national stage.
- Can we defend our Club Championship in the 3000 in 2009? Earlier in this decade, we dominated this event, winning the Club Championship every year from 2001 through 2005. After a two-year stint as the runners-up, we reclaimed the title this year by a slim margin that literally required every swimmer that we entered. This underlines my constant message—EVERYONE COUNTS! But defending is harder than challenging. Let's continue to improve our participation in this event!
- Can we defend our Club Championship in the 6000 in 2009? This year we broke our long-time habit of finishing second year after year after year. Defending is harder than challenging. Let's continue to improve our participation in this event!

## Postal series:

Sixteen Oregon swimmers qualified for the 2008 Oregon Postal Series by swimming in three or more of the USMS Postal Championship Swims during the year. Well done! And FOUR masochistic Oregon Swimmers— Pat Rogers, Tam Jenkins, Steve Johnson, and Bob Bruce swam all five events, qualifying for the USMS Postal Participation Award. Better done! See the results in this *Aqua Master*.

In 2008, 163 Oregon swimmers (with 231 swims overall) participated in at least one National Postal Swim. Twelve Oregon local teams had participants. COMA (go figure!) again led the way with 44 swimmers, 69 swims, and 6 Oregon Series qualifiers. GVAM and CGM followed, both with an outstanding high percentage team turnout for the

One-Hour Swim. EA, ORM, CAT, and THB also had more than 10 swimmers each involved. I hope that more teams become better involved in 2009—perhaps the new OMS

Postal Participation award will help. Postal swims remain outstanding fitness events!

Good luck and good swimming!

## Oregon Postal Series 2008

### Series Final Summary

Swimmers are required to complete and enter any three USMS Postal Championship swims to qualify for the Oregon Postal Series.

AgeGr	Place	Name	Team	Points	Swims
F 45-49	1	Joni Young	SCC	44	4
	2	Karen Matson	COMA	39	3
	3	Pat Rogers*	ORM	36	5
	4	Christina Fox	CAT	28	3
F 50-54	1	Mary Sweat	Unat	56	4
F 60-64	1	Tam Jenkins*	ORM	63	5
M 35-39	1	Dave Cloninger	COMA	42	3
M 55-59	1	Mike Tennant	COMA	39	3
	2	Dallas Figley	Unat	25	3

	3	Wes Edwards	GVAM	23	3
M 60-64	1	Steve Johnson*	EA	70	5
	2	Bob Bruce*	COMA	55	5
	3	Jed Cronin	THB	32	3
M 65-69	1	Tom Landis	COMA	56	4
M 70-74	1	Dave Radcliff	THB	56	4
	2	Brent Lake	COMA	42	4

#### \* USMS Postal Award winners for swimming all five events

In 2009, OMS will start an Oregon Postal Participation Award for swimmers who complete and enter the USMS Postal Championships in the One-Hour Swim, 5-km Swim, and 3000-yard Swim during the calendar year. Swimmers may substitute the 10-km swim for the 5-km and/or the 6000-yard Swim for the 3000-yard to meet the three-swim requirement. Please note the requirement for specific swims during each of the three postal

## Oregon Postal 3000-Yard Swim Results 2008

Place numbers are national places

OR = Oregon Record; NR = National Record

\* = Oregon All-Time Top Twelve Time

### Women 18-24

8 Jennifer Pidkowicz 24 THB 48:58.61\* 663

### Women 25-29

5 Megan Sullivan 28 EA 42:23.03 818

### Women 30-34

7 Gina Dhom 30 EA 43:39.62\* 790

11 Jackie Parker 30 OPEN 47:44.99\* 706

15 Tara Gross 33 COMA 52:28.99\* 644

### Women 35-39

7 Breyer Patterson 39 EA 42:41.27\* 771

8 Maxine Braune 37 COMA 43:38.99\* 754

11 Godlove, Tara 35 COMA 44:49.99\* 735

13 Smidt, Cyndi 38 COMA 46:41.99\* 706

22 Eva Varga 36 COMA 57:36.99 575

### Women 40-44

17 Jackie Wursta 41 COMA 49:42.99 672

### Women 45-49

5 Karen Matson 45 COMA 38:44.64\* 921

9 Denise Stuntzner-Gibson 46 COMA 40:13.00\* 887

11 Joni Young 47 SCC 42:00.79\* 850

18 Christina Fox 47 CAT 45:17.99\* 791

21 Cynthia Larkin 49 COMA 46:38.99 769

25 Pat Rogers 49 ORM 48:30.99 741

33 Debbie Pappa 47 COMA 56:10.99 642

36 Kerry Messer 49 COMA 58:55.00 613

### Women 50-54

3 Elizabeth Budd 54 CAT 42:56.99\* 854

8 Laura Schob 50 COMA 45:28.99\* 804

11 Jeanna Summers 54 ORM 46:55.99\* 779

18 Connie Peterson 53 COMA 56:58.99 644

19 Susan Sanders 54 OPEN 57:29.34 638

24 Laurie Voshell 53 COMA 1:27:41.00 419

### Women 55-59

11 Anne Thomas 57 COMA 50:16.99\* 725

13 Deb Hodesson 56 COMA 52:16.99\* 698

24 Stephanie Harris 58 EA 1:06:16.99 554

25 Carol Stark 59 GVAM 1:08:41.04 534

### Women 60-64

7 Tam Jenkins 60 ORM 52:24.99\* 831

10 Lynda Christiansen 64 EA 57:41.32 755

13 Gail Newton 64 EA 1:09:04.37 631

### Women 65-69

4 Peggie Hodge 68 COMA 1:01:34.80 742

8 Peggy Whiter 65 COMA 1:07:50.99\* 674

### Women 75-79

3 Nina Gee 75 COMA 1:11:07.00\* OR 829

### Men 18-24

4 Will Steinhauuff 18 COMA 43:22.99\* OR 695

### Men 35-39

1 Dave Cloninger 39 COMA 34:31.91\* OR 877

### Men 40-44

3 Greg Jablonski 42 THB 34:21.07\* OR 889

10 Tim Waud 41 ORM 38:57.00\* 783

12 Doug Witzke 40 CAT 40:44.50\* 749

### Men 45-49

11 Tim Cespedes 49 THB 39:19.84\* 793

14 Stephen Flanagan 46 EA 43:10.10\* 724

21 Lou Boone 47 OPEN 46:55.00 668

### Men 50-54

3 Gary Oliver 51 COMA 36:09.64\* 875

11 Ed Ramsey 52 THB 40:08.50\* 788

15 Keith Dow 53 OPEN 41:38.10\* 762

18 Philipp Djang 54 Unat 42:12.00\* 752

21 Sat Ganesha Khalsa 54 ? 44:44.49 711

29 Charles Fadeley 52 COMA 50:45.23 629

30 Tom Shuman 54 COMA 51:41.99 618

### Men 55-59

5 Mike Tennant 55 COMA 38:58.59\* 835

10 Wes Edwards 55 GVAM 41:14.87\* 789

22 Chris Toole 57 THB 48:51.68 670

24 Dallas Figley 56 Unat 51:55.22 631

27 Larry Beck 57 ORM 59:18.99 553

### Men 60-64

1 Steve Johnson 60 EA 35:47.04\* NR 1057

2 Bob Bruce 60 COMA 38:28.84\* 983

3 Jed Cronin 60 THB 39:19.25\* 962

21 Richard Jenkins 60 COMA 1:06:35.99 571



Men 65-69

1 Tom Landis	66	COMA	38:51.03	959
3 Ralph Mohr	66	COMA	44:59.00*	828
5 Roger Rudolph	65	COMA	54:10.50*	688
8 Fred Anderson	66	?	55:04.68*	677

Men 70-74

1 Dave Radcliff	74	THB	39:43.33	964
3 Brent Lake	71	COMA	47:11.63*	811
6 George Thayer	72	COMA	56:17.39	680

Women 18+: 3 x 3000

3 OREG (Pidkowicz, Larkin, Schob)	2:21:06.59
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Women 25+: 3 x 3000

2 OREG (Fox, Dhom, Sullivan)	2:10:20.64
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Women 35+: 3 x 3000

3 OREG (Godlove, Braune, Budd)	2:11:25.97
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Women 45+: 3 x 3000

1 OREG (Young, Stuntzner-Gibson, Matson)	2:00:58.43
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Women 55+: 3 x 3000

2 OREG (Jenkins, Hodesson, Thomas)	2:34:58.97
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Women 65+: 3 x 3000

2 OREG (Gee, Whiter, Hodge)	3:20:33.78 <b>OR</b>
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Men 18+: 3 x 3000

2 OREG (Steinhauff, Shuman, Dow)	2:16:43.17 <b>OR</b>
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Men 35+: 3 x 3000

2 OREG (Edwards, Waud, Cloninger)	1:54:44.77
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Men 45+: 3 x 3000

2 OREG (Ramsey, Cronin, Oliver)	1:55:37.39
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Men 55+: 3 x 3000

1 OREG (Tennant, Bruce, Johnson)	1:53:14.47
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Men 65+ "A": 3 x 3000

1 OREG (Mohr, Radcliff, Landis)	2:03:23.36 <b>NR</b>
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Men 65+ "B": 3 x 3000

2 OREG (Anderson, Rudolph, Lake)	2:36:26.81
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Mixed 18+: 4 x 3000

1 OREG (Godlove, Dhom, Steinhauff, Edwards)	2:53:07.47
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Mixed 25+: 4 x 3000

3 OREG (Braune, Sullivan, Ramsey, Cronin)	2:45:29.77
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Mixed 35+: 4 x 3000

1 OREG (Budd, Young, Waud, Cloninger)	2:38:27.68
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Mixed 45+: 4 x 3000

2 OREG (Stuntzner-Gibson, Matson, Tennant, Oliver)	2:34:05.87
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Mixed 55+: 4 x 3000

1 OREG (Hodesson, Thomas, Bruce, Johnson)	2:56:49.82
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Mixed 65+: 4 x 3000

1 OREG (Whiter, Hodge, Radcliff, Landis)	3:28:00.15 <b>OR</b>
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**Combined National Club Scores:**

1 Oregon	49,127 pts
2 Great Bay Masters	47,766
3 Swim Kentucky Masters	32,960

**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!

And, indeed, every swimmer counted. The margin of the Oregon victory (1361 points) was less than the average point total from two swimmers. In other words, if two fewer Oregon swimmers had not participated, we would not have won the National Club title in this event. Our mantra remains—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:

1 Steve Johnson	1057 pts (set new National Record!)
2 Bob Bruce	983
4 Jed Cronin	962
6 Karen Matson	921
8 Denise Stuntzner-Gibson	887
10 Gary Oliver	875
12 Joni Young	850
14 Tam Jenkins	831
16 Ralph Mohr	828
18 Brent Lake	811
3 Dave Radcliff	964
5 Tom Landis	959
7 Greg Jablonski	889
9 Dave Cloninger	877
11 Elizabeth Budd	854
13 Mike Tennant	835
15 Nina Gee	829
17 Megan Sullivan	818
19 Laura Schob	804

**Oregon Postal 6000-Yard Swim Results 2008**

Place numbers are national places

**OR** = Oregon Record; **NR** = National Record

\* = Oregon All-Time Top Twelve Time

Women 30-34

4 Jackie Parker	30	OPEN	1:37:18.99*	708
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Women 45-49

5 Joni Young	47	SCC	1:24:35.99*	766
10 Pat Rogers	49	ORM	1:40:13.99	647

Women 50-54

1 Mary Sweat	51	Unat	1:20:36.19	940
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Women 60-64

3 Tam Jenkins	60	ORM	1:55:38.99* <b>OR</b>	813
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Men 40-44

5 Tim Waud	41	ORM	1:20:29.69*	765
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Men 50-54

7 Keith Dow	53	OPEN	1:27:01.80*	748
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Men 55-59

8 Dallas Figley	56	Unat	1:50:04.46*	615
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Men 60-64

1 Steve Johnson	60	EA	1:13:22.02* <b>NR</b>	1041
2 Bob Bruce	60	COMA	1:21:25.99*	938

Men 65-69

3 Tom Landis	66	COMA	1:21:56.99* <b>OR</b>	955
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Men 70-74

1 Dave Radcliff	74	THB	1:23:38.44	956
3 Brent Lake	71	COMA	1:42:58.62*	776

Women 45+: 3 x 6000

1 OREG (Jenkins, Rogers, Sweat)	4:56:29.17 <b>OR</b>
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Men 45+: 3 x 6000

1 OREG (Dow, Bruce, Johnson)	4:01:49.81 <b>OR</b>
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Men 65+: 3 x 6000

1 OREG (Lake, Radcliff, Landis)	4:28:34.05 <b>NR</b>
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Mixed 35+: 4 x 6000

1 OREG (Jenkins, Young, Landis, Waud)	6:02:41.66
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Mixed 45+: 4 x 6000

1 OREG (Rogers, Sweat, Bruce, Johnson)	5:35:38.19 <b>OR</b>
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**Combined National Club Scores:**

1 Oregon	10,667 pts
2 Illinois Masters	8,455
3 Swim Kentucky Masters	6,293

To help settle the side wagers concerning who had the best 6000 swim—across gender and age group lines—here is the list of the top 10 swimmers by Quality Points:

1 Steve Johnson	1041 pts (set new National Record!)
2 Dave Radcliff	956
4 Mary Sweat	940
6 Tam Jenkins	813
8 Joni Young	766
10 Keith Dow	748
3 Tom Landis	955
5 Bob Bruce	938
7 Brent Lake	776
9 Tim Waud	765

# Chehalem Meet - Newberg - January 31, 2009

**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 Yard Freestyle  
 1 Willia, Briana 22 OREG 27.29  
 2 Keith, Amelia 18 OREG 29.20  
 3 Esser, Elizabeth 22 OREG 29.74  
 100 Yard Freestyle  
 1 Esser, Elizabeth 22 OREG 1:03.38  
 200 Yard Freestyle  
 1 Esser, Elizabeth 22 OREG 2:20.14  
 50 Yard Backstroke  
 1 Keith, Amelia 18 OREG 36.29  
 50 Yard Butterfly  
 1 Willia, Briana 22 OREG 29.42  
 2 Keith, Amelia 18 OREG 32.25  
 3 Esser, Elizabeth 22 OREG 33.64  
 100 Yard Butterfly  
 1 Willia, Briana 22 OREG 1:07.71  
 100 Yard IM  
 1 Willia, Briana 22 OREG 1:09.69

**Women 25-29**

50 Yard Freestyle  
 1 Gustafson, Aubree 27 OREG 27.64  
 50 Yard Breaststroke  
 1 Gustafson, Aubree 27 OREG 35.30  
 100 Yard Breaststroke  
 1 Gustafson, Aubree 27 OREG 1:17.11  
 200 Yard Breaststroke  
 1 Gustafson, Aubree 27 OREG 2:45.97  
 50 Yard Butterfly  
 1 Gustafson, Aubree 27 OREG 30.53

**Women 30-34**

50 Yard Freestyle  
 1 Kirkwood, Erin 31 OREG 26.44  
 2 Kramer, Ellen 33 OREG 29.71  
 3 Marshall, Julia 30 OREG 33.97  
 100 Yard Freestyle  
 1 Kramer, Ellen 33 OREG 1:04.21  
 50 Yard Backstroke  
 1 Kirkwood, Erin 31 OREG 31.22  
 2 Arata, Melissa 32 OREG 34.08  
 3 Marshall, Julia 30 OREG 39.98  
 100 Yard Backstroke  
 1 Arata, Melissa 32 OREG 1:10.51  
 200 Yard Backstroke  
 1 Arata, Melissa 32 OREG 2:34.62  
 50 Yard Breaststroke  
 1 Kramer, Ellen 33 OREG 39.22  
 2 Marshall, Julia 30 OREG 44.17  
 100 Yard Butterfly  
 1 Kirkwood, Erin 31 OREG 1:08.14  
 100 Yard IM  
 1 Arata, Melissa 32 OREG 1:12.22  
 2 Marshall, Julia 30 OREG 1:25.72  
 200 Yard IM  
 1 Arata, Melissa 32 OREG 2:33.24

