

Aqua-Master

Volume 24, Number 5 May-June, 1997



the WORKOUT

The workout this month is from Michael Collins, coach of the Davis Aquatic Masters and is reprinted with his permission. This is 5,000 yards of swimming so "take your marks - GO".

Warm up - Swim easy 200 free, 100 back, 100 breast

Kick/swim 8 x 50 (:15 rest interval)

25 kick without board, 25 swim

2 x 50 in each stroke, reverse IM order

2nd 50 of each stroke faster than 1st 50

Main Set:

pull 1 x 800 (:30 rest)

swim 8 x 100 (:15 rest) odd 100s 25

stroke/75 free and even 100s IM

pull 1 x 600 (:30 rest) average 1-2 seconds per 100 faster than in 800

the Workout continued on page 4

THE CHAIR'S CORNER

by Eric Guest

By Eric Guest

Again, I must congratulate all the participants and recipients of awards who attended the Short Course Association Meet in Ashland 4 - 6 April. June Mather and her crew, officials, timers and electronics (Roberta Cobb) did a fantastic job and made the meet a big success. The pasta feed was delicious too. Thank you June, Richard, Dan and all who helped.

I was disappointed in the poor showing of Southern Oregon swimmers at the annual meeting. I had expected to get some input from them, but it was was not to be. I was also disappointed during the awards presentations. A few swimmers made it difficult for others to hear. The recipients honored

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INSIDE FOR YOU

Ol' Barnacle

by Earl Walter

Mt Hood Masters Meet

March 15 and 16 saw close to 120 quick and fast swimmers perform in Mike Conrath's very excellent meet. We need to thank Mt Hood Masters and the Community College for giving us such a fine venue and wonderful help. Quality wise from stem to stern, this was an A#1 extravaganza.

Women 19-24: Let's welcome Jennifer Snook to OMS and take note of her 4 Golds.

Highlighted by TT10 & TT8 speed in the 50 and 100 Back. Jeanna Bennett and Angie McColly turned in fine performances.

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Calendar and Meet Schedule 1997-1998

Date	Event	Location
*June 7-8	SCM	Bend, OR Juniper Aquatic Center
June 24-29	LCM	Maui, HI Pan Pacific Masters Championships
June 27-30	SCM	Montreal, Quebec Canadian National Championships
*July 12-13	LCM	Gresham, OR State Games of Oregon Mt. Hood CC
*July 19	Open Water	So. Oregon Lake Swims 5 mile swim at Applegate Lake
*July 20	Open Water	So. Oregon Lake Swims 1 and 2 mile swim at Squaw Lake
*July 26-27	LCM	Portland, OR Multnomah Athletic Club
Aug 2-3	Open Water	Bend, OR Elk Lake
Aug 10	Open Water	Cottage Grove, OR Cottage Grove Lake
Aug 14-17	LCM	Orlando, FL USMS National L.C. Championships
Aug 30	SCY	Portland, OR Matt Dishman pool Team Portland AC
Sept ??	Open Water	Sandy, OR Roslyn Lake Swim
May 1998	SCY	Indianapolis, IN USMS National S.C. Championships
Aug 1998	LCM	Fort Lauderdale, FL USMS National L.C. Championships
Aug 1998	LCM	Gresham, OR Nike World Masters Games

*** Meet entry form enclosed in this issue**

For info on swim meets in western Washington contact... Jan Moore: 1867 - 58th St. NE, Tacoma, WA 98422 (206) 925-0803.

For info on swim meets in eastern Washington contact... Elin Zander: S. 13927 Traver Lane, Valleyford, WA 99036 (509) 448-5250.

HELP WANTED

Oregon Masters Swimming is seeking computer literate individuals to operate it's HyTek® meet management program at swim meets.

THIS IS A PAID POSITION !!

For more information, please contact
Tim Waud at 503-655-7131.

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ol Barn' continued from page 1

Women 25-29: Ol Barn wants to take note of the return of Lauri Hyde, it has been some time since we have had the pleasure of her grit and stamina. Shauna Simpson and Cathy Law are well on their way to Federal Way.

Women 30-34: OMS welcomes Martina Ralle, who showed her stuff with wins in six events, take note of her fine 400 IM. Lynn Shanks and Jeanne Thimm turned in excellent times, with Sarah Hoagland spinning a great 400 IM.

Women 35-39: A big hello to KIMBERLY ARATA, we were glad to see her debut with two OMSR's; 100 Back 1:08.56, was Mansigh from '86, and 200 IM 2:28.84, was Imwalle from '85. SIMONE LAPAY "taught" us stroke, speed and stamina, with new OMS bests in the 1000 Free 11:18.56(TT4) and the 200 Back 2:21.04(TT8) both were Lapay from '96. Add to this Simone's 200 Free 2:01.72(TT2), barely missing her best. Ann Goodman and Kerri Culbertson capped it, showing us a great 35+ relay team in the making.

Women 40-44: Hollingsworth, Kimberling and Gustafson, look at that 1000. Teri Hendryx(MACO) with a great 200 IM and Gustafson, the same in the 400 IM.

Women 45-49: Judy Beaston was all over the place, best was a TT9 in the 1000 Free. Lissa Parker, Lincoln City stalwart is swimming better and better.

Women 50-54: Hi there to Peny Deiro, great to have you paddling with us. Christine Clum gets faster and faster, she picked up 5 golds, 50, 100 & 200 Breast; close TT in the 50, with TT6 & TT7 in the 100 and 200. Alice Zabudsky, has set her sights on Federal Way, swam a TT8 & TT7 for the 50 and 100 Fly, capped with a good looking 200 IM. Ginger Pierson(MACO) swam only 3 events, those were for high TT rankings.

Women 55-59: Francesca Drum(PNA) was overloaded with 6 Golds, best of which was a TT8 in the 200 Breast. OB was most happy to see the return of Susanne Schumann, formerly of Eugene, now living in Portland. Susanne will age up in the Fall, watch for her.

Women 60-64: Kaleo aged up and trots off with 6 Golds, way to go!

Women 65-69: Bev L'Esperance and Betsy Austen(MACO) shared the honors in this one. Bev is still recovering from an illness and we wish her well for Nationals.

Women 70-74: Hello "Maggie", it's nice to see you again. Our stalwart from Salem appears to be on her way to Federal Way. Elizabeth King at 74 looked great in the 100 Free. Margaret Wells' 200 Breast needs a second look.

Women 75-79: Elfie Stevenin, another Salemite, picked off solid Gold, with a TT3 for the 200 Fly, and a close one in the 200 Back.

Women 80-84: Helena Hoffman was all alone here with six solid swims.

Men 19-24: OMS greeting to Eric Smith(MACO), 3 fine Breast swims, with the 200 getting close to TT quality.

Men 25-29: Hello to Jason Brauser, Dimitar Petrov and Dave Soelberg. DIMITAR PETROV was scintillating in the 1000 with a new OMS best, 10:06.88(TT3), blistering the old mark of 10:18.61, check the fine 500 at 4:56.55(TT7) just 3 seconds off perhaps our oldest record. Matthew Gray is gearing for Federal Way, check the 200 Breast and the 400 IM. Horst Hiehaus likewise, gander at the backstroke. Great duel in the 50 Fly, 3 guys in 26 plus. Bryan Butcher and Stephen Stoneham went at it in the 100 Free. With Brauser after Stephen in the 50. Digressing for the moment: add to the above names; Bill Zolna, Jay O'Connor, Luke Williams, Gary DeFrang and Kevin Noah and you can see why OB is so high on the showing of our younger swimmers, it is most gratifying to see this resurgence, not only in Men but in Women. Check the SCY records in both Men and Women, and you will see how many great new swimmers are coming along. Following Nationals, your Grey Haired "bard" will give this the proper coverage.

Men 30-34: Welcome Jeff Kaelon and Matthew Wilson. Matt Wilson is a Flyer, check that 200, and note the race with Wannamaker in the 100. Phil King and Thomas Kahl put on a great 100 IM. We were missing a couple of names in this age group, will look for them at Ashland and Federal Way.

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the Workout continued from page 1

swim 6 x 100 (:15 rest) odd 100s 50 stroke/50 free and even 100s IM

pull 1 x 400 (:30 rest) average 1-2 seconds faster than 600

swim 4 x 100 (:15 rest) odd 100s 75 stroke/25 free and even 100s IM

pull 1 x 200 (:15 rest) average 1-2 seconds faster than 400

swim 2 x 100 (:15 rest) odd 100 stroke and even 100 IM

Warmdown: swim 1 x 200 choice easy

QUICK TIP FOR THE MONTH

After this workout take a nice long shower and then head home for a nice long nap. Happy Swimming

The CHAIRS CORNER continued from page 1

worked hard and earned their awards. The recognition lost some of it's luster when commendations were made and could not be heard.

Getting closer, are the Short Course Nationals at Federal Way. Hope all you Oregonians are ready. A large crowd is expected and I am sure the competition will be fierce. I am hoping for some good relays. So fill out that form and notify the organizer of your intentions. I really appreciate the able help of Earl Walter who, being a more eloquent speaker than I, helped with the awards presentations. He was not able to compete due to a very bad cold. Thank you Earl. Also, thanks to Donna ryan for arranging for the awards. The next board meeting will be after the Nationals . . . the third tuesday in May 1900 hrs. 7 PM for you non military types at the MAC. See you in the water.

OPEN WATER NEWS

by Dan Gray

Open Water Schedule '97:

Applegate Lake 5 miles July 19th

Southern Oregon Lake Swim 1500 mtr & 3000mtr. July 20th

Bend Open Water 500mtr, 1500mtr, & 3000mtr Aug 2nd & 3rd

Cottage Grove Lake 1500 mtr & 3000mtr Aug. 10th

Roslyn Lake 1500 mtr & 3000mtr Sept. ?

TEAM CHAMPIONSHIPS: Each year one open water event will be declared the Team Championship. This year the swim will be the 1500 mtr event at the Cascade Lakes outside of Bend. Points will be awarded according to place of finish within swimmers age/sex category. Points will be awarded to the top six swimmers within their age group; those points will be totaled and the team scoring the most points will be Open Water Team Champions for that year. Awards will be given to the top FIVE teams scoring the most points.

HIGH POINT AWARDS:

For 1997 Awards all OMS, Inc. sanctioned Open Water swims with a distance of at least 1500mtrs. will be used to accumulate points towards High Point Champions. Each swimmer will be awarded points according to their place of finish within their age/sex category. If a swimmer ages up during the season, the age as of their last swim will determine the category in which they will be placed. At the completion of the '97 Open Water season each swimmers points will be added up and a High Point swimmer will be declared for both male & female category. Math is simple: the more swims you compete in, the better chance you will have. This award is designed for those who consistently compete rather than the fastest overall swimmer. **GOOD LUCK FOR THE NEW SEASON.**

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Open Water News continued from page 4**OPEN WATER ESCORT BOATS**

I have indicated that swimmers entering the five mile swim at Applegate Lake will need to provide for an escort boat. This is for your safety and convenience.

ESCORT BOAT:

non motorized: can be a canoe, kayak, paddle board. ect.

must have extra lifejacket on board
binoculars helpful for guidance, can carry nourishment for swimmer

Swimmer may not hold onto boat.

no drafting allowed: swimmer must swim along side of escort, not behind.

violation of these rule are grounds for disqualification.

If an escort craft becomes disabled, one escort can function for two

swimmers; however, if this occurs, if one of these swimmers needs to stop

their race, both swimmers must exit the water.

This is a new season filled with challenges and new events. Open Water swimming provides for those folks who dare to go beyond the lane lines, for those who want to feel the adrenaline of mass starts and the camaraderie with swimmers who go just a little further with their comfort level.

The Web Lane

by jzell@zephyr.net

United States Masters Swimming
<http://www.usms.org>

USMS Top Ten Times
<http://www.swimgold.org/tt>

Please feel free to e-mail me
your favorite swim sites
(or related topics) to
share with our members.

Dear Aquamaster,

This is a for the guilt "hey its your newsletter".

MOONLIGHT SWIM

I come to the dock at Devil's Lake at 10 pm. I have on sweats and a coat over my swimsuit. it is midsummer but the evenings are cool at the coast. All my senses tell me this is not a good idea, - swim across the lake and back at night. No, a warm fire or hot cocoa would be better, much better.

My companions arrive by ones and twos each with a laugh about "are we really going to do this?" Nervous laughter and more anxious questions fill the crisp night air. Eight of us line the dock, stretching, organizing things and talking quietly. The full moon peers over the tree dotted hills. The lake water is perfectly calm, the surface glimmers from the moonlight, the depths are black, deep black. It is by all standards a beautiful night.

I peel off my coat and sweats and shiver in the cool night air with just a swimsuit and cap to keep warm. There is a splash from a swimmer diving in, another splash and another. There is no turning back, whining is not in the script for the evening. With a deep breath I dive in and brave myself mentally for the cold. I take a quick few strokes and panic! This isn't the pool with all of its safety features. It's cold and black. Panic is quickly relieved by the sounds of encouragement and swimming near by. These are friends, good friends - we are bonded together through years by our love for the water - "you'll warm up", "keep swimming", "come on!"

With my anxiousness eased I swim at a leisurely pace in concert with fellow swimmers. We all swim slowly, effortlessly, there is no time clock, finish line or place to be. I soak in the moonlight and gain a new appreciation for the water.

As we get closer to the dock to the end of the swim, I look underwater at other swimmers, they are almost glowing luminescent from the reflected moonlight. it looks otherworldly. I reluctantly crawl out of the water onto the dock and find my towel. This was truly a magical experience.

Lori Hollingsworth

The Lincoln City Masters swim across Devil's Lake and back on the full moons of the summer.

Want to join us? 541 994 3328

Comments from Dan Gray, Open Water Swim Chairman: This sounds like a fun swim. We would really like to have an open water swim at Devil's Lake. Why don't the Lincoln City Masters sponsor an Open Water Swim at Devil's Lake during the day. I'm willing to bet that a lot of Masters would stick around for the Moonlight swim at night. I know I would. Please give me a call and we'll talk about a day and "moonlight" swim.

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Men 35-39: Hello Hello to Lance Coffel, John Peterson, and Alan Arata. Corny but true, the Aratas have arrived. Murali Krishna, continues to improve and show us IF, intestinal fortitude, check his 200 Fly and 400 IM. JEFF STILING(MACO) gave us two new bright and shinies, 200 Free 1:49.82(TT8) and the 100 Fly 54.12(TT10) was Ralph Wright from '87. Chris Roth is getting there with a 4:43.79 400 IM. Patrick Herrera from Vancouver, WA coming on, as is new face Alan Arata. Sorry but John Zell is 40, when you don't know your own age folks, we have cause to worry. All kidding aside, Z Man is swimming well, as predicted, making TT. Ron Taylor is back to the wars, Dave Burleson(MACO) will not be left out. David Cobb will be heard from, as will this age group at Federal Way, at least two relay teams.

Men 40-44: Welcome M Gilliland, Mike Davis and Charles Helm. Peter Metzger was the class here, with Mike Davis, Ed Ramsey and Brian Brown looking like comers.

Men 45-49: Doug Prentice and Robert Maestre were at each other in the sprints. Matt Pendleton had to deal with newcomer Tom Anderson in the 200 Free, Good time!, 2:04.00 vs 2:04.17, TOM COFFEY was classy, with a new OMSR in the 200 Back 2:15.30(TT8) was some fellow named Robert Smith from '92. Tom was close to TT in the 100 Fly. Allen Stark, our perennial AA breaster, won all in TT time, he will be ready. Your reporter must mention Buz Carriker's 400 IM, 6:04.17 in the first try, way to go Buz! The mantle of most improved et al, goes to Matt Pendleton. Great age group, let's have at least 2 relays here! Don't forget the welcome mat for John Collins.

Men 50-54: Your reporter must recount the story of the decade-WHY STOP - Rapid Robert in the 200 IM, was going after Matt Pendleton, stopped at end of back, trying for a split fly? NO, his goggles filled, he was coughing, it wasn't going to be TT, and anyway Pendleton was beating him. All the railbirds were laughing it up, Robert's remark "it's not funny". Sorry Bob that will make OMS History. Welcome to Richard Juhala with 5 Golds. Robert

Smith won the 50 Free, and the 50 Fly. Karl Von Tagen was in a contest with the starter and sorry, he lost. This was not a day for VETS!

Men 55-59: David Eng(MACO) swam and won all 3 breast strokes.

Men 60-64: DICK SLAWSON broke his own record in the 400 IM, 5:58.94 vs 6:02.87, Dick was also there in the 100 and 200 Fly, almost forgot, less than a second off his 200 IM record too. George Thayer gets OB's Tip o' the Hat, check his swims, all under wraps, just a few weeks from death's door and coming on like gangbusters. Arthur Welch, unbeknownst to most of us, has had his physical problems too, Art will be at Federal Way, that 1000 was not shabby. Richard Weick came up from Eugene and showed Gold in the 100/200 Free plus the 100 IM. David Drum from PNA was classy in winning the 50 Free and 50 Fly. Add David Radcliff and OMS will look good in the 55 plus relays.

Men 65-69: Mike Popovich has been putting in pool time and it shows, great meet Mike! Mickey Marks is getting ready fine 3 breast strokes.

Men 70-74: Hello Floyd(FLOYD ELIOTT) back from nowhere, now 70 and swimming up a storm. Set OMS for the 50, 100 and 200 Back, tied Duane Draves(Zone) for the 50 Back at 35.03, OMS 50/100 was Holden, 200 was Huestis. Gil Young is less than a month from 75 and swimming great.

