



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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“Swimming for Life”

## Getting Better With Age



David Radcliff is getting older, but apparently for David that doesn't translate to getting slower in the water. I predict he'll be rewriting the record books in a huge way this year in the M75-79 age group. Here's a preview: On March 7<sup>th</sup> in Victoria, BC he swam the 100, 400 and 800 LCM freestyles – setting new World Records in each event, all in one day. The word “obliterate” came to mind when I heard his record times:

100 free – 1:07.07 (record was 1:10.02)

400 free – 5:17.77 (record was 5:32.06)

800 free – 11:14.61 (record was 11:25.95)

BUT WAIT - keep reading, because the really astounding part follows. To set the stage, let's look back five years. In 2004 David had a “good” swimming year. In fact, he recorded 15 #1 pool times in his then M70-74 age group, and was awarded the Pool All Star Award! The truly inspiring part is that David's three World Record times this past March were all faster than the same events in 2004 when he was five years younger! ( note: It's difficult to write about David Radcliff without the generous use of exclamation points).

David headed back up to Canada in April, and the results will be history about the time this newsletter prints. The events at risk are the 50, 100, 200, 400, 800 and 1500 SCM freestyles. He will officially turn 75 on May Day (May 1<sup>st</sup>) - just in time for the USMS short course nationals in Clovis, California. Stay tuned for more news about David's record-breaking adventures in the June newsletter. *by Karen Andrus-Hughes, Guest Front Page Editor for the May Issue of the Aqua Master.*

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### Together, Dave and Nancy Radcliff

have reached another milestone -- 50 years of marriage as of April 10th!



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# Chair's Corner by Jody Welborn

When I said the times they were a changing, I didn't expect the changes that were coming. The membership of the OMS board is changing. We have been fortunate to have added some excellent new members to the Oregon Masters Swimming Board, but we are losing some longtime and valued members. Robbert Van Andel who has been our webmaster for many years is stepping down to devote time to his growing family (congratulations Robbert). This is an opportunity for those of you with web expertise to volunteer for a needed position. We are nothing without our website.

As has previously been announced, Dave Radcliff, long-time editor of the AquaMaster, is retiring this year. Words cannot possibly express what Dave has meant to the organization and to me personally. To me, Dave represents the best that swimming has to offer- talent, hard-work, integrity, education, friendship. He is part of the glue that holds OMS together and his loss will be tough to fill. Some day I hope to look at my son as a man and say, "You remind me of someone. Dave Radcliff!" And that will be the highest praise indeed. Thank you, Dave.

*and*  
**Remember,**

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



PS (from Jody) - the Brookings Pool is looking for any pools in Oregon that might have old lane lines that they are not using and would be willing to donate. So all you Masters check at your pools and see if they have any old lane lines. This would be a great way to help get a program going in Brookings. Please email me if you have any info regarding lane lines (jodywelborn@mac.com). Thanks.

## Thanks To Our Sponsors

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## Off the Block

Marisa Frieder

*Marisa Frieder, Meet Director for THB, takes the dive off the block this month.*

After two years as meet director for the Tualatin Hills Barracudas, I can safely say that the biggest challenge is finding enough trained officials to work the meet. The Head Referee, Starter and Stroke & Turn Judges must all be certified by USA Swimming in order for our swims to be officially recognized by USMS. Typically, we recruit from a pool of incredibly dedicated officials who work kids' meets just about every weekend of the year. When I call these people, I'm most likely asking them to give up their one free weekend off. It is a struggle, down to the morning of the meet, to find people to do me this huge favor.

The only way that this situation is going to change is if we Masters swimmers step up and train as officials. On any Saturday or Sunday in Oregon, there can be two or more age group meets taking place. Most meets are two-day events with two to four sessions requiring a minimum of 6 officials per session. In short, there is a huge demand for a very small pool of overworked people. Adding ourselves to this pool will make it easier for our own meet directors to arrange Masters meets. It could also ultimately reduce the strain on the existing officials and make them more likely to come work a Masters meet when we call them. Finally, having OMS swimmers who are officials boosts our visibility and gives us a connection to the broader Oregon swimming community.

Getting Masters swimmers certified as judges has become a personal mission, and to that end, I started training to be a Stroke & Turn judge in December. I'm one session away from my certification test and plan to be finished by the end of April. I've been told that this issue of training more judges has been discussed within OMS lately, and that it's met with some resistance. From what I've heard, there are three major objections:

1. Training takes too long. Wrong! To get certified, you must work 7 meet sessions, the last 2 of which must be with certified trainers. Within those 7 meets (or however many it takes), you must judge 3 relays as well as 2 sessions each of 5 groups of ages and competition level. In 6 sessions I've completed all of my requirements, and I did it in 3 weekends. Remember, a session lasts between 2 ½ and 4 hours, and there are two or three a day. With at least one 2-day meet most weekends, I could easily have met all my requirements in a month or two. I was told that the relays can be the most difficult to find, because not every meet includes these events. With a little research and planning, even this isn't an obstacle: I checked out the meets ahead of time and got all 3 of my relay sessions done in a single weekend, all close to home.
2. Recertification takes too long. Wrong! In order to stay certified, I'll need to work 30 hours in a two-year period and be retested. Considering that a meet session is anywhere from 2 ½ to 4 hours, this will mean working 3-5 sessions a year. Again, this could be accomplished in a single weekend. I think I can handle that.
3. We have to train at age group meets. True, but necessary. Training must take place at USA Swimming-sanctioned meets, and Masters meets aren't sanctioned. Judges have to be trained to recognize infractions and Masters swimmers, some of whom have been honing their strokes over decades, don't make the same mistakes at the same rates. Younger swimmers do make those mistakes, because they are just learning the things that our bodies now do automatically. You'll learn more in one heat at an age group meet than you will in 2 days at the OMS Associations meet.

The real negatives: The biggest difficulty I've faced in this training process is getting used to the language used in the rulebook. As a swimmer, I know just about all the rules, but I know them with my body. As a judge, I've got to be able to quote the rule that I saw violated, and it's important that I use the correct terminology. It can be difficult to find meet information because it's not readily available online, and sometimes the information doesn't give the actual location of the pool.

The positives: I've been shocked at how easy my training has been, and I was not expecting it to be this much fun. The trainers grill you on the rules, and we've had some really great philosophical conversations about what is and isn't within the rules. When we weren't judging, one of my trainers pointed out little technique tricks that I hope to incorporate in my own swimming. Having a better understanding of the rules and the philosophy of judging has also allowed me to relax a little bit when I see those white shoes at the end of my lane in a race. So in addition to improving the situation for my fellow meet directors, training to be a judge is even making me a better swimmer. And don't think I won't be using that the next time I'm in a lane next to you.

I challenge you, OMS members, to join me: Have fun, improve your swimming, and do our meet directors a favor. Go out and get certified as a Stroke & Turn judge!



# F i t n e s s

by

Helen  
Thurlow



## It's not About the Suit, It's About the Swimmer

The other day I was panicking to a colleague of mine that I needed the “right suit” for the Bend meet in April and I was rattling on if I should get a solid black or a mix of both gold, blue and black to match my team’s swim cap. And as I continued to talk about doing my nails and how I was having trouble with my turns during the backstroke, she just looked at me and stated it’s just a meet. I took a step back and thought how dare her, I needed to prove to others that I too can do this and I needed to train every day until the meet. That night after practice I was trying to shake off a headache I had had all day and as I went to bed my mental angst turned into my physical nightmare: I got the flu.

The following day as I lay there too sick to die I was angry with myself that I was going to miss the rest of the week of swimming. I popped open my phone to listen to any messages I had and my colleague left a message that just struck me: ***Helen, it's not about the suit, it's about the swimmer.***

We’ve all been there whether it’s a presentation at work, going back to school, or swimming in a meet, there’s that mysterious mental block usually in the shape of a 12x12 brick wall we slam into that prevents us to do our best.

Whether we swim for fitness or social means having those little negative blocks pop up once in a while hampers our goals to succeed. Sometimes all it needs is to have our goals to be too big or too unrealistic to create those walls. But the most common mental mistake that many of us make is focusing on the other swimmer, “our competitor”.

New and seasoned swimmers will throw their own swimming down the drain, because we tend to focus on the other lane. All the time we put in to train and all the energy went to the other swimmer. Sounds silly, but everyone has done it.

If we really want the focus to be on us and to knock down the wall we created maybe a little self-imagery would help. Pretend you are the only one in the pool and pull all the attention towards how you are swimming. Even at practice, if you try this you would be amazed at your results.

Still feel mentally trapped? Ask yourself who is in control. Is it the swimmer in lane 8, the person in the locker room who “made a look” at the suit you were wearing or is it you! No other person in the room can be in control of you. Only you can control yourself.

So why am I freaked out about Bend? It’s a new thing for me. As some of you know, I’m new to swimming and like when I

was a kid in school I don’t want to be the last one chosen in PE class, I just want to be chosen. Kay Porter, the author of *The Mental Athlete* stated when an athlete is new to the sport “they learn to accept the responsibility for playing or not playing and that they are in control of their feelings.” That’s huge for someone who is always competitive and to come to grips that he/she is not the athlete they once were. You must instill a feeling of self-trust; at all levels, physically, mentally, and emotionally, you got to know what is comfortable and uncomfortable.

Sigh, I know what you guys are about to say. I’m writing this article about mental blocks that take control of us and I’m the one who is mentally stuffed. Take control, ignore the other swimmers. It’s not as easy as I write this, if we ignore all the other things that are in “our way”; we can all reach our goals.

Really, is it all about the suit? Sure I would look smashing in a new TYR or Speedo, but it’s about how I feel inside, that’s going to make the suit look good.

Whether you dive from the blocks, the side or start in the water. When the referee says: ***Swimmers Take Your Mark!*** I’m definitely going to be taking mine. Are you?

P.S. There is a huge sale at Big 5 Sports and I just bought 5 new suits. ☺

(Endnotes)1 *The Mental Athlete*, Kay Porter, *Feeling External Pressures\**, Thursday, July 10, 2008, [www.maxpreps.com](http://www.maxpreps.com)



### Meet Helen Thurlow - your new Fitness Editor.

*A former hotel pool swimmer, I ran competitively in Cross Country and Track at Gresham High School, played little league softball and played soccer until a career ending knee injury in 2007. I earned my education degree at the University of Portland and after a career in teaching in both the school and medical settings, I currently enjoy working for Portland Parks and Recreation as a fitness instructor, lifeguard, swim instructor, swim coach and as a recreation service representative. Whew, when I'm not doing all of that I love swimming in a real pool and enjoying the outdoors.*

# Shake and Swim with “Bake”

## A Little Stretch Goes a Long Way

Coach Dennis Baker

Stretching is so important to any athlete but to the sport of swimming it is paramount. A swimmer must stay loose in a race, or practice, as long as possible. As we age the loss flexibility is inevitable. However keeping a good routine of stretching and core work can do wonders. The problem I see a lot with Masters Swimmers is trying to do too much. Here is an example of what our team does together on weekends before we get in the pool and some helpful hints along the way:

- 1) On a mat we get into child's pose and relax for a few minutes.
- 2) Come up on all fours, knees under hips, hands under shoulders and do some cat breathing. Inhale up and hunch back, let out air and let tummy hang to the floor. We do 10 of these very slow.



- 3) Roll on back and bring one leg up at a time and stretch the hamstrings.
- 4) 3 sets of 30 bicycle sit ups then streamline stretch.
- 5) Stand up and do 30 easy body twists swinging the arms lightly.



- 6) 3 sets of 10 squats with arms out straight



forward.

swimgraphics.com



- 7) Up against the wall we stretch legs, thighs, chest muscles.



This routine varies a little throughout the year but is designed to warm you up and stretch you out. This can be done before workouts or a race. The cat breathing is helpful at meets if you are nervous. When we are nervous our breathing shortens and the cat breaths really help you get back to a normal breath cycle.

Lastly, don't over stretch. I observe this many times at swim meets. Over stretching will tire you out before you have gotten up on the blocks so be aware of what you are doing. Again we get nervous and don't realize that we have done too much. When stretching back of the legs against the wall don't bend over. Keep your back straight with good posture and do a push up against the wall. Imagine that you have a full glass of water strapped to the front of your chest and you don't want to let any water fall out. This will prevent any over stretching and neck and back injuries. Keep it simple and easy and don't do too much and you will be well on your way to some better swimming.

# Long Distance Swimming



Bob  
Bruce



The coming of spring reminds us that summer is not far away, and with it the 2009 Oregon open water season. Here is a description of each venue's open water offerings this summer with basic camping and parking information, so that you can plan ahead and reserve your campsites early!

1. Hagg Lake (Sunday, May 31): The Gecko Tri Club, with assistance from OMS liaisons Tim Cespedes and Jim Teisher from the Tualatin Hills Barracudas, will host their annual swims at Hagg Lake on our earliest season opening date ever. There are three separate swims of 800, 2000, and 4000-meters, the 2000 & 4000 counting towards the Oregon Open Water Swim Series. Look for water temperatures around 60, so there will be no wetsuit deduction for race or series scoring. We encourage swimmers to bring extra or old wetsuits for loan to those who may need them. Meet information and entry will be available online at [www.geckotriclub.com](http://www.geckotriclub.com). This is a fine way to kick off the summer season.

On Saturday, May 30, in conjunction with this swim, the Barracudas will also be presenting an open water clinic. The clinic is titled "Getting started with Open Water Swimming and the Possibilities," and the featured speakers will be Michelle Macy, Joe Oakes, and Tim Cespedes. Details may be found at <http://www.barracudas.org/index.htm>.

There is no camping available at or near Hagg Lake, a situation ameliorated somewhat by the Lake's proximity to the Portland Metro area. The McMenamins Grand Lodge in Forest Grove is the closest overnight accommodation; call 877-992-9533. Note: The race venue at Hagg Lake has a \$5 day use fee.

2. Foster Lake (Saturday, June 27): Host team Central Oregon Masters and Event Director Bob Bruce are bringing back the swims at Foster Lake, with an eye towards interesting possible developments in years ahead. We anticipate cool water (mid to upper 60s),

so there will be no wetsuit deduction for the Oregon Series, and swimmers are encouraged to bring extra or old wetsuits for loan to those who may need them. The swims this year include 1000 & 2000-meter swims, run simultaneously, either counting towards the Oregon Series. Next up will be the popular 3 x 400-meter pick-up pursuit relay, followed by the 50 or 100-meter Tandem Challenge for dogs and their significant others! See [www.comaswim.org](http://www.comaswim.org) for full details.

Foster Lake is a centrally-located venue within two hours of most Oregon lake swimmers and the registration begins at 9:00am, which will allow many swimmers to travel to and from the venue on the day of the event. However, for those with camping in mind, Sunnyside Park is a fully-equipped Linn County campground 1.2 miles from the race site. Tent sites are \$13/night and hold up to 8 people. Hookup sites are \$18/night plus \$11 reservation fee/site. Call 541-967-3917. Note: The race venue at Lewis Creek County Park has a \$3 parking fee.

3. Applegate Lake (Saturday-Sunday, July 18-19): Event Directors Nate Sanford and host team Rogue Valley Masters (RVM) are on course for the 24<sup>th</sup> annual Southern Oregon open water swims at Applegate Lake. Saturday features the classic 1500-meter race and a 3 x 500-meter pursuit relay like last year. Sunday's event will be a 5000-meter swim, which is perfect in this venue due to the clear and balmy 75 degree water. Look forward to hot weather, fine camping & other recreational opportunities (bring your mountain or road bike), and the ever-bountiful RVM picnic and hospitality. This year more than ever, RVM needs your support to help the cash-strapped Southern Oregon University Pool stay open for the community and for RVM to train during the year. So come swim in the lake, bring a friend, and have fun!