**Women 35-39**

50 Yard Freestyle

1 Godlove, Tara 35 OREG 28.67  
 2 Dressel, Lori 38 UNAT 39.97  
 100 Yard Freestyle  
 1 Lassen, Megan 38 OREG 1:00.70  
 2 Dressel, Lori 38 UNAT 1:38.77  
 500 Yard Freestyle  
 1 Lassen, Megan 38 OREG 5:55.33  
 50 Yard Backstroke  
 1 Dressel, Lori 38 UNAT 1:02.27  
 200 Yard Backstroke  
 1 Lassen, Megan 38 OREG 2:32.96  
 50 Yard Breaststroke  
 1 Godlove, Tara 35 OREG 34.45  
 2 Dressel, Lori 38 UNAT 57.43  
 100 Yard Breaststroke  
 1 Godlove, Tara 35 OREG 1:13.20  
 100 Yard IM  
 1 Godlove, Tara 35 OREG 1:09.72

**Women 40-44**

50 Yard Breaststroke  
 1 Moss, Susan 42 OREG 35.71  
 50 Yard Butterfly  
 1 Moss, Susan 42 OREG 29.06  
 100 Yard IM  
 1 Moss, Susan 42 OREG 1:07.53  
 200 Yard IM  
 1 Moss, Susan 42 OREG 2:31.71

**Women 45-49**

50 Yard Freestyle  
 1 Buck, Donna 49 OREG 28.00  
 2 Lamoureux, Lori 49 OREG 30.11  
 3 Moe, Paula 45 OREG 30.44  
 4 Bird, Tamera 49 OREG 35.97  
 500 Yard Freestyle  
 1 Buck, Donna 49 OREG 6:47.67  
 50 Yard Backstroke  
 1 Moe, Paula 45 OREG 38.08  
 2 Lamoureux, Lori 49 OREG 40.55  
 3 Bird, Tamera 49 OREG 43.03  
 100 Yard Backstroke  
 1 Moe, Paula 45 OREG 1:17.11  
 50 Yard Breaststroke  
 1 Lamoureux, Lori 49 OREG 39.02  
 2 Franklin, Valerie 46 OREG 41.40  
 3 Bird, Tamera 49 OREG 46.73  
 100 Yard Breaststroke  
 1 Lamoureux, Lori 49 OREG 1:27.49  
 50 Yard Butterfly  
 1 Moe, Paula 45 OREG 35.07  
 2 Franklin, Valerie 46 OREG 35.69  
 100 Yard IM  
 1 Moe, Paula 45 OREG 1:18.43  
 2 Franklin, Valerie 46 OREG 1:22.16  
 3 Bird, Tamera 49 OREG 1:34.75  
 400 Yard IM  
 1 Buck, Donna 49 OREG 6:10.28

**Women 50-54**

50 Yard Freestyle  
 1 Anderson, Valerie 52 OREG 34.12  
 2 Davies, Sally 50 OREG 37.70  
 100 Yard Freestyle  
 1 Davies, Sally 50 OREG 1:27.87  
 500 Yard Freestyle  
 1 Davies, Sally 50 OREG 8:21.89  
 2 Anderson, Valerie 52 OREG 8:37.97  
 1000 Yard Freestyle  
 1 Summers, Jeanna 54 OREG15:58.56  
 50 Yard Backstroke  
 1 Summers, Jeanna 54 OREG 38.50  
 100 Yard Backstroke  
 1 Summers, Jeanna 54 OREG 1:23.07  
 200 Yard Backstroke  
 1 Anderson, Valerie 52 OREG 4:07.71  
 50 Yard Breaststroke  
 1 Anderson, Valerie 52 OREG 46.41  
 100 Yard IM  
 1 Summers, Jeanna 54 OREG 1:24.61

**Women 55-59**

50 Yard Freestyle  
 1 Buck, Kathleen 58 OREG 33.19  
 100 Yard Freestyle  
 1 Buck, Kathleen 58 OREG 1:15.17  
 200 Yard Freestyle  
 1 Asleson, Elke 56 OREG 2:51.19  
 2 Gray, Jane 57 OREG 2:53.78  
 500 Yard Freestyle  
 1 Gray, Jane 57 OREG 7:47.18  
 1000 Yard Freestyle  
 1 Gray, Jane 57 OREG16:06.92  
 100 Yard Breaststroke  
 1 Buck, Kathleen 58 OREG 1:37.62  
 200 Yard Butterfly  
 1 Asleson, Elke 56 OREG 3:23.94  
 200 Yard IM  
 1 Asleson, Elke 56 OREG 3:13.26  
 400 Yard IM  
 1 Asleson, Elke 56 OREG 6:43.66

**Women 60-64**

50 Yard Breaststroke  
 1 Pierson, Ginger 62 OREG 39.24  
 100 Yard Breaststroke  
 1 Pierson, Ginger 62 OREG 1:27.43  
 200 Yard Breaststroke  
 1 Pierson, Ginger 62 OREG 3:08.55

**Women 65-69**

50 Yard Backstroke  
 1 Ward, Joy 66 OREG 39.75  
 200 Yard IM  
 1 Ward, Joy 66 OREG 3:12.32  
 400 Yard IM  
 1 Ward, Joy 66 OREG6:50.60 Z

**Women 85-89**

50 Yard Freestyle  
 1 Stevenin, Elfie 87 OREG 2:07.16

50 Yard Backstroke		50 Yard Breaststroke		100 Yard Breaststroke	
1 Stevenin, Elfie	87 OREG 1:43.76	1 Ryan, Daniel	31 OREG 34.78	1 Waud, Timothy	41 OREG 1:10.48
50 Yard Breaststroke		100 Yard Breaststroke		200 Yard Breaststroke	
1 Stevenin, Elfie	87 OREG 2:37.24	1 Ryan, Daniel	31 OREG 1:17.82	1 Waud, Timothy	41 OREG 2:33.69
50 Yard Butterfly		50 Yard Butterfly		50 Yard Butterfly	
1 Stevenin, Elfie	87 OREG 2:45.49	1 Van Andel, Robbert	34 OREG 27.63	1 Wan, Eric	42 OREG 27.12
100 Yard IM		2 Odegard, Kyle	34 OREG 30.05	2 Dressel, Edward	40 OREG 31.09
1 Stevenin, Elfie	87 OREG 4:22.58	100 Yard Butterfly		100 Yard IM	
<b>Men 18-24</b>		1 Odegard, Kyle	34 OREG 1:10.43	1 Kaufman, Seth	40 OREG 1:07.87
50 Yard Freestyle		100 Yard IM		2 Cossey, Terry	44 OREG 1:12.39
1 Hall, Travis Hall	24 OREG 23.28	1 Bateman, Nick	31 OREG 1:03.15	3 Platman, Steve	42 OREG 1:13.55
2 Mays, Dayton	20 OREG 25.01	2 Ryan, Daniel	31 OREG 1:11.76	4 Dressel, Edward	40 OREG 1:13.78
3 Crane, Andrew	23 UNAT 25.60	200 Yard IM		<b>Men 45-49</b>	
4 Esser, Thomas	20 OREG 26.36	1 Van Andel, Robbert	34 OREG 2:14.91	50 Yard Freestyle	
100 Yard Freestyle		2 Wiepert, Bryan	30 OREG 2:30.87	1 Washburne, Brent	47 OREG 25.22
1 Mays, Dayton	20 OREG 56.58	<b>Men 35-39</b>		2 Hathaway, David	48 OREG 25.36
200 Yard Freestyle		50 Yard Freestyle		3 Zunno, David	47 UNAT 27.16
1 Crane, Andrew	23 UNAT 2:10.52	1 Olafson, Kaigin	35 OREG 27.14	4 Lewis, Andy	45 OREG 28.02
50 Yard Breaststroke		2 Hawthorne, Jason	38 OREG 32.61	5 Gipe, Dan	49 OREG 32.04
1 Hall, Travis Hall	24 OREG 29.87	100 Yard Freestyle		100 Yard Freestyle	
2 Esser, Thomas	20 OREG 35.51	1 Olafson, Kaigin	35 OREG 1:01.21	1 Washburne, Brent	47 OREG 54.94
100 Yard Breaststroke		200 Yard Freestyle		2 Boone, Lou	47 OREG 59.02
1 Esser, Thomas	20 OREG 1:16.68	1 Lassen, Jason	36 OREG 2:30.71	3 Zunno, David	47 UNAT 1:00.37
50 Yard Butterfly		2 Hawthorne, Jason	38 OREG 2:46.53	4 Lewis, Andy	45 OREG 1:03.66
1 Mays, Dayton	20 OREG 25.96	500 Yard Freestyle		5 Williams, Tom	49 OREG 1:04.72
2 Hall, Travis Hall	24 OREG 26.41	1 Olafson, Kaigin	35 OREG 6:28.94	6 Barnes, Warren	47 OREG 1:04.80
100 Yard IM		2 Hawthorne, Jason	38 OREG 7:15.40	7 Gipe, Dan	49 OREG 1:17.03
1 Mays, Dayton	20 OREG 1:05.81	1000 Yard Freestyle		200 Yard Freestyle	
2 Crane, Andrew	23 UNAT 1:06.34	1 Hawthorne, Jason	38 OREG 15:13.85	1 Barnes, Warren	47 OREG 2:25.21
3 Esser, Thomas	20 OREG 1:09.65	200 Yard Breaststroke		500 Yard Freestyle	
400 Yard IM		1 Lassen, Jason	36 OREG 2:51.97	1 Williams, Tom	49 OREG 6:26.40
1 Hall, Travis Hall	24 OREG 5:03.60	50 Yard Butterfly		2 Barnes, Warren	47 OREG 6:37.85
<b>Men 25-29</b>		1 Morgan, Kevin	38 OREG 27.15	1000 Yard Freestyle	
50 Yard Freestyle		100 Yard Butterfly		1 Williams, Tom	49 OREG 13:09.35
1 Dunn, Alex	29 OREG 26.65	1 Morgan, Kevin	38 OREG 1:01.10	2 Barnes, Warren	47 OREG 13:38.24
500 Yard Freestyle		200 Yard Butterfly		50 Yard Backstroke	
1 Dunn, Alex	29 OREG 5:47.43	1 Morgan, Kevin	38 OREG 2:26.44	1 Washburne, Brent	47 OREG 32.92
50 Yard Backstroke		100 Yard IM		50 Yard Breaststroke	
1 Cleary, Kevin	25 OREG 32.59	1 Lassen, Jason	36 OREG 1:17.49	1 Boone, Lou	47 OREG 33.59
50 Yard Breaststroke		200 Yard IM		2 Palladino, Douglas	45 UNAT 33.60
1 Cleary, Kevin	25 OREG 32.43	1 Lassen, Jason	36 OREG 2:52.79	3 Washburne, Brent	47 OREG 34.59
2 Dunn, Alex	29 OREG 34.48	<b>Men 40-44</b>		4 Lewis, Andy	45 OREG 38.22
50 Yard Butterfly		50 Yard Freestyle		5 Gipe, Dan	49 OREG 40.80
1 Cleary, Kevin	25 OREG 28.01	1 Wan, Eric	42 OREG 23.26	100 Yard Breaststroke	
100 Yard IM		2 Platman, Steve	42 OREG 25.55	1 Gipe, Dan	49 OREG 1:32.07
1 Dunn, Alex	29 OREG 1:09.35	3 Kaufman, Seth	40 OREG 25.94	200 Yard Breaststroke	
<b>Men 30-34</b>		4 Cossey, Terry	44 OREG 28.38	1 Palladino, Douglas	45 UNAT 2:39.83
50 Yard Freestyle		5 Dressel, Edward	40 OREG 28.41	50 Yard Butterfly	
1 Parker, Aaron	31 OREG 24.43	6 Corbeau, James	44 OREG 40.67	1 Washburne, Brent	47 OREG 27.55
2 Bateman, Nick	31 OREG 24.94	100 Yard Freestyle		2 Boone, Lou	47 OREG 30.02
3 Ryan, Daniel	31 OREG 26.24	1 Wan, Eric	42 OREG 50.00	3 Zunno, David	47 UNAT 30.93
4 Odegard, Kyle	34 OREG 27.69	2 Cossey, Terry	44 OREG 1:03.51	100 Yard Butterfly	
100 Yard Freestyle		500 Yard Freestyle		1 Boone, Lou	47 OREG 1:12.33
1 Parker, Aaron	31 OREG 54.58	1 Kaufman, Seth	40 OREG 6:09.99	200 Yard Butterfly	
2 Odegard, Kyle	34 OREG 1:01.51	50 Yard Backstroke		1 Hathaway, David	48 OREG 2:19.68
200 Yard Freestyle		1 Dressel, Edward	40 OREG 36.14	100 Yard IM	
1 Van Andel, Robbert	34 OREG 2:00.54	50 Yard Breaststroke		1 Palladino, Douglas	45 UNAT 1:06.57
1 Parker, Aaron	31 OREG 2:00.83	1 Wan, Eric	42 OREG 31.69	200 Yard IM	
50 Yard Backstroke		2 Waud, Timothy	41 OREG 32.42	1 Palladino, Douglas	45 UNAT 2:25.14
1 Bateman, Nick	31 OREG 28.72	3 Cossey, Terry	44 OREG 37.34	2 Boone, Lou	47 OREG 2:32.28
100 Yard Backstroke		4 Platman, Steve	42 OREG 37.89	400 Yard IM	
1 Bateman, Nick	31 OREG 1:01.83	5 Dressel, Edward	40 OREG 39.70	1 Hathaway, David	48 OREG 5:03.43