Men 75-79: Andrew Holden swimming all TT times (50 Free, 100 Free, 50 Fly, 100 Fly(TT1), and the 100 IM. Joe Mallon was shaded by Dave Bernstein in the 500 Free. Dave picked off 4 Golds. EARL WALTER set a new Zone in the 200 Breast at 3:47.57, was Penfield from '83. Let's add Gil Young, Gerald Huestis and Bob Morrison and OMS will look pretty good in the 75+ at Federal Way.

Relays: New OMS and Zone for the Men 400 Medley 45+ at 4:05.77, was IEM from '87 Robert Smith, Allen Stark, Tom Coffey, Doug Prentice. New OMS and Zone for the MXD 25+ 400 Medley at 4:20.58, was IEM from '89 John Zell, Thomas Kahl, Shauna Simpson Sarah Hoagland That is it, for this time...will see you next at Ashland and then at Federal Way, SWIM, SWIM and SWIM.

Barnacle

reviews results records

The Skinny on 1997 Association Championships

Under the most excellent guidance and direction of June Mather (Meet Director) and her host of committee people, timers, officials, announcers, and goodness knows what else. We had the best Championship ever, South of Corvallis. It is important to realize that of approx 150 entrants, only 40 were from the Portland Area. The meet was officially opened by Leona Mitchell singing the National Anthem, most everyone agreed it was one of the best renditions we had ever heard. The big answer of the year, who has the top teams, in Oregon Masters: Overall Champ was Portland Park Masters, who scored 1230 points, OB must doff his cap to this great turnout of a team from Portland, getting 30 swimmers and coming that far, "Z" Man wanted this one pretty bad.

Final scores:

Large Teams:

Portland Park Masters	1230
Rogue Valley Masters	984 Ashland
Emerald Aquatics	711 Eugene

Medium Teams:

Mt Hood Masters	403 Gresham
Corvallis Aquatic Masters	290 Medford
Old Folks in Action	213

Small Teams:

Umpqua Valley Masters	125
Klamath Falls Masters	108
North Clackamas Aquatics	98

As is our custom, Annual Awards were presented by Chairman Eric Guest:

Ol Barnacle Award: Dan Gray - Continuing work and finalization of OMS Open Water Swimming

Connie Wilson Award: June Mather - Continuing work for OMS: Meets, Membership, et al.

Special Service Awards: Karl Von Tagen - Started it All ! Mike Popovich - Continuing service to Oregon Masters

Hazel Bressie Award: Steve Johnson, continuing sportsmanship

Oregon Outstanding Swimmer of the Year:

Women 49 and Under: Simone Lapay

Women 50 and Over: Ginger Pierson

Men 49 and Under: William Zolna

Men 50 and Over: Earl Walter

OMS All Americans: # 1 in the USA

(in at least 1 event in their Age Group)

Matt Boles	Helena Hoffman
Andrew Holden	Laura Juckeland
Kyle Kimball	Patience Miller
Kevin Noah	Ginger Pierson
David Radcliff	Christy Ryerson
Dick Slawson	Petey Smith
Robert Smith	Allen Stark
Lavelle Stoinoff	George Thayer
Earl Walter	William Zolna

OMS Relays All Americans:

Ranked # 1 in the USA

Andree Kraker,	Robert Smith,	Steve Warner,
Sandi Rousseau,	Gil Young,	Earl Walter,
Mickey Marks,	Eric Guest	

Top Tanners: Ranked in USA Top Ten

(in at least One Event)

Julie Ahrendt, Pat Allender, Matt Boles, Kathleen Boyd, Kathryn Bullock, David Burleson, Junia Calhoon, Susan Case, Trevor Charlton, Jayne Chastain, Christine Clum, Tom Coffey, Suzanne Cooper, Allan DeLay, Gary Defrang, Ellen Ferguson, Rupert Fixott, Steve George, Eric Guest Chandra Haislett, Justine Hansen, Ada Hebert, Teri Hendryx, Pam Himstreet, Helena Hoffman, Andrew Holden, John Joens, Stephen Johnson, Laura Juckeland, Kyle Kimball, Phillip King, Curt La Count, Simone Lapay, Linda Lehto, Robert Maestre, Joseph Mallon, Mickey Marks, Evelyn McKeon, Judy Melcher, Kevin Noah, Jay O'Connor, Bert Petersen, Ginger Pierson, Doug Prentice, David Radcliff, Suzanne Rague, Sandi Rousseau, Cristy Ryerson, Khosrow Shadbeh, Shauna Simpson, Dick Slawson, Petey Smith, Robert Smith, Allen Stark, Elfie Stevenin, Lavelle Stoinoff, Stephen Stoneham, Jon Stout, George Thayer, Earl Walter, Tim Waud, Art Welch, Luke Williams, Mark Worden, Gil Young, Alice Zabudsky, John Zell, William Zolna

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ol' Barn continued from page 7

Comment: Outstanding Swimmer Selection is based on: Total number of points compiled from Top Ten Placings: Awarded - 10 for # 1, 9 for # 2, 8 for # 3, etc - this system eliminates any possible confusion, etc., from voting et al. OB sincerely hopes that you agree. 1996 final points surprised him !!!

The MEET:

Women 19-24: Welcome Deborah Swain - Jeanna Bennett and Mikenzie Matteson were neck and neck in the 50 Free. Bennet, Matteson and Swain, split the honors here.

Women 25-29: Big OMS Hello to; Milano, Peaveyhouse and Mouradian. CHANDRA HAISLET, gave us TT swims (100 Back, 50 Fly, and 100 IM) with a new OR in the 100 IM at 1:02.68, besting Heringer's 1:02.86 from '94. She was also close to OR in the 100 Back and 50 Fly. Shauna Simpson was AOK for the 200 Fly, 2:24.14 vs OR 2:21.95 and the 400 IM, 5:16.27 vs 5:11.51. Good jousts in the 50 and 100 Free.

Women 30-34: Good to see: Kathleen Purdy, Lynn Shanks and Lynna Ritch, stay with it now. Kathleen Purdy, Laurie Kilbourn, Lynn Shanks, and Sharon Stuart, all garnered Golds, with Ellen Ferguson's swims catching the limelight.

Women 35-39: Hi to Paris Geisen and Patti Halprin, stay with it now. SIMONE LAPAY picked off 5 Golds, including OR for the 100 Fly at 1:05.83, 50-100 and 1000 Free were TT6-5 & 4. KIMBERLY ARATA gave us 2 OR's: 100 Back 1:08.34 vs 1:08.56 and 200 IM 2:27.17 vs 2:28.84 (Zone is 2:26.32, add 2 Golds in the 200 Back and 100 IM. Laura Worden also broke the 100 Fly OR, plus winning the 200 fly and 400 IM. Kerri Culbertson was also a winner, as was Christina Fox. OB feels this the strongest group for women.

Women 40-44: An Aside: June Mather, on the blocks ready to give her all, "Hey June, put your goggles on" she did, held up the meet, but then, the Meet Director should have some perks. We need an HELLO for; CANDACE CHATT, Margaret Toole and

Toni Insley. CANDACE gave us an OR in the 50 Free, with a 27.72, besting Teisher at 27.98. June Mather found time for 2 Golds and 2 Silvers. Debbie Gregoire won the 500, 1000 and 1650. Toni Insley answered with 4 Golds for Chehalem.

Women 45-49: Suzanne Cooper not only won 6 Golds, but swam well doing it; TT swims; 50 Back, 50 Breast, 50 Fly and 100 IM. Judy Beaston and Geri Mathewson had fun in the 100 and 200 Free, with close ones. Judy had TT swims for the 1000 and 1650. Women 50-54: Lynn Sacks and Jo Rankin shared honors here.

Women 60-64: Kaleo Schroder, continues her winning ways, with 6 Golds. OMS HI to Judy McGarvey, took 2 golds. Marianne van Dijk left Clerk of Course, long enough to garner points for Rogue Valley.

Women 65-69: Bev L'Esperance picked up over half of K Falls points, with 6 Golds.

Men 19-24: Let's all say HELLO to Sean Burton and Erik Morgansen. Shane Settle, picked off 4 Golds, while Sean Burton grabbed two. Erik looks to have a future as a freestyler.

Men 25-29: Big WELCOME to: Stephan Mouradian and Alexander Shaevitz, both of these paddlers are good freestylers. Kevin Noah and Tim Waud sort of held this group in bondage, with Keven getting 6 Golds and Tim picking off 6 also. However, the BIG SEARCHLIGHT will put the SPOT on Kevin (Who happens to have made AA in the 400 Free). Kevin is our unanimous SANDBAGGER for 1996. In fact quite easily, with an entry time for the 500 of 9:59. Further, this episode may negate for all time the efforts of Robert Smith, et al.

Men 30-34: Hello there; John Ritch, Tyson Thornton and Doug Stewart. John wasted no time getting points for PPM, with 5 Golds, excellent 100Free 50.94, missing OR 49.18. It was a sight for OLD eyes to see Rick Rodriguez in the water again, and swimming well. This was a strongly contested group, with barn burners galore: 1650, 50 Back, 50 Fly, 100 Fly, and the 200 IM. Be sure to check Doug Stewarts 200 Fly, Ritch's 100 IM, the OR is 57.16 from '86, both

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ol'Barn continued from page 8

Doug Stewart and Brian Wannamaker in the 100 Fly. Last but not least, Tom Kahl's 400 IM. Columnist Note: Honestly, I do like the GALS, there was just more excitement in the GUYS events, this year.

Men 35-39: WOW-5 new swimmers; Alan Arata, David Heller, John Peterson, Gregory Tribbett and Roger McNair. George and Arata really tangled in the 50 & 100; close in the 100, OR is 50.34. Arata and Allender shared honors in the 50 and 100 Breast. In the 200, Allender just missed TT. Allender and Taylor got into it for the 50 and 100 Fly, and look at George and Arata in the 100 IM. George's 200 IM close to OR 2:06.56, as is Allender's 400 IM 4:35.77. On depth and strength, will have to nominate these paddlers for, Best of the Men.

Men 40-44: Before we get into this bunch, OB feels that Rogue Valley owes us an explanation, "who is GRATEFUL"? You ROGUES obviously picked up points here, let's 'fess up. Besides, I am sure that at one time or another, most of us have been "grateful". Let's welcome; Brian Brown, Robert Howarth, Charles Helm and Grateful (sorry for the puns, but could not help myself) First and foremost, if you want to win the Championships, you gather a bunch of great swimmers, then you talk them into driving 600 miles, and last but not least, you as the "leader" contribute 5 Golds and one Silver to the overall score. If anyone does not know who this is, a hint, his last name begins with Z. Of these efforts, three were the 1000 Free, the 200 Fly, and the 400 IM, nuff said. Look at Robert Jessop in the 50, 100 and 200 Fly. Peter Metzger's contribution to the "hardware"; 4 Golds and 2 Silvers Jules Degiulio, David Yeakel and Steve Mann, were with the best.

Men 45-49: OMS welcomes Tom Andersen, Tom Myers and Christophe Toole. Tom Andersen was miffed with OB for neglecting him in a recent column, so he is NEW again, but, take a look at "proof of the pudding"; A Gold, 3 Silvers and a 5th (OB believes) MICHAEL O'NEIL gave us a new bright and shiny OR for the 200 Fly, 2:23.96 vs Petersen's 2:24.21 from 1986. Steve Johnson delivered 4 Golds. Jed Cronin and Richard Smith had at it in the 50Free. Mark Worden pushed Steve Johnson all the way in the 200Free, and won Gold in the 400 IM over

Michael O'Neil. Ron Jersey continues to prove he is a Master. It was indeed good to see John Weston and Greg Frownfelter in the pool again.

Men 50-54: OMS welcomes; Bill Emery, Stewart Lundgren and Phil Krueger. Medford has got to be proud of Phil Krueger, 6 Golds topped by a 50 Breast close to TT. Dan Gray certainly helped the host club with 5 Golds and a Silver. Jon Stout, one of the Original 20, picked up 4 Golds with the 100 Back and 100 IM in the TT range.

Men 55-59: Have not seen Tom Gleasen for a while, thanks for the treat Tom. Ron Nakata, another of the Original 20, swam for 6 Golds, with the 50 Fly, 100 IM and 200 IM almost TT class. By the by, Gleasen's time in the 1650 has class.

Men 60-64: Harry Hutton, we are glad to have you in OMS. Harry along with Leo Van Dijk, a class act anytime, got themselves involved with the FOUR ACES (Thayer, Radcliff, Weick and Slawson) Watch this foursome at Nationals, giving away a bit for SCY Relays, but watch their smoke this summer (240Plus) George Thayer, OMS' claim to healthy fame, continues on the comeback trail, bet on him at Nationals. DAVID RADCLIFF had 5 TT times, with a new ZR for the 1650, 22:08.28 vs Art Welch's 22:14.20. RICHARD WEICK gave us a ZR in the 100 Fly-1:15.64 vs 1:16.78 and Slawson's OR of 1:17.66. Weick burned a 1:11.53 in the 100 IM, then brought the curtain down with a new OR of 2:41.89 (ZR is 2:40.60, that will fall at Fed Way) The fun here, was that in the previous heat, Dick Slawson broke the OR with a 2:43.53 (Slawson's comment, "well I held it 3 minutes") For the curtain call, DICK SLAWSON, broke the 400IM OR of 5:58.94, with a fine 5:54.03, just off the ZR of 5:58.94. OB's History Lesson: There was a time when Hugh Richards and OB thought a low 1:20 Fly was good, it was, but not anymore.

Men 65-69: Eric Guest and Mike Popovich were full of Gold, helping the Mt Hood Masters to a First Place Team Trophy for the medium sized teams. It looks like they kind of had a lock on the age group. Stories "out of school", the award ceremony had more trouble

ol'Barn continued on page 10

ol'Barn continued from page 9

trying to find Michael. "Forever Young" Popovich can always be found where the girls are. Topped it all off, holding up his heat of the 50 Back, "I forgot my nose-clips". Folks, you have to be "old" to get away with that.

Men 70-74: Gil Young was a Gold getter for Mt Hood, as was Fred Eckhardt, for PPM. DUANE DRAVES, visiting from IEM, gave us a new ZR in the 400 IM 6:27.53 vs Huestis' 6:45.42, plus #3 TT for the 100 and 200 Back and a #2 for the 100 IM.

Men 75-79: Herb Hoeptner picked up 2 Golds in the 50 and 100 Free. Close to TT in the 100.

Relays: No Records, but great swims and some CLOSE ones:

Women 200 Medley 25+ RVM 2:12.94 vs PPM 2:13.44.

Men 25+ 200 Medley, Corvallis 1:46.94 vs OR 1:44.57

Want some fun, look at the MXD 200 Free 19+: Eugene-1:55.36, Mt Hood 1:55.60 and Rogue Valley 1:55.78. We have never seen that before.

MXD Medley 19+: Eugene 2:12.37 and Mt Hood-2:12.96

MXD 200 Free 25+, for 1st (PPM 1:46.08 and PPM 1:47.96' for 3rd (RVM 1:52.23 and PPM 1:52.79

It takes depth to win the Assn Champs:

Look at MXD Medley 25+ PPM 1st-2:00.6, PPM 2nd-2:04.16, PPM 3rd-2:08.13 Close One - Corvallis MXD Free 35+ -1:45.34 vs OR 1:42.58

A couple of final "asides": Laura and Mark Worden and Pat Allender, all with car trouble, the hosts were great, and let them swim the 400 IM in an extra heat. Tim Burk of Rogue Valley, showed us "true grit" in the 1650, the officials finally had to get wet, to get Tim to stop in the 1650, never seen that before either. Marc Powell from Rogue Valley, also gets a TG award, first meet ever, tackled the 1650, came up with a cramp, 3/4's there, and had to drop out. Get it next time Marc. Everyone met Bill Weaver, new Coach for Emerald Aquatics, OB suggests, keep your eye on this team in the coming years. Bill was a finalist at the Olympic Trials in the 100 m Fly. Everyone was treated to an exhibition 50 Fly by Bill, WONDERFUL - OB conclusion, I can't run that fast. Sorry I could not swim, BUT, I took a lot of pictures for HISTORY, and thoroughly enjoyed visiting, and watching GREAT SWIMMING. THANKS RVM !!!

HEY THERE.....

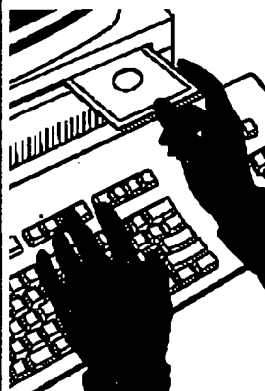
IT'S YOUR NEWSLETTER!

If you enjoy reading things other than meet results and entry forms, then it's time for you to step up to blocks and contribute. We except articles of any nature that would be of interest to our members.



Oregon Masters Swimming has a wealth of knowledgeable and very talented individuals. It's time to share. If a dozen people sat down and wrote an article we'd have the minimum for a years worth of issues.

For those of you who coach, writing an article should be a snap. If you are a member A.S.C.A., then writing can add to your point total moving you up the ladder of certified levels.



Please make a contribution to something you and your fellow members enjoy reading each month.

Our preference is that articles are submitted on a 3.5" computer disk along with a printed copy. Most word processing programs will work, but our preferences are Microsoft Word, Microsoft Works, Microsoft Write, Word Perfect, WriteNow, or Mac Write. If you don't have one of these programs, then your text saved as a standard ASCII text file will probably work.

The monthly deadline for articles is the 15th of each month for publication in the next months issue. You'll be surprised how easy it is and how much it is appreciated. If you have questions contact John Zell at 503-282-9347. Mail your articles to: Aqua-Master, 4640 N.E. 36th Ave., Portland, OR 97211-7618



Oregon Masters Swimming Short Course Meters Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #377-03

Eligibility: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1997 registration form and fee with this form.

