

Aqua-Master

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profile

Jennifer Butcher

When Metro YMCA Masters swimmer, Jennifer Butcher, age 27, first arrived at the recent USA Paralympic Swim trials in Indianapolis on June 23rd, she felt humbled. "I developed a great sense of respect for these world class disabled athletes. For example, I never knew a swimmer with just one arm could swim so fast. I was inspired by the experience," Jennifer reported. Yet, Jennifer has little to be humble about herself. Jennifer has qualified to represent the U.S. in the Paralympics this October in Sydney Australia.



She came home from Indianapolis with a gold, three silvers, and a bronze medal. Her performance ranked her among the top 5 visually impaired swimmers in the world. This fall she will compete in the 50 free, 100 free, 200 IM and the 100 breaststroke. It is also likely that she will compete in the medley relay and the 400 relay.

The Paralympic Games are competitive games for elite athletes with physical disabilities. The fund-

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Sara Quan of COMA and Andy Lachman of MAC were Oregon's First Open Water Winners this summer in the 3000 Meter race at Lake Dorena. Results of 3000/1500 on page 6.

ol'Barnacle reviews - results - records

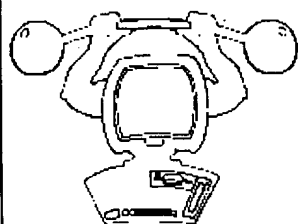
Ol Barn...2000 Oregon State Games...

134 swimmers answered the call and MHCC was the scene of a smaller number of competitors from previous years, but none the less a very talented one. Mike Conrath was our meet director, most ably assisted by a great group of

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**How About a Computer
Workout?
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MANAGER**

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2000 Calendar and Meet Schedule Pool

Date	Event	Location	Contact
Oct. 7,8	*SCM Zone	Federal Way, WA	Jim Stephens (425 228-0455) stephens@netos.com
Oct 28	SCY	Pentathlon - T Hills Beaverton	Sandi Rousseau - (503) 642-3679 tsrousse@ix.netcom.com
Nov. 19	SCY	Tigard-Tualatin	Rose Gerstmar - (503) 620 3871 glennngers@aol.com

Open Water

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 RVM Ashland, Oregon	June Mather - (541) 482-0610 csmather@jeffnet.org

National Championships 2000/2001

Aug. 17-20	LCM	Baltimore, MD	Barbara Protzman - barb@hotmail.com
Sept. 10	5 K	Chicago, IL	Chris Sheean - Chris@bigshoulders.org
May 17-20, 2001	SCY	Santa Clara, CA	Alma Guimarin aguimarin@aol.com
Aug. 4, 2001	2 Mile	Elk Lake, Oregon	Pam Himstreet - (541) 385-7770 him@bendnet.com
Aug. 16-19, 2001	LCM	Federal Way, WA	Hugh Moore - weswim@mindspring.com

* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

OMS Board Meetings - (All OMS members are invited)

Aug. 30	7 PM	MAC Club
Sept. 20	7 PM	MAC Club

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

Open Water season has begun, and we continue to prepare for these events in our daily training. Last month I discussed drills that you could do in your home pool to learn how to swim in a straight line, navigate, round buoys, and swim in heavy traffic. Here are more pool drills that will help you learn open water skills.

Learn to breathe comfortably and efficiently to both left and right. When we swim freestyle, we all prefer to breathe on one side or the other, and we breathe exclusively to our favored side during practice. However, inability or discomfort in breathing to both sides is a huge disadvantage in open water swimming for three reasons: the repetitive movement of breathing to one side only during a long swim can be terribly fatiguing, inability to choose breathing sides prevents you from turning away from incoming wind, waves, and bright sunshine, and breathing to one side only limits your tactical awareness. Practice breathing to both sides daily. Bilateral breathing (breathing every third stroke) is good practice, and alternating breathing sides regularly is equally beneficial.

Learn to handle waves and chop. Modern lane markers and gutter systems make pool surfaces smooth and tame, quite unlike most open water. Create your own lake by occasionally removing lane markers. Alternatively, put 10 to 12 people together in one lane for a set. If you are lucky enough to have access to a wave-producing pool, try it out. Learn and practice drafting. I know, I know, your coach has been leaning on you for years to stop drafting in practice. In open water, drafting is an essential skill! Recent research indicates that swimming while drafting can be 3% faster than swimming without drafting, and our experience certainly tells us that drafting uses less energy. Change sendoffs—rather than using the standard five seconds between lanemates, try 2 or 3 seconds instead. Can you

stay within reaching distance of your predecessor's feet without touching them? Can you lead the lane under similar circumstances? Alternatively, take some time to swim single pool lengths in wide lanes with teammates to discover where your favorite drafting position might be.

Practice racing by doing simulator sets. Although your pool racing skills and endurance swimming ability will help you in open water racing, be prepared for the three stages of most open water races. Positioning: in the first few hundred meters in mass start swims, you invariably burn more energy than you planned while jockeying for position, maintaining drafting, and avoiding getting smacked. Pacing: in the middle of the swim—covering most of the distance—you will rely on your endurance and steady pace training as well as your navigation and drafting skills. Finishing: in the last few hundred meters, you will want to accelerate and race. You can develop single swimming sets that simulate all three stages. Typically, these sets involve hard and fast swimming in the beginning, long even-pace swimming in the middle, and progressively faster sprinting at the end.

You can practice all of these skills and drills by themselves. Once you have learned the basic skills, it's more fun—and more educational—to combine practicing two or more open water skills using combination drills. A simple example: everybody swims in one lane (handling chop) while lifting their heads to spot the pool ends every six strokes (navigating). A more complex example: remove lane markers (handling increased chop), set up buoys in the corners (rounding buoys and navigating), and have the whole team do a set (swimming in crowds and drafting). Your only limitation is your own creativity! If you plan to succeed in open water swimming, practice the skills that will bring you success. Good luck and good swimming.

The Chair's Corner
by Suzanne Rague

Hello Friends,

July was a spectacular month for Oregon Masters Swimming with three pool meets, including a Zone Championship, and two open water events, including our first Long Distance National Championship. It doesn't get more exciting than this, and I hope you were able to participate in at least one of these events. Many thanks to all of the event directors and folks on

the organizing committees for your good work.

We have a few changes on the Board. Ginger Pierson now heads the Registration Committee, replacing Phil King who did a terrific job for many years in publishing the OMS brochure and helping new members. Bill Volckening is the new Web Master, replacing Mark Vininski who is moving to Arizona. We appreciate Ginger and Bill for stepping into these jobs and thank Phil and Mark for their contributions.

Swimmingly,
 Suzanne

The Fitness Lane

by George Thayer

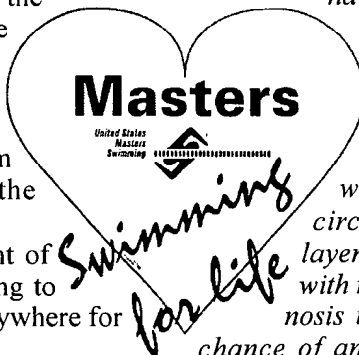
WATCH YOUR BACK

This month's article is about melanoma, the skin cancer that is one of the most dangerous forms of the disease. The title of the article is because your back is a place that most of us don't look at every day and even if we do, we can't get close enough to closely inspect it. The accompanying story is from Barbara Dunbar, recently inducted into the swimming Hall of Fame.

Her story speaks for itself, but at the height of the summer season it is an important warning to all of us to check not only our back, but everywhere for anything unusual on our skin.

