



Records

NW Zone SCM Championship

November 21-22, 2015; Federal Way, WA

Oregon results for this meet can be found at:

<http://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20151121PSMSCMS>

Records established by Oregon Masters swimmers: 6 Oregon; 3 NW Zone

Women 25-29	50 SCM Free	Hailey Bambusch	0:27.82	Oregon, Zone
Women 25-29	50 SCM Back	Hailey Bambusch	0:33.64	Oregon
Women 45-49	50 SCM Free	Jill Asch	0:28.38	Oregon
Women 55-59	200 SCM I.M.	Colette Crabbe	2:44.98	Oregon, Zone
Men 55-59	800 SCM Free	David Hathaway	10:15.55	Oregon
Men 80-84	50 SCM Free	David Radcliff	0:33.26	Oregon, Zone



COMA All-Around Challenge SCM Pentathlon and Brute Squad

December 5, 2015; Bend, OR

Oregon results for this meet can be found at:

http://swimoregon.org/results_pdfs/2014-2015/ResultsCOMAPent_SCM_20151205_Splits.htm

Records established by Oregon Masters Swimmers

Women 40-44	200 SCM I.M.	Sara Nelson	2:45.86	Oregon
Women 35-39	Mid-Distance Pentathlon	Stacey Kiefer	8:08.81	Oregon
Men 45-49	Mid-Distance Pentathlon	Darren Kling	6:56.81	Oregon
Men 50-54	Long Distance Pentathlon	Kris Calvin	17:12.30	Oregon





Records — continued

2015 SW Zone and SPMS SCM Championships

December 4-6, 2015; La Mirada, CA

Oregon results for this meet can be found at:

<http://www.usms.org/comp/meets/meetsearch.php?club=OREG&MeetID=20151204SCMCHPS>

Records established by Oregon Masters swimmers: 8 Oregon; 1 NW Zone

Women 25-29	50 Meter Freestyle	Bambusch, Hailey	25	OREG	27.32	Oregon, Zone
Women 25-29	50 Meter Backstroke	Bambusch, Hailey	25	OREG	33.04	Oregon
Women 25-29	100 Meter Backstroke	Bambusch, Hailey	25	OREG	1:11.44	Oregon
Women 25-29	50 Meter Breaststroke	Stacy, Jessica	26	OREG	36.16	Oregon
Women 25-29	100 Meter Breaststroke	Stacy, Jessica	26	OREG	1:16.33	Oregon
Men 55-59	400 Meter Freestyle	Hathaway, David	55	OREG	4:49.55	Oregon
Men 55-59	800 Meter Freestyle	Hathaway, David	55	OREG	10:01.20	Oregon
Men 55-59	1500 Meter Freestyle	Hathaway, David	55	OREG	19:07.07	Oregon

Miscellaneous

An Inspiration to All Swimmers!

Willard Lamb has done his part to get points for Oregon. He swam his 3,000 yard USMS ePostal on October 8.

His time was 1:01:08.36.

A new national record ! And another 1,000 points for the Oregon club.

2017 Nationals are Awarded

◆ The 2017 Nationwide U.S. Masters Swimming Spring National Championship will be held April 27 through 30 at the Riverside Community College in Riverside, California.

◆ The 2017 U.S. Masters Swimming Summer National Championship will be held August 3 through 6 at the University of Minnesota in Minneapolis, Minnesota.

1-Hour ePostal—An Annual Classic!

Are you ready to test your mettle for an hour? Better get training, because the 2016 Speedo USMS 1-Hour ePostal National Championship is here! [See Bob Bruce's Long Distance article, page 6, for more details]

Whether you're completing the 1-Hour ePostal for competition, fun, or fitness, all who wish to participate are welcome. The event runs from January 1 to January 31, 2016, and the objective is to swim as far as possible in 1 hour, in any pool 25 yards or longer. Record your splits, submit your results, and see how you stack up against other swimmers around the country. More information is available at USMS online:

<https://www.usms.org/.../EventEntryForm-2015092603393623852.pdf>