

Aqua-Master

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July 2000

The Chair's Corner by Suzanne Rague

Hello Friends,

This month's note is a notice of upcoming Officer elections, and a call for any nominations you may wish to make. The Oregon LMSC has four officers (Chair, Vice Chair, Secretary, and Treasurer), and they are elected every other year for a two-year term. All Officer positions will be voted on this fall.

Any person who would like to be nominated or who would like to make a nomination should contact Secretary Jody Welborn with the nomination by August 15. Ballots will be sent to the Local Team Representatives, probably in late September, with the tally occurring in October. One request -- if you are nominating someone for an Officer position we ask that you first obtain their consent that they are interested in running for that position.

Swimmingly, Suzanne

profile

Greg Frownfelter

Following a noon swim on Memorial Day, Greg and I sat down for an interview and lunch at the Greenleaf Deli in Ashland. Sometimes one forgets just how long they have associated with friends; this interview brought back lots of memories.

Born in Kingsburg, Ca., Greg grew up and lived in the Central Valley of California, through high school, attending Selma High. Greg had an unusual introduction to swimming. At the age of nine a fall into the Merced River and his near drowning, made his parents realize that this kid needed to learn how to swim. That near drowning provided Greg with plenty of fear to haunt him as he took his swim lessons. Once his swimming skills improved Greg spent his

summer boyhood years at the local outdoor pool; "playing in-the-water tag" he realized that participating in summer league competitive swimming was the next option. Also, while attending either YMCA camps or Boy Scouts, he was introduced to short swims in lakes. This eventually led to competitive swimming at Selma High. Keep in mind, the only pool was outdoors and high school swim-

continued on page 4



ol' Barnacle reviews - results - records

Ol Barn...Parkrose Meet

Over 100 swimmers answered Meet Director Bert Petersen's call, and performed very well. We seem to have tapped a new well of paddlers, which is great news. In the records department, am sorry fellows, but you were blanked, the Gals set 6 new marks including 1 Zone, while the guys went ZIP. Am sorry I did not make it, but was in the East attending the college graduation of my No. 1 grandchild. So, now to the stroke by stroke: Women 19-24: Sarah Peterson swam a fine 50 Free and 100 IM, while Lisa Gorsline picked off 4 events, she appears to be getting ready to "graduate" to the 25-29 group.

Women 25-29: Jennifer Butcher had a good 50/100 Free 28.02/1:00.67 plus an excellent 100 Back 1:04.76. Castle Funatake handled the breast events 36.83/1:17.49 and 2:48.90, Sally Johnson has some possibilities. Newcomer Tania Wildbill's 100 Fly 1:17.74 portends some future. Women 30-34: Andrea Milano had a good meet. Louise Frewing has potential. Louise, Ellen Broido, and Meg Frey had a great 200 IM: 2:52.68-2:53.91-2:54.86.

Women 35-39: Dianne Viales continues to show "class": 50/100 Free 27.34/1:00.44 and 100 IM in *continued on page 8*

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2000 Calendar and Meet Schedule Pool

| Date | Event | Location | Contact |
|------------|-----------|-----------------------------|--|
| July 8,9 | LCM | State Games of Oregon | Mike Conrath 503 669-7839 |
| July 22 | *LCM | Eugene | |
| July 29,30 | *LCM Zone | Mt. Hood Gresham, Oregon | Dave Radcliff (503) 648-7141 therads@home.com |
| Oct. 7,8 | SCM Zone | Federal Way, WA | |

Open Water

| | | | |
|---------|-------------------|-------------------------------------|---------------------------------|
| July 1 | Open Water Clinic | @ Dorena Lake | Dan Gray (541) 944-0529 |
| July 2 | 3000/1500 | Dorena Lake | Steve Johnson (541) 683-5758 |
| July 15 | 10,000K | Nat. Champ-Applegate Lake | Dan Gray (541) 944-0529 |
| July 16 | 3000/1500 | Applegate Lake | Dan Gray (541) 944-0529 |
| Aug. 5 | *500/1500 | Elk Lake | Matt Mercer (541) 389-7665 |
| Aug. 6 | *3000 | Elk Lake | Matt Mercer (541) 389-7665 |
| Aug. 13 | *2/1 mile | OMS Association Champs Hagg Lake | Andrea Milano (503) 236-8959 |
| Aug. 26 | *2/1 mile | Eel Lake | Trudi Gugliemini (541) 756-5566 |

Postal Championships

| | | |
|-------------------|-----------------------|------------------------------------|
| May 15 - Sept. 30 | 5/10 K Postal Swim | Jane Moore - weswim@mindspring.com |
| Sept. 1 - Oct. 31 | 3000/6000 Postal Swim | June Mather - (541) 482-0610 |
| | RVM Ashland, Oregon | csmather@jeffnet.org |

National Championships 2000

| | | | |
|------------|---------|---------------------|---------------------------------------|
| July 15 | 10,000K | Applegate Lake - OR | Dan Gray (541) 944-0529 |
| Aug. 17-20 | LCM | Baltimore, MD | Barbara Protzman - barb@hotmail.com |
| Sept. 10 | 5 K | Chicago, IL | Chris Sheean - Chris@bigshoulders.org |

* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

Aqua-Master Change of Address

The Aqua-Master is produced 12 times a year and is delivered free of charge to OMS Members. To request a change of address please send this completed form to:

NOTE: THE AQUA-MASTER IS SENT VIA BULK MAIL AND WILL NOT BE FORWARDED BY THE U.S. POSTAL SERVICE

June Mather
OMS Registrar
1056 Hillview Dr.
Ashland, OR
97520

Change of Address

AFFIX ADDRESS LABEL HERE

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____ USMS # _____

United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc. or Oregon Masters Swimming.

Aqua-Master is the official publication of Oregon Masters Swimming, Inc. 1211 SW Fifth Ave. Portland, OR 97204-3795. It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact June Mather for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$12.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc.



Notes from Poolside by Coach Bob Bruce, *ASCA Certified Level 5 Coach*

Open Water season is now upon us, and we're looking to improve those little details to help us fare better in Oregon's crystalline and bracing lake swims. However, most of us are limited, by time or temperature, to doing our training in pools. This month's article will explain a few open water drills that can be done in your home pool.

The first required skill in open water swimming is swimming in a straight line. Our lake designers failed to put the friendly black lines on the bottom; therefore, we must manage swimming for long distances in a straight line without the same visual aid that our pools provide. Stroke flaws that consistently move us to one side or the other, albeit ever so slightly, create havoc over a long course. Because we cannot sense that little drift without the constant visual feedback from the pool bottom, we do not correct these little deviations stroke-by-stroke. As a result, we may swim a lot farther, thus longer, than necessary. To correct this in a pool, try the blind swimming drill (how many of you knew that you can close your eyes inside your goggles?). In a one-way only lane, swim freestyle using a normal breathing pattern, but close your eyes for gradually longer numbers of strokes—start with 4 and work your way gradually towards 10 or 12 as you experience success. Stuck in the lane markers consistently on one side or the other? Ask your coach to spot the stroke flaw that pushes you there. Feeling good about your skills? Then match with another swimmer about the same speed, and try this drill swimming side-by-side in the same lane. You are doing well when you can swim 20 yards straight with your eyes closed.

Another important skill is swimming in the right direction. This requires lifting your head periodically to spot and stay in line with the marker buoys. However, remember that lifting your head not only violates good streamlining, but also requires strong legs to help you maintain reasonable

body position and forward momentum. Try two drills. First, swim lengths lifting your head every few strokes to sight an object placed directly in front of you at the pool end (I like traffic cones). Gradually reduce your number of head lifts so that you can spot your mark comfortably every 8 to 12 strokes. Also remember to keep your kicking strength; try practicing your kicking with 2 or 3 kickboards to simulate the exaggerated head-lift position (avoid this if your shoulders ache when holding the boards).

Learn to round buoys efficiently. Simulate racing around buoys by actually bringing buoys into the pool occasionally. I don't own buoys myself, but I purchased plastic playground balls, duct tape, nylon rope, and cement block on a quick trip to Wal-Mart and made two buoys; I'll bet many of you can do the same thing from the contents of your garages! Plop them in the pool, and practice going around them. Remember to practice your buoy turns from both directions.

Finally, in open water swims you need to be able to function in heavy traffic. Our normal routine of careful directional patterns and 5-second send-offs in practice spoil us every day. In open water, other swimmers are in your face—and arms, body, legs, feet, etc. To simulate open water crowding, particularly race starts, try altering your regular routine. Occasionally swim clockwise rather than counter-clockwise. Swim on 2-second send-offs rather than 5. Better yet, take some time to have everyone—yes, everyone—swim in one lane only. You may never feel completely comfortable with all of those people around you, but you will be better prepared for the race day crowd.

Enjoy some raucous open water practice drills in your home pool. They are different, educational, challenging, and fun!

Good luck and good swimming.

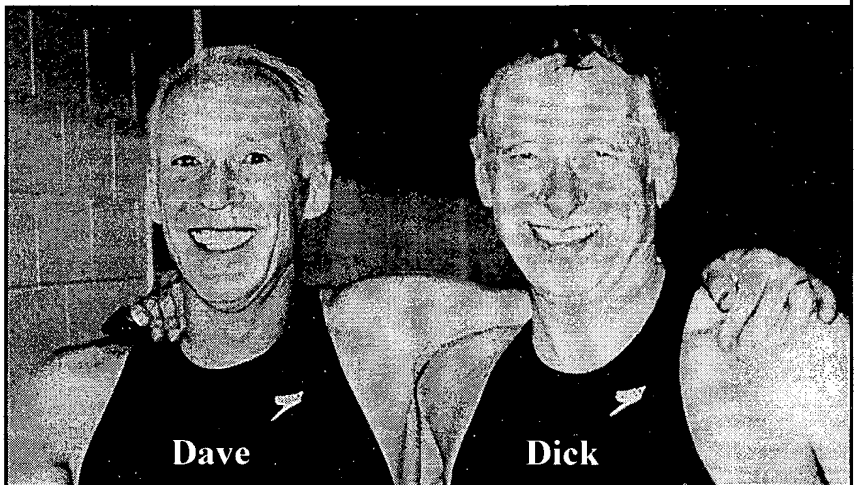
PMS expanding! New Pool Opening! PMS expanding!

