



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

Volume 39, Number 2

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February 2012

"Swimming for Life"

Are You Ready For Some Knowledge?

by Charlie Helm

This month, as we begin the new swimming year, I thought I'd talk about getting some swimming knowledge. No, I'm not about to trash-talk my many swim rivals, but knowledge that may help you as you build up for the coming swim season. This can help all levels of swimmers from the elite level to those of us still perfecting our technique and fitness. My knowledge will be useful for the pool and open water competitive swimmers as well as the fitness or "just for fun" swimmers. Now, if I were doing my infomercial, I'd tell you for just \$99 my DVD swimming knowledge set can be yours! But, alas, I'm giving

away this special knowledge for free. You will need computer access with a decent internet connection to get my knowledge. The larger your screen and sound system is the better.

OK, here's my special "knowledge" I've been talking about: there are thousands of swimming videos available on the internet! Just a quick search on YouTube will get you plenty of results. I recommend you start with the USMS promotional video "We are U.S. Masters Swimming" to get you in the mood and pumped up. You'll see some Oregonians in that video as well. You'll also note that USMS has 62 videos currently listed. That's a good place to start. We're talking technique videos for all strokes. Competitive techniques like starts, turns and finishes for pool and open water swimmers. Fitness swimmers, there are plenty of technique videos for you. After checking out the USMS library, I watched some of Olympic Champion Natalie Coughlin's 5 video tips videos. She's part of the 31 videos listed under the H2OAudio section. I also saw some good suggestions listed for the goswim098 group. Only 409 videos listed here, including many Olympic champions. I got Olympic and World record holder Aaron Peirsal's backstroke DVD produced by this group last year. Do a simple search on YouTube for "swimming technique" and you'll see 5,390 results to choose from. New swim videos, older swim videos, Olympic swimming races, as well as plenty of videos by famous swim coaches, not so famous swim coaches, and swimmers filming their team mates with their own swim technique tips.

Watching videos can often make the "light bulb" go on and help you understand exactly the lesson your coach has been talking about for the last week. If you're an uncoached swimmer, these videos will give you things to think about and work on. So go online and get some great swim knowledge! With nearly 6,000 swim videos listed on YouTube alone, you'll have plenty of choices to keep you busy!

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Oregon Masters Swimming, Inc. Board Members

Chairman of the Board Jeanne Teisher

Teisher97007@yahoo.com 503-574-4557

Vice Chairman - Sanctions Wes Edwards

wesnad@comcast.net 360-896-8806

Secretary Mechelle Jacobs-Brown

jacobsm@wsdot.wa.gov 360-601-8132

Treasurer Mark Braun

nyurfacelabs@gmail.com 971-533-5264

Registrar Susie Young

swim.pdx@gmail.com 503-475-8004

Aqua Master Editor..... Alice Zabudsky
azabudsky@msn.com 503-630-7499

Awards (Annual) Ginger Pierson
gingerp@qwest.net 360-253-5712

Representatives

OREG Charlie Helm
charlieh14@msn.com

SWMS Esther Ellis
ellis-estherb@comcast.net

DUCK April Robinson
akr@uoregon.edu

NW Zone Wes Edwards
wesnad@comcast.net

USMS Sandi Rousseau
swim@gorge.net

Coaches Dennis Baker
bakeswim@yahoo.com 503-679-4601

Data Manager (swim meets) Gary Whitman
all5reds@comcast.net 360-896-6818

Fitness Chair Helen Thurlow
hjthurlow_28@hotmail.com

HOST/Social Ginger Pierson
gingerp@qwest.net 360-253-5712

Long Distance Bob Bruce
coachbob@bendbroadband.com .. 541-317-4851

Membership

Database Christina Fox
foxkohnert@peak.org

Promotion Jackie Parker
parkerjacqueline@yahoo.com

Officials (swim meets) Jacki Allender
seewun@proaxis.com 541-753-5681

OMS email Group Maintenance Susie Young
swim.pdx@gmail.com 503-475-8004

Records Stephen Darnell
financialwizard2@comcast.net 360-834-6020

Safety Joy Ward
silenteclipse1210@hotmail.com 503-777-5514

Souvenirs (Meets) Tim Waud
twaud@aol.com 503-341-3152

Sunshine Lynn Thompson
lthompsonata@yahoo.com 503-667-5094

Top Ten Susan Shaw
Susan.M.Shaw@comcast.net 360-254-3951

Web Master MJ Caswell
mjcaswell@earthlink.net

Founders of OMS
Karl VonTagen
Connie Wilson

Chair's Corner

10 Reasons for Accepting the February Fitness Challenge on February 1st

(These 10 reasons will become evident on March 1st)

By Dave Radcliff

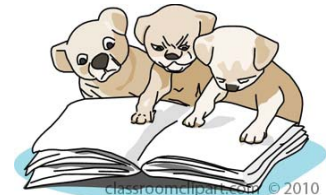
1. You will be healthier.
2. You will be a stronger swimmer.
3. You will have kept your New Year's Resolution going.
4. You will be proud of your accomplishments.
5. You will have a good base of swimming for the Association Meet in Hood River.
6. You will have a good base of swimming for Triathlons and Open Water swimming during the summer.
7. You will be more consistent in your training and fitness level.
8. You will have that wonderful chlorine smell of a dedicated swimmer.
9. You will be proud of your accomplishments.
10. You will be a true February Fitness Frog.

Please be sure to participate in this year's February Fitness Challenge. You won't regret it. At the end of the month, don't forget to send in your form. You definitely want to get credit for all your hard work.

See page 12 in this *Aqua Master* for more February Fitness information

Quote of the month:

"You can't put a limit on anything. The more you dream, the farther you get." — Michael Phelps

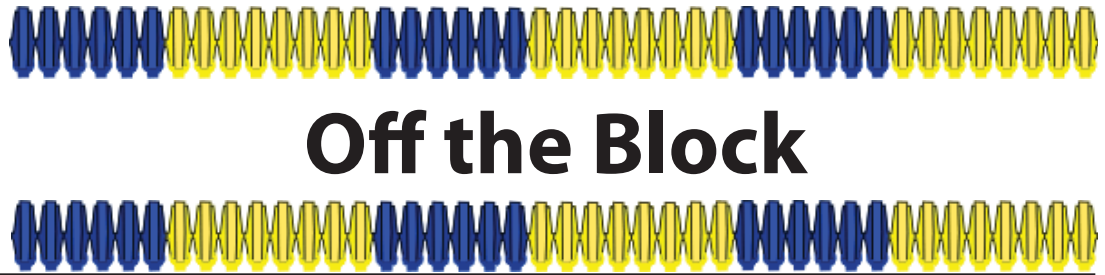


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Send address changes to *Susie Young*

Volume 39, Number 2, February 2012



Off the Block

Valentine's Day is coming up – will you be a casualty? Katie Irwin is a Mental Trainer® with Mental Training, Inc and Performance Consulting with Katie Irwin. She works with athletes and exercisers of all ages and abilities on their mental toughness.

Starting the New Year Right!

by Katie Irwin

This may come as a shock to some and a reality to others, but according to Marti Hope Gonzales, an associate professor of psychology at the University of Minnesota, research has shown that about 80 percent of people who set a New Year's Resolution on January 1 will fail by Valentine's Day. January is a great time to look at what you want to improve upon over the course of the New Year. It's a new year, a new you. I am sure we have all set a New Year's Resolution at one time or another. Think back to some of the resolutions you have set in the past. What were they? Why did you set that specific resolution? Did you accomplish them?