I had an itchy mole removed from my back 2 weeks ago (it was right in a place where my tank suit strap and sometimes my bra strap rubbed). It was/is a superficial spreading malignant melanoma. I mention this as a reminder to get dermatology checks for skin cancer especially fair, red head/blond, light eyed people who have a greater prevalence of this stuff. I have been in to see another dermatologist who handles melanomas and to a surgeon. Because it has regressed (it was originally deeper and apparently my

body fought off some of it) and because it is on my back, there is a greater chance (albeit a small one) that it may have spread to a lymph node or nodes. So, I am going in within the next week to have the "sentinel" lymph node or nodes (the ones that drain the tumor area) removed and biopsied and also have a bigger and deeper area removed where the original melanoma was located. They remove about a 5cm across circle and remove tissue down to the muscle layer. If the lymph nodes come back as clean, with no tumor cells there, then the long term prognosis is very good, although there is an increased chance of another melanoma popping up somewhere. Apparently there is a strong correlation to having been badly sun burned as a kid and even just one bad sun burn may contribute to melanoma later on in life. Lets hope for the best and spread the word to get routine checks for skin cancer. Needless to say, this was not part of my training plan for the summer nor part of any plan for my life. I will probably have to be out of the water for 4 weeks if all goes well. Life is like a roller coaster with ups and downs.
Barbara



profile continued from page 1

mental philosophy guiding the Paralympic movement is that these world -class athletes will have the equivalent opportunities and experiences to those afforded non-disabled athletes. In order to compete in the Paralympics, each athlete must meet strict qualifying standards and be selected to his or her national team. Paralympic athletes will be treated and accommodated identical to able-bodied Olympians. Among other privileges, the Paralympic athletes will stay in the same Olympic village, wear the same uniforms and be awarded the same Olympic ring as all other Olympic athletes.

Jennifer's competitive swim career began when she was 12 years old. Growing up in Issaquah, Washington, Jennifer's family had a backyard swimming pool. Jennifer was always in the water swimming. However, it wasn't until her friend came over to swim one day that she told Jennifer about her experiences swimming on a team. Jennifer joined the same team and became hooked on swimming. She continued swimming into high school and went to state three years.

While in high school, Jennifer began experiencing the first signs of visual impairment and was then diagnosed with Stargardts disease, a degenerative eye disease in which details are hard to see. When it came time for college, Jennifer looked for a college close to home that also had a swim team. She settled on Linfield College in Oregon. It was while she was at Linfield College that Jennifer's vision deteriorated and she was classified legally blind. Yet Jennifer continued to swim all four years at Linfield College. She went on to compete in the NAIA nationals

meet all four years of her college career.

Following college, Jennifer took a few years off from swimming but was soon back training with the Metro YMCA Masters swim team. Since 1995 Jennifer has spent her time teaching, coaching and swimming at the Metro YMCA. When she is not swimming, Jennifer teaches health and fitness at the Washington State School for the Blind in Vancouver, WA. It was through this school that Jennifer first found out about the Paralympics. "Last November when they first told me about the Paralympics at first I thought, no way. Then I looked at the times I needed to have a chance at qualifying for the Paralympics. Looking at the times, I realized it was possible."

For the next 8 months Jennifer spent as much time as she could training in the water. Starting a new teaching job, getting married and buying a first house though, kept her busy and made it a challenge. Bryan Butcher, her husband and the head coach of the Metro YMCA Master, became her coach.

Her main training facility as she prepares for Australia will be the Metro YMCA. During the month of August Jennifer will train at the Olympic Training Center in Colorado Springs with her teammates. Jennifer will leave for the Paralympic games on October 9, 2000 and will return home on October 31st. Please help us in wishing Jennifer the best of luck in Sydney!

Jennifer is in need of local and corporate sponsors to help defray some of her costs. If you are interested in sponsoring Jennifer in any way, please contact Bryan Butcher at the YMCA at 294-3366 ext. 163.

Profile article written by Maureen Hosty - Metro Y

OPEN WATER SWIMMING



LONG DISTANCE SWIMMING

By Dan Gray, Open Water/Long Distance Swimming Chair

DORENA LAKE SWIM opened the 2000 swim series on July 2nd. The weather was very nice, the water just right and the hospitality excellent. The crew from Emerald Aquatics hosted a very well organized event from start to finish. Due to the nature of open water events (an uncontrolled environment) there will always be minor glitches with the imperfections just adding to the challenge. These folks did a great job with the Masters as well as a nice focus on the age group swimmers (future masters!!!). Way to go, EA; thanks for the effort and fun time. Dorena Lake is a great venue and all the effort is appreciated by those who took part. It was also nice to see new swimmers giving it their best.

USMS OPEN WATER CLINIC by Lisa Hazen was well received by those that took part. Lisa provided swimmers with the information necessary to participate in "regular" open water events as well as long distance swims. Lisa is "one of the best" in the open water swims and Marathon swimming. I felt very fortunate to have the opportunity to renew our acquaintance and to introduce her to Oregon and the Oregon Masters programs. In her words, she felt that we were very lucky to have such a fine open water program & the friendships that have grown with the general open water venues.

Lisa spent time with the coaches prior to the afternoon

session with the swimmers. This way, those coaches that attended will be able to assist the swimmers on



Lisa Hazen and Dan Gray with the OMS swimmers at the Clinic

their local teams. I would like to thank those interested coaches that attended---you can do nothing but increase swimmers awareness concerning open water.

The topics discussed are way to numerous to mention. Those that took part received enough information to keep them busy for quite some time. It was nice to realize that drafting will help you "swim above your level". I must thank Kristine Lewis for allowing me to draft off her in the 3000; got to swim "above my level"!!!!

The OMS Open Water Committee would also like to thank Ellen Ferguson for the generous contribution to each of the open water venues this summer. It is because of these generous folks that this program continues to grow and prosper.

ELK LAKE SERIES

To be held just outside of Bend on August 5th & 6th. This is a great venue and the COMA crew does their best to roll out the red carpet. Lots of good swim challenges and great food!

This will be the site of the 2001 USMS National Championship Open Water Swim, a 3000meter event. Take the weekend and give yourself the opportunity to see some of the finest scenery there is. Let me mention that due to the elevation, you may want to prepare for cooler water. Each year is different and it will be what it will be..

HAGG LAKE SWIM

OMS ASSOCIATION CHAMPIONSHIP 1500M

Portland Masters has been working hard to prepare for what may be the largest OMS open water swim to date. Unfortunately, a few details were left off the entry form. Who to make the check out to and where to send it. any questions, just call Andrea Milano at 503- 236-8959. Just don't call at 2AM. This is a swim that will

also recognize team participation as well as the individuals. Come on by and check this one out.

EEL LAKE SWIM

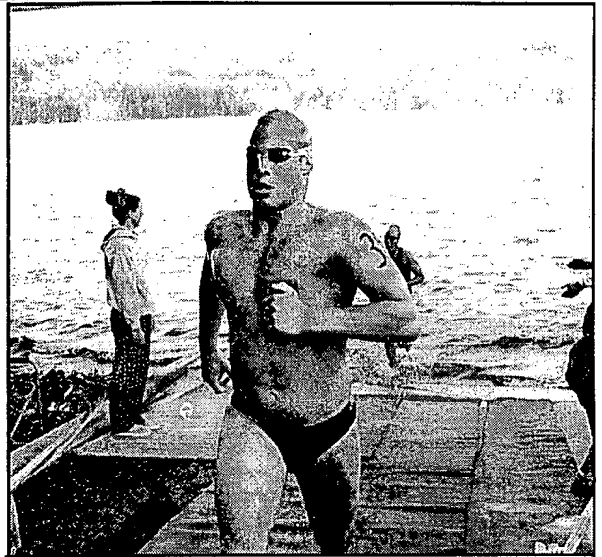
This swim is hosted by the team from North Bend, commonly known as SCAT. The Masters team and the age group families all pitch in to do a great job in hosting the event and are very

giving with their hospitality. They have swims for the younger bunch, so if you have age groupers, this is a fun family affair. This is also a way to enjoy the beautiful Oregon Coast. This will be the site of next years Association Championships. This event takes place on Saturday August 26th, with coincides with some local activities--which includes the "beer garden review" Use this weekend to come to a part of the state that perhaps you just don't get to very often. This will be the last swim of the Oregon Masters swim series.