RVM has reserved all 10 tent camping sites and 4 self-contained RV camping spaces (there are no hookups) at race site Hart-Tish Park. You can reserve a spot on the entry form; \$15/site/night which includes day use and a \$7 Day Use Pass at Hart-Tish Park is available at the park concessionaire; for information call 541-899-9220 or [www.applegatelake.com](http://www.applegatelake.com). If you want something more scenic and secluded away from the race site you can reserve a camping spot at Beaver Sulfer campground at [www.reserveamerica.com](http://www.reserveamerica.com). Note: The race venue at Hart-Tish Park has a \$7 day use fee.

4. Cascade Lakes Swim Series & Festival at Elk Lake



(Friday-Sunday, July 31 & August 1-2): Event Director Bob Bruce and host team Central Oregon Masters will present another edition of this major event, which will retain the traditional ‘five swims in three days’ format. Start your festival late Friday afternoon with a 3000-meter swim and a snack buffet. Saturday will feature the traditional individual-start 500-meter sprint and the 1500-meter race. Sunday will open with the 5000-meter swim and conclude with the tactically-challenging 1000-meter swim with small group send-offs. There are cumulative awards for the three-swim Short and Long Series, as well as Survivor awards for those maniacs who complete all five swims. COMA promises a festival atmosphere with fun family-oriented events and the usual groaning hospitality table. See [www.comaswim.org](http://www.comaswim.org) for full details.

Alas, the Group Camping Site at Little Fawn is NOT AVAILABLE this year. All other camping sites at Elk Lake are on a first-come basis, so send a teammate early to secure sites. Nearby lakes offer reserved sites through [www.recreation.gov](http://www.recreation.gov). For cabins at the lake, go to [www.elklakeresort.com](http://www.elklakeresort.com). Bend and Sunriver offer many lodging choices at various price levels, but reserve your place EARLY—there are other big events in Bend on this weekend. Parking near the Lake will be limited to pullouts off the Cascade Lakes Highway and nearby campsites; there will be a shuttle van to help you get to the race site.

5. Dorena Lake (Sunday, August 24): We’ll start our day at Dorena Lake with the classic 1500-meter swim, a qualifying swim for the Oregon Series. Then we’ll move to the popular all-equipment-legal 1000-meter race and exhaust our legs with the kicking-only 500-meter races. The meeting will conclude with a picnic.

There are many individual sites available at Schwarz Park, just below the dam that creates the lake, and they should be reserved soon by calling 877-444-6777. The rules require a minimum two night stay, and you can have 3 vehicles and 3 tents with up to 8 people, or one camper/trailer/RV and 2 tents for each site, at \$12/night. The campground has flush toilets & showers, and is only four miles from Cottage Grove & two miles from the race site. Dogs are allowed in the campground—always on a leash of 6 feet or less—but not at the race site. There is an additional campground at Baker Bay directly across the lake from the race site that has single camp sites, is on the lake, and has a boat ramp. Call 541-942-7669 for reservations there.

6. Eel Lake (Saturday, August 22): Event Director Ralph

Mohr will bring back the swims at Eel Lake after a three-year hiatus due to conflicting championship events. Camp at Tugman State Park, swim three races on Saturday morning, party in downtown Coos Bay at the renowned Blackberry Arts Festival in the afternoon, and walk on the beach in the evening. A great way to end the Oregon Open Water Swimming season. The swimming will start at 9:00am with a two-circuit 3000 meter swim featuring the notorious swim/run corner, followed by the mystery “Everyone-Wins-A-Prize” 500-meter swim. The final race will be the Oregon individual and team Association Championship 1500-meter. The 1500 & 3000-meter swims qualify for the Oregon Series. The event will conclude with a picnic lunch and the annual season-ending Oregon Open Water Series and Mike Morehouse Awards.

Camping reservations at Tugman State Park can be made at Reservations Northwest at (800) 452-5687 or <http://www.oregon.gov/OPRD/PARKS/reserve.shtml>. Reserve early, especially for yurts. For further info on the event or other camping in the area, contact Ralph Mohr at [rmohr1565@charter.net](mailto:rmohr1565@charter.net) or 541-269-1565.

As always, the Oregon open water season offers variety...

- Six attractive venues—mountain lakes and various scenic reservoirs.
- Venue formats—four single-day, one two-day, and one three-day meeting.
- Race distances—20 total swims ranging from 500 to 5000-meter distances.
- Race courses—out-and-back to triangular to free-form.
- Race formats—individual-start to small group to traditional mass start.
- Novelty events—equipment to kicking to relay to dogs.
- Water temperatures, from low 60s to mid 70s.
- Most importantly, the great variety of friends who will come together again this summer to swim, camp, and frolic in the fellowship that is Oregon open water swimming.

We have an active, challenging, and fun Oregon open water season planned for you. Look for entry information and details about the Oregon Open Water Series in the OMS newsletter *Aqua Master*, on the OMS website [www.swimoregon.org](http://www.swimoregon.org), or on the individual team websites listed above. Please join us for a wonderful summer of fitness, fellowship, and fun!

Good luck and good swimming!

# Pentathlon - Beaverton - March 21, 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 OR	26.17
2 Somera, Christine	23 OR	26.27
3 Macdonald, Helen	23 OR	28.35
4 Pidkowicz, Jen	24 OR	31.67
100 Yard Freestyle		
1 Bowen, Kelsey	23 OR	1:00.38
2 Schmidt, Ashley	24 OR	1:03.14
200 Yard Freestyle		
1 Pidkowicz, Jen	24 OR	2:40.15
50 Yard Backstroke		
1 Willia, Briana	22 OR	31.91
2 Somera, Christine	23 OR	33.51
3 Macdonald, Helen	23 OR	35.42
100 Yard Backstroke		
1 Schmidt, Ashley	24 OR	1:13.07
2 Bowen, Kelsey	23 OR	1:13.60
50 Yard Breaststroke		
1 Willia, Briana	22 OR	35.64
2 Somera, Christine	23 OR	37.45
3 Macdonald, Helen	23 OR	39.16
100 Yard Breaststroke		
1 Bowen, Kelsey	23 OR	1:22.22
2 Schmidt, Ashley	24 OR	1:26.92
50 Yard Butterfly		
1 Willia, Briana	22 OR	28.74
2 Somera, Christine	23 OR	29.43
3 Macdonald, Helen	23 OR	31.05
100 Yard Butterfly		
1 Bowen, Kelsey	23 OR	1:10.17
2 Schmidt, Ashley	24 OR	1:13.30
100 Yard IM		
1 Willia, Briana	22 OR	1:05.66
2 Somera, Christine	23 OR	1:08.21
3 Macdonald, Helen	23 OR	1:15.36
200 Yard IM		
1 Bowen, Kelsey	23 OR	2:29.89
2 Schmidt, Ashley	24 OR	2:40.97

**Women 25-29**

50 Yard Freestyle		
1 Muller, Alli	27 OR	28.73
100 Yard Freestyle		
1 Gustafson, Aubree	27 OR	1:01.00
2 Thayer, Kathleen	29 OR	1:04.55
50 Yard Backstroke		
1 Muller, Alli	27 OR	35.81
100 Yard Backstroke		
1 Thayer, Kathleen	29 OR	1:13.94
50 Yard Breaststroke		
1 Muller, Alli	27 OR	38.76
100 Yard Breaststroke		
1 Thayer, Kathleen	29 OR	1:24.82
200 Yard Breaststroke		
1 Gustafson, Aubree	27 OR	2:46.16
50 Yard Butterfly		
1 Muller, Alli	27 OR	33.07
100 Yard Butterfly		
1 Gustafson, Aubree	27 OR	1:11.68
2 Thayer, Kathleen	29 OR	1:24.18
100 Yard IM		
1 Gustafson, Aubree	27 OR	1:09.13
2 Muller, Alli	27 OR	1:14.81

## 200 Yard IM

1 Thayer, Kathleen	29 OR	2:48.19
<b>Women 30-34</b>		
50 Yard Freestyle		
1 Whyte, Erika	32 OR	25.73
2 Harrison, Elizabeth	34 OR	45.12
100 Yard Freestyle		
1 Pryor, Evelyn	32 OR	1:05.70
2 Casey, Anna	32 OR	1:16.17
3 Harrison, EliZ.	34 OR	1:35.91
200 Yard Freestyle		
1 Harrison, Eliz.	34 OR	3:23.36
50 Yard Backstroke		
1 Whyte, Erika	32 OR	32.11
100 Yard Backstroke		
1 Pryor, Evelyn	32 OR	1:20.46
50 Yard Breaststroke		
1 Whyte, Erika	32 OR	34.90
2 Casey, Anna	32 OR	45.09
100 Yard Breaststroke		
1 Pryor, Evelyn	32 OR	1:31.24
50 Yard Butterfly		
1 Whyte, Erika	32 OR	27.76
2 Casey, Anna	32 OR	40.57
3 Harrison, Eliz.	34 OR	57.24
100 Yard Butterfly		
1 Pryor, Evelyn	32 OR	1:17.75
200 Yard Butterfly		
1 Casey, Anna	32 OR	3:07.48
100 Yard IM		
1 Whyte, Erika	32 OR	1:05.83
2 Harrison, Eliz.	34 OR	2:05.40
200 Yard IM		
1 Pryor, Evelyn	32 OR	2:44.96
<b>Women 35-39</b>		
100 Yard Freestyle		
1 Young, Susie	39 OR	1:07.97
200 Yard Freestyle		
1 Lassen, Megan	38 OR	2:19.49
100 Yard Backstroke		
1 Young, Susie	39 OR	1:18.77
200 Yard Backstroke		
1 Lassen, Megan	38 OR	2:33.02
50 Yard Breaststroke		
1 Frieder, Marisa	39 OR	38.02
100 Yard Breaststroke		
1 Frieder, Marisa	39 OR	1:21.75
2 Young, Susie	39 OR	1:25.90
200 Yard Breaststroke		
1 Lassen, Megan	38 OR	2:54.15
100 Yard Butterfly		
1 Young, Susie	39 OR	1:15.48
200 Yard Butterfly		
1 Lassen, Megan	38 OR	2:54.11
100 Yard IM		
1 Frieder, Marisa	39 OR	1:18.30
200 Yard IM		
1 Young, Susie	39 OR	2:42.29
400 Yard IM		
1 Lassen, Megan	38 OR	5:38.23
<b>Women 40-44</b>		
50 Yard Freestyle		
1 Mcmillan, Natalie	40 OR	30.57

## 50 Yard Backstroke

1 Mcmillan, Natalie	40 OR	37.91
50 Yard Breaststroke		
1 Mcmillan, Natalie	40 OR	42.66
50 Yard Butterfly		
1 Mcmillan, Natalie	40 OR	37.56
100 Yard IM		
1 Mcmillan, Natalie	40 OR	1:20.82
<b>Women 45-49</b>		
50 Yard Freestyle		
1 Tyynismaa, Terri	46 OR	28.74
2 Black, Jill	46 OR	31.06
3 Goodman, Ann	49 OR	31.08
100 Yard Freestyle		
1 Caswell, Mj	48 OR	1:01.01
200 Yard Freestyle		
1 Fox, Christina	48 OR	2:41.29
50 Yard Backstroke		
1 Black, Jill	46 OR	33.50
2 Goodman, Ann	49 OR	34.69
3 Tyynismaa, Terri	46 OR	36.49
100 Yard Backstroke		
1 Caswell, Mj	48 OR	1:14.46
2 Fox, Christina	48 OR	1:28.27
50 Yard Breaststroke		
1 Black, Jill	46 OR	40.70
2 Tyynismaa, Terri	46 OR	40.80
3 Goodman, Ann	49 OR	43.33
100 Yard Breaststroke		
1 Caswell, Mj	48 OR	1:18.71
200 Yard Breaststroke		
1 Fox, Christina	48 OR	3:17.26
50 Yard Butterfly		
1 Tyynismaa, Terri	46 OR	31.77
2 Goodman, Ann	49 OR	34.33
3 Fox, Christina	48 OR	46.83
100 Yard Butterfly		
1 Caswell, Mj	48 OR	1:05.63
100 Yard IM		
1 Black, Jill	46 OR	1:13.34
2 Tyynismaa, Terri	46 OR	1:15.42
3 Goodman, Ann	49 OR	1:17.73
200 Yard IM		
1 Caswell, Mj	48 OR	2:30.51
2 Fox, Christina	48 OR	3:05.01
<b>Women 50-54</b>		
50 Yard Freestyle		
1 Harsey, Laura	50 OR	27.93
2 Snyder, Lynn	52 OR	35.62
3 Bender, Sherry	50 OR	35.97
100 Yard Freestyle		
1 Andrus-Hughes, K.	51 OR	57.26
50 Yard Backstroke		
1 Harsey, Laura	50 OR	32.92
2 Snyder, Lynn	52 OR	39.48
3 Bender, Sherry	50 OR	42.20
200 Yard Backstroke		
1 Andrus-Hughes, K.	51 OR	2:20.30
50 Yard Breaststroke		
1 Harsey, Laura	50 OR	36.73
2 Snyder, Lynn	52 OR	43.84
3 Bender, Sherry	50 OR	54.05
50 Yard Butterfly		



