



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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## "Swimming for Life"

### Blast Meet a Blast for Swimmers!

by Charlie Helm

Dennis Baker and the host Oregon Reign gave us a nice warm up meet for the Association Championships coming soon, as well as a preview of the domed outdoor pool set up in the short course yards format. As expected, the meet ran smoothly and quickly with many swimmers reporting good times in the fast pool.

Over 100 swimmers signed up for the meet, but there were a few no-shows (their loss!) who missed out on the chance to tune up their technique, gage their fitness, or get some competition practice before the main event. Everyone really liked the ample warm up/cool down lanes that were available and many commented that the water temp was ideal for racing. Many swimmers were already getting in the spirit of the Association Championships by doing a little trash-talking and slyly trying to find out what events their rivals were doing and how their times have been. Although I personally would never, ever, resort to or consider trash-talking my opponents, many swimmers find this is a useful method for self-motivation or putting the seeds of doubt into the minds of their competition.

Here are some random thoughts and observations from this meet and the winter season so far:



Charlie Helm

∞ It was nice to see a good turnout in all age groups again, especially in the younger age group which was primarily the large group from the Duck/U of O Masters who competed at this meet (I wonder if this was in response to my article about the big group from Corvallis at last month's meet?).

∞ Long time OMS member and open water enthusiast Robin Bragg competed in his first meet since having hip-replacement surgery exactly three months ago. Robin reported feeling great during his events and enjoys being pain free again while swimming.

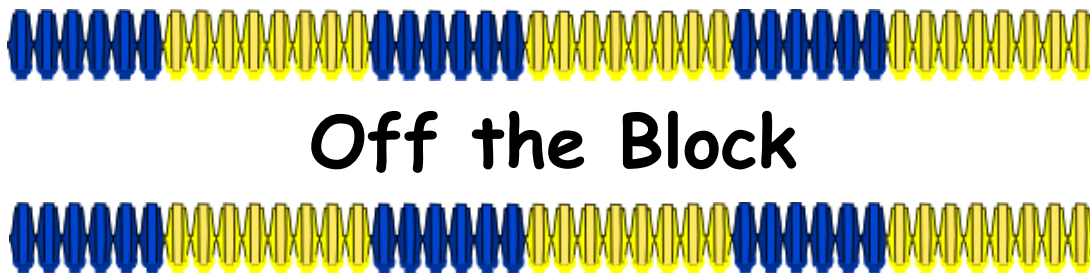
∞ Did anyone else notice that Dave Radcliff hasn't really slowed down since losing his full body tech suit?

∞ Something they did last month at the meet I attended up in Kirkland that I think we should also do at our OMS meets is, during one of the breaks at the meet, acknowledge the swimmers who are competing in their first Masters meet. What better way to welcome them to our family and encourage their commitment to fitness.

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## Off the Block

### If Life Is A Destination, I Don't Want To Get There First

by Laura Smith

It seems like every time I turn on the television lately, there's a reality show on that promotes "you must be the very best." If you're not, you're voted off the island. You're fired. You will never be the Swan, or in the band. You simply will not be America's next idol if you don't come in first, trouncing the competition on your way up to the top. Frankly, I think that is a sad reflection of society, and an unrealistic view of how to lead your life. Not that you asked, but I think it's good ... healthy ... to venture into things that you're bad at. Yep. Actually put yourself in a position where you just might come in dead last. As cliché as it sounds, I do believe that life is a journey, not a destination ... and I, for one, want to explore all the paths in route ... not just the ones I'm familiar with.

My husband and I have recently moved to a new town, so I thought it would be the perfect opportunity to branch out and try some new things. I can't drive to the grocery store without seeing groups of cyclists hammering uphill at great speeds, throngs of runners happily plodding up the road towards Mt. Evans, even the occasional In-Line skater braving the inclines. So, I thought I'd get back into running. Heck, if everyone around me is doing it, it couldn't be that hard, right? Most of these people are at least 20 years my senior. Evergreen ... where even the flats are uphill. Yep. That's where I decided to start my running career. Evergreen ... 8,000 feet above sea level. Flies don't even live up here because there's not enough oxygen. But, I pulled on my running shoes, and ventured outside for a jog. Three minutes into it, I became religious. I started making deals with God if he would just STOP the pain. Were these people making this look easy paid just to mess with me? Could a town really be built in a manner that every direction is uphill? Or, am I just a bad runner? I walk/jogged back to my car (Yes! You got me! I DROVE to go running!!! I was looking for someplace relatively do-able!), got in, and melted into the seat. As I sat there trying to muster up the energy to lift the key into the ignition, a sensation hit me. Even with the lactic acid pulsing through my veins, I could feel it. I felt amazing. My legs were tired in a way I don't get from swimming workouts. I had coughed up anything that might be lingering in my lungs, and the crisp, clean air I sucked in during the jog made them spongy and alive. I

had an overall sense of well-being. The pain of the run was definitely worth the feeling I had afterward.

A year living in the Republic of Boulder definitely rubbed off on my husband. Now that he's Johnny Conservationist, he'll only let us turn on the heat when I have to chisel the dog's frozen paws up off the hardwood floors. Thus, I started Bikrim Yoga. I figure that way I was guaranteed at least 90 minutes of warmth twice a week. So, I go to my first class. I'm surrounded by a group of Barbie-cloned Stepford Wives in cute little color coordinated outfits. I tucked my State Meet T Shirt into my oversized Umbro shorts and thought that surely, being a Master Swimmer and all, I could hold my own with these petite former cheerleader types. I was wrong. Painfully wrong. We twisted and bent and spiraled and arched until muscles that I never knew existed started cramping up. I looked around and notice that my mat was the only one submerged in sweat, and all the Trophy Wives were smiling and in perfect alignment. I would have reached out to strangle them, but if I lifted my arm I would've fallen out of position and injured something! I was humbled. I hate doing things that I'm genuinely bad at. Especially in front of other people. More insulting, I had to PAY for it. However, as I was wringing out my mat and towel after class I noticed something. I felt good. I felt really good. I had sore muscles and a bruised ego ... but I ventured outside of things that are familiar to me, tried something new, and as a result, I somehow picked up an esteem boost. Physically, I felt great, but mentally, I felt even more satisfied.