Portland Parks and Recreation is opening a brand new aquatic center at the Mt. Scott Community Center. There will be a 6-lane lap pool, whirlpool/spa, and a separate recreation pool. The pool is scheduled to open June 19th. Check it out, and join Portland Masters Swimming there in September. We will be adding two, coached, evening practices at Mt. Scott, and possibly a Saturday A.M. practice. PMS is also swimming outside this summer. We will be practicing 8:30-10:00 A.M. Saturdays at Grant pool. We welcome USMS/OMS members to join us. There will be a drop-in charge for non-PMS swimmers.

For more information, or to get our full schedule contact Tam Jenkins 285-9032 or email tjenkins@amcity.com

OREGONIANS SWIM WELL IN CANADIAN NATIONALS

Dick Weick and Dave Radcliff had a wonderful time and swam some great races as they dominated the 65 - 69 age group with 9 firsts and 1 second in the Canadian Nationals which were held in Halifax, Nova Scotia on May 12 - 15. Seven (Dick had 5 and Dave 2) of their winning times were new Northwest Zone Records. Dick's winning swims were in the 50 free: 30.32 1st, 50 back: 37.40 1st (NW Zone), 50 fly: 35.44 1st (NW Zone), 100 IM: 1:21.06 1st (NW Zone), 400 IM: 7:05:58 1st (NW Zone) and 2nd in the 50 breast: 40.33 (NW Zone). Dave's winning swims were in the 100 free: 1:07.17 1st, 200 free: 2:30.10 1st (NW Zone), 400 free: 5:25.26 1st (NW Zone), and 800 free: 11:44 1st. Dick swam Masters in Canada for a number of years so this was an exciting homecoming for him. It was Dave's first trip as a swimmer to Canada. Dick and Dave both recommend heading North for some exciting meets. Canadian swimmers are some of the friendliest and nicest in the World and their meets are a lot of fun.



Dave

Dick

profile continued from page 1

ming starts in November. Greg swears that this is where his dislike for uncomfortable water temperatures comes from.

Leaving the valley for the coast, to attend UCSB. Greg wondered into the college swim world and during the initial workout, Greg saw the diving board (empty), saw the swim workout (too many 200's), and decided he wanted to become a diver. Two years of diving provided him with the opportunity to be creative, within limits, and to participate in a highly skilled event. This went until Greg was involved in a diving career ending motorcycle vehicle accident. Greg went on to graduate from UCSB during the years of bank burnings and anti-war protests.

Off to Australia in search of the endless summer, Greg managed to stretch the summer into two years. While there, he took an interest in triathlons and upon his return to stateside he did his one & only Iron Man.

In 1984, Greg moved to Ashland and the rest is history. In 1986 Greg was the first President of Rogue Valley Masters



Dan Gray presents the Mike Morehouse Spirit Award to Greg for 1999

Swim Team. As a co-organizer of the Northwest Triathlon, he realized more was needed to provide triathletes with open water preparation. Greg decided to promote an open water swim of one mile at Howard Prairie Lake. There were 55-60 swimmers attending this first "swim only" event. This was the beginning of the

Southern Oregon Lake swimming events. Greg's intent was clear. Someone needed to provide the opportunity for others to challenge themselves in the open water. Greg can look back and realize he has had a positive influence on many swimmers as they reap the rewards for accepting the challenge. Greg organized the swim for three summers before passing the torch to Dan Gray.

Now that he gets to swim the events. Greg has had to overcome the "sprinters mentality" and it is quite a challenge to adjust to long swims. Long distance swimming has given Greg the renewed opportunity to challenge himself, all the while remembering that this is a sport he does for "self medication". Stress Relief! The challenge that sticks out the most is that of doing something which forces oneself to look internally and willingly accept the outcome of pursuits.

The summer of 1999 saw Greg (turning 50) at most of the Oregon open water swims. Even doing the 5K swim was a big boost for the one with a "sprinters" touch. Watching the OMS Open Water program grow, participating in the growing comradere, seeing the "core group" of swimmers as well as those joining in for the first time, Greg realized the importance of what he initiated years before. For his contribution, Greg was awarded the Mike Morehouse Spirit Award, an open water award for outstanding individuals with a good perspective on life, swimming and what the overall program gives to swimmers. Greg attributes his renewed interest primarily as a direct result of nutrition & the effects of good health. Feeling "strong" in the water drives this gentleman and he swears that he wants to "put off the aging process."

Swimming provides the opportunity to feel good physically and to give temporary relief from the mental weights that we all deal with on a daily basis. With "good health & feeling strong" being Greg's motivation, he is looking forward to challenging himself for the 10K. Thanks, Greg, for what you initiated.

This article is submitted by Dan Gray, fellow Rogue Valley Masters swimmer.

OPEN WATER SWIMMING



LONG DISTANCE SWIMMING

By Dan Gray, Open Water/Long Distance Swimming Chair

USMS National Championships

By the time you read this article, the entry deadline for the 10K National Championships will be history. This swim has been in the planning stages since August of 1998 and it will be a great learning experience for all of those involved, either as swimmers or organizers. I hope that everyone planning on attending is ready for a wonderful weekend. This is going to be the best attended USMS Long Distance National Championship. It has gone international as well. You still have time to enter the swims on Sunday the 16th. There will be a 3K and a 1.5K which is open to USA swimmers as well.

If you are coming down, but not participating in the 10K event, perhaps you may wish to paddle as a swimmers escort? Please call if you wish to volunteer: 541-944-0529.

CASCADE SWIM SERIES

This wonderful, fun filled weekend of swimming, will be held on Aug. 5th and 6th. For those of you who have never been to this swim, you will find the clear, cool water very nice to swim in. Due to water temperature, this swim often has swimmers wearing wet suits to ward off the chill. Regardless of what you choose to wear, this swim is a well organized, swimmer friendly event. The food is great, the swimmers camping provide a great opportunity to gather around the fire and exchange dialogue. The two mile swim is a preview of next years(2001) USMS National Championship (>1<3mi.).

HAGG LAKE SWIM

Set for Sunday, Aug. 13th, the 1500m event is considered as the OMS Association Open Water Championships. This years swim will have both individual and team awards. Something new this year will be dividing team categories into large and small. Without a doubt, this swim will have the greatest num-

ber of swimmers in an OMS Open Water event. Unfortunately, this swim is held on the weekend following the swim in Bend; hopefully, this will not discourage anyone from attending one, or both. This is a great opportunity for you to get together with your team mates and try your open water skill as a team.

OPEN WATER CLINIC

This clinic was provided by USMS and OMS. The significant goal of this clinic was to bring as many OMS coaches together at one time, with a swimmer / coach to facilitate the information. Hopefully, this clinic will give the coaches the useful information to aid the swimmers they coach. The afternoon session of the clinic was for the swimmers.

There was an unfortunate set of circumstances surrounding the clinic and the information to you. The primary clinician had to cancel their obligations after the information was sent for print. Lisa Hazen stepped up to bat and made the journey north to help us out. Lisa was the first person who gave me advice on the details of long distance swimming. I will never forget the enthusiasm she inspired in me. I feel very fortunate to have Lisa come to Oregon and provide you with the same enthusiasm.

A word of advice: treat your escort well. You may be doing the swim, but, you could not participate without them. Be sure to communicate with your escort before the race. Talk to them, tell them your race plan. Let them know how often you want to feed. Do they have a watch? what do they need during their time on the water?? drinks? sunscreen/ course map (you will receive one in your race packet). Be sure to meet with them early on race day. They should have a hat to protect them from the sun. Think ahead. Good Luck to all of you swimming the 10K!!!!!!

Judy Melcher, Postal Long Distance Record Setter



On June 4th, Judy Melcher of the Tualatin Hills Barracudas became the first 80-year-old woman ever to swim the USMS 5K Postal National Championship Swim. Not only is she the oldest woman in the history of USMS to participate in the event, but she has established a new USMS national record in the 5K for women 80-84. Judy's success story is particularly compelling because she learned how to swim at age 65. She enjoys new challenges and participates in many different types of swimming events, including butterfly, individual medley and distance swims. Last summer, she was the oldest swimmer to complete the Columbia River open water swim on Labor Day. Judy recently appeared in the Oregonian and in a sports segment on Channel 2 News. Having successfully completed the 5K swim in 1999, she is also the current USMS national record holder in the women's 75-79 age group. In 1999, she was one of three Barracudas included in the list of USMS Long Distance All-Americans.

The Fitness Lane

by George Thayer

The Benefits of Aerobic Training

A group of swimmers and their spouses from COMA (Central Oregon Masters) recently competed in the annual Pole, Peddle, Padle competition in Bend. We had a team average that put us in the 55+ age group. This is a race, done individually or in teams, that starts on Mt. Bachelor with an 200 ft. uphill run to the competitor's skis, strap on the skis and ski downhill to the exchange point. Peg Whiter, a member of the ski patrol was selected for this leg. Next came a 6K cross country ski leg by coach Bob Bruce. With a training regimen of three times Bob smoked the competition. Next was



Pam Himstreet's husband Tom on a 20 mile bike ride into Bend where he set off Laura Schob's husband Andy on a 3K run. He came into the chute to send Tom Landis into the Deschutes river in a kayak for a 1.5 mile paddle down and upstream to yours truly for a 230 yard sprint.

All of the above is to show the benefits of aerobic training in the pool. In spite of the inexperience of many of us in the particular event, we won the age group by a whopping 17 minutes! Of course some of us found muscles that we weren't using in the pool to be sore the next day.

"Strokes For Stroke"

In June issue of SWIM magazine, you will find a 2 page advertisement for the Strokes For Stroke one mile swim. This is a fund raise for Stroke awareness sponsored by The National Stroke Foundation, United States Masters Swimming and US Water Polo. The goal is to have 25,000 participants swim one mile or the distance around the world while at the same time raising money and awareness for the treatment and prevention of stroke. The event runs from June 2, 2000 through July 4, 2000.