1 Harsey, Laura	50 OR	31.44	1 Stevenin, Elfie	87 OR	8:05.43	1 Rogge, Edgar	35 OR	55.82
2 Snyder, Lynn	52 OR	41.24	200 Yard Backstroke			2 Lassen, Jason	36 OR	1:07.52
100 Yard IM			1 Stevenin, Elfie	87 OR	7:37.20	50 Yard Backstroke		
1 Harsey, Laura	50 OR	1:09.78	200 Yard Breaststroke			1 Rudolph, Chris	39 UNAT	35.50
2 Snyder, Lynn	52 OR	1:27.11	1 Stevenin, Elfie	87 OR	10:58.19	100 Yard Backstroke		
3 Bender, Sherry	50 OR	1:40.65	200 Yard Butterfly			1 Rogge, Edgar	35 OR	1:05.42
<b>Women 55-59</b>			1 Stevenin, Elfie	87 OR	12:07.60	2 Lassen, Jason	36 OR	1:22.29
50 Yard Freestyle			400 Yard IM			50 Yard Breaststroke		
1 Summers, Jeanna	55 OR	32.89	1 Stevenin, Elfie	87 OR	19:18.44	1 Rudolph, Chris	39 UNAT	36.57
100 Yard Freestyle			<b>Men 18-24</b>			100 Yard Breaststroke		
1 Budd, Elizabeth	55 OR	1:08.94	50 Yard Freestyle			1 Rogge, Edgar	35 OR	1:12.80
200 Yard Freestyle			1 Butler, Tyler	19 OR	27.01	2 Lassen, Jason	36 OR	1:18.49
1 Gray, Jane	57 OR	2:50.70	2 Irelan, David	24 OR	27.94	50 Yard Butterfly		
2 Asleson, Elke	57 OR	2:52.21	100 Yard Freestyle			1 Rudolph, Chris	39 UNAT	30.60
100 Yard Backstroke			1 Barron, James	20 OR	53.62	100 Yard Butterfly		
1 Budd, Elizabeth	55 OR	1:19.91	2 Crane, Andrew	23 UNAT	55.76	1 Rogge, Edgar	35 OR	1:04.02
200 Yard Backstroke			50 Yard Backstroke			2 Lassen, Jason	36 OR	1:26.77
1 Summers, Jeanna	55 OR	2:54.48	1 Butler, Tyler	19 OR	32.44	100 Yard IM		
2 Asleson, Elke	57 OR	3:16.15	2 Irelan, David	24 OR	37.79	1 Rudolph, Chris	39 UNAT	1:12.58
100 Yard Breaststroke			100 Yard Backstroke			200 Yard IM		
1 Budd, Elizabeth	55 OR	1:33.16	1 Barron, James	20 OR	1:07.77	1 Rogge, Edgar	35 OR	2:24.06
200 Yard Breaststroke			2 Crane, Andrew	23 UNAT	1:08.89	<b>Men 40-44</b>		
1 Asleson, Elke	57 OR	3:35.49	50 Yard Breaststroke			50 Yard Freestyle		
50 Yard Butterfly			1 Butler, Tyler	19 OR	37.70	1 Wan, Eric	42 OR	23.08
1 Summers, Jeanna	55 OR	39.75	2 Irelan, David	24 OR	43.15	2 Rice, David	42 OR	25.07
100 Yard Butterfly			100 Yard Breaststroke			3 Woodbury, Scott	42 OR	26.34
1 Budd, Elizabeth	55 OR	1:22.16	1 Barron, James	20 OR	1:11.51	4 Karyukin, Andrei	43 OR	27.76
200 Yard Butterfly			2 Crane, Andrew	23 UNAT	1:14.88	100 Yard Freestyle		
1 Asleson, Elke	57 OR	3:22.33	50 Yard Butterfly			1 Shoup, David	42 OR	53.75
100 Yard IM			1 Butler, Tyler	19 OR	31.15	2 Waud, Timothy	41 OR	55.89
1 Summers, Jeanna	55 OR	1:27.41	2 Irelan, David	24 OR	33.61	3 Bryan, Andrew	43 OR	57.41
200 Yard IM			100 Yard Butterfly			50 Yard Backstroke		
1 Budd, Elizabeth	55 OR	2:50.30	1 Barron, James	20 OR	1:01.23	1 Wan, Eric	42 OR	29.90
400 Yard IM			2 Crane, Andrew	23 UNAT	1:05.36	2 Woodbury, Scott	42 OR	31.21
1 Summers, Jeanna	55 OR	6:36.67	100 Yard IM			3 Rice, David	42 OR	33.20
2 Asleson, Elke	57 OR	6:45.32	1 Butler, Tyler	19 OR	1:10.87	4 Karyukin, Andrei	43 OR	35.60
<b>Women 60-64</b>			2 Irelan, David	24 OR	1:18.57	100 Yard Backstroke		
50 Yard Freestyle			200 Yard IM			1 Shoup, David	42 OR	1:04.47
1 Rousseau, Sandi	61 OR	33.02	1 Barron, James	20 OR	2:15.03	2 Bryan, Andrew	43 OR	1:07.13
2 Binder, Lauren	61 OR	37.27	2 Crane, Andrew	23 UNAT	2:24.67	3 Waud, Timothy	41 OR	1:08.35
50 Yard Backstroke			<b>Men 25-29</b>			50 Yard Breaststroke		
1 Rousseau, Sandi	61 OR	41.05	50 Yard Freestyle			1 Woodbury, Scott	42 OR	31.27
2 Binder, Lauren	61 OR	56.46	1 Martins, Murilo	25 UNAT	23.41	2 Wan, Eric	42 OR	31.76
50 Yard Breaststroke			50 Yard Backstroke			3 Rice, David	42 OR	33.45
1 Rousseau, Sandi	61 OR	46.66	1 Martins, Murilo	25 UNAT	29.55	4 Karyukin, Andrei	43 OR	35.06
2 Binder, Lauren	61 OR	55.11	50 Yard Breaststroke			100 Yard Breaststroke		
100 Yard Breaststroke			1 Martins, Murilo	25 UNAT	30.84	1 Waud, Timothy	41 OR	1:06.37
1 Pierson, Ginger	63 OR	1:26.80	50 Yard Butterfly			2 Shoup, David	42 OR	1:13.64
50 Yard Butterfly			1 Martins, Murilo	25 UNAT	25.66	3 Bryan, Andrew	43 OR	1:19.04
1 Rousseau, Sandi	61 OR	34.63	100 Yard IM			50 Yard Butterfly		
2 Pierson, Ginger	63 OR	43.16	1 Martins, Murilo	25 UNAT	1:02.02	1 Wan, Eric	42 OR	26.48
3 Binder, Lauren	61 OR	1:00.80	<b>Men 30-34</b>			2 Woodbury, Scott	42 OR	27.48
100 Yard IM			50 Yard Freestyle			3 Karyukin, Andrei	43 OR	28.34
1 Rousseau, Sandi	61 OR	1:28.77	1 Romera, Joaquin	34 OR	22.58	4 Rice, David	42 OR	29.22
2 Binder, Lauren	61 OR	1:49.81	2 Bateman, Nick	31 OR	24.65	100 Yard Butterfly		
200 Yard IM			50 Yard Backstroke			1 Shoup, David	42 OR	1:00.80
1 Pierson, Ginger	63 OR	3:08.98	1 Romera, Joaquin	34 OR	27.75	2 Waud, Timothy	41 OR	1:01.32
<b>Women 65-69</b>			50 Yard Breaststroke			3 Bryan, Andrew	43 OR	1:04.46
50 Yard Freestyle			1 Romera, Joaquin	34 OR	28.81	100 Yard IM		
1 Ward, Joy	66 OR	32.90	50 Yard Butterfly			1 Wan, Eric	42 OR	59.57
50 Yard Backstroke			1 Romera, Joaquin	34 OR	24.76	2 Rice, David	42 OR	1:04.42
1 Ward, Joy	66 OR	37.95	2 Bateman, Nick	31 OR	27.34	3 Woodbury, Scott	42 OR	1:04.52
50 Yard Breaststroke			100 Yard IM			4 Karyukin, Andrei	43 OR	1:07.91
1 Ward, Joy	66 OR	47.61	1 Romera, Joaquin	34 OR	56.53	200 Yard IM		
50 Yard Butterfly			200 Yard IM			1 Waud, Timothy	41 OR	2:17.23
1 Ward, Joy	66 OR	34.88	1 Bateman, Nick	31 OR	2:17.84	2 Shoup, David	42 OR	2:18.50
100 Yard IM			<b>Men 35-39</b>			3 Bryan, Andrew	43 OR	2:26.88
1 Ward, Joy	66 OR	1:25.96	50 Yard Freestyle			<b>Men 45-49</b>		
<b>Women 85-89</b>			1 Rudolph, Chris	39 UNAT	28.15	50 Yard Freestyle		
200 Yard Freestyle			100 Yard Freestyle			1 Sumerfield, Bill	48 OR	24.67

# Let the Good Times (Roll) Swim

Candid Photos at the Pentathlon Meet by Fred Kawabata









2 Anderson, Jon	47 OR	26.23	6 Roberts, Steve	50 OR	38.21	50 Yard Butterfly		
100 Yard Freestyle			7 Kaufmann, Ron	50 OR	38.76	1 Philbrick, Larry	56 OR	27.62
1 Washburne, Brent	47 OR	53.43	100 Yard Breaststroke			2 Mann, Stephen	56 OR	27.88
2 Hathaway, David	48 OR	54.24	<b>1 Allender, Patrick</b>	<b>50 OR</b>	<b>1:04.57 Z</b>	3 Brockbank, Doug	55 OR	28.31
3 Anspach, Jeffrey	48 OR	1:10.01	2 Gilberg, Jay	51 OR	1:36.98	4 Wyatt, Joseph	59 OR	31.71
50 Yard Backstroke			200 Yard Breaststroke			5 Macaulay, Thomas	59 OR	33.55
1 Butcher, Gano	45 OR	29.03	1 Dowd, Mike	50 OR	2:38.42	6 Ivie, Michael	57 OR	39.87
2 Anderson, Jon	47 OR	33.16	50 Yard Butterfly			100 Yard Butterfly		
3 Sumerfield, Bill	48 OR	34.62	1 La Count, Curt	50 OR	26.02	1 Edwards, Wes	55 OR	1:05.05
100 Yard Backstroke			2 Metzger, Peter	53 OR	27.32	100 Yard IM		
1 Washburne, Brent	47 OR	1:03.68	3 Dwight, Charles	54 OR	28.08	1 Brockbank, Doug	55 OR	1:03.70
2 Hathaway, David	48 OR	1:06.10	4 Morita-Mcvey, T.	51 UNAT	29.41	2 Mann, Stephen	56 OR	1:03.75
50 Yard Breaststroke			5 Mann, Edward	51 OR	30.04	3 Philbrick, Larry	56 OR	1:03.83
1 Butcher, Gano	45 OR	31.89	6 Kaufmann, Ron	50 OR	32.86	4 Cotter, Patrick 58 UNAT	1:11.16	
2 Sumerfield, Bill	48 OR	32.00	100 Yard Butterfly			5 Sherwood, Reggie	57 OR	1:14.24
3 Palladino, Doug	45 FLAQ	33.09	<b>1 Allender, Patrick</b>	<b>50 OR</b>	<b>59.21 O</b>	6 Wyatt, Joseph	59 OR	1:17.99
4 Anderson, Jon	47 OR	35.27	2 Gilberg, Jay	51 OR	1:14.24	7 Ivie, Michael	57 OR	1:31.15
100 Yard Breaststroke			200 Yard Butterfly			200 Yard IM		
1 Palladino, Doug 45	FLAQ	1:11.75	1 Dowd, Mike	50 OR	2:52.19	1 Edwards, Wes	55 OR	2:26.17
2 Washburne, Brent	47 OR	1:12.15	100 Yard IM			2 Macaulay, Thomas	59 OR	2:42.95
3 Hathaway, David	48 OR	1:13.15	1 Metzger, Peter	53 OR	1:02.57	<b>Men 60-64</b>		
50 Yard Butterfly			2 La Count, Curt	50 OR	1:02.84	50 Yard Freestyle		
1 Butcher, Gano	45 OR	26.53	3 Dwight, Charles	54 OR	1:06.54	1 Stout, Jon	62 OR	26.86
2 Palladino, Doug	45 FLAQ	28.84	4 Morita-Mcvey, T.	51 UNAT	1:08.05	2 Stark, Allen	60 OR	27.33
3 Anderson, Jon	47 OR	29.78	5 Mann, Edward	51 OR	1:08.21	3 Silvey, Michael	63 OR	28.76
4 Sumerfield, Bill	48 OR	31.70	6 Roberts, Steve	50 OR	1:15.19	4 Shelfer, Robert	63 OR	31.98
100 Yard Butterfly			7 Kaufmann, Ron	50 OR	1:18.11	100 Yard Freestyle		
1 Washburne, Brent	47 OR	1:00.06	200 Yard IM			1 Smith, William	64 OR	1:18.56
2 Hathaway, David	48 OR	1:00.75	<b>1 Allender, Patrick</b>	<b>50 OR</b>	<b>2:11.70 O</b>	200 Yard Freestyle		
100 Yard IM			2 Gilberg, Jay	51 OR	2:52.78	1 Bruce, Bob	61 OR	2:10.21
1 Palladino, Doug	45 FLAQ	1:04.51	400 Yard IM			50 Yard Backstroke		
2 Sumerfield, Bill	48 OR	1:07.57	1 Dowd, Mike	50 OR	5:49.48	1 Stout, Jon	62 OR	33.12
3 Anderson, Jon	47 OR	1:08.56	<b>Men 55-59</b>			2 Stark, Allen	60 OR	34.30
200 Yard IM			50 Yard Freestyle			3 Silvey, Michael	63 OR	38.30
1 Hathaway, David	48 OR	2:18.66	1 Philbrick, Larry	56 OR	24.45	100 Yard Backstroke		
2 Washburne, Brent	47 OR	2:22.26	2 Mann, Stephen	56 OR	24.80	1 Smith, William	64 OR	1:52.08
<b>Men 50-54</b>			3 Brockbank, Doug	55 OR	24.93	200 Yard Backstroke		
50 Yard Freestyle			4 Sherwood, Reggie	57 OR	28.55	1 Bruce, Bob	61 OR	2:35.16
1 La Count, Curt	50 OR	24.93	5 Macaulay, Thomas	59 OR	28.70	50 Yard Breaststroke		
2 Metzger, Peter	53 OR	25.03	6 Cotter, Patrick	58 UNAT	29.13	<b>1 Stark, Allen</b>	<b>60 OR</b>	<b>31.36 Z</b>
3 Dwight, Charles	54 OR	25.98	7 Wyatt, Joseph	59 OR	29.36	2 Stout, Jon	62 OR	35.77
4 Mann, Edward	51 OR	26.06	8 Ivie, Michael	57 OR	32.92	3 Shelfer, Robert	63 OR	42.10
5 Morita-Mcvey, T.	51 UNAT	27.43	100 Yard Freestyle			4 Silvey, Michael	63 OR	44.09
6 Kaufmann, Ron	50 OR	28.34	1 Edwards, Wes	55 OR	54.65	100 Yard Breaststroke		
7 Herzog, John	52 UNAT	28.95	50 Yard Backstroke			1 Smith, William	64 OR	1:38.11
100 Yard Freestyle			1 Brockbank, Doug	55 OR	29.06	200 Yard Breaststroke		
1 Allender, Patrick	50 OR	53.87	2 Mann, Stephen	56 OR	29.37	1 Bruce, Bob	61 OR	2:49.28
2 Gilberg, Jay	51 OR	1:03.04	3 Philbrick, Larry	56 OR	29.75	50 Yard Butterfly		
3 Roberts, Steve	50 OR	1:03.66	4 Macaulay, Thomas	59 OR	36.54	1 Stark, Allen	60 OR	28.73
200 Yard Freestyle			5 Wyatt, Joseph	59 OR	38.39	2 Stout, Jon	62 OR	32.34
1 Dowd, Mike	50 OR	2:22.26	6 Ivie, Michael	57 OR	45.71	3 Silvey, Michael	63 OR	32.44
50 Yard Backstroke			100 Yard Backstroke			100 Yard Butterfly		
1 Metzger, Peter	53 OR	28.32	1 Edwards, Wes	55 OR	1:01.06	1 Smith, William	64 OR	1:42.75
2 La Count, Curt	50 OR	28.62	200 Yard Backstroke			200 Yard Butterfly		
3 Morita-Mcvey, T.	51 UNAT	32.14	1 Sherwood, Reggie	57 OR	2:53.76	1 Bruce, Bob	61 OR	2:42.60
4 Dwight, Charles	54 OR	32.18	50 Yard Breaststroke			100 Yard IM		
5 Mann, Edward	51 OR	32.49	1 Philbrick, Larry	56 OR	31.34	1 Stout, Jon	62 OR	1:08.62
6 Kaufmann, Ron	50 OR	41.27	2 Mann, Stephen	56 OR	32.50	2 Stark, Allen	60 OR	1:08.96
100 Yard Backstroke			3 Brockbank, Doug	55 OR	33.37	3 Silvey, Michael	63 OR	1:18.94
1 Allender, Patrick	50 OR	1:05.36	4 Cotter, Patrick	58 UNAT	34.07	200 Yard IM		
2 Gilberg, Jay	51 OR	1:25.24	5 Macaulay, Thomas	59 OR	38.13	1 Smith, William	64 OR	3:28.62
200 Yard Backstroke			6 Wyatt, Joseph	59 OR	41.26	400 Yard IM		
1 Dowd, Mike	50 OR	2:55.04	7 Ivie, Michael	57 OR	44.72	<b>1 Bruce, Bob</b>	<b>61 OR</b>	<b>5:24.15 O</b>
50 Yard Breaststroke			100 Yard Breaststroke			Men 65-69		
1 Metzger, Peter	53 OR	32.59	1 Cotter, Patrick	58 UNAT	1:16.60	100 Yard Freestyle		
2 Dwight, Charles	54 OR	34.54	2 Edwards, Wes	55 OR	1:17.30	1 Landis, Tom	66 OR	58.02
3 La Count, Curt	50 OR	35.40	200 Yard Breaststroke			100 Yard Backstroke		
4 Mann, Edward	51 OR	35.62	1 Sherwood, Reggie	57 OR	2:54.78	1 Landis, Tom	66 OR	1:16.27
5 Morita-Mcvey, T.	51 UNAT	36.53	2 Cotter, Patrick	58 UNAT	2:55.82	100 Yard Breaststroke		