After a few glasses of wine, I entered the 200 Fly in a meet. Why not? It looks so innocent on paper. However, at the meet, around the 150 yard mark, I started going vertical in the water. Even my husband walked away, because he couldn't stand to see me in so much pain. I hated those last several yards (in fact at the time, I would have sworn to you they were miles, not yards). I was hoping a stray bullet would fly through the Natatorium, pierce my jugular, and put me out of my misery. I did, however, after a great lapse of time, touch the wall. I finished. And, although I didn't dash to the Registrar and beg to sign up for it again, I did

Continued on next page





# Fitness

## Is Physical Therapy for You?

by Helen Thurlow



The doctor whips out his prescription pad and wants you to see a physical therapist for either your aching shoulder, the torn tendon in your knee or you are injury free and need help to stay that way. Injury free? Have we seen a change in the way we view other modalities for physical health?

The profession of physical therapy has slowly evolved in the last 10 years according to Keith Glasser, physical therapist and owner of Optimal Results Physical Health Center. PTs, as they are known, still help doctors with people who have had surgeries such as total joint replacements, but also work with athletes, professional or recreational, to help them achieve their performance goals.

Physical therapy is easily defined as "science of movement". In other words, a PT can provide treatment to individuals to develop, maintain and restore maximum movement and function.

To do so, we need to look at the individual's biomechanics. Biomechanics simply means that a PT will look at the mechanics of the human body, especially concerned with the muscles and skeleton. Whether we

are injured, dealing with pain and dysfunction or we are simply aging, proper structure of our bodies becomes slightly off. The physical therapist will design, after analyzing your individual structure, and incorporate a movement exercise routine that will enhance your recovery.

Most importantly, we want to improve what is lacking. According to Keith, we should focus on improving our balance, coordination, flexibility and work on our strength and aerobic capacity. Also, we need to be concerned on improving our education and training on nutrition; as many of us become nutritionally depleted as we age.

In today's fast pace life following simple guidelines and, if needed, visiting a physical therapist will help let you stay an athlete for many years to come.

#### Reference:

Keith Glasser, MSPT, cert MDT  
Optimal Results Physical Health Center  
[www.optimalresultspt.com](http://www.optimalresultspt.com)

#### Life a Destination

Continued from previous page

feel good about swimming that race. It was a sense of accomplishment. I truly gave something, every ounce of energy I had, and didn't hold anything back. There were no medals waiting for me at the end of the race. No sponsors trying to give me money and product. No photographers waiting to get my face on the next cover of *Swim Magazine*. Just me. And a feeling of elation for doing something outside my comfort zone, and sticking to it. (And no, I have never entered it since!)

Don't get me wrong. I love to win! I've won a few things in my life, and each of those accomplishments will be positive memories for the rest of my days. However, that's not the reason I competed in them. I think, being completely honest, I just like to move. I'm much happier in motion than static. I realize that only one person can win. I'm okay with that. If it's me, great (especially if there is a monetary award attached!). If it's not, I'm just thankful to have participated. So I challenge you. I triple dog dare you. Start doing things you are



Charlie Helm

uncomfortable with. Enter something that is outside your comfort zone. Put yourself in a position where obtaining that number one spot is an impossibility ... then just do it for fun. You just may feel really good about yourself when you're done. You might actually feel like a winner.

# Shake and Swim with "Bake"

## Meet the Meet Season Head On

Coach Dennis Baker



swimgraphics.com

As we head into "Meet Season", which includes Association Champs, USMS Nationals and all the great Open Water competitions, I'd like to give you some tips and hints on how to prepare and approach this busy time.

**Assess your fitness:** Be honest with yourself and then take that assessment and set reasonable goals for yourself. You will have much more fun.

**Have a coach look at your stroke technique:** Often times if you fixate on doing or changing just one thing and making it better your season and swims will be much better.

**Make time for yourself:** Yes, the dreaded "life stuff" that gets in the way of our swimming! Take a day off one or two weeks before your competition and get all your ducks in a row. A relax day helps you down the road more than you would think.

**Get a training partner:** Get one or two people involved in your swimming and likewise you in theirs. This will help you get to practice. You can carpool and just generally motivate each other. This is also great for traveling to competitions!

**Don't enter too many events at a competition:** This is a big one. I constantly see swimmers doing four or five swims in one day. If you're looking for fast times this will not happen as you will get too fatigued. If it's a multi-day event you will not be able to recover. This goes for Open Water events as well.

Try some of these tips in the upcoming season and into the summer. I think you will be happy with the results. All of these tips will help you look forward to the season and not have any apprehension as you meet the meet season head on.

### The most recent prior Association Championships have been:

2010 Corvallis  
2009 Bend  
2008 Tualatin Hills

2007 Bend  
2006 Corvallis  
2005 Canby

2004 Bend  
2003 MAC  
2002 Corvallis

2001 Ashland  
2000 Tualatin Hills

## Swim Bits

by Ralph Mohr

One of the fun parts of Masters swimming is learning how other people in the country are doing in your favorite sport. USMS has made this easy with their fitness log or FLOG program as part of the "Go the Distance" program.

I first learned of this at the end of last year when I mentioned to a swimming friend I'd gone 500 miles for the year. He asked me if I was part of "Go the Distance." I said, Huh," and looked it up.

"Go the Distance" is at a link on the USMS homepage, labeled "My USMS." Click on that and set up "My fitness log (FLOG)." After registering you will be shown a monthly calendar where you can insert your workouts and how far you swam or how long you worked out running, weights, or Pilates that day.

You can set up a goal for the year, and the program keeps track of your progress. My goal for 2011 is to duplicate 2010, 500 miles. Dave Radcliffe's goal is to swim 1,100,000

yards in 2011. I'll let you figure out how many miles that is.

What I have found fascinating is that there are people all over the US participating in the "Go the Distance" program. One guy, 59, has swum over 300 miles by March 1. I figured out he has to be going close to 10,000 yards a day to do this. Extreme!

What I have also found are friends in Oregon who are also participating in the program. It's comforting to know Joni Young and Elizabeth Budd are out there working hard, too. The Lassens hit 500 miles last year and are at it this year. Mike Carew for the second year in a row was a 1000 miler, and he is well on his way this year for the "Triple Grand."