The way I like to approach my New Year's Resolution is to set it up the same way I do goal setting. Goal setting is more than just simply stating something you want to achieve. Goal setting should be seen as creating a game plan, a road map if you will, on how to achieve what it is that your truly want. The steps to creating a solid goal setting plan are relatively simple and the results will be life changing.

Is Your Resolution S-M-A-R-T?

When setting goals, it is important to first look at the big picture. What is it that you truly want? Where do you want to go with this goal? Why do you want to achieve this goal? Once you have answered these questions, you should be able to think of your "big picture goal," also known as a long-term goal. From here, you can then create the short-term goals that will help you accomplish this long-term goal. I like to call these short-term goals the stepping-stones to get you where you want to go. While setting both long and short-term goals, follow the SMART acronym. SMART goals mean that they are Specific, Measurable, Adjustable, Realistic and Time-Based.

Here is an example of a goal that I typically see with swimmers: "I want to swim faster." Now keeping the SMART acronym in mind, is this a good goal to set? Well, it is on its way to being a good goal. Let's make it SMART! This is an example on how to change this goal to help you actually achieve it: "I am going to drop 2 seconds in my 200 free by August 1, 2012." Now let's see, is it specific? Yes (I am saying exactly what I want to do). Is it measurable? Yes (I am able to measure the time I want to drop). Is it adjustable? Of course (as I am getting closer to August, I can adjust it if need be). Is it realistic? For sure (with hard work and determination, I can achieve this)! And is this time-based? Yes (I have set a deadline for August 1, 2012).

What's Next?

Okay the SMART goals have now been set. You are all done, right? Nope! Setting the goals is just part of the process. Now that you know what you want to do, make sure it is written down and put in a place where you will see it on a daily basis (refrigerator, bathroom mirror, bulletin board, etc.). You need to keep your goal on your mind if you want to achieve it. Another way that I find keeping track of my goals is to keep a goal-progress journal. I check in regularly in my journal on what I did that day to work towards my goal, what may have been challenging that day and what I thought I did well. It is also fun to look back at your journal after achieving your goal and reflecting back on all the hard work you've done!

Now before we move forward, I want you to think back to your previous New Year's Resolutions over the last few years. I am sure there are many of you who have accomplished your goals, but some of you that may have not. We also may know what seems to be our inevitable downfall, while the rest of us may have no idea why we cannot seem to carry out our



Fitness

Is It Real or is It a Magazine Cover?

Trainer Helen Thurlow



Here's a story of boy meets girl; girl falls in love, boy dumps girl. "Why" the girl asks, "I finally look like the girl on the cover of the magazine." "That's the problem..." the boy says, "I didn't want the girl on the magazine, I wanted you."

Why do we work so hard to look like the models on magazines when the models themselves look like they haven't been fed in months.

I recently took the Women's Health 2012 Training Guide to the gym and I asked the guys for their opinion on the cover of the book. Here are their answers: "She's too skinny." "No muscle tone or definition." "Doesn't look fit, does she even work out?" And one of the guys went as far as saying the model wasn't even attractive.

Where are Deena Kastor, Dara Torres and Annie Sakamoto? These women need to be on the covers all the time for they are not only strong women on the outside, but strong women on the inside. They are real women who are active, who have jobs, husbands and children. They are realistic people who both young and old should look up to.

In order to change this notion of obsessing over what we look like; let's tweak a few things. Stop obsessing over your weight. I know it's easier said than done, I look in the mirror myself and sigh, but we really need to stop worrying what our scales say. So what's the new obsession, then? Focusing on how fit we are or how fit we can become.

But let's define a few terms first. The word *athletic* is defined as someone being physically strong and active. The word *athlete* is defined as someone who has been trained or is gifted in exercises or contests involving agility, stamina, or strength. The word *fitness* is defined as someone who has the quality of being suitable to fulfill a particular role or task.

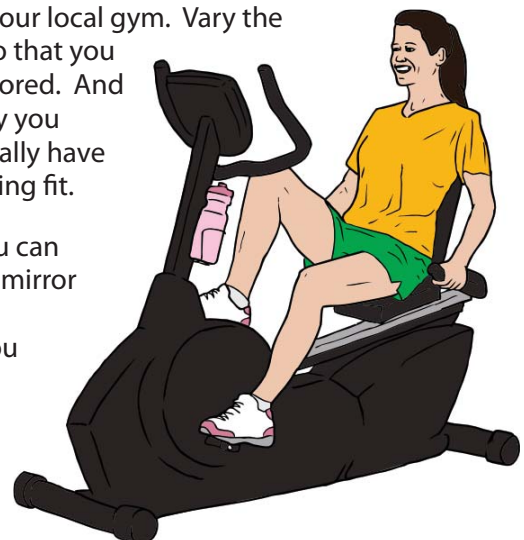
See the difference? I'm not asking you to start

training like a world class athlete (unless that is your goal), but if you can't keep up with your kids...well?

If you are a beginner start gradually; there are a lot of mini-steps you can take to become fit. For instance, if you drive to work, park the car where you have to walk farther to the office. Perform squats or hamstring curls while on the phone or if at home while brushing your teeth or cooking dinner. Take 10 minutes, even if you have to schedule it in, out of your day to do something active, whether it is a brisk walk, yoga, jumping jacks or playing Frisbee. Turn off the TV, do some other activity, like cooking a new recipe, calling friends to catch up...ask them to join you for your walk. That 10 minutes might turn into 30 minutes or longer. We squat down to pick up something, we stretch up to reach in the cupboard, we turn and twist when someone calls out our name; this is called functional fitness. We need to continue to increase our fitness level, so that we can enjoy life, not suffer in it.

Once you continue with these mini-steps, they become a habit and it allows for adding more steps into your fitness routine. Like going longer in your swim, taking spin classes or boot camp classes at your local gym. Vary the activities so that you don't get bored. And surprisingly you might actually have fun becoming fit.

Overall, you can look in the mirror and smile, because you will look fit and not like the cover of a magazine.



Shake and Swim with "Bake"

Active Recovery

Coach Dennis Baker



I have written a lot about the need to properly warm up and down before and after your races. We have always known that it is good to get your heart rate up before you race to get warmed up. Recently, there have been a lot of studies done about what happens to your body after a race. Here are some ideas and tips for you to try after a race or a sprint type practice.

1. You must immediately start the warm down process after a race. We as masters love to socialize but we need to make our way to the cool down lane or pool quickly.
2. After swimming about 10 minutes easy try to elevate your heart rate again. This will start the process of flushing out the lactic acid you have just built up during your race.
3. Example: 8 x 50s with 10 seconds rest in between. The odd numbered ones go easy and

the even numbered ones do negative split with the second 25 strong.

4. Finish with another easy 100.
5. Studies show this will tremendously increase the rate that lactic acid leaves your body.
6. This can be applied to your workout schedule as well.
7. If you have a big sprint day, the next day do some long aerobic swimming mixed in with some descending or negative split sets down to strong efforts. Elevate your heart rate for 300 yards total. This will still be considered your recovery workout or day.

Try "Active Recovery" in your swimming and other athletic endeavors and you will be well on your way to better racing and training.