1 Landis, Tom	66 OR	1:23.44	1 Thayer, George	73 OR	44.17	<b>Men 85-89</b>		
100 Yard Butterfly			2 Schieltz, Jon	70 OR	53.57	50 Yard Freestyle		
1 Landis, Tom	66 OR	1:11.19	100 Yard IM			1 Lamb, Willard	86 OR	34.85
200 Yard IM			1 Thayer, George	73 OR	1:24.47	2 Fixott, Rupert	87 OR	52.93
1 Landis, Tom	66 OR	2:39.69	2 Schieltz, Jon	70 OR	2:00.70	50 Yard Backstroke		
<b>Men 70-74</b>			<b>Men 75-79</b>			1 Lamb, Willard	86 OR	46.15
50 Yard Freestyle			50 Yard Freestyle			2 Fixott, Rupert	87 OR	58.30
1 Thayer, George	73 OR	29.67	1 Marks, Milton	78 OR	32.52	50 Yard Breaststroke		
2 Schieltz, Jon	70 OR	42.98	50 Yard Backstroke			1 Lamb, Willard	86 OR	58.31
50 Yard Backstroke			1 Marks, Milton	78 OR	42.93	50 Yard Butterfly		
1 Thayer, George	73 OR	36.35	50 Yard Breaststroke			1 Lamb, Willard	86 OR	1:03.35
2 Schieltz, Jon	70 OR	1:05.11	1 Marks, Milton	78 OR	40.97	2 Fixott, Rupert	87 OR	1:35.27
50 Yard Breaststroke			50 Yard Butterfly			100 Yard IM		
1 Thayer, George	73 OR	41.09	1 Marks, Milton	78 OR	42.92	<b>1 Lamb, Willard 86 OR 1:55.18 Z</b>		
2 Schieltz, Jon	70 OR	56.09	100 Yard IM					
50 Yard Butterfly			1 Marks, Milton	78 OR	1:29.75			

## Pentathlon - Beaverton - March 21, 2009 (PR = Pen. Record)

Place	Name	Team	Total	200FLY	200BK	200BR	200FR	400IM
<b>Women 35-39 Distance Pentathlon</b>								
1	Lassen, Megan 38	OREG	16:19.00	2:54.11	2:33.02	2:54.15	2:19.49	5:38.23 PR
<b>Women 55-59 Distance Pentathlon</b>								
1	Asleson, Elke 57	OREG	19:51.50	3:22.33	3:16.15	3:35.49	2:52.21	6:45.32 PR
<b>Women 85-89 Distance Pentathlon</b>								
1	Stevenin, Elfie 87	OREG	58:06.86	12:07.60	7:37.20	10:58.19	8:05.43	19:18.44 PR
<b>Men 50-54 Distance Pentathlon</b>								
1	Dowd, Mike 50	OREG	16:37.39	2:52.19	2:55.04	2:38.42	2:22.26	5:49.4PR
<b>Men 60-64 Distance Pentathlon</b>								
1	Bruce, Bob 61	OREG	15:41.40	2:42.60	2:35.16	2:49.28	2:10.21	5:24.15 PR
Place	Name	Team	Total	100FLY	100BK	100BR	100FR	200IM
<b>Women 18-24 Mid Distance Pentathlon</b>								
1	Bowen, Kelsey 23	OREG	7:16.26	1:10.17	1:13.60	1:22.22	1:00.38	2:29.89
2	Schmidt, Ashley 24	OREG	7:37.40	1:13.30	1:13.07	1:26.92	1:03.14	2:40.97
<b>Women 25-29 Mid Distance Pentathlon</b>								
1	Thayer, Kathleen 29	OREG	7:55.68	1:24.18	1:13.94	1:24.82	1:04.55	2:48.19
<b>Women 30-34 Mid Distance Pentathlon</b>								
1	Pryor, Evelyn 32	OREG	8:00.11	1:17.75	1:20.46	1:31.24	1:05.70	2:44.96
<b>Women 35-39 Mid Distance Pentathlon</b>								
1	Young, Susie 39	OREG	7:50.41	1:15.48	1:18.77	1:25.90	1:07.97	2:42.29
<b>Women 45-49 Mid Distance Pentathlon</b>								
1	Caswell, MJ 48	OREG	7:10.32	1:05.63	1:14.46	1:18.71	1:01.01	2:30.51
<b>Women 55-59 Mid Distance Pentathlon</b>								
1	Budd, Elizabeth 55	OREG	8:14.47	1:22.16	1:19.91	1:33.16	1:08.94	2:50.30
<b>Men 18-24 Mid Distance Pentathlon</b>								
1	Barron, James 20	OREG	6:29.16	1:01.23	1:07.77	1:11.51	53.62	2:15.03
2	Crane, Andrew 23	UNAT	6:49.56	1:05.36	1:08.89	1:14.88	55.76	2:24.67
<b>Men 35-39 Mid Distance Pentathlon</b>								
1	Rogge, Edgar 35	OREG	6:42.12	1:04.02	1:05.42	1:12.80	55.82	2:24.06
<b>Men 40-44 Mid Distance Pentathlon</b>								
1	Waud, Timothy 41	OREG	6:29.16	1:01.32	1:08.35	1:06.37	55.89	2:17.23
2	Shoup, David 42	OREG	6:31.16	1:00.80	1:04.47	1:13.64	53.75	2:18.50
3	Bryan, Andrew 43	OREG	6:54.92	1:04.46	1:07.13	1:19.04	57.41	2:26.88
<b>Men 45-49 Mid Distance Pentathlon</b>								
1	Washburne, Brent 47	OREG	6:31.58	1:00.06	1:03.68	1:12.15	53.43	2:22.26
2	Hathaway, David 48	OREG	6:32.90	1:00.75	1:06.10	1:13.15	54.24	2:18.66
<b>Men 50-54 Mid Distance Pentathlon</b>								
1	Allender, Pat 50	OREG	6:14.71	59.21	1:05.36	1:04.57	53.87	2:11.70 PR
2	Gilberg, Jay 51	OREG	8:12.28	1:14.24	1:25.24	1:36.98	1:03.04	2:52.78
<b>Men 55-59 Mid Distance Pentathlon</b>								
1	Edwards, Wes 55	OREG	6:44.23	1:05.05	1:01.06	1:17.30	54.65	2:26.17 PR
<b>Men 60-64 Mid Distance Pentathlon</b>								
1	Smith, William 64	OREG	10:00.12	1:42.75	1:52.08	1:38.11	1:18.56	3:28.62
<b>Men 65-69 Mid Distance Pentathlon</b>								
1	Landis, Tom 66	OREG	7:28.61	1:11.19	1:16.27	1:23.44	58.02	2:39.69 PR

Place	Name	Team	Total	50FLY	50BK	50BR	50FR	100IM
<b>Women 18-24 Sprint Pentathlon</b>								
1	Willia, Briana 22	OREG	3:08.12	28.74	31.91	35.64	26.17	1:05.66
2	Somera, Christine 23	OREG	3:14.87	29.43	33.51	37.45	26.27	1:08.21
3	MacDonald, Helen 23	OREG	3:29.34	31.05	35.42	39.16	28.35	1:15.36
<b>Women 25-29 Sprint Pentathlon</b>								
1	Muller, Alli 27	OREG	3:31.18	33.07	35.81	38.76	28.73	1:14.81
<b>Women 30-34 Sprint Pentathlon</b>								
1	Whyte, Erika 32	OREG	3:06.33	27.76	32.11	34.90	25.73	1:05.83
<b>Women 40-44 Sprint Pentathlon</b>								
1	McMillan, Natalie 40	OREG	3:49.52	37.56	37.91	42.66	30.57	1:20.82
<b>Women 45-49 Sprint Pentathlon</b>								
1	Tyynismaa, Terri 46	OREG	3:33.22	31.77	36.49	40.80	28.74	1:15.42
2	Goodman, Ann 49	OREG	3:41.16	34.33	34.69	43.33	31.08	1:17.73
<b>Women 50-54 Sprint Pentathlon</b>								
1	Harsey, Laura 50	OREG	3:18.80	31.44	32.92	36.73	27.93	1:09.78
2	Snyder, Lynn 52	OREG	4:07.29	41.24	39.48	43.84	35.62	1:27.11
<b>Women 60-64 Sprint Pentathlon</b>								
1	Rousseau, Sandi 61	OREG	4:04.13	34.63	41.05	46.66	33.02	1:28.77
2	Binder, Lauren 61	OREG	5:19.45	1:00.80	56.46	55.11	37.27	1:49.81
<b>Women 65-69 Sprint Pentathlon</b>								
1	<b>Ward, Joy 66</b>	<b>OREG</b>	<b>3:59.30</b>	<b>34.88</b>	<b>37.95</b>	<b>47.61</b>	<b>32.90</b>	<b>1:25.96 PR</b>
<b>Men 18-24 Sprint Pentathlon</b>								
1	Butler, Tyler 19	OREG	3:19.17	31.15	32.44	37.70	27.01	1:10.87
2	Irelan, David 24	OREG	3:41.06	33.61	37.79	43.15	27.94	1:18.57
<b>Men 25-29 Sprint Pentathlon</b>								
1	Martins, Murilo 25	UNAT	2:51.48	25.66	29.55	30.84	23.41	1:02.02
<b>Men 30-34 Sprint Pentathlon</b>								
1	<b>Romera, Joaquin 34</b>	<b>OREG</b>	<b>2:40.43</b>	<b>24.76</b>	<b>27.75</b>	<b>28.81</b>	<b>22.58</b>	<b>56.53 PR</b>
<b>Men 35-39 Sprint Pentathlon</b>								
1	Rudolph, Chris 39	UNAT	3:23.40	30.60	35.50	36.57	28.15	1:12.58
<b>Men 40-44 Sprint Pentathlon</b>								
1	Wan, Eric 42	OREG	2:50.79	26.48	29.90	31.76	23.08	59.57
2	Woodbury, Scott 42	OREG	3:00.82	27.48	31.21	31.27	26.34	1:04.52
3	Rice, David 42	OREG	3:05.36	29.22	33.20	33.45	25.07	1:04.42
4	Karyukin, Andrei 43	OREG	3:14.67	28.34	35.60	35.06	27.76	1:07.91
<b>Men 45-49 Sprint Pentathlon</b>								
1	Sumerfield, Bill 48	OREG	3:10.56	31.70	34.62	32.00	24.67	1:07.57
2	Anderson, Jon 47	OREG	3:13.00	29.78	33.16	35.27	26.23	1:08.56
<b>Men 50-54 Sprint Pentathlon</b>								
1	Metzger, Peter 53	OREG	2:55.83	27.32	28.32	32.59	25.03	1:02.57
2	La Count, Curt 50	OREG	2:57.81	26.02	28.62	35.40	24.93	1:02.84
3	Dwight, Charles 54	OREG	3:07.32	28.08	32.18	34.54	25.98	1:06.54
4	Mann, Edward 51	OREG	3:12.42	30.04	32.49	35.62	26.06	1:08.21
5	Morita-McVey, Timothy 51	UNAT	3:13.56	29.41	32.14	36.53	27.43	1:08.05
6	Kaufmann, Ron 50	OREG	3:39.34	32.86	41.27	38.76	28.34	1:18.11
<b>Men 55-59 Sprint Pentathlon</b>								
1	Philbrick, Larry 56	OREG	2:56.99	27.62	29.75	31.34	24.45	1:03.83
2	Mann, Stephen 56	OREG	2:58.30	27.88	29.37	32.50	24.80	1:03.75
3	Brockbank, Doug 55	OREG	2:59.37	28.31	29.06	33.37	24.93	1:03.70
4	Wyatt, Joseph 59	OREG	3:38.71	31.71	38.39	41.26	29.36	1:17.99
5	Ivie, Michael 57	OREG	4:14.37	39.87	45.71	44.72	32.92	1:31.15
<b>Men 60-64 Sprint Pentathlon</b>								
1	Stark, Allen 60	OREG	3:10.68	28.73	34.30	31.36	27.33	1:08.96
2	Stout, Jon 62	OREG	3:16.71	32.34	33.12	35.77	26.86	1:08.62
3	Silvey, Michael 63	OREG	3:42.53	32.44	38.30	44.09	28.76	1:18.94
<b>Men 70-74 Sprint Pentathlon</b>								
1	Thayer, George 73	OREG	3:55.75	44.17	36.35	41.09	29.67	1:24.47
2	Schieltz, Jon 70	OREG	5:38.45	53.57	1:05.11	56.09	42.98	2:00.70
<b>Men 75-79 Sprint Pentathlon</b>								
1	Marks, Milton 78	OREG	4:09.09	42.92	42.93	40.97	32.52	1:29.75
<b>Men 85-89 Sprint Pentathlon</b>								
1	Lamb, Willard 86	OREG	5:17.84	1:03.35	46.15	58.31	34.85	1:55.18



**TUALATIN HILLS "SIZZLING SUMMER" LONG COURSE METERS MEET**

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #379-05  
 Eligibility: Currently registered USMS swimmers, 18 years and older.

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

DATE: Saturday, June 6, 2009

50 meters - 6-8 lanes competition-electronic timing  
 50 meter races will be 3 button timing  
 Continuous warm-up/down in 1-2 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.

Submit a 2009 registration card or 2009 registration form and fee with this form.  
**ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY MAY 22, 2009**



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY



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

BIRTHDATE \_\_\_\_\_ AGE (AS OF 12-31-09) \_\_\_\_\_ SEX \_\_\_\_\_  
 2009 USMS # \_\_\_\_\_  
 USMS CLUB (OREG, PNA, ETC) \_\_\_\_\_  
 IS THIS YOUR FIRST MASTERS MEET?  YES  NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC. 31ST, 2009. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET. 200, 400 AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400 IM AND 800 FREESTYLE WILL BE DECK SEEDED. CHECK-IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS ARE TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

**\*THE 800 FREE WILL BE LIMITED TO THE FIRST 16 ENTRIES RECEIVED.\***

**Saturday, June 6, 2009**

**800 FREE\*** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 BACK** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FLY** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 BREAST** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**\* BREAK\***  
**MEDLEY RELAYS (5-8)**  
**100 FREE** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 BREAST** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FLY** (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 IM** (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**\* BREAK\***

**FREE RELAYS (13-18)**  
**100 BREAST** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FREE** (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 BACK** (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**MIXED MEDLEY RELAYS (22-23)**  
**100 FLY** (24) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 BACK** (25) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FREE** (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**MIXED FREE RELAYS (27-29)**  
**400 IM** (30) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

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

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

## When I am Old, I Will wear a Purple... Swim Cap



When I am an old woman,  
I shall wear a purple swim cap,  
With a red swim suit, which some might say,  
“Doesn’t go,”



Yet many have paved the way before me.  
And I shall spend my pension  
On sunscreen, swim goggles, and meet entry fees  
And say we’ve no money for tennis shoes.  
I shall not sit down but instead swim another 300  
And gobble up energy drinks at Nationals  
And break World Records  
And swim with my pull buoy and paddles down the lane  
line,



And say, “Thank you, Title IX, for paving the way for my generation to participate in sports.”

I shall go out in a :40 for my first 50 in a 100  
And swim the 400 IM and 1650  
And learn to master the butterfly once and for all!