**Men 50-54**

50 Yard Freestyle		
1 Mann, Edward	51 OREG	26.81
2 Amperse, David	54 OREG	28.16
3 Kaufmann, Ron	50 OREG	29.15
4 Knight, Art	53 OREG	30.71
5 Mayhew, Daniel	51 OREG	30.87
6 Moon, Robert	53 OREG	31.35
7 Helm, Charlie	52 OREG	32.37
100 Yard Freestyle		
1 Amperse, David	54 OREG	1:01.16
2 Gilberg, Jay	50 OREG	1:03.84
3 Knight, Art	53 OREG	1:08.00
4 Mayhew, Daniel	51 OREG	1:08.09
200 Yard Freestyle		
1 Mann, Edward	51 OREG	2:10.84
2 Scoville, Brent	51 OREG	2:17.74
3 Mayhew, Daniel	51 OREG	2:35.02
4 Knight, Art	53 OREG	2:35.47
50 Yard Backstroke		
1 Metzger, Peter	53 OREG	29.29
2 Mann, Edward	51 OREG	34.36
3 Knight, Art	53 OREG	45.22
100 Yard Backstroke		
1 Metzger, Peter	53 OREG	1:02.37
2 Mann, Edward	51 OREG	1:12.88
3 Scoville, Brent	51 OREG	1:13.33
4 Gilberg, Jay	50 OREG	1:23.43
200 Yard Backstroke		
1 Scoville, Brent	51 OREG	2:38.24
50 Yard Breaststroke		
1 Taylor, Charles	53 OREG	33.33
2 Kaufmann, Ron	50 OREG	39.04
3 Moon, Robert	53 OREG	41.98
4 Helm, Charlie	52 OREG	47.83
100 Yard Breaststroke		
1 Taylor, Charles	53 OREG	1:14.40
50 Yard Butterfly		
1 Kevan, Stephen	54 OREG	27.18
2 Kaufmann, Ron	50 OREG	33.92
3 Knight, Art	53 OREG	39.36
100 Yard Butterfly		
1 Kevan, Stephen	54 OREG	1:03.27
2 Amperse, David	54 OREG	1:10.30
3 Moon, Robert	53 OREG	1:31.62
200 Yard Butterfly		
1 Taylor, Charles	53 OREG	3:11.04
100 Yard IM		
1 Kevan, Stephen	54 OREG	1:02.42
2 Metzger, Peter	53 OREG	1:05.42
3 Mann, Edward	51 OREG	1:09.02
4 Moon, Robert	53 OREG	1:22.52
5 Helm, Charlie	52 OREG	1:49.25
200 Yard IM		
1 Kevan, Stephen	54 OREG	2:16.16
2 Metzger, Peter	53 OREG	2:25.58
3 Scoville, Brent	51 OREG	2:37.17
4 Gilberg, Jay	50 OREG	2:52.61
5 Moon, Robert	53 OREG	3:10.89
400 Yard IM		
1 Scoville, Brent	51 OREG	5:32.72
2 Gilberg, Jay	50 OREG	6:09.12

**Men 55-59**

50 Yard Freestyle		
1 Dasch, Vern	59 OREG	26.40
2 Limoges, Craig	55 OREG	27.33
3 Ritter, John	56 OREG	27.70
4 Wyatt, Joseph	59 OREG	28.82
5 Sherwood, Reggie	57 OREG	28.88
6 Morgan, Edwin	55 OREG	29.05
7 Storer, Andrew	57 OREG	29.26
8 Ivie, Michael	56 OREG	32.56
9 Morelli, David	59 OREG	33.24
100 Yard Freestyle		
1 Brockbank, Doug	55 OREG	55.33
2 Dasch, Vern	59 OREG	58.57
3 Yensen, Kermit	55 OREG	1:01.24
4 Sherwood, Reggie	57 OREG	1:06.10
5 Ritter, John	56 OREG	1:06.85
6 Dunlap, Douglas	57 OREG	1:07.52
7 Larson, Allen	56 OREG	1:09.46
8 Morgan, Edwin	55 OREG	1:12.13
9 Morelli, David	59 OREG	1:20.37
200 Yard Freestyle		
1 Dasch, Vern	59 OREG	2:14.04
2 Dunlap, Douglas	57 OREG	2:26.95
3 Larson, Allen	56 OREG	2:29.14
4 Morgan, Edwin	55 OREG	2:41.67
500 Yard Freestyle		
1 Penn, William	57 PNA	5:49.27
2 Dasch, Vern	59 OREG	6:18.13
3 Larson, Allen	56 OREG	6:42.29
4 Dunlap, Douglas	57 OREG	6:55.05
5 Morelli, David	59 OREG	8:04.99
1000 Yard Freestyle		
1 Penn, William	57 PNA	11:56.87
50 Yard Backstroke		
1 Limoges, Craig	55 OREG	31.77
2 Wyatt, Joseph	59 OREG	41.45
3 Storer, Andrew	57 OREG	48.69
100 Yard Backstroke		
1 Limoges, Craig	55 OREG	1:06.51
2 Dunlap, Douglas	57 OREG	1:22.91
50 Yard Breaststroke		
1 Cotter, Patrick	58 UNAT	34.76
2 Sherwood, Reggie	57 OREG	36.91
3 Ivie, Michael	56 OREG	43.15
4 Morelli, David	59 OREG	45.19
5 Storer, Andrew	57 OREG	47.42
100 Yard Breaststroke		
1 Cotter, Patrick	58 UNAT	1:16.69
2 Sherwood, Reggie	57 OREG	1:23.84
3 Morgan, Edwin	55 OREG	1:28.87
4 Ivie, Michael	56 OREG	1:35.66
5 Storer, Andrew	57 OREG	1:44.17
200 Yard Breaststroke		
1 Yensen, Kermit	55 OREG	3:05.34
2 Morgan, Edwin	55 OREG	3:22.12
50 Yard Butterfly		
1 Limoges, Craig	55 OREG	29.74
2 Ritter, John	56 OREG	31.20
3 Wyatt, Joseph	59 OREG	31.72
4 Larson, Allen	56 OREG	35.31
100 Yard Butterfly		

1 Brockbank, Doug	55 OREG	1:07.16
2 Yensen, Kermit	55 OREG	1:12.25
3 Ritter, John	56 OREG	1:23.68
100 Yard IM		
1 Limoges, Craig	55 OREG	1:10.38
2 Penn, William	57 PNA	1:17.55
3 Wyatt, Joseph	59 OREG	1:21.30
4 Ivie, Michael	56 OREG	1:32.44
200 Yard IM		
1 Yensen, Kermit	55 OREG	2:38.47
400 Yard IM		
1 Penn, William	57 PNA	5:36.00
<b>Men 60-64</b>		
50 Yard Freestyle		
1 Shelfer, Robert	63 OREG	34.01
100 Yard Freestyle		
1 Shelfer, Robert	63 OREG	1:24.78
50 Yard Breaststroke		
1 Shelfer, Robert	63 OREG	44.17
100 Yard Breaststroke		
1 Shelfer, Robert	63 OREG	1:43.39
<b>Men 65-69</b>		
50 Yard Freestyle		
1 Shibue, Charlie	69 OREG	47.36
100 Yard Freestyle		
1 Shibue, Charlie	69 OREG	1:57.56
50 Yard Backstroke		
1 Shibue, Charlie	69 OREG	1:06.43
50 Yard Breaststroke		
1 Wayland, Jon	69 OREG	46.59
100 Yard Breaststroke		
1 Wayland, Jon	69 OREG	1:52.40
200 Yard Breaststroke		
1 Wayland, Jon	69 OREG	3:50.65
<b>Men 70-74</b>		
50 Yard Freestyle		
1 Thayer, George	72 OREG	31.44
200 Yard Freestyle		
1 Radcliff, David	74 OREG	2:11.91
500 Yard Freestyle		
1 Radcliff, David	74 OREG	6:08.69
2 Sylva, Richard	70 OREG	7:58.83
1000 Yard Freestyle		
1 Radcliff, David	74 OREG	12:45.18
2 Sylva, Richard	70 OREG	16:39.51
50 Yard Backstroke		
1 Thayer, George	72 OREG	37.54
100 Yard Backstroke		
1 Thayer, George	72 OREG	1:22.95
50 Yard Butterfly		
<b>1 Petersen, Bert</b>	<b>70 OREG</b>	<b>29.38 Z</b>
<b>Men 75-79</b>		
500 Yard Freestyle		
1 Sprenger, Fred	77 OREG	9:40.23
1000 Yard Freestyle		
1 Sprenger, Fred	77 OREG	19:37.57
100 Yard Backstroke		
1 Sprenger, Fred	77 OREG	2:04.95
200 Yard Backstroke		
1 Sprenger, Fred	77 OREG	4:25.95
<b>Men 85-89</b>		
50 Yard Freestyle		

1 Bushey, Charles	87 OREG	52.49	1) Mays, D. 20	2) Ryan, D. 31	2 OREG	1:57.35
100 Yard Freestyle			3) Odegard, K. 34	4) Dunn, A. 29	1) Kaufmann, R. 50	2) Larson, A. 56
1 Fixott, Rupert	87 OREG	2:11.32	<b>Men 18+ 200 Yard Medley Relay</b>		3) Helm, C. 52	4) Metzger, P. 53
200 Yard Freestyle			1 OREG	2:07.00	<b>Mixed 18+ 200 Yard Free Relay</b>	
<b>1 Lamb, Willard</b>	<b>86 OREG</b>	<b>3:05.82 Z</b>	1) Dunlap, D. 57	2) Hall, T. 24	1 OREG	1:49.47
2 Fixott, Rupert	87 OREG	4:27.97	3) Gilberg, J. 50	4) Platman, S. 42	1) Willia, B. 22	2) Amperse, D. 54
3 Bushey, Charles	87 OREG	4:38.90	2 OREG	2:03.64	3) Arata, M. 32	4) Dunn, A. 29
500 Yard Freestyle			1) Dunn, A. 29	2) Amperse, D. 54	<b>Mixed 18+ 200 Yard Medley Relay</b>	
<b>1 Lamb, Willard</b>	<b>86 OREG</b>	<b>8:06.55 N</b>	3) Mays, D. 20	4) Ryan, D. 31	1 OREG	2:09.32
2 Bushey, Charles	87 OREG	12:22.34	<b>Men 25+ 200 Yard Free Relay</b>		1) Lassen, M. 38	2) Lassen, J. 36
3 Fixott, Rupert	87 OREG	12:30.51	1 OREG	1:41.52	3) Esser, E. 22	4) Kaufman, S. 40
1000 Yard Freestyle			1) Sherwood, R. 57	2) Parker, A. 31	<b>Mixed 35+ 200 Yard Free Relay</b>	
<b>1 Lamb, Willard</b>	<b>86 OREG</b>	<b>16:58.08 N</b>	3) Washburne, B. 47	4) Wan, E. 42	1 OREG	1:55.71
50 Yard Backstroke			<b>Men 25+ 200 Yard Medley Relay</b>		1) Moss, S. 42	2) Moe, P. 45
1 Lamb, Willard	86 OREG	46.08	1 OREG	1:57.30	3) Moon, R. 53	4) Storer, A. 57
2 Fixott, Rupert	87 OREG	1:03.97	1) Mann, E. 51	2) Washburne, B. 47	<b>Mixed 35+ 200 Yard Medley Relay</b>	
100 Yard Backstroke			3) Wan, E. 42	4) Parker, A. 31	1 OREG	2:13.39
1 Lamb, Willard	86 OREG	1:44.18	<b>Men 35+ 200 Yard Free Relay</b>		1) Moe, P. 45	2) Moon, R. 53
<b>Relays</b>			1 OREG	2:03.97	3) Moss, S. 42	4) Storer, A. 57
<b>Women 18+ 200 Yard Medley Relay</b>			1) Gipe, D. 49	2) Ivie, M. 56	<b>Mixed 45+ 200 Yard Medley Relay</b>	
1 OREG	2:11.71		3) Dunlap, D. 57	4) Platman, S. 42	2 OREG	2:29.86
1) Kirkwood, E. 31	2) Lamoureux, L. 49		<b>Men 45+ 200 Yard Free Relay</b>		1) Franklin, V. 46	2) Wayland, J. 69
3) Esser, E. 22	4) Lassen, M. 38		1 OREG	1:56.29	3) Ritter, J. 56	4) Knight, A. 53
<b>Men 18+ 200 Yard Free Relay</b>			1) Lewis, A. 45	2) Mayhew, D. 51		
1 OREG	1:43.41		3) Morgan, E. 55	4) Williams, T. 49		

## Eau de Chlorine

by Linda Shoenberger

Recently one of my swimming teammates called me at home on a Thursday night while I was relaxing in front of the TV after coaching a workout in the morning, working all day and swimming 3,500 yards after work. He asked if I would like to swim on a relay on Saturday in a town 146 miles from my home in Reno. Of course, my answer was, "Yes!"

Who of us can resist the thrill of the race, the draw of a few hours spent with teammates, the rush of being part of a team? Not I.

With the world threatening to fall apart at the seams, business pressures stressing us out and retirement funds shrinking daily, what better place is there to turn than to the pool or open water and swim friends?

All problems seem to fade away on the pool deck. Friends greet each other. The loudspeaker booms out instructions. The head timer pleads for timers. Swimmers discuss past races, new suits, the next race on the horizon, health and family.

Meanwhile volunteers set up the snack bar while someone fires up the barbeque. Lifeguards install lane lines and keep an eye on the action in and around the water.

Swimmers descend on the facility carrying folding chairs, blankets, hats, swim bags and water bottles, searching for the perfect spot to set up camp. Sometimes we're wearing winter coats and wool caps. Other times we have on flip flops and shorts. Either way, we're there to practice our fun, celebrate our athleticism, cheer each other on and enjoy life in the present moment.

Swimming gives us so much more than we ask of it. It gives us a place to grow and expand into the personalities we discover once we enter the swimming community. It feeds our determination and our hearts, win or lose, scratch or swim. It doesn't matter what we do but that we are present to witness our own feelings.

Taking steps towards a fulfilling life is encouraged by our participation in a sport that is bigger than we are. It is a sport that beckons us to live, experience the adventure and participate in our own lives. The eau de chlorine is the scent that invites us into the world of swimming. The rest is up to us.

Reprinted from USMS Web Site

Special Notice for all Oregon Swimmers planning on competing in the National Open Water One-Mile Championship that will be held in connection with the SCY USMS Championships: There is a limit of 1000 entrants and they are expecting a hugh turn out. Send this entry in EARLY!!!!!!!!!!!!!!

**2009 USMS One-Mile Open Water National Championship Entry Form  
Monday, May 11, 2009**

**Staple legible copy of USMS 2009 card here & complete the following information (Please trim card)**

Eve Phone (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Email Confirmation: check box

Emergency Contact:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

√ below

Early Entry Fee (must be received <b>by April 15, 2009</b> )	\$40.00	Completed entry form	_____
Late Entry Fee (due April 16-May 4, 2009)	\$50.00	Signed Release of Liability	_____
T-Shirt (included in entry fee; additional shirts, \$15 each) Circle Size: S M L XL XXL	\$_____	Copy of USMS card	_____
<b>Total Enclosed</b> (Check payable to Sierra Multisport Productions)			\$_____

Mail completed entry with check payable to:  
Sierra Multisport Productions  
272 W. Teague Ave, Fresno CA, 93711

Don't forget to attach a copy of your 2009 USMS membership card.

**RELEASE OF LIABILITY BY PARTICIPANT:** 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 of 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 OF DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OF 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 governer by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks in open water swimming and agree to assume those risks.

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



Sierra Multisport Productions, Ilc





## 2009 USMS One-Mile National Championship

Millerton Lake, California

Monday, May 11, 2009, 8:30 am

Sponsored by: Sierra Multisport Productions llc, Clovis Swim Club, and Pacific Masters Swimming  
Sanctioned by: PMS for United States Masters Swimming, Sanction #OW-09-02

### 8:00 a.m. there will be a mandatory race briefing.

**Start:** 8:30 a.m. Male 18-44  
8:35 a.m. Male 45+  
9:05 a.m. Female 18-44  
9:10 a.m. Female 45+

All swims start and finish on the beach.

**Entry Fee:** Early entry is \$40 for pre-registered athletes, before 4/15/09. Entries received after 4/15/09 will be \$50. Late entries must be received by 5/4/09. Entries received after 5/4/09 and race day entries will not be accepted. All participants will receive a swim cap and a customized T-shirt. Indicate size on entry form.

**There will be no race day registration.**

**The event will be limited to the first 1,000 entries.**

**Make checks payable to:**

*Sierra Multisport Productions*

**Mail to:** 272 West Teague Ave., Fresno, CA 93711

**For information contact:**

Faron and Heleen Reed, Race Directors

[Faron-Heleen@sbcglobal.net](mailto:Faron-Heleen@sbcglobal.net)

<http://www.sierramultisport.com>

Confirmation will be sent if you provide a legible e-mail address, or stamped self-addressed envelope. This is a rain or shine event. All entry fees are non-refundable.