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Swim Bits

by Ralph Mohr

Swimmer Mantras to use to get you through practice



© topendsports.com

- ∞ "You are as good as you want to be."
- ∞ "I feel good, I feel strong. I can swim all day long."
- ∞ "Breakfast (lunch; dinner) is waiting."
- ∞ "What doesn't kill you, makes you stronger."
- ∞ "Take it to just below vomit and hold."
- ∞ "I can swim for miles and miles and miles..." (to the Byrds song)
- ∞ "I am my own Favorite Athlete".
- ∞ "Do or do not; there is no try!"
- ∞ "Uno Mas"
- ∞ "You don't have to be great everyday...just today!"
- ∞ "Mermaids (submariners) never feel fatigue."
- ∞ "No limits"
- ∞ "It's all in your brain."
- ∞ "I don't quit when I'm tired. I quit when I'm done."
- ∞ "Whether you think you can, or whether you think you can't, you're right."
- ∞ "There is no substitute for hard work."
- ∞ "There is no substitute for Time in the Pool (TITP)."
- ∞ "New day, new goals, new achievement."
- ∞ "Give the world the best you have and the best will come back to you."
- ∞ "Don't believe everything you think."
- ∞ "It is what it is."



Long Distance Swimming

Coach Bob Bruce



Wrapping up the 2011 USMS Postal Championships, the Oregon LMSC capped another fine year with a strong showing—including all four National Club Championship titles for the Oregon Club!—in the 2011 USMS 5-km, 10-km, 3000-yard, and 6000-yard National Postal Championships. Here's a quick summary:

5-km: 37 Oregon-registered swimmers (22 women & 15 men) entered the event. Serena Johnson and Dave Radcliff each won the national title in their respective age group. Eight Oregon Club Relay teams won their events. In club scoring, Oregon club won the national championship for the fourth consecutive year.

10-km: 19 Oregon swimmers (8 women & 11 men) entered. Chris Tujo, Ralph Mohr, and all seven Oregon relays won their events. In club scoring, Oregon club won the national championship for the third consecutive year.

3000-yard: 81 Oregon swimmers (43 women & 38 men) entered. Pat Hunt, Tom Landis, Ralph Mohr, and Dave Radcliff each won the national title in their respective age groups. Eight Oregon Club Relay teams won their events, with the Mixed 75+ 4 x 3000 team breaking the National Record. In club scoring, Oregon won the championship for the fourth consecutive year.

6000-yard: 20 Oregon swimmers (7 women & 13 men) entered. Ralph Mohr and Dave Radcliff won national titles. All seven Oregon Club relay teams won their events. In club scoring, the Oregon Club won the championship title for the fourth consecutive year.

Congratulations to...

- Our 6 individual National Champions (USMS Long Distance All-Americans!)
- Ralph Mohr and Dave Radcliff, our triple National Champions

- Our 30 relay team National Champions (USMS Long Distance Relay All-Americans)
- Our 7 Oregon Individual Record breakers—Jayna Tomac, Mary Sweat, Colette Crabb, Pat Hunt, Matthew Miller, Hardy Lussier, Ralph Mohr
- Our 2 National Relay Record teams— Mixed 45+ 4 x 6000 relay team of Karen Matson, Mary Sweat, Darrin Lajoie, & Hardy Lussier, and Mixed 75+ 4 x 3000 relay team of Nina Gee, Pat Hunt, George Thayer, & Dave Radcliff
- Our 9 Oregon Relay Record teams, including many different swim stars
- Everyone who participated. The Oregon LMSC—including all clubs—continues to improve in this category, which is ultimately the bottom line in these excellent fitness events

Look for the full Oregon results in this *Aqua Master*. They are impressive! What is even more impressive is the fact that we continue to lead the nation so consistently in the postal swims—apart from the One-Hour Swim, the Oregon Club has won 15 of the last 16 national postal club titles!

Postal Series: Thirty-three Oregon LMSC swimmers qualified for the 2011 Oregon Postal Series by swimming in three or more of the USMS Postal Championship Swims during the year. Thirty of those swimmers qualified for the Oregon Postal Participation Award by swimming at least one of these swims in each of the three postal seasons. And ELEVEN swimmers swam all five events, thus qualifying for the USMS Postal Participation Award. Patches are coming soon! See the results in this *Aqua Master*.

2011 Postal Swims in Brief Review: 328 Oregon swimmers from 17 local teams (with 452 swims overall) participated in at least one National Postal

2011 Oregon LMSC 5 km & 10 km Postal Swim Results

O = Oregon Record
N = National Record

* = Oregon All-Time Top Twelve Time
(...) = Swam & reported time but did not enter the event!
Place numbers are national places

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

Oregon Postal 5 km Swim Results 2011

Women 25-29
4 Callahan, Amanda 29 NCMS 1:34:31.60 694 *
5 Caloca, Victoria 28 Unat 1:42:23.70 641 *

Women 30-34
1 Johnson, Serena 33 LSWM 1:15:18.00 855 *
4 Pryor, Evelyn 34 CAT 1:24:46.04 760

Women 35-39
3 Tomac, Jayna 39 COMA 1:16:53.63 825*O
4 Criscione, Anicia 37 CAT 1:19:25.81 799 *

Women 40-44
2 Young, Susie 42 THB 1:17:09.68 815 *
4 Salton, Gillian 43 COMA 1:23:47.00 751 *

Women 45-49
4 Delmage, Arlene 47 ORM 1:12:54.01 884
6 Matson, Karen 48 COMA 1:16:53.63 838
12 Young, Joni 49 KAM 1:24:28.09 763
16 Clark, Jerri 45 LSWM 1:41:02.00 638
17 Fadlovich, Angela 45 LSWM 1:42:48.00 627
(Orner, Gayle 48 CBAT 1:46:48.99)

Women 50-54
2 Sweat, Mary 53 Unat 1:11:56.66 911
3 Young, Joni 50 KAM 1:23:52.98 781 *
7 Vincent, Nancy 52 LSWM 1:31:04.81 719 *
9 Rogers, Patricia 51 ORM 1:45:46.22 619
12 Thompson, Lynn 53 ORM 2:10:36.34 502

Women 55-59
13 Shuman, Connie 56 COMA 1:49:23.00 655 *

Women 60-64
5 Stark, Carol 62 ORM 2:31:52.51 498

Women 65-69
4 Ziemer, Judy 66 COMA 1:55:00.00 736 *
5 Ellis, Esther 66 LSWM 2:18:36.81 611

Men 40-44
13 Wallenberg, Fredrik 44 LSWM 1:40:50.00 579

Men 45-49
4 Lajoie, Darrin 46 AQDK 1:13:41.88 820 *
(Miller, Scott 46 COMA 1:23:49.99)

Men 50-54
4 Allender, Pat 51 CAT 1:12:34.22 839
6 Hathaway, David 50 ORM 1:13:00.28 834 *

Men 55-59
5 Richardson, Brooks 58 COMA 1:20:28.00 787 *
6 Edwards, Wes 58 LSWM 1:22:38.66 767
7 Larson, Allen 58 ORM 1:22:53.49 764
14 Darnell, Stephen 57 LSWM 2:08:16.00 494

Men 60-64
2 Cronin, Jed 62 THB 1:16:37.11 895
3 Bruce, Bob 63 COMA 1:21:03.99 864
7 Carew, Mike 61 COMA 1:29:16.00 768 *

Men 65-69
2 Landis, Tom 68 COMA 1:23:46.99 863
5 Ellis, John 65 LSWM 1:28:54.10 813
6 Mohr, Ralph 69 COMA 1:33:03.00 777