We must have a sport that keeps us wet,  
And pay our dues  
And set a good example for the children.  
We must have friends at the pool  
And read the Aqua Master.

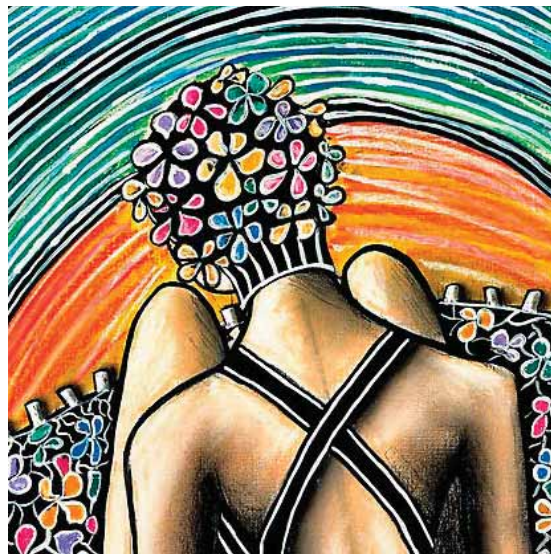


I ought to practice now.  
So people know me  
And are not too shocked and surprised  
When suddenly I am old,  
And start to wear a purple swim cap!



Thanks to all of the women who continue to inspire me in the water. You are amazing!

-Anicia Criscione



**GIL YOUNG MEMORIAL LCM MEET / NORTHWEST ZONE LONG COURSE METERS MEET**

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #379-06

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

Swimmers must submit a copy of their 2009 card and unregistered swimmers must submit a 2009 registration form and fee with this entry.

Location: Mt. Hood Community College  
 Outdoor pool  
 26000 SE Stark  
 Gresham, Oregon  
 7 lanes competition, elec. timing, Lane 8 for warm-up/down

**DATES: Friday-Sunday, July 10-12, 2009**

**FRIDAY WARM-UPS: 4PM**  
**MEET STARTS: 5PM**  
**SATURDAY AND SUNDAY WARM-UPS: 3PM**  
**MEET STARTS: 4PM**

Meet Director: Aubree Gustafson • 971-404-6968 • gustafsona@usa.redcross.org

Directions to the pool: Take I-84. Use Exit 17. Follow Frontage Road to 257th and take a right. Follow 257th past Stark St. to 17th St. and take a left. Take the first left after the soccer field and left again into the aquatic center parking lot.

**ALL REGISTERED MASTERS SWIMMERS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.**

**ENTRY DEADLINE: POSTMARKED BY FRIDAY, JUNE 19, 2009**



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

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

BIRTHDATE \_\_\_\_\_ AGE (AS OF 12-31-09) \_\_\_\_\_ SEX \_\_\_\_\_  
 2009 USMS # \_\_\_\_\_  
 USMS CLUB (OREG, PNA, ETC) \_\_\_\_\_  
 IS THIS YOUR FIRST MASTERS MEET?  YES  NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 95+. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS. YOUR COMPETITION AGE IS THE AGE YOU WILL BE ON DEC. 31ST, 2009. ENTER RELAYS AT THE MEET. THE 1500 FREESTYLE & 400 IM WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS IS TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

**Friday, July 10, 2009**

**400 IM (1)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**1500 FREE (2)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**Saturday, July 11, 2009**

**800 FREE (3)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 \*\*\*break\*\*\* (event #4 will not begin before 5pm)

**200 BACK (4)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FREE (5)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 BREAST (6)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**WOMENS 200 MEDLEY RELAY (7)**  
**MENS 200 MEDLEY RELAY (8)**  
**WOMENS 400 MEDLEY RELAY (9)**  
**MENS 400 MEDLEY RELAY (10)**

**50 FLY (11)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FREE (12)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**100 BACK (13)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 IM (14)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**MIXED 200 FREE RELAY (15)**  
**MIXED 400 FREE RELAY (16)**  
**MIXED 800 FREE RELAY (17)**

**Sunday, July 12, 2009**

**200 FLY (18)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 BREAST (19)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 FREE (20)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**MIXED 200 MEDLEY RELAY (21)**  
**MIXED 400 MEDLEY RELAY (22)**  
**100 FLY (23)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 BACK (24)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 BREAST (25)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**WOMENS 200 FREE RELAY (26)**  
**MENS 200 FREE RELAY (27)**  
**WOMENS 400 FREE RELAY (28)**  
**MENS 400 FREE RELAY (29)**  
**WOMENS 800 FREE RELAY (30)**  
**MENS 800 FREE RELAY (31)**

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

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competition), including possible permanent disability or death, and agree to assume all 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: \$10.00 SURCHARGE AND \$4.00 PER EVENT • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.**  
**MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072**





## SCM Top Ten Times



Compiled by  
**Mary  
Sweat**

### Women 18-24

3	100 Breast	Caitlyn Shortt	22	OREG	1:16.03
3	50 Fly	Caitlyn Shortt	22	OREG	30.28
5	100 IM	Caitlyn Shortt	22	OREG	1:08.29
10	50 Back	Kelsey Shortt-Harder	24	OREG	34.03

### Women 25-29

10	200 Fly	Karen Fahrni	25	OREG	2:50.70
10	400 IM	Karen Fahrni	25	OREG	5:50.75
8	200 Breast	Erin Popelka	27	OREG	2:56.94

### Women 30-34

7	200 Back	Melissa Arata	32	OREG	2:50.65
10	200 Fly	Anna Casey	32	OREG	3:34.82
8	50 Back	Erica Clower	30	OREG	34.68
9	100 Back	Erica Clower	30	OREG	1:15.98
6	200 Back	Erica Clower	30	OREG	2:49.16
6	50 Free	Erin Kirkwood	31	OREG	29.05
2	100 Free	Erin Kirkwood	31	OREG	1:03.40
2	50 Back	Erin Kirkwood	31	OREG	32.05
3	100 Back	Erin Kirkwood	31	OREG	1:12.12

### Women 35-39

8	800 Free	Megan Lassen	38	OREG	10:44.05
9	200 Back	Megan Lassen	38	OREG	2:50.76
9	50 Fly	Cheryl Morgen	39	OREG	33.10
5	200 Fly	Cheryl Morgen	39	OREG	3:05.12

### Women 40-44

10	1500 Free	Jana McGill	40	UNAT	21:41.62
10	200 Back	Jana McGill	40	UNAT	2:51.15
8	400 IM	Jana McGill	40	UNAT	6:05.51
8	400 Free	Stephanie Schultz	42	OREG	4:57.30
6	800 Free	Stephanie Schultz	42	OREG	10:20.19
7	800 Free	Elizabeth A Watkins	OREG		10:24.54

### Women 45-49

10	100 Breast	Mary Caswell	47	OREG	1:27.47
9	200 Breast	Mary Caswell	47	OREG	3:10.54
5	100 Fly	Mary Caswell	47	OREG	1:12.67
8	200 IM	Mary Caswell	47	OREG	2:49.55
9	400 Free	Arlene Delmage	46	OREG	5:10.29
6	800 Free	Arlene Delmage	46	OREG	10:20.58
3	50 Fly	Arlene Delmage	46	OREG	30.37
2	200 Fly	Arlene Delmage	46	OREG	2:30.44
7	100 IM	Arlene Delmage	46	OREG	1:14.55
4	400 IM	Arlene Delmage	46	OREG	5:42.54
9	200 Back	Ann Goodman	49	OREG	2:54.47
7	400 Free	Denise Stuntzner-Gibson	46	OREG	5:08.30
9	50 Fly	Denise Stuntzner-Gibson	46	OREG	32.66
6	100 Fly	Denise Stuntzner-Gibson	46	OREG	1:13.50
7	200 Fly	Denise Stuntzner-Gibson	46	OREG	2:54.69
7	1500 Free	Terri Tyynismaa	46	OREG	21:10.93
4	800 Free	Holly H Vaughn-Edmonds	46	OREG	10:04.26

### Women 50-54

1	50 Free	Karen Andrus-Hughes	51	OREG	29.39
2	100 Free	Karen Andrus-Hughes	51	OREG	1:04.25
5	200 Free	Karen Andrus-Hughes	51	OREG	2:26.43
1	50 Back	Karen Andrus-Hughes	51	OREG	32.13
2	100 Back	Karen Andrus-Hughes	51	OREG	1:11.66
4	200 Back	Karen Andrus-Hughes	51	OREG	2:39.76
6	200 IM	Karen Andrus-Hughes	51	OREG	2:49.19
5	400 Free	Colette Crabbe	52	OREG	5:13.38

7	100 Back	Colette Crabbe	52	OREG	1:20.23
4	50 Breast	Colette Crabbe	52	OREG	39.20
4	100 Breast	Colette Crabbe	52	OREG	1:26.10
2	200 Breast	Colette Crabbe	52	OREG	3:01.47
3	100 Fly	Colette Crabbe	52	OREG	1:14.79
4	200 Fly	Colette Crabbe	52	OREG	2:46.13
5	100 IM	Colette Crabbe	52	OREG	1:16.46
3	200 IM	Colette Crabbe	52	OREG	2:43.52
2	400 IM	Colette Crabbe	52	OREG	5:44.58

### Women 55-59

9	1500 Free	Mary E Blake	OREG		23:56.03
9	50 Back	Teri Hendryx	55	OREG	39.90
8	100 Back	Teri Hendryx	55	OREG	1:26.32
8	200 Breast	Teri Hendryx	55	OREG	3:36.46
10	200 IM	Teri Hendryx	55	OREG	3:16.50

### Women 60-64

3	50 Breast	Ginger Pierson	62	OREG	43.41
2	100 Breast	Ginger Pierson	62	OREG	1:34.08
2	200 Breast	Ginger Pierson	62	OREG	3:26.73
5	100 Fly	Ginger Pierson	62	OREG	1:40.21
2	200 Fly	Ginger Pierson	62	OREG	3:35.55
4	200 IM	Ginger Pierson	62	OREG	3:23.38
3	400 IM	Ginger Pierson	62	OREG	7:33.89
10	50 Free	Sandi Rousseau	61	OREG	36.54
8	100 Free	Sandi Rousseau	61	OREG	1:21.32
7	50 Back	Sandi Rousseau	61	OREG	46.15
10	100 Back	Sandi Rousseau	61	OREG	1:39.98
10	200 Back	Sandi Rousseau	61	OREG	3:41.11
4	50 Fly	Sandi Rousseau	61	OREG	39.82
3	100 Fly	Sandi Rousseau	61	OREG	1:38.57

### Women 65-69

4	50 Free	Barbara Frid	66	OREG	36.89
4	50 Back	Barbara Frid	66	OREG	43.82
4	100 Back	Barbara Frid	66	OREG	1:38.22
1	50 Breast	Barbara Frid	66	OREG	47.20
3	50 Fly	Barbara Frid	66	OREG	40.21
2	100 IM	Barbara Frid	66	OREG	1:33.32
10	100 Breast	Peggie Hodge	68	OREG	2:02.36
10	100 Fly	Peggie Hodge	68	OREG	2:17.00
5	50 Free	Joy Ward	66	OREG	37.51
2	50 Back	Joy Ward	66	OREG	42.58
2	100 Back	Joy Ward	66	OREG	1:31.68
2	200 Back	Joy Ward	66	OREG	3:14.13
2	50 Fly	Joy Ward	66	OREG	39.95
2	100 Fly	Joy Ward	66	OREG	1:42.78
2	200 Fly	Joy Ward	66	OREG	3:53.40
3	100 IM	Joy Ward	66	OREG	1:37.36
2	200 IM	Joy Ward	66	OREG	3:32.90
2	400 IM	Joy Ward	66	OREG	7:30.43

### Women 70-74

7	1500 Free	Dolores Dinneen	71	OREG	38:04.34
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### Women 85-89

9	50 Free	Elfie Stevenin	87	OREG	2:05.83
8	50 Back	Elfie Stevenin	87	OREG	1:50.15
6	100 Back	Elfie Stevenin	87	OREG	3:58.60
4	200 Back	Elfie Stevenin	87	OREG	8:16.36
5	50 Breast	Elfie Stevenin	87	OREG	2:49.19
5	50 Fly	Elfie Stevenin	87	OREG	2:46.04