I'm not up to that, but I have found "Go the Distance" a great incentive to get in the pool, even when it is rainy and cold outside. Join us. It is not too late, especially if you have kept a swimming log since January 1. If not, sign up for "Go the Distance" anyway.





# Long Distance Swimming

by Bob Bruce  
Event Director for the Foster Lake Cable Swims



## The 2011 Cable Swims at Foster Lake

Although it may seem to you to be a bit early to be talking about Oregon open water swimming, here's a special treat in store for you this summer and why you should definitely be there. On Saturday, July 2, COMA will host the first USMS One-Mile Cable Swim National Championship race ever swum on the west coast, at the newly-built cable swimming course at Foster Lake, just east of Sweet Home.

What on earth is a cable swim? USMS rules tell us that cable swims are open water swims done on a specially-designed one-quarter mile straightaway course defined by a cable (rope with buoys). These courses are built to demanding specifications, with measurement tolerances within six inches only. They include an in-water start and finish. And our recent experience tells us that these courses are challenging, expensive, labor-intensive, and time-consuming to build, which explains why there aren't very many of them. Except at Foster Lake!

What are the benefits of cable swims? They are a way to hold an open water swim in a well defined, relatively small area. They are the easiest open water courses to patrol and maintain swimmer safety. They are great venues for up-close, in-your-face competitive racing. And they provide a friendly transition from pool swims to open water swims, because cable swims share common elements with both kinds of swimming.

Pool swimmers will feel at home because cable swims include...

- **Heats & Waves:** Our One-Mile cable swim will have two heats. Within each heat, there will be 8-12 waves of 8-12 swimmers each with staggered starts, much like heats at a pool meet.
- **Seeding:** Swimmers will be arranged at the starts by 1650-yard or 1500-meter seed times.
- **Steering:** There's a lane line (the cable) which makes swimming in a straight line pretty easy, even for those who are navigationally challenged.
- **Measured Course & Records:** Cable courses are the only open water courses to have measured distances certified to be accurate. And because courses are accurate, records are kept.

Open water swimmers will feel at home because cable swims include...

- **A Non-rectangular Body of Water:** It's free form, shaped by erosion with some small help from the U.S. Army Corps of Engineers.
- **Cooler Water:** No bathwater here! We expect about 70 degree water on race day.
- **Variety:** There is always the possibility of hot or cold air temperatures, sunny or inclement weather, wind, and waves.
- **Crowds:** Like all open water swims, everyone will seem to want to share your lane.

The cable swim course at Foster Lake will be the newest and nicest one in the land! COMA has taken every step to ensure that this course exceeds all USMS, USA-Swimming, and FINA standards for open water courses in general and cable courses specifically. The course will be brilliantly marked with the cable with small buoys in the center, large yellow cylindrical buoys at the turnarounds, and a fleet of orange buoys on the perimeter. The starting line will be marked by an overhead rope to maintain accuracy and fairness. The in-water finish line will be an international-style 5-meter-wide touch board. And, of course, the venue at Lewis Creek Park is one of the largest, nicest, and most accessible on the Oregon circuit, located less than 100 miles from downtown Portland.

Why should YOU be there? Some possible reasons might include...

- **Adventure:** It will be a new and completely different experience for us Oregonians.
- **USMS National Championship:** It will be the biggest swim happening this summer.
- **Other Swims:** There will also be a non-championship two-mile cable swim and the always popular Dog Tandem Challenge (COMA would never host an event without its own quirks...).
- **USMS Long Distance All-American:** If you would like to be an All-American, the first required step is to swim in a national championship event. Of course, the second step is to win it.



- **USMS Long Distance All-Star:** If you would like to contend for a spot on the All-Star team, you must swim in at least one USMS open water championship. Here's your chance without a long road trip.
- **Individual Swims & Records:** Some of you are capable of breaking USMS individual national records for one or both of the cable distances. Many more of you may contend for the Oregon records (Note: as I researched cable swims, I found that only one Oregon-registered swimmer has competed in a cable swim in the past twelve years. Any guesses who that was? The record book is wide open!).
- **Relays & Records:** Here's a unique, nearly unbelievable opportunity that will come to us only once! In 2009, USMS started keeping records for cable swim relays, cumulative relays much like the postal relays at which we have excelled. There have been a limited number of relay entries in the past two years, and the current cable relay records are quite soft or nonexistent. I believe that we Oregonians have an excellent chance to RUN THE TABLE by breaking every one of the USMS national cable swim records, both for one-mile and two-mile relays. That's right—EVERY SINGLE ONE! To do this, we need our aces to enter at least three-deep in every relay age group, show up ready to swim fast, and race like records are on the line. And let's not forget about those new Oregon cable relay records too.
- **Relays & Championships:** The swimmers in each winning relay in the one-mile championship swim will be Long Distance Relay All-Americans.
- **COMA event:** Hey, it's not just another swimming event—COMA-hosted events are parties!
- **Road Trip:** All in all, this might be just a pleasant outing with your swimming pals. Does life get any better than that?

What else do you need to know? Well, here are some limitations about which you need to be aware & alert:

- **Limited number of swimmers:** Due to course logistics, we plan to limit entries to the first 288 registrants. First come, first served. Please remember that this will be the first cable swim west of the Mississippi in many years, and lots of other left-coasties are hankering to join us—don't shut yourself out through procrastination!
- **USMS Membership:** Since this is a championship event, full USMS membership is required and USMS One-Event registration will NOT be available.
- **Seeding:** A 1650-yard or 1500-meter seed time is required, "No Time" entries will NOT be

accepted, and changes in seed time will NOT be allowed after the seeded event program is posted.

- **Entry Deadline:** Due to seeding needs and other logistics, there will be a strict entry deadline (June 20, provided space remains) and NO day-of-race entry.
- **Swimwear:** Only Category I swimwear will be allowed. This means NO wetsuits, among many other things. Information on suitable swimwear may be found with the complete event info, linked below.
- **Time Cut-offs:** To keep a reasonable schedule, time cut-offs for both cable swims (50 minutes for the one-mile championships & 1:45 for the two-mile swim) will be enforced. If you cannot make these times, please do not enter.