**Eligibility:** Open to all USMS registered swimmers 18 years & over as of May 11, 2009. **You must submit a copy of your 2009 registration card.** Entries without a copy of the 2009 USMS card will not be accepted.

2009 USMS rules will govern this race

Annual USMS Membership Registration can be found at:

<http://www.usms.org/reg/>

**Equipment:** Use of neoprene swimsuits, wetsuits, or other non-porous attire shall result in that swimmer being ineligible for awards or place points. The use of fins, pull buoys, or other swimming devices will result in instant disqualification. Soft hand paddles may only be used as a prosthesis—provided, in the opinion of the Race Director – they do not present a safety hazard to other swimmers.

**Awards:** USMS National Championship medals will be awarded to the top 6 men and women in each age group. Age group awards are in 5- year increments: 18-24, 25-29, 30-34 ...100+. The winner of each age category will receive a championship patch.

Results will be posted on [www.sierramultisport.com](http://www.sierramultisport.com) and [www.pacificmasters.org](http://www.pacificmasters.org)

**Timing:** Electronic ChampionChip Timing will be used. Each swimmer will wear an electronic timing chip on an ankle bracelet to automatically record their time. Timing chip must be returned or a \$30 charge will be assessed to the swimmer.

**Package Pickup:** Package pickup will be available on Sunday, May 10, from 10:00 AM – 2:00 PM during the last day of the 2009 USMS Short Course Yards Nationals at Clovis North Aquatics Complex. Directions to Clovis North High School: <http://www.clovisswimclub.org>  
Race day package pickup is from 7:00 a.m. – 8:00 a.m. at Millerton Lake race site.

**Course & Water Temperature:** The course is out and back and will be marked by buoys at approximately 200-yard intervals. The expected surface water temperature of Millerton Lake in May is 65-70 degrees F. The course will be clockwise with the centerline on the swimmers' right. Start and finish on the beach. It is suggested that you bring comfortable shoes to walk to the race start as surface will have sand and some rocks.

**Water Safety:** Brightly colored swim caps will be provided to all swimmers and will be mandatory for the swim. The course will be monitored by a safety boat and paddlers. Individual escorts will not be allowed. For safety reasons, swimmers who cannot complete the 1-mile course in one hour are advised not to enter. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. All swimmers will be body marked. Local EMT/Ambulance will be present.

**Where:** Millerton Lake, 15 miles northeast of Fresno.

For a map go to [http://www.parks.ca.gov/?page\\_id=587](http://www.parks.ca.gov/?page_id=587) and look up "map of location". **The park entry fee is \$7 per vehicle.**

### Directions:

FWY 41 coming from the South: Take exit Friant road. Turn right at the traffic light – you are on Friant road. Stay on this road for the next 15 miles till you pass the small town of Friant. Go past the Shell station up to the dam and take a left at the top – follow the parking signs.

**Places to Stay:** For a list with accommodations please go to the website: <http://www.clovisswimclub.org> and click on the link Masters Nationals or go to <http://www.fresnocvb-housing.org/events.php?id=39> . Camping is available on the opposite side of the lake, about a 15 minute drive to race start. For reservations call: (559) 822-2332

**NOTICE TO ALL USMS MEMBERS FROM THE USMS RULES COMMITTEE**

The following notice bears important information for all USMS members regarding:

1. Breaststroke: initiation of the first arm pull
2. Backstroke: disqualification language for the turn
3. Dual sanction agreement between USA Swimming and USMS: how to run such meets

**BREASTSTROKE**

USA Swimming has issued an updated interpretation of the initiation of the breaststroke arm pull to conform to the FINA interpretation. USMS Swimming Rules: Part 1 of the USMS Rule Book are based in part upon article 101, "Individual Strokes and Relays", of the USA Swimming Technical Rules which includes the breaststroke. The updated interpretation will apply to USMS competition (USMS article 101.2.3). See the following text published by Bruce Stratton, Chair of the USA Swimming Rules & Regulations Committee, December 8, 2008:

Text from USA Swimming:

"In 2005, FINA made changes to the technical rules for breaststroke which allowed a single downward butterfly kick during or at the end of the first arm pull after the start and after each turn. As required by USA Swimming Rules, we changed our technical rules for the breaststroke to conform to the changes made by FINA.

During the time since the change, there has been much confusion about what constitutes the beginning of the first arm pull. Based upon the (USA-S) Rules & Regulations Committee understanding of FINA's interpretation and actual practice in international competition, our guidance has been that the mere separation of the hands or arms does not necessarily constitute the beginning of the first arm pull.

However, we have been informed that FINA's interpretation is now different from our previous understanding of what constitutes the beginning of the first arm pull. In order for our interpretation to conform to that used by FINA, the following interpretation is being made, effective immediately.

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For purposes of Article 101.2.3, as it relates to what constitutes the initiation of the first arm pull and the allowed single downward butterfly kick, the following applies:

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After the start and after each turn, any lateral or downward movement of the hands or arms is considered to be the initiation of the first arm pull.

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Here ends the text from USA Swimming.

For any questions about the interpretation of the initiation of the first arm pull contact:

Kathy Casey, Chair

USMS Rules Committee                      [rules@usms.org](mailto:rules@usms.org)

**BACKSTROKE TURN: DISQUALIFICATION LANGUAGE**

There has been NO change in the interpretation of the backstroke turn rule. Recently, USA-Swimming advised its officials that they should alter the wording typically used to report backstroke turn disqualifications. In 2005 USA Swimming deleted the following sentence from the backstroke turn rule: "Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action." Deleting that sentence did not constitute a change in the interpretation of the turn because the previous sentence addresses initiating the turn. However, officials continued to use the statement "noncontinuous turning action" on disqualification slips. Since the USA Swimming rule no longer refers to "continuous turning action", USA Swimming officials have been encouraged to use language such as "failure to initiate the turn after the arm pull" or "failure to initiate the turn after turning toward the breast" rather than "noncontinuous turning action".

However, USMS did NOT delete the "continuous turning action" sentence from its backstroke turn rule (USMS article 101.4.3). The USMS Rules Committee deemed that sentence a good clarification for USMS members and retained the sentence. Therefore, any of the statements listed above for describing infractions of the turn rule, including "noncontinuous turning action", are acceptable for USMS competition.



For any questions about backstroke turn infraction language contact:

Kathy Casey, Chair

or

Charlie Cockrell, Chair

USMS Rules Committee

USMS Officials Committee

[rules@usms.org](mailto:rules@usms.org)

[officials@usms.org](mailto:officials@usms.org)

#### DUAL SANCTION AGREEMENT BETWEEN USA SWIMMING and USMS

Combining USA Swimming and USMS meets is now an official option as a result of an agreement signed by USA Swimming and USMS July 30, 2008. A number of inquiries have been received asking how to run such combined meets. Below is "Attachment A" from the signed agreement that describes three methods for running combined meets. Note that the term "organization" refers to USA Swimming and/or USMS throughout the document.

#### ATTACHMENT A

##### COMBINED, PARALLEL, and INTERWOVEN MEETS

The number of inquiries as to what mechanisms are available for combining USA Swimming and USMS swimming meets has been increasing. The reasons for combining these meets are many, ranging from the limited availability of pool time and officials to the desire to promote the sport as a lifelong activity. There are several ways of accomplishing this goal within the rules and insurance policies of each organization. This document outlines these options.

It is assumed that all competitors are a member of either USA Swimming, USMS, or both. Those that are members of both must select one organization with which to compete for the entire meet. Dual membership cannot be used to exceed the daily event limits imposed by either organization. Automatic recognition of times achieved by a USMS swimmer competing in the USA-S portion is still available.

Any of the joint meets described below must have sanctions from both USA Swimming and USMS. Both sanctions must be held by the host organization. The host organization cannot be required to accept a participant from either USMS or USA Swimming that would otherwise be barred from participation by their respective organizations.

USMS Record and Top Ten submissions must comply with all USMS documentation requirements.

##### Combined Meets

With the consent of all (co-)hosting teams and the LSC and LMSC, a combined meet may be sanctioned by both USA Swimming and USMS and all swimmers competing according to USA Swimming rules. This mechanism allows the meet host(s) to seed the event as they normally would, based upon times, with USA Swimming and USMS members combined in heats without specific lanes allocated to one organization or the other. There are restrictions however. A divider must separate members of each organization. A lane line is sufficient to achieve the separation. This does preclude, for example, swimming two-to-a-lane with a member of each organization in the same lane. Warm-up and warm-down should be conducted in separate lanes. Relay teams must consist of members of the same organization.

##### Parallel Meets

The two meets may be swum in parallel by assigning some number of lanes to USMS competitors and a different set to USA Swimming competitors. If possible, separate stroke and turn officials for each set is preferred. It is permissible to adjust, for example, the makeup of the USMS heats so that competitors in a given heat have approximately the same seed times. Each organization's rules would apply to their members.

##### Interwoven Meets

The two meets may be swum with complete heats of swimmers from both organizations alternating. There would be no need for separate stroke and turn officials. Each organization's rules would apply to their members.

For any questions about combined meets contact:

Kathy Casey, Chair

USMS Rules Committee

[rules@usms.org](mailto:rules@usms.org)

## Workouts Available to Members Online

How would you like to have workouts delivered directly to your e-mail box?

U.S. Masters Swimming has four coaches who post weekly workouts on our Discussion Forums. As a U.S. Masters Swimming member, you can subscribe to these workout threads and have them delivered to you by e-mail.

The 2009 online coaches are Mo Chambers, Nate McBride, Jacki Hirsty, and Patrick Cantell.

To use this feature you will have to first create a Discussion Forums account. To create your account, just fill out the forms here (<http://forums.usms.org/register.php>) and follow the link that will be sent to you via e-mail in order to fully activate your account.

Once your Forums account is created, go to the My USMS area and log in using your Forum account username and password. At this point you will be able to associate your Forum account with your U.S. Masters Swimming registration number. Confirming your membership will grant you access to members-only services, including the coaches' forums.

Now go back to the Workouts Discussion Forum. There is one sub-forum listed for each coach. You can view the threads online whenever you want. Most coaches post a week's worth of workouts at a time. If you'd like the workouts delivered to you by e-mail, you can subscribe to one or more of the coaches' forums.

To subscribe to a forum, click on that forum title to open it. At the top/right of the page (just below the list of page numbers) select "Forum Tools", then "Subscribe to this Forum." Select your notification type (usually "Instant notification by e-mail"). You're subscribed!

If you ever want to unsubscribe, click on "User CP" from the top of any Forums screen (your user control panel). You will see lists of the threads and forums to which you are currently subscribed. Your subscribed thread list is shown first, with a link titled "Unsubscribe" below each thread title. Following the subscribed thread list is your subscribed forum list. Below each forum title is a link titled "Unsubscribe from this Forum". If you want to unsubscribe from all posts to a workout forum, be sure to unsubscribe from the forum as well as all of the threads.

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## Swim Bits # 18 - Michael Phelps's Book by Ralph Mohr

After reading Michael Phelps's new book, No Limits, I was asked what I had learned from it that I did not know before. Two basic things, I answered.

Phelps went 550 workouts per year for the five years before Beijing. We know he swam every day, so that means he swam 4 doubles and three singles on the average per week, 4 hours on single days, 6 hours on double days.

That may seem like a lot, but it isn't, really. I once coached a high school swimmer who missed three workouts in four years, morning and night. He went 5:30-7 AM and 3-5 PM every day. He would have gone more but that was all of the pool time we had.

What was important for Phelps (and for that swimmer I coached) is that he won every interval and every set he did in practice those four years. It is not so much the Time-In-The-Water that counts the most, but how fast one goes during practice.

Second, after he was beaten by Thorpe in the 2004 Olympics,

Phelps started kicking more while swimming freestyle and doing the underwater dolphin kick off turns. It took him three years before it paid off when he beat Thorpe's record in the 200 at the World Championships in 2007. Point? Nothing comes quick even for the best swimmer ever.

No Limits itself is a well-crafted summary of Phelps' life organized by the eight races in Beijing. We are told how he prepared for each race and its result, of course. Intermingled with that narrative are vignettes of Phelps' life: his relationships with both parents and his coach, Bob Bowman; his progression from the youngest Olympic team member in Sydney to Beijing; his mistakes along the way; and, the triumph of eight in 2008.

I think it is as good as other swimming books I have read, thinking of Don Schollander's Deep Water and Sherm Chavoor's The 50 Meter Jungle, in particular. It certainly would be a great gift for an aspiring swimmer, no matter what the age.



# Tualatin Hills Pentathlon

**OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET**  
Eligibility: Currently registered USMS swimmers, 18 years and older.  
Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #379-03

Place: Tualatin Hills Aquatic Center Pool  
15707 SW Walker Rd.  
Beaverton, Oregon

**Date: Saturday, March 21, 2009**

6-8 lanes competition-electronic timing  
Separate continuous warm-up/down lanes

Warm-ups: 8AM  
Meet Starts: 9AM

Meet director: Marisa Frieder • (503) 452-7053 • mmfrieder@yahoo.com  
Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south.  
Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

All entrants must submit a photocopy of their current 2009 registration card or 2009 registration form and fee with this entry.

**ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 6, 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

Enter as many as five events. If you choose to not enter all 5 events in any distance category, you will not be scored as a pentathlon.

### Sprint

Mar 21, 2009

### Mid Distance

**50 FLY** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 BACK** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 BREAST** (7) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FREE** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 I.M.** (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FLY** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 BACK** (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 BREAST** (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 FREE** (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 I.M.** (14) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

### Distance

**200 FLY** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 BACK** (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
Break  
**200 BREAST** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FREE** (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
Break  
**400 I.M.** (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* PLEASE ENTER YOUR BEST TIME OR ESTIMATED TIME. DO NOT USE NT (NO TIME). ENTERING "SANDBAGGED" TIMES TO GET ADDED REST TIME BETWEEN EVENTS OR CALM WATER IS DISCOURAGED. PLEASE BE FAIR TO ALL... THANKS

**RULES: A DISQUALIFICATION IN ONE OF THE FIVE PENTATHLON EVENTS WILL DISQUALIFY YOU FROM THE ENTIRE PENTATHLON EVENT AND YOUR COMBINED TIME WILL NOT BE RECORDED. HOWEVER, YOU WILL STILL BE ABLE TO SWIM THE OTHER INDIVIDUAL EVENTS AND YOUR TIMES FOR THOSE EVENTS WILL BE RECORDED.**

"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 \_\_\_\_\_

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

# Oregon Association Championship

April 17-19, 2009

## OFFICIAL RULES AND GUIDELINES

### DISTANCE EVENTS: CHECK-IN DEADLINES

Friday, April 17: **400 IM** – 4:30 p.m. / **1500 Free** – 5:00 p.m.

Saturday, April 18: **1000 Free** – Between the start of the 200 Back and the start of the 200 Free

Sunday, April 19: **500 Free** - 8:30 a.m.

### RELAYS: CHECK-IN DEADLINES

Saturday, April 18: **Mixed Free Relay** – 9:30 a.m. / **Medley Relay** - By the end of the 50 Back

Sunday, April 19: **Mixed Medley Relay** – By the end of the 50 Fly / **Free Relay** - By the end of the 50 Breast

**THE EVENTS LISTED ABOVE WILL BE OFFICIALLY CLOSED AT THE STATED TIMES.  
SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY AT THESE TIMES.  
THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.**

**TEAM SCORING:** Only teams registered by **March 30, 2009**, will be able to score points. There will be three team categories (Small, Medium, and Large) based upon the number of swimmers entered in the meet for each team. There will be a meeting of all the team representatives on Saturday, April 18, 2009 at 8:45 a.m. to vote on the breakdown of the teams into these three categories. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. Full team names and their abbreviations are listed below and on the 2009 OMS registration form in this issue of the Aqua Master. Someone from your team must register the team for 2009.