Men 75-79
1 Radcliff, Dave 77 THB 1:18:24.24 977

Relays

Women's 25+: 3 x 5000
4 OREG (Caloca, Callahan, Pryor) 4:41:41.34

Women's 35+: 3 x 5000
1 OREG (Criscione, S Young, Tomac) 3:53:29.12 O

Women's 45+: 3 x 5000
1 OREG (Matson, Delmage, Sweat) 3:41:44.30

Women's 55+: 3 x 5000
1 OREG (Stark, Ziemer, Shuman) 6:16:15.51

Men's 45+: 3 x 5000
2 OREG (Lajoie, Hathaway, Allender) 3:39:16.38

Men's 55+: 3 x 5000
1 OREG (Bruce, Richardson, Cronin) 3:58:09.10

Men's 65+: 3 x 5000
1 OREG (Mohr, Radcliff, Landis) 4:15:14.23

Mixed 25+: 4 x 5000
4 OREG (Pryor, S Young, Larson, Bruce) 5:25:53.20

Mixed 35+: 4 x 5000
1 OREG (Matson, Tomac, Richardson, Lajoie) 5:07:57.14

Mixed 45+: 4 x 5000
1 OREG (Delmage, Sweat, Hathaway, Allender) 4:50:25.17

Mixed 55+: 4 x 5000
1 OREG (Ziemer, Shuman, Radcliff, Cronin) 6:19:24.35

Combined National Club Scores (points):

Oregon 21,642
2 St. Pete's Masters 13,087
3 Illinois Masters 10,049
6 Southwest Washington Masters 6,103

To help settle the side wagers concerning who had the best 5-km swim—across gender and age group lines—here is the list of the top twelve swimmers scored by Quality Points:

1	Dave Radcliff	977
2	Mary Sweat	911
3	Jed Cronin	895
4	Arlene Delmage	884
5	Bob Bruce	864
6	Tom Landis	863
7	Serena Johnson	855
8	Pat Allender	839
9	Karen Matson	838
10	David Hathaway	834
11	Jayna Tomac	825
12	Darrin LaJoie	820



Oregon Postal 10 km Swim Results 2011

Women 35-39
2 Criscione, Anicia 37 CAT 2:50:41.30 786

Women 45-49
7 Matson, Karen 48 COMA 2:47:29.00 834 *
9 Young, Joni 49 KAM 2:54:37.89 800

Women 50-54
2 Sweat, Mary 53 Unat 2:26:37.00 929*O

4 Young, Joni 50 KAM 2:56:58.21 770 *
Women 55-59

3 Budd, Elizabeth 57 CAT 3:04:51.41 795
6 Shuman, Connie 56 COMA 3:49:37.00 640 *

Women 60-64
2 Stark, Carol 62 ORM 4:49:48.52 648 *

Men 35-39
1 Tujo, Chris 39 COMA 2:45:37.00 729 *

Men 45-49
3 Lussier, Hardy 45 COMA 2:15:49.10 985*O
5 Calvin, Kris 49 COMA 2:30:30.00 889
6 Lajoie, Darrin 46 AQDK 2:39:44.37 838 *

Men 50-54
6 David Hathaway 50 ORM 2:39:48.25 788 *

Men 55-59
6 Richardson, Brooks 58 COMA 2:46:55.00 784 *
7 Larson, Alan 58 ORM 2:54:09.37 751 *
13 Carter, Walt 55 COMA 4:02:18.00 540

Men 60-64
5 Bruce, Bob 63 COMA 2:56:17.99 839
7 Carew, Mike 61 COMA 3:08:57.00 783 *

Men 70-74
1 Mohr, Ralph 70 COMA 3:14:09.00 888 O

Relays

Women's 45+: 3 x 10,000
1 OREG (J Young, Matson, Sweat) 8:08:43.89

Women's 55+: 3 x 10,000
1 OREG (Stark, Shuman, Budd) 11:44:16.93 O

Men's 45+: 3 x 10,000
1 OREG (Lajoie, Calvin, Lussier) 7:26:03.47 O

Men's 55+: 3 x 10,000
1 OREG (Bruce, Larson, Richardson) 8:37:22.36

Mixed 35+: 4 x 10,000
1 OREG (J Young, Criscione, Hathaway, Lajoie) 11:04:51.81

Mixed 45+: 4 x 10,000
1 OREG (Matson, Sweat, Calvin, Lussier) 10:00:25.10 O

Mixed 55+: 4 x 10,000
1 OREG (Shuman, Budd, Larson, Richardson) 12:35:32.78

Combined National Club Scores (points):

Oregon 15,016
2 Masters of South Texas 10,744
3 Illinois Masters 10,032

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

1	Hardy Lussier	985
2	Mary Sweat	929
3	Kris Calvin	889
4	Ralph Mohr	888
5	Bob Bruce	839
6	Darrin Lajoie	838
7	Karen Matson	834
8	Joni Young	800
9	Elizabeth Budd	795
10	David Hathaway	788
11	Anicia Criscione	786
12	Brooks Richardson	784

2011 Oregon LMSC 3000 yd & 6000 yd Postal Swim Results

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N = National Record

* = Oregon All-Time Top Twelve Time

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Place numbers are national places

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Oregon Postal 3000-Yard Swim Results 2011

Women 25-29

12 Sophia Stone-Holmbeck 25 LSWM 49:05.98 660 *

13 Amanda Callahan 29 NCMS 49:37.95 653 *

Women 30-34

2 Serena Johnson 34 LSWM 37:59.94 860 *

12 Evelyn Pryor 34 CAT 43:15.21 756

(Elizabeth Thompson 33 COMA 49:44.00)

Women 35-39

3 Jayna Tomac 39 COMA 38:48.93 848

6 Anicia Criscione 37 CAT 42:38.58 772 *

8 Bonnie Edwards 39 ORM 43:40.56 753 *

11 Elizabeth Strausbaugh 35 COMA 45:41.00 720

16 Katy Myers 39 LSWM 1:12:08.00 456

(Maxine Braune 39 COMA 44:19.00)

Women 40-44

5 Gillian Salton 43 COMA 42:04.00 792 *

12 Cyndi Smidt 41 COMA 46:33.00 716

22 Ann Angvick 44 EA 53:09.00 627

(Joyce Stahly ? COMA 53:49.00)