Where can you find complete information & entry forms? Use these links!

- Complete event information & rules: <http://www.comaswim.org/>
- On-line registration (vastly preferred to paper), available now: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1705&smid=2938](https://www.clubassistant.com/club/meet_information.cfm?c=1705&smid=2938)
- Paper entry form (good for information, but please save me the work & go on-line. Please!): <http://www.swimoregon.org/forms/meets/11FosterLakeEntry.pdf>

See you at Foster Lake. Good luck and good swimming!



Charlie Helm

## Blast Meet, Mt Hood Community College—March 13, 2011

<b>W</b> = Time breaks listed World Record (includes National, Zone & OR)	<b>O</b> = Oregon Record
<b>N</b> = Time breaks listed National Record (includes Zone & OR)	
<b>Z</b> = Zone Record, (includes OR)	<b>*Split</b>

**Women 18-24**

50 Yard Free			
1 Stewart, Kelsey	19	DUCK	27.95
2 Grundy, Allison	20	DUCK	29.32
3 Curtis, Emily	24	OREG	31.27
4 Proctor, Micheline	21	DUCK	35.55

100 Yard Free			
1 Watling, Carolyn	18	DUCK	1:02.87
2 McLaren, Sidney	21	DUCK	1:04.54
3 Miranda, Cari	18	DUCK	1:05.03
4 Browning-Kamins, L.	22	DUCK	1:08.90
5 Perdue, Jensen	20	DUCK	1:09.78

200 Yard Free			
1 Watling, Carolyn	18	DUCK	2:19.08
2 Robinson, April	20	DUCK	2:25.32
3 Browning-Kamins, L.	22	DUCK	2:27.46

500 Yard Free			
1 Watling, Carolyn	18	DUCK	6:03.77
2 Robinson, April	20	DUCK	6:14.97
3 Browning-Kamins, L.	22	DUCK	6:48.02

50 Yard Back			
1 Stewart, Kelsey	19	DUCK	31.36
100 Yard Back			
1 Miranda, Cari	18	DUCK	1:15.95
2 Curtis, Emily	24	OREG	1:22.97

50 Yard Breast			
1 Iblings, Kelsey	19	DUCK	36.36
2 McLaren, Sidney	21	DUCK	36.50
3 Grundy, Allison	20	DUCK	38.55
4 Perdue, Jensen	20	DUCK	40.38
5 Proctor, Micheline	21	DUCK	43.82

100 Yard Breast			
1 Iblings, Kelsey	19	DUCK	1:20.31
2 Grundy, Allison	20	DUCK	1:20.67
3 Perdue, Jensen	20	DUCK	1:27.67
4 Curtis, Emily	24	OREG	1:28.16
5 Proctor, Micheline	21	DUCK	1:34.08