Bend Masters Meet

DATE: June 7-8, 1997

Place: Juniper Aquatic Center -- Bend, OR

5 lanes competition - electronic timing / 1 lane continuous warm up/down

40yard outdoor pool available - large hot tub spa

Meet Director: Matt Mercer 503-389-7665 work 503-388-1952 home

Directions to pool: From Hwy 97 North or South, take Hwy 20, or Greenwood Avenue, east. Turn right on 6th Street and go south 2 blocks to pool.

**WARM-UPS: SAT. & SUN. 8:00 A.M.
MEET STARTS: SAT. & SUN. 9:00 A.M**

**All entrants MUST submit a PHOTOCOPY
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.**

ENTRY DEADLINE: POSTMARKED NO LATER THAN MAY 24, 1997

FILL IN COMPLETELY-----<-----RETURN THIS LOWER PORTION----->-----FILL IN COMPLETELY

NAME _____ 1997 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

USMS CLUB _____ (OREG, MACO, PNA, IEM, SAWS, etc.)

Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age groups: 79-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320-359. You may enter a maximum of 6 individual events plus 4 relays. You may enter no more than 5 individual events per day. Enter relays at the meet. The 400 I.M., 400, 800, & 1500 Frees will be deckseeded and all events will be seeded slow to fast. You may enter the 1500 or 800 Free, but not both.

SATURDAY JUNE 7

400 I.M. (1) _____:_____._____

1500 FREE (2) _____:_____._____

OR (You may enter the 1500 or 800 Free, but not both.)

800 FREE (3) _____:_____._____

SUNDAY JUNE 8

FREE RLY (4/5) XXXXXXXXXXXXXXXX

50 BREAST (6) _____:_____._____

100 FLY (7) _____:_____._____

200 FREE (8) _____:_____._____

50 BACK (9) _____:_____._____

100 I.M. (10) _____:_____._____

MXD FR RLY (11) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

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

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$11.00

Send form(s) and fee(s) payable to: OMS c/o Suzanne Rague 935 N.W. 170th Place Beaverton, OR 97006

100 BREAST (12) _____:_____._____

50 FLY (13) _____:_____._____

100 FREE (14) _____:_____._____

200 BACK (15) _____:_____._____

MED RLY (16/17)XXXXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 BREAST (18) _____:_____._____

200 FLY (19) _____:_____._____

50 FREE (20) _____:_____._____

100 BACK (21) _____:_____._____

200 I.M. (22) _____:_____._____

MXD MD RLY (23) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

400 FREE (24) _____:_____._____

Mt. Hood Masters Meet
Mt Hood Community College, Gresham, Oregon

Meet Results for Timed Finals - Yards

--- Ages 19 Through 24 ---				--- Ages 30 Through 34 ---				Mixed 200 Back			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals				
Mixed 50 Free				Mixed 50 Free				Mixed 200 Breast			
1	JENNIFER SNOOK	24 OREG	27.23	1	LYNN SHANKS	31 OREG	29.92	1	SIMONE LAFAY	36 OREG	2:41.04
2	JEANNA BENNETT	22 OREG	29.01	Mixed 100 Free				2	ANN GOODMAN	37 OREG	2:42.02
Mixed 100 Free				1	MARTINA RALLIE	31 OREG	1:03.83	Mixed 200 Fly			
1	JENNIFER SNOOK	24 OREG	1:00.42	2	LYNN SHANKS	31 OREG	1:06.73	1	ANN GOODMAN	37 OREG	35.28
2	ANGIE MCCOLLY	23 OREG	1:04.27	Mixed 200 Free				1	KIMBERLY ARATA	36 OREG	1:10.04
3	JEANNA BENNETT	22 OREG	1:04.36	1	JEANNE THIMM	33 OREG	2:31.60	1	SIMONE LAFAY	36 OREG	2:35.56
Mixed 50 Back				Mixed 300 Free				Mixed 100 IM			
1	JENNIFER SNOOK	24 OREG	29.63	1	JEANNE THIMM	33 OREG	6:56.24	1	KIMBERLY ARATA	36 OREG	1:09.75
2	ANGIE MCCOLLY	23 OREG	35.34	Mixed 1000 Free				2	ANN GOODMAN	37 OREG	1:18.56
Mixed 100 Back				1	JEANNE THIMM	33 OREG	14:12.08	Mixed 200 IM			
1	JENNIFER SNOOK	24 OREG	1:03.58	Mixed 50 Back				1	KIMBERLY ARATA	36 OREG	2:28.84
2	ANGIE MCCOLLY	23 OREG	1:13.92	1	MARTINA RALLIE	31 OREG	33.76	Mixed 400 IM			
3	JEANNA BENNETT	22 OREG	1:14.43	2	LYNN SHANKS	31 OREG	33.92	1	SIMONE LAFAY	36 OREG	5:07.17
Mixed 200 Back				Mixed 100 Back				--- Ages 40 Through 44 ---			
1	JEANNA BENNETT	22 OREG	2:41.79	1	MARTINA RALLIE	31 OREG	1:09.67	PL Name Age Team Finals			
Mixed 100 IM				2	LYNN SHANKS	31 OREG	1:16.97				
1	JEANNA BENNETT	22 OREG	1:16.23	Mixed 200 Back							
2	ANGIE MCCOLLY	23 OREG	1:19.55	1	MARTINA RALLIE	31 OREG	2:29.56	Mixed 100 Free			
--- Ages 25 Through 29 ---				2	LYNN SHANKS	31 OREG	2:48.35	1 L. HOLLINGSWORTH 41 OREG 1:09.93			
PL	Name	Age Team	Finals	Mixed 100 Fly				2 GAIL KIMBERLING 41 OREG 1:17.38			
				1	SARAH HOAGLAND	34 OREG	1:12.19	Mixed 200 Free			
				Mixed 100 IM				1 L. HOLLINGSWORTH 41 OREG 2:32.37			
				1	MARTINA RALLIE	31 OREG	1:12.30	2 GAIL KIMBERLING 41 OREG 2:45.56			
				2	LYNN SHANKS	31 OREG	1:19.88	Mixed 1000 Free			
Mixed 50 Free				Mixed 400 IM				1 KRISTI GUSTAFSON 41 OREG 13:32.28			
1 CATHY LAW 29 OREG 29.22				Mixed 200 Free				2 L. HOLLINGSWORTH 41 OREG 13:54.75			
Mixed 100 Free				Mixed 1000 Free				3 GAIL KIMBERLING 41 OREG 14:55.91			
1 LAURI HYDE 26 OREG 1:50.07				1 MARTINA RALLIE 31 OREG 5:28.35							
Mixed 1005 Free				2 SARAH HOAGLAND 34 OREG 5:41.92							
1 SHAUNA SIMPSON 25 OREG 12:40.42								Mixed 50 Back			
								1 L. HOLLINGSWORTH 41 OREG 43.98			
Mixed 50 Back				PL Name Age Team Finals				Mixed 100 Back			
1 CATHY LAW 29 OREG 38.89								1 GAIL KIMBERLING 41 OREG 1:41.01			
2 LAURI HYDE 26 OREG 1:00.94								Mixed 200 Back			
Mixed 50 Breast								1 KRISTI GUSTAFSON 41 OREG 2:39.86			
1 LAURI HYDE 26 OREG 1:18.24				Mixed 100 Free				1 KRISTI GUSTAFSON 41 OREG 3:01.42			
Mixed 200 Fly				1 ANN GOODMAN 37 OREG 1:05.41				Mixed 100 IM			
1 SHAUNA SIMPSON 25 OREG 2:29.73				Mixed 200 Free				1 GAIL KIMBERLING 41 OREG 1:35.65			
Mixed 100 IM				1 SIMONE LAFAY 36 OREG 2:01.72				Mixed 200 IM			
1 CATHY LAW 29 OREG 1:18.94				2 KERRI CULBERTSON 38 OREG 2:09.05				1 TERRI HENDRYX 43 MACO 2:43.22			
2 LAURI HYDE 26 OREG 2:34.77				Mixed 1000 Free				Mixed 400 IM			
				1 SIMONE LAFAY 36 OREG 11:18.56							
Mixed 400 IM				2 KERRI CULBERTSON 38 OREG 11:57.02							
1 SHAUNA SIMPSON 25 OREG DQ				Mixed 50 Back							
				1 ANN GOODMAN 37 OREG 34.66				1 KRISTI GUSTAFSON 41 OREG 5:54.30			
				Mixed 100 Back							
				1 KIMBERLY ARATA 36 OREG 1:08.56							
				2 ANN GOODMAN 37 OREG 1:16.41							

Mt. Hood Masters Meet
Mt Hood Community College, Gresham, Oregon

Meet Results for Timed Finals - Yards

--- Ages 45 Through 49 ---				Mixed 100 IM				Mixed 200 Free			
PL	Name	Age Team	Finals	1	ALICE ZABUDSKY	52 OREG	1:23.70	1	BETSY AUSTEN	69 MACO	3:49.57
Mixed 50 Free				Mixed 200 IM				Mixed 50 Back			
1	JUDY BEASTON	46 OREG	33.46	1	ALICE ZABUDSKY	52 OREG	2:58.61	1	BETSY AUSTEN	69 MACO	43.61
Mixed 100 Free				--- Ages 55 Through 59 ---				2 B. L'ESPERANCE 65 OREG 57.88			
1	JUDY BEASTON	46 OREG	1:09.39	PL	Name	Age Team	Finals	1 B. L'ESPERANCE 65 OREG 2:09.57			
2	LISSA PARKER	45 OREG	1:14.49	Mixed 50 Free				Mixed 200 Back			
Mixed 200 Free				1 FRANCESCA DRUM 55 PNA 35.46				1 B. L'ESPERANCE 65 OREG 4:31.61			
1	LISSA PARKER	45 OREG	2:42.20	Mixed 50 Back				1 BETSY AUSTEN 69 MACO 1:08.97			
Mixed 500 Free				1 FRANCESCA DRUM 55 PNA 44.96				Mixed 100 IM			
1	JUDY BEASTON	46 OREG	6:36.95	Mixed 100 Back				1 BETSY AUSTEN 69 MACO 2:13.12			
2	LISSA PARKER	45 OREG	7:20.17	1 FRANCESCA DRUM 55 PNA 1:36.50				--- Ages 70 Through 74 ---			
Mixed 1000 Free				Mixed 50 Breast				PL	Name	Age Team	Finals
1	JUDY BEASTON	46 OREG	13:27.64	1 FRANCESCA DRUM 55 PNA 44.01				Mixed 100 Free			
2	LISSA PARKER	45 OREG	14:47.46	2 SUSANNE SCHUMANN 59 OREG 44.74				1 ELIZABETH KING 74 OREG 2:33.52			
Mixed 200 Fly				Mixed 100 Breast				Mixed 100 Back			
1	LISSA PARKER	45 OREG	3:39.49	1 FRANCESCA DRUM 55 PNA 1:35.15				1 MARGARET WELLS 70 OREG 2:06.89			
Mixed 400 IM				Mixed 200 Breast				Mixed 200 Back			
1	LISA PARKER	45 OREG	7:01.91	1 FRANCESCA DRUM 55 PNA 3:24.33				1 MARGARET WELLS 70 OREG 4:30.37			
--- Ages 50 Through 54 ---				Mixed 100 IM				Mixed 200 Breast			
PL	Name	Age Team	Finals	1 SUSANNE SCHUMANN 59 OREG 1:33.87				1 MARGARET WELLS 70 OREG 4:50.02			
Mixed 50 Free				--- Ages 60 Through 64 ---				Mixed 50 Fly			
1	ALICE ZABUDSKY	52 OREG	32.82	PL	Name	Age Team	Finals	1 MARGARET WELLS 70 OREG 58.31			
2	PENNY DEIRO	50 OREG	46.55	Mixed 50 Free				--- Ages 75 Through 79 ---			
Mixed 100 Free				1 KALEO SCHROEDER 60 OREG 40.23				PL	Name	Age Team	Finals
1	CHRISTINE CLUM	51 OREG	1:13.13	Mixed 100 Free				Mixed 1000 Free			
2	PENNY DEIRO	50 OREG	1:59.00	1 KALEO SCHROEDER 60 OREG 1:33.87				1 ELFIE STEVENIN 75 OREG 28:52.99			
Mixed 200 Free				Mixed 50 Back				Mixed 200 Back			
1	CHRISTINE CLUM	51 OREG	2:40.81	1 KALEO SCHROEDER 60 OREG 50.13				1 ELFIE STEVENIN 75 OREG 5:40.09			
2	PENNY DEIRO	50 OREG	4:45.92	Mixed 100 Back				Mixed 200 Fly			
Mixed 100 Back				1 KALEO SCHROEDER 60 OREG 1:54.49				1 ELFIE STEVENIN 75 OREG 7:10.39			
1	GINGER PIERSON	51 MACO	1:17.07	Mixed 50 Breast				Mixed 400 IM			
2	ALICE ZABUDSKY	52 OREG	1:25.66	1 KALEO SCHROEDER 60 OREG 54.90				1 ELFIE STEVENIN 75 OREG 13:10.64			
Mixed 200 Back				Mixed 100 Breast				--- Ages 80 Through 84 ---			
1	GINGER PIERSON	51 MACO	2:46.10	1 KALEO SCHROEDER 60 OREG 2:01.35				PL	Name	Age Team	Finals
Mixed 50 Breast				--- Ages 65 Through 69 ---				PL			
1	CHRISTINE CLUM	51 OREG	40.50	Mixed 50 Free				1 HELENA HOFFMAN 81 OREG 3:27.30			
Mixed 100 Breast				1 B. L'ESPERANCE 65 OREG 45.65				Mixed 200 Breast			
1	CHRISTINE CLUM	51 OREG	1:26.08	2 BETSY AUSTEN 69 MACO 46.04				1 HELENA HOFFMAN 81 OREG 7:05.16			
Mixed 200 Breast				Mixed 100 Free				Mixed 100 Fly			
1	CHRISTINE CLUM	51 OREG	3:09.67	1 BETSY AUSTEN 69 MACO 1:45.53				2 B. L'ESPERANCE 65 OREG 1:55.14			
Mixed 50 Fly				2 B. L'ESPERANCE 65 OREG 1:55.14				1 HELENA HOFFMAN 81 OREG 3:42.33			
1	ALICE ZABUDSKY	52 OREG	33.07	Mixed 100 IM				---			
Mixed 100 Fly				---				---			
1	GINGER PIERSON	51 MACO	1:16.97	---				---			
2	ALICE ZABUDSKY	52 OREG	1:22.91	---				---			
Mixed 200 Breast				---				---			
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Mt. Hood Masters Meet
Mt Hood Community College, Gresham, Oregon

Meet Results for Timed Finals - Yards

Mixed 200 Fly	1 HELENA HOFFMAN 81 OREG 9:35.52	Mixed 50 Fly	1 MATTHEW GRAY 26 OREG 26.10	--- Ages 35 Through 39 ---	
Mixed 200 IM	1 HELENA HOFFMAN 81 OREG 6:57.89	2 HURST NIDHAUS 48 OREG 26.35	PL Name Age Team Finals		
Mixed 400 IM	1 HELENA HOFFMAN 81 OREG 14:45.75	3 JASON BRAUSER 26 OREG 26.56			
		4 BRYAN BUTCHER 26 OREG 31.32	Mixed 50 Free		
--- Ages 19 Through 24 ---		Mixed 200 Fly	1 LANCE COFFEL 38 OREG 24.53		
PL Name Age Team Finals		1 STEPHEN STONEHAM 25 OREG 2:47.15	2 JOHN PETERSON 36 OREG 25.46		
		Mixed 200 IM	Mixed 100 Free		
		1 MATTHEW GRAY 26 OREG 2:07.84	1 ALAN ARATA 35 OREG 51.32		
Mixed 50 Breast	1 ERIC SMITH 24 MACO 32.51	2 DAVE SOELBERG 27 OREG 2:34.71	2 STEPHEN HARGER 37 OREG 53.79		
Mixed 100 Breast	1 ERIC SMITH 24 MACO 1:08.14	Mixed 400 IM	3 JOHN PETERSON 36 OREG 56.01		
Mixed 200 Breast	1 ERIC SMITH 24 MACO 2:27.45	1 MATTHEW GRAY 26 OREG 4:32.90	4 RON TAYLOR 36 OREG 56.27		
--- Ages 25 Through 29 ---		2 STEPHEN STONEHAM 25 OREG 5:13.03	5 MARK WREN 38 OREG 57.28		
PL Name Age Team Finals		--- Ages 30 Through 34 ---	Mixed 200 Free		
		PL Name Age Team Finals	1 JEFF STILLING 36 MACO 1:49.82		
		Mixed 50 Free	2 ALAN ARATA 35 OREG 1:56.52		
Mixed 50 Free	1 STEPHEN STONEHAM 25 OREG 24.29	1 JEFF KASLOW 31 OREG 25.57	3 STEPHEN HARGER 37 OREG 2:02.35		
Mixed 100 Free	2 JASON BRAUSER 28 OREG 24.70	Mixed 100 Free	4 MARK WREN 38 OREG 2:13.76		
Mixed 100 Free	1 BRYAN BUTCHER 26 OREG 53.64	1 JEFF KASLOW 31 OREG 57.65	Mixed 1000 Free		
Mixed 200 Free	2 STEPHEN STONEHAM 25 OREG 53.83	Mixed 500 Free	1 DAVID BURLISON 39 MACO 11:05.32		
Mixed 500 Free	1 DAVE SOELBERG 27 OREG 2:14.37	1 JEFF KASLOW 31 OREG 5:28.36	2 STEPHEN HARGER 37 OREG 12:30.68		
Mixed 1000 Free	2 STEPHEN STONEHAM 25 OREG 5:33.51	2 JEFF KASLOW 31 OREG 5:53.11	3 DAVID DOTTER 37 OREG 13:14.18		
Mixed 50 Back	1 HURST NIDHAUS 28 OREG 26.13	Mixed 1000 Free	4 MURALI KRISHNA 37 OREG 16:41.55		
Mixed 100 Back	1 HURST NIDHAUS 28 OREG 1:00.20	1 JEFF KASLOW 31 OREG 12:01.03	Mixed 50 Back		
Mixed 200 Back	1 HURST NIDHAUS 28 OREG 2:12.89	Mixed 50 Breast	1 PATRICK HERRERA 37 OREG 27.03		
Mixed 50 Breast	1 HURST NIDHAUS 28 OREG 1:00.20	1 THOMAS KAHL 31 OREG 31.28	2 RON TAYLOR 36 OREG 28.78		
Mixed 100 Breast	1 BACH LE 29 OREG 33.72	Mixed 200 Breast	3 JOHN ZELL 39 OREG 28.40		
Mixed 200 Breast	1 MATTHEW GRAY 26 OREG 1:04.80	1 THOMAS KAHL 31 OREG 2:32.06	4 DAVID COBB 37 OREG 29.95		
Mixed 400 Breast	2 TIMOTHY MAUD 29 OREG 1:08.70	Mixed 50 Fly	Mixed 100 Back		
Mixed 800 Breast	3 BACH LE 29 OREG 1:13.04	1 PHIL KING 30 OREG 59.03	1 PATRICK HERRERA 37 OREG 59.51		
Mixed 1600 Breast	4 DAVE SOELBERG 27 OREG 1:20.06	2 THOMAS KAHL 31 OREG 59.27	2 JOHN ZELL 39 OREG 1:01.38		
Mixed 3200 Breast	1 MATTHEW GRAY 26 OREG 2:21.44	Mixed 200 IM	3 DAVID COBB 37 OREG 1:04.57		
	2 DAVE SOELBERG 27 OREG 2:51.94	1 THOMAS KAHL 31 OREG 2:09.61	Mixed 200 Back		
		2 MATTHEW WILSON 32 OREG 2:16.98	1 JOHN ZELL 39 OREG 2:12.43		
		Mixed 400 IM	2 CHRISTOPHE ROTH 38 OREG 2:15.38		
		1 THOMAS KAHL 31 OREG 4:47.57	Mixed 50 Breast		
		2 MATTHEW WILSON 32 OREG 4:53.34	1 PATRICK HERRERA 37 OREG 31.21		
			2 RON TAYLOR 36 OREG 34.12		
			Mixed 100 Breast		
			1 DAVID COBB 37 OREG 1:11.52		
			2 RON TAYLOR 36 OREG 1:14.30		
			Mixed 200 Breast		
			1 DAVID BURLISON 39 MACO 2:34.20		
			Mixed 50 Fly		
			1 RON TAYLOR 36 OREG 26.51		
			2 LANCE COFFEL 38 OREG 27.09		