Women 45-49

4 Karen Matson 48 COMA 38:50.67 872

8 Valerie Jenkins 48 ORM 40:54.39 828

9 Arlene Delmage 48 ORM 41:03.12 826

11 Denise Stuntzner 48 COMA 43:23.89 781

19 Susan Gorman 45 COMA 49:15.00 688

23 Angela Fadlovich 45 LSWM 50:51.80 666

25 Anita Burkard 47 LSWM 51:29.00 658

28 Jerri Clark 45 LSWM 54:28.11 622

29 Beth Stormshack 45 EA 57:47.01 587

Women 50-54

3 Mary Sweat 54 Unat 37:14.80 961*O

4 Kris Denney 51 COMA 38:45.19 924 *

5 Karen Andrus-Hughes 54 ORM 40:50.20 876 *

8 Marlys Cappaert 53 CBAT 43:25.08 824 *

10 Joni Young 50 KAM 43:44.12 818 *

11 Barb Harris 51 COMA 44:34.76 803 *

13 Nancy Vincent 52 LSWM 45:06.84 793 *

23 Debbie Pappa 50 COMA 50:59.99 702

25 Sherry Bender 52 LSWM 51:28.70 695

Women 55-59

3 Colette Crabbe 54 ORM 40:27.48 900*O

17 Connie Shuman 56 COMA 56:14.00 648

Women 60-64

7 Sarah Olson 61 COMA 55:14.00 706 *

8 Ginny Saunders 64 EA 55:39.00 701

9 Jeannie Groesz 61 COMA 57:03.56 684 *

13 Diane Cardwell 60 COMA 1:05:01.79 600 *

15 Carol Stark 62 ORM 1:11:36.59 545

Women 65-69

4 Sue Calnek-Morris 68 ORM 51:16.00 891

5 Joan Delgado 66 LSWM 55:00.59 831 *

6 Lynda Christiansen 67 EA 59:14.78 771

8 Esther Ellis 66 LSWM 1:06:21.91 689

Women 75-79

4 Nina Gee 78 COMA 1:19:24.99 685

Women 80-84

1 Pat Hunt 80 COMA 1:12:15.24 764 *

Men 30-34

3 Matthew Miller 34 RVM 36:58.37 845 *

Men 35-39

6 Brian Darby 37 ORM 39:36.23 764 *

12 Aaron Johnson 37 LSWM 51:33.45 587

Men 40-44

8 Gabe Duus 41 LSWM 39:00.97 780 *

14 Chris Tujo 40 COMA 40:54.00 744 *

17 Fredrik Wallenberg 44 LSWM 48:42.38 625

Men 45-49

2 Hardy Lussier 45 COMA 32:43.33 951*O

6 Darrin Lajoie 46 AQDK 35:56.97 866 *

7 Kris Calvin 49 COMA 36:52.00 844 *

9 Tim Nelson 45 COMA 37:56.03 821 *

14 Jim Ivelich 49 COMA 40:44.00 764

19 Stephen Flanagan 49 EA 43:38.21 713

20 Jon Anderson 49 LSWM 43:39.63 713

21 Scott Miller 46 COMA 44:25.00 701

27 Richard Gelman 49 Unat 49:00.00 635

28 John Griley 48 COMA 49:19.00 631

Men 50-54

7 Pat Allender 52 CAT 37:05.33 853

22 Jan Voeller 50 COMA 53:20.00 593

25 Mark Lane 54 COMA 1:01:46.00 512

Men 55-59

6 Wes Edwards 58 LSWM 40:23.87 805 *

9 Brooks Richardson 58 COMA 41:37.00 782

10 Charlie Swanson 59 EA 41:41.00 780

12 Allen Larson 58 ORM 42:35.12 764

18 Jimmy Unger 57 EA 43:52.31 741

20 Terry Rogers 55 EA 44:43.33 727

26 Michael Bingle 56 VSC 52:06.37 624

31 Randy Sargent 59 COMA 56:48.00 573

32 Steve Darnell 57 LSWM 58:35.96 555

(John Hammarley ? COMA 53:50.00)

Men 60-64

4 Bob Bruce 63 COMA 40:02.99 893

6 Mike Carew 61 COMA 43:33.32 822 *

19 Rick Jenkins 63 COMA 1:02:06.99 576

(Christen Brown 62 COMA 1:19:32.00)

Men 65-69

1 Tom Landis 68 COMA 40:45.99 914

6 Bren Hirschberg 65 COMA 46:41.99 798 *

10 Jon Richards 66 COMA 57:14.38 651 *

Men 70-74

1 Ralph Mohr 70 COMA 46:32.50 823 *

3 John Spence 70 COMA 53:02.99 722 *

Men 75-79

1 Dave Radcliff 77 THB 42:03.61 936

5 George Thayer 75 COMA 1:00:05.00* 655

Women 25+: 3 x 3000

2 OREG (Pryor, Delmage, Jenkins) 2:05:12.72

4 SWMS (Johnson, Vincent, Stone-Holmbeck) 2:12:12.76

Women 35+: 3 x 3000

1 OREG (Andrus-Hughes, Crabbe, Tomac) 2:00:06.61

Women 45+: 3 x 3000

2 OREG (Matson, Denney, Sweat) 1:54:50.66

5 SWMS (Fadlovich, Burkard, Bender) 2:33:45.50

Women 55+: 3 x 3000

3 OREG (Shuman, Saunders, Olson) 2:47:07.00

Women 65+: 3 x 3000

1 OREG (Hunt, Christiansen, Calnek-Morris) 3:02:46.02

Men 25+: 3 x 3000

2 OREG (Nelson, Allender, M Miller) 1:51:59.73

Men 35+: 3 x 3000

3 OREG (Tujo, Ivelich, Darby) 2:01:14.23

4 SWMS (Duus, Anderson, Edwards) 2:04:04.47

(Men 45+: 3 x 3000

2 OREG (Calvin, Lajoie, Lussier) 1:45:32.30O

Men 55+: 3 x 3000

1 OREG (Swanson, Richardson, Bruce) 2:03:20.99

Men 65+: 3 x 3000

1 OREG (Mohr, Radcliff, Landis) 2:09:22.10

Mixed 25+: 4 x 3000

5 OREG (Andrus-Hughes, Crabbe, Nelson, M Miller) 2:36:12.08

6 SWMS (Johnson, Vincent, Duus, Edwards) 2:42:31.62

Mixed 35+: 4 x 3000

1 OREG (Matson, Tomac, Allender, Calvin) 2:31:36.93

4 SWMS (Fadlovich, Wallenberg, Bender, Anderson) 3:14:42.51

Mixed 45+: 4 x 3000

1 OREG (Denney, Sweat, Lajoie, Lussier) 2:24:40.29

Mixed 55+: 4 x 3000

2 OREG (Saunders, Olson, Richardson, Bruce) 3:12:32.99

Mixed 65+: 4 x 3000

1 OREG (Christianson, Calnek-Morris, Hirschberg, Landis) 3:17:58.76

Mixed 75+: 4 x 3000

1 OREG (Gee, Hunt, Thayer, Radcliff) 4:13:48.84N

Combined National Club Scores:

1	Oregon	48,416
2	Nova (CA)	45,320
3	Illinois Masters	35,216

To help settle the side wagers concerning who had the best 3000 swim—across gender and age group lines—here is the list of the top 12 swimmers by Quality Points:

1	Mary Sweat	961
2	Hardy Lussier	951
3	Dave Radcliff	936
4	Kris Denney	924
5	Tom Landis	914
6	Colette Crabbe	900
7	Bob Bruce	893
8	Sue Calnek-Morris	891
9	Karen Andrus-Hughes	876
10	Karen Matson	872
11	Darrin Lajoie	866
12	Serena Johnson	860