The team registration form is included in this issue. Please make sure your team is registered.

**As of February 1, 2009, there were 18 teams registered (NOTE: Full team names and their abbreviations are listed below and on the 2009 OMS registration form in this issue of the Aqua Master)**

CAT (Corvallis Aquatics)  
CBAT (Circumnavig. Beavers)  
CGM (Columbia Gorge)  
COMA (Central Oregon)  
CRM (Columbia River)

FAST (What it Says)  
LH (LaCamas HeadHunters)  
MJCC (Mittleman Jewish CC)  
NCM (North Clackamas)  
OPEN (OrPool-lessEliteNarw)

ORM (Oregon Reign)  
PCCM (Portland Comm Coll)  
PEND (Pendleton)  
RVM (Rogue Valley)  
SM (Seaside)

SWISH (Sweet Home)  
THB (Tualatin Hills)  
TOR (Tornadoes)

**What you write down on your entry form is your team designation for the meet and no exceptions will be allowed. If you leave this Local Team space blank you will be entered as representing the team listed on your 2009 USMS Registration for scoring purposes.**

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

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

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

### Accommodations: The following hotel information is provided for your information:

Bend Quality Inn – 20600 Grandview  
800-831-3537  
\$80 Single/\$89 Double

EconoLodge – 437 NE 3<sup>rd</sup>  
800-304-4050

Phoenix Inn & Suites – 300 NW  
Franklin Ave  
888-291-4764 or email  
[cathy.buck@phoenixinn.com](mailto:cathy.buck@phoenixinn.com)  
10 Rooms available until March 10<sup>th</sup>  
for OMS  
\$99 Single/Double  
Mention Oregon Masters Swimming  
for this rate  
(Free Breakfast)

Bend Riverside Motel/Suites  
(On the river) 541-389-2363

Hampton Inn – 15 NE Butler Market  
800-426-7866

Best Western – 721 NE 3<sup>rd</sup>  
800-WESTERN  
\$89 Single/Double

Holiday Motel – 880 SE 3<sup>rd</sup>  
\$30 Single/\$40 Double  
800-252-0121

Cascade Lodge – 420 SE 3<sup>rd</sup>  
800-852-6031  
\$50 Single/\$55 Double

McMenamins Old St. Francis School  
Site of Saturday Banquet  
700 NW Bond St  
\$145 Single/\$165 Double

The Riverhouse – 3075 N Hwy 97-  
Business)  
800-547-3928  
OMS Rate - \$99 1 King/2 Queens  
(Mention OMS for rate)  
(Full Breakfast)

Days Inn – 849 NE 3<sup>rd</sup> Street  
Group Rate: \$70 Single/\$80 Double

# OREGON MASTERS SWIMMING ASSOCIATION SHORT COURSE YARDS CHAMPIONSHIPS

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #379-04

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit a 2009 registration form and fee with this form.

Hosted by: Central Oregon Masters Aquatics  
Juniper Swim & Fitness Center  
800 NE 6th St., Bend, Oregon

**DATE: Fri., Sat. & Sun. April 17-19, 2009**

25 yards  
8 lanes competition-electronic timing  
8- 20 yd. lanes for continuous warm-up/down area

**FRIDAY: WARM-UPS: 4PM • MEET STARTS: 5PM**  
**SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**  
**SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**

OMS souvenir/participation award for all OMS entrants

Meet director: Bob Bruce • Phone: 541-317-4851 • E-mail: coachbob@bendbroadband.com

Directions to the pool: From North or South, take Business highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool. Park in the North Lot or adjacent streets. The South Lot will be reserved for other facility users.

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

**ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 27, 2009**

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

NAME _____	BIRTHDATE _____ AGE _____ SEX _____
ADDRESS _____	2009 USMS # _____
CITY _____	IF OMS, LOCAL TEAM (SEE LISTINGS ON GUIDELINES PAGE) _____
STATE _____ ZIP _____	USMS CLUB (OREG, PNA, ETC) _____
PHONE _____	IS THIS YOUR FIRST MASTERS MEET? <input type="checkbox"/> YES <input type="checkbox"/> NO
E-MAIL _____	

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+ AND 75+. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY.** ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE COUNTED FOR TEAM POINTS. YOU MAY SWIM THE 200, 400 & 800 YARD DISTANCE OF EACH RELAY ONLY ONCE. THE 400IM, 500, 1000 & 1650 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE POSTED ON-LINE OR IN THIS AQUAMASTER FOR TIMES REGARDING CHECK-IN DEADLINES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDED SLOW TO FAST. SEE GUIDELINES PAGE ON-LINE OR IN THIS AQUAMASTER FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2009 IN ORDER TO SCORE POINTS.

**Friday, April 17, 2009**

**400 IM** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**1650 FREE** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**Saturday, April 18, 2009**

**200 IM** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FREE** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 BACK** (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 FLY** (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

**MIXED FREE RELAYS (7-9)**

**50 BACK** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FREE** (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 BREAST** (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

**MEDLEY RELAYS (13-16)**

**1000 FREE** (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**ASSOCIATION AWARDS BANQUET - 6PM,  
MCMENAMINS, 700 NW BOND ST**

**Sunday, April 19, 2009**

**500 FREE** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
Break- 20 minute warm-up, event 15 will not start before 10 am

**50 FLY** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 BREAST** (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 FREE** (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

**MIXED MEDLEY RELAYS (22-23)**

**50 BREAST** (24) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FLY** (25) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 BACK** (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 IM** (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

**FREE RELAYS (28-33)**

Please plan to attend the OMS Annual Meeting on Saturday at 5pm - McMenamins - and be a part of this great organization!

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

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

Association Awards Banquet • Saturday Evening \$22.00 (all ages) \_\_\_\_\_ each @ \$22.00

AWARDS BANQUET \_\_\_\_\_  
MEET ENTRY FEE **25.00**  
TOTAL ENCLOSED \_\_\_\_\_

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



# LCM Top Ten Times



Compiled by

## Mary Sweat

### Oct. 1, 2007- Sept. 30, 2008 USMS LCM Top Ten

#### Women 18-24

9	1500 Free	Kelsey Bowen	23 OREG	21:43.01
7	1500 Free	Kristan Dauble	23 OREG	21:24.00
9	800 Free	Amanda Fay	23 OREG	11:20.34
7	100 Back	K E Shortt-Harder	24 OREG	1:18.28

#### Women 25-29

4	50 Back	Jennifer Alden	29 OREG	33.04
4	100 Back	Jennifer N Alden	29 OREG	1:13.07
5	50 Fly	Jennifer N Alden	29 OREG	31.64
7	100 Fly	Jennifer N Alden	29 OREG	1:14.48
9	100 Fly	Karen Fahrni	25 OREG	1:16.69
7	200 Breast	Aubree Gustafson	27 OREG	3:13.92
9	200 Breast	Carolyn McCaffrey	26 OREG	3:19.39
10	50 Breast	Erin Popelka	27 OREG	39.44
7	100 Breast	Erin M Popelka	27 OREG	1:24.27
5	200 Breast	Erin Popelka	27 OREG	3:04.57
5	100 Fly	Erin Popelka	27 OREG	1:13.53
5	200 Fly	Erin Popelka	27 OREG	2:54.85
10	200 IM	Erin M Popelka	27 OREG	2:45.42
8	400 IM	Erin Popelka	27 OREG	5:57.20
6	200 Free	Brianna Showell	29 OREG	2:19.60
2	50 Breast	Brianna Showell	29 OREG	36.37
2	100 Breast	Brianna Showell	29 OREG	1:19.45
1	200 Breast	Brianna Showell	29 OREG	2:52.79
4	200 IM	Brianna Showell	29 OREG	2:38.77

#### Women 30-34

10	400 IM	Anna Casey	32 OREG	7:10.21
9	50 Breast	Amy Coulter	31 OREG	40.59
9	100 Breast	Amy Coulter	31 OREG	1:31.53
9	50 Free	S L Elwonger	30 OREG	29.35
6	50 Fly	S L Elwonger	30 OREG	31.48
5	100 Fly	S L Elwonger	30 OREG	1:09.88
4	200 IM	S L Elwonger	30 OREG	2:41.54
3	50 Back	Erin E Kirkwood	31 OREG	34.65
3	100 Back	Erin E Kirkwood	31 OREG	1:18.22
6	200 Back	Erin Kirkwood	31 OREG	3:03.06
9	1500 Free	Ellen Kramer	33 OREG	22:18.30
8	200 Breast	Ellen M Kramer	33 OREG	3:27.57
8	800 Free	Michelle Macy	31 OREG	10:52.35
4	1500 Free	Michelle Macy	31 OREG	20:32.52
6	50 Free	Erika Whyte	31 OREG	29.1
9	100 Free	Erika Whyte	31 OREG	1:04.71
5	50 Fly	Erika Whyte	31 OREG	31.4

#### Women 35-39

8	50 Back	Tori M Barber	36 OREG	36.06
8	100 Back	Tori M Barber	36 OREG	1:17.83
7	200 Back	Tori M Barber	36 OREG	2:44.52
8	800 Free	Megan M Lassen	38 OREG	11:00.40
6	1500 Free	Megan Lassen	38 OREG	20:59.94

10	800 Free	Alison B Moore	38 VMST	11:02.80
8	200 Free	Sara Nelson	36 OREG	2:23.49
4	400 Free	Sara Q Nelson	36 OREG	4:46.67
3	800 Free	Sara Nelson	36 OREG	9:57.74
3	1500 Free	Sara Q Nelson	36 OREG	18:41.21
7	100 Breast	Sara Nelson	36 OREG	1:24.14
1	200 Breast	Sara Q Nelson	36 OREG	2:53.71
8	100 Fly	Sara Nelson	36 OREG	1:12.97
2	200 IM	Sara Q Nelson	36 OREG	2:34.53
3	400 IM	Sara Q Nelson	36 OREG	5:29.12
1	50 Free	Kristine Senkier	38 OREG	27.91
9	100 Free	Kristine Senkier	38 OREG	1:05.13
1	200 Free	Kristine M Senkier	38 OREG	2:14.04
3	400 Free	Kristine M Senkier	38 OREG	4:45.50
3	50 Back	Kristine M Senkier	38 OREG	32.85
2	100 Back	Kristine M Senkier	38 OREG	1:09.99
2	200 Back	Kristine M Senkier	38 OREG	2:31.06
7	200 Fly	Shauna Simpson	37 OREG	3:20.84
8	50 Free	Jayna M Tomac	36 OREG	29.63
1	50 Breast	Jayna M Tomac	36 OREG	36.71
1	100 Breast	Jayna M Tomac	36 OREG	1:21.63
5	200 Breast	Jayna M Tomac	36 OREG	2:58.84
10	400 IM	Jayna Tomac	36 OREG	5:54.97
5	100 Free	Nikki L Weeks	36 OREG	1:03.78
6	50 Breast	Nikki L Weeks	36 OREG	38.31
8	100 Breast	Nikki L Weeks	36 OREG	1:25.46
3	50 Fly	Nikki L Weeks	36 OREG	30.79
7	100 Fly	Nikki L Weeks	36 OREG	1:12.10
5	1500 Free	Susie S Young	39 OREG	20:50.63
6	200 Fly	Susie Young	39 OREG	3:16.62

#### Women 40-44

9	100 Breast	Kristine M Jones	40 OREG	1:33.91
8	50 Free	Kristin K Preston	43 OREG	29.62
6	400 Free	Stephanie L Schultz	42 OREG	5:05.27
10	800 Free	Stephanie Schultz	42 OREG	10:40.20
3	1500 Free	Stephanie L Schultz	42 OREG	19:55.99
10	200 Fly	Stephanie L Schultz	42 OREG	3:03.82
8	400 Free	Elizabeth A Watkins	43 OREG	5:07.32
7	800 Free	Elizabeth A Watkins	43 OREG	10:34.57

#### Women 45-49

10	50 Back	Jill Black	46 OREG	37.38
10	100 Breast	Mary J Caswell	47 OREG	1:29.06
9	100 Fly	Mary J Caswell	47 OREG	1:16.49
5	50 Free	Arlene Delmage	46 OREG	29.28
5	100 Free	Arlene Delmage	46 OREG	1:05.40
6	200 Free	Arlene Delmage	46 OREG	2:20.61
10	400 Free	Arlene Delmage	46 OREG	5:01.32
9	800 Free	Arlene Delmage	46 OREG	10:38.68
6	1500 Free	Arlene Delmage	46 OREG	20:06.82
7	200 Breast	Arlene Delmage	46 OREG	3:10.90
2	50 Fly	Arlene Delmage	46 OREG	30.04