Mt. Hood Masters Meet
Mt Hood Community College, Gresham, Oregon

Meet Results for Timed Finals - Yards

Mixed 100 Fly	1 JEFF STILLING 36 MACO 54.12	Mixed 50 Breast	1 BRIAN BROWN 41 OREG 34.62	Mixed 50 Back	1 RICHARD SMITH 47 OREG 33.98
2 JEFFREY ANSPACH 36 OREG 1:02.90		2 MARK NEWMAN 42 OREG 38.63		2 ROBERT BOADWAY 47 OREG 37.47	
Mixed 200 Fly	1 MURALI KRISHNA 37 OREG 3:44.67	3 CHARLES HELM 40 OREG 53.79		3 ROBERT HUIZENGA 47 OREG 39.68	
Mixed 100 IM	1 ALAN ARATA 35 OREG 58.91	Mixed 100 Breast		Mixed 100 Back	
2 PATRICK HERRERA 37 OREG 1:00.82		1 BRIAN BROWN 41 OREG 1:16.45		1 TOM ANDERSON 46 OREG 1:09.25	
3 RON TAYLOR 36 OREG 1:02.94		2 MARK NEWMAN 42 OREG 1:27.80		Mixed 200 Back	
4 JOHN PETERSON 36 OREG 1:05.58		Mixed 200 Breast		1 TOM COFFEY 46 OREG 2:15.30	
Mixed 200 IM	1 PETER METZGER 41 OREG 26.59	1 ROBERT KAIRES 42 OREG 3:12.79		2 TOM ANDERSON 46 OREG 2:31.37	
1 DAVID COBB 37 OREG 2:23.76		Mixed 50 Fly		ROBERT MAESTRE 46 UNATT DQ	
2 JEFFREY ANSPACH 36 OREG 2:26.85		1 PETER METZGER 41 OREG 26.59		Mixed 50 Breast	
JEFF STILLING 36 MACO DQ		2 M. GILLILAND 43 OREG 31.74		1 ALLEN STARK 48 OREG 31.04	
Mixed 400 IM	1 CHRISTOPHE ROTH 38 OREG 4:43.79	3 BRIAN BROWN 41 OREG 32.65		2 DOUG PRENTICE 48 OREG 33.94	
2 MURALI KRISHNA 37 OREG 7:20.10		4 CHARLES HELM 40 OREG 37.00		3 ROBERT HUIZENGA 47 OREG 47.99	
Mixed 50 Free	1 PETER METZGER 41 OREG 1:03.61	Mixed 100 Fly		Mixed 100 Breast	
--- Ages 40 Through 44 ---		1 MIKE DAVIS 42 OREG 1:06.34		1 ALLEN STARK 48 OREG 1:08.69	
PL Name Age Team Finals		Mixed 100 IM		2 M. PENDLETON 45 OREG 1:09.89	
		1 PETER METZGER 41 OREG 1:03.61		3 BUIZ CARRIKER 49 OREG 1:23.20	
		2 BRIAN BROWN 41 OREG 1:16.20		Mixed 200 Breast	
		3 CHARLES HELM 40 OREG 1:47.90		1 ALLEN STARK 48 OREG 2:14.08	
Mixed 50 Free	1 PETER METZGER 41 OREG 24.60	Mixed 200 IM		Mixed 50 Fly	
2 M. GILLILAND 43 OREG 26.70		1 MIKE DAVIS 42 OREG 2:26.85		1 M. PENDLETON 45 OREG 27.26	
3 ERIC JENSEN 42 OREG 27.59		2 CHARLES HELM 40 OREG 3:49.38		2 DOUG PRENTICE 48 OREG 27.74	
4 MARK NEWMAN 42 OREG 28.88		--- Ages 45 Through 49 ---		3 ROBERT BOADWAY 47 OREG 36.69	
5 CHARLES HELM 40 OREG 31.99		PL Name Age Team Finals		Mixed 100 Fly	
Mixed 100 Free	1 ED RAMSEY 40 OREG 58.11			1 TOM COFFEY 46 OREG 59.46	
2 ERIC JENSEN 42 OREG 1:01.17		Mixed 50 Free		2 M. PENDLETON 45 OREG 1:03.02	
3 M. GILLILAND 43 OREG 1:02.12		1 DOUG PRENTICE 48 OREG 24.15		Mixed 100 IM	
4 ROBERT KAIRES 42 OREG 1:05.40		2 ROBERT MAESTRE 46 UNATT 24.73		1 M. PENDLETON 45 OREG 1:05.78	
5 BRIAN BROWN 41 OREG 1:07.98		3 TOM ANDERSON 46 OREG 25.86		2 ROBERT HUIZENGA 47 OREG 1:22.51	
Mixed 200 Free	1 MIKE DAVIS 42 OREG 2:15.84	Mixed 100 Free		Mixed 200 IM	
2 ERIC JENSEN 42 OREG 2:22.03		1 DOUG PRENTICE 48 OREG 54.68		1 M. PENDLETON 45 OREG 2:18.70	
3 ROBERT KAIRES 42 OREG 2:23.81		2 ROBERT MAESTRE 46 UNATT 55.16		Mixed 400 IM	
Mixed 500 Free	1 ED RAMSEY 40 OREG 5:44.80	3 TOM ANDERSON 46 OREG 56.08		1 BUIZ CARRIKER 49 OREG 6:04.17	
2 MIKE DAVIS 42 OREG 6:02.46		4 RICHARD SMITH 47 OREG 57.42		--- Ages 50 Through 54 ---	
3 MARK NEWMAN 42 OREG 7:06.46		5 GARY HAFER 46 PNA 1:01.07		PL Name Age Team Finals	
Mixed 1000 Free	1 ED RAMSEY 40 OREG 11:49.49	6 ROBERT HUIZENGA 47 OREG 1:04.89			
2 ROBERT KAIRES 42 OREG 13:28.03		Mixed 200 Free		Mixed 50 Free	
Mixed 50 Back	1 PETER METZGER 41 OREG 20.64	1 M. PENDLETON 45 OREG 2:04.00		1 ROBERT SMITH 53 OREG 24.04	
2 CHARLES HELM 40 OREG 52.87		2 TOM ANDERSON 46 OREG 2:04.17		2 KARL VON TAGEN 53 MACO 26.08	
1 PETER METZGER 41 OREG 1:01.95		3 RICHARD SMITH 47 OREG 2:12.34		3 RICHARD JUALA 53 OREG 37.02	
		Mixed 500 Free		Mixed 100 Free	
		1 TOM ANDERSON 46 OREG 5:42.61		1 RICHARD JUALA 53 OREG 1:23.75	
		2 JOHN COLLINS 45 OREG 7:20.55		Mixed 500 Free	
		Mixed 1000 Free		1 RICHARD JUALA 53 OREG 8:51.73	
		1 ROBERT MAESTRE 46 UNATT 12:29.77		Mixed 50 Back	
		2 GARY HAFER 46 PNA 13:07.55		1 RICHARD JUALA 53 OREG 42.20	
		3 JOHN COLLINS 45 OREG 14:56.31			

Meet Manager Pg 5

Meet Results for Timed Finals - Yards

Mixed 100 Back				Mixed 200 Fly				Mixed 200 Free			
1 ROBERT SMITH 53 OREG DQ				1 DICK SLANSON 61 OREG 3:05.96				1 GILBERT YOUNG 74 OREG 2:56.00			
Mixed 50 Breast				Mixed 100 IM				Mixed 100 Free			
1 RICHARD JUMALA 53 OREG 39.18				1 RICHARD WEICK 63 OREG 1:12.33				1 GILBERT YOUNG 74 OREG 16:09.54			
Mixed 50 Fly				Mixed 200 IM				Mixed 50 Back			
1 ROBERT SMITH 53 OREG 27.06				1 DICK SLANSON 61 OREG 2:45.62				1 FLOYD ELLIOTT 70 OREG 35.03			
Mixed 120 IM				Mixed 400 Swam				Mixed 100 Back			
1 RICHARD JUMALA 53 OREG 1:28.15				1 DICK SLANSON 61 OREG 5:58.94				1 FLOYD ELLIOTT 70 OREG 1:16.72			
Mixed 200 IM								Mixed 200 Back			
1 ROBERT SMITH 53 OREG DQ				--- Ages 65 Through 69 ---				1 FLOYD ELLIOTT 70 OREG 2:55.83			
				PL Name Age Team Finals				2 GILBERT YOUNG 74 OREG 3:42.00			
--- Ages 65 Through 69 ---								--- Ages 75 Through 79 ---			
PL Name Age Team Finals				Mixed 50 Free				PL Name Age Team Finals			
				1 MIKE POPOVICH 69 OREG 35.79				1 PL Name Age Team Finals			
Mixed 50 Breast				2 JOHN JOHNS 65 OREG 45.18							
1 DAVID ENG 59 MACO 39.77				Mixed 100 Free				Mixed 50 Free			
				1 MIKE POPOVICH 69 OREG 1:22.40				1 ANDREW HOLDEN 77 OREG 22.23			
Mixed 100 Breast				2 CLARK AUSTEN 69 MACO 1:36.30				2 BERLAN LEMON 76 OREG 48.99			
1 DAVID ENG 59 MACO 1:33.62				Mixed 200 Free				Mixed 100 Free			
				1 MIKE POPOVICH 69 OREG 3:15.13				1 ANDREW HOLDEN 77 OREG 1:12.04			
Mixed 200 Breast				2 CLARK AUSTEN 69 MACO 3:42.28				2 KHOSROW SHAHIN 75 OREG 1:43.42			
1 DAVID ENG 59 MACO 3:29.80								3 JOSEPH MALLON 75 OREG 1:57.45			
--- Ages 60 Through 64 ---				Mixed 500 Free							
PL Name Age Team Finals				1 CLARK AUSTEN 69 MACO 9:45.74				Mixed 200 Back			
								1 KHOSROW SHAHIN 75 OREG 3:50.61			
Mixed 50 Free				Mixed 100 Free				2 JOSEPH MALLON 75 OREG 4:26.29			
1 DAVID DRUM 61 PNA 27.82				1 CLARK AUSTEN 69 MACO 20:05.73				3 BERLAN LEMON 76 OREG 4:32.52			
2 GEORGE THAYER 61 OREG 28.10				Mixed 50 Back				Mixed 500 Free			
				1 JOHN JOHNS 65 OREG 54.82				1 DAVID BERNSTEIN 75 OREG 10:55.70			
Mixed 100 Free				--- MIKE POPOVICH 69 OREG DQ				2 JOSEPH MALLON 75 OREG 10:57.10			
1 RICHARD WEICK 63 OREG 1:01.10				Mixed 100 Back							
2 DAVID DRUM 61 PNA 1:02.87				1 JOHN JOHNS 65 OREG 1:58.14				Mixed 100 Free			
3 GEORGE THAYER 61 OREG 1:05.98				Mixed 200 Back				1 JOSEPH MALLON 75 OREG 23:03.26			
4 ARTHUR WEICK 64 OREG 1:11.14				1 JOHN JOHNS 65 OREG 4:00.55				Mixed 50 Back			
Mixed 200 Free				Mixed 50 Breast				1 DAVID BERNSTEIN 75 OREG 56.49			
1 RICHARD WEICK 63 OREG 2:22.18				1 MILTON MARKS 66 OREG 37.71				2 BERLAN LEMON 76 OREG 1:09.92			
2 DAVID DRUM 61 PNA 2:28.30				2 MIKE POPOVICH 69 OREG 53.94				Mixed 100 Back			
				3 JOHN JOHNS 65 OREG 58.14				1 DAVID BERNSTEIN 75 OREG 2:04.34			
Mixed 100 Free				Mixed 100 Breast				1 BERLAN LEMON 76 OREG DQ			
1 ARTHUR WEICK 64 OREG 14:07.10				1 MILTON MARKS 66 OREG 1:25.76				Mixed 200 Back			
Mixed 50 Back				Mixed 200 Breast				1 DAVID BERNSTEIN 75 OREG 4:22.53			
1 GEORGE THAYER 61 OREG 35.61				1 MILTON MARKS 66 OREG 3:21.61				2 BERLAN LEMON 76 OREG 5:28.15			
2 ARTHUR WEICK 64 OREG 42.75				Mixed 100 IM				Mixed 50 Breast			
Mixed 100 Back				--- JOHN JOHNS 65 OREG DQ				1 ANDREW HOLDEN 77 OREG 46.39			
1 ARTHUR WEICK 64 OREG 1:30.83								Mixed 100 Breast			
Mixed 50 Breast				--- Ages 70 Through 74 ---				1 EARL WALTER 75 OREG 1:44.96			
1 GEORGE THAYER 61 OREG 38.23				PL Name Age Team Finals				Mixed 200 Breast			
2 ARTHUR WEICK 64 OREG 52.75								1 EARL WALTER 75 OREG 3:47.57			
Mixed 50 Fly								2 KHOSROW SHAHIN 75 OREG 4:14.55			
1 DAVID DRUM 61 PNA 31.02				Mixed 50 Free				Mixed 50 Fly			
Mixed 100 Fly				1 FLOYD ELLIOTT 70 OREG 33.46				1 ANDREW HOLDEN 77 OREG 37.00			
1 DICK SLANSON 61 OREG 1:19.08				2 GILBERT YOUNG 74 OREG 35.67							
2 DAVID DRUM 61 PNA 1:28.53											

Meet Results for Timed Finals - Yards

Mixed 100 Fly			
1	ANDREW HOLDEN	77	OREG 1:31.46
Mixed 100 IM			
1	ANDREW HOLDEN	77	OREG 1:27.47
2	EARL WALTER	75	OREG 1:29.54

--- Ages 45 Through 54 ---			
PL	Name	Team	Finals

Male 400 S-Medley			
-	oreg M-45	OREG	4:05.77
ROBERT SMITH-53 ALLEN STARK-48			
TOM COFFEY-46 DOUG PRENTICE-48			

--- Ages 19 Through 24 ---			
PL	Name	Team	Finals

Mixed 200 R-Free			
1	oreg K-19	OREG	2:43.14
JEANNA BENNETT-33F PATRICK HERRERA-37M			
ANN GOODMAN-22F ERIC SMITH-24M			
Mixed 200 R-Free			
1	oreg C X-15	OREG	1:49.77
MARK NEWMAN-42M JENNIFER SNOOK-24F			
JEANNE THIMM-33F S. STONUEHAN-35M			
2	oreg B X-15	OREG	1:50.38
JEANNA BENNETT-32F JOHN PETERSON-36M			
K. GUSTAFSON-41F ROBERT MAESTRE-46M			