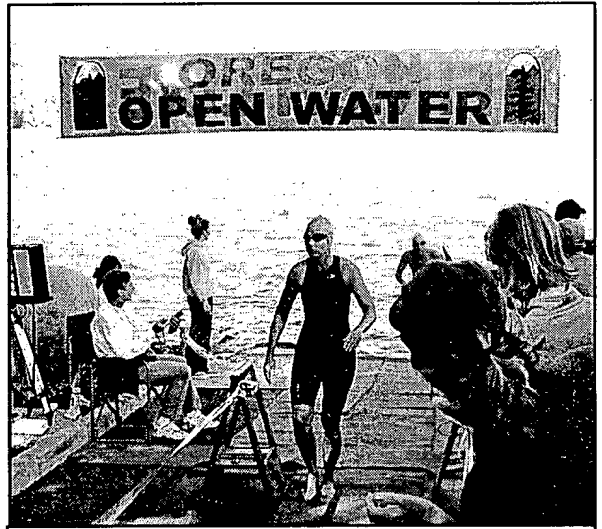
Lake Dorena Open Water Swim

Women 1500 Meters					Age	Wet
Age	Overall Pl.	Name	Age	Time	Finish	Suits
19 - 24	23	Mikenzie Matteson	22	25.03	1	
19 - 24	25	Dina Dhom	22	25.38	2	
25 - 29	3	Sarah Quan	27	20.52	1	
30 - 34	9	Haleigh Werner	31	22.46	1	
30 - 34	11	Amy Halligan	33	23.06	2	
30 - 34	19	Shelley Blain Birnie	31	24.24	3	
30 - 34	27	Kristin Juba	34	25.5	4	
30 - 34	28	Kristine Lewis	30	27.07	5	
30 - 34	37	Susan Walsh	33	30.02		W
40 - 44	26	Laura Schob	41	25.46	1	
40 - 44	47	Amenda Martin	41	35.21	2	
45 - 49	8	Kathi Bullock	46	21.48	1	
45 - 49	13	Robin Parisi	45	23.24	2	
45 - 49	44	June Mather	47	32.59	3	
45 - 49	45	Shela Perrin	48	33.57	4	
50 - 54	31	Jani Sutherland	51	28.44	1	W
55 - 59	35	Pam Himstreet	56	29.5	1	
55 - 59	40	Peggy Whiter	56	31	2	
60 - 64	50	Nancy Radcliff	60	43.12	1	
Men 1500 Meters						
19 - 24	1	Andy Lachman	19	20.43	1	
19 - 24	DNF	Matt Orbell	20	DNF		
25 - 29	4	Joe Chapin	26	21.23	1	W
30 - 34	2	Paul Watson	30	20.46	1	
30 - 34	17	Robert Higley	34	24.07	2	
30 - 34	20	Marco Morescalch	33	24.29	3	
30 - 34	21	Jeff Hackley	31	24.29	4	
35 - 39	15	Rick Rodriguez	37	23.5	1	
35 - 39	16	David Van der Zwan	37	24.03	2	
40 - 44	10	Eric Steinhauft	40	22.47	1	
40 - 44	29	Keith Dow	44	28.01	2	
40 - 44	34	Don Smith	41	29.47	3	
40 - 44	36	John P. Ridenour	44	29.57	4	
40 - 44	43	Robin Bragg	40	32.46	5	
45 - 49	14	Mike Tennant	46	23.31	1	
45 - 49	32	Dallas Figley	48	29.02	2	
45 - 49	33	Donald Seares	48	22.46	3	
50 - 54	6	Steve Johnson	52	21.29	1	
50 - 54	22	Robert Bruce	52	24.37	2	
50 - 54	42	Frank Parisi	52	31.45	3	
55 - 59	30	Dan Gray	55	28.37	1	
55 - 59	46	Richard Juhala	56	34.5	2	
60 - 64	39	Brent Lake	62	30.54	1	
Women 3000 Meters						
19 - 24	17	Dina Dhom	22	48.39	1	
25 - 29	2	Sarah Quan	27	40.45	1	
30 - 34	8	Amy Halligan	33	43.6	1	
30 - 34	15	Shelley Blain Birnie	31	47.23	2	
30 - 34	20	Kristin Juba	34	49.52	3	
30 - 34	21	Kristine Lewis	30	52.11	4	
35 - 39	18	Sara Fahey Wilson	38	49.18	1	
40 - 44	19	Laura Schob	41	49.31	1	
40 - 44	27	Marlys Cappaert	41	55.38	2	
40 - 44	31	Amenda Martin	41	57.41	3	
45 - 49	3	Kathi Bullock	46	41.3	1	
45 - 49	34	June Mather	47	63.27	2	
45 - 49		Shelia Perrin		64:56	3	

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Andy Lachman leads the way to the finish line



Kathi Bullock, returning for a visit from Arizona, had an outstanding 3rd place overall finish in the 3000. We miss you - move back.



Steve Johnson reads the results at the picnic

Lake Dorena Results continued from page 650 - 54 25 Jani

Sutherland	51	55.03	1	W	
55 - 59	29	Pam Himstreet	56	57.23	1
Men 3000 Meters					
19 - 24	1	Andy Lachman	19	40.43	1
30 - 34	11	Robert Higley	34	46.01	1
35 - 39	6	Sean Taylor	37	41.43	1
35 - 39	9	Rob Arp	36	44.17	2
35 - 39	13	David Van der Zwan	37	46.3	3
40 - 44	7	Eric Steinhaff	40	43.43	1
40 - 44	26	Jonathan Istok	44	55.35	2
40 - 44	30	John P. Ridenour	44	57.35	3
45 - 49	4	David Fryefield	46	41.33	1
45 - 49	12	Mike Tennant	46	46.02	2
45 - 49	24	Donald Seares	48	54.59	3
45 - 49	28	Dallas Figley	48	56.54	4
45 - 49	32	David Bogden	49	57.58	5
50 - 54	5	Steve Johnson	52	41.42	1
50 - 54	14	Robert Bruce	52	47.11	2
55 - 59	22	Dan Gray	55	52.2	1
55 - 59	35	Richard Juhala	56	64.47	2
60 - 64	33	Brent Lake	62	58.18	1
65 - 69	23	David Radcliff	66	53.5	1



Sean Taylor, Coach of MAC, was all smiles at Lake Dorena: A great swim, winning draw in the raffle and coach of the first place finisher.