2	100 Fly	Arlene Delmage	46 OREG	1:06.42	9	200 Back	Teri L Hendryx	55 OREG	3:11.99
2	200 Fly	Arlene Delmage	46 OREG	2:36.02	9	200 Breast	Teri Hendryx	55 OREG	3:41.49
3	200 IM	Arlene Delmage	46 OREG	2:41.77	7	200 Fly	Darlene J Staley	58 OREG	3:39.61
5	400 IM	Arlene Delmage	46 OREG	6:05.89	<b>Women 60-64</b>				
4	50 Free	Ellen Ferguson	46 OREG	29.03	5	50 Free	Janet Gettling	60 OREG	33.88
4	100 Free	Ellen Ferguson	46 OREG	1:03.18	4	1500 Free	Janet Gettling	60 OREG	25:26.54
4	200 Free	Ellen Ferguson	46 OREG	2:19.83	8	50 Back	Janet Gettling	60 OREG	44.38
6	400 Free	Ellen Ferguson	46 OREG	4:57.08	3	50 Breast	Janet Gettling	60 OREG	43.57
4	200 IM	Ellen Ferguson	46 OREG	2:43.40	8	50 Fly	Janet Gettling	60 OREG	39.92
3	200 Free	Valerie G Jenkins	45 OREG	2:19.49	6	100 Fly	Janet Gettling	60 OREG	1:37.93
1	50 Back	Valerie Jenkins	45 OREG	31.71	3	200 Fly	Janet Gettling	60 OREG	3:44.34
2	100 Back	Valerie G Jenkins	45 OREG	1:12.90	10	200 Back	Ginger Pierson	62 OREG	3:47.53
2	200 Back	Valerie G Jenkins	45 OREG	2:39.69	2	50 Breast	Ginger L Pierson	62 OREG	42.11
10	50 Fly	Valerie G Jenkins	45 OREG	31.84	2	100 Breast	Ginger L Pierson	62 OREG	1:32.69
8	1500 Free	Karen A Matson	45 OREG	20:37.49	1	200 Breast	Ginger L Pierson	62 OREG	3:28.05
6	100 Free	D Stuntzner-Gibson	46 OREG	1:05.47	2	200 Fly	Ginger Pierson	62 OREG	3:35.23
5	50 Fly	D Stuntzner-Gibson	46 OREG	31.29	9	200 IM	Ginger Pierson	62 OREG	3:38.22
4	100 Fly	D Stuntzner-Gibson	46 OREG	1:10.12	5	400 IM	Ginger Pierson	62 OREG	7:19.73
6	200 Fly	D Stuntzner-Gibson	46 OREG	3:00.28	9	100 Back	Sandi Rousseau	61 OREG	1:44.85
<b>Women 50-54</b>					6	50 Fly	Sandi Rousseau	61 OREG	38.83
4	50 Free	K Andrus-Hughes	51 OREG	29.75	7	100 Fly	Sandi Rousseau	61 OREG	1:39.78
2	100 Free	K Andrus-Hughes	51 OREG	1:05.39	<b>Women 65-69</b>				
5	200 Free	K Andrus-Hughes	51 OREG	2:28.27	7	50 Free	S Calnek-Morris	65 OREG	38.24
1	50 Back	K Andrus-Hughes	51 OREG	33.53	5	100 Free	S Calnek-Morris	65 OREG	1:27.61
1	100 Back	K Andrus-Hughes	51 OREG	1:13.55	5	200 Free	S Calnek-Morris	65 OREG	3:15.39
4	200 Back	K Andrus-Hughes	51 OREG	2:48.52	4	400 Free	S Calnek-Morris	65 OREG	6:49.97
6	200 IM	K Andrus-Hughes	51 OREG	2:55.67	3	800 Free	S Calnek-Morris	65 OREG	13:56.40
6	400 IM	K Andrus-Hughes	51 OREG	6:15.41	3	50 Free	Barbara Frid	66 OREG	36.05
7	50 Fly	Deidra Cherzan	52 OREG	33.48	2	50 Back	Barbara Frid	66 OREG	44.98
10	100 Fly	Deidra Cherzan	52 OREG	1:20.56	4	100 Back	Barbara Frid	66 OREG	1:42.76
10	400 IM	Deidre Cherzan	52 OREG	6:37.69	3	50 Breast	Barbara Frid	66 OREG	46.87
6	50 Breast	Colette Crabbe	52 OREG	40.42	3	100 Breast	Barbara Frid	66 OREG	1:49.69
5	100 Breast	Colette Crabbe	52 OREG	1:29.13	1	50 Fly	Barbara Frid	66 OREG	39.07
3	200 Breast	Colette Crabbe	52 OREG	3:09.90	6	50 Free	Joy Ward	66 OREG	37.47
5	100 Fly	Colette Crabbe	52 OREG	1:17.75	1	50 Back	Joy Ward	66 OREG	43.59
5	200 Fly	Colette Crabbe	52 OREG	3:03.30	2	100 Back	Joy Ward	66 OREG	1:35.02
5	200 IM	Colette Crabbe	52 OREG	2:52.55	2	200 Back	Joy Ward	66 OREG	3:24.92
4	400 IM	Colette Crabbe	52 OREG	6:06.19	3	50 Fly	Joy Ward	66 OREG	40.54
9	50 Free	Laura E Harsey	50 OREG	30.81	2	100 Fly	Joy Ward	66 OREG	1:43.54
6	100 Free	Laura E Harsey	50 OREG	1:07.10	1	200 Fly	Joy Ward	66 OREG	3:51.77
6	50 Back	Laura Harsey	50 OREG	36.71	3	200 IM	Joy Ward	66 OREG	3:39.13
6	100 Back	Laura Harsey	50 OREG	1:20.74	2	400 IM	Joy Ward	66 OREG	7:41.14
10	200 Free	Mary Sweat	51 OREG	2:36.21	<b>Women 70-74</b>				
7	400 Free	Mary Sweat	51 OREG	5:18.13	5	50 Breast	Susanne Schumann	71 OREG	58.92
4	800 Free	Mary Sweat	51 OREG	10:59.97	<b>Women 75-79</b>				
4	1500 Free	Mary Sweat	51 OREG	20:45.90	10	100 Breast	Cynthia H Rosik	75 OREG	2:38.81
7	400 IM	Mary Sweat	51 OREG	6:21.61	8	200 Breast	Cynthia H Rosik	75 OREG	5:39.74
9	50 Fly	Laura A Worden	51 OREG	33.81	2	50 Free	Lavelle Stoinoff	75 OREG	44.49
6	100 Fly	Laura A Worden	51 OREG	1:18.34	1	100 Free	Lavelle Stoinoff	75 OREG	1:36.87
6	200 Fly	Laura Worden	51 OREG	3:05.13	1	400 Free	Lavelle Stoinoff	75 OREG	7:30.75
9	400 IM	Laura Worden	51 OREG	6:32.33	<b>Women 80-84</b>				
<b>Women 55-59</b>					9	200 Free	Betsy M Austen	81 OREG	5:42.38
9	100 Fly	Elke M Asleson	56 OREG	1:36.38	9	400 Free	Betsy M Austen	81 OREG	11:49.72
9	200 Fly	Elke Asleson	56 OREG	3:51.04	8	800 Free	Betsy Austen	81 OREG	24:50.69
3	50 Breast	Christy Hartman	55 OREG	42.19	6	1500 Free	Betsy M Austen	81 OREG	47:51.49
8	100 Breast	Christy Hartman	55 OREG	1:39.54	10	50 Back	Betsy M Austen	81 OREG	1:31.74

5	50 Breast	Betsy Austen	81 OREG	1:43.29
4	200 Breast	Betsy Austen	81 OREG	7:30.68
<b>Women 85-89</b>				
8	50 Free	Elfie Stevenin	87 OREG	2:28.18
8	100 Free	Elfie Stevenin	87 OREG	5:27.43
3	400 Free	Elfie Stevenin	87 OREG	22:03.2
6	50 Back	Elfie Stevenin	87 OREG	1:54.16
4	100 Back	Elfie Stevenin	87 OREG	4:12.66
4	200 Back	Elfie Stevenin	87 OREG	8:26.19
6	50 Breast	Elfie Stevenin	87 OREG	3:09.00
5	100 Breast	Elfie Stevenin	87 OREG	7:03.49
6	50 Fly	Elfie Stevenin	87 OREG	2:54.86
3	100 Fly	Elfie Stevenin	87 OREG	7:12.54
3	200 IM	Elfie Stevenin	87 OREG	11:13.06
2	400 IM	Elfie J Stevenin	87 OREG	22:27.05

**Men 18-24**

6	50 Breast	Kris C Asleson	20 OREG	32.54
3	100 Breast	Kris C Asleson	20 OREG	1:14.84
8	400 Free	Jacob W Benjamin	22 OREG	5:16.59
7	200 Fly	Jacob W Benjamin	22 OREG	2:56.79
10	400 Free	Greg Henselman	22 OREG	5:24.20
7	100 Free	Brock C Johns	24 OREG	58.11
9	50 Breast	Brock C Johns	24 OREG	33.53
5	100 Breast	Brock C Johns	24 OREG	1:15.53
7	400 Free	Brian Nagle	23 OREG	4:58.69
6	100 Breast	Brian Nagle	23 OREG	1:16.01
1	200 Breast	Brian Nagle	23 OREG	2:47.06
7	200 IM	Brian Nagle	23 OREG	2:32.02
9	100 Breast	Kennison C Tracy	19 OREG	1:18.18

**Men 25-29**

6	50 Free	Brett T Bannan	26 OREG	24.67
2	50 Fly	Brett T Bannan	26 OREG	25.83
4	50 Free	Michael Burton	28 OREG	24.49
3	50 Breast	Michael H Burton	28 OREG	30.2
9	100 Breast	Michael Burton	28 OREG	1:15.10
8	800 Free	Kevin H Cleary	25 OREG	11:10.07
6	1500 Free	Kevin Cleary	25 OREG	22:50.60
10	200 Breast	Kevin H Cleary	25 OREG	3:14.53
8	200 Fly	Kevin H Cleary	25 OREG	2:54.69
5	1500 Free	Sumner Williams	29 OREG	22:24.10

**Men 30-34**

6	800 Free	Nathan J Boal	31 OREG	10:14.23
6	400 Free	Chip Polito	32 OREG	4:45.50
1	800 Free	Chip Polito	32 OREG	9:24.73
1	1500 Free	Chip Polito	32 OREG	17:39.68
1	200 Back	Chip Polito	32 OREG	2:19.28
9	100 Breast	Chip Polito	32 OREG	1:14.42
2	200 Breast	Chip Polito	32 OREG	2:38.53
5	100 Fly	Chip Polito	32 OREG	1:01.58
2	200 IM	Chip Polito	32 OREG	2:17.37
9	50 Free	Joaquin Romera	34 OREG	25.55
10	100 Free	Joaquin B Romera	34 OREG	58.45
8	50 Breast	Joaquin Romera	34 OREG	32.65
5	50 Back	Colin C Wallace	30 OREG	31.45
5	100 Back	Colin C Wallace	30 OREG	1:08.70

**Men 35-39**

10	200 Free	Kraig J Erickson	37 OREG	2:10.49
5	800 Free	Kraig Erickson	37 OREG	10:07.79
5	1500 Free	Kraig J Erickson	37 OREG	19:15.65
10	200 IM	Kraig J Erickson	37 OREG	2:29.43
9	50 Back	William Fitzpatrick	35 OREG	31.01
3	100 Back	William J Fitzpatrick	35 OREG	1:06.91
10	100 Back	Jason A Morgan	39 OREG	1:10.92
7	50 Free	Ed A Riddle	38 OREG	25.19
4	50 Fly	Ed A Riddle	38 OREG	26.41
5	100 Fly	Ed A Riddle	38 OREG	1:02.34
6	800 Free	Ralph Sawyer	35 OREG	10:10.96
4	1500 Free	Ralph Sawyer	35 OREG	19:00.46
6	50 Free	Curtis L Taylor	37 OREG	25.06
2	100 Free	Curtis L Taylor	37 OREG	54.60
3	200 Free	Curtis L Taylor	37 OREG	2:01.61
9	50 Breast	Curtis L Taylor	37 OREG	33.40
8	50 Fly	Curtis L Taylor	37 OREG	27.45

**Men 40-44**

5	50 Breast	Anthony P Anderson	41 OREG	33.40
4	100 Breast	Anthony P Anderson	41 OREG	1:13.48
1	50 Breast	James L Corbeau	44 OREG	30.41
1	100 Breast	James L Corbeau	44 OREG	1:08.92
10	1500 Free	Greg Jablonski	42 OREG	18:51.82
10	50 Breast	Douglas Kabel	43 OREG	34.42
10	100 Back	Keith D Peters	43 OREG	1:09.39
2	200 IM	Keith D Peters	43 OREG	2:22.53
9	100 Free	Jeff M Rodgers	42 OREG	56.43
7	50 Back	Jeff Rodgers	42 OREG	31.38
7	100 Back	Jeff M Rodgers	42 OREG	1:07.42
8	50 Fly	Jeff M Rodgers	42 OREG	27.60
6	50 Free	Eric Wan	42 OREG	25.18
6	100 Free	Eric Wan	42 OREG	55.61
8	50 Breast	Timothy P Waud	41 OREG	34.13
5	200 Breast	Timothy Waud	41 OREG	2:47.83

**Men 45-49**

5	400 Free	Doug Asbury	49 OREG	4:35.61
4	800 Free	Doug Asbury	49 OREG	9:29.43
2	200 Free	Dennis Baker	47 OREG	2:03.32
1	400 Free	Dennis Baker	47 OREG	4:09.20
1	1500 Free	Dennis Baker	47 OREG	17:34.64
8	50 Fly	Dennis Baker	47 OREG	28.01
8	100 Fly	Dennis Baker	47 OREG	1:02.49
1	200 Fly	Dennis Baker	47 OREG	2:04.07
7	50 Fly	D A Christensen	45 OREG	27.66
9	200 IM	D A Christensen	45 OREG	2:32.65
8	100 Back	Lincoln Djang	49 OREG	1:07.88
7	200 Back	Lincoln Djang	49 OREG	2:26.88
9	100 Breast	Lincoln Djang	49 OREG	1:16.71
6	200 Breast	Lincoln Djang	49 OREG	2:49.49
1	400 IM	Lincoln P Djang	49 OREG	5:02.06
7	1500 Free	Tom Redding	47 OREG	19:26.61

**Men 50-54**

2	50 Breast	Patrick Allender	50 OREG	33.06
1	100 Breast	Patrick Allender	50 OREG	1:12.82



1	200 Breast	Patrick Allender	50 OREG	2:40.29	10	100 Breast	John T Weinbrecht	61 OREG	1:26.98
7	200 IM	Patrick Allender	50 OREG	2:29.70	<b>Men 65-69</b>				
4	50 Back	Philipp A Djang	54 OREG	31.47	8	50 Back	Chris Hiatt	68 OREG	39.07
5	100 Back	Philipp A Djang	54 OREG	1:09.25	5	100 Back	Chris Hiatt	68 OREG	1:23.77
8	1500 Free	Doug Goodman	52 OREG	19:37.00	10	200 Back	Chris Hiatt	68 OREG	3:10.53
10	50 Back	Peter Metzger	53 OREG	31.88	6	50 Free	Tom Landis	66 OREG	29.00
9	100 Back	Peter R Metzger	53 OREG	1:10.04	2	100 Free	Tom Landis	66 OREG	1:02.62
<b>Men 55-59</b>					1	200 Free	Tom Landis	66 OREG	2:18.53
6	50 Free	Doug Brockbank	55 OREG	26.97	1	400 Free	Tom Landis	66 OREG	5:08.54
3	50 Back	Doug Brockbank	55 OREG	32.34	1	800 Free	Tom Landis	66 OREG	10:30.22
10	50 Fly	Doug Brockbank	55 OREG	30.27	1	1500 Free	Tom Landis	66 OREG	20:00.97
7	100 Fly	Doug Brockbank	55 OREG	1:11.02	8	50 Fly	Tom Landis	66 OREG	32.61
5	50 Free	Wes Edwards	55 OREG	26.79	2	200 Fly	Tom Landis	66 OREG	3:12.79
5	100 Free	Wes Edwards	55 OREG	1:00.04	4	200 IM	Tom Landis	66 OREG	2:54.70
2	50 Back	Wes Edwards	55 OREG	31.21	2	400 IM	Tom Landis	66 OREG	6:27.01
1	100 Back	Wes Edwards	55 OREG	1:08.20	8	1500 Free	Ralph Mohr	67 OREG	25:17.34
2	200 Back	Wes Edwards	55 OREG	2:29.67	6	200 IM	Ronald K Nakata	69 OREG	3:13.57
10	400 IM	Wes Edwards	55 OREG	6:09.31	3	50 Free	Robert Smith	65 OREG	27.65
10	100 Free	Stephen Mann	56 OREG	1:02.70	9	400 Free	Robert S Smith	65 OREG	6:08.47
5	50 Back	Steve Mann	56 OREG	32.93	3	50 Back	Robert S Smith	65 OREG	33.87
9	200 Free	Mike Pendleton	56 OREG	2:21.48	2	100 Back	Robert S Smith	65 OREG	1:17.50
3	50 Breast	Allen L Stark	59 OREG	35.19	3	200 Back	Robert Smith	65 OREG	2:55.69
3	100 Breast	Allen L Stark	59 OREG	1:18.17	4	50 Breast	Robert S Smith	65 OREG	37.75
2	200 Breast	Allen L Stark	59 OREG	2:53.51	7	100 Breast	Robert Smith	65 OREG	1:30.87
7	200 Fly	Allen Stark	59 OREG	3:08.22	3	50 Fly	Robert S Smith	65 OREG	31.55
1	50 Free	Mike Tennant	55 OREG	25.31	10	100 Free	Karl E Von Tagen	65 OREG	1:10.47
1	100 Free	Mike J Tennant	55 OREG	58.18	<b>Men 70-74</b>				
6	200 Free	Mike J Tennant	55 OREG	2:18.13	7	400 Free	Brent Lake	70 OREG	6:19.84
10	50 Breast	Mike J Tennant	55 OREG	36.04	4	800 Free	Brent Lake	70 OREG	12:45.66
10	200 IM	Mike Tennant	55 OREG	2:42.26	2	1500 Free	Brent Lake	70 OREG	24:45.30
8	400 IM	Mike Tennant	55 OREG	5:59.24	9	50 Back	Brent Lake	70 OREG	41.7
4	200 Fly	Kermit D Yensen	55 OREG	3:02.18	6	100 Back	Brent Lake	70 OREG	1:34.72
<b>Men 60-64</b>					4	200 Back	Brent Lake	70 OREG	3:23.49
5	200 Fly	Charles Beauregard	61 OREG	3:20.73	10	100 Free	Bert Petersen	70 OREG	1:16.54
5	400 Free	Bob Bruce	60 OREG	5:11.26	1	50 Fly	Bert Petersen	70 OREG	32.36
5	800 Free	Bob Bruce	60 OREG	10:48.44	3	200 Fly	Bert Petersen	70 OREG	4:06.83
5	1500 Free	Bob A Bruce	60 OREG	21:13.34	3	50 Free	David Radcliff	74 OREG	30.44
5	50 Back	Bob Bruce	60 OREG	35.29	2	100 Free	David Radcliff	74 OREG	1:08.36
5	200 Back	Bob Bruce	60 OREG	2:57.50	1	200 Free	David A Radcliff	74 OREG	2:26.20
4	400 IM	Bob Bruce	60 OREG	6:14.91	1	400 Free	David Radcliff	74 OREG	5:17.20
10	800 Free	Jed Cronin	60 OREG	11:36.20	1	800 Free	David Radcliff	74 OREG	11:09.51
7	1500 Free	Jed Cronin	60 OREG	21:45.37	1	1500 Free	David A Radcliff	74 OREG	21:07.50
5	200 Free	Steve Johnson	60 OREG	2:21.49	6	50 Back	George Thayer	72 OREG	41.6
2	400 Free	Steve Johnson	60 OREG	4:58.33	7	100 Back	George D Thayer	72 OREG	1:34.82
1	800 Free	Steve Johnson	60 OREG	10:15.35	5	200 Back	George Thayer	72 OREG	3:29.29
2	1500 Free	Steve M Johnson	60 OREG	19:53.86	<b>Men 75-79</b>				
5	100 Fly	Steve Johnson	60 OREG	1:13.55	7	100 Free	Bill King	75 OREG	1:24.48
10	200 Breast	Roy D Lambert	62 OREG	3:19.60	6	200 Free	Bill King	75 OREG	3:09.64
5	50 Free	Douglas C Prentice	60 OREG	28.34	6	400 Free	Bill King	75 OREG	7:02.99
4	100 Free	Douglas C Prentice	60 OREG	1:03.37	6	800 Free	Bill King	75 OREG	14:48.58
9	50 Breast	Douglas C Prentice	60 OREG	38.19	10	50 Back	Milton Marks	78 OREG	45.74
9	50 Fly	Douglas C Prentice	60 OREG	31.91	9	200 Back	Milton R Marks	78 OREG	3:54.44
8	100 Free	Jon Stout	62 OREG	1:05.95	4	50 Breast	Milton R Marks	78 OREG	45.88
9	50 Back	Jon Stout	62 OREG	37.09	6	100 Breast	Milton R Marks	78 OREG	1:49.62
6	100 Back	Jon Stout	62 OREG	1:24.84	5	200 Breast	Milton Marks	78 OREG	4:11.63