50 Yard Fly			
1 Stewart, Kelsey	19	DUCK	30.08
2 Robinson, April	20	DUCK	31.53
3 Curtis, Emily	24	OREG	35.82

100 Yard IM			
1 Robinson, April	20	DUCK	1:13.54
2 Iblings, Kelsey	19	DUCK	1:15.28
3 Proctor, Micheline	21	DUCK	1:25.85

200 Yard IM			
1 Robinson, April	20	DUCK	2:41.14
2 Miranda, Cari	18	DUCK	2:45.63

**Women 25-29**

100 Yard Free			
1 Somera, Christine	25	OREG	58.03
200 Yard Free			
1 Somera, Christine	25	OREG	2:06.99

500 Yard Free			
1 Somera, Christine	25	OREG	5:44.22

50 Yard Back			
1 Packer, Allyson	27	OREG	31.13
50 Yard Breast			
1 Gustafson, Aubree	29	OREG	35.55

100 Yard Breast			
1 Blair, Heather	25	OREG	1:12.94
2 Gustafson, Aubree	29	OREG	1:16.14

200 Yard Breast			
1 Blair, Heather	25	OREG	2:34.54
2 Gustafson, Aubree	29	OREG	2:45.90

50 Yard Fly			
1 Gustafson, Aubree	29	OREG	30.02
2 Packer, Allyson	27	OREG	30.04

100 Yard IM			
1 Packer, Allyson	27	OREG	1:07.61

200 Yard IM			
1 Blair, Heather	25	OREG	2:24.09

400 Yard IM			
1 Blair, Heather	25	OREG	4:59.29

**Women 30-34**

50 Yard Free			
1 Thayer, Kathleen	31	SWMS	28.69

100 Yard Free			
1 Thayer, Kathleen	31	SWMS	1:01.84

1000 Yard Free			
1 Thayer, Kathleen	31	SWMS	12:43.83

50 Yard Back			
1 Thayer, Kathleen	31	SWMS	34.39

**Women 35-39**

50 Yard Free			
1 Shindel, Marci	37	OREG	28.15

2 Miller, Teresa	35	OREG	30.75
3 Cooper, Cheryl	39	UNAT	32.27

100 Yard Free			
1 Miller, Teresa	35	OREG	1:07.89

50 Yard Breast			
1 Shindel, Marci	37	OREG	34.50

2 Miller, Teresa	35	OREG	39.84
3 Cooper, Cheryl	39	UNAT	41.97

100 Yard Breast			
1 Shindel, Marci	37	OREG	1:15.12

100 Yard IM			
1 Miller, Teresa	35	OREG	1:16.16

**Women 40-44**

500 Yard Free			
1 Lassen, Megan	40	OREG	5:59.48

100 Yard Back			
1 Lassen, Megan	40	OREG	1:11.95

200 Yard Breast			
1 Shelton, Stacia	42	OREG	3:47.64

50 Yard Fly			
1 Shelton, Stacia	42	OREG	41.99

100 Yard IM			
1 Shelton, Stacia	42	OREG	1:37.89

**Women 45-49**

50 Yard Free			
1 Andrade, Julie	49	OREG	33.26

1000 Yard Free			
1 Delmage, Arlene	48	OREG	12:01.89

100 Yard Breast			
1 Andrade, Julie	49	OREG	1:29.99

50 Yard Fly			
1 Delmage, Arlene	48	OREG	28.88

2 Andrade, Julie	49	OREG	38.74
100 Yard Fly			
1 Delmage, Arlene	48	OREG	1:04.35

200 Yard Fly			
1 Delmage, Arlene	48	OREG	2:26.00

100 Yard IM			
1 Andrade, Julie	49	OREG	1:24.98

**Women 50-54**

50 Yard Free			
1 Harrington, Sue	53	OREG	31.60

2 Grunwald, Dawn	52	OREG	34.17
100 Yard Free			
1 Crabbe, Colette	54	OREG	1:03.37

2 Vincent, Nancy	51	SWMS	1:06.71
3 Harrington, Sue	53	OREG	1:13.03

200 Yard Free			
1 Lamoureux, Lori	51	OREG	2:32.77

2 Harrington, Sue	53	OREG	2:45.36
3 Grunwald, Dawn	52	OREG	2:57.32

500 Yard Free			
1 Crabbe, Colette	54	OREG	6:13.94
2 Lamoureux, Lori	51	OREG	6:51.68

1000 Yard Free			
1 Crabbe, Colette	54	OREG	12:53.87

50 Yard Breast			
1 Caswell, Mj	50	OREG	37.29

2 Vincent, Nancy	51	SWMS	38.05
3 Harrington, Sue	53	OREG	40.75

100 Yard Breast			
1 Vincent, Nancy	51	SWMS	1:22.32

2 Lamoureux, Lori	51	OREG	1:27.45
3 Harrington, Sue	53	OREG	1:28.96

200 Yard Breast			
1 Vincent, Nancy	51	SWMS	3:02.42

50 Yard Fly			
1 Caswell, Mj	50	OREG	31.53

2 Grunwald, Dawn	52	OREG	40.46
100 Yard IM			
1 Grunwald, Dawn	52	OREG	1:30.97

200 Yard IM			
1 Crabbe, Colette	54	OREG	2:30.03

**Women 55-59**

50 Yard Free			
1 Towne, Charris	59	OREG	40.75

2 Summers, Ellen	57	OREG	47.99
100 Yard Free			
1 Summers, Jeanna	57	OREG	1:10.65

2 Towne, Charris	59	OREG	1:29.83
3 Summers, Ellen	57	OREG	1:48.51

200 Yard Free			
1 Budd, Elizabeth	57	OREG	2:39.18

2 Towne, Charris	59	OREG	3:22.71
500 Yard Free			
1 Budd, Elizabeth	57	OREG	6:57.60

1000 Yard Free			
1 Summers, Jeanna	57	OREG	14:35.97

50 Yard Back			
1 Larson, Linda	55	FLAQ	37.71

2 Towne, Charris	59	OREG	50.52
100 Yard Back			
1 Summers, Jeanna	57	OREG	1:20.15

2 Larson, Linda	55	FLAQ	1:20.37
200 Yard Back			
1 Larson, Linda	55	FLAQ	2:49.86

50 Yard Breast			
1 Summers, Ellen	57	OREG	1:21.86

50 Yard Fly			
1 Summers, Jeanna	57	OREG	40.16

100 Yard Fly			
1 Summers, Jeanna	57	OREG	1:29.94

200 Yard IM			
1 Budd, Elizabeth	57	OREG	3:03.80

400 Yard IM			
1 Budd, Elizabeth	57	OREG	6:18.08

**Women 65-69**

50 Yard Free			
1 Calnek-Morris, Sue	67	OREG	33.64

2 Haynie, Sandra	66	OREG	58.74
100 Yard Free			
1 Calnek-Morris, Sue	67	OREG	1:16.64

2 Ellis, Esther	66	SWMS	1:45.84
200 Yard Free			
1 Calnek-Morris, Sue	67	OREG	2:53.45

2 Ellis, Esther	66	SWMS	3:48.68
500 Yard Free			
1 Calnek-Morris, Sue	67	OREG	7:33.86

2 Ellis, Esther	66	SWMS	9:52.48
1000 Yard Free			
1 Calnek-Morris, Sue	67	OREG	15:30.22

2 Ellis, Esther	66	SWMS	20:43.92
50 Yard Back			
1 Ward, Joy	68	OREG	38.77



2 Haynie, Sandra	66	OREG	1:09.30
100 Yard Back			
1 Ward, Joy	68	OREG	1:25.95
50 Yard Fly			
1 Ward, Joy	68	OREG	38.23
200 Yard IM			
1 Ward, Joy	68	OREG	3:14.99
<b>Men 18-24</b>			
50 Yard Free			
1 Becherer, Justin	18	DUCK	24.55
2 Boudreau, Benjamin	20	DUCK	25.65
3 Velvick, Timothy	21	SAWS	26.70
100 Yard Free			
1 Becherer, Justin	18	DUCK	53.66
2 Boudreau, Benjamin	20	DUCK	55.54
3 Velvick, Timothy	21	SAWS	59.91
200 Yard Free			
1 Naugle, Andrew	20	DUCK	1:55.69
500 Yard Free			
1 Rhodes, Kevin	18	DUCK	5:36.43
100 Yard Back			
1 Vasilia, Brenan	22	DUCK	1:00.31
2 Becherer, Justin	18	DUCK	1:03.94
200 Yard Back			