10K USMS National Open Water Championship

Women	Overall	Place	Name	Age	Time
19 - 24	8		Imwalle, Amy	20	1:52:23
	22		Evans, Emily	23	2:04:36
	36		Dhom, Gina	22	2:11:32
25 - 29	10		Quan, Sara	27	1:54:38
	31		Henderson, Elizabeth	29	2:08:08
30 - 34	11		Gellatly, Jill	32	1:55:17
	19		Halligan, Amy	33	2:01:52
	33		Hecksel, Toni	34	2:10:02
	39		Schriefer, Heidi	34	2:13:09
	46		Birnie, Shelly	31	2:20:13
	54		Milano, Andrea	32	2:28:54
	56		Lewis, Kristine	30	2:32:25
	73		Kilbourne, Lauri	33	2:48:35
35 - 39	34		Bryant, Deborah	37	2:10:55
	41		Juba, Kristin	35	2:16:07
40 - 44	42		Schob, Laura	41	2:16:14
	48		Schumucker, Lindabeth	44	2:21:05
	55		Gustafson, Kristi	44	2:30:54
	65		Cappaert, Marlys	42	2:39:00
	69		Lamear-Tucker, Diane	42	2:44:09
45 - 49	51		Brittingham, Regina	48	2:23:53
	52		Gregoire, Debbie	45	2:24:49
	81		Peterson, Connie	45	3:22:16
			Wet Suit - Mather, June	47	2:51:54
50 - 54	60		Mathewson, Geri	52	2:36:58
	82		Jenkins, Tam	52	3:23:20
			Wet Suit - Sutherland, Jani	51	2:54:29
55 - 59	74		Himstreet, Pam	56	2:48:59
	80		Whiter, Peggy	56	3:18:17
Men	Overall	Place	Name	Age	Time
19 - 24	12		Lachman, Andy	19	1:55:44
25 - 29	13		Carter, Brandon	29	1:58:10
	45		Freitas, Ricardo	29	2:19:30
30 - 34	3		Jablonski, Greg	33	1:48:21

continued on page 8



Jim McConica of Ventura, California and Amy Imwalle of COMA (Bend, OR) were the top male and female finishers in the 10K



10K Results continued from page 7

	15	Hoftzyer, Ernie	30	1:59:06
	26	Soracco, Andrew	30	2:06:55
	27	Frost, Dan	32	2:07:44
	29	Askerman, Eric	33	2:07:59
	58	Nelson, Brian	32	2:34:46
	62	Lunney, Tim	34	2:37:47
	70	Hobbins, Richard	34	2:44:30
	76	McDermott, Andrew	34	2:52:07
35 - 39	2	Yortez, Chris	35	1:47:56
	4	Erwin, Jeff	35	1:49:48
	5	Holles, Greg	37	1:49:55
	18	Taylor, Sean	37	2:01:50
	28	Stewart, Doug	36	2:07:49
	32	VanDerZwan, David	37	2:08:39
	44	Higley, Robert	35	2:17:04
40 - 44	6	Stewart, Jim	43	1:50:05
	7	Asbury, Douglas	40	1:51:24
	16	Burke, Tim	42	1:59:13
	23	Steinhanff, Eric	40	2:06:14
	38	Douglas, Michael	42	2:12:44
	43	Fairlee, Mark	42	2:16:45
	64	Istok, Jonathan	44	2:38:56
	67	Cobb, Ronald	43	2:43:27
	68	Ridenour, John	44	2:43:33
	77	Soares, Donald	40	2:54:33
45 - 49	1	McConica, Jim	49	1:46:34
	17	Lautman, Scott	47	2:01:25
	20	Harris, Scott	46	2:03:17
	24	Kriebble, Chuck	45	2:06:22
	30	Fryefield, David	46	2:08:00
	47	Tennant, Michael	47	2:20:35
	53	Moore, Hugh	45	2:28:22
	75	Greenblatt, Daniel	45	2:50:13
	78	Bogden, David	49	2:55:36
50 - 54	9	Bell, Alan	50	1:54:19
	14	Johnson, Steve	52	1:58:44
	21	Cerny, William	52	2:03:40
	40	Cronin, Jed	51	2:14:51
		Bruce, Robert	52	2:16:00
	49	Teisher, Jim	50	2:22:29
	61	Frownfelter, Greg	51	2:37:45
	72	Smith, Richard	51	2:48:32
	79	Cottam, Cliff	50	3:08:44
		Wet Suit - Zell, Ken	52	2:16:46
		Wet Suit - Carriker, Buz	52	2:33:26
55 - 59	25	Selmer, John	55	2:06:42
	37	Landis, Tom	58	2:12:19
	57	Showerman, Earl	55	2:33:16
	71	Pheney, John	55	2:46:09
60 - 64	66	Haworth, A. Emory	64	2:41:53
65 - 69	50	Radcliff, David	66	2:23:16
	59	Brenton, Buz	65	2:36:56
	63	Beach, Robert	69	2:38:41
	83	O'Brien, Parry	68	3:28:53

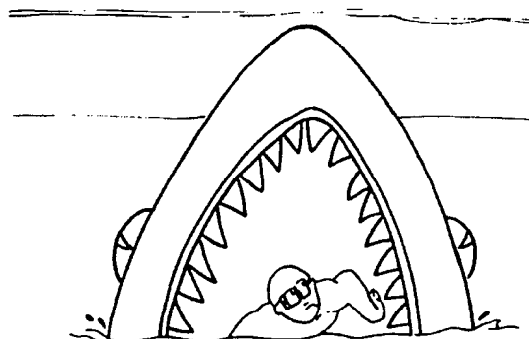
Applegate Lake 3000

Women	Overall	Place	Name	Age	Time
19 - 24	15		Matteson, Mikenzie	22	0:50:37
	41		Vahlsing, Anna	23	1:02:49

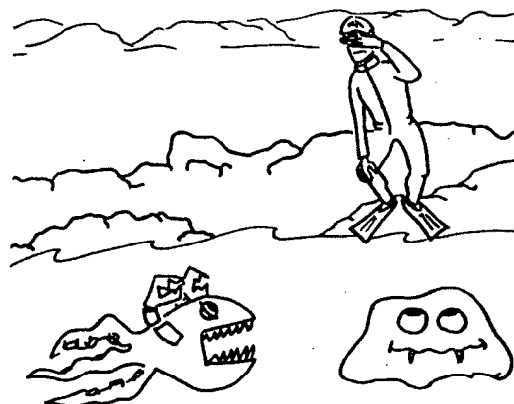
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Open Water Training Considerations

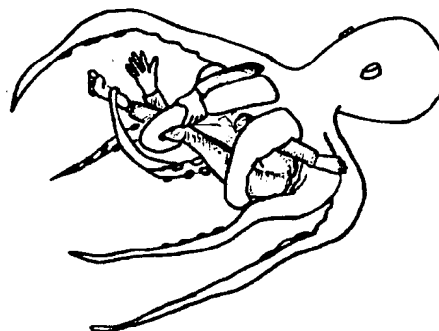
Sprint work



Fear of the Unknown



Flexibility



**"Beyond Fear
is Freedom"**

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from Masters Swimming
Canada*

Applegate Lake Results continued from page 8

	48	Stanfield, Dawn	23	1:19:51
25 - 29	2	Quan, Sara	27	0:42:59
	9	Himstreet, Julianne	29	0:47:16
	42	Vigano, Miriam	25	1:03:20
30 - 34	4	Halligan, Amy	33	0:45:31
	6	Hecksel, Toni	34	0:46:58
	11	Birnie, Shelly	31	0:48:14
	19	Lewis, Kristine	30	0:50:55
	31	Kilbourne, Lauri	33	0:56:44
35 - 39	17	Juba, Kristin	35	0:50:49
	34	Thimm, Jeanne	36	0:57:20
	35	Bayless, Jessica (W)	38	0:57:30
	44	Tacconi, Janice	37	1:04:25
40 - 44	18	Schob, Laura	41	0:50:50
	24	Gustafson, Kristi	44	0:51:54
	30	Martain, Amanda	41	0:56:41
	36	Geiken, Paris	42	0:57:46
45 - 49	45	Perrin, Shela	48	1:06:15
50 - 54	37	Sutherland, Jani (W)	51	0:57:53
	46	Riddle, Kristi	51	1:10:14
60 - 64	47	Hodge, Peggy	60	1:14:01
Men	Overall	Place Name	Age	Time
19 - 24	1	Lachman, Andy	19	0:42:44
35 - 39	8	Higley, Robert	36	0:47:13
	14	VanDerZwan, David	37	0:48:35
	22	Conrath, Mike	35	0:51:26
	26	Goddard, Jim	38	0:54:58
40 - 44	5	Steinhanff, Eric	40	0:45:34
	12	Douglas, Michael	42	0:48:19
	13	de Werd, Jan	44	0:48:33
	16	Fairlee, Mark	42	0:50:43
	20	Johnson, Michael	40	0:51:00
	23	Yasui, Daryl	43	0:51:38
	29	Soares, Donald	40	0:56:38
	38	Ridenour, John	44	0:59:50
	43	Bragg, Robin	40	1:04:21
45 - 49	39	Weil, Richard	48	1:01:50
50 - 54	3	Johnson, Steve	52	0:45:29
	7	Bruce, Robert	52	0:47:11
	21	Teisher, Jim	50	0:51:06
	25	Frownfelter, Greg	51	0:52:00
	32	Carriker, Buz	52	0:57:03
55 - 59	10	Landis, Tom	58	0:48:01
	27	Gray, Dan	55	0:56:13
	28	Mohr, Ralph	58	0:56:19
	33	Philipps, Frank	57	0:57:10
60 - 64	40	Lake, Brent	62	1:02:35