7	200 IM	Milton Marks	78 OREG	4:04.23	Jeff M Rodgers (42)	Curtis L Taylor (37)
8	1500 Free	Fred Sprenger	77 OREG	32:29.02	4 200 Medley OREG	2:01.15
<b>Men 80-84</b>					William J Fitzpatrick (35)	Nathan J Boal (31 )
9	100 Back	Lee Miesen	81 OREG	2:12.46	Kevin M Sivertson (33)	Seth J Kaufman (40)
7	50 Breast	Lee J Miesen	81 OREG	54.99	<b>Men160-199</b>	
10	200 Breast	Lee Miesen	81 OREG	5:25.85	2 200 Free OREG	1:45.70
7	50 Fly	Lee Miesen	81 OREG	1:16.55	Gano Butcher (44)	David J Shoup (42)
5	100 Fly	Lee Miesen	81 OREG	3:14.80	Brent C Washburne (47)	Jim A Ivelich (46)
2	200 Fly	Lee Miesen	81 OREG	7:30.14	3 200 Free OREG	1:48.19
9	200 IM	Lee Miesen	81 OREG	5:31.43	David S Rice (41)	Jim D Rabe (48)
<b>Men 85-89</b>					Anthony P Anderson (41)	Colin C Wallace (30)
8	50 Free	Rupert E Fixott	87 OREG	58.96	8 200 Free OREG	1:53.54
7	100 Free	Rupert E Fixott	87 OREG	2:29.73	Kraig Erickson (37)	Stephen Kevan (54)
5	50 Back	Rupert E Fixott	87 OREG	1:15.61	Donald Hanson (46)	Scott Reese (36)
5	50 Free	Andrew Holden	89 OREG	48.81	5 200 Medley OREG	1:57.36
5	50 Breast	Andrew W Holden	89 OREG	1:18.78	Jeff M Rodgers (42)	Curtis L Taylor (37)
2	50 Fly	Andrew Holden	89 OREG	1:05.22	Douglas A Christensen (45)	Eric Wan (42)
2	100 Fly	Andrew W Holden	89 OREG	3:16.64	6 200 Medley OREG	1:59.10
1	50 Free	Willard Lamb	86 OREG	37.33	Gano Butcher (44)	Timothy P Waud (41)
1	100 Free	Willard Lamb	86 OREG	1:27.02	Ed A Riddle (38)	Troy A Drawz (40)
1	200 Free	Willard J Lamb	86 OREG	3:16.95	9 200 Medley OREG	2:06.88
1	400 Free	Willard Lamb	86 OREG	7:06.36	Rick Rodriguez (46)	Kraig Erickson (37)
1	800 Free	Willard Lamb	86 OREG	14:36.90	Stephen Kevan (54)	Scott Reese (36)
1	1500 Free	Willard Lamb	86 OREG	28:35.24	<b>Men 200-239</b>	
1	50 Back	Willard Lamb	86 OREG	51.26	2 200 Free OREG	1:48.15
1	100 Back	Willard Lamb	86 OREG	1:49.24	Doug Brockbank (55)	Bill Sumerfield (48)
1	200 Back	Willard Lamb	86 OREG	4:04.33	David L Hathaway (48)	Philipp A Djang (54)
6	200 Free	Joseph Mallon	87 OREG	6:28.31	10 200 Free OREG	1:55.00
5	400 Free	Joseph Mallon	87 OREG	13:13.44	Gary M Oliver (51)	Gary Marsh (51)
7	800 Free	Joseph Mallon	87 OREG	26:37.72	John T Blanchard (56)	Gregory Aakhus (58)
4	1500 Free	Joseph Mallon	87 OREG	50:08.99	1 200 Medley OREG	2:01.74
4	50 Free	Gilbert Young	86 OREG	48.48	Wes Edwards (55)	Jim A Ivelich (46)
3	100 Free	Gilbert Young	86 OREG	2:06.24	Brent C Washburne (47)	Doug Brockbank (55)
4	200 Free	Gilbert Young	86 OREG	4:30.39	3 200 Medley OREG	2:04.71
3	400 Free	Gilbert Young	86 OREG	9:26.09	Peter R Metzger (53)	Philipp A Djang (54)
3	800 Free	Gilbert N Young	86 OREG	19:04.90	Kent B Westphal (52)	Gary M Oliver (51)
2	50 Back	Gilbert N Young	86 OREG	1:04.64	6 200 Medley OREG	2:09.44
2	50 Breast	Gilbert N Young	86 OREG	1:11.60	David L Hathaway (48)	Bill Sumerfield (48)
2	100 Breast	Gilbert N Young	86 OREG	2:46.70	Jim D Rabe (48)	Vern E Dasch (59)
<b>Relays</b>					8 200 Medley OREG	2:10.69
<b>Men 72-99</b>					John J O'Shea (45)	Charles R Taylor(52)
1	200 Free OREG	1:45.99		Charles B Dwight (53)	Mike W Peyton (53)	
Brock C Johns (24)				<b>Men 240-279</b>		
Kennison C Tracy (19)				1 200 Free OREG	1:45.90	
<b>Men 100-119</b>					Mike J Tennant (55)	Tom Landis (66)
2	200 Medley OREG	1:58.38		Robert S Smith (65)	Wes Edwards (55)	
Colin C Wallace (30)				2 200 Free OREG	1:53.60	
Kris C Asleson (20)				Vern E Dasch (59)	Jon Stout (62)	
2	400 Free OREG	4:05.70		Douglas C Prentice (60)	Bob A Bruce (60)	
Kevin Pearson (26)				8 200 Free OREG	2:13.95	
Nathan Boal (31)				Jim Teisher (59)	Jed Cronin (60)	
1	400 Medley OREG	4:42.79		David Head (60)	Roy Lambert (62)	
Kevin Pearson (26)				1 200 Medley OREG	2:11.13	
Kevin Cleary (25)				Bob Bruce (60) Steve Mann (56)	Mike Tennant (55)	
<b>Men 120-159</b>					David Radcliff (74)	
2	200 Free OREG	1:41.43		4 200 Medley OREG	2:20.42	
William J Fitzpatrick (35)				Brent Scoville (51)	Allen Stark (59) Bert	
Kris C Asleson (20)				Petersen (70) Charles Beauregard (61)	(61)	
Joaquin B Romera (34)				6 200 Medley OREG	2:23.71	
Brock C Johns (24)				Thomas M Macaulay (59)	Roy D Lambert (62)	
Kevin Cleary (25)				Jed P Cronin (60)	Douglas Prentice (60)	
<b>Men 120-159</b>					1 400 Free OREG	4:16.64
2	200 Free OREG	1:41.43				
William J Fitzpatrick (35)						
Kris C Asleson (20)						
Kevin M Pearson (26)						
Joaquin B Romera (34)						
Brock C Johns (24)						
Kevin Cleary (25)						
Brock Johns (24)						
Joaquin Romera (34)						
Nathan Boal (31)						
<b>Men 120-159</b>						
2	200 Free OREG	1:41.43				
William J Fitzpatrick (35)						
Kris C Asleson (20)						
Kevin M Pearson (26)						
Joaquin B Romera (34)						
Brock C Johns (24)						
Kevin Cleary (25)						
Brock Johns (24)						
Joaquin Romera (34)						
Nathan Boal (31)						
<b>Men 120-159</b>						
2	200 Free OREG	1:41.43				
William J Fitzpatrick (35)						
Kris C Asleson (20)						
Kevin M Pearson (26)						
Joaquin B Romera (34)						
Brock C Johns (24)						
Kevin Cleary (25)						
Brock Johns (24)						
Joaquin Romera (34)						
Nathan Boal (31)						
<b>Men 120-159</b>						
2	200 Free OREG	1:41.43				
William J Fitzpatrick (35)						
Kris C Asleson (20)						
Kevin M Pearson (26)						
Joaquin B Romera (34)						
Brock C Johns (24)						
Kevin Cleary (25)						
Brock Johns (24)						
Joaquin Romera (34)						
Nathan Boal (31)						

Tom Landis (66) Robert Smith (65)	Wes Edwards (55) Mike Tennant (55)	6 200 Free OREG	2:12.73
1 400 Medley OREG	4:55.69	Katie B McNeil (40) Alison B Moore (38) (39)	Anicia Criscione (35) Deborah A Topp
Robert Smith (65) Tom Landis (66)	Allen Stark (59) Mike Tennant (55)	8 200 Free OREG	2:18.29
Men 280-319		Donna Buck (49) Evelyn Pryor (31)	Pam Snider (47) Erin Popelka (27)
1 200 Free OREG	2:04.45	3 200 Medley OREG	2:20.20
David A Radcliff (74) Bert L Petersen (70)	George D Thayer (72) Karl E Von Tagen (65)	Tori M Barber (36) Deborah A Topp (39)	Aubree M Gustafson (27) Kristin K Preston (43)
7 200 Free OREG	2:45.42	6 200 Medley OREG	2:29.00
Richard H Sylva (70) Oscar A Flores-Fiol (70)	Jon D Schieltz (70) Brent L Lake (70)	Brianna Showell (29) Stephanie Elwonger (30)	Susie Young (39) Michelle Macy (31)
1 200 Medley OREG	2:24.84	9 200 Medley OREG	2:35.15
George D Thayer (72) Bert L Petersen (70)	Karl E Von Tagen (65) David Radcliff (74)	Pam B O'Shea (40) Megan M Lassen (38)	Cathy Law (41) Kirsten L Roberts (39)
4 200 Medley OREG	2:43.64	<b>Women 160-199</b>	
Milton R Marks (78) Ronald K Nakata (69)	David J Keudell (68) Oscar A Flores-Fiol (70)	1 200 Free OREG	1:59.40
2 800 Free OREG	11:33.94	Arlene Delmage (46) Dianne Viales (46)	Mary J Caswell (47) Valerie Jenkins (45)
Tom Landis (66) George Thayer (72)	Brent Lake (70) David Radcliff (74)	5 200 Free OREG	2:04.08
<b>Men 320-359</b>		Kristine M Senkier (38) Lynn A Squires (44)	Stephanie Simmons (42) Megan M Lassen (38)
2 200 Free OREG	2:55.34	9 200 Free OREG	2:09.09
Willard J Lamb (86) Gilbert N Young (86)	Lee J Miesen (81) Milton R Marks (78)	Jayna Tomac (36) Janette Wells (36)	Stephanie Schultz (42) D Stuntzner-Gibson (46)
1 200 Medley OREG	3:17.65	1 200 Medley OREG	2:07.91
Brent L Lake (70) Andrew W Holden (89)	Lee J Miesen (81) Willard J Lamb (86)	Valerie G Jenkins (45) Stuntzner-Gibson (46)	Jayna M Tomac (36) D Ellen Ferguson (46)
<b>Women 72-99</b>		6 200 Medley OREG	2:31.58
6 200 Free OREG	2:23.18	Jeanna Summers (54) Alison B Moore (38)	Mary J Caswell (47) Elizabeth A Watkins (43)
Amanda Fay (23) Emma Katz (23)	Jordan Sies (23) Kristan Dauble (23)	10200 Medley OREG	2:39.17
7 200 Free OREG	2:33.36	Meg M Frey (41) Dianne Viales (46)	Nancy C Vincent (49) Tia Sitton (46)
Lindsey Husk (25) Jennifer Olsen (24)	Christa Evanoff (27) Denise DeLeone (21)	<b>Women 200-239</b>	
5 200 Medley OREG	2:32.45	1 200 Free OREG	2:00.69
Emily K Peters (26) Denise R DeLeone (21)	Megan E Stratman (23) K Shortt-Harder (24)	Karen Andrus-Hughes (51) Laura E Harsey (50)	Donna Buck (49) Robin B Parisi (54)
7 200 Medley OREG	2:41.37	8 200 Free OREG	2:28.63
Jordan Sies (23) Amanda Fay (23)	Kristan Dauble (23) Emma Katz (23)	Mary Anne Royle (56) Kathy Marsh (41)	Arlene Delmage (46) Carol Stark (60)
<b>Women 100-119</b>		9 200 Free OREG	2:36.04
2 200 Free OREG	2:01.04	Kathy Eckert-Mason (51) Christina Fox (48)	Elke Asleson (56) Elizabeth Budd (54)
Aubree M Gustafson (27)	Jennifer N Alden (29)	10 200 Free OREG	2:36.94
Gina M Dhom (30)	Brianna Showell (29)	Mary Phillips (50) Teri Hendryx (55)	Cynthia Larkin (49) Diane Cardwell (57)
5 200 Free OREG	2:05.85	1 200 Medley OREG	2:10.98
Elise M Fischbach (26) Kelsey E Shortt-Harder (24)	Rachel E Tyler (29) Emily K Peters (26)	Karen Andrus-Hughes (51) Arlene Delmage (46)	Becky C Oblatz (49) Robin B Parisi (54)
6 200 Free OREG	2:18.54	5 200 Medley OREG	2:34.03
Melissa Snyder (21) Lynn R Snyder (52)	Emily L Snyder (19) Megan E Stratman (23)	Barb Harris (48) Deidre Cherzan (52)	Teri Hendryx (55) Mary Phillips (50)
3 200 Medley OREG	2:24.09	10200 Medley OREG	2:40.08
Melissa Snyder (21) Gina M Dhom (30) (23)	Erin M Popelka (27) Kelsey C Bowen	Christina M Fox (48) Susan E Harrington (51)	Christy S Hartman (55) Cindy Van Dijk (49)
8 200 Medley OREG	2:35.77	<b>Women 240-279</b>	
Emily Peters (26) Nina Newby (20)	Aubree Gustafson (27) Jennifer Billings (27)	4 200 Free OREG	2:25.82
<b>Women 120-159</b>		Janet Gettling (60) Sandi Rousseau (61)	Joy Ward (66) Barbara Frid (66)
3 200 Free OREG	2:07.75	1 200 Medley OREG	2:42.17
Brianna Showell (29) Michelle Macy (31)	Julie Peterson (33) Susie Young (39)	Joy Ward (66) Ginger L Pierson (62) Sandi Rousseau (61)	