--- Ages 25 Through 34 ---			
PL	Name	Team	Finals

Mixed 200 R-Free			
1	oreg N X-25	OREG	2:41.86
S. STONUEHAN-25M JEANNE THIMM-33F			
DIMITAR PETROV-25M JEFF KARLON-31M			
2	oreg P X-25	OREG	2:42.50
PETER METZGER-41M SHAWN SIMPSON-25F			
JOHN ZELL-39M SIMONE LAPAY-36F			
Mixed 200 R-Free			
1	oreg G X-25	OREG	2:39.10
CHARLES HELM-40M RICHARD JUHALA-53M			
JEANNE THIMM-33F ERIC JENSEN-42M			
2	oreg F X-25	OREG	2:58.13
S. STONUEHAN-25M MARK NEWMAN-42M			
JEFF KARLON-31M DIMITAR PETROV-25M			
Mixed 400 R-Free			
1	oreg X-25	OREG	4:20.58
JOHN ZELL-39M THOMAS KAGL-31M			
SHAWN SIMPSON-25F SARAH HUGLAND-34F			

--- Ages 35 Through 44 ---			
PL	Name	Team	Finals

Mixed 200 R-Free			
1	oreg A X-35	OREG	1:49.26
ALAN ARATA-35M KIMBERLY ARATA-36F			
RON TAYLOR-36M ANN GOODMAN-37F			

Oregon Masters 1997 Association Championships
Southern Oregon State College, Ashland

Meet Results for Timed Finals - Yards

Ages 19 Through 24 ---				Ages 25 Through 29 ---			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
Mixed 1650 Free				Mixed 100 Free			
1	JUNIA CALHOON	27 GPV	21:27.59	1	KATHLEEN PURDY	34 EA	1:03.22
2	E. PEAVYHOUSE	29 MOFIA	27:05.21	2	SHARON STUART	32 PPM	1:04.58
Mixed 50 Back				Mixed 200 Free			
1	LINDA SHAKER	27 PPM	38.20	1	KERRI CULBERTSON	38 PPM	2:08.63
2	LAURI HYDE	26 MDM	58.37	2	PEGGY MEAD	31 PPM	1:13.93
Mixed 100 Back				Mixed 500 Free			
1	CHANDRA HAISLET	27 PGSC	1:02.89	1	KERRI CULBERTSON	38 PPM	5:53.69
2	K. MOURADIAN	26 MOFIA	1:22.85	2	LAURA WORDEN	39 CAT	6:24.16
Mixed 50 Breast				Mixed 1000 Free			
1	SANDRA HYDE	28 MDM	43.07	1	ELLEN FERGUSON	34 PPM	11:34.89
2	LAURI HYDE	26 MDM	1:14.35	2	LAURIE KILBOURN	30 PPM	14:32.20
Mixed 100 Breast				Mixed 1500 Free			
1	ANDREA MILANO	29 PPM	41.81	1	JANICE TACCONI	34 RVM	25:53.51
2	LAURI HYDE	26 MDM	1:13.09	2	LYNN SHANKS	31 OREG	33.80
Mixed 200 Free				Mixed 50 Back			
1	DEBORAH SWAIN	23 EA	13:59.22	1	PEGGY MEAD	31 PPM	43.63
2	LAURI HYDE	26 MDM	2:40.57	Mixed 100 Back			
Mixed 50 Fly				1	LYNN SHANKS	31 OREG	1:14.20
1	CHANDRA HAISLET	27 PGSC	27.79	Mixed 50 Breast			
2	SHARON SIMPSON	25 PPM	30.15	1	SHARON STUART	32 PPM	38.67
Mixed 100 Fly				2	JANICE TACCONI	34 RVM	41.15
1	SHARON SIMPSON	25 PPM	1:04.71	3	LYNNA RITCH	31 PPM	45.10
2	LINDA SHAKER	27 PPM	1:18.93	Mixed 200 Breast			
Mixed 200 Back				1	PEGGY MEAD	31 PPM	DO
1	JEANNA BENNETT	22 MDM	1:17.86	Mixed 500 Breast			
Mixed 1000 Back				1	SHARON SIMPSON	25 PPM	2:24.14
1	JEANNA BENNETT	22 MDM	1:17.76	2	SANDRA HYDE	28 MDM	3:00.93
Mixed 1500 Back				Mixed 100 IM			
1	SHARON SIMPSON	25 PPM	2:24.14	1	CHANDRA HAISLET	27 PGSC	1:02.60
2	SANDRA HYDE	28 MDM	3:00.93	2	SHARON SIMPSON	25 PPM	1:10.86
Mixed 500 IM				3	LINDA SHAKER	27 PPM	1:17.59
1	CHANDRA HAISLET	27 PGSC	1:02.60	4	KATHLEEN EUGSTER	26 PPM	1:18.76
2	SHARON SIMPSON	25 PPM	1:10.86	5	ANDREA MILANO	29 PPM	1:19.38
3	LINDA SHAKER	27 PPM	1:17.59	6	K. MOURADIAN	26 MOFIA	1:20.40
4	KATHLEEN EUGSTER	26 PPM	1:18.76	7	LAURI HYDE	26 MDM	2:23.83
5	ANDREA MILANO	29 PPM	1:19.38	Mixed 200 Fly			
6	K. MOURADIAN	26 MOFIA	1:20.40	1	SHARON SIMPSON	25 PPM	5:16.27
7	LAURI HYDE	26 MDM	2:23.83	2	SANDRA HYDE	28 MDM	6:16.06
Mixed 400 IM				3	E. PEAVYHOUSE	29 MOFIA	8:16.00
1	SANDRA HYDE	28 MDM	1:04.72	Mixed 50 Free			
2	ANDREA MILANO	29 PPM	1:04.96	1	KATHLEEN PURDY	34 EA	28.53
3	LINDA SHAKER	27 PPM	1:05.19	2	SHARON STUART	32 PPM	29.44
4	LAURI HYDE	26 MDM	1:56.55	3	LYNN SHANKS	31 OREG	29.54
Mixed 200 Free				4	PAMELA KAHL	33 PPM	29.96
1	SANDRA HYDE	28 MDM	2:16.59	5	JANICE TACCONI	34 RVM	32.30
Mixed 500 Free				6	PEGGY MEAD	31 PPM	32.95
1	SHARON SIMPSON	25 PPM	5:56.91	7	LYNNA RITCH	31 PPM	35.41
2	JUNIA CALHOON	27 GPV	6:16.06	Mixed 400 IM			
3	E. PEAVYHOUSE	29 MOFIA	8:16.00	1	KATHLEEN PURDY	34 EA	2:53.96
Mixed 1000 Free				Ages 35 Through 39 ---			
1	JUNIA CALHOON	27 GPV	12:42.25	PL	Name	Age Team	Finals
2	SANDRA HYDE	28 MDM	12:57.29	Mixed 50 Free			
3	KATHLEEN EUGSTER	26 PPM	14:34.78	1	SIMONE LAPAY	36 PPM	26.86
4	E. PEAVYHOUSE	29 MOFIA	16:16.74	2	KIMBERLY ARATA	36 EA	27.75
				3	LAURIE MAC GRAM	39 RVM	32.34
				Mixed 100 Free			
				1	SIMONE LAPAY	36 PPM	56.03
				2	KIMBERLY ARATA	36 EA	59.68
				3	KERRI CULBERTSON	38 PPM	1:00.69
				4	LAURA SCHOB	38 COMA	1:06.72

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Meet Results for Timed Finals - Yards

Ages 40 Through 44 ---				Ages 45 Through 49 ---			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
Mixed 400 IM				Ages 50 Through 54 ---			
1	LAURA WORDEN	39 CAT	5:32.88	PL	Name	Age Team	Finals
2	ERIN COKE	37 RVM	1:11.39	Mixed 50 Free			
Mixed 200 Free				1	JUDY BEASTON	46 THB	2:33.10
1	KERRI CULBERTSON	38 PPM	2:08.63	2	GERI MATHENSON	48 RVM	2:34.72
Mixed 500 Free				Mixed 100 Free			
1	KERRI CULBERTSON	38 PPM	5:53.69	1	JUDY BEASTON	46 THB	6:41.02
2	LAURA WORDEN	39 CAT	6:24.16	2	GERI MATHENSON	48 RVM	7:04.72
3	LAURA SCHOB	38 COMA	6:51.97	Mixed 50 Breast			
4	LAURIE MAC GRAM	39 RVM	7:02.42	1	JUDY BEASTON	46 THB	13:35.38
5	ERIN COKE	37 RVM	7:17.14	2	DARLENE STALEY	47 THB	14:13.77
Mixed 1000 Free				3	NANCY HELGET	48 PPM	15:30.35
1	SIMONE LAPAY	36 PPM	11:20.12	Mixed 1500 Free			
2	KERRI CULBERTSON	38 PPM	12:01.22	1	JUDY BEASTON	46 THB	20:29.60
3	LAURA WORDEN	39 CAT	13:05.37	2	DARLENE STALEY	47 THB	23:51.07
4	LAURA SCHOB	38 COMA	13:46.99	Mixed 500 Free			
Mixed 1500 Free				1	SUZANNE COOPER	47 PPM	1:17.46
1	LAURIE MAC GRAM	39 RVM	24:13.19	2	SUZANNE COOPER	47 PPM	37.03
2	PARIS GEIKEN	39 RVM	25:09.89	3	NANCY HELGET	48 PPM	41.13
Mixed 100 Back				Mixed 100 Breast			
1	KIMBERLY ARATA	36 EA	1:08.34	1	NANCY HELGET	48 PPM	1:30.02
2	CHRISTINA FOX	36 EA	1:22.48	Mixed 50 Fly			
Mixed 200 Back				1	SUZANNE COOPER	47 PPM	31.50
1	KIMBERLY ARATA	36 EA	2:26.17	Mixed 100 IM			
2	KERRI CULBERTSON	38 PPM	2:31.18	1	SUZANNE COOPER	47 PPM	1:15.73
3	CHRISTINA FOX	36 EA	3:01.16	2	DARLENE STALEY	47 THB	1:22.63
Mixed 50 Breast				3	JUDY BEASTON	46 THB	1:26.65
1	SIMONE LAPAY	36 PPM	36.20	Mixed 500 Free			
Mixed 100 Breast				1	JUDY BEASTON	46 THB	8:38.86
1	CHRISTINA FOX	36 EA	1:31.62	Ages 60 Through 64 ---			
Mixed 200 Breast				PL	Name	Age Team	Finals
1	CHRISTINA FOX	36 EA	3:09.54	Mixed 50 Free			
Mixed 50 Fly				1	KALEO SCHROEDER	60 KLF	41.43
1	PATTI HALPRIN	35 RVM	30.60	Mixed 100 Free			
2	LAURA SCHOB	38 COMA	34.32	1	KALEO SCHROEDER	60 KLF	1:37.30
3	LAURIE MAC GRAM	39 RVM	35.99	Mixed 50 Back			
Mixed 100 Fly				1	KALEO SCHROEDER	60 KLF	49.94
1	SIMONE LAPAY	36 PPM	1:05.83	2	M. VAN DIJK	64 RVM	54.83
2	LAURA WORDEN	39 CAT	1:07.52				
Mixed 200 Fly							
1	LAURA WORDEN	39 CAT	2:33.44				
Mixed 100 IM							
1	KIMBERLY ARATA	36 EA	1:08.97				
2	PATTI HALPRIN	35 RVM	1:10.86				
3	ERIN COKE	37 RVM	1:24.41				
4	CHRISTINA FOX	36 EA	1:34.80				
5	LAURIE MAC GRAM	39 RVM	1:25.00				
Mixed 200 IM							
1	KIMBERLY ARATA	36 EA	2:27.17				
2	LAURA WORDEN	39 CAT	2:37.75				
3	CHRISTINA FOX	36 EA	3:02.81				

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Mixed 100 Back	1 KALEO SCHROEDER	60 KLP	1:51.10	---	--- Ages 25 Through 29 ---	Mixed 200 Free	1 JOHN RITCH	30 PPM	1:51.51
2 M. VAN DIJK	64 RVM	2:02.55	PL Name	Age Team	Finals	2 D. STEWART	32 CAT	1:55.38	
Mixed 50 Breast	1 KALEO SCHROEDER	60 KLP	52.56	---	---	3 TIM TURK	30 RVM	2:19.60	
1 JUDY MCARVEY	62 MOFIA	DQ	Mixed 50 Free	1 KEVIN NOAH	25 UVM	24.13	Mixed 1500 Free	1 TIM TURK	30 RVM
Mixed 100 Breast	1 KALEO SCHROEDER	60 KLP	2:02.44	---	---	2 S. MOURADIAN	28 MOFIA	27.38	30 RVM
Mixed 50 Fly	1 JUDY MCARVEY	62 MOFIA	1:09.72	---	---	Mixed 100 Free	1 KEVIN NOAH	25 UVM	52.10
Mixed 100 IM	1 JUDY MCARVEY	62 MOFIA	2:16.12	---	---	Mixed 200 Free	1 KEVIN NOAH	25 UVM	1:53.89
---	---	---	---	---	---	Mixed 500 Free	2 A. SHAEVITZ	27 OREG	2:03.52
PL Name	Age Team	Finals	---	---	---	Mixed 1000 Free	1 KEVIN NOAH	25 UVM	5:18.94
Mixed 50 Free	1 B. L'ESPERANCE	65 KLP	48.53	---	---	Mixed 50 Breast	1 S. MOURADIAN	28 MOFIA	14:18.10
Mixed 100 Free	1 B. L'ESPERANCE	65 KLP	1:56.24	---	---	Mixed 100 Back	1 TIMOTHY MAUD	29 NCAP	29.87
Mixed 200 Free	1 B. L'ESPERANCE	65 KLP	4:18.45	---	---	Mixed 200 Breast	1 KEVIN NOAH	25 UVM	2:16.84
Mixed 50 Back	1 B. L'ESPERANCE	65 KLP	1:00.47	---	---	Mixed 50 Free	1 TIMOTHY MAUD	29 NCAP	31.78
Mixed 100 Back	1 B. L'ESPERANCE	65 KLP	2:08.84	---	---	Mixed 100 Breast	1 TIMOTHY MAUD	29 NCAP	1:08.45
Mixed 200 Back	1 B. L'ESPERANCE	65 KLP	4:31.74	---	---	Mixed 200 Breast	1 TIMOTHY MAUD	29 NCAP	2:30.37
---	---	---	---	---	---	Mixed 100 Fly	1 TIMOTHY MAUD	29 NCAP	1:03.45
PL Name	Age Team	Finals	---	---	---	Mixed 200 IM	1 A. SHAEVITZ	27 OREG	1:05.21
Mixed 50 Free	1 SEAN BURTON	19 COMA	24.71	---	---	Mixed 200 IM	1 KEVIN NOAH	25 UVM	2:14.56
Mixed 100 Free	1 SHANE SETTLE	23 RVM	56.07	---	---	Mixed 400 IM	1 TIMOTHY MAUD	29 NCAP	4:52.20
Mixed 200 Free	2 ERIK MORGANSEN	23 EA	57.71	---	---	---	---	---	---
Mixed 50 Back	1 SEAN BURTON	19 COMA	2:07.37	---	---	---	---	---	---
Mixed 100 Back	1 SEAN BURTON	19 COMA	DQ	---	---	---	---	---	---
Mixed 200 Back	1 SHANE SETTLE	23 RVM	33.37	---	---	---	---	---	---
Mixed 50 Breast	1 SHANE SETTLE	23 RVM	1:13.57	---	---	---	---	---	---
Mixed 100 Breast	1 SHANE SETTLE	23 RVM	1:04.62	---	---	---	---	---	---
Mixed 200 Breast	2 ERIK MORGANSEN	23 EA	DQ	---	---	---	---	---	---

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Meet Results for Timed Finals - Yards