The following is part of a letter from USMS President Nancy Ridout regarding Strokes For Stroke.

"USMS is partnering with the National Stroke Association and USA Water Polo to raise public awareness of the prevention, symptoms, and the treatment of stroke. USMS and USA Water Polo will try to swim around the world, a distance of 25,000 miles, between June 2nd and July 4th to

highlight this health risk in the national media.

The goal of the campaign is to raise awareness of stroke. Through our partnership, USMS will benefit by gaining a great deal of national and local exposure and the funds raised will be shared by the National Stroke Association (50%), USMS (25%), and USA Water Polo (25%). If only half of us would swim a mile in the "Strokes for Stroke" effort and submit it with the entry fee, we would have contributed 20,000 miles to the goal of swimming around the world and raised \$400,000. That's awesome! Any funds USMS receives will be donated to the USMS Endowment Fund to help fund research in adult health, fitness, training, and competition."

Oregon Masters: Lets support this worthwhile cause. Get your information from Swim Magazine and send your contribution in. In fact why not swim a few extra miles and you'll be ready for the 10K at Applegate Lake.

Oregon's First National Open Water Championship Hosted by Rogue Valley Masters July 15 at Applegate Lake USMS National 10K Championship Don't miss it!

Come on down and see the exciting action with
local, national and international
competitors from as far away as Egypt.

Give Dan Gray a call at (541) 944- 0529

if you can help with timing, logistics or most important with
PADDLING A KAYAK

(If you want to swim, the National Entries close on July 5 and you can
same day register for the OMS 1500/3000 on July 16)

18th ANNUAL SENIOR MASTERS SPORTS FESTIVAL

Oregon Masters Swimming Long Course Meters Meet

Recognized by Oregon LMSC for USMS, Inc. #370R-05.1

July 22, 2000

Place: Echo Hollow Pool, 1655 Echo Hollow Rd.
Eugene, Oregon
5 lanes competition - electronic timing, 1 lane warm-up/down
Open to both USMS and unregistered swimmers,
30 years of age and older.

WARM-UPS: SAT. 12:00 Noon
MEET STARTS: SAT. 1:00 PM

Meet Director: Arden Adams Phone: 541-688-4013
E-mail: AAdamsswim@aol.com
Awards: Festival Awards for First, Second, Third Places
Banquet: July 22, 6PM at Alton-Baker Park in Eugene

Directions to pool: From I-5 north or south take the Beltline Freeway exit and head west into Eugene. The Beltline Freeway heads west for a few miles and then bends to your left and heads south. Take a left at Barger, heading east until you come to Echo Hollow Road. Turn right and pool will be on your left. Pool is at 1655 Echo Hollow Rd., next to Willamette High School

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN - July 7, 2000

Fill in completely-----return lower portion-----fill in completely

NAME _____ (Office Use) _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
PHONE _____ BIRTHDATE _____ AGE _____ SEX _____
YOUR E-MAIL ADDRESS _____

If USMS member, 2000 USMS# _____ USMS CLUB _____ (OREG, MACO, etc.)

Age Groups: 30-34, 35-39, 40-44, etc. up to 100+. Relay age groups: 120-159, 160-199, 200-239, and upward in 40 year increments. You may enter a maximum of 5 individual events plus unlimited relays. Enter relays at the meet. In each relay event, relay teams may swim either 200m, 400m, or 800m, (800m for Free relays only). The 400m and 800m relays will be seeded in heats following the 200m relays of the same type. The 400m and 800m Freestyles will be deck seeded. Check in for these events will close 30 min. before event is to be swum. All events will be seeded SLOW TO FAST.

SATURDAY July 22, 2000

400 FREE (1) _____:_____._____

FREE RELAYS (2/7)XXXXXX

100 BACK (8) _____:_____._____

50 BREAST (9) _____:_____._____

200 FREE (10) _____:_____._____

100 BREAST (11) _____:_____._____

BREAK (12) BREAK

MIXED FREE RLYS (13-15) XXXXX

200 FLY (16) _____:_____._____

50 FREE (17) _____:_____._____

200 I.M. (18) _____:_____._____

50 FLY (19) _____:_____._____

200 BACK (20) _____:_____._____

BREAK (21) BREAK

MEDLEY RELAYS (22/25) XXXX

100 FREE (26) _____:_____._____

100 FLY (27) _____:_____._____

200 BREAST (28) _____:_____._____

50 BACK (29) _____:_____._____

BREAK (30) BREAK

MIXED MED. RLYS (31-32)XXXX

800 FREE (33) _____:_____._____

In consideration of the right to participate in the 2000 Senior Masters Sports Festival, I do hereby for myself, my heirs, executors, or administrators, release and forever discharge any and all claims for damages and losses suffered by me as a result of my participation in or traveling to or from the said event to be held on July 22, 2000 or which may hereafter occur to me as a result of my participation, against the Eugene Sports Group, Inc., the sanctioning bodies, the City of Eugene, Echo Hollow Pool, Albertsons, Inc., Oakway Golf Course, Fiddler's Green, Courtsports Athletic Club, Laurelwood Municipal Golf Course, Willow Creek Racquet Club, Bethel School District, Bi-Mart, and/or any officers and agents thereof. I further understand that there are certain risks and that accidents and/or injuries may occur in the various sports and that certain sports require proper training and proper physical conditioning. Knowing the risks and conditions required for my sport, nevertheless, I hereby agree to assume those risks and release and hold harmless all those persons or entities mentioned above. I grant to the Eugene Senior Sport Group, Inc. the right to use any pictures taken of me during the Senior Masters Sports Festival to be held July 22, 2000 without any remuneration. I certify that I have read and understand the above.

SIGNATURE _____

DATE _____

Sports Festival fee includes a catered banquet with door prizes and Festival souvenir.

Festival Fee: \$14.00 + OMS Entry Fee \$11.00 Total Cost: \$25.00

Make checks for entire amount payable to Oregon Masters Swimming

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

ol'Barn continued from page 1

1:10.04. H Vaughn-Edwards has returned and is looking good-200/500 Free 2:05.62/5:32.43. Hoaglands 100 Back 1:11.96 not too shabby, Sara Wilson will stand some watching as will Jessica Bayless.

Women 40-44: K ANDRUS-HUGHES 100 Free 59.96 and a tie of the record in the 200 Free at 2:12.88. Mary Jackson was right on her heels with a 100 Free-1:00.98 and a 200 in 2:15.53. Holstrom and Carlisle went after each other in the 50 Breast w/Holstrom in 42.05 and Carlisle 42.58.

Women 45-49: ROBIN PARISI (MAC) had a great meet, new Oregon Records for the 50 Free 27.70(TT8), 100 Back 1:10.69(TT9), and a Zone for the 400 IM 5:27.39(TT3), this was Lo Knapp (Utah) 5:29.28. OB wants to welcome a fine newcomer, Mary Blake of Seaside, she is the Executive Director of the Sunset Empire Parks and Recreation. Linda Coffeen is also a newcomer, welcome.

Women 50-54: Jackie Quattro had a good meet 30.14(50 Free) Battled it out with Ginger P in the 50 Back, Jackie at 37.74, Ginger 38.03, then 100 Back w/Ginger 1:21.66, Jackie 1:22.13. Darlene Staley turning 50 was great, her 200 Fly at 2:56.65, a TT3. Chris Clum looked fine in the 50/100/200 Breast.

Women 55-59: ALICE ZABUDSKY new ORE best 100 Fly 1:31.70, missed her 200 by a second. Alice swam the 400 IM in 6:14.81 which should be TT3. Sue Calnek Morris swam TT times in all her events, as did Joy Ward, best were a #1 50 Fly 31.91, and #2 50 Back 36.21. OMS welcome to Darby Sitter.

Women 60-64: PEGGIE HODGE new ORE best 100 Fly at 1:45.20, Sherin Lance and Kaleo Schroder in a couple of events, Kaleo pulled out the 50/100 Breast w/no company.

Women 65-69: Bev L'Esperance had no trouble in her age group, with her 50/100 Back probably best swims.

Women 70-74: Margaret Wells was also all alone, best swim was a TT10 in the 200 Fly at 5:33.30. OB hopes that Norma Bernardi is okay, if she is- Col, you have to let that gal out of the house more often, a swimmer has got to get in the pool.

Men 19-24: OMS welcome to Aaron Paulson, excellent Masters debut.

Men 25-29: Also welcome Peter Bilton.

Men 30-34: OMS Hello to Dixon Soracco, who had a close one with Bruce Padget (also new to OMS) in the 50 Free, w/Dixon winning at 23.68, Bruce at 23.87. Eric Askerman continues to swim well. Welcome Matthew Craig, this guy is a flyer 100/200 1:01.77/2:24.81. Tim Lunney, also a new face, w/a fine 100 IM 1:16.73.

Men 35-39: Welcome to Mike Drew, who has the makings of a fine freestyler, also to Rob Arp for some great backstroking and Fly. In the 100 Fly, Arp had a 58.98 vs Hunter Graham with a 1:00.95, they squared off again in the 200 IM, with Arp at 2:11.45 and Hunter at 2:15.89.

Men 40-44: Peter Metzger had one of the best meets of his life, winning the 50/100 Free 23.83/54.71, bested David Burleson in the 50 Breast 31.53 vs 32.17, won the 100 Breast in 1:09.98 and the 50 Fly over Mark Wren 28.00/29.37. David Burleson (MAC) 200 Free 1:56.74 and 100 Fly 58.96.

Men 45-49: Cliff Stephens almost a TT time in the 100 Back at 1:00.64, Larry Philbrick posted the 50/100 Breast in 31.49 and 1:09.96. Stephens again in the 100 Fly 1:00.96.

Men 50-54: Vern Dasch is coming back with 50/100 Breast 32.59 and 1:14.44. 100 IM battle between Vern and Doug Prentice, Dasch 1:07.54 vs Prentice 1:08.48. Robert Maestre (MAC) the 50/100 Fly in 29.20/1:08.04.