1 Rhodes, Kevin	18	DUCK	2:20.17
50 Yard Breast			
1 Rhodes, Kevin	18	DUCK	34.12
200 Yard Breast			
1 Rhodes, Kevin	18	DUCK	2:38.77
50 Yard Fly			
1 Becherer, Justin	18	DUCK	26.35
2 Velvick, Timothy	21	SAWS	29.85
100 Yard Fly			
1 Naugle, Andrew	20	DUCK	56.62
100 Yard IM			
1 Naugle, Andrew	20	DUCK	59.19
2 Rhodes, Kevin	18	DUCK	1:05.52
200 Yard IM			
1 Velvick, Timothy	21	SAWS	2:32.05
<b>Men 25-29</b>			
50 Yard Free			
1 Griswold, Gregory	28	UNAT	33.70
50 Yard Back			
1 Cleary, Kevin	27	OREG	32.81
50 Yard Breast			
1 Cleary, Kevin	27	OREG	31.35
100 Yard Breast			
1 Griswold, Gregory	28	UNAT	1:26.49
50 Yard Fly			
1 Cleary, Kevin	27	OREG	27.45
2 Griswold, Gregory	28	UNAT	35.09
100 Yard IM			
1 Griswold, Gregory	28	UNAT	1:26.33
<b>Men 30-34</b>			
200 Yard Back			
1 Polito, Chip	34	OREG	2:05.65
100 Yard Breast			
1 Atay, Cemil	32	OREG	1:06.71
200 Yard Breast			
1 Atay, Cemil	32	OREG	2:28.64
100 Yard Fly			
1 Polito, Chip	34	OREG	57.80
100 Yard IM			
1 Atay, Cemil	32	OREG	59.43
<b>Men 35-39</b>			
500 Yard Free			
1 Notis, John	37	OREG	7:06.47
<b>Men 40-44</b>			
50 Yard Free			
1 Wan, Eric	44	OREG	23.26
2 Carr, Paul	44	OREG	25.60
100 Yard Free			
1 Wan, Eric	44	OREG	51.02
2 Clydesdale, Bill	43	OREG	54.35
50 Yard Back			
1 Carr, Paul	44	OREG	30.80
100 Yard Back			
1 Carr, Paul	44	OREG	1:05.80
50 Yard Breast			
1 Clydesdale, Bill	43	OREG	30.95
2 Wan, Eric	44	OREG	32.36
200 Yard Breast			
1 Clydesdale, Bill	43	OREG	2:31.51
50 Yard Fly			
1 Wan, Eric	44	OREG	27.28
2 Carr, Paul	44	OREG	29.21
<b>Men 45-49</b>			
50 Yard Free			
1 Baele, Michael	46	OREG	23.31
100 Yard Free			
1 Baele, Michael	46	OREG	51.55
2 Karyukin, Andrei	45	OREG	1:02.12
50 Yard Breast			
1 Karyukin, Andrei	45	OREG	36.59
50 Yard Fly			
1 Baele, Michael	46	OREG	24.99
2 Karyukin, Andrei	45	OREG	29.87
100 Yard Fly			
1 Karyukin, Andrei	45	OREG	1:13.60
<b>Men 50-54</b>			
50 Yard Free			
1 Sumerfield, Bill	50	OREG	25.92
2 Van Dooren, Mike	52	OREG	28.31
3 Helm, Charlie	54	OREG	34.95
100 Yard Free			
1 Sumerfield, Bill	50	OREG	57.74
2 Van Dooren, Mike	52	OREG	1:02.32
3 Helm, Charlie	54	OREG	1:17.89
200 Yard Free			
1 Van Dooren, Mike	52	OREG	2:27.66
2 Bragg, Robin	51	OREG	2:59.33
500 Yard Free			
1 Bragg, Robin	51	OREG	8:05.80
1000 Yard Free			
1 Hathaway, David	50	OREG	11:37.16
2 Howell, Richard	51	UNAT	13:03.76
3 Bragg, Robin	51	OREG	16:35.67
50 Yard Breast			
1 Howell, Richard	51	UNAT	33.36
2 Van Dooren, Mike	52	OREG	37.97
3 Gipe, Dan	51	OREG	39.08
100 Yard Breast			
1 Sumerfield, Bill	50	OREG	1:12.36
2 Howell, Richard	51	UNAT	1:13.46
3 Gipe, Dan	51	OREG	1:26.52
200 Yard Breast			
1 Howell, Richard	51	UNAT	2:45.84
100 Yard Fly			
1 Hathaway, David	50	OREG	1:01.77
100 Yard IM			
1 Howell, Richard	51	UNAT	1:08.59
2 Van Dooren, Mike	52	OREG	1:21.28
3 Gipe, Dan	51	OREG	1:23.99
400 Yard IM			
1 Hathaway, David	50	OREG	5:00.55
<b>Men 55-59</b>			
50 Yard Free			
1 Philbrick, Larry	58	OREG	25.18
2 Dow, Keith	55	OREG	26.37
100 Yard Free			
1 Philbrick, Larry	58	OREG	56.65
2 Dow, Keith	55	OREG	57.12
3 Gudman, Jon	55	OREG	58.29
4 Larson, Allen	58	OREG	1:04.94
200 Yard Free			
1 Gudman, Jon	55	OREG	2:12.17
2 Dow, Keith	55	OREG	2:12.44
3 Larson, Allen	58	OREG	2:25.04
500 Yard Free			
1 Gudman, Jon	55	OREG	6:01.67
2 Dow, Keith	55	OREG	6:07.42
3 Stephenson, Michael	58	OREG	6:14.48
1000 Yard Free			
1 Gudman, Jon	55	OREG	12:33.54
2 Stephenson, Michael	58	OREG	12:55.69
3 Dow, Keith	55	OREG	13:01.01
100 Yard Back			
1 Edwards, Wes	57	SWMS	1:01.81
50 Yard Breast			
1 Philbrick, Larry	58	OREG	31.47
100 Yard Breast			
1 Williams, Curtis	58	OREG	1:30.08
2 Larson, Allen	58	OREG	1:32.67
3 Darnell, Stephen	56	SWMS	1:40.35
50 Yard Fly			
1 Philbrick, Larry	58	OREG	28.73
100 Yard IM			
1 Stephenson, Michael	58	OREG	1:14.65
2 Williams, Curtis	58	OREG	1:23.52
3 Darnell, Stephen	56	SWMS	1:27.20
<b>Men 60-64</b>			
50 Yard Free			
1 Dasch, Vern	61	OREG	27.62
2 Kehoe, Bob	64	OREG	28.77
3 Kelber, Michael	63	OREG	30.02
100 Yard Free			
1 Dasch, Vern	61	OREG	1:00.85
2 Kehoe, Bob	64	OREG	1:04.16
3 Ellis, John	64	SWMS	1:16.12
200 Yard Free			
1 Dasch, Vern	61	OREG	2:20.12
2 Kehoe, Bob	64	OREG	2:27.83
3 Ellis, John	64	SWMS	2:47.12
500 Yard Free			
1 Ellis, John	64	SWMS	7:22.04
1000 Yard Free			
1 Ellis, John	64	SWMS	15:32.56
50 Yard Breast			
1 Cotter, Pat	60	OREG	33.75
2 Kelber, Michael	63	OREG	40.04
100 Yard Breast			
1 Cotter, Pat	60	OREG	1:14.67
200 Yard Breast			
1 Cotter, Pat	60	OREG	2:46.95
100 Yard IM			
1 Cotter, Pat	60	OREG	1:11.00
<b>Men 65-69</b>			
50 Yard Free			
1 Boyd, David	69	OREG	29.17
100 Yard Free			
1 Boyd, David	69	OREG	1:06.84
<b>Men 75-79</b>			
50 Yard Free			
1 Radcliff, David	76	OREG	28.38
2 Thayer, George	75	OREG	32.41
100 Yard Free			
1 Radcliff, David	76	OREG	1:02.21
1000 Yard Free			
1 Radcliff, David	76	OREG	13:00.14
50 Yard Back			
1 Thayer, George	75	OREG	38.15
100 Yard Back			
1 Thayer, George	75	OREG	1:27.02
200 Yard Back			
1 Thayer, George	75	OREG	3:14.33
<b>Men 80-84</b>			
50 Yard Breast			
1 Marks, Milton	80	OREG	41.67
100 Yard Breast			
1 Marks, Milton	80	OREG	1:36.67
<b>Men 85-89</b>			
50 Yard Free			
1 Lamb, Willard	88	OREG	35.95
100 Yard Free			
1 Lamb, Willard	88	OREG	1:21.54
500 Yard Free			
1 Lamb, Willard	88	OREG	8:19.02
50 Yard Back			
1 Lamb, Willard	88	OREG	47.80