Applegate Lake 1500

Women	Overall	Place Name	Age	Time
10 - 14	59	Hawley, Nancy	11	35:47
19 - 24	8	Dhom, Gina	22	23:15
	20	Matteson, Mikenzie	22	25:31
	36	Mitchell, Stephanie	21	28:03
25 - 29	2	Quan, Sara	27	21:23
30 - 34	5	Halligan, Amy	33	23:06
	11	Birnie, Shelly	31	23:30
	12	Topp, Suzanne	32	23:37
	19	Topp, Deborah	31	25:19

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Dan Gray, Mr. Open Water

Editorial

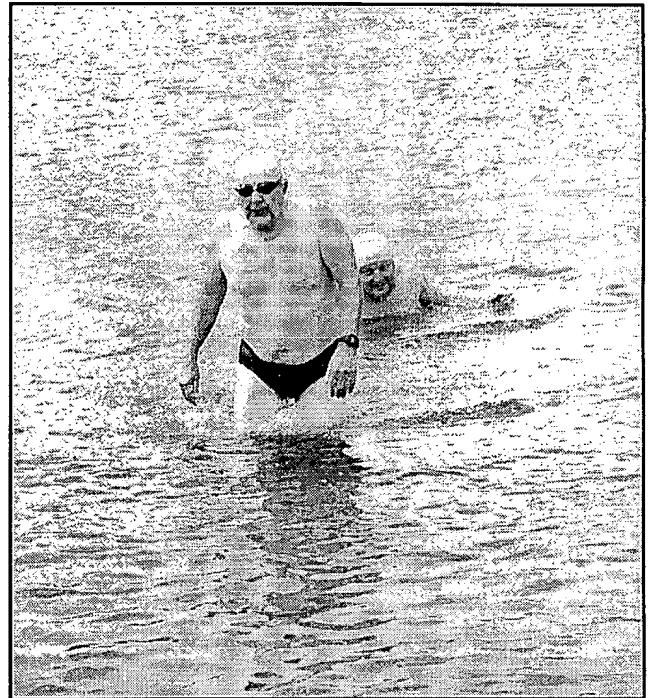
Dan Gray -

Thanks for the Challenge

An unique, memorable and very challenging event just occurred in Oregon. Thanks to the hard work of Dan Gray and the RVM Masters the most successful USMS 10K Open Water Championship ever held in the USA was just completed in Southern Oregon. The event can be judged a success by it's size, by it's organization, or by it's beautiful setting. Way beyond these areas of success is the challenge that this event gave to Oregon swimmers. As Dan said, "you'll never be the same after completing this event". He wasn't talking about being sore or tired. He was talking about the inner sense of pride and accomplishment that each of us would have as a result of doing the 10K. I have competed at all levels of swimming from the Olympics to high school. I can honestly say that I have never had a greater feeling of inner pride in what I accomplished than I had after swimming this 10K. For me there was the challenge of a new type of training, swimming in open water almost daily, adjusting to water temperature that was much colder than the water in the pool, coordination with a support boat, and nutrition. Thank you Dan for giving me and other swimmers this challenge. If there is a down side to this, it is that we are hooked and want more. So bring 'em on Dan!

Applegate Results continued from page 9

	26	Lewis, Kristine	30	25:52
	35	Smidt, Cynthia	30	27:44
35 - 39	16	Allen, Karen	36	24:41
	22	Juba, Kristin	35	25:36
	47	Stuelpnagel, Julie	39	30:10
	60	Hawley, Holly	35	36:51
40 - 44	24	Schob, Laura	41	25:40
	30	Gustafson, Kristi	44	26:28
	40	Lamear-Tucker, Diane	42	29:24
	42	Geiken, Paris	42	29:38
	45	Martain, Amanda (W)	41	29:49
45 - 49	46	Ross, Amy	46	29:56
	50	Mather, June	47	30:23
	51	Peterson, Connie	45	30:25
	53	Anderson, Jacque	48	31:33
	57	Perrin, Shela	48	33:42
	65	Harlow, Tish	47	43:51
50 - 54	29	Gettling, Janet	52	26:24
	34	Mathewson, Geri	52	27:39
	49	Sutherland, Jani (W)	51	30:21
55 - 59	39	Himstreet, Pam	56	29:18
	55	Whiter, Peggy	56	32:01
60 - 64	64	Hodge, Peggy	60	42:17
	65	Radcliff, Nancy	60	43:51
Women Overall	Place	Name	Age	Time
19 - 24	1	Lachman, Andy	19	21:20
30 - 34	37	Jaynes, Carl	32	28:13
	38	Ferreira, Kevin	30	28:56
35 - 39	10	Rodriguez, Rick	37	23:28
	13	Higley, Robert	36	23:39
	15	VanDerZwan, David	37	24:36
	44	Schipper, Billy	35	29:43
40 - 44	3	Steinhanff, Eric	40	22:19
	9	Ramsey, Ed	44	23:18
	17	Douglas, Michael	42	24:45
	25	Fairlee, Mark	42	25:45
	28	Dow, Keith	44	26:22
	33	Johnson, Michael	40	27:37
	43	Soares, Donald	40	29:41
	54	Ridenour, John	44	31:57
	63	Bragg, Robin	40	38:26
45 - 49	6	Tennant, Michael	47	23:10
	27	Greenblatt, Daniel	45	26:18
	61	Rostykus, Paul	46	37:58
50 - 54	4	Johnson, Steve	52	23:03
	14	Bruce, Robert	52	24:10
	18	Teisher, Jim	50	25:17
	23	Smith, Richard	51	25:38
	31	Krueger, Phil	53	26:30
M	32	Frownfelter, Greg	51	27:30
	48	Carriker, Buz	52	30:17
55 - 59	7	Landis, Tom	58	23:14
	41	Gray, Dan	55	29:26
60 - 64	52	Lake, Brent	62	31:04
	56	Thayer, George	64	33:11
65 - 69	21	Radcliff, David	66	25:32
	58	Van Dijk, Leo	67	34:12
70 - 74	62	Allen, Raymond	74	38:24



Ray Allen, the featured swimmer in the June Profile article, finishes the 1500 Meter Open Water Race at Applegate Lake. At 74 years he was the oldest in years but one of the youngest in spirit and enthusiasm at the swim.



There are no losers in Master Swimming - only winners. Nancy Radcliff of the Tualatin Hills Barracudas and Tish Harlow of Medford Old Folks in Action join hands as they cross the finish line in a tie for 65th place in the race and first place in effort, attitude and the whole Master's philosophy of swimming for fitness and life. Way to go!