Men 55-59: Robert Smith swimming under wraps, posted Top Ten times for the 50/100 Free and 100 IM, Richard Juhala continues to improve with a 1:27.14 for the 100 Fly.

Men 60-64: Tom Levak of MAC swam the 50 Free in 29.11.

Men 65-69: Good News here, Donald Cameron has returned, it's been a while. welcome back Don. Art Welch is swimming well, holding his own, while Bill Holman posted a PR in the 200 Free at 3:08.93.

Men 70-74: Eric Guest was all alone, posted the 100/200 Free in 1:13.50 and 2:50.53. Lee Miesen entered but did not show, hope to see him in LCM.

Men 75-79: Rupert Fixott, Charles Bushey and Joe Mallon shared the honors for this group.

Men 80-84: Andrew Holden swimming only the 50 Free in 33.51, not one of his better days.

We had some fair to meddling Relay Teams:

Men 200 Free 25+ Dasch, Pfeifer, Padgett and Stephens - 1:43.81

Men 200 Free 35+ MAC Von Tagen, Maestre, Parisi, Burleson - 1:46.23

MXD 200 Med 55+ Ward, Smith, Petersen and Calnek-Morris, turned in a 2:07.01

That's it for this one, best news was the number of new faces, we now travel the road to LCM, with the State Games and Zone Championships coming up at the Mt Hood Community College pool, SEE YOU THEN. July 8/9 and July 29 and 30.

Northwest Zone Long Course Meters Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #370-06

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

Unregistered swimmers must submit a 2000 registration form and fee with this form.

DATES: JULY 29-30, 2000

MT. Hood Community College-Gresham, Oregon

26000 SE Stark, Gresham

8 lanes competition, elec.timing, 1 lane warm-up/down

Meet Hotels: Inn America 1000 NW Gresham Rd. - 503-492-2900,

Phoenix Inn 477 NW Phoenix Dr. - 503-669-6500. Both are in Troutdale.

Meet Director: Dave Radcliff Phone: 503-648-7141 E-mail- therads@home.com

Warm-ups: Saturday 11:00 AM

Meet Starts: Saturday 12:00 NOON

Warm-ups: Sunday 8:00 AM

Meet Starts: Sunday 9:00 AM

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN July 14, 2000

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

NAME _____ (for office use) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____

SEX _____ 2000 USMS# _____ YOUR E-MAIL ADDRESS _____

USMS CLUB _____ (OREG, MACO, PNA, etc) Are you a new OMS swimmer? _____

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 unlimited relays with no more than 5 individual events per day. Enter relays at the meet. In each relay event, relay teams may swim either 200m, 400m, or 800m, (800m for Free relays only). The 400 and 800 relays will be seeded in heats following the 200m relays of the same type. The 400, 800, and 1500 Freestyles will be deck seeded. Check in for these events will close 30 min. before event is to be swum. Check in for the 1500 will not open until one hour before the event is to be swum. All events will be seeded SLOW TO FAST.

Saturday, July 29

800 FREE (1) _____:_____._____

20 minute warm-up.

Event 2 will not start before 12:45 PM

200 FREE (2) _____:_____._____

100 BREAST (3) _____:_____._____

50 FLY (4) _____:_____._____

BREAK (5) XXXXXXX

MEDLEY RELAYS (6-9) XXXXXXX

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

200 BACK (11) _____:_____._____

50 FREE (12) _____:_____._____

100 FLY (13) _____:_____._____

BREAK (14) XXXXXXX

MXD FREE RELAYS (15-17) XXXXX

Sunday, July 30

400 FREE (18) _____:_____._____

20 minute warm-up.

Event 19 will not start before 9:30 AM

200 BREAST (19) _____:_____._____

100 FREE (20) _____:_____._____

50 BACK (21) _____:_____._____

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

BREAK (23) XXXXXXX

MXD MEDLEY RELAYS (24/25) XXX

200 FLY (26) _____:_____._____

100 BACK (27) _____:_____._____

50 BREAST (28) _____:_____._____

BREAK (29) XXXXXXX

FREE RELAYS (30-35) XXXXXXXX

1500 FREE (36) _____:_____._____

ZONE T-SHIRTS: \$12.00 EACH / \$14.00 for XXL

M L XL XXL

"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 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 _____

Entry Fee: \$18.00

T-Shirts: @ \$12.00/\$14.00: \$ _____

Total: \$ _____

Make checks payable to: Oregon Masters Swimming.

Mail form(s) and fee(s) to: Suzanne Rague, 935 N.W. 170th Place Beaverton, OR 97006

OI Barn..SCM 1999 USMS Top Ten..

Thanks to Zone Champs at MAC and a very fast pool we were able to place a goodly number of fine swimmers amongst the elite.

Women 19-14: In the 200 Breast we had two: Castle Funatake 3:13.02 at #5 and Lisa Gorsline 3:16.30 #8

Women 25-29: Francesca Gambetti, 3 spots: 4th in the 50 Free 28.58, 8th-100 Free 1:04.25 and 10th 200 Free 2:27.84. Shauna Simpson, 7th 200 Free 2:24.30, 8th 200 Breast 3:12.47 and 10th 100 Fly 1:13.20

Women 35-39: Sarah Hoagland, 9th 800 10:50.31. Barbara Harris, 6th 100 Back 1:16.50, 7th 50 Fly 32.12

Women 40-44: Grace Goddard 3rd 50 Free 28.77, 3rd 100 Free 1:03.75, 2nd 200 Free 2:24.78 4th 50 Fly 33.07 8th 100 Fly 1:21.12. K Andrus-Hughes 4th 200 Free 2:26.63, 7th 400 Free 5:15.26, 3rd 100 Back 1:15.91, 3rd 200 Back 2:46.35, BECKY OBLETZ 8th 800 Free 10:56.47, 3rd 100 Breast 1:24.11, AA#1 200 Breast 3:00.26, 5th 200 IM 2:49.11, Mary Jackson 3rd 50 Back 35.79, 5th 100 Back 1:18.71, 4th 100 IM 1:16.55, Laura Worden 4th 100 Fly 1:16.90, 3rd 200 Fly 2:54.68, 5th 40 IM 6:08.20

Women 45-49: Robin Parisi 4th 100 Free 1:07.54, 6th 200 Free 2:32.42, 4th 100 Breast 1:30.29, 2nd 100 Fly 1:15.94, 4th 100 IM 1:19.54, 3rd 200 IM 2:50.68 Teri Hendryx 8th 50 Back 37.85, 6th 200 Back 2:55.14, 3rd 50 Breast 41.49, 3rd 100 Breast 1:28.76, 3rd 200 Breast 3:15.30, 3rd 200 Fly 6th 400 IM 6:23.66, Darlene Staley 8th 200 Fly, 10th 400 IM 6:53.39

Women 50-54: Jackie Quattro 8th 100 Free 1:18.74, 8th 50 Breast 46.14 Alice Zabudsky 7th 400 Free 6:02.69, 6th 200 IM 3:17.77, Ginger Pierson 6th 50 Back 41.43, 2nd 50 Breast 41.11, 2nd 100 Breast 1:31.90, 2nd 200 Breast 3:22.52, 8th 50 Fly 39.49, 2nd 200 Fly 3:17.53, 4th 100 IM 1:27.89, 7th 200 IM 3:18.65, Chris Clum 9th 50 Breast 46.23, 8th 200 Breast 3:29.57, Sandi Rousseau 3rd 50 Fly 37.18, 4th 100 Fly 1:31.83.

Women 55-59: JOY WARD 2nd 50 Free 32.75, 3rd 100 Free 1:18.00, All American #1 50 Back 40.15, 2nd 100 Back 1:30.36, All American #1 50 Fly 35.78, 2nd 100 IM 1:28.38, SUE CALNEK MORRIS 6th 50 Free 36.09, 5th 100 Free 1:21.12, 3rd 200 Free 2:58.28, 3rd 400 Free 6:08.43, All American 800 Free 12:16.11, Peggy Whiter 10th 100 Fr 1:30.19, 9th 200 Free 3:22.33, 7th 800 Free 14:32.43, Pamela Himstreet 4th 200 Free 3:07.64, 6th 400 Free 6:48.01, 4th 800 Free 13:47.34, 2nd 1500 Free 25:55.02, 5th 50 Breast 50.69, 4th 100 Breast 1:45.12, 4th 200 Breast 3:38.25, 3rd 100 Fly 1:50.04, 3rd 200 Fly 3:52.35, 3rd 200 IM 3:36.09, 2nd 400 IM 7:32.12, Peggy Hodge 10th 100 Fly 2:05.40, 10th 200 IM 4:07.61.

WOMEN 60-64: Susanne Schumann 5th 50 Breast 48.44, 4th 100 Breast 1:46.29, 4th 200 Breast 3:49.96.

Women 65-69: Bev L'Esperance 10th 200 Back 4:46.08, Cynthia Rosik 8th 50 Breast 1:02.38, 9th 100 Fly 2:26.94

Women 75-79: Elfie Stevenin 8th 100 Fly 4:31.88

Men 19-24: Sean Teisher 7th 50 Breast 33.72

Men 25-29: Bryan Addleman 5th 50 Free 24.41, 2nd 50 Fly 25.85, 2nd 100 IM 1:00.72, Curtis Taylor 8th 50 Free 25.04,

8th 100 Free 55.22, 9th 100 IM 1:04.38

Men 30-34: Robert Kabacy 4th 50 Free 25.02, 8th 100 Free 55.36, 9th 50 Fly 27.36, Eric Askerman 10th 1500 Free 19:07.94, Steve Parmentier 7th 50 Back 30.14, Greg Latta 8th 100 Breast 1:10.11, 7th 100 IM 1:02.39

Men 35-39: Doug Stewart 6th 200 Free 2:03.76, 3rd 400 Free 4:21.10, 3rd 800 Free 9:03.99, 4th 200 Fly 2:18.25, 2nd 200 IM 2:19.58, 3rd 400 IM 4:58.82, Greg Holles 8th 400 Free 4:31.13, 5th 800 Free 9:16.68

Men 40-44: David Burleson 4th 200 Free 2:05.12, 3rd 400 Free 4:27.99, 3rd 800 Free 9:24.55, 4th 1500 Free 18:16.62, 5th 50 Back 30.39, 4th 100 Back 1:04.39, 3rd 200 Back 2:23.01, Peter Metzger 6th 50 Back 30.76, 7th 100 Back 1:07.12, PAT ALLENDER 5th 50 Breast 33.07, 2nd 100 Breast 1:10.99, 2nd 200 Breast 2:33.24, 4th 100 Fly 1:02.42, 4th 100 IM 1:04.58, All American 200 IM 2:19.29.