6	100 IM	Elfie Stevenin	87	OREG	4:44.96	7	200 Fly	Bob Bruce	60	OREG	3:13.82
2	400 IM	Elfie Stevenin	87	OREG	23:20.13	5	200 IM	Bob Bruce	60	OREG	2:47.33
<b>Men 25-29</b>											
4	50 Fly	Brett T Bannan		OREG	26.39	3	400 IM	Bob Bruce	60	OREG	5:55.37
<b>Men 40-44</b>											
3	50 Breast	James Corbeau	44	OREG	31.14	9	1500 Free	Jed Cronin	60	OREG	21:25.62
6	100 Breast	James Corbeau	44	OREG	1:09.52	4	50 Free	Douglas Prentice	60	OREG	27.85
6	200 Breast	James Corbeau	44	OREG	2:38.78	9	50 Breast	Douglas Prentice	60	OREG	38.27
10	100 Free	Eric Wan	42	OREG	55.87	7	200 Breast	John Weinbrecht	61	OREG	3:12.36
<b>Men 45-49</b>											
5	100 Back	Lincoln Djang	49	OREG	1:03.21	<b>Men 65-69</b>					
4	100 Breast	Lincoln Djang	49	OREG	1:09.20	3	100 Free	Tom Landis	66	OREG	1:02.50
4	200 IM	Lincoln Djang	49	OREG	2:20.24	2	200 Free	Tom Landis	66	OREG	2:17.15
2	400 IM	Lincoln Djang	49	OREG	4:50.71	1	400 Free	Tom Landis	66	OREG	5:03.90
<b>Men 50-54</b>											
3	100 Breast	Patrick Allender	50	OREG	1:12.28	1	800 Free	Tom Landis	66	OREG	10:21.09
2	200 Breast	Patrick Allender	50	OREG	2:36.14	1	1500 Free	Tom Landis	66	OREG	20:10.92
1	50 Back	Philipp A Djang		OREG	29.04	6	200 Fly	Tom Landis	66	OREG	3:19.57
1	100 Back	Philipp A Djang		OREG	1:03.43	4	200 IM	Tom Landis	66	OREG	2:54.64
2	200 Back	Philipp A Djang		OREG	2:20.25	4	400 IM	Tom Landis	66	OREG	6:19.69
4	200 IM	Philipp A Djang		OREG	2:24.49	3	50 Free	Robert Smith	65	OREG	28.17
10	200 Free	Doug Goodman	52	OREG	2:13.04	9	800 Free	Robert Smith	65	OREG	12:30.51
10	50 Back	Peter Metzger	53	OREG	31.64	3	50 Back	Robert Smith	65	OREG	32.76
9	100 Back	Peter Metzger	53	OREG	1:07.56	2	100 Back	Robert S Smith		OREG	1:13.11
10	200 Breast	Gary Oliver	51	OREG	2:53.06	5	50 Breast	Robert Smith	65	OREG	37.41
<b>Men 55-59</b>											
4	50 Free	Wes Edwards	55	OREG	26.44	4	50 Fly	Robert S Smith		OREG	31.7
4	50 Back	Wes Edwards	55	OREG	30.53	2	100 IM	Robert Smith	65	OREG	1:14.29
1	100 Back	Wes Edwards	55	OREG	1:06.05	6	400 Free	Brent Lake	70	OREG	6:27.13
2	200 Back	Wes Edwards	55	OREG	2:30.62	5	800 Free	Brent Lake	70	OREG	13:03.68
7	50 Fly	Wes Edwards	55	OREG	29.88	5	1500 Free	Brent Lake	70	OREG	25:34.36
8	100 IM	Wes Edwards	55	OREG	1:09.00	7	50 Back	Brent Lake	70	OREG	42.89
8	50 Back	Steve Mann	56	OREG	32.27	5	100 Back	Brent Lake	70	OREG	1:36.02
8	200 Free	Mike Pendleton	56	OREG	2:15.48	4	200 Back	Brent Lake	70	OREG	3:30.40
7	400 Free	Mike Pendleton	56	OREG	4:50.38	1	50 Fly	Bert Petersen	70	OREG	31.55
8	50 Free	Larry Philbrick	56	OREG	27.14	2	100 Fly	Bert Petersen	70	OREG	1:22.37
7	50 Breast	Larry Philbrick	56	OREG	35.5	3	50 Free	David Radcliff	74	OREG	30.59
9	100 Breast	Larry Philbrick	56	OREG	1:20.84	3	100 Free	David Radcliff	74	OREG	1:09.35
1	50 Breast	Allen L Stark		OREG	34.05	2	200 Free	David Radcliff	74	OREG	2:30.79
2	100 Breast	Allen L Stark		OREG	1:14.66	1	400 Free	David Radcliff	74	OREG	5:29.17
2	200 Breast	Allen L Stark		OREG	2:46.29	1	800 Free	David Radcliff	74	OREG	11:25.94
9	200 Fly	Allen Stark	59	OREG	2:59.86	1	1500 Free	David Radcliff	74	OREG	21:34.47
2	50 Free	Mike Tennant	55	OREG	25.94	7	50 Fly	David Radcliff	74	OREG	37.35
2	100 Free	Mike Tennant	55	OREG	57.52	10	50 Free	George Thayer	72	OREG	33.9
7	200 Free	Mike Tennant	55	OREG	2:14.83	3	50 Back	George Thayer	72	OREG	40.83
9	800 Free	Mike Tennant	55	OREG	10:31.54	2	100 Back	George Thayer	72	OREG	1:31.25
3	50 Breast	Mike Tennant	55	OREG	35.12	2	200 Back	George Thayer	72	OREG	3:22.93
6	100 Breast	Mike Tennant	55	OREG	1:18.74	<b>Men 75-79</b>					
7	100 Fly	Mike Tennant	55	OREG	1:10.32	7	100 Free	Bill King	75	OREG	1:21.57
6	200 Fly	Mike Tennant	55	OREG	2:45.70	5	200 Free	Bill King	75	OREG	3:08.31
4	200 IM	Mike Tennant	55	OREG	2:34.21	8	400 Free	Bill King	75	OREG	7:17.48
4	400 IM	Mike Tennant	55	OREG	5:38.39	2	1500 Free	Bill King	75	OREG	27:12.18
<b>Men 60-64</b>											
8	200 Fly	Charles Beauregard	61	OREG	3:15.78	7	50 Back	Milton Marks	78	OREG	45.25
6	50 Free	Bob Bruce	60	OREG	28.19	10	100 Back	Milton Marks	78	OREG	1:47.20
5	400 Free	Bob Bruce	60	OREG	4:58.78	5	50 Breast	Milton Marks	78	OREG	45.18
3	800 Free	Bob Bruce	60	OREG	10:33.20	4	100 Breast	Milton Marks	78	OREG	1:44.61
3	1500 Free	Bob Bruce	60	OREG	19:46.65	3	200 Breast	Milton Marks	78	OREG	4:04.66
5	50 Back	Bob Bruce	60	OREG	34.66	10	50 Fly	Milton Marks	78	OREG	49.86
5	100 Back	Bob Bruce	60	OREG	1:17.34	9	100 IM	Milton Marks	78	OREG	1:38.80
7	200 Back	Bob Bruce	60	OREG	2:51.48	5	200 IM	Milton Marks	78	OREG	3:53.06
9	100 Breast	Bob Bruce	60	OREG	1:26.14	<b>Men 80-84</b>					
6	200 Breast	Bob Bruce	60	OREG	3:10.45	9	100 Back	Lee Miesen	81	OREG	2:08.78
9	50 Fly	Bob Bruce	60	OREG	32.19	8	50 Breast	Lee Miesen	81	OREG	56.28
						8	100 Breast	Lee Miesen	81	OREG	2:14.10
						7	200 Breast	Lee Miesen	81	OREG	5:21.92
						10	100 IM	Lee Miesen	81	OREG	2:18.47
						<b>Men 85-89</b>					
						4	50 Free	Charles Bushey	87	OREG	59.63

4	200 Free	Charles Bushey	87	OREG	5:15.25
5	400 Free	Charles Bushey	87	OREG	10:43.44
5	1500 Free	Charles Bushey	87	OREG	42:58.00
7	50 Back	Charles Bushey	87	OREG	1:22.10
6	100 Back	Charles Bushey	87	OREG	3:06.68
5	200 Back	Charles Bushey	87	OREG	6:06.79
1	50 Free	Willard Lamb	86	OREG	38.5
1	100 Free	Willard Lamb	86	OREG	1:26.39
1	200 Free	Willard Lamb	86	OREG	3:26.54
1	400 Free	Willard Lamb	86	OREG	7:17.57
1	800 Free	Willard Lamb	86	OREG	14:04.48
1	1500 Free	Willard Lamb	86	OREG	28:17.36
1	50 Back	Willard Lamb	86	OREG	48.08
1	100 Back	Willard Lamb	86	OREG	1:48.34
1	200 Back	Willard Lamb	86	OREG	3:55.12

**Women 240-279**

1	200 Medley	OREG	2:41.53
Barbara Frid (66)			
Joy Ward (66)			
<b>Mixed 120-159</b>			
4	200 Free	OREG	1:58.32
Kevin Cleary (25)			
Erin Popelka (27)			
8	200 Medley	OREG	2:12.39
Kelsey Shortt-Harder (24)			
Mike Pendleton (56)			
Mixed 160-199			
10	200 Medley	OREG	2:11.67
David Hathaway (48)			
Mary Caswell (47)			

**2008 USMS Top Ten SCM Relays for Oregon LMSC**

**Men 200-239**

6	200 Free	OREG	1:53.43
Eric Wan (42)			
Reggie Sherwood (57)			
7	200 Free	OREG	1:54.09
Bill Sumerfield (48)			
Mike Pendleton (56)			

**Men 240-270**

2	200 Medley	OREG	2:09.53
Wes Edwards (55)			
Mike Tennant (55)			
1	400 Free	OREG	4:04.88
Tom Landis (66)			
Mike Tennant (55)			

**Mixed 200-239**

1	200 Free	OREG	2:01.70
Bill Sumerfield (48)			
Michael Stephenson (56)			
9	200 Free	OREG	2:27.86
Penny Rienks (57)			
Robert Moon (53)			
5	200 Medley	OREG	2:28.65
Mary Anne Royle (56)			
Bert Petersen (70)			
<b>Mixed 240-279</b>			
9	200 Medley	OREG	3:16.40
Brent Lake (70)			
Roger Rudolph (65)			

**OMS Service Awards Go Around the World**

**Lynne Pendleton** holds the Special Service Award that was given to her and Mike for their Humanitarian work in Africa. Lynn was back in Oregon for the birth of their new Granddaughter. Mike was busy “doctoring” in Africa. Thank you Mike and Lynne for showing us the true meaning of the word dedication.

**Rachel Skoss** sends a big greeting from Australia. Rachel received a Special Service Award for all her work on the Fitness Column. Thank you Rachel for your dedication to OMS and Swimming.





## NOTICE TO ALL U. S. MASTERS SWIMMING MEMBERS FINA / USMS Swim Suit Ruling

In light of new swimsuit testing and approval being conducted by FINA according to its recent “Dubai Charter”, the following is U.S. Masters Swimming’s official interpretation of Swimwear rule 102.14:

### #1. NEW U.S.M.S. SWIMWEAR INTERPRETATION

FINA approval or rejection of new swimwear introduced after September 30, 2007, will be accepted by U.S. Masters Swimming for U.S.M.S. sanctioned and recognized competition.

The following interpretation regarding the use of two suits during competition is effective immediately. This interpretation conforms to the recent interpretations issued by FINA (03/15/09) and USA Swimming (03/18/09).

### #2. NEW U.S.M.S. SWIMWEAR INTERPRETATION

For purposes of Article 102.14 of U.S. Masters Swimming Rules of Competition, Swimwear, the use of more than one suit at a time during any U.S.M.S. sanctioned or recognized competition is prohibited.

### QUESTIONS & ANSWERS:

1. Question: Can I wear a regular racing suit that is not a body suit?

Answer: Yes, suits introduced prior to September 30, 2007, are legal for U.S.M.S. competition.

2. Question: Can I wear my LZR at nationals in May?

Answer: At this point questions about suits (those introduced after September 30, 2007) for nationals cannot be answered because the new list of FINA-approved suits has not been published nor is there a set date for publication of that list by FINA. Until FINA publishes the new list of approved suits, the current status of approved or rejected suits is in effect; therefore, your LZR is currently approved for competition until the new FINA list is published. However, should U.S.M.S. officially receive information that any of currently marketed suits introduced after September 30, 2007, have been rejected by FINA, those suits will no longer be considered legal.

3. Question: Why can't questions about suits for nationals be answered now?

Answer: According to the Dubai Charter (published by FINA 03/15/09), manufacturers must resubmit their suits for approval by March 31, 2009. The suits will be retested under a new system for buoyancy (no more than 1 Newton), material (no thicker than 1 mm), and construction (no trapping of air), just to mention a few criteria. At the point of publication by FINA of newly approved suits, the questions about legal suits for nationals can be answered.

4. Question: How will this impact Masters competitors?

Answer: That LZR, TYR, or Blueseventy suit you bought after September 30, 2007, is legal at this moment, but it could be illegal after the new FINA-approved swimsuit list is published. Regardless of the new list, that old Fastskin that you have will be legal since it was introduced prior to September 30, 2007.

5. Question: My coach is forcing me to swim the 1650 Free as a training swim. Can I wear a drag suit over my jammers?

Answer: No. Although wearing an extra drag suit may not be perceived as having an advantage, the interpretation is that only one swimsuit is permitted.

6. Question: Does “one suit for competition” mean I can only wear one suit for the whole meet?

Answer: No. You can change suits during the meet, but you can only wear one suit at a time. This restriction applies only to the actual races (competition). You can wear more than one suit during warm-up and warm-down. This restriction applies to all types, makes, and models of swim suits, but it is not intended to apply to athletic supporters or modesty type wear (a single pair of “briefs” or “bikini bottoms or top” or a sports bra worn to ensure modesty and privacy).

Feel free to contact me with any questions.

Kathy Casey, Chair,

U.S. Masters Swimming Rules Committee     [rules@usms.org](mailto:rules@usms.org)

## Elizabeth Budd

### OSU News & Communications

Elizabeth Budd was born to swim, but history and sexism prevented her for years from achieving her dreams. Now at age 55, she's a swimming champion, and says life is only getting better.

Budd, who teaches swimming classes at Oregon State University through Faculty and Staff Fitness and PAC, began swimming when she was 9-years-old. She swam on her YMCA swim team, but when she became a freshman in high school, she was informed that girls weren't able to swim, because of their periods.

"Everyone was buying into this myth," she said. Her mother didn't agree with the common knowledge of the 1960s, but since Budd's high school swim coach wouldn't let her swim with the boys, she gave up swimming.

As a sophomore at Western Washington University, Budd benefited from the passage of Title IX, which allowed her and other female swimmers to swim with the men's team. Unfortunately, after a year the team was eliminated due to budget cuts, and yet again, Budd's swimming dream was cut short.

About five years ago, Budd's daughter, Mary Beth, decided her mom had given up swimming for far too long, and suggested that she get back into the sport. Budd agreed, but at first, the task was daunting.

"People in Corvallis swim really well," she said, and when she got in the pool and realized she couldn't do a 200-meter swim, it frustrated her.

But she took classes at OSU, and began paying close attention to technique, and to building up her strength. Soon she was teaching classes, in part because it helped pay for her hobby, and because it increased her own skills.

"I am very interested in technique," she said. "At age 55, I cannot get better on muscle alone."

Budd began training hard, and soon had a very serious goal in mind, to become an All American Masters Swimmer champion. Last July, she competed in a 25 kilometer United States Masters Swimming open water race, and after eight-and-a-half hours of continuous swimming in a lake in Indiana, she became a national champion, and the oldest woman to complete the race.

Getting prepared to swim for that long in a cold lake took months of preparation. Budd's daughter, Mary Beth, took the summer off from work and attending graduate school so she could train with her mom. Mary Beth rode in a kayak alongside her mom as they trained in Fern Ridge reservoir every day, making sure she kept hydrated and energized, and that she didn't succumb to hyperthermia, a serious risk given the length of time she was in the water.

"Three hours is fine, but eight-and-a-half hours is a different question," she said. At a certain point during the swim, she would get tactile hallucinations, as if snakes and spiders were crawling across her. She learned to prevent that feeling by wearing a wetsuit that kept the water off her arms, and covered her face in a Vaseline-like protectant that dulled it to sensation.

Mary Beth also helped keep her mom sane during the long swim. She would yell song titles down to her mom and then they'd sing together.

"She was so kind to me," Budd said.

Her husband Tim, a professor of computer science at OSU, was also in a boat supporting her during the race, and took pictures as well. It became a family affair.

Budd was competing against one other woman swimmer in her age bracket, but the other swimmer wasn't able to finish the race. Budd hung on, and emerged at the end of the day triumphant, and with a national championship to add to her growing list of swimming awards.

In late January, Budd celebrated her 55th birthday with an hour-long swim with friends at Osborn. The party doubled as a fundraiser for her friend Cheryl Hatch's non-profit organization, Isis Initiative Inc. She's excited to be 55, because there are so many possibilities ahead of her, she said, and she's happy to face the new year with a national championship in her pocket.

"To me it was a thrill."