Oregon Postal 6000-Yard Swim Results 2011

Women 35-39

2 Anicia Criscione 37 CAT 1:28:38.03 781

Women 45-49

5 Karen Matson 48 COMA 1:20:55.47 801

Women 50-54

2 Mary Sweat 54 Unat 1:17:20.57 949*O

3 Joni Young 50 KAM 1:26:09.89 852 *

Women 55-59

4 Jeanna Summers 57 ORM 1:37:13.22 763 *

Women 60-64

3 Carol Stark 62 ORM 2:22:15.08 573 *

Women 65-69

3 Esther Ellis 66 LSWM 2:19:10.90 703

Men 30-34

2 Matthew Miller 34 RVM 1:15:00.76 866*O

Men 40-44

3 Chris Tujo 40 COMA 1:23:35.99 737 *

Men 45-50

2 Hardy Lussier 45 COMA 1:08:47.99 927*O

4 Darrin Lajoie 46 AQDK 1:13:29.37 868 *

Men 50-54

5 Pat Allender 52 CAT 1:17:43.35 837 *

Men 55-59

5 Brooks Richardson 58 COMA 1:25:58.00 777 *

6 Allen Larson 58 ORM 1:26:40.46 771 *

11 Walt Carter 56 COMA 2:08:05.00

12 Steve Darnell 57 LSWM 2:10:23.99 513 *

Men 60-64

2 Bob Bruce 63 COMA 1:25:12.06 861

4 Mike Carew 61 COMA 1:31:09.53 805 *

Men 70-74

1 Ralph Mohr 70 COMA 1:34:53.88 842 *

Men 75-79

1 Dave Radcliff 77 THB 1:24:38.41 970

Women 45+: 3 x 6000

1 OREG (Young, Matson, Sweat) 4:04:25.93

Men 25+: 3 x 6000

1 OREG (Larson, Tujo, M Miller) 4:05:17.21 O

Men 45+: 3 x 6000

1 OREG (Allender, Lajoie, Lussier) 3:40:00.71 O

Men 55+: 3 x 6000

1 OREG (Richardson, Bruce, Radcliff) 4:15:48.47

Mixed 35+: 4 x 6000

1 OREG (Criscione, Young, Allender, M Miller) 5:27:32.03

Mixed 45+: 4 x 6000

1 OREG (Matson, Sweat, Lajoie, Lussier) 5:00:33.40 N

Mixed 55+: 4 x 6000

1 OREG (Stark, Summers, Mohr, Carew) 7:05:31.71

Combined National Club Scores:**1 Oregon 14,551 pts**

2 Illinois Masters 12,709

3 St Pete Masters 8,695

To help settle the side wagers concerning who had the best 6000 swim—across gender and age group lines—here is the list of the top 12 swimmers by

Quality Points:

1 Dave Radcliff 970

2 Mary Sweat 947

3 Hardy Lussier 927

4 Darrin Lajoie 868

5 Matthew Miller 866

6 Bob Bruce 861

7 Joni Young 852

8 Ralph Mohr 842

9 Pat Allender 837

10 Mike Carew 805

11 Karen Matson 801

12 Anicia Criscione 781

Notes from the March, 1977, AquaMaster

I am not sure how many have been in OMS long enough to remember Connie Wilson, Earl Walter (OB) and the early days of OMS. Hope you enjoy this look at the past, even if you don't remember the players. — Editor's Note

- ◇ Connie Wilson made an appeal for people, to write and send articles in.
- ◇ Team Approach for Association Championship at Tigard stressed.
- ◇ New Team Championships trophy now available.
- ◇ Known teams are: MAC with 50, Tualatin Hills at about 12
- ◇ Vancouver forming under the guidance of Matt McCudden at Marshall Swim Center, and Portland YWCA was getting going with 6 swimmers.
- ◇ Association Championships scheduled for Tigard, April 2 and 3, with Sunday Events beginning at 10 AM.
- ◇ Regional Championships scheduled for MAC, April 29, 30 and May 1. Banquet on Saturday is planning to serve Baron of Beef at \$7.50 per person. Swimmer Magician, MAC's own Leo Haglund will perform. Swim Movies will be shown with Coach Trond Williams commenting. Serious and Humorous Awards will be presented by the Association.
- ◇ OB Comment: These four men (DeRoest, Booth, Burgess, Gates) were very active in OMS, can anyone give OB some information on them?
- ◇ OB remembers this: Connie Wilson had to comment: "I have unfortunately become aware in recent meets, of a tendency for some of our members to put down in various ways, the slower swimmers among us". She reminded us that just as important as swimming against others, is the competition of swimming against yourself.
- ◇ Next meet was announced for Mtn Park, June 18 & 19, Long Course Meters.
- ◇ Your board was: Connie Wilson, Chair; Earl Walter, Vice Chair; Alice Zabudsky, Records; with Doug Crichton and Trond Williams, committee members.
- ◇ OB Note : This was the first year, that we began to show some strength in relays
- ◇ NATIONALS AT SPOKANE: Our turnout was very poor, with only 28 swimmers showing up to do battle, out of our then total strength of 185.
- ◇ OB Comment : We were definitely not strong in those days at the National level.
- ◇ Our Swim Committee was now down to : Connie, OB and Alice Z. Connie asked for the formation of more Clubs. She felt that the formation of clubs helped the individual and the program, which it did, and still does. Let's put the pedal to the metal on our clubs.
- ◇ That's it for 1977 folks, our membership was approximately 275.

2011 Oregon Postal Series Final Analysis

1. Scoring through ten places: 11-9-8-7-6-5-4-3-2-1. All five events count.
2. Points advance with swimmer when moving up an age group (indicated by asterisk)
3. Oregon Postal Series: Swim and enter three events in the calendar year.
4. Oregon Participation Award: Swim and enter the One Hour Swim, 5 or 10-km Swim, and the 3000 or 6000-yard Swim in the calendar year.
5. USMS Participation Award: Swim and enter all five events in the calendar year.

Name	Team	1-hr.	5-km	10-km	3000-yd	6000-yd	Points	Swims	Place	OMS ⁴	USMS ⁵
F 25-29											
Callahan, Amanda	NCMS	2	11		11		24	3	1	x	
F 30-34											
Johnson, Serena	LSWM	11	11		11		33	3	1	x	
Pryor, Evelyn	CAT	6	9		9		24	3	2	x	
F 35-39											
Criscione, Anicia	CAT	9	9	11	9	11	49	5	1	x	x
Tomac, Jayna	COMA	11	11		11		33	3	2	x	
F 40-44											
Salton, Gillian	COMA	6	9		11		26	3	1	x	
F45-49											
Matson, Karen	COMA	8.5	9	11	11	11	50.5	5	1	x	x
Delmage, Arlene	ORM	11	11		8		30	3	2	x	
Fadlovich, Angela*	LSWM	0	7		5		12	3	3	x	
Clark, Jerri	LSWM	0	8		3		11	3	4	x	
F 50-54											
Sweat, Mary	Unat	11	11	11	11	11	55	5	1	x	x
Young, Joni*	KAM	2	9	9	6	9	35	5	2	x	x
Vincent, Nancy	LSWM	5	8		4		17	3	3	x	
F 55-59											
Shuman, Connie	COMA		11	9	9		29	3	1		
F 60-64											
Stark, Carol	ORM	5	11	11	6	11	44	5	1	x	x
F 65-69											
Ellis, Esther	LSWM	6	9		7	11	33	4	1	x	
M 40-44											
Tujo, Chris*	COMA	11		11	9	11	42	4	1	x	
Wallenberg, Fredrik	LSWM	0	11		8		19	3	2	x	
M 45-49											
Lajoie, Darrin	AQDK	7	11	8	9	9	44	5	1	x	x
Lussier, Hardy	COMA			11	11	11	33	3	2		
Calvin, Kris	COMA	8		9	8		25	3	3	x	
M 50-54											
Allender, Pat	CAT	0	11		11	11	33	4	1	x	
Hathaway, David	ORM	11	9	11			31	3	2		
M 55-59											
Richardson, Brooks	COMA	9	11	11	9	11	51	5	1	x	x
Larson, Allen	ORM	4	8	9	7	9	37	5	2	x	x
Edwards, Wes	LSWM	11	9		11		31	3	3	x	
Carter, Walt	COMA	0		8		8	16	3	4t	x	
Darnell, Steve	LSWM	0	7		2	7	17	4	4t	x	
M 60-64											
Bruce, Bob	COMA	8	9	11	11	11	50	5	1	x	x
Carew, Mike	COMA	6	8	9	9	9	41	5	2	x	x
M 65-69											
Landis, Tom	COMA	11	11		11		33	3	1	x	
M 70-75											
Mohr, Ralph*	COMA	9	9	11	11	11	51	5	1	x	x
M 75-79											
Radcliff, Dave	THB	11	11		11	11	44	4	1	x	
TOTALS										30 ⁴	11 ⁵