Men 45-49: Jess Hickerson 9th 800 Free 10:22.65, Tom Coffey 9th 50 Fly 29.02

Men 50-54: Jim Teisher 4th 400 Free 4:53.85, Stephen Johnson 3rd 800 Free 10:15.60, Thomas MacAulay 7th 800 Free 10:44.27, Robert Bruce 9th 1500 Free 21:10.90, ALLEN STARK, All American 50 and 100 Breast 33.40 and 1:14.38, 5th 200 Breast 2:46.23, Jed Cronin 10th 50 Fly 30.85

Men 55-59: ROBERT SMITH, All American, 50/100 Back and 100 IM 30.35, 1:10.79, 1:09.02, 2nd 50 Free 26.63, 5th 50 Breast 35.75 2nd 50 Fly 29.79, Karl Von Tagen 7th 50 Free 28.41, 6th 100 Free 1:04.44, 4th 200 Free 2:25.70, 9th 50 Fly 32.23, Tom Landis 7th 100 Free 1:04.89, 3rd 200 Free 2:23.49, 4th 400 Free 5:22.62, 5th 800 Free 11:23.73, 3rd 1500 Free 21:19.64, 10th 100 Fly 1:24.76, 5th 400 IM 6:22.15, Richard Juhala 10th 200 Fly 4:02.07

Men 60-64: BERT PETERSEN All American 50 Fly 31.70, Ron Nakata 10th 50 Free 30.38, 6th 50 Fly 34.26, 3rd 100 IM 1:17.56, George Thayer 8th 50 Back 39.83, 8th 100 IM 1:24.69, Jim Bigler 9th 200 Free 2:48.33, 8th 400 Free 6:01.04.

Men 65-69: DAVID RADCLIFF, All American 50, 100, 200, 400 and 800 Free 29.72, 1:06.87, 2:35.44, 5:30.59 and 11:20.66, Milton Marks 7th 50 Breast 43.11, 9th 100 Breast 1:40.02

Men 70-74: Eric Guest 6th 100 Free 1:21.05, 6th 100 Fly 1:49.21, 9th 100 IM 1:37.93, 6th 200 IM 3:43.31, Floyd Elliott, 2nd 50 Back 40.58, 3rd 100 Back 1:29.33, 3rd 200 Back 3:22.35

Men 75-79: Earl Walter 9th 50 Free 38.55, 4th 50 Back 46.29, Gil Young 10th 50 Free 38.75, 5th 100 Free 1:25.89, 3rd 200 Free 3:16.79, 4th 400 Free 7:15.21, 2nd 800 Free 14:40.05, 9th 50 Back 50.52, 10th 100 Back 1:56.10, Joseph Mallon 6th 1500 Free 38:42.62

Men 80-84: ANDREW HOLDEN: All American 50 Fly 41.87, 2nd 100 IM 1:38.56

RELAYS :

Women 200M Free 100+ 4th 2:10.92 - Shauna Simpson, Susan Thornton, Lisa Gorsline, Francesca Gambetti
200+ 2nd 2:12.18 - Jackie Quattro, Joy Ward, Jeanne

continued on page 13

continued on page 13

Results continued from page 12

| | | | | | | | | | |
|------------------------|------------------|---------|------------------------|------------------------|------------------|------------------|------------------------|------------------------|----------------------|
| Mixed 100 Fly | 1 ROBERT MAESTRE | 50 MACO | 1:08.04 | 1 ARTHUR WELCH | 67 OREG | 3:22.21 | MAUREEN HOSTY-41 | SALLY JOHNSON-26 | MEG FREY-32 |
| Mixed 100 IM | 1 VERN DASCH | 50 OREG | 1:07.54 | 2 JOHN JOENS | 68 OREG | 4:08.31 | Female 200 R-Medley | | |
| 2 DOUGLAS PRENTICE | 51 OREG | 1:08.48 | 1 DONALD CAMERON | 69 OREG | 43.69 | 1 OREG | 2:23.75 | -J. BUTCHER-27 | |
| 3 ROBERT PFEIFER | 50 OREG | 1:18.83 | Mixed 50 Fly | 1 ARTHUR WELCH | 67 OREG | 41.26 | SALLY JOHNSON-26 | MEG FREY-32 | MAUREEN HOSTY-41 |
| — Ages 55 Through 59 — | | | 1 JOHN JOENS | 68 OREG | DQ | | — Ages 25 Through 34 — | | |
| Mixed 50 Free | 1 ROBERT SMITH | 56 OREG | 24.05 | Mixed 100 IM | 1 DONALD CAMERON | 69 OREG | 1:30.66 | Male 200 R-Free | 1 OREG |
| 2 RICHARD JUHALA | 56 OREG | 33.46 | 2 JOHN JOENS | 68 OREG | 2:05.13 | | 1 OREG | 1:43.81 | - VERN DASCH-50 |
| Mixed 100 Free | 1 ROBERT SMITH | 56 OREG | 55.19 | — Ages 70 Through 74 — | | | ROBERT PFEIFER-50 | BRUCE PADGETT-31 | CLIFF STEPHENS-45 |
| 2 RICHARD JUHALA | 56 OREG | 1:17.50 | Mixed 100 Free | 1 ERIC GUEST | 70 OREG | 1:13.50 | — Ages 35 Through 44 — | | |
| - KARL VON TAGEN | 56 MACO | DQ | 1 ERIC GUEST | 70 OREG | 2:50.53 | | Male 200 R-Free | 1 MACO | 1:46.23 |
| Mixed 100 Back | 1 RICHARD JUHALA | 56 OREG | 1:33.20 | Mixed 100 IM | 1 ERIC GUEST | 70 OREG | 1:29.48 | - KARL VON TAGEN-56 | |
| Mixed 50 Fly | 1 RICHARD JUHALA | 56 OREG | 37.74 | — Ages 75 Through 79 — | | | ROBERT MAESTRE-50 | FRANK PARISI-52 | DAVID BURLESON-43 |
| Mixed 100 Fly | 1 RICHARD JUHALA | 56 OREG | 1:27.14 | Mixed 50 Free | 1 RUPERT FIXOTT | 78 OREG | 43.88 | — Ages 45 Through 54 — | |
| Mixed 100 IM | 1 ROBERT SMITH | 56 OREG | 1:04.89 | 2 CHARLES BUSHEY | 78 UNATT | 48.87 | 1 OREG | 2:04.91 | - CLIFF STEPHENS-45 |
| - KARL VON TAGEN | 56 MACO | DQ | 3 JOSEPH MALLON | 78 OREG | 52.70 | | TOMMY SCHRAM-53 | BERT PETERSEN-61 | |
| — Ages 60 Through 64 — | | | Mixed 100 Free | 1 CHARLES BUSHEY | 78 | UNATT | — Ages 19 Through 24 — | | |
| Mixed 50 Free | 1 TOM LEVAK | 61 MACO | 29.11 | 1:50.21 | 2 JOSEPH MALLON | 78 OREG | 2:03.21 | Mixed 200 R-Free | 1 OREG |
| 2 JOHN RIGDON | 63 UNATT | 31.36 | Mixed 200 Free | 1 CHARLES BUSHEY | 78 | UNATT | 1 OREG | 2:13.05 | - RACHEL LUSBY-32F |
| Mixed 200 Free | - TOM LEVAK | 61 MACO | DQ | 4:05.51 | Mixed 500 Free | | BRUCE PADGETT-31M | | |
| — Ages 65 Through 69 — | | | 1 JOSEPH MALLON | 78 | OREG | | — Ages 25 Through 34 — | | |
| Mixed 50 Free | 1 DONALD CAMERON | 69 OREG | 32.43 | 11:19.96 | Mixed 50 Back | 1 RUPERT FIXOTT | Mixed 200 R-Free | 1 OREG | 1:50.15 |
| 2 WILLIAM HOLMAN | 69 OREG | 36.87 | 1 RUPERT FIXOTT | 78 OREG | 52.85 | | 1 OREG | 1:50.15 | - LARRY PHILBRICK-47 |
| Mixed 100 Free | 1 DONALD CAMERON | 69 OREG | 1:13.26 | Mixed 50 Breast | 1 RUPERT FIXOTT | 78 OREG | 54.32 | MANGIE SMITH-26F | ERIC MILLER-37M |
| 2 WILLIAM HOLMAN | 69 OREG | 1:25.05 | — Ages 80 Through 84 — | | | | WOOLARD-29F | | |
| Mixed 200 Free | 1 WILLIAM HOLMAN | 69 OREG | 3:08.93 | Mixed 50 Free | 1 ANDREW HOLDEN | 81 OREG | 33.51 | Mixed 200 R-Medley | 1 OREG |
| Mixed 500 Free | 1 ARTHUR WELCH | 67 OREG | 7:31.49 | Relays | | | 1 OREG | 2:04.20 | - ANGIE SMITH-26F |
| 1 ARTHUR WELCH | 67 OREG | 45.26 | — Ages 19 Through 24 — | | | | LARRY PHILBRICK-47 | MS. WOOLARD-29F | ERIC MILLER-37M |
| 2 JOHN JOENS | 68 OREG | 57.53 | Female 200 R-Free | 1 OREG | 2:12.86 | SARA PETERSON-22 | — Ages 35 Through 44 — | | |
| Mixed 100 Back | 1 ARTHUR WELCH | 67 OREG | 1:40.95 | TAYLOR-26 | RACHEL LUSBY-32 | CASTLE | Mixed 200 R-Free | 1 OREG | 1:48.15 |
| 2 JOHN JOENS | 68 OREG | 2:03.00 | FUNATAKE-25 | — Ages 25 Through 34 — | | | 1 OREG | 1:48.15 | - DIANNE VIALES-38F |
| Mixed 200 Back | | | Female 200 R-Free | 1 OREG | 2:01.00 | - J. BUTCHER-27 | MIKE CONRATH-35M | VAUGHN-EDWARDS - | |
| | | | | | | | 37FHUNTER GRAHAM-37M | | |
| | | | | | | | 2 OREG | 1:54.35 | - KEVIN ENBYSK-47M |
| | | | | | | | ANDRUS-HUGHES | -42FBOB | MCMILLAN-41M |
| | | | | | | | KATHIE CARLISLE-42F | | |
| | | | | | | | — Ages 55 Through 64 — | | |
| | | | | | | | Mixed 200 R-Medley | 1 OREG | 2:07.01 |
| | | | | | | | 1 OREG | 2:07.01 | - JOY WARD-57F |
| | | | | | | | ROBERT SMITH-56M | BERT PETERSEN-61M | CAL-NEK-MORRIS -57F |