State Games of Oregon

PL	Name	Age	Team	Time
Ages 19 Through 24 —				
Mixed 50 Free				
1	SARA PETERSON	23	OREG	38.37
2	KELLY MCNUTT	23	OREG	42.36
Mixed 100 Free				
1	JUSTINE HANSEN	24	OREG	1:11.38
2	SARA PETERSON	23	OREG	1:24.74
Mixed 200 Free				
1	JUSTINE HANSEN	24	OREG	2:39.22
Mixed 400 Free				
1	BECCA YATES	19	OREG	5:01.44
Mixed 50 Back				
1	KELLY MCNUTT	23	OREG	53.11
Mixed 50 Breast				
1	SARA PETERSON	23	OREG	50.52
Mixed 50 Fly				
1	SARA PETERSON	23	OREG	43.90 —
Ages 25 Through 29 —				
Mixed 50 Free				
1	JENNIFER BUTCHER	28	OREG	31.60
2	TUAN ANH NGUYEN	26	OREG	35.48
Mixed 100 Free				
1	CASTLE FUNATAKE	25	OREG	1:08.75
2	TUAN ANH NGUYEN	26	OREG	1:18.83
Mixed 200 Free				
1	CASTLE FUNATAKE	25	OREG	2:34.04
2	LISA GORSLINE	25	OREG	2:39.83
Mixed 400 Free				
1	LISA GORSLINE	25	OREG	5:33.08
Mixed 50 Back				
1	JENNIFER BUTCHER	28	OREG	34.99
2	THERESA HEIM	28	OREG	40.07
Mixed 100 Back				
1	JENNIFER BUTCHER	28	OREG	1:16.29
2	THERESA HEIM	28	OREG	1:28.10
Mixed 200 Back				
1	THERESA HEIM	28	OREG	3:12.42
Mixed 100 Breast				
1	JENNIFER BUTCHER	28	OREG	1:33.01
2	TUAN ANH NGUYEN	26	OREG	1:40.31
Mixed 200 Breast				
1	ANICIA CRISCIONE	27	OREG	3:30.21
2	LISA GORSLINE	25	OREG	3:38.82
Mixed 50 Fly				
1	JENNIFER BUTCHER	28	OREG	35.67
2	CASTLE FUNATAKE	25	OREG	35.70
Mixed 100 Fly				
1	CASTLE FUNATAKE	25	OREG	1:20.54
2	TUAN ANH NGUYEN	26	OREG	1:29.44
3	LISA GORSLINE	25	OREG	1:29.50
Mixed 200 Fly				
1	ANICIA CRISCIONE	27	OREG	3:32.15
Mixed 400 IM				
1	ANICIA CRISCIONE	27	OREG	6:40.06
—	LISA GORSLINE	25	OREG	DQ
— Ages 30 Through 34 —				
Mixed 50 Free				
1	CATHY LAW	33	OREG	32.44
Mixed 100 Free				
1	ANDREA MILANO	33	OREG	1:11.45
2	CATHY LAW	33	OREG	1:15.26
3	LELENG WOON	30	OREG	1:17.62
4	JILL TOBEY	32	OREG	1:58.76
Mixed 200 Free				
1	LELENG WOON	30	OREG	2:58.84
2	ERIN HOLLAND	33	OREG	3:02.79
Mixed 400 Free				
1	LISA FORD	34	OREG	5:39.82
2	ERIN HOLLAND	33	OREG	6:15.46
Mixed 1500 Free				
1	ANDREA MILANO	33	OREG	23:16.12
2	JULIE CRISP	34	OREG	28:14.52
Mixed 50 Back				
1	LELENG WOON	30	OREG	40.34
2	ANNE SCHMIDT	34	OREG	1:15.90
Mixed 100 Back				
1	ANNE SCHMIDT	34	OREG	2:45.76
Mixed 50 Breast				
1	ERIN HOLLAND	33	OREG	44.40
Mixed 100 Breast				

—	JILL TOBEY	32	OREG	DQ
Mixed 50 Fly				
1	ANNE SCHMIDT	34	OREG	1:26.87
Mixed 100 Fly				
1	ANNE SCHMIDT	34	OREG	3:07.29
— Ages 35 Through 39 —				
Mixed 50 Free				
1	DIANNE VIALES	38	OREG	30.66
2	JEANNE THIMM	37	OREG	33.66
3	DONNA RYAN	37	OREG	33.69
4	ELLEN BROIDO	35	OREG	37.09
5	TINA JOHNSON	35	OREG	37.95
Mixed 100 Free				
1	DIANNE VIALES	38	OREG	1:09.72
2	ELLEN BROIDO	35	OREG	1:20.95
3	JEANNE THIMM	37	OREG	1:20.99
Mixed 200 Free				
1	DIANNE VIALES	38	OREG	2:31.66
2	RENEE RHOADS	35	OREG	2:44.79
3	BEKY RASMUSSEN	38	OREG	2:57.58
Mixed 400 Free				
1	RENEE RHOADS	35	OREG	5:54.47
2	BEKY RASMUSSEN	38	OREG	6:16.19

Mixed 100 Free				
1	BARBARA HARRIS	40	OREG	1:08.51
2	GRETCHEN LUNDUN-RAMES	43	OREG	1:39.32
3	LYNDA WOJT	40	OREG	1:44.28
Mixed 200 Free				
1	ROSE GERSTMAR	41	OREG	2:46.04
2	COLLEEN HOLMSTROM	41	OREG	3:02.31
3	GRETCHEN LUNDUN-RAMES	43	OREG	3:39.57
Mixed 400 Free				
1	BARBARA HARRIS	40	OREG	5:27.18
2	KAREN ANDRUS-HUGHES	43	OREG	5:30.60
Mixed 1500 Free				
1	LYNDA WOJT	40	OREG	33:21.68
Mixed 50 Back				
1	KAREN ANDRUS-HUGHES	43	OREG	36.86
2	GRETCHEN LUNDUN-RAMES	43	OREG	58.78
Mixed 100 Back				
1	KAREN ANDRUS-HUGHES	43	OREG	1:20.48
Mixed 200 Back				
1	KAREN ANDRUS-HUGHES	43	OREG	2:55.54
Mixed 50 Breast				
1	ROSE GERSTMAR	41	OREG	43.04

The Guest Clan



Eric, Mo, Daughters - Rocky and Darcy and the "whole Guest Clan" are the volunteer force behind the successful State Games. Thank you all so much!

3	TINA JOHNSON	35	OREG	7:44.99
Mixed 1500 Free				
1	BETH BEADLING	39	OREG	25:43.27
2	LAURA DANNA	37	OREG	30:30.24
Mixed 100 Back				
1	BETH BEADLING	39	OREG	1:33.93
Mixed 50 Breast				
1	TINA JOHNSON	35	OREG	47.18
2	JEANNE THIMM	37	OREG	47.59
3	LAURA DANNA	37	OREG	48.76
Mixed 100 Breast				
1	JEANNE THIMM	37	OREG	1:45.64
2	ELLEN BROIDO	35	OREG	1:46.31
3	LAURA DANNA	37	OREG	1:48.95
Mixed 200 Breast				
1	ELLEN BROIDO	35	OREG	3:50.74
Mixed 50 Fly				
1	DONNA RYAN	37	OREG	37.12
2	JEANNE THIMM	37	OREG	37.29
3	ELLEN BROIDO	35	OREG	39.48
Mixed 100 Fly				
1	ELLEN BROIDO	35	OREG	1:32.88
2	JEANNE THIMM	37	OREG	1:45.69
Mixed 200 Fly				
1	TONI DREW	37	OREG	3:44.84
Mixed 200 IM				
1	DIANNE VIALES	38	OREG	2:55.06
— Ages 40 Through 44 —				
Mixed 50 Free				
1	BARBARA HARRIS	40	OREG	30.70