LONG DISTANCE

Continued from Page 6

Swim. COMA (go figure!) again led the way with 57 swimmers, 104 swims, and 11 Oregon Series qualifiers. CGM had 59 swimmers (a very high percentage of the team) participate in the One-Hour Swim, but interestingly no swims in any of the other four postals. LSWM and ORM each had an outstanding high percentage of swimmers with multiple swims. THB—host of the One-Hour Swim—had 34 swimmers participate, and CAT, EA, & NCMS each also had more than 10 swimmers each involved. The Oregon Club won 4 (of 5) USMS Club Championships!

Looking forward to 2012:

- I hope that even more Oregon local teams and clubs become involved (the number of participating OMS teams stayed constant in 2011, despite larger individual participation).
- I hope that each local team and club sees more swimmers participating in more swims.
- I hope that the Oregon Club can challenge for the National Club championship in the One-Hour Swim.
- I hope that we all remember that the Postal swims are more than just championships; they are outstanding fitness events for EVERYONE!

Good luck and good swimming!

Just some statistics...

from USMS.com

Number of OMS Individual Top 10 Listings

Notice that 2008 had the highest total

	SCM	LCM	SCY	TOTAL
2010	105	145	126	376
2009	123	124	161	408
2008	236	443	110	789
2007	124	134	220	478
2006	181	185	190	556
2005	185	163	158	506
2004	168	159	211	538
2003	154	226	197	577
2002	171	184	182	537
2001	68	251	164	483
2000	148	129	186	463

NEW YEAR

Continued from Page 3

goals. Where do you fit? When you make the decision to make a change in your life, you are more than likely going to come across some roadblocks along the way. These roadblocks can stop us in our tracks and prevent us from moving forward. However, if we are prepared for these challenges, we do not let them throw us off our course.

I will be discussing what some of these roadblocks looks like and how to prepare for them in a follow-up article.

Thank you to the following OMS Sponsors!

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David Hathaway
Andrew Holden
Willard Lamb

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Charles Bushey
Douglas Christensen
James Coakley
Pat Cotter

Colette Crabbe
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Sue Harrington
Charlie Helm

Gary Hingley
Timur Kiykioglu
Katy Krupp
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Mike Pendleton
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James Proffitt
Jon Schieltz
Maureen Sullivan
Bill Sumerfield
Jeanne Teisher
Nick Thorpe
Nancy Vincent
Kermit Yensen

February Fitness Challenge 2012

by Dave Radcliff

Dear February Fitness Participant,

Last year we celebrated 20 years of the FFC and now this year we begin our third decade. We invite you to join the 2012 February Fitness Challenge! We hope you will have a successful and rewarding month of swimming. Our numbers have fallen off in the last few years, please talk up the FFC and encourage some new swimmers to take the Challenge!

1. This will be the second year that you can do everything on-line. You can enter, log your yardage and pay your fees. Last year one of the swimmers would just send in her daily yardage by using her smart phone. She said it made it so easy to track everything. Payment will be handled by Google Checkout, so your personal and financial information will be totally secure. Go to <http://www.eregisterexpress.com/app/ffc/3709593/> and follow their instructions. The company charge for using their internet service is 40 cents for processing and 4% of the cost. Your \$10 entry would have a 40 cent processing fee added and the 4% would add another 40 cents. So the total cost of entering online would be \$10.80. These same fees will also automatically be added to T shirts and caps if you order them online.
2. The mail-in procedures are the same as always. We welcome your entries either way.
3. We will continue the procedure we began several years ago. You can miss any one day and still be eligible for the Gold Day Pin. Since this is Leap Year, we also give you that day. We have you covered this year and 27 to 29 days will earn the Gold Pin for anyone entered in the Day Challenge for the FFC.
4. We believe that consistency is one of the keys to a successful February Fitness Challenge. Therefore, we are continuing our Silver Day Pin Award. To earn this Silver Pin you must average 5 days a week (20 - 26 days). This Award is for anyone who does the required number of days. It has nothing to do with total yardage but everything to do with being consistent. You must enter the Day Challenge to earn either the Silver or the Gold pin.
5. Again this year the Barracudas will give a special 100,000 yard pin to every participant who swims at least 100,000 yards. 100,000 yards is a major goal for many swimmers. You do not have to sign up for this pin. It is a gift from us and our way of saying thank you and congratulations for an outstanding effort.
6. Jon, our "Data Pro", has enhanced his Excel spreadsheet to help you keep track of your yardage this year and it also can be used as your entry. Go to our website (<http://www.barracudas.org/>) to download this helpful spread sheet. Click under February Fitness Challenge on our home page to locate the Excel spreadsheet. Those of you who use this spreadsheet are welcome to mail it as your entry form rather than filling out the attached entry form. Use the tabs at the bottom of the Excel Spreadsheet and click on Tracking. As you fill in the Tracking Form during February, it will automatically fill in your totals on the Entry Form. At the end of February click on Entry Form and fill in the personal data and then print the Entry Form and mail it in. This will help you and it will really help us.
7. Our Graphic Designer has designed another great T-Shirt for this year. This year we will offer the T-Shirt in either short sleeves or long sleeves. We realized that in the middle of winter, many swimmers wanted a long sleeve T-Shirt. Our shirt this year will be maroon in both the short and long sleeve model. Colored pictures of the design are available on the Barracuda website <http://www.barracudas.org/> Again for 2012: Mailing costs continue to be the big "challenge" for the Barracudas. To help us out we are offering this deal. For any team with 10 or more entrants we will give a free T shirt to the "Team Distributor". All of the individual mailing envelope packages will be packed in one large box. This box will be mailed to the "Team Distributor", who in turn will hand out the envelopes (each clearly marked with the name of the swimmer) to their team mates at their home pool. For teams of 5 - 9 members we will give a free FFC swim cap. If you are willing to be the "Team Distributor" for your team please contact me by email. My email is listed below.



Thanks and let's have another great Challenge.

Dave Radcliff

February Fitness Challenge Director

dave5832@gmail.com or dave@theradcliffs.com

Front Design



Back Design

The Start of USMS

From *Streamlines*

Conversations about competitive swimming for adults began in the 1960s. But it wasn't until 1971 that the ball really got rolling. Below is a timeline of some of the historical highlights of the evolution of Masters Swimming. USMS can trace its roots to a few committed volunteers. It will owe its future to thousands of committed volunteers! For more information, visit the [History and Archives](#) page at usms.org.