*Written by Theresa Hogue of OSU News & Communications - Photo by Tim Budd*



# NW Zone SCY Championships - April 4-5, 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,)

Men 65-69 1650 Yard Freestyle			
1	Dielman, Gary	69	OREG-OR 28:48.94
Men 70-74 1650 Yard Freestyle			
1	Lake, Brent L	70	OREG-OR 25:06.97
Women 30-34 200 Yard Freestyle			
2	Kramer, Ellen M	33	OREG-OR 2:24.00
Men 50-54 50 Yard Butterfly			
1	Gliddon, Timothy J	50	OREG-OR 36.58
Men 55-59 100 Yard Backstroke			
<b>1</b>	<b>Edwards, Wes</b>	<b>55</b>	<b>OREG-OR 58.93 Z</b>
Men 70-74 100 Yard Backstroke			
1	Lake, Brent L	70	OREG-OR 1:26.78
Women 30-34 100 Yard Breaststroke			
1	Kramer, Ellen M	33	OREG-OR 1:25.49
Men 35-39 100 Yard Breaststroke			
1	Vegter, Brian S	37	OREG-OR 1:28.46
Men 50-54 100 Yard Breaststroke			
1	Gliddon, Timothy J	50	OREG-OR 1:32.82
Men 55-59 100 Yard Breaststroke			
1	Storer, Andrew R	57	OREG-OR 1:42.69
Men 60-64 100 Yard Breaststroke			
2	Shelfer, Robert E	63	OREG-OR 1:36.67

Men 65-69 500 Yard Freestyle			
1	Dielman, Gary	69	OREG-OR 8:15.23
Men 70-74 500 Yard Freestyle			
1	Lake, Brent L	70	OREG-OR 7:25.18
Men 30-34 100 Yard Butterfly			
1	Polito, Chip	32	OREG-OR 54.41



Men 60-64 50 Yard Breaststroke			
2	Shelfer, Robert E	63	OREG-OR 40.94
Men 55-59 200 Yard Backstroke			
<b>1</b>	<b>Edwards, Wes</b>	<b>55</b>	<b>OREG-OR 2:07.74 Z</b>



Men 30-34 200 Yard Butterfly			
1	Polito, Chip	32	OREG-OR 2:04.20
Men 35-39 200 Yard Butterfly			
2	Vegter, Brian S	37	OREG-OR 3:25.05
Women 30-34 50 Yard Freestyle			
2	Kramer, Ellen M	33	OREG-OR 29.75
Men 55-59 50 Yard Freestyle			
1	Edwards, Wes	55	OREG-OR 24.07
2	Storer, Andrew R	57	OREG-OR 28.94
Men 60-64 50 Yard Freestyle			
1	Shelfer, Robert E	63	OREG-OR 31.48
Event 20 Men 65-69 50 Yard Freestyle			
3	Dielman, Gary	69	OREG-OR 35.30
Event 20 Men 70-74 50 Yard Freestyle			
1	Lake, Brent L	70	OREG-OR 35.93
Men 30-34 200 Yard IM			
1	Polito, Chip	32	OREG-OR 2:02.85
Men 35-39 200 Yard IM			
1	Vegter, Brian S	37	OREG-OR 2:58.48
Women 30-34 500 Yard Freestyle			
2	Kramer, Ellen M	33	OREG-OR 6:25.29
Men 35-39 500 Yard Freestyle			
2	Vegter, Brian S	37	OREG-OR 6:50.78

Men 70-74 200 Yard Backstroke			
1	Lake, Brent L	70	OREG-OR 3:09.49
Men 60-64 100 Yard Freestyle			
1	Shelfer, Robert E	63	OREG-OR 1:13.97
Men 65-69 100 Yard Freestyle			
2	Dielman, Gary	69	OREG-OR 1:17.07
Women 30-34 200 Yard Breaststroke			
1	Kramer, Ellen M	33	OREG-OR 3:05.81
Men 30-34 200 Yard Breaststroke			
1	Polito, Chip	32	OREG-OR 2:20.39
Men 35-39 200 Yard Breaststroke			
1	Vegter, Brian S	37	OREG-OR 3:10.04
Men 70-74 50 Yard Backstroke			
1	Lake, Brent L	70	OREG-OR 39.06
Men 35-39 100 Yard IM			
1	Vegter, Brian S	37	OREG-OR 1:22.15
Men 200 Yard Freestyle Relay			
2	OREG-OR A		1:39.77
1)	Vegter, Brian S M37	2)	Gliddon, Timothy J M50
3)	Dielman, Gary M69	4)	Storer, Andrew R M57



**REGISTRATION INFO**

Register on-line at:  
[sigmneup.com/64602](http://sigmneup.com/64602)  
 Deadline for on-line registration is Fri  
 May 29<sup>th</sup>.

Register at local retailer:

All Tri-Sports\*  
 11919 NE Halsey St  
 Portland, OR  
 (503) 408-8303  
 \*Wetsuits available for rent  
 Deadline for in-store registration is Fri  
 May 29<sup>th</sup>

Register by mail:

GECKO Tri Club  
 c/o Mike Healey  
 POBox 20173  
 Portland, OR 97294  
 Please mail your registration early. We  
 need to receive your registration at the  
 POBox no later than Wed May 27<sup>th</sup>

Register Day of Swim:

Additional \$10 Fee  
 Day of swim registration and packet  
 pickup will be located at the picnic area  
 at Boat Ramp "C":  
 800m 8:00-8:45am  
 2000m 8:00-9:15am  
 4000m 8:00-10:15am

⊕ Free to registered swimmers: ⊕  
 1200m 2-3 person FUN relay  
 Sign up day of swim 8:00-10:15am



**PACKET PICK-UP**

Packet pickup and day of swim registration will be  
 located at the picnic area at Boat Ramp "C".

800m 8:00-8:45am  
 2000m 8:00-9:15am  
 4000m 8:00-10:15am

⊕ Free to registered swimmers: ⊕  
 1200m 2-3 person FUN relay  
 Sign up day of swim 8:00-10:15am

**OPEN WATER SWIM CLINIC:**

Are you new to open water swimming? Hoping to improve  
 your skills? Looking for some new goals and inspiration?  
 Please join the **Tualatin Hills Barracudas** for an Open  
 Water Swimming Clinic just before the start of Triathlon and  
 Open Water season!

The clinic will be led by **Joe Oakes**, legendary distance  
 swimmer and founder of the Alcatraz swim, and **Michelle  
 Macy**, who is heading back to England this summer to swim  
 the Channel for the second time.

Joe, Michelle, and other Barracudas will discuss techniques,  
 goals, and the dirty little secrets of open water swimming.  
 The discussion session will be followed by a training session  
 in the water at Hagg Lake. Inexperienced swimmers will, if  
 needed, be paired with a Barracuda for personal attention  
 and encouragement. Come on out and learn what the  
 swimmers know!

Date & time has not been finalized. It will be before 5/31<sup>st</sup>.  
 If interested in attending the clinic, please contact Marisa at  
[mmfrieder@yahoo.com](mailto:mmfrieder@yahoo.com) or 503-452-7053.  
 Check our website for the latest info: [www.barracudas.org](http://www.barracudas.org)

**VOLUNTEERS NEEDED**

**Please call  
 Mike Healey (503)780-9077**

For the latest info on GECKO Tri Club activities & events:

Join their yahoo e-group:  
[geckotriclub@yahoogroups.com](mailto:geckotriclub@yahoogroups.com)  
 (non-members welcome)  
 Check out their website or Email:  
[www.geckotriclub.com](http://www.geckotriclub.com)  
[info@geckotriclub.com](mailto:info@geckotriclub.com)

For the latest info on Tualatin Hills Barracudas masters swim  
 club activities & events:  
 Check out their website or Email:  
[www.barracudas.org](http://www.barracudas.org)



**BARRACUDAS**  
 TUALATIN HILLS

PRESENT

The 6th Annual  
 Hagg Lake  
 Open Water  
 Swim

**Sunday, May 31, 2009**

800m Starts at 9:00am  
 2000m Starts at 9:30am  
 4000m Starts at 10:30am  
 1200m FUN Relay 12:00pm



Sponsored by: All Tri-Sports  
 From Walking to Triathlon  
 We have you covered

REGISTRATION FORM

EVENT	START	Price	Day of Swim
<input type="checkbox"/> 800m	9am	\$25	\$35
<input type="checkbox"/> 2000m	9:30am	\$25	\$35
<input type="checkbox"/> 4000m	10:30am	\$25	\$35
<input type="checkbox"/> 2 Events	see above	\$30	\$40
Which 2 events? <input type="checkbox"/> 800m <input type="checkbox"/> 2000m* <input type="checkbox"/> 4000m*			
*2000m & 4000m count for open water series			
<input type="checkbox"/> All 3 Events	see above	\$35	\$45
		Total \$	_____

Paid:  Cash  Check # \_\_\_\_\_  
 Credit Cards only accepted through on-line registration

Please make check payable to:  
**GECKO Tri Club**

Name: \_\_\_\_\_  
 Male  Female  
 Age on Race Day \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

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

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

USMS# \_\_\_\_\_  
 Not required: only provide if competing as USMS member

HAGG LAKE INFO

RACE DESCRIPTION:

The events will begin on the shore near Boat Ramp "C". The courses will be triangular, and marked by large orange floating buoys. All courses will be monitored by boats and kayaks.

DAILY PASS REQUIRED:

**A daily pass or Season pass must be displayed at all times in your vehicle within the Park.** A daily pass can be purchased at the gate of the park on race morning. **The fee is \$5.00. Bring CASH – EXACT AMOUNT.**



DIRECTIONS:

Google: Boat Ramp C Henry Hagg Lake, Gaston, OR  
 Visit Henry Hagg Lake's website for detailed map and information:  
[http://www.co.washington.or.us/deptmts/sup\\_serv/fac\\_mgt/parks/hagglake.htm](http://www.co.washington.or.us/deptmts/sup_serv/fac_mgt/parks/hagglake.htm)



WETSUIT RENTAL:

A wetsuit is strongly recommended, but not required. Wetsuits are available for rent at All Tri-Sports, 11919 NE Halsey St. Portland, OR (503)408-8303. Please visit All Tri-Sports for an expert fitting and to reserve your size.

EVENT INFO

PRESENTED BY:

The event is presented by the GECKO Tri Club and the Tualatin Hills Barracudas, an OMS/USMS masters swim club.

SPONSORED BY:

All Tri-Sports



RAFFLE DRAWING:

After the awards, there will be a raffle drawing for a **new wetsuit.** You must be present to win. Wetsuit generously donated by All Tri-Sports.

FOOD:

A BBQ (grilled burgers, hot dogs, veggie burgers, etc.) will be served to participants following the race.



AWARDS:

Awards will begin at 12:30pm (after the relay). We will be recognizing the top 3 swimmers in each distance in the following categories:  
 Male under 40  
 Female under 40  
 Male 40+  
 Female 40+

USMS SANCTIONED EVENT:

All three swims are sanctioned under USMS, however only the 2000 and 4000 will count for the OMS Open Water Series scoring.





**Medley Relay - Allen, Wes, Mike, Larry - Photo by Doug Brockbank**

This WOW was submitted by Karen Andrus-Hughes.

April 10-11th a few dozen Oregon swimmers invaded the Washington State Masters Championship meet. There were many, many outstanding swims by Oregon swimmers, but my WOW goes to the two Oregon men's relay teams that set two national records in the 55+ age group. The former records belonged to California's Olympic Club, and stood for 8 years! Here are the details: 200 Medley Relay - new record 1:45.32 (former record 1:47.32) - Wes Edwards 27.21 backstroke, Allen Stark 30.22 breaststroke, Larry Philbrick 25.45 fly, Mike Tennant 22.44 free. 200 Free Relay - new record 1:32.18 (former record 1:35.36) - Mike Tennant 22.91, Doug Brockbank 23.27, Wes Edward 22.81, Larry Philbrick 23.19. Congratulations guys!



**Free Relay - Mike, Wes, Doug, Larry - Photo by Brent Washburne**



# Foster Lake Masters Open Water Swim

Saturday, June 27, 2009

## 1000 or 2000-meter Swim, 3 x 400 Relay, & Dogs

Hosted by Central Oregon Masters Aquatics

Sanctioned by Oregon Masters Swimming #379-OW2

Operating under Special Permit from the Linn County Parks & Recreation Commission and the US Army Corps of Engineers

**1000 & 2000-METER SWIMS:** Both swims will be held simultaneously on a triangular 1000-meter course. Swims will start in-water with a mass start and finish in-water. Great for first time racers and experienced competitors alike!

**3 x 400-METER PURSUIT RELAY:** All swimmers who complete either the 1000 or 2000-meter swim are eligible for and encouraged to swim in the 3 x 400 Pursuit Relay. Relay teams will be decided by random draw, handicapped according to performance in the 1000 or 2000-meter swim, and staggered at the start by the handicap. The first team across the line wins! Relay will start and finish in-water.

**DOGS SWIM TOO!** 50 or 100-meter Tandem Challenge for dogs and their significant others! Unsanctioned—dogs are not required to be USMS members. Open Age Group—whose age would we use anyway? Separate sporting & non-sporting canine breed category. Staggered starts. Start & finish—all paws dry. No entry fee. **Woof! Dogs must be on at leash at all times except when swimming and owners must pick up after them.**

### SCHEDULE: Saturday, June 27, 2009

9:00-9:45am	Check-In for 1000 & 2000-meter Swims
9:50am	Pre-race meeting
10:00am	1000 & 2000-meter Swims simultaneously
11:00am	Check-in deadline for relay
11:20am	Pre-race meeting
11:30am	3 x 400-meter Pursuit Relay
12:00noon	Pre-race meeting
12:05pm	50 or 100-meter Dog Tandem Challenge
12:15am	Awards

**TEMPERATURE:** Foster Lake expected water temperature is in the mid to upper 60's. Air temperature can be cool in the morning.

**REGISTRATION & FEES:** Fees include swims and pre and post-swim snacks and drinks. Lunch will not be provided. There are restaurants in the area.

1000 or 2000-meter Swim	\$20
Late or day-of-swim registration	\$10 extra
3 x 400-meter Pursuit Relay & Dog Tandem Challenge	Free

**Cheap Entry Deadline: Mailed by June 17, 2009**

**RULES:** Current United States Masters Swimming rules apply. Swimmers must be registered members of USMS. One Event or Full Memberships may be purchased with your entry for \$15 or \$38 respectively. There will be no separate awards category for wetsuits. Propulsive devices, such as fins & paddles, and flotation aids, such as pull-buoys, are not allowed. **All swimmers must bring and wear their own brightly colored swim cap** and have their race number written on their arms or hands.

**AWARDS:** All finishers placing 1<sup>st</sup> to 3<sup>rd</sup> will receive custom race ribbons. Relay winners win bragging rights. Dogs win treats.

**OREGON SERIES:** The 1000 or 2000-meter swims are qualifying swims for the Oregon Open Water Series. **There will be no Series deductions or penalties for wearing a wetsuit in these two swims.**

**SWIM SITE:** Lewis Creek Recreation Area, a beautiful Linn County Park featuring swimming & picnicking areas. Take US Highway 20, 2.2 miles east of the Weyerhauser Mill in Sweet Home. Drive 1.2 miles north on Quartzville Scenic Highway, turn left on N. River Rd, and drive .8 miles to the Recreation Area. Turn left at the entrance and park in the lower lot. **Day parking costs \$3 per car; please pay fee on site.**

**CAMPING:** Sunnyside Park is a fully equipped Linn County campground 1.2 miles from the race site. Tent sites: \$13 and hookup sites: \$18 per night plus, \$11 reservation fee per site. Tent sites hold up to 8 people. Call 541-967-3917 for info and reservations.

**EVENT DIRECTOR:** Bob Bruce, [coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com) or 541-317-4851.

## COMPLETE entry form legibly; SIGN liability; SEND with photocopy of USMS Registration Card

### Swims (check ONE only):

2000-meter swim  
 1000-meter swim  
 Enter 3 x 400-meter Pursuit Relay & Dog Tandem Challenge on Race Day

USMS Membership & Registration Number required. Add a full USMS membership for \$38 or a USMS One-Event Membership (good for this race day) for \$15. Pay now and complete form at the Lake.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
E-mail: \_\_\_\_\_

### Fees:

1000 or 2000-meter Swim: \$20 \_\_\_\_\_  
Late or Day-of-Swim: \$10 extra \_\_\_\_\_  
Pursuit Relay & Dog Challenge ---FREE---  
Registration, if you need it: \$38 or \$15 \_\_\_\_\_

**FEE TOTAL** \_\_\_\_\_

2009 USMS Number: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_  
Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_  
USMS Club: \_\_\_\_\_ Local Team: \_\_\_\_\_

WAIVER: "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 the possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MATSTERS SWIMMING PROGRAM OR ANY ACTIVITIES THERETO, I HEARBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAMGE, INCLUDING ALL CLAIMS FOR LOSS OR DAMAMGES 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

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

**CHECKS payable to COMA. MAIL by June 17 to Bob Bruce, 61200 Parrell Rd., Bend, OR 97702**



## ROGUE VALLEY MASTERS OPEN WATER WEEKEND SATURDAY & SUNDAY, JULY 18 & 19, at APPLGATE LAKE

### **SATURDAY, JULY 18:**

**1500-METER OPEN WATER SWIM  
3 X 500-METER PURSUIT RELAY**

#### **Saturday:**

8:00-9:00am 1500M Registration/Check-in  
(Check-in will close promptly at 9:00am)  
9:15am Pre-race instructions  
9:30am 1500M Race start  
11:00am Relay Check-in/Instructions  
11:20am 3 x 500 Pursuit Relay start

#### **Lunch hosted by RVM**

Relay rules & information will be available at registration.