2	COLLEEN HOLMSTROM	41	OREG	46.50
3	TONI INSLEY	43	OREG	49.14
Mixed 100 Breast				
1	ROSE GERSTMAR	41	OREG	1:35.16
2	COLLEEN HOLMSTROM	41	OREG	1:42.95
3	TONI INSLEY	43	OREG	1:46.45
Mixed 200 Breast				
Mixed 50 Fly				
1	BARBARA HARRIS	40	OREG	32.61
2	TONI INSLEY	43	OREG	42.05
3	LYNDA WOJT	40	OREG	58.72
Mixed 100 Fly				
1	LYNDA WOJT	40	OREG	2:08.47
Mixed 200 IM				
1	BARBARA HARRIS	40	OREG	2:59.78
— Ages 45 Through 49 —				
1	KAYE CUSHING	49	OREG	48.45
2	MALIA WARNER	45	OREG	1:17.54
Mixed 100 Free				
1	CAROLE MILES	45	OREG	1:44.67
Mixed 200 Free				
1	LORI HOLLINGSWORTH	45	OREG	2:52.76
2	LISSA PARKER	49	OREG	3:20.84
Mixed 400 Free				
1	LORI HOLLINGSWORTH	45	OREG	6:06.74
2	LISSA PARKER	49	OREG	7:09.12
Mixed 50 Back				
1	CAROLE MILES	45	OREG	57.18
2	KAYE CUSHING	49	OREG	1:02.06

continued on page 12

Results continued from page 11

3 MALIA WARNER	45 OREG	1:47.23	1 JOY WARD	58 OREG	3:22.31	— Ages 30 Through 34 —	
Mixed 100 Back			2 ALICE ZABUDSKY	55 OREG	3:30.82	Mixed 50 Free	
1 KAYE CUSHING	49 OREG	2:32.06	— Ages 60 Through 64 —			1 BRYAN BUTCHER	30 OREG 28.46
Mixed 200 Back Mixed 50 Breast			Mixed 50 Free			2 MATTHEW CRAIG	32 OREG 28.57
1 LORI HOLLINGSWORTH	45 OREG	51.76	1 KALEO SCHRODER	64 OREG	49.34	Mixed 100 Free	
2 MALIA WARNER	45 OREG	1:44.19	2 JOANNE TATUM	61 OREG	50.39	1 MATTHEW CRAIG	32 OREG 1:02.89
Mixed 100 Breast			Mixed 100 Free			2 BRYAN BUTCHER	30 OREG 1:04.46
1 CAROLE MILES	45 OREG	2:04.84	1 KALEO SCHRODER	64 OREG	1:54.31	Mixed 400 Free	
2 MALIA WARNER	45 OREG	3:27.94	2 JOANNE TATUM	61 OREG	1:55.55	1 JEFF KAELO	34 OREG 5:19.59
— Ages 50 Through 54 —			Mixed 200 Free			Mixed 50 Breast	
Mixed 50 Free			1 JOANNE TATUM	61 OREG	4:24.87	1 RADEK POSPISIL	31 OREG 37.98
1 MARY BLAKE	50 OREG	39.04	Mixed 400 Free			Mixed 100 Breast	
2 CAROLYN GRAF	53 OREG	54.88	1 JOANNE TATUM	61 OREG	8:47.74	1 RADEK POSPISIL	31 OREG 1:24.93
Mixed 100 Free			Mixed 50 Back			— Ages 35 Through 39 —	
1 SANDI ROUSSEAU	53 OREG	1:25.07	1 KALEO SCHRODER	64 OREG	59.61	Mixed 50 Free	
2 MARY BLAKE	50 OREG	1:25.92	2 SHERIN LANCE	64 OREG	1:18.05	1 TIGER WINKLE	39 OREG 30.66
3 CAROLYN GRAF	53 OREG	2:07.83	Mixed 100 Back			Mixed 100 Free	
Mixed 200 Free			1 KALEO SCHRODER	64 OREG	2:11.14	1 TIGER WINKLE	39 OREG 1:09.35
1 MARY BLAKE	50 OREG	3:13.82	Mixed 50 Breast			2 MIKE CONRATH	36 OREG 1:10.85
Mixed 400 Free			1 KALEO SCHRODER	64 OREG	1:06.38	3 BRIAN COX	36 OREG 1:23.92
1 JANET GETTLING	52 OREG	6:21.75	Mixed 100 Breast			4 DAN COX	37 OREG 1:30.44
2 PEGGY LEE	50 OREG	7:46.37	1 KALEO SCHRODER	64 OREG	2:28.56	Mixed 200 Free	
Mixed 1500 Free			Mixed 50 Fly			1 MIKE DREW	39 OREG 2:19.03
1 JANET GETTLING	52 OREG	25:10.21	1 PEGGY HODGE	60 OREG	51.61	2 MIKE CONRATH	36 OREG 2:34.67
2 MARY BLAKE	50 OREG	26:57.45	Mixed 200 IM			Mixed 400 Free	
Mixed 50 Back			1 PEGGY HODGE	60 OREG	4:13.78	1 DOUG STEWART	36 OREG 4:32.91
1 JANET GETTLING	52 OREG	43.40	— Ages 65 Through 69 —			2 MIKE CONRATH	36 OREG 5:34.70
Mixed 100 Back			Mixed 50 Free			Mixed 1500 Free	
1 JANET GETTLING	52 OREG	1:38.14	1 BEVERLY L'ESPERANCE	68 OREG	53.71	1 DOUG STEWART	36 OREG 18:05.69
Mixed 50 Breast			Mixed 400 Free			2 MIKE CONRATH	36 OREG 22:52.87
1 JANET GETTLING	52 OREG	45.25	1 BEVERLY L'ESPERANCE	68 OREG	9:19.88	Mixed 50 Back	
2 MARY BLAKE	50 OREG	46.13	Mixed 50 Back			1 STEVE PARMENTIER	35 OREG 31.60
3 CHRIS CLUM	54 OREG	46.27	1 BEVERLY L'ESPERANCE	68 OREG	1:04.48	Mixed 100 Back	
4 CAROLYN GRAF	53 OREG	1:02.73	Mixed 100 Back			1 STEVE PARMENTIER	35 OREG 1:11.01
Mixed 100 Breast			1 BEVERLY L'ESPERANCE	68 OREG	2:21.00	Mixed 200 Back	
1 CHRIS CLUM	54 OREG	1:42.64	Mixed 200 Back			1 DOUG STEWART	36 OREG 2:37.28
2 MARY BLAKE	50 OREG	1:46.67	1 BEVERLY L'ESPERANCE	68 OREG	5:17.05	Mixed 50 Fly	
Mixed 200 Breast			— Ages 70 Through 74 —			1 STEVE PARMENTIER	35 OREG 28.96
1 CHRIS CLUM	54 OREG	3:42.99	Mixed 50 Free			2 TRENT HORTTOR	37 OREG 34.30
2 CAROLYN GRAF	53 OREG	5:07.67	1 MARGARET WELLS	74 OREG	59.72	Mixed 100 Fly	
Mixed 50 Fly			Mixed 1500 Free			- STEVE PARMENTIER	35 OREG DQ
1 SANDI ROUSSEAU	53 OREG	38.41	1 MARGARET WELLS	74 OREG	40:00.27	Mixed 200 Fly	
2 CAROLYN GRAF	53 OREG	1:05.10	Mixed 100 Back			1 DOUG STEWART	36 OREG 2:25.18
Mixed 100 Fly			1 MARGARET WELLS	74 OREG	2:33.56	Mixed 200 IM	
1 ANDI ROUSSEAU	53 OREG	1:36.60	Mixed 400 IM			1 DOUG STEWART	36 OREG 2:28.64
Mixed 200 IM			1 MARGARET WELLS	74 OREG	7:40.43	2 MIKE DREW	39 OREG 2:44.72
1 CAROLYN GRAF	53 OREG	4:45.26	— Ages 75 Through 79 —			Mixed 400 IM	
— Ages 55 Through 59 —			Mixed 50 Free			1 DOUG STEWART	36 OREG 5:09.93
Mixed 50 Free			1 PAULINE STANGEL	79 OREG	55.81	2 TIGER WINKLE	39 OREG 6:23.54
1 JOY WARD	58 OREG	35.01	Mixed 100 Free			— Ages 40 Through 44 —	
2 SUE CALNEK-MORRIS	57 OREG	36.58	1 PAULINE STANGEL	79 OREG	2:12.07	Mixed 50 Free	
Mixed 100 Free			Mixed 200 Fly			1 STEVE GEORGE	41 OREG 28.35
1 SUE CALNEK-MORRIS	57 OREG	1:20.76	1 ELFIE STEVENIN	79 OREG	11:02.93	2 BOB MCMILLAN	42 OREG 29.05
Mixed 200 Free			Mixed 400 IM			3 MARK WREN	42 OREG 29.54
1 SUE CALNEK-MORRIS	57 OREG	3:01.41	1 ELFIE STEVENIN	79 OREG	18:03.91	4 KURT STONEY	43 OREG 30.14
2 ALICE ZABUDSKY	55 OREG	3:04.64	— Ages 80 Through 84 —			5 MIKE ZAK	44 OREG 30.89
Mixed 400 Free			Mixed 50 Free			6 CHARLES HELM	44 OREG 35.84
1 SUE CALNEK-MORRIS	57 OREG	6:23.26	1 NORMA BERNARDI	81 OREG	1:05.67	7 JOHN SCHMIDT	42 OREG 42.64
Mixed 1500 Free			Mixed 100 Free			Mixed 100 Free	
1 SUE CALNEK-MORRIS	57 OREG	25:23.48	1 NORMA BERNARDI	81 OREG	2:28.25	1 DAVID BURLESON	43 OREG 1:00.02
2 PAMELA HIMSTREET	57 OREG	26:08.78	Mixed 200 Free			2 STEVE GEORGE	41 OREG 1:03.24
3 PEGGY WHITER	57 OREG	27:29.37	1 NORMA BERNARDI	81 OREG	5:19.70	3 BOB MCMILLAN	42 OREG 1:04.70
Mixed 50 Back			Mixed 50 Back			4 MIKE ZAK	44 OREG 1:09.29
1 JOY WARD	58 OREG	42.95	1 NORMA BERNARDI	81 OREG	1:09.20	5 BRIAN SUNDERLAND	40 OREG 1:10.82
2 JUDY COCHRAN	57 OREG	49.12	Mixed 100 Back			6 KURT STONEY	43 OREG 1:11.85
3 PEGGY WHITER	57 OREG	53.61	1 NORMA BERNARDI	81 OREG	2:23.86	7 CHARLES HELM	44 OREG 1:25.52
Mixed 100 Back			— Ages 85 Through 89 —			Mixed 200 Free	
1 JUDY COCHRAN	57 OREG	1:51.42	1 EVA MULLER	88 OREG	5:33.94	1 PAT ALLENDER	42 OREG 2:11.24
2 PAMELA HIMSTREET	57 OREG	2:00.07	Mixed 200 Back			2 BOB MCMILLAN	42 OREG 2:29.21
- JOY WARD	58 OREG	DQ	1 EVA MULLER	88 OREG	5:45.73	3 MARK WREN	42 OREG 2:32.39
Mixed 200 Back			Mixed 100 Breast			4 MIKE ZAK	44 OREG 2:34.88
1 JOY WARD	58 OREG	3:16.67	1 EVA MULLER	88 OREG	3:40.84	5 CHARLES HELM	44 OREG 3:26.01
Mixed 50 Breast			Mixed 200 IM			6 JOHN SCHMIDT	42 OREG 4:06.08
1 PAMELA HIMSTREET	57 OREG	51.36	1 EVA MULLER	88 OREG	6:39.80	Mixed 400 Free	
Mixed 50 Fly			— Ages 19 Through 24 —			1 BOB MCMILLAN	42 OREG 5:18.03
1 JOY WARD	58 OREG	36.12	Mixed 50 Free			2 MIKE ZAK	44 OREG 5:43.66
2 ALICE ZABUDSKY	55 OREG	43.44	1 LEVENTE FULOP	22 OREG	27.57	3 MARK NEUBERT	43 OREG 6:33.94
3 PAMELA HIMSTREET	57 OREG	52.16	Mixed 100 Free			4 CHARLES HELM	44 OREG 7:08.89
Mixed 100 Fly			1 LEVENTE FULOP	22 OREG	1:03.96	Mixed 50 Back	
1 ALICE ZABUDSKY	55 OREG	1:43.94	Mixed 50 Fly			1 STEVE GEORGE	41 OREG 32.86
2 PAMELA HIMSTREET	57 OREG	1:54.49	1 LEVENTE FULOP	22 OREG	31.79	2 ROBERT HILDUM	41 OREG 35.85
Mixed 200 IM			Mixed 100 Fly			Mixed 100 Back	
			1 LEVENTE FULOP	22 OREG	1:16.85	continued on page 13	