- **1970:** 46 swimmers gathered in Amarillo, Texas and competed in the first unofficial Masters Nationals. The meet was advertised in *Swimming World* magazine.
- **1971:** Ransom Arthur and John Spannuth presented their idea for a Masters swimming organization to the Amateur Athletic Union, then the governing body for all swimming.
- **1971:** Nationals were again held in Amarillo, Texas with 160 swimmers participating.
- **1972:** Long course nationals were added in Bloomington, Indiana; 188 swimmers participated. Short course nationals were held in San Mateo, California and 325 swimmers participated.
- **1973:** After much lobbying, the AAU created a Masters Swimming Committee.
- **1978:** The Amateur Sports Act broke up the AAU and USMS became the only self-governed Masters Swimming national governing body in the world.
- **1980:** United States Aquatic Sports is formed and USMS is given full and equal recognition as an NGB of USAS.
- **1981:** United States Masters Swimming incorporated and enrolled 11,000 members. USMS benefitted from the local AAU volunteer network.
- **1984:** First Masters World Championships are held in New Zealand with 2,000 swimmers.
- **1986:** First FINA Masters World Championships are held in Tokyo with 3,400 swimmers.
- **1986:** USMS registered its 20,000th member.
- **1988:** FINA officially recognized USMS; USMS had 28,000 members at the time.
- **1996:** The USMS website, usms.org, was created and has become the leading information web resource for Masters Swimming.
- **1998:** 36,000 members. Along with membership growth came an expansion of rules to accommodate the various local organizations and types of meets.
- **1998:** First All American awards given to Long Distance swimmers (open water and pool long distance events.)
- **2001:** USMS registered its 40,000th member.
- **2008:** USMS hired a full-time executive director and rebranded itself
- **2009:** USMS established its first national headquarters in Sarasota, Fla.
- **2009:** USMS registered its 50,000th member.
- **2011:** 56,000 members and growing fast.

In 2020 USMS will celebrate its 50th anniversary. Twenty years since that first meet; and much longer since that first idea.

So, over the years has anything stayed the same? Well, socializing and swimming for the joy of it are two threads that bind the USMS community. What's changed? Times have dropped as surely membership has exploded. For example, in 1970, the best women's time in the 35-44 age group for the SCY 100 free was 1:24.5. Now, of course, that age group has been divided into two age groups; Dara Torres holds the 35-39 age group record with a 49.72 set in 2007 and she also tops the 40-44 age group with a 48.34. Here's to a banner 2012!

Eighth Annual Animal Masters Meet
OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
 Eligibility: Currently registered USMS swimmers, 18 years and older.
 Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #372-02



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

Date: Sunday, February 12, 2012

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

Hosted by: Canby Swim Club "The GATORS"

Meet Director: Shelly Hester • Phone: 503-263-8813 • Email: hestershelly@canby.com.

Directions to the pool: **Southbound-** I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto HWY 99E (Oregon City, Canby). continue south on 99E, turn left on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center • **Northbound-** I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn right on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center
 Lodging: Holiday Inn Wilsonville, 24525 SW 95th Ave, Wilsonville (North Wilsonville exit off I-5) 503-682-2211

Ask for the *Canby Swim Club* preferred rate.

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

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2012 USMS REGISTRATION CARD OR 2012 REGISTRATION FORM WITH THIS ENTRY
ENTRY DEADLINE: POSTMARK NO LATER THAN Tuesday February 1, 2012

⌘< FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY ⌘>

NAME _____
 ADDRESS _____
 CITY _____
 STATE _____ ZIP _____
 PHONE _____
 E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
 2012 USMS # _____
 USMS CLUB (OREG, SWMS, DUCK, PNA, ETC) _____

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

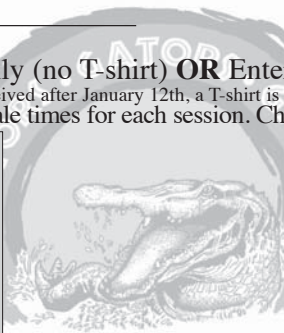
(If entry is received after January 12th, a T-shirt is not guaranteed).

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

Animal Sprint Masters

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

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



Animal Masters

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

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

Animal Grand Masters

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

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

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

SIGNATURE _____ DATE _____

Shirt size (circle) S M L XL 2XL

MEET ENTRY FEE: **WITH T-SHIRT \$32.00 OR WITHOUT T-SHIRT \$20.00**
 MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
 MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072



Tualatin Hills Pentathlon

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

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

Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #372-03

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

Date: Saturday, March 10, 2012

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

Warm-ups: 8AM
Meet Starts: 9AM

Meet director: Julie Andrade • 503-547-2413 • andradejulia@yahoo.com
Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south.
Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

All entrants must submit a photocopy of their current 2012 registration card or 2012 registration form and fee with this entry.

ENTRY DEADLINE: POSTMARK NO LATER THAN Wednesday February 29, 2012

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

NAME ADDRESS CITY STATE ZIP PHONE E-MAIL

BIRTHDATE AGE SEX 2012 USMS # USMS CLUB (OREG, SWMS, DUCK, PNA, ETC)

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

Sprint

Mar 10, 2012

Mid Distance

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

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

Distance

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

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

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

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

SIGNATURE DATE

MEET ENTRY FEE: \$20.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072

Board Meetings

Wed, Feb 8th

Wed, Mar 14th

SAT, APRIL 14TH (ANNUAL MEETING)

Wed, May 9th

Wed, Jun 13th

Wed Jul 11th

SAT, AUG 25TH (GIL YOUNG MEET)

SAT, OCT 13TH (RETREAT).



Meet Results: Postal Swim Series: 5 km, 10 km, 3000 yd, 6000 yd

2012 Meet SCHEDULE

(c)swimgraphics.com

Looking Ahead . . .

DATE	COURSE	MEET	LOCATION	DEADLINE
Feb 12	SCY	Canby Animal Meet	Canby, OR	February 1
		https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=3411		
Mar 10	SCY	T-Hills SCY Pentathlon	Beaverton, OR	February 29
		https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=3407		
Mar 31- Apr 1	SCY	Zone Meet, University of Idaho Pool	Moscow, ID	March 21
Apr 13 - 15	SCY	Association Meet	Hood River, OR	March 25
Apr 26 - 29	SCY	USMS Spring Nationals	Greensboro, NC	March 15
May 12	LCM	Coma LCM Meet	Bend, OR	April 26
May 12 - 13	OW	Lake Juniper Basic Open Water Clinic and Pool Swim	Bend, OR	May 8
Jun 3 - 17	LCM	FINA World Masters	Riccione, Italy	April 28
Jun 3	OW	Hagg Lake – TENTATIVE	Gaston, OR	June 2
Jun 17	OW	Devils Lake – TENTATIVE	Lincoln City, OR	June 10
Jun 30	OW	Foster Lake Cable Swims	Sweet Home, OR	June 20
Jul 5 - 8	LCM	USMS Summer Nationals	Omaha, NE	May 15
Jul 14 - 15	OW	Applegate Lake	Ruch, OR	July 1
Jul 22	OW	Willamette River Bridge Swim	Portland, OR	July 22
Jul 27 - 29	OW	Cascade Lakes Swim Series	Bend, OR	July 16
Aug 12	OW	Cottage Grove Lake	Cottage Grove, OR	August 2
Aug 18	OW	Eel Lake	Lakeside, OR	August 8
Aug 25	OW	RiverFest Willametter River OW Swim – TENTATIVE	Portland, OR	August 15
Aug 24 - 26	LCM	Gil Young Memorial	Gresham, OR	July 31
Oct 14	SCM	THB SCM Meet	Beaverton, OR	September 22