SCM Top Ten continued from page 11

Teisher, Mary Jackson

Women 200M Medley 100+ 2nd 2:21.94 (2/100ths out of AA)
 Francesca Gambetti, Laura Tyrell, Shauna Simpson, Andrea Milano

200+ 2nd 2:31.70 - Joy Ward, Mary Jackson, Sandi Rousseau, Jackie Quattro

Women 800M Free 200+ 2nd 13:30.67 - Pegg Hodge, Connie Peterson, Peggy Whiter, Laura Schob

Men 200M Free 160+ MAC 5th 1:45.39- David Burleson, Daniel Knauer, Robert Maestre, Robert Kabacy

200+ 200 Free ALL AMERICAN 1:53.69 - TOM LANDIS, ERIC ASKERMAN, GEORGE THAYER, ROBERT SMITH

200+ 200 Free MAC 6th 2:07.91 - Dieter Hoffman, Jim Bigler, Thomas Levak, Karl Von Tegen

280+ 200 Free 3rd 2:26.53 - Eric Guest, Gil Young, William Holman, David Radcliff

320+ 200 Free All American 2:35.71, National Record - EARL WALTER, GERALD HUESTIS, ANDREW HOLDEN, ALLAN DELAY

Men 200M Medley 160+ 8th 2:02.83 - Doug Stewart, Pat Allender, Mark Worden, Jess Hickerson

240+ 200 Medley 3rd 2:16.01 - Robert Smith, Ronald Nakata,

Bert Petersen, George Thayer

320+ 200 Medley All American 3:00.90, World Record - EARL WALTER, GERALD HUESTIS, ANDREW HOLDEN, ALLAN DELAY

Men 800M Free 200+ 3rd 10:29.21 - David Radcliff, Christopher Toole, Jay Olson, Jim Teisher

MXD 200M Medley MAC 2nd 2:09.77 - David Burleson, Becky Oblatz, Robin Parisi, Daniel Knauer

MXD 200M Medley MAC 3rd 2:19.96 - Teri Hendryx, Ginger Pierson, Karl Von Tegen, Robert Maestre

MXD 400M Free 2nd 4:27.43 - Mary Jackson, Tom Coffey, Joy Ward, Robert Smith

400M Free 3rd 4:46.04 - Sandi Rousseau, Jim Teisher, Jeanne Teisher, Jed Cronin

MXD 400M Medley 2nd 5:01.88 (1st was 5:00.95) - Robert Smith, Allen Stark, Sarah Hoagland, Joy Ward

MXD 800M Free 2nd 10:37.13 - Pam Himstreet, Robert Bruce, Barbara Harris Tom Landis

Now a little makeup: In my column re LCM Top Ten, the old-man failed to mention one of our stalwarts, John Hudson, who made LCMTT with a 9th in both the 100M Back and 100M Breast.

That's it for now, Long Course is coming our way.

Ol Barn ... Report on SC Nationals 2000...

A relative small but very determined band of OMS and MAC swimmers, did very well at the Nationals in Indianapolis. The OMS team scored 305 points to place 12th in the combined small team standings, and MAC with 95 came in 30th out of a total of 111 teams in this category. A total of 548 Women and 842 Men from six countries competed. The swimmers broke a total of 108 USMS National Records.

19-24: Lisa Gorsline of Seaside placed 12th in the 500, 4th in the 1650, 5th in the 200 Breast, 8th in the 100 Fly and 6th for the 200 Fly.

25-29: Newcomer Jennifer Maccollum, picked off a 10th in the 50 Free at 27.18, a 4th in the 50 Breast with a 33.60. 7th in the 100 1:14.78, 4th for the 200 at 2:41.51. OB hopes we will be hearing more from this gal. Shauna Simpson grabbed the Gold in the 1000 at 11:40.96, and 200 Fly in 2:18.70, added a 5th in the 500 at 5:44.30, 3rd in the 100 fly 1:02.77 and a 4th in the 400 IM 4:59.12. OMS should be very proud of Shauna.

40-44: MAC can point with pride to the performance of BECKY OBLETZ, new OMS records in the 100 IM, garnered a 4th at 1:07.28, and again in the 200 IM with a 2:28.70 for a 7th. Add to this 4th/50 Breast 33.89, 4th/100 Breast 1:14.08 and 3rd for the 200 at 2:39.56.

50-54: SANDI ROUSSEAU swam her best 50 Fly in years at 31.97 for a new Zone, was Pierson '96 at 32.08. Sandi added 8th, 8th, 10th in the 50/100/200 Free 31.04/ 1:08.59/ 2:39.72, plus a 6th/4th 1:18.94/3:13.11 for the 100/200 Fly. 55-59: JOY WARD came home with 4 NEW ZONES-50 Free 28.80, was hers 29.14, 50/100 Back 35.32/1:16.78 were hers 35.60/1:18.16, and the 100 IM in 1:16.22 was hers at 1:17.75, add a 4th/100 Free 1:07.89 and a 2nd in the 50 Fly 31.67. Pam Himstreet a silver in the 1650/25:28.83, a GOLD for the 200 Breast/3:15.71, Silver in the 100 at 1:32.88, 4th/200 Fly 3:31.24 and a 5th/200 IM/3:10.74. Now that boys and girls is a SHOWING !

60-64: Susanne Schumann (MAC) 5th in the 50 Free/33.66, Bronze in the 50 Breast/42.85, 6th/4th-100/200 Breast, 1:36.97/3:24.27.

MEN 30-34: Steve Parmentier turned in a fine 50 Free at 23.34, 50 Back at 26.66, 100 Back 57.92, 50 Fly 25.05.

BILL ZOLNA of MAC swam the 500 in 5:01.76 for a 9th, the 1000 in 10:28.53 for a 5th, then came through with ORE REC 100/200 Fly 6th/52.48/SILVER 1:55.01, capped with a Bronze in the 400 IM 4:18.04. PHIL KING took 10th in the 500 at 5:02.13, 7th 100 Back 56.37 200 Back a 6th 2:02.97, a 1:04.64 for the 100 Breast, all capped with a ORE Record in the 200 IM at 2:02.59.

Men 35-39: Charles Mirho 50/100 Free 23.68/52.03, 50/100 Breast 30.51/1:07.43. Brian Wannamaker 50/100 Free 24.41/53.35, 50/100 Fly 26.00/59.63. Rick Rodriguez 200 Free 1:59.70, 100/200 Back 1:00.33/ 2:14.22, 100 IM

1:00.67, Sean Taylor MAC 500 Free 5:30.61, 50 Breast 30.90. Bradley Myers 50/100 Breast 32.34/1:11.95, 50/100 Fly 30.65/1:06.94.

Men 60-64: RON NAKATA, 6th 50 Free 27.01, 8th 100 Free 1:00.85, 5th 50 Fly/Bronze 100 Fly 28.97/1:10.28. ORE record 100 IM 4th 1:08.35, ZONE record, 3rd 200 IM 2:38.80.

Men 65-69: Art Welch Bronze 1000 Free 15:21.30, 50/100/200 Back 44.12/1:32.97/3:16.23, 7th 50 Fly 38.07.

RELAYS: 19+200 MXD MED 1:55.89 Parmentier, King, Gorsline, Maccollum

55+200MXD Free Bronze 2:04.22 - Ward, Welch, Himstreet, Nakata

55+200MXD Medley 6th 2:20.70 - Ward, Himstreet, Nakata, Welch

Ol Barn's Hat is off to this really fine bunch of Oregon Swimmers, Records, Medals, they had it all: WELL DONE

"What Matters"

George Thayer, your Fitness Editor sent this story to your Editor and asked him to pass it on. I felt that the story belonged in our Aqua Master. Most of the time I believe that Master Swimmers realize "what matters". But sometimes we forget. Master Swimming is important and special to me because of you and your friendship and support. You have helped me through a couple of rough health problems. This story is so true. It really isn't the winning that is the most important thing - it is helping, sharing and being with each other. Enjoy this story and let's practice it's message in Masters Swimming in Oregon.

A few years ago, at the Seattle Special Olympics, nine contestants, all physically or mentally disabled, assembled at the starting line for the 100-yard dash. At the gun, they all started out, not exactly in a dash, but with a relish to run the race to the finish and win. All, that is, except one little boy who stumbled on the asphalt, tumbled over a couple of times, and began to cry. The other eight heard the boy cry. They slowed down and looked back. Then they all turned around and went back.

Every one of them. One girl with Down's Syndrome bent down and kissed him and said: "This will make it better." Then all nine linked arms and walked together to the finish line. Everyone in the stadium stood, and the cheering went on for several minutes. People who were there are still telling the story. Why? Because deep down we know this one thing: What matters in this life is more than winning for ourselves. What matters in this life is helping others win, even if it means slowing down and changing our course. Pass it on...we need to change our hearts.