Mixed 200 Breast	1 PAT ALLENDER	38 CAT	2:22.60	---	---	Mixed 100 Free	1 DAVID YEAKEL	43 EA	51.21
PL Name	Age Team	Finals	---	---	---	2 JULES DEGIULIO	44 OREG	56.78	
Mixed 50 Free	1 STEVE GEORGE	37 CAT	23.14	---	---	3 MICHAEL WIDMANN	44 UVM	1:02.00	
Mixed 100 Free	1 ALAN ARATA	35 EA	50.78	---	---	4 BRIAN BROWN	41 RVM	1:05.55	
Mixed 200 Free	2 STEVE GEORGE	37 CAT	50.94	---	---	5 ROBERT HOWARTH	42 EA	1:07.31	
Mixed 50 Breast	3 PHIL CLARK	38 THB	52.56	---	---	6 JIM MOLLER	41 OREG	1:10.52	
Mixed 100 Breast	4 JOHN PETERSON	36 EA	55.69	---	---	7 PAUL REILLY	44 EA	1:14.44	
Mixed 200 Breast	5 MARK WREN	38 PPM	56.32	---	---	8 GRATEFUL	40 RVM	1:16.38	
Mixed 50 Back	6 MICHAEL DOUGLAS	39 COMA	58.75	---	---	Mixed 200 Free	1 JOHN ZELL	40 PPM	1:59.49
Mixed 100 Back	7 GREGORY TRIBBETT	36 MOFIA	1:05.26	---	---	2 DAVID YEAKEL	43 EA	2:03.66	
Mixed 200 Back	1 ALAN ARATA	35 EA	1:55.53	---	---	3 ANDY SCHNAG	40 VOT	2:06.39	
Mixed 50 Fly	2 JOHN PETERSON	36 EA	1:05.22	---	---	Mixed 500 Free	1 JOHN ZELL	40 PPM	5:23.93
Mixed 100 Fly	3 JEFFREY ANSPACH	36 PPM	1:03.50	---	---	2 MICHAEL WIDMANN	44 UVM	6:28.85	
Mixed 200 Fly	4 MARK WREN	38 PPM	1:05.64	---	---	Mixed 1000 Free	1 JOHN ZELL	40 PPM	11:12.62
Mixed 500 Free	5 MICHAEL DOUGLAS	39 COMA	2:10.27	---	---	2 JULES DEGIULIO	44 OREG	12:24.82	
Mixed 1000 Free	1 STEVE GEORGE	37 CAT	5:22.69	---	---	3 RONALD COBB	40 PPM	12:51.65	
Mixed 2000 Free	2 STEVE GEORGE	37 CAT	6:06.75	---	---	Mixed 50 Back	1 PETER METZGER	41 PPM	28.03
Mixed 500 Back	3 JOHN PETERSON	36 EA	1:05.22	---	---	2 ROBERT HOWARTH	42 EA	38.25	
Mixed 1000 Back	4 MARK WREN	38 PPM	2:08.64	---	---	3 PAUL ROSTYKUS	42 RVM	41.05	
Mixed 2000 Back	5 MICHAEL DOUGLAS	39 COMA	2:10.27	---	---	4 PATRICK BURCH	43 RVM	42.12	
Mixed 500 IM	1 STEVE GEORGE	37 CAT	5:22.69	---	---	5 CHARLES HELM	40 NCAP	48.86	
Mixed 1000 IM	2 STEVE GEORGE	37 CAT	6:06.75	---	---	Mixed 200 Back	1 PETER METZGER	41 PPM	1:01.70
Mixed 2000 IM	3 JOHN PETERSON	36 EA	1:05.22	---	---	2 STEVE WANN	44 COMA	1:04.75	
Mixed 5000 Free	4 MARK WREN	38 PPM	2:08.64	---	---	3 ANDY SCHNAG	40 VOT	1:05.23	
Mixed 10000 Free	5 MICHAEL DOUGLAS	39 COMA	2:10.27	---	---	4 RONALD COBB	40 PPM	1:09.25	
Mixed 5000 Back	1 STEVE GEORGE	37 CAT	57.21	---	---	5 JIM MOLLER	41 OREG	1:30.62	
Mixed 10000 Back	2 PHIL CLARK	38 THB	1:00.90	---	---	6 PAUL ROSTYKUS	42 RVM	1:33.28	
Mixed 20000 Free	3 RON TAYLOR	36 EA	1:01.31	---	---	Mixed 200 Breast	1 JOHN ZELL	40 PPM	2:13.87
Mixed 50000 Free	1 STEVE GEORGE	37 CAT	57.21	---	---	Mixed 50 Breast	1 DAVID YEAKEL	43 EA	24.30
Mixed 100000 Free	2 PHIL CLARK	38 THB	1:00.90	---	---	2 JULES DEGIULIO	44 OREG	25.37	
Mixed 200000 Free	3 RON TAYLOR	36 EA	1:01.31	---	---	3 RONALD COBB	40 PPM	25.96	
Mixed 500000 Free	1 ALAN ARATA	35 EA	30.15	---	---	4 THOMAS SCHWARZ	42 GPY	28.03	
Mixed 1000000 Free	2 PAT ALLENDER	38 CAT	30.38	---	---	5 BRIAN BROWN	41 RVM	28.09	
Mixed 2000000 Free	3 DAVID COBB	37 PPM	32.35	---	---	6 JIM MOLLER	41 OREG	29.63	
Mixed 5000000 Free	4 JOHN PETERSON	36 EA	33.18	---	---	7 ROBERT HOWARTH	42 EA	29.74	
Mixed 10000000 Free	5 MARK WREN	38 PPM	35.81	---	---	8 CHARLES HELM	40 NCAP	31.60	
Mixed 20000000 Free	1 PAT ALLENDER	38 CAT	1:06.40	---	---	9 GRATEFUL	40 RVM	31.79	
Mixed 50000000 Free	2 ALAN ARATA	35 EA	1:06.63	---	---	10 PAUL ROSTYKUS	42 RVM	31.85	
Mixed 100000000 Free	3 DAVID COBB	37 PPM	1:10.38	---	---	11 PATRICK BURCH	43 RVM	32.53	
Mixed 200000000 Free	4 ROGER MCNAIR	38 MOFIA	1:17.00	---	---	12 PAUL REILLY	44 EA	33.25	

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Meet Results for Timed Finals - Yards

Mixed 200 Breast				Mixed 100 Free				Mixed 50 Back			
1 JULES DEGIULIO	44 OREG	2:41.43		1 ROBERT MAESTRE	46 EA	54.73		1 JOHN WESTON	46 RVM	31.45	
2 MICHAEL WIDMANN	44 UVM	2:49.58		2 TOM ANDERSEN	46 OREG	56.20		2 RICHARD SMITH	47 RVM	32.95	
3 BRIAN BROWN	41 RVM	2:56.35		3 JED CRONIN	48 THB	57.32		3 ROBERT HUIZENGA	47 EA	40.17	
4 PATRICK BURCH	43 RVM	3:13.31		4 RICHARD SMITH	47 RVM	59.06		Mixed 100 Back			
				5 GREG FROMMELTER	48 RVM	1:00.13		1 RICHARD SMITH	47 RVM	1:12.37	
1 ROBERT JESSOP	42 RVM	26.49		6 BUZ CARRIKER	49 MM	1:04.67		2 KEN ZELL	49 PPM	1:17.01	
2 PETER METZGER	41 PPM	26.92		7 WILL WEST	45 GPY	1:04.89		3 CHRISTOPHE TOOLE	45 PGM	1:32.89	
3 STEVE MANN	44 COMA	27.33		8 ROBERT HUIZENGA	47 EA	1:05.73		Mixed 200 Back			
4 ANDY SCHWAB	40 VOT	28.05		9 TOM MYERS	46 RVM	1:07.78		1 ROBERT MAESTRE	46 EA	2:26.43	
5 RONALD COBB	40 PPM	29.94		10 CRAIG MATHER	45 RVM	1:08.69		2 MICHAEL O'NEIL	46 UVM	2:34.95	
6 MICHAEL WIDMANN	44 UVM	30.43		11 RONALD JERSEY	48 GPY	1:08.71		3 JOHN WESTON	46 RVM	2:39.39	
7 THOMAS SCHWAB	42 GPY	32.23		12 CHRISTOPHE TOOLE	45 PGM	1:11.24		4 RICHARD SMITH	47 RVM	2:48.76	
8 CHARLES HELM	40 NCAP	35.25		Mixed 200 Free				5 GARY BECKLEY	46 PPM	2:54.67	
				1 STEPHEN JOHNSON	49 EA	2:00.18		Mixed 50 Breast			
1 ROBERT JESSOP	42 RVM	56.22		2 MARK WORDEN	45 CAT	2:01.72		1 GARY BECKLEY	46 PPM	37.98	
2 PETER METZGER	41 PPM	1:02.05		3 ROBERT MAESTRE	46 EA	2:04.50		2 BUZ CARRIKER	49 MM	38.36	
				4 MICHAEL O'NEIL	46 UVM	2:05.34		3 CHRISTOPHE TOOLE	45 PGM	41.39	
1 ROBERT JESSOP	42 RVM	2:15.38		5 TOM ANDERSEN	46 OREG	2:05.36		Mixed 100 Breast			
2 JOHN ZELL	40 PPM	2:28.85		6 GARY BECKLEY	46 PPM	2:18.25		1 CHRISTOPHE TOOLE	45 PGM	1:27.76	
				7 KATHARINE SMITH	47 RVM	2:19.68		Mixed 200 Free			
1 STEVE MANN	44 COMA	1:02.45		8 ROBERT HUIZENGA	47 EA	2:26.60		1 GARY BECKLEY	46 PPM	3:02.50	
2 DAVID YEAKEL	43 EA	1:04.17		9 BUZ CARRIKER	49 MM	2:27.27		JOHN WESTON	46 RVM	DQ	
3 RONALD COBB	40 PPM	1:07.17		10 CRAIG MATHER	45 RVM	2:28.66		Mixed 50 Fly			
4 PAUL ROSTYKUS	42 RVM	1:23.56		11 TOM MYERS	46 RVM	2:30.44		1 JED CRONIN	48 THB	27.93	
5 CHARLES HELM	40 NCAP	1:31.71		12 RONALD JERSEY	48 GPY	2:36.44		2 GARY BECKLEY	46 PPM	30.59	
6 JIM MILLER	41 OREG	DQ		13 JOHN COLLINS	45 THB	2:53.02		3 GREG FROMMELTER	48 RVM	31.58	
7 PAUL REILLY	44 EA	DQ		Mixed 500 Free				4 GARY MAC GRAM	46 RVM	32.99	
				1 STEPHEN JOHNSON	49 EA	5:30.58		Mixed 100 Fly			
1 PETER METZGER	41 PPM	2:22.37		2 TOM ANDERSEN	46 OREG	5:40.68		1 STEPHEN JOHNSON	49 EA	1:01.80	
2 CHARLES HELM	40 NCAP	DNF		3 MARK WORDEN	45 CAT	5:58.30		2 ROBERT MAESTRE	46 EA	1:06.14	
				4 ROBERT MAESTRE	46 EA	6:02.60		3 JED CRONIN	48 THB	1:06.82	
1 JOHN ZELL	40 PPM	4:51.19		5 CRAIG MATHER	45 RVM	6:50.91		4 GARY BECKLEY	46 PPM	1:13.10	
				6 RONALD JERSEY	48 GPY	7:00.27		Mixed 200 Fly			
				7 TOM MYERS	46 RVM	7:01.21		1 MICHAEL O'NEIL	46 UVM	2:23.96	
				Mixed 1000 Free				2 MARK WORDEN	45 CAT	2:58.69	
				1 STEPHEN JOHNSON	49 EA	11:21.68		Mixed 100 IM			
				2 TOM ANDERSEN	46 OREG	11:48.20		1 JOHN WESTON	46 RVM	1:08.20	
				3 MICHAEL O'NEIL	46 UVM	12:06.64		2 GREG FROMMELTER	48 RVM	1:11.37	
				4 MARK WORDEN	45 CAT	12:18.33		3 GARY MAC GRAM	46 RVM	1:14.89	
				5 ROBERT MAESTRE	46 EA	12:33.55		4 KEN ZELL	49 PPM	1:15.54	
				6 CRAIG MATHER	45 RVM	13:45.19		5 BUZ CARRIKER	49 MM	1:18.87	
				7 RONALD JERSEY	48 GPY	14:20.46		6 ROBERT HUIZENGA	47 EA	1:21.47	
				8 JOHN COLLINS	45 THB	15:07.91		7 CHRISTOPHE TOOLE	45 PGM	1:21.97	
				Mixed 1650 Free				Mixed 200 IM			
				1 TOM ANDERSEN	46 OREG	19:50.55		1 MICHAEL O'NEIL	46 UVM	2:24.46	
				2 RONALD JERSEY	48 GPY	25:23.69		2 JOHN WESTON	46 RVM	2:30.87	
				3 JOHN COLLINS	45 THB	25:39.52		3 GREG FROMMELTER	48 RVM	2:39.45	
								4 ROBERT HUIZENGA	47 EA	3:07.27	

Oregon Masters 1997 Association Championships
Southern Oregon State College, Ashland

Meet Results for Timed Finals - Yards

Mixed 400 IM				Mixed 100 Fly				Mixed 500 Free			
1 MARK WORDEN	45 CAT	5:10.62		1 PHIL KRUEGER	50 MOFIA	1:06.36		1 DAVID RADCLIFF	62 THB	6:20.31	
2 MICHAEL O'NEIL	46 UVM	5:14.35		Mixed 100 IM				2 HARRY HUTTON	63 RVM	8:16.29	
3 JOHN WESTON	46 RVM	5:29.52		1 JOHN STOUT	50 URG	1:04.13		Mixed 1000 Free			
4 GREG FROMMELTER	48 RVM	DQ		2 PHIL KRUEGER	50 MOFIA	1:06.58		1 DAVID RADCLIFF	62 THB	13:06.57	
				3 KEITH FINZER	52 PPM	1:21.05		Mixed 1650 Free			
				4 RICHARD JURALA	53 NCAP	1:25.40		1 DAVID RADCLIFF	62 THB	22:08.28	
				--- Ages 50 Through 54 ---				Mixed 100 Back			
				PL Name	Age Team	Finals		1 PHIL KRUEGER	50 MOFIA	2:28.60	
				Mixed 50 Free				1 GEORGE THAYER	61 COMA	1:19.95	
				1 JOHN STOUT	50 OREG	25.10		Mixed 400 IM			
				2 FRANK PHILLIPS	54 RVM	27.84		1 PHIL KRUEGER	50 MOFIA	5:38.05	
				3 BILL EMBRY	50 RVM	29.85		1 GEORGE THAYER	61 COMA	1:28.89	
				4 KEITH FINZER	52 PPM	32.20		Mixed 50 Fly			
				5 RICHARD JURALA	53 NCAP	36.24		1 DICK SLAWSON	61 PPM	31.95	
				--- Ages 55 Through 59 ---				Mixed 100 Fly			
				PL Name	Age Team	Finals		1 RICHARD WEICK	63 EA	1:15.84	
				Mixed 100 Free				2 DICK SLAWSON	61 PPM	1:18.14	
				1 JOHN STOUT	50 OREG	55.43		Mixed 100 IM			
				2 FRANK PHILLIPS	54 RVM	1:01.83		1 RICHARD WEICK	63 EA	1:11.53	
				3 DANIEL GRAY	51 RVM	1:04.04		2 GEORGE THAYER	61 COMA	1:17.56	
				4 STEWART LUNDGREN	50 OREG	1:06.88		Mixed 200 IM			
				5 BILL EMBRY	50 RVM	1:10.74		1 RICHARD WEICK	63 EA	2:41.89	
				6 RICHARD JURALA	53 NCAP	1:23.09		2 DICK SLAWSON	61 PPM	2:43.53	
				Mixed 200 Free				Mixed 400 IM			
				1 DANIEL GRAY	51 RVM	2:24.17		1 DICK SLAWSON	61 PPM	5:54.03	
				2 STEWART LUNDGREN	50 OREG	2:27.69		2 RICHARD WEICK	63 EA	6:04.08	
				Mixed 500 Free				--- Ages 65 Through 69 ---			
				1 DANIEL GRAY	51 RVM	6:42.13		PL Name	Age Team	Finals	
				2 STEWART LUNDGREN	50 OREG	6:44.64		Mixed 100 Free			
				Mixed 1000 Free				1 RONALD NAKATA	57 MM	2:39.06	
				1 DANIEL GRAY	51 RVM	13:56.51		Mixed 200 IM			
				2 RICHARD JURALA	53 NCAP	17:52.46		1 RONALD NAKATA	57 MM	2:39.06	
				Mixed 1650 Free				Mixed 500 Free			
				1 DANIEL GRAY	51 RVM	23:04.49		1 MIKE POPOVICH	69 MM	35.19	
				2 STEWART LUNDGREN	50 OREG	23:27.01		--- Ages 60 Through 64 ---			
				Mixed 100 Back				PL Name	Age Team	Finals	
				1 JOHN STOUT	50 OREG	1:06.10		Mixed 200 Free			
				Mixed 200 Back				1 ERIC GUEST	67 MM	2:45.28	
				1 DANIEL GRAY	51 RVM	3:25.07		2 MIKE POPOVICH	69 MM	3:15.70	
				Mixed 50 Breast				Mixed 500 Free			
				1 PHIL KRUEGER	50 MOFIA	32.98		1 ERIC GUEST	67 MM	7:52.41	
				2 FRANK PHILLIPS	54 RVM	35.72		2 MIKE POPOVICH	69 MM	8:56.11	
				3 KEITH FINZER	52 PPM	38.67		Mixed 50 Back			
				4 RICHARD JURALA	53 NCAP	40.81		1 DAVID RADCLIFF	62 THB	59.74	
				Mixed 200 Breast				2 RICHARD WEICK	63 EA	1:01.04	
				1 RICHARD JURALA	53 NCAP	3:22.55		3 DICK SLAWSON	61 PPM	1:03.73	
				Mixed 50 Fly				4 GEORGE THAYER	61 COMA	1:04.67	
				1 PHIL KRUEGER	50 MOFIA	28.84		5 LEO VAN DIJK	64 RVM	1:15.82	
				2 KEITH FINZER	52 PPM	37.34		Mixed 200 Free			
								1 DAVID RADCLIFF	62 THB	2:17.64	
								Mixed 100 IM			
								2 RICHARD WEICK	63 EA	2:21.51	
								1 ERIC GUEST	67 MM	1:25.23	
								3 LEO VAN DIJK	64 RVM	2:56.45	

Oregon Masters 1997 Association Championships
Southern Oregon State College, Ashland