Barbara Frid (66)		Dennis Baker (47)	Keith Peters (43)
10 200 Medley	OREG3:48.33	<b>Mixed 200-239</b>	
Kaleo Schroder (72)	Peggy Whiter (65)	1 200 Free OREG	1:51.33
Kathy DeGree (58)	Diane Cardwell (57)	Mike J Tennant (55)	K Andrus-Hughes (51)
<b>Women 280-319</b>		Robin B Parisi (54)	Philipp A Djang (54)
8 200 Medley OREG	7:00.78	10 200 Free OREG	2:02.07
Barbara J Glancy (76)	Cynthia H Rosik (75)	Arlene Delmage (46)	Mary Anne Royle (56)
Elfie J Stevenin (87)	Geraldine L Kawabata (74)	Wes Edwards (55)	Douglas Kabel (43)
<b>Mixed 72-99</b>		4 200 Medley OREG	2:13.83
5 200 Medley OREG	2:14.96	Lincoln Djang (49)	Colette Crabbe (52)
Kelsey E Shortt-Harder (24)	Kris C Asleson (20)	Mark Wren (50)	K Andrus-Hughes (51)
Greg Henselman (22)	Aubree M Gustafson (27)	5 200 Medley OREG	2:15.43
<b>Mixed 100-119</b>		Wes Edwards (55)	Allen Stark (59)
2 200 Free OREG	1:49.73	Arlene Delmage (46)	Kathy Marsh (41)
Michael H Burton (28)	Jennifer N Alden (29)	7 200 Medley OREG	2:19.74
Aubree M Gustafson (27)	Kevin M Sivertson (33)	Philipp A Djang (54)	Christy Hartman (55)
6 200 Free OREG	2:01.85	Peter R Metzger (53)	Cindy Van Dijk (49)
Kraig Erickson (37)	Jordan Sies (23)	8 200 Medley OREG	2:21.58
Amanda Fay (23)	Scott Reese (36)	Doug Brockbank (55)	Robin B Parisi (54)
7 200 Free OREG	2:02.24	Stephen D Kevan (54)	Elizabeth Budd (54)
Timothy Waud (41)	Nina Newby (20)	10200 Medley OREG	2:22.10
Emily Peters (26)	Brian Nagle (23)	Mary Anne Royle (56)	Charles R Taylor (52)
3 200 Medley OREG	2:07.95	Laura E Harsey (50)	Charles B Dwight (53)
Jennifer N Alden (29)	John S Kinder (36)	1 400 Medley OREG	4:41.46
Erin M Popelka (27)	Kennison C Tracy (19)	Karen Andrus-Hughes (51)	Patrick Allender (50)
5 200 Medley OREG	2:12.36	Arlene Delmage (46)	Mike Tennant (55)
Kevin M Pearson (26)	Brianna Showell (29)	<b>Mixed 240-279</b>	
Kevin H Cleary (25)	Rachel E Tyler (29)	3 200 Free OREG	2:05.17
8 200 Medley OREG	2:19.28	Robert S Smith (65)	Janet Gettling (60)
David Hathaway (48)	Aubree Gustafson (27)	Sandi Rousseau (61)	Bob A Bruce (60)
Brian Nagle (23)	Nina Newby (20)	9 200 Free OREG	2:16.09
9 200 Medley OREG	2:27.26	George Thayer (72)	Deidre Cherzan (52)
Scott Reese (36)	Kraig Erickson (37)	Teri Hendryx (55)	Tom Landis (66)
Amanda Fay (23)	Jordan Sies (23)	10 200 Free OREG	2:18.46
2 400 Medley OREG	5:19.02	Barbara Frid (66)	Joseph Wyatt (58)
Evelyn Pryor (31)	Erin Popelka (27)	Jeanne Teisher (57)	Jim Teisher (59)
Nathan Boal (31)	Kevin Pearson (26)	6 200 Medley OREG	2:32.58
<b>Mixed 120-159</b>		Barb Harris (48)	Teri Hendryx (55)
3 200 Free OREG	1:48.68	Tom Landis (66)	George Thayer (72)
William J Fitzpatrick (35)	Jayna M Tomac (36)	8 200 Medley OREG	2:33.98
Nikki L Weeks (36)	Curtis L Taylor (37)	Joy Ward (66)	Ginger Pierson (62)
8 200 Medley OREG	2:11.68	Doug Brockbank (55)	Buz Carriker (61)
Tori M Barber (36)	David L Hathaway (48)	Mixed 280-319	
Erin E Kirkwood (31)	Curtis L Taylor (37)	1 200 Free OREG	2:21.55
10 200 Medley OREG	2:12.86	Joy Ward (66)	Barbara Frid (66)
John J O'Shea (45)	Nikki L Weeks (36)	Willard J Lamb (86)	Tom Landis (66)
Kevin M Sivertson (33)	Stephanie L Elwonger (30)	4 200 Free OREG	2:35.42
<b>Mixed 160-199</b>		Bert L Petersen (70)	Susanne Schumann (71)
1 200 Free OREG	1:48.64	Geraldine L Kawabata (74)	David A Radcliff (74)
Troy A Drawz (40)	Arlene Delmage (46)	2 200 Medley OREG	2:34.68
Valerie G Jenkins (45)	Eric Wan (42)	Joy Ward (66)	Ginger L Pierson (62)
1 200 Medley OREG	2:00.86	Tom Landis (66)	Willard J Lamb (86)
Valerie G Jenkins (45)	Timothy P Waud (41)	1 400 Free OREG	5:24.15
Arlene Delmage (46)	Eric Wan (42)	Willard Lamb (86)	Joy Ward (66)
8 200 Medley OREG	2:11.60	Barbara Frid (66)	Tom Landis (66)
Gano Butcher (44)	Donna Buck (49)	1 400 Medley OREG	6:03.51
Troy A Drawz (40)	Ellen Ferguson (46)	Joy Ward (66)	Ginger Pierson (62)
1 400 Free OREG	4:18.68	Tom Landis (66)	Willard Lamb (86)
Arlene Delmage (46)	Karen Andrus-	<b>Mixed 320-359</b>	
Hughes (51)David Hathaway (48)	Gano Butcher (44)	1 200 Medley OREG	6:16.54
1 400 Medley OREG	4:32.30	Geraldine Kawabata (74)	Rupert Fixott (87)
Valerie Jenkins (45)	Jayna Tomac (36)	Elfie Stevenin (87)	Bill King (75)

## Who is “OPEN” Swim?

About a year ago, Oregon Masters acquired a new swim team. Nothing too exciting about that! But, this team is a little different: OPEN.

OPEN has wonderful coaches, several workouts per day any day of the week and the pool's just around the corner. The coach is the person in the mirror, the pool is the one that you choose and the time is whenever you feel like it. For competition however, since we can't all have it our way, a niche was borne, and a team has formed!

OPEN was formed with two goals in mind. OPEN members noticed that swimmers from rural areas of the state inherently had problems generating enough members for a team or to participate in the relays, which can be some of the most fun parts of events. The goal of OPEN was that by encouraging participation in more events, Oregon Masters Swimming could in turn be grown. So if you're tired of hanging out alone at meets, if you need camp-mates for open-water or if you want to be part of a relay team, your problems are over! OPEN is now a solution!

### Growing Oregon Masters Swimming!

A small group of us swimmers wanted to form a team that could actively grow Oregon Master Swimming. We use the acronym “OPEN”, the Oregon Pool-less Elite Narwhals (hey, the acronym works!). As the name implies, we are “open” to any swimmer, anywhere, because like relays, it just doesn't work by yourself.

We swim, because it's fun and we like our fun! Most of all OPEN is an uncoached group of swimmers whose primary focus is to grow participation in OMS while promoting competition and camaraderie based on a list of simple fundamentals:

- Involvement in Pool and Open Water competitions.
- Coaching and encouragement within the group.
- Opportunity for competition, including relay placement for individuals or teams without enough swimmers to form a relay team.
- Respect and encouragement among teammates.
- Regular opportunities for fun and socializing.
- Recruitment of new swimmers for OMS and OPEN.

So how does OPEN work and where do we swim?

Currently OPEN has members swimming in 9 different pools in 3 different states. “Oregon Masters” you say, but it works and that's how we work.

Locally, in the metro-Portland area we typically email each

other and set a workout time, day and pool. We have a weekly “team” practice on Saturday mornings at North Clackamas Aquatic Center. This is immediately followed by a “hot tub debriefing”, followed by visit to the local Starbucks! Once there, we solve all the mysteries of life and ponder which pub we should obtain beer from for that month!

About 6 of us regularly swim at NCMS during the week at 6 am. Five others of us practice at Oregon City at different times. Others on our team swim in Hillsboro, OHSU and the 24-hour fitness centers. Some of us train with other teams, and compete with OPEN. Occasionally, we'll travel under the radar to other teams' pools for our own practice!

So what?

What's all this supposed to mean? It means if you'd like to swim at the nearest or most convenient pool, do so! We'll connect you with other swimmers in your area. And when it's time to compete, we hope you'll join us!

How do we grow OMS?

New swimmers or those that want to be often contact us. If we can find an OMS team that is more suited for the driving convenience or location of that swimmer, we'll connect them with that team's coach. We mean it and we've already done it! We will do our part for Oregon Masters!

- If you live or swim in an area with no established masters team-think OPEN!
- Some members really get pumped up for the open water swims, some of us do both!
- If you're a new masters swimmer looking for a team-think OPEN!
- If you're not content with your present masters team-think OPEN!
- If your present team isn't into competition and you'd like to swim relays and compete in meets with great team mates-think OPEN!
- You can still train with your other team, you'll just compete at the OMS championships as a proud member of OPEN!

Oh yes, and one more caveat, we occasionally do hire “guest” coaches! So, if you are a coach we may contact you before you volunteer!

OPEN (the Oregon Pool-less Elite Narwhals) can be found on the web at: <http://omsnarwhals.wordpress.com>

We can also be linked thru OMS teams and the Watering Hole and we look forward to meeting you!

*Lou Boone and Jackie Parker*



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

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

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

<b>Highlight Teams have registered for 2009</b>	Downtown Athletic Club    DAC	Multnomah Athletic Club    MAC	Salem YMCA Masters    SYM
Albany YMCA Tiger Master Sharks    YTSM	Emerald Aquatics    EA	Newport Masters    NST	<b>Seaside Masters</b> SM
Baker Area Seasoned Swimmers    BASS	<b>Fit Athletes Swimmers &amp; Triathletes</b> FAST	Nike Masters    NIKE	Sherwood YMCA Dragons    SYD
Canby Masters    CBM	Fishsticks    FISH	<b>North Clackamas Masters</b> NCMS	Southern Oregon Masters    SOM
<b>Central Oregon Masters</b> COMA	Grass Valley Masters    GVAM	Oregon City Swim Team    OCST	<b>Swimmers in Sweet Home</b> SWISH
Chehalem Masters Swim Team    CMST	Klamath Basin Masters    KBM	<b>Oregon Pool-Less Elite Narwhals</b> OPEN	<b>Tornadoes Master Team</b> TOR
<b>Circumnavigating Beavers</b> CBAT	<b>LaCamas HeadHunters</b> LH	<b>Oregon Reign Masters</b> ORM	<b>Tualatin Hills Barracudas</b> THB
<b>Columbia Gorge Masters</b> CGM	Lebanon Masters    LM	Portland Comm. College Masters    PCCM	Umpqua Valley Masters    UVM
<b>Columbia River Masters</b> CRM	Lincoln City Masters    LCM	<b>Pendleton Masters</b> PEND	Western Oregon Univ.    WOU
<b>Corvallis Aquatic Masters</b> CAT	JMasters    MJCC	Riverplace Ath. Club (Tsunamis)    RAC	
	<b>Mittleman Jewish Comm. Cntr.</b> MJCC	<b>Rogue Valley Masters</b> RVM	

**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)

# 2009



Date	Event	Location	Contact
<b>Pool Meets</b>			
•March 21, 2009	SCY Pentathlon	-- Beaverton	----- Marisa Frieder----- mmfrieder@yahoo.com
April 4-5, 2009	-- NW Zone SCY Champs	-- Boise, ID	----- Wes Edwards ----- wesnad@comcast.net
•April 16-18	---- SCY Assn. Champs	- Bend-	-----
<b>Open Water Swims</b>			
•May 11, 2009	--- USMS 1 Mile Champ	----- Millerton Lake, CA	-----USMS.org
June 6, 2009	---- 800, 2000, 4000	----- Hagg Lake	
June 28, 2009	---- 1 mile	----- Foster Lake	
July 18-19, 2009	1500, 5 K	----- Applegate Lake	
July 31-Aug. 2, 2009	--3000, 500, 1500, 5 K	----- Elk Lake (Cascade Lake Swim)	
Aug. 16	----- 1500, 1000 Equipment, 500 Kick	----- Dorena Lake	
Aug. 22	----- 3000, 500, 1500 Assn. Champs	----- Eel Lake	
<b>National Championships</b>			
May 7-10	----- SCY USMS Champs	----- Clovis, CA	-----USMS.org
Aug. 6-10	----- LCM USMS Champs	----- Indianapolis, IN	-----USMS.org
<b>Postal Championships 2009</b>			
May 15 - Sept. 15	5K / 10K	-----	USMS.org
Sept. 15 - Nov. 15	3000 / 6000	-----	USMS.org
•ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER			

<b>Board Meetings</b> All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details. March 17 April 18 (contingent upon Association Meet date) May 19	July 12 (contingent upon Zone LCM Meet date) Aug. 18 Oct 9-10 Retreat (tentative)
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**Aqua Master**  
March 2009

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

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**Inside: Chehalem Meet, 3000/6000 Postal & Top Ten**