CASCADE LAKES SWIM SERIES
August 5 & 6, 2000
500 •1500• 3000-Meter Open Water Swims
Elk Lake – Central Oregon

DESCRIPTION OF EVENTS: Three separate swims are offered. Participants may enter in one, two or all three swims; however, only those who complete in all three swims will be eligible for overall series awards. All swims take place at Elk Lake, a beautiful, clear mountain lake nestled in the sunny Central Oregon Cascades near Bend. Water temperature can vary from 68-72 degrees, and will be posted at registration. Following is a description of the swims and courses:

500 Meter: This unique "time-trail" style swim will have swimmers starting in 30 second intervals and following a straight out and back course marked by a continuous floating line.

1500 Meter: This mass start swim will be swum on a triangular course, marked by large orange buoys every 250 meters.

3000 Meter: This mass start swim will be swum over an elongated rectangular course marked by large buoys every 500 meters, similar to the course to be used for the 2001 USMS 2-mile Open Water National Championship at Elk Lake.

SATURDAY, AUGUST 5

8:30 – 9:30am Registration/Check-In for 500 Meter
10:00–11:00am 500 Meter Time Trials – Interval Starts
11:00–12:00pm Registration/Check-In for 1,500 Meter Race
12:30 pm 1,500 Meter Race begins

Pre-race instructions will be 15 minutes before the start time of each swim.

SUNDAY, AUGUST 6

8:30-9:30am Registration/Check-in for 3000
10:00am 3000 Race begins.

*A picnic lunch and awards ceremony will follow
the finish of races on both days.*

REGISTRATION & FEES: You must be a current registered US Masters Swimmer or USA Swimmer to participate. A photocopy of your USMS or USA registration card must accompany your entry. For those who are not current USMS registered swimmers, One-Event USMS Registration (good for all three swims in this series) will be available for \$10 at race day registration. Race Entry fees include a T-shirt, cap, awards and a picnic lunch following the races each day.

| | | |
|--|--------------|------------------|
| Early Registration (postmarked by July 28) | \$20 (1 Day) | \$25 (Both Days) |
| Race Day Registration | \$30 (1 Day) | \$35 (Both Days) |

RULES: All swimmers must wear the swim cap provided for the race. The use of neoprene wetsuits or other nonporous attire is allowed. Separate results will be compiled for wetsuit and non-wetsuit competitors for each individual event. Flotation and propulsive devices are not permitted. All other current USMS rules will apply.

RESULTS/AWARDS: Results for each individual race will be based on standard USMS age groupings (19-24, 25-29, etc. for male and female) with separate categories for wetsuit and non-wetsuit competitors. Ribbons will be awarded to the top three finishers in each group. The overall series results, calculated on a points basis, will also use standard USMS age grouping. Points will be awarded based on the overall finish order in each race. Persons wearing a wetsuit will have 5 points deducted for each race in which they wear a wetsuit. Handmade ceramic mugs will be awarded to the top overall finisher in each age group, and handmade ceramic coasters will be awarded the 2nd and 3rd place finishers in each age group. A special platter will also be awarded to the top overall male and female series finisher. Swimmers must complete all three swims to be eligible for overall series awards.

DIRECTIONS: Elk Lake is located on the Cascade Lakes Scenic Byway. From Highway 97 in Bend, follow the signs to Mt Bachelor Ski Area/Cascade Lakes. Continue approximately 10 miles past Mt Bachelor Ski Area. There are a number of turn-offs for Elk Lake. The start/finish area for all swims is located at the South Beach Picnic Area, the last exit.

CAMPING/LODGING: Elk Lake has a number of campgrounds, but they can fill up sometimes on weekends. If you are interested in camping and would like assistance in reserving a site, call George Thayer at (541) 388-3392. Cabins are also available at Elk Lake Resort (541) 317-2994. The Bend area offers numerous motels and resorts at all price levels.

RACE DIRECTOR: Matt Mercer, Phone: (541) 389-7665 E-mail: matt@bendparksandrec.org

Sanctioned by OMS, Inc., for USMS, Inc. Sanction # OPN-006-00
Sanctioned by Oregon Swimming. Sanction # pending.
Operating under Special Permit from the US Forest Service

CASCADE LAKES SWIM SERIES ENTRY FORM

Name: _____ Age: _____ Sex: _____ Birthdate: _____

Address _____
Street City State Zip

Phone (____) _____ USMS/USA # _____ Club _____
Include a copy of your card.

Events (Circle all events entered) Day 1 500-meter 1,500-meter
Day 2 3,000-meter

Seed Time for 500 if entered (based on most recent 500 yard pool time) _____

Tee Shirt Size (Circle One) Medium Large XL XXL (+\$2.00)

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

Signature _____ Date _____

MAIL ENTRIES TO: Cascade Lakes Swim MAKE CHECKS PAYABLE: Central Oregon Masters Aquatics
158 NW Utica Ave
Bend, OR 97701

Central Oregon Masters Aquatics would like to thank the following sponsors:

Overall Series Sponsor

Bend Metro Park & Recreation District
Juniper Swim & Fitness Center

Individual Race Sponsors

Athletic Club of Bend – 500 Meter Race Sponsor
Tenant Developments – 1500 Meter Race Sponsor
High Lakes Health Care – 3000 Meter Race Sponsor

Other Generous Sponsors

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Baja Norte
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IBP Business Promotions

**OMS OPEN WATER CHAMPIONSHIP
1500 METER SWIM
3000 METER AND 500 METER SWIMS
SPONSORED BY PORTLAND MASTERS SWIMMING
AUGUST 13, 2000
HENRY HAGG LAKE, FOREST GROVE, OREGON**

Sanctions:

Sanctioned by OMS #OPN-004-00
Sanctioned by USA swimming #0-085
All participants must be registered USMS or USA swimmers. A copy of your 2000 USMS or USA registration card must be included with race entry

Race Times:

7:00 am-8:00 am: check-in
8:30 am: **pre-race meeting**
3000 meter swim
9:00 am-9:45 am: check-in
10:15 am: **pre-race meeting**
500 meter swim
(12 & under event only)
10:30 am – 11 am: check-in
11:30 am: **pre-race meeting**
1500 meter swim
12:30 pm: BBQ lunch
Award ceremony
Prize raffle

Fees:

Entries (including copy of registration card) must be postmarked by August 6, 2000. Late entries will be accepted. There will be race day registration.

| | |
|---------------------------|-------|
| One event | \$25. |
| Two events | \$28. |
| 12 & under | \$15. |
| All late entries | |
| subject to surcharge | \$7. |
| One day USMS Registration | |
| available at check-in | \$10. |

Entry fees include a race cap, t-shirt, goodie bag, raffle ticket, & lunch.

Thank you to our sponsors!

Race Director:

Andrea Milano, (503) 236-8959,
amilano@alumni.stanford.org

Course:

1500 and 3000 meter courses will be triangular, marked by orange buoys and patrolled by marine craft. 500 meter course will be out and back.
Depending on the number of swimmers we may run more than one heat.
Expected water temperature 68-72 degrees.

Awards:

3000 meter - Individual awards for top three finishers in each age group; overall top male and female finishers, and most senior swimmer.

1500 meter championship swim - Individual awards for top eight finishers in each age group; overall top male and female finishers, and most senior swimmer. Team awards will be awarded for top three teams in both large and small categories.

500 meter - Individual awards for top three finishers in each age group; overall top male and female finishers



Portland Masters Swimming

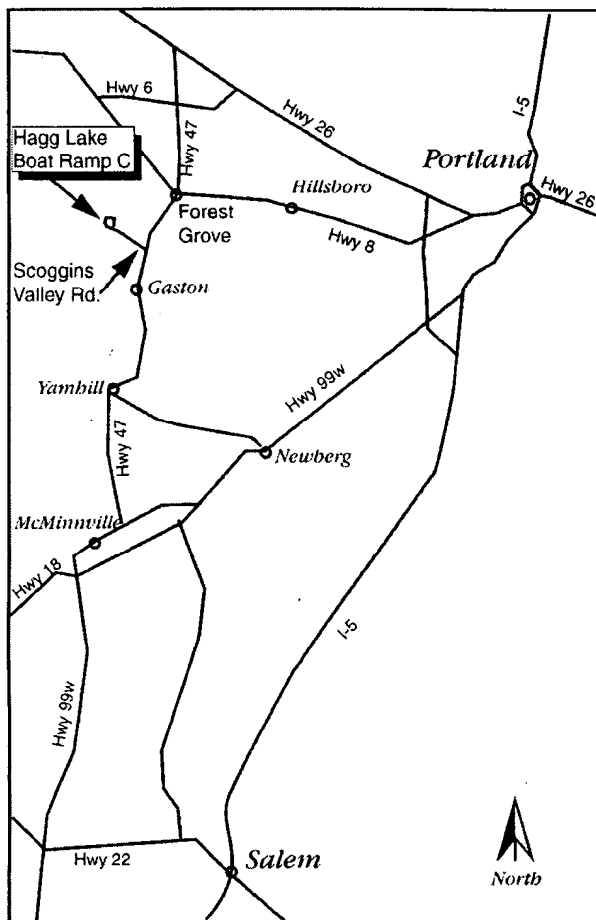
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PORTLAND  SWIMWEAR



Location:

Henry Hagg Lake is located in Scoggins Valley State Park. The closest town is Forest Grove, OR. The lake itself is approximately 300 feet above sea level. The Lake is located about 4 miles off of Highway 47. From Portland take either Hwy 26 or Hwy 8 to Forest Grove. Look for the junction of Hwy 47 and go South. It is advisable to consult a map as the roads are not as well marked as they ought to be. Hwy 47 can be reached many ways from the South, see map at left. From Highway 47 take Scoggins Valley Road (5.9 miles from Forest Grove) to the park entrance and look for yellow signs directing you to Boat Ramp C. See map to the left.

Parking/Camping:

Scoggins Valley State Park has a day use admission fee of \$4.00 per vehicle. Each vehicle (competitor/spectator) will be responsible for this fee as they enter the park. Vehicles that do not display the pass will be subject to citation.