### **SUNDAY, JULY 19:**

**5000-METER (3.1 MILE) OPEN WATER SWIM**

#### **Sunday:**

7:30-8:30am 5000M Registration/Check-in  
(Check-in will close promptly at 8:30am)  
8:45am Pre-race instructions  
9:00am 5000M Race start

#### **Awards and light brunch**

**ENTRY FEES:** Saturday - 1500M: \$30.00  
Sunday - 5000M: \$20.00  
Both events: \$45.00  
Relay: Free!

**ENTRIES MUST BE POSTMARKED BY JUNE 30.** There will be an additional \$10.00 per event surcharge for race-day entries, so please sign up early. There will be a limited number of t-shirts for sale on race day at a cost of \$20.00. Race-day entrants are not guaranteed a shirt but orders may be taken and shirts will be sent promptly after the event. Swimmers must provide their own caps. Fifty percent of all fees are refundable with at least 7 days prior notice via phone or e-mail to the Race Director.

**SANCTIONS & RULES:** These events are sanctioned by OMS, Inc for USMS #379-OW3. Current USMS rules apply to all swims. The use of pull buoys, hand paddles, and fins are prohibited. Start and finish for the 1500M & 5000M will be in the water. The 1500M and 5000M are qualifying swims for the Oregon Open Water Swim Series.

**AWARDS:** 1<sup>st</sup> through 3<sup>rd</sup> place in each male & female 5-year age group and the fastest overall male & female swimmers will receive awards in both distance races. For the series awards, points will be based on the age group finish order in each race. Relay winners get bragging rights. Complete results will be posted on the OMS website: [www.swimoregon.org](http://www.swimoregon.org) and in the Aqua Master.

**SAFETY:** Lifeguards in safety craft will monitor the course for both events. Medical personnel will be on site near the start/finish area.

**ELIGIBILITY:** All events are open to USMS registered swimmers 18 years of age as of July 18, 2009. All entrants must submit a copy of their 2009 USMS registration card with their entry. One event USMS registration will be available for \$15.00 on race day.

**PARKING:** There is a day-use parking fee of \$7.00 payable to the park concessionaire at Hart-Tish Park.

**CAMPING:** RVM has reserved all 10 tent camping sites and 4 self-contained RV camping spaces (no hookups) at Hart-Tish Park, the race site. Camping fee includes day use. \$7 Day Use Pass at Hart-Tish Park is available at the park concessionaire; for information call 541-899-9220 or [www.applegatelake.com](http://www.applegatelake.com). If you want something more scenic and secluded away from the race site you can reserve a camping spot at Beaver Sulfer campground at [www.reserveamerica.com](http://www.reserveamerica.com).

**DIRECTIONS:** From either north or south on I-5 take exit #27 (Barnett Rd) in Medford. Go west to Riverside Av. and turn right (north). Proceed to East Main St, Hwy 238, turning left (west). Continue on HWY 238 through Medford and Jacksonville, turning right in Jacksonville. Highway 238 continues to the town of Ruch, at which point the road will fork. Go left, following the signs to Applegate Lake. Proceed past the Applegate dam for another .7 miles until you turn left at Hart-Tish Park. There will be signs posted along the way directing you to the park. It is a 45-minute drive from Medford to Hart-Tish Park. This event is under special use authorization with the Rogue River National Forest. **Forest Service rules: No pets allowed at Hart-Tish Park.**

**RACE DIRECTOR:** Nate Sanford 541.210.0146 [nathan@redarrow.org](mailto:nathan@redarrow.org)

## APPLEGATE LAKE OPEN WATER SWIMS 2009 – ENTRY FORM

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ M\_\_ F\_\_

Address/City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_ Club: \_\_\_\_\_ Local Team: \_\_\_\_\_

USMS Reg #: \_\_\_\_\_ (Please attach copy of card.)

**ALL SWIMMERS MUST BE CURRENT MEMBERS OF USMS, INC. (One-event registration available @\$15.00)**

1500 Meter Swim: \_\_\_\_\_ \$30.00

5000 Meter Swim: \_\_\_\_\_ \$20.00

Both Events: \_\_\_\_\_ \$45.00

T-Shirt: \_\_\_\_\_ \$15.00 S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL (\$2 extra) \_\_\_

Lunch: \_\_\_\_\_ \$8.00 per person (includes lunch on both days)

Camping: Tent site \_\_\_\_\_ \$15.00/per site/night (sites can have multiple tents)

Camping: RV space \_\_\_\_\_ \$15.00/per vehicle/night

**TOTAL:** \$ \_\_\_\_\_ Please make checks payable to RVM Lake SwimMAIL ENTRY FORM, COPY OF 2009 USMS REGISTRATION, & CHECK TO: RVM LAKE SWIM  
PO BOX 3338  
ASHLAND, OR 97520

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: US 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. *Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.*

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



## 14<sup>th</sup> ANNUAL CASCADE LAKES SWIM SERIES & FESTIVAL

Elk Lake, Oregon July 31 & August 1-2, 2009 500, 1000, 1500, 3000, & 5000-meter swims 5 Swims in 3 Days!

Hosted by Central Oregon Masters Aquatics and Bend Metro Park & Recreation District

Sanctioned by Oregon Masters Swimming Inc. for United States Masters Swimming #379-OW4 and USA-Swimming Approval TBA.

Operating under Special Permit from the United States Forest Service

**LOCATION:** Elk Lake, a beautiful, clear mountain lake nestled in the sunny Oregon Cascades 32 miles from Bend. Water temperature has varied from 67-72 degrees Fahrenheit and will be posted on race days.

**RACES:** The **Cascade Lakes Swim Series** features five open water swims over three days! Adult participants may enter any or all of the five swims. Friday's swim is a **3000-meter** swim on a triangular course. Saturday's swims are an individual **500-meter** time trial on an out-and-back continuous floating line course and a **1500-meter** swim around a triangular course. Sunday's swims will include a **5000-meter** swim consisting of three loops of a diamond & triangular course and a **1000-meter** swim on an irregular course following the shoreline.

**SERIES:** The **Cascade Lakes Swim Series** includes a **Short Series** (500, 1000, & 1500-meter swims) and a **Long Series** (1500, 3000, & 5000-meter swims). Each swimmer may enter one distance series only and must complete all three series swims to be eligible for Series awards. For Series awards, points will be based on finish order in each race, with points deducted for wearing wetsuits. Swimmers who complete all FIVE swims will be eligible for special **Survivor** awards.

**FESTIVAL:** Elk Lake is a great place to bring your family for an outdoors experience and extravaganza. We plan fun events for children on Saturday morning and great hospitality throughout the weekend.

**ELIGIBILITY:** Open to all 2009 USMS registered swimmers. USA-Swimming registered swimmers 13 years or older may enter any of the swims, while USA swimmers 10-12 years old may enter only the 500, 1000, & 1500-meter swims. A photocopy of your 2009 USMS or USA-Swimming registration card (or foreign equivalent) **MUST** accompany your entry. USMS "One-Event" registration—covering all races—is available for adults for \$15.

**RULES:** Current USMS rules will govern this event.

**WETSUITS:** Each race has a wetsuit and non-wetsuit category, so wetsuits are allowed in all five swims. When determining the Series awards, there is a deduction for wetsuits for the sake of fairness.

**STARTS & SEEDING:** The 1500, 3000 & 5000-meter swims will use a mass start, with wetsuit swimmers starting in a separate heat. The 500-meter swim will use an individual start and the 1000-meter swim will use small heats; both of these swims will be seeded fastest-to-slowest based on entered 500-yard time. Day-of-Race entries or those not submitting a seed time will not be seeded in advance and will swim last. *No changes allowed in seeding times at the race, so enter accurately.*

**SAFETY—OUR PRIMARY CONCERN:** Numerous safety boats will monitor the entire course and medical personnel will be on-site. Swimmers must wear a brightly colored swim cap, have their race number on their arms or hands, and follow all announced safety rules.

**ENTRY FEES:** One race is \$30, and each additional race is \$5 more. Entry fee includes a swim cap and the post race lunch. Entries must be **postmarked by July 20<sup>th</sup>**. Late or day-of-race entries must pay an additional \$10 late fee.

**RESULTS:** Will be posted at Elk Lake promptly after each race and at [www.comaswim.org](http://www.comaswim.org) and [www.swimoregon.org](http://www.swimoregon.org) after verification.

### RACE SCHEDULE:

#### **Friday, July 31, 2009**

4:30—5:30pm Registration/Check-In for 3000-meter race  
6:00pm Start of 3000-meter race

#### **Saturday, August 1, 2009**

7:45—8:45am Registration/Check-In for 500 & 1500-meter races  
9:30am Start of 500-meter race  
10:15—11:00am Check-in for the 1500-meter  
11:45am Start of 1500-meter race

#### **Sunday, August 2, 2009**

7:15—8:15am Registration/Check-In for 5000 & 1000-meter races  
8:45 am Start of 5000-meter race  
10:00—11:00am Check-In for the 1000-meter race  
11:45 am Start of 1000-meter race

Pre-race instructions will be given 15 minutes before each start time. A picnic lunch will follow the finish of races each day.

**AWARDS:** Masters age groups will be 18-24, 25-29, 30-34, and so on in five-year increments as high as necessary for both women and men. USA-swimming age groups will be 12-un, 13-14, 15-16, & 17-over. Awards to individual swimmers by age group:

- Ribbons to the top three finishers in each age group in each race in both wetsuit and non-wetsuit categories.
- Ceramic coasters to the top 3 Series finishers in each age group.

Awards to individual swimmers regardless of age group:

- Ceramic mug to the top masters male & female in each Series.
- Special Survivor glass mug to everyone completing all five swims.

**DIRECTIONS & PARKING:** From Century Drive in Bend, take the Cascade Lakes Highway approximately 33 miles to Elk Lake. The start & finish for all swims is the Beach Day Use Area, the last Elk Lake exit if coming from Bend. Signs will be posted for parking and all important sites. Parking is limited to two large pullouts off the Cascades Lakes Highway and the nearby campgrounds. A shuttle bus will run Saturday and Sunday between nearby campgrounds and the race site before & during registration and after races are completed. There will be no general parking at the race site until after all event activities have concluded. **Your car must display a 2009 NW Forest Pass to park anywhere other than the highway pullouts or the campground.**

**CAMPING & LODGING:** The Group Camping Site at Little Fawn is NOT AVAILABLE this year. All other camping sites at Elk Lake are on a first-come basis, so send a teammate early to secure sites. Other lakes nearby offer reserved sites through [www.recreation.gov](http://www.recreation.gov). For cabins at the lake, go to [www.elklakeresort.com](http://www.elklakeresort.com). Bend and Sunriver offer many lodging choices at various price levels, but reserve EARLY due to other big events in Bend on this weekend.

**DOGS: NO DOGS at Elk Lake** (USFS Rule), but they may be in the campground on a leash. Never leave your dog unattended in a car!

**WEBSITE FOR COMPLETE INFO:** [www.comaswim.org](http://www.comaswim.org)

**EVENT DIRECTOR:**

**Bob Bruce** [coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com) 541-317-4851

**Entry Form – CASCADE LAKES SWIM SERIES & FESTIVAL 2009 – 5 Swims in 3 Days**

<b>Swimmer Information</b>			
Name: First:	Last:		
Address:	City:	State:	Zip:
E-mail Address:	Phone – evening: ( )		
Emergency Contact (Important):	Emergency Contact Phone: ( )		
<b>USMS / USA-S Information (include a photocopy copy of your registration card—this is required!)</b>			
Gender (circle): M F	Birth Date (mm/dd/yyyy):	Age on Race Day:	
USMS or USA-S Number:			
Club:	Local Oregon Team (if applicable):		
<b>Swims</b>			
Race Entry: Circle your events!	Seeding for 500 & 1000-meter events		
Friday: <b>3000-meter</b>			
Saturday: <b>500-meter</b>	_____ Current pool time for 500 yards		
Saturday: <b>1500-meter</b>			
Sunday: <b>5000-meter</b>			
Sunday: <b>1000-meter</b>	_____ Current pool time for 500 yards		
<b>Swim Series Option:</b> Select ONE series only - Circle your choice! <b>Short      Long</b>			
[Short Series—500, 1000, & 1500-meter] <b>OR</b> [Long Series—1500, 3000, & 5000-meter]			
<b>\$30 for first swim &amp; \$5 each additional swim. Series entry FREE</b>		<b>Enter Total Cost for Swims:</b>	
<b>Spectator Meals (free for racers)</b>	Number of spectator meals	Cost/meal	Sub-Total
Friday dinner		x \$5.00	
Saturday lunch		x \$5.00	
Sunday lunch		x \$5.00	
<b>Enter Total Cost for Spectator Meals:</b>			
<b>Shirts: Premium quality!</b>	One T-shirt per entrant at \$5.00. Add \$15.00 for each extra T-shirt.	Cost	Sub-Total
Size (S, M, L, XL) XXL – add \$2.00	Number & Size(s)		XXXXXX
T-shirt – short sleeve (first one)	Women's style ___ or Men's style ___	x \$5.00	
T-shirt – short sleeve (extras)	Women's style ___ or Men's style ___	Each \$15.00	
Commemorative hats		Each \$10.00	
<b>Enter Total Cost for Shirts &amp; Hats:</b>			
<b>Miscellaneous Fees</b>		Cost	Sub-Total
USMS/Oregon One Event Registration Fee (complete form at registration) <b>OR</b>		x \$15.00	
USMS/Oregon Full Registration Fee (complete form at registration) if needed		x \$38.00	
Late Entry Fee: Postmarked after July 20 <b>OR</b> Day-of-Race		x \$10.00	
<b>Enter Total Miscellaneous Fees:</b>			
<b>Total: Swims + Meals + Camping + Souvenirs + Miscellaneous Fees</b>		<b>Enter TOTAL COST:</b>	

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 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

**Signature:** Signed \_\_\_\_\_ Date \_\_\_\_\_  
(Parent signature required for swimmers under the age of 18)

**Include Completed Entry Form, Copy of USMS Card, & Check (payable to COMA)  
Send Entries to Bob Bruce, 61200 Parrell Rd., Bend, OR 97702**

# 2009



Date	Event	Location	Contact
<b>Pool Meets</b>			
*June 6	LCM	Tualatin Hills - Beaverton	Marisa Freider - mmfreider@yahoo.com
*July 10-12	LCM	Gil Young Memorial LCM/ NW Zone LCM Meet	Aubree Gustafson - gustafsona@usa.redcross.org
<b>Open Water Swims</b>			
*May 31, 2009	800, 2000, 4000 & Fun Relays	Hagg Lake	infor@geckotriclub.com
*June 27, 2009	1000 or 2000 3 x 400 Pursuit Relay, 50 or 100 meter Dog Challenge	Foster Lake	coachbob@bendbroadband.com
*July 18-19, '09	1500, 5 K	Applegate Lake	nathan@redarrow.org
*July 31-Aug. 2,	3000, 500, 1500, 5 K, 1000	Elk Lake (Cascade Lake Swim)	coachbob@bendbroadband.com
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
May 11, 2009	USMS 1 Mile Champ	Millerton Lake, 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. May 19	July 12 (contingent upon Zone LCM Meet date) Aug. 18 Oct 9-10 Retreat (tentative)
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**Aqua Master**

**May 2009**

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

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**Inside: Pentathlon Meet Results / SCM Top Ten / Entries**