Meet Results for Timed Finals - Yards

Mixed 200 IM				Ages 19 Through 24 ---				Ages 19 Through 24 ---			
1 ERIC GUEST 67 MM 3:16.33				PL Name Team Finals				PL Name Team Finals			
--- Ages 70 Through 74 ---											
PL Name Age Team Finals				Female 200 R-Free				Male 200 R-Free			
				1 EA A F-19 EA 2:05.14				1 RVM A M-19 RVM 1:43.17			
Mixed 50 Free				KIMBERLY ARATA-36 DEBORAH SWAIN-23				SHANE SETTLE-23 DAVID HELLER-19			
1 GILBERT YOUNG 74 MM 34.94				M. MATTESSON-19 CHRISTINA FOX-36				TIM TURK-30 RICHARD HOBBS-31			
Mixed 100 Free				Female 200 R-Medley				Male 200 R-Medley			
1 GILBERT YOUNG 74 MM 1:19.48				1 EA A F-19 EA 2:13.41				1 EA A M-19 EA 2:12.58			
Mixed 200 Free				M. MATTESSON-19 DEBORAH SWAIN-23				ROBERT HOWARTH-42 RICK RODRIGUEZ-34			
1 GILBERT YOUNG 74 MM 2:55.60				KIMBERLY ARATA-36 KATHLEEN PURDY-34				ERIK MORGANSEN-23 PAUL REILLY-44			
Mixed 500 Free								2 RVM A M-19 RVM 2:20.59			
1 GILBERT YOUNG 74 MM 7:58.36				--- Ages 25 Through 34 ---				N. HOEPFNER-75 SHANE SETTLE-23			
2 RAYMOND ALLEN 71 MOFIA10:36.70				PL Name Team Finals				ROBERT JESSOP-42 FRANK PHILLIPS-54			
Mixed 1000 Free											
1 RAYMOND ALLEN 71 MOFIA12:37.37				Female 200 R-Free				--- Ages 25 Through 34 ---			
Mixed 1650 Free				1 PPM A P-25 PPM 1:57.12				PL Name Team Finals			
1 GILBERT YOUNG 74 MM 26.41				SHAWN SIMPSON-25 LINDA SHARER-27				Male 300 R-Free			
2 RAYMONS ALLEN 71 MOFIA36:03.03				SUZANNE COOPER-47 SHARON STUART-33				1 CAT A M-25 CAT 1:35.87			
Mixed 50 Back				2 PPM B P-25 PPM 2:01.64				STEVE GEORGE-37 MARK WOODEN-46			
1 GILBERT YOUNG 74 MM 44.82				K. EUGSTER-26 ANDREA MILANO-29				PAT ALLENDER-38 D. STEWART-32			
Mixed 100 Back				ROBERT KILGOURN-30 FAMELA KAH-33				2 EA A M-25 EA 1:28.70			
1 DUANE DRAVES 71 IEM 1:17.51				1 RVM A P-25 RVM 2:06.09				3 MOFIA A M-25 MOFIA 1:45.13			
2 DUANE DRAVES 71 IEM 1:17.51				PARIS GRIMKIN-39 JANICE TACOT-34				ALAN ARATA-35 JOHN PETERSON-36			
1 DUANE DRAVES 71 IEM 2:59.22				LAURIE MAC GRAM-39 DEBBIE GREGOIRE-42				RICK RODRIGUEZ-34 RON TAYLOR-36			
Mixed 100 Breast				Female 200 R-Medley				3 MOFIA A M-25 MOFIA 1:45.13			
1 FRED ECKHARDT 70 PPM 2:00.58				1 RVM A P-25 RVM 2:12.94				ROGER MCNAB-38 G. TRIBBETT-36			
Mixed 200 Breast				DEBBIE GREGOIRE-42 ERIN COKE-37				PHIL KRUGER-50 DOUG K STEWART-33			
1 FRED ECKHARDT 70 PPM 3:59.65				JANICE TACOT-34 LAURIE MAC GRAM-39				PPM A M-25 PPM DQ			
Mixed 100 Fly				2 PPM B P-25 PPM 2:13.44				THOMAS KAH-31 B. WANNAMAKER-34			
1 FRED ECKHARDT 70 PPM 1:51.57				LINDA SHARER-27 ELLEN FERGUSON-34				JEFFREY ANSPACH-36 JOHN RITCH-30			
Mixed 200 Fly				SHAWN SIMPSON-25 ANDREA MILANO-29				Male 200 R-Medley			
1 FRED ECKHARDT 70 PPM 4:17.80								1 CAT A M-25 CAT 1:46.94			
Mixed 100 IM				--- Ages 35 Through 44 ---				STEVE GEORGE-37 PAT ALLENDER-38			
				PL Name Team Finals				D. STEWART-32 MARK WOODEN-45			
Mixed 200 IM				2 PPM A M-25 PPM 1:51.83							
1 FRED ECKHARDT 70 PPM 4:10.92				Female 200 R-Free				JOHN RITCH-30 ROBERT WESTLAKE-30			
Mixed 400 IM				1 RVM B P-35 RVM 2:36.14				B. WANNAMAKER-34 JEFFREY ANSPACH-36			
1 DUANE DRAVES 71 IEM 6:27.53				LYNN SACKS-51 JUNE MATHER-44				3 RVM B M-25 RVM 2:19.71			
2 FRED ECKHARDT 70 PPM 8:11.50				GERI MATHEWSON-48 M. VAN DIJK-64				TOM MYERS-46 PAUL ROSTKYW-40			
				Female 200 R-Medley				TYSON THORNTON-32 CRAIG MATHER-45			
--- Ages 75 Through 79 ---				1 PPM A P-35 PPM 2:15.29				4 RVM A M-25 RVM 2:24.67			
PL Name Age Team Finals				K. CULBERTSON-38 SUZANNE COOPER-47				LEO VAN DIJK-64 PATRICK BURCH-43			
				SIMONE LAYAP-36 NANCY HELGET-48				RICHARD HOBBS-31 GRATEFUL-40			
Mixed 50 Free				2 RVM A P-35 RVM 2:51.82							
1 HERBERT HOEPFNER-75 RVM 35.35				JUNE MATHER-44 JO RANKIN-54							
Mixed 100 Free				GERI MATHEWSON-48 JACQUE ANDERSON-44							
1 HERBERT HOEPFNER-75 RVM 1:24.74											

Oregon Masters 1997 Association Championships
Southern Oregon State College, Ashland

Meet Results for Timed Finals - Yards

Mixed 200 R-Medley

1 PPM A X-35 PPM 1:58.40
JOHN ZELL-40M DAVID COBB-37M
SIMONE LAPAY-36F K. CULBERTSON-38F
2 RVM C X-35 RVM 2:19.31
LAURIE MAC GRAW-39F JACQUE ANDERSON-44F
ROBERT JESSOP-42M JOHN WESTON-46M

--- Ages 45 Through 54 ---

PL Name Team Finals

Mixed 200 R-Free

1 RVM A X-45 RVM 2:49.33
M. VAN DIJK-64F HARRY HUTTON-63M
LYNN SACKS-51F H. HOEPTNER-75M

Mixed 200 R-Medley

1 PPM B X-45 PPM 2:35.99
SUZANNE COOPER-47F NANCY HELGET-48F
DICK SLAWSON-61M FRED ECKHARDT-70M

Team Rankings Through Event 24

Oregon '97 Champs. 04/04/97 04/06/97

Combined - Large Team (16 Swimmers or more)

PL	ID	Team Name-Abbrev		Swimmers	Points
1	502	Portland Parks Masters	- PPM	30	1230
2	503	Rogue Valley Masters	- RVM	35	984
3	522	Emerald Aquatics	- EA	18	711

Combined - Medium Team (6 - 15 Swimmers)

PL	ID	Team Name-Abbrev		Swimmers	Points
1	505	Mount Hood Masters	- MHM	10	403
2	507	Corvallis Aquatic Team	- CAT	6	290
3	511	Medford Old Folks in Actn	- MOFIA	9	213
4	504	Oregon Masters	- OREG	8	203
5	501	Tualatin Hills Barracudas	- THB	8	181
6	517	Central Oregon Masters	- COMA	6	125

Combined - Small Team (5 Swimmers or less)

PL	ID	Team Name-Abbrev		Swimmers	Points
1	513	Umpqua Valley Masters	- UVM	3	125
2	520	Klamath Falls Masters	- KLF	2	108
3	509	No. Clackamas Aqua. Park	- NCAP	3	98
4	506	Grants Pass YMCA	- GPY	4	62
5	514	Forest Grove Dragon Mast.	- FGDM	2	50
6	510	Chehalem Masters Swim T.	- CMST	1	43
7	515	Inland Empire Masters	- IEM	1	36
8	525	fgsc	- FGSC	1	27
9	521	Vancouver, WA Old Timers	- VOT	1	17

1997 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS

Recognized by USMS, Inc and LMSC for Oregon Association

Mt Hood Community College Gresham, Oregon

DATE: JULY 12-13, 1997

ELIGIBILITY: STATE OF OREGON RESIDENT AND/OR
RESISTERED O.M.S. MEMBER

Warm-ups: 1:00 p.m. Sat. & Sun

Meet Starts: 2:00 p.m. Sat & Sun.

ENTRY DEADLINE: ALL ENTRIES MUST BE RECIEVED BY JUNE 23rd, 1997
LATE ENTRIES WILL NOT BE ACCEPTED

**All registered Masters Swimmers *MUST* submit a PHOTOCOPY
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.**

-----RETURN THIS LOWER PORTION-----

NAME _____ BIRTHDATE _____ AGE _____
ADDRESS _____ CITY _____ COUNTY _____
ZIP _____ PHONE # _____ SEX _____

If you are a registered Masters Swimmer, please enter your 1997 USMS # _____

USMS Club _____ (OREG, PNA, etc.)

AWARDS: T-SHIRTS FOR ALL ENTRANTS MEDALS FOR 1ST, 2ND, & 3RD PLACES

T-SHIRT SIZE: _____ SMALL _____ MEDIUM _____ LARGE _____ X-LARGE (CHECK ONE)

AGE GROUPS: 19-24, 25-29, 30-34, etc. etc. up to 95+. RELAY AGES: 76+,100+,120+,160+,200+,240+, 280+, & 320+. ENTER RELAYS
AT THE MEET. The 400 I.M., 400, 800, and 1500 Frees will be deckseeded and all events will be seeded SLOW TO FAST.

SATURDAY JULY 8

400 M I.M. (1) _____:_____._____
BREAK BREAK BREAK
200 M FREE RLY (2/3) XXXXXXXXXXXXX
100 M BACK(PHY DIS) (4) _____:_____._____
100 M BACK (5) _____:_____._____
100 M FREE (6) _____:_____._____
200 M FLY (7) _____:_____._____
BREAK BREAK BREAK
200 M BREAST (8) _____:_____._____
50 M BACK (9) _____:_____._____
50 M BACK(PHY DIS) (10) _____:_____._____
50 M FREE (11) _____:_____._____
200 M MXD FR RLY (12) XXXXXXXXXXXXX
800 M FREE (13) _____:_____._____

SUNDAY JULY 9

400 M FREE (14) _____:_____._____
200 M MEDLEY RLY (15/16) XXXXXXXXXXXXX
BREAK BREAK BREAK
50 M FREE (PHY DIS) (17) _____:_____._____
100 M FLY (18) _____:_____._____
50 M BREAST (19) _____:_____._____
200 M BACK (20) _____:_____._____
200 M FREE (21) _____:_____._____
BREAK BREAK BREAK
50 M FLY (22) _____:_____._____
100 M BREAST (23) _____:_____._____
200 M I.M. (24) _____:_____._____
100 M FREE (PHYDIS) (25) _____:_____._____
200 M MXD MED RLY (26) XXXXXXXXXXXXXXXX
1500 M FREE (27) _____:_____._____

ALL PARTICIPATING O.M.S. TEAMS WILL BE REQUIRED TO PROVIDE TIMERS.
PLEASE DO YOUR PART TO HELP US.

In consideration of being allowed to participate in any way in the State Games of Oregon Athletic/Sports Program, and related events/activities, the undersigned: Acknowledges/fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions, or negligence but the action, inaction or negligence of others, the rules of play, or conditions of the premises or of any equipment used. Further, that there may be other risks not known to me or not reasonably foreseeable at this time. Assume all the foregoing risks and accept personal responsibility for the damages following such injuries, permanent disability or death. Releases, waivers, discharges and covenants not to sue the State Games of Oregon, its affiliated clubs, their respective administrators, directors, agents, coaches and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leasers used to conduct the event, all of which are hereinafter referred to as "releasees" from any and all liabilities to the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be cause in whole or in part by the negligence of the releasees or otherwise. In the event of injury, the athlete will pay all medical costs. I have read the above waiver and release, understand that I give up substantial rights by signing it and sign it voluntarily.

SIGNATURE OF ATHLETE _____ DATE _____

ENTRY FEE: \$17.00 for 2 events plus \$4.00 for each additional event. Limit of 6 individual events.

MAIL ENTRY FEE & FORM TO: STATE GAMES OF OREGON

4840 S.W. Western Ave Suite 900 Portland, OR 97005

APPLEGATE LAKE SWIM--5 MILES

SATURDAY JULY 19, 1997 8:30 AM

SPONSORED BY ROGUE VALLEY MASTERS

WITH THE COOPERATION OF THE U.S. FOREST SERVICE

Sanctioned by OMS, Inc. for USMS, Inc. OMS, Inc. SANCTION # 376-08

SWIMMERS MUST BE CURRENTLY REGISTERED AS USMS SWIMMERS!

COST: \$27.00 Includes cap, shirt, BBQ lunch & parking fees for competitor & guest.

Sorry, NO REFUNDS!!!!!!!

GUIDELINES: EACH SWIMMER MUST HAVE A NON MOTORIZED ESCORT!!! THIS IS AN **ABSOLUTE MUST**. It may be possible to arrange for someone locally to act as an escort for you, but I cannot guarantee a commitment. Please try to make your own arrangements. **NO ESCORT-- NO SWIM!!!**

CHECK IN: Open from 6:00Pm till 8:30 PM Friday July 18th.

Opens at 7:00 AM Saturday July 19th. Near Seattle Bar.

PRE-RACE INSTRUCTIONS: 8:05 am at starting point You and your escort must be there to receive your instruction. Non-motorized craft should be ready at this time.

START: Start time is for 8:30 AM.

COURSE: The five mile swim will begin at 8:30 AM at the south end of the lake near Seattle Bar and swimmers will continue along the west side of the lake, passing within ten feet of each buoy, of lake to the finish at the swim area at Hartish Park. Buoys will be placed one mile apart and swimmers must negotiate the entire length of the course.

EQUIPMENT: The use of pull buoys is prohibited. Non motorized craft only!!! (kayaks, canoes, paddleboards, ect.

AWARDS: Each swimmer will receive participation awards and will be recognized for their place of finish within their respective age groups (19-24, 25-29, 30-34, ect) Wetsuit and non wetsuit categories will be recognized.

PICNIC: There will be a post race soon after all swimmers have finished. Grilled Albacore and pasta salads with liquid refreshments will be available for competitors and their guest. Awards will be presented shortly after lunch.

DIRECTIONS: On back side of page

INFORMATION: Race Director: Dan Gray (541) 944-0529

ENTRIES MUST BE POSTMARKED BY JULY 5TH

NO LATE ENTRIES ACCEPTED!!!!!!

NO RACE DAY REGISTRATION!!!!!!

Mail entries to Applegate Lake Swim

T- Shirt size S M L XL

EXTRA T SHIRT \$10.00

% Dan Gray
8975 Hwy 66
Ashland, Or. 97520

I will provide my own escort: yes
I need help for an escort: yes no
my needs are: escort person: yes
escort craft: yes
Escort craft should have extra life
jacket, blanket & binoculars.

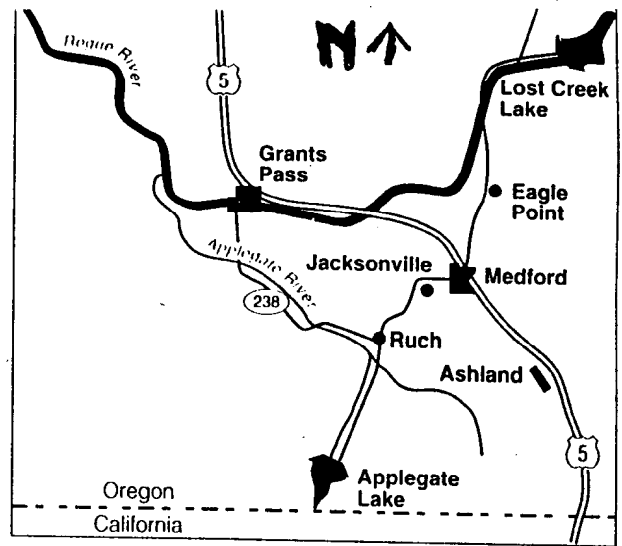
OMS REG # _____

Name _____ Age _____ Sex _____
Address _____ City _____ State _____ Zip _____
Birthdate _____ Day Phone _____ Eve Phone _____

I, the undersigned, 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: US Masters Swimming, Inc., the local Masters Swimming committees, the clubs, host facilities, meet sponsors, meet committees or any individuals officiating at the meet or supervising such activities. I acknowledge that I am aware of all risks inherent in the open water swimming and agree to assume those risks.

Signature _____ Date _____ --

DIRECTIONS TO APPLGATE LAKE: from I-5 at Medford follow signs to Jacksonville. Stay on Hwy 238 to Ruch, take left, following signs to Applegate Dam. Proceed past the dam to Hartish Park, site of finish and picnic, drive to Watkins Camp (approx 3 mi.). This will be race headquarters for event check-in and information. Follow road to intersection, go left towards Seattle Bar. Watch for signs!!!!



Camping: Watkins Camp is the closest to the start of the race, approx 1.5mi. Primitive toilets, picnic benches, and fire rings are at these camp sites. Lake front is a short trail hike. Drinking water is available at campground.

REMEMBER !!! ONLY PRE-REGISTRATION WILL BE ACCEPTED, NO RACE DAY ENTRIES

**COME ON DOWN AND ENTER OREGON MASTERS FIRST EVER LONG DISTANCE EVENT
JULY 19th SATURDAY 8:30 am**



1997 SOUTHERN OREGON LAKE SWIM
SUNDAY, JULY 20♦♦♦SQUAW LAKES
ONE AND TWO MILE OPEN WATER SWIM
SPONSORED BY ROGUE VALLEY MASTERS
WITH THE COOPERATION
OF THE U.S. FOREST SERVICE



OMS Sanction #: 377-07 Every swimmer must be a current OMS or USMS member to compete.
One-day OMS registration will be available at check-in for a fee of \$15.00.

USS: Held under the sanction of United States Swimming, Inc; sanction number pending.
USS swimmers may compete only in the one OR two mile event.

Schedule: 2 Mile: Check-in closes 9:15am Pre-race instructions 9:30am Race starts 9:45am
1 Mile: Check-in closes 10:00am Pre-race instructions 11:00am Race starts 11:15am

Course: The triangular course will be marked by buoys. Water temperature is expected to be 70-75 degrees and will be posted at check-in.