Charlie Helm



Charlie Helm



## Places to Swim Now Geocoded

NEW! Google Maps Geocoded USMS has just introduced a brand-new, Places to Swim application. You can now enter a zip code and distance, and you will be taken to a Google map that displays all of the Places to Swim listings within that radius.

## Potpourri

Calling all photographers, you and your photos are needed for the *Aqua Master*. They can be posted to a web site (let the Editor know the site address) or sent directly to the Editor. Thanks for your help.

The *Aqua Master* needs some story writers. If you would like to write, please contact the [Editor](#).

Continue to support OMS with your participation in the meets at Hood River, Corvallis, and Gresham this summer.

USMS Summer Nationals are in Alabama. Time to go traveling and do some extra sight-seeing while at the meet.

Remember there is life after the Association Meet! Federal Way is hosting the Northwest Zone Championships and the USMS Nationals in Mesa, AZ. Lots of great swimming ahead.

**2011 NORTHWEST ZONE SHORT COURSE YARD CHAMPIONSHIPS & STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET**  
Saturday, April 9th and Sunday, April 10th, 2011

## Swimmer Spotlight

Compiled by Jeanna Summers

**Kaleo Schroder, Age: 75**

**Occupation: Retired Teacher and Gymnastics Coach**

**Local Team: Central Oregon Masters Aquatics (COMA)**

How many masters swimmers got back into the sport by heading off to Nationals as their first meet? Kaleo Schroder's very first Masters meet was a national meet that she found announced in a magazine! It was over 25 years ago and Kaleo was living in Klamath Falls with husband Lee, teaching and raising her three children. That Nationals meet was the start of Kaleo's decades of involvement with Masters Swimming.

Like many Masters swimmers, Kaleo was a competitive swimmer as a youth. Growing up in Hawaii, everyone swam, and she competed on a local team through her junior year in high school. A swimming scholarship her senior year took her to a prestigious boarding high school in Honolulu, Punahau. Unfortunately, she headed off to college on the mainland years before Title IX; she found that the only aquatic sport available for women was synchronized swimming. She competed collegiately as a synchronized swimmer from 1954 - 1956.

One of the things Kaleo enjoys most about Masters Swimming is the camaraderie and the personal relationships. She especially values the team effort of relay competition. Kaleo is officially a member of COMA, located in central Oregon; she competes with COMA at the state Association meet. At the National level, USMS lists 13 top ten relay swims for Kaleo between 1998 and 2008. Many of her relay teammates have been long-time Oregon Masters swimmers.

A high point of Kaleo's Masters swimming career was competing in a World Games. Various languages were spoken. Even though many of the swimmers could not understand each other's words, Kaleo recalls facial expressions and gestures sufficing to organize relays and run the meet smoothly.

More recently Kaleo headed off to Long Course Nationals in Puerto Rico where she connected with an old high school classmate who is now living in Puerto Rico. The classmate treated Kaleo to local, personalized tours of



the area and its sights and culture.

Another unusual 'highpoint' in Kaleo's Masters swimming career was two years ago when she was diagnosed with breast cancer. Word of her illness traveled in the Masters swimming community, and Kaleo was showered with cards, encouragement, and healing thoughts from swimmer friends as well as swimmers she didn't even know.

Over the years, Kaleo has had various workout partners. She currently swims 4 times a week on her own at Klamath Falls year round outdoor pool. (Yes, the girl from Hawaii sprints from dressing room to pool in Klamath's winter ice and snow!)

Kaleo's goals as a Masters swimmer?  
KEEP SWIMMING!

## New Policy for USMS Records

There is a new policy in place for those who set USMS records. The purpose of the new policy is to generate a more accurate record progression and to recognize the swimmers that appear in the progression.

Under the old policy, any swimmer who achieved a verified time faster than the time published in the USMS Rule Book would receive a national record certificate.

Under the new policy, there is an application deadline for all USMS record applications. The deadline is 90 days after the end of the season of the swim. After the deadline has passed, the USMS Records Administrator will generate an official Records Progression for every event in which a record was broken. This progression will be based on the date of the swim. All those who appear on the records progression will receive a certificate



# OREGON MASTERS SWIMMING SHORT COURSE YARD ASSOCIATION CHAMPIONSHIPS

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #371-04

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit a 2011 registration form and fee with this form.