Scoggins Valley Park does not allow overnight camping. Try Champoege State Park (1-800-551-6949) or The Flying M Ranch (503-662-3222), or give the OMS host program a try. (contact Jeanne Thimm at (503)-653-9753 or jdthimm@regence.com) Hagg Lake is just about an hour from Portland.

Registration Info:

Name: _____ Age: ____ Sex: ____ Birthdate: _____
 Address/City/State/Zip: _____
 Phone: _____ Email: _____
 Local Team: _____ USMS/USA Reg. #: _____

One Day USMS Registration will be available for \$10 at race check-in

I am entering: (circle) 1500 meter 3000 meter 500 meter (12 & under only)

T-shirt size (circle): S M L XL XXL Junior Sizes: S M

Entry Fees: (includes race cap, t-shirt, goodie bag, raffle ticket & lunch)

Race Fee (one race: \$25; two races: \$28; 12 & under 500 meter: \$15):

\$ _____

Late Entry Fee (postmarked after August 6, 2000: \$7):

\$ _____

Total enclosed:

\$ _____

Athletes' Release. Must be signed!

"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 AND DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTER SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS." "Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

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

WILLIAM M. TUGMAN STATE PARK

EEL LAKE SWIM

1 & 2 mile Open Water Swim

Saturday August 26, 2000, 10:00 AM

Hosted by South Coast Aquatic Team Masters

Co-Sponsored by Oregon State Parks

Sanctioned by OMS, INC. for USMS, Inc. Sanction No. OPN-005-00

Sanctioned by USA Swimming Sanction No. 0-068 All swimmers must be currently registered with USMS or USA Swimming.

- COST:** Included in entry fee: **After swim B.B.Q., T-Shirt and Swim Cap.**
1 EVENT: \$25.00 BOTH EVENTS: \$30.00 12 & UNDER: \$13.00
- SCHEDULE:**..... 2 Mile: Check-in opens at 8:45. Check-in time closes at 9:30 AM, Pre-race instructions 9:45, Race starts 10:00.
1 Mile: Check-in time closes at 11:15 AM, Pre-race instructions 11:30, Race starts 11:45. 12 & under 500 yard swim: Check in time 10:00 to 11:15 AM, Race starts 11:50.
- COURSE:**..... The 1 mile course will swim 1/2 mile straight-out, around the furthest two buoys and back to finish line. The 2 mile course will swim around the 1 mile course twice and to finish line, always keeping the buoys on your left. Buoys will be placed every 250 yards.
Age 12 & under 500 yard swim will swim out to first buoy and back to finish line.
- EQUIPMENT:**..... The use of pull buoys or fins is not allowed. Swimmers wearing wet suits will be considered in a separate category for results and awards. EXPECTED WATER TEMP. 69 - 74 deg.
- AWARDS:**..... A special award will be given to *the first female and male finishers* of the 500 yds., 1 Mile and 2 Mile races. Awards to the top three female and male winners in each age group (12 & under, 11-12,13-14, 15-16, 17-18, 19-24, 25-29, 30-34, etc.)
- DIRECTIONS:**..... Located on HWY 101, William Tugman State Park is located approx. 8 miles north of North Bend, OR. Reedsport, OR is 12 miles to the north. Parking will be available inside of park.
- CAMPING:**..... William Tugman State Park and Umpqua Lighthouse State Park are two fully equipped campgrounds. Tugman also offers yurts, while Umpqua also offers cabins. Please make your reservation early. Call Reservations Northwest at 1(800)452-5687.

INFORMATION:..... Trudi Gugliemini, Race director (541) 756-4915 or (541) 756-5566

ENTRIES MUST BE POSTMARKED BY AUG. 14, 2000

Mail entries to: SCAT
P.O. Box 648
North Bend, OR 97459

* 5.00 late registration fee(if postmarked after 8-14-00)
* One event OMS registration available \$10.00

OMS/USA Reg.# _____

You MUST attach a copy of your OMS/USA SWIMMING registration card.

500 yards _____

1 mile _____

2 mile _____

please indicated swim(s)

*wearing wetsuit _____

MAKE CHECKS PAYABLE TO SCAT

Name: _____ Sex: _____ Age: _____

Address: _____

City/State/Zip: _____ Local Team: _____

Day Phone: _____ Eve Phone: _____

T-Shirt Size (Circle one): S M L XL

"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 OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS." "Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Signature: _____ Date: _____

(Under 18 must be signed by parent or guardian)

Operating under Special Permit from the United States Forest Service.

TEAMS TEAMS

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: Phillip King at (503) 284-8946.**

This is also a list of the current TEAM REPRESENTATIVE for each registered team. **Any changes in team reps should be made with Phillip King. A Team Representative should be a current member of Oregon Masters Swimming to have a vote in OMS elections or at the annual OMS Board Meeting.**

| <u>Local Team Name</u> | <u>Abbrev.</u> | <u>Team Rep</u> | <u>HomePhone</u> | <u>EmailAddress</u> |
|---|----------------|---------------------|------------------|--------------------------------|
| Central Oregon Masters - Redmond | COMA | Bob Bruce | 5413174851 | bharri7@ibm.net |
| Central Oregon Masters Aquatics | COMA | Bob Bruce | 5413174851 | bharri7@ibm.net |
| Chehalem Masters Swim Team | CMST | SusanCrisman | 5035385260 | slcrisman@2integrityonline.com |
| Circumnavigating Beavers Aquatic Team | CBAT | Jack Istok | 5417376838 | istokj@cyclops.ce.orst.edu |
| Club Northwest Aquatics | CNA | Daniel Vaughn | 5414794572 | |
| Corvallis Aquatic Team | CAT | Mark Worden | 5417535726 | worden@proaxis.com |
| Emerald Aquatics | EA | Steve Johnson | 5416835758 | johnsons@oregon.uoregon.edu |
| Fishsticks | FISH | Jackie Quatro | 5036242697 | cjq@juno.com |
| Grants Pass YMCA | GPY | John R. Kirschner | 5414742483 | |
| Hillsboro Masters Swim Team | HMST | April Davis | 5038461804 | |
| Klamath Falls Masters | KLF | Beverly L'Esperance | 5418849093 | glesper@aol.com |
| Lincoln City Masters | LCM | Lori Hollingsworth | 5039943328 | |
| Medford Old Folks in Action | MOFIA | Phil Krueger | 5418995565 | jtnewman@cdsnet.net |
| Metro YMCA | MY | Maureen Hosty | 5032330798 | |
| Mittleman Jewish Community Center | MJCC | Ron Cobb | 5036697824 | poolrat@jps.net |
| Mt Hood Masters | MHM | Phillip King | 5032848946 | |
| Mt. Park Masters | MPM | Beth Beadling | 5036351232 | |
| Multnomah Athletic Club | MACO | Ginger Pierson | 3602535712 | gpierson@teleport.com |
| North Clackamas Aquatic Park | NCAP | Jeff Kaelon | 5307948080 | Jeffk@co.clackamas.or.us |
| North Coast Swim Club | NCSC | Steve Warner | 5037386661 | |
| Parkrose Masters | PMSC | Anne Schmidt | 5032616081 | |
| Pendleton Masters Swim Club | PEND | Tania Wildbill | 5032764923 | wildbill@vcinet.com |
| Portland Masters Swimming | PMS | Brian Wannamaker | 5032871991 | IWannaBG@aol.com |
| Riverplace Athletic Club | RAC | Jayne Chastain | 5036267015 | Swimceller@jps.net |
| Rock Creek | ROCX | Michael Duffy | 5036452583 | mthood@btconnect.com |
| Rogue Valley Masters | RVM | June Mather | 5414820610 | csmather@jefknet.org |
| Salem Courthouse Crew (Mid-Willamette Valley Masters) | SCC | Alex Shaevitz | 5033152099 | timmycat@ncn.com |
| South Coast Aquatic Team | SCAT | Gertrude Gugliemini | 5417565566 | |
| South Columbia County Masters | SCCM | Robbert van Andel | 5033976107 | Robbertv@crud.net |
| Steelheads | STHD | Martinez Rulle | 5036358529 | |
| Tigard Tualatin Swim Club | TTSC | Rose Gertsmar | 5036203871 | giennngers.com@aol |
| Tualatin Hills Barracudas | THB | Bill Volckening | 5035335567 | billvolckening@usms.org |
| Umpqua Valley Masters | UVM | Terry McCurdy | 5414409296 | TJMccurrey@Mesi.net |
| Willamette Athletic Club | WAC | Tom Kelley | 5032813338 | |
| Woodburn Barracuda Masters | WBM | Cindy Morrison | 5038734083 | |

Teams Not Registered for 2000

Albany Masters - ALB
 Blue Marlin Masters - BMM
 DAC - Downtown Athletic Club
 Eugene YMCA - EY
 Guinness Aquatic Club - GAC
 Heart of the Valley Master - HOTV
 Hood River Bald Eagles - HRBE

Junction City Swim Team - JCST
 Newport - Yaquina Bay Y - NEWP
 Princeton Athletic Club - PAC
 Team Portland Aquatic Club - PAC
 Vancouver Old Timers - VOT
 WH20 Masters - WH20

Teams not Registered can still register for 2000. Check any Aqua Master from the last six months for a Registration Form or contact Phil King at (503) 284-8946.

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✕ Available directly from **Mannatech Inc.**

Or at the Applegate Lake Swim & National Championships July 15 & 16th.

Contact: CASEY BRIGHT - Independent Associate

(541) 488-3183

531 Scenic Dr. Ashland, OR, 97520

Papayamann@aol.com

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The way to work.

This is the way to work—toward the future, at a company where your talent is backed by defining technology.

This is how to work together. Toward a common goal. Testing your outer reaches.

Take ownership. Take action. Take us with you. We're the first and only company to integrate e-commerce with business intelligence — all on a platform built for the internet. We're Informix Software, more than 4,000 technologists strong and growing every day.

Show us your way to work. And we'll give you the platform to perform.

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Inside: Entry Blanks and Parkrose Results

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