Equipment: The use of pull buoys or fins is not allowed. Swimmers wearing wetsuits will be ineligible for awards.

Awards: **USMS:** Awards will be given to the first male & female overall winners in the one and two-mile races. Awards will also be given to the top three male & female winners in each age group (19-24, 25-29, etc.)
USS: Awards will be given to the top male & female overall winners and to the top three male & female winners in each age group (12 & under, 13-14, 15-16, 17-18.)

Picnic: Following the swim, Rogue Valley Masters will host a burger/BBQ pot luck. All swimmers and friends are invited. See reverse side for driving directions and camping information.

Information: Patrick Burch, Race Director, (541) 488-2044

ENTRIES MUST BE POSTMARKED BY JULY 5

Mail entries to: RVM Lake Swim
1568 Windsor St.
Ashland, OR 97520

OMS/USMS Reg # _____

USS Reg # _____

Please attach a copy of your OMS/USS registration card.

	Before 7/5:	After 7/5:	
1 Mile	\$21.00	\$26.00	_____
2 Mile	\$21.00	\$26.00	_____
Both	\$28.00	\$33.00	_____
T-Shirt: S M L XL XXL			_____
Sweatshirt: S M L XL XXL			_____ (add \$3)
TOTAL:			_____

All fees are non-refundable.

Name _____ Sex _____ Age _____

Address _____

City/State/Zip _____

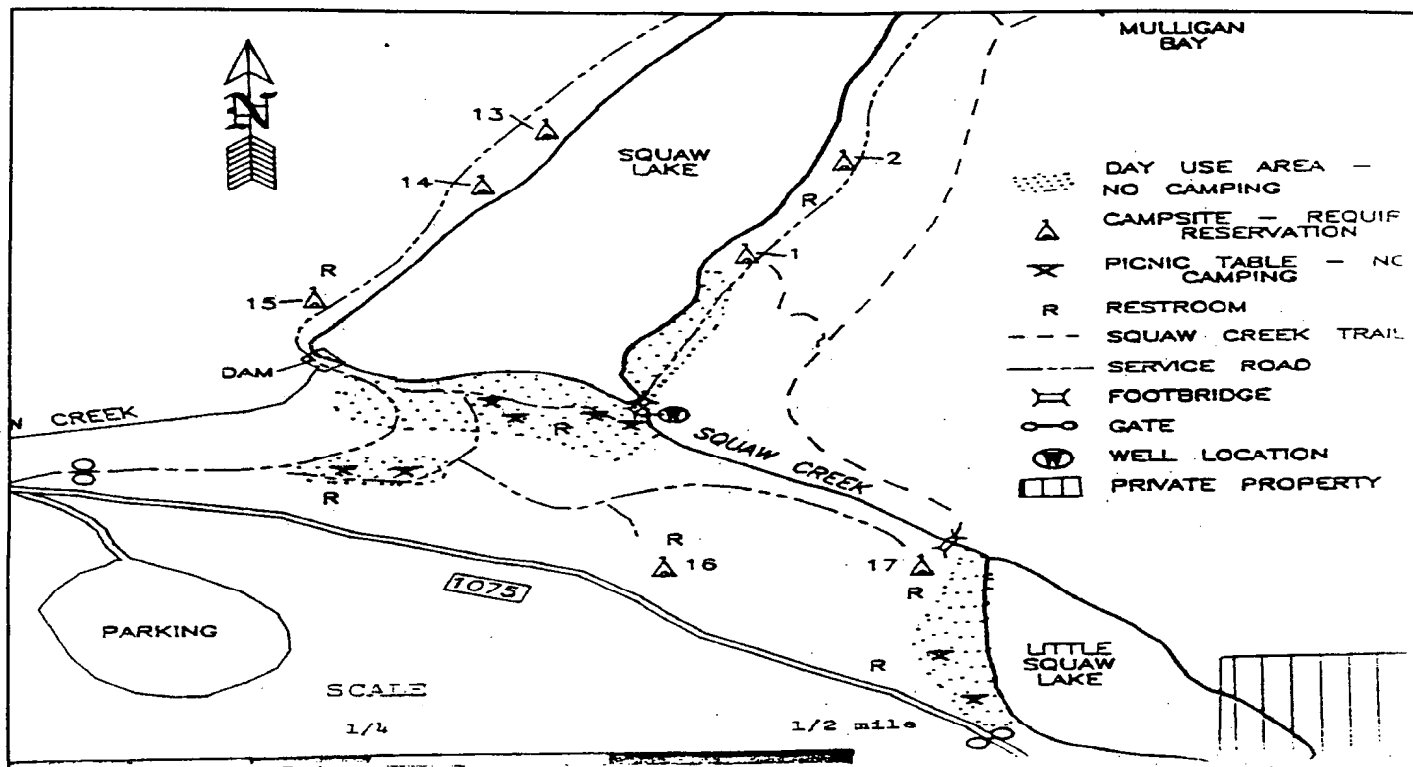
Birthdate _____ Day phone _____ Evening phone _____ Fax _____

I, the undersigned, 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: US Masters Swimming, Inc., the local Masters Swimming committees, the clubs, host facilities, meet sponsors, meet committees or any individuals officiating at the meet or supervising such activities. I acknowledge that I am aware of all risks inherent in open water swimming and agree to assume those risks.

Signature _____ Date _____
(Must be signed by parent or guardian if entrant is under 18 years of age.)

Directions: Take exit #27 off I-5 (Barnett Rd); follow Barnett Rd. west and turn right on Riverside Av. Turn left on East Main St (Hwy 238, Jacksonville Hwy.) and proceed west through Medford towards Jacksonville. Follow the highway as it turns right in downtown Jacksonville, and continues toward Ruch. Continue on Hwy 238, following the signs to Applegate Lake. At Ruch, the road will fork and Hwy 238 continues straight. At this junction, proceed to the left on Applegate Rd. Upon reaching Applegate Lake, go left, on French Gulch Rd, over the dam and follow the signs to Squaw Lakes. The road is unpaved for the last 8 miles. There will be signs posted along the way to assist swimmers in locating Squaw Lakes and the site of the swim. Allow plenty of driving time as it is a 90-minute drive from Medford to Squaw Lakes. Limited parking is available at the end of the road, just above the trail leading to Squaw Lake.

Camping: Rogue Valley Masters has reserved group campsites #16 and #17 for two nights, July 18 & 19, subject to flood damage restoration. The campground is a short walk from the parking lot, accessible only on foot. Due to limited space, campsites may be shared by more than one tent. You will need to carry water in with you to these sites. Camping cost is \$3.00 per vehicle and payment can be made at the campsite. Maps to campsites will be posted at the entrance to Squaw Lake. All swimmers and friends are invited to a no-host pot-luck at 6:00pm on Saturday, July 19.



OREGON MASTERS SWIMMING LC METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #377-06

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1997 registration form and fee with this form.

N.W. Zone Long Course Championships

Multnomah Athletic Club

1849 SW Salmon St., Portland, OR

50 meter pool, 5 lanes competition, 1 lane continuous
warm-up and separate pool is available

Meet Director: Robert Kim 503-227-1828 (w)

July 26-27, 1997

WARM-UPS: 8:00 A.M.
MEET STARTS: 9:00 A.M.

**All entrants MUST submit a PHOTOCOPY
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.**

ENTRY DEADLINE : POSTMARKED NO LATER THAN July 12th, 1997

FILL IN COMPLETELY-----RETURN THIS LOWER PORTION-----FILL IN COMPLETELY

NAME _____ 1997 USMS # _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ BIRTHDATE _____ AGE _____ SEX _____
ASSOCIATION _____ Age Groups: 19-24, 25-29, 30-34 etc up to 100+. Relay age groups: 67-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359. You may enter a maximum of 6 individual events plus 4 relays. You may swim a maximum of 5 individual events in one day. Enter relays at the meet. The 400 I.M., 400, and 800 Free will be deckseeded. All events will be seeded slow to fast.

Saturday July 26

400 FREE (1) _____:_____._____
200 FREE RLY(2/3) XXXXXXXXXXXXXXXX
BREAK BREAK BREAK
100 BACK (4) _____:_____._____
50 BREAST (5) _____:_____._____
200 FREE (6) _____:_____._____
BREAK BREAK BREAK
200 MXD FR (7) _____:_____._____
100 BREAST (8) _____:_____._____
200 FLY (9) XXXXXXXXXXXXXXXX
50 FREE (10) _____:_____._____
400 I.M. (11) _____:_____._____

Sunday July 27

800 FREE (12) _____:_____._____
200 MED RLY(13/14) XXXXXXXXXXXXXXXX
BREAK BREAK BREAK
50 FLY (15) _____:_____._____
200 BACK (16) _____:_____._____
100 FREE (17) _____:_____._____
BREAK BREAK BREAK
MXD MD RL(18) XXXXXXXXXXXXXXXX
100 FLY (19) _____:_____._____
200 BREAST (20) _____:_____._____
50 BACK (21) _____:_____._____
200 I.M. (22) _____:_____._____

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

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$12.00 Make checks payable to: OREGON MASTERS SWIMMING
Mail form(s) and fee(s) to: Suzanne Rague 935 N.W. 170 Place Beaverton, OR 97006

TEAMS TEAMS TEAMS

The following is a list of all the teams currently registered with Oregon Masters Swimming, Inc. **Use the official team abbreviation shown when filling out your 1997 USMS registration form by placing it on the line labeled "Local Team."** If you do not belong to a team, leave this line blank. If you belong to a team that does not appear on this list, you've formed a new team, or if the information shown is incorrect, please CONTACT THE MEMBERSHIP CHAIR: Phil King at 503-241-9091 (home) or 503-667-7243 (work)

This is also a list of the current TEAM CONTACT/REPRESENTATIVE for each registered team.
Any changes in team contact/ reps should be made with Eric Guest or Phil King

A Team Contact / Representative must be a current member of Oregon Masters Swimming to have a vote in OMS elections or at the annual OMS Board meeting.

CITY / TEAM NAME	ABRV.	CONTACT/REP	PHONE
Albany / Albany Masters	ALB	Pauline Stangel	926-0468
Ashland / Rogue Vally Masters	RVM	June Mather	482-0610
Astoria-Seaside / N.Coast Swim Club	NCSC	Steve Warner	738-6661
Beaverton / Tualatin Hills Barracudas	THB	Sandi Rousseau	642-3679
Bend / Central Oregon Masters	COMA	Matt Mercer	389-7665
Coos Bay / Bay Area Masters	BAM	Alice Parsons	267-7860
Corvallis / Corvallis Aquatic Masters	CAT	Mark Worden	754-9624
Creswell / Bohemia Swim Assoc.	BSA	Mike Dirksen	895-3594
Eugene / Downtown Athletic Club	DAC	Jerry Andrus	484-4011
Eugene / Emerald Aquatics	EA	Bill Weaver	345-7667
Eugene / Eugene Family YMCA	EY	Dick Moody	686-9622
Eugene / Univ. of Oregon Masters	UOM	Don Van Rossen	746-2286
Eugene / Sloths Masters	SLO	Robert Huizenga	485-6621
Forest Grove / F.G. Dragon Masters	FGDM	Chandra Haislet	359-3238
Grants P. / Grants Pass Family YMCA	GPY	Ron Jersey	479-2263
Gresham / Mt. Hood Masters	MHM	Eric Guest	668-4465
Hood River / Hood River Bald Eagles	HRBE	Micheal Pendleton	386-5421
Klamath F. / Klamath Falls Masters	KLF	Bev L'Esperance	884-9093
Lk Oswego / Fish Stick Masters	FS	Robert Smith	635-4505
Lk Oswego / Mountain Park Masters	MPM	Dana Walling	635-3561
Lincoln C. / Lincoln City Masters	LCM	Gail Kimberling	994-8423
Medford / Medford Old Folks in Action	MOFIA	Phillip Croeger	899-5565
Milwaukie / North Clackamas Aq. Park	NCAP	Tim Waud	655-7131
Newberg / Chehalem Masters	CMST	Bruce Cheney	625-5747
Newport / Yaquina Bay Family YMCA	NEWP	Russ Eidman	265-7770
Portland / Pride of Oregon Masters	PRID	Don King	768-7060 x 7189
Portland / Mittleman Jewish Comm Ctr	MJCC	Ron Cobb	699-7824
Portland / Multnomah Athletic Club	MAC	Ginger Pierson	244-7706
Portland / Metro YMCA	MY	Paula Brunsman	294-3366 x 13
Portland / Parkrose Masters	PKRS	Bert Peterson	252-6081
Portland / Portland Comm College	PCC	Karl Von Tagen	244-6111 x 4201
Portland / Portland Parks Masters	PPM	John Zell	282-9347
Portland / Princeton Athletic Club	PAC	Mark Williams	294-1426
Portland / RiverPlace Athletic Club	RAC	Aquatic Dept	221-1212 x 417
Portland / Team Portland Aquatic Club	TPAC	Jill Schuldt	228-1596
Portland / Willamette Atheletic Club	WAC	Marty Popp	225-1068
Redmond / Cascade Aquatic Masters	CAM	Greg McPheeters	546-3677
Roseburg / Umpqua Valley MaBters	UVM	Terry McCurdy	440-9296
Salem / Mid-Willamette Valley Masters	MWVM	Elfie Stevenin	363-1403
Salem / WH20 Masters	WH20	John DeJarnatt	588-2060
Vancouver, WA / Vancouver Old Timers	VOT	Andy Schrag	(360)546-0079

1997 OREGON MASTERS SWIMMING REGISTRATION FORM

The registration year runs from January 1, 1997 through December 31, 1997.

Registrations are accepted for 1997 beginning November 1, 1996 and for 1998 on November 1, 1997.

OMS is a non-profit organization **supported totally by volunteers**. Officers are chosen by *you* in elections.

Your registration fee enables OMS to provide you with:

1. Local Masters Swimming meet support.
2. National representation for all Oregon Masters Swimmers at the annual United States Aquatic Sports Convention.
3. Promotion of Masters Swimming and social events.
4. Our monthly publication, the AQUAMASTER, enables you to get final meet results and find out what's happening in Masters swimming. The AQUAMASTER is the *ONLY* source of meet entry forms.

If you move, let the registrar know, so that you continue to receive this valuable publication.

\$15.00 of your \$28.00 registration is sent to the United States Masters Swimming, Inc. (USMS)

USMS provides the following for you:

- Personal accident insurance when competing in OMS or USMS sanctioned / recognized meet or coached practice session.
- "Swim Magazine" subscription for one year "The Official Magazine of USMS" Bi-monthly 6 issues 48+ pages of informative articles of all types covering training techniques, nutrition, meet results, etc.
- National championships held each May and August.

Your Club designation affects eligibility to swim on relays at any National or International Championship. Regardless of your local team, anyone within the Club OREG can swim on relays with other OREG swimmers. MACO (Multnomah Athletic Club) swimmers can swim relays with those registered with MACO. If you register "unattached", you are ineligible to swim on relays. You shall be registered for OREG, unless you specify otherwise.

INSTRUCTIONS FOR FILLING OUT THIS FORM:

- 1) All fields must be filled out.
- 2) Check the appropriate Club.
- 3) Local Team is the team you swim with (leave blank if you do not swim with an organized team.)
- 4) Make check payable to Oregon Masters Swimming (OMS).
- 5) Sign the form and mail with your payment to address indicated on the form. You are considered registered as soon as the registrar receives your correctly filled out application with payment. *It may be up to 1 month before you receive your registration card back.* Until this time you can enter your registration number on meet entry forms as 'applied for'. You may enclose the registration form with your meet entry when entering a meet, but in this case send both to the address on the meet entry form and NOT TO THE REGISTRAR LISTED BELOW.

**New
info for
1997**

1. Subscription to the Aqua-Master is no longer an option. All members will receive this excellent publication.
2. A "Joint-Registration" fee is available for two O.M.S. members living at one address. Please mail both registrations at the same time to qualify. Only one Aqua-Master will be mailed to that address.
3. A reduced registration rate will be offered for new members who join beginning in September. This new registration will run from September thru December 31st of that year. This new reduced rate form will be in the Aqua-Master beginning with the August issue.

-----CUT HERE-----RETURN ONLY THIS LOWER PORTION-----CUT HERE-----
Only the first 20 characters of your name will appear on heat sheets and results. **PLEASE PRINT**

(JANUARY 1st to DECEMBER 31, 1997)

_____ This is a **NEW** registration. _____ Renewal (registered in 1996)

Did you swim in any meet in the 1995/96 season? Yes _____ No _____

**Oregon Masters Swimming
Registration 1997**

NAME _____ Reg. Fee (\$28.00) _____
(Last name) (First) (M.I.) ---- OR ----

ADDRESS _____ Joint Registration (\$49.00) _____
(Joint Registration = two members at one address)

CITY _____ STATE _____ ZIP _____

() - _____ - _____ / _____ / _____
Your Phone number Born (MM/DD/YY) AGE SEX

USMS Club: () OREG () MACO () UNATTACHED

ARE YOU A MASTERS COACH? YES _____

Local Team (if any) _____ (PLEASE USE OFFICIAL TEAM ABBREVIATION)

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

Signature _____ Date: _____

MAIL TO: STEPHEN HARGER P.O. BOX 4856 PORTLAND, OR 97208 - 4856



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Printing of the Aqua-Master is provided by the fantastic crew of STEVENS-NESS LAW PUBLISHING CO.

Aqua-Master

In this issue: Mt. Hood & Ashland results
Open Water and Long Course meet entries

377-00405
JOHN F. ZELL
4640 NE 36TH AVE
PORTLAND OR 97211-7618

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