Hosted by: Mt. Hood Community College  
 26000 SE Stark  
 Gresham, Oregon  
 8 lanes competition, elec. timing.  
 Separate area for warm-up/down

**DATE: Fri., Sat. & Sun. April 1-3, 2011**

**FRIDAY: WARM-UPS: 3PM • MEET STARTS: 4PM**  
**SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**  
**SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**

Meet directors: Dennis Baker • 503-679-4601 • bakeswim@yahoo.com & Aubree Gustafson • 971-404-6968

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 ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2011 OMS REGISTRATION FORM WITH THIS ENTRY.**

**ENTRY DEADLINE: POSTMARK NO LATER THAN TUESDAY MARCH 15, 2011**

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

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

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
 2011 USMS # \_\_\_\_\_  
 IF OMS, LOCAL TEAM (SEE LISTINGS ON GUIDELINES PAGE) \_\_\_\_\_  
 USMS CLUB (OREG, SWMS DUCK, ETC) \_\_\_\_\_

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+ AND 75+. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY.** ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE COUNTED FOR TEAM POINTS. YOU MAY SWIM THE 200, 400 & 800 YARD DISTANCE OF EACH RELAY ONLY ONCE. THE 400IM, 500, 1000 & 1650 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE POSTED ON-LINE OR IN THIS AQUAMASTER FOR TIMES REGARDING CHECK-IN DEADLINES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDED SLOW TO FAST. SEE GUIDELINES PAGE ON-LINE OR IN THIS AQUAMASTER FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2011 IN ORDER TO SCORE POINTS.

**Friday, April 1, 2011**

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

**Saturday, April 2, 2011**

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

\* break\*

**MEDLEY RELAYS (7-10)**  
**50 BREAST (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**200 BACK (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**100 FLY (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**

\* break\*

**MIXED FREE RELAYS (14-16)**  
**1000 FREE (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**

**ASSOCIATION AWARDS BANQUET - 6PM,  
 MT. HOOD COMM. COLLEGE  
 COME HEAR GARY HALL JR SPEAK!!**

**Sunday, April 3, 2011**

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

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

\* break\*

**FREE RELAYS (22-27)**

**50 FLY (28) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**200 FREE (29) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**100 BREAST (30) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**  
**100 IM (31) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**

\* break\*

**MIXED MEDLEY RELAYS (32-33)**

Please plan to attend the OMS Annual Meeting on Saturday at 5pm - Mt. Hood Comm. College - and be a part of this great organization!

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

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

Assoc. Awards Banquet • Saturday Evening \$20.00 (all ages) \_\_\_\_\_ each @ \$20.00  
 Vegetarian dinner needed? circle here

Association t-shirts S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ \$15.00 each

**AWARDS BANQUET \_\_\_\_\_**  
**T-SHIRT \_\_\_\_\_**  
**MEET ENTRY FEE 25.00**  
**TOTAL ENCLOSED \_\_\_\_\_**

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

# 2011



## Looking Ahead . . .

Date	Course	Meet	Location
*April 1 - 3.....	SCY.....	<a href="#">OMS Association Championships</a> .....	Gresham, OR
April 9-10.....	SCY.....	NW Zone Championships.....	Federal Way, WA
April 28 - May 1.....	SCY.....	USMS Spring Nationals.....	Mesa, AZ
May 15.....	SCM.....	Hood River.....	Hood River, OR
June 12.....	LCM.....	Corvallis.....	Corvallis, OR
July 16-17.....	LCM.....	Gil Young Meet.....	Gresham, OR
August 3 - 6.....	LCM.....	USMS Summer Nationals.....	Auburn, AL
Sept 10-11.....	SCM.....	LaCamas Patriot Games.....	Camas, WA

\*For online entry, click on link above.

**Board Meeting Schedule:**  
 April 2 — After Association Meet  
 May 4 — 7 PM

**Results:**  
**Pre-Association Blast**



## 2011 Open Water Race Schedule

as of March 1, 2011



Date(s)	Days/Event/Venue	OR Location	Host	Event Director	Swims	Category
Sat June 4..... 1.....	Hagg Lake.....	Forest Grove.....	THB.....	Tim Cespedes.....	Open Water Clinic.....	xx
Sun June 5..... 1.....	Hagg Lake.....	Forest Grove.....	THB.....	Tim Cespedes.....	800-meter.....	Qualifying
					2000-meter.....	Featured
					4000-meter.....	Featured
Sat June 18..... 1.....	Lincoln City Pool.....	Lincoln City.....	LCM.....	Jason Garding.....	Beginning Open Water Clinic.....	xx
Sun June 19..... 1.....	Devils Lake.....	Lincoln City.....	LCM.....	Jason Garding.....	3000-meter (with 800-meter).....	Featured
					800-meter (with 3000-meter).....	Qualifying
					1500-meter (with 400-meter).....	Featured
					400-meter (with 1500-meter).....	Qualifying
Sat July 2..... 1.....	Foster Lake.....	Sweet Home.....	COMA.....	Bob Bruce.....	2-mile cable.....	Featured
					1-mile cable (Nat'l Champs).....	Featured
					Dog Tandom Challenge.....	Participation
Sat July 16..... 2.....	Applegate Lake.....	Ruch.....	RVM.....	Andy Gramley.....	5000-meter (with 10,000-meter).....	Qualifying
					10,000-meter (with 5000-meter).....	Featured
Sun July 17.....					1500-meter.....	Featured
					3 x 500-meter Pursuit Relay.....	Participation
Fri July 29..... 3.....	Cascade Lakes.....	Bend.....	COMA.....	Bob Bruce.....	3000-meter.....	Qualifying
Sat July 30.....	Swim Series.....				500-meter Time Trial.....	Qualifying
	& Festival at				1500-meter.....	Featured
Sun July 31.....	Elk Lake.....				5000-meter.....	Featured
					1000-meter.....	Qualifying
Sun Aug 14..... 1.....	Cottage Grove Lake.....	Cottage Grove.....	EA.....	Steve Johnson.....	1500-meter (Ass'n Champs).....	Featured
					1000-meter Equipment.....	Featured
					500-meter Kick.....	Qualifying
Sat Aug 20..... 1.....	Eel Lake.....	Lakeside.....	NCAT?.....	Karen Matson.....	3000-meter.....	Featured
					500-meter.....	Participation
					1500-meter.....	Featured

Swimmers must participate in three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all events. Featured events score points by place: 22-18-16-14-12-10-8-6-4-2. Qualifying events score points by place: 11-9-8-7-6-5-4-3-2-1. Participation events score 7 points. Top 12 scores count towards a swimmer's final Series total.