Results continued from page 12

Results continued from page 12				Mixed 200 Breast			2 ARTHUR WELCH 68 OREG 26:02.12		
1 STEVE GEORGE 41 OREG 1:09.91	1 ALLEN STARK 51 OREG 3:03.22	Mixed 50 Back	1 ARTHUR WELCH 68 OREG 49.30						
2 ROBERT HILDUM 41 OREG 1:18.55	2 ROBERT BRUCE 52 OREG 3:28.95	Mixed 100 Back	1 ARTHUR WELCH 68 OREG 1:47.13						
3 MARK NEUBERT 43 OREG 1:48.19	Mixed 200 IM	Mixed 200 Back	1 ARTHUR WELCH 68 OREG 3:46.33						
Mixed 200 Back	1 ROBERT MAESTRE 50 OREG 2:56.36	1 ARTHUR WELCH 68 OREG 4:47.53	2 JOHN JOENS 69 OREG 1:46.30						
1 MIKE DOWD 42 OREG 4:05.41	— Ages 55 Through 59 —	2 JOHN JOENS 69 OREG 2:32.35	Mixed 50 Fly						
Mixed 50 Breast	Mixed 50 Free	1 ARTHUR WELCH 68 OREG 46.27	— Ages 70 Through 74 —						
1 DAVID WINTERS 40 OREG 38.19	1 RICHARD JUHALA 57 OREG 38.10	Mixed 50 Free	1 ERIC GUEST 71 OREG 36.03						
2 STEVE GEORGE 41 OREG 38.29	2 DON MCCREA 59 OREG 41.97	2 MICHAEL POPOVICH 73 OREG 41.62	3 CAL HERSEY 73 OREG 59.94						
3 MIKE DOWD 42 OREG 40.46	Mixed 100 Free	Mixed 100 Free	1 ERIC GUEST 71 OREG 1:27.35						
4 JOHN SCHMIDT 42 OREG 59.43	1 STEPHEN LAWRENCE 55 OREG 1:37.96	2 MICHAEL POPOVICH 73 OREG 1:39.76	Mixed 200 Free						
Mixed 100 Breast	Mixed 200 Free	1 MICHAEL POPOVICH 73 OREG 3:47.64	Mixed 50 Back						
1 PAT ALLENDER 42 OREG 1:14.94	1 RICHARD JUHALA 57 OREG 3:12.52	1 MILTON MARKS 70 OREG 44.45	2 CAL HERSEY 73 OREG 1:20.49						
2 DAVID WINTERS 40 OREG 1:29.22	Mixed 400 Free	Mixed 50 Breast	1 MILTON MARKS 70 OREG 44.34						
3 MIKE DOWD 42 OREG 1:32.28	1 RICK MAIER 55 OREG 7:50.32	1 MILTON MARKS 70 OREG 49.41	2 ERIC GUEST 71 OREG 1:25.54						
4 JOHN SCHMIDT 42 OREG 2:19.85	Mixed 50 Back	Mixed 100 Breast	1 MILTON MARKS 70 OREG 1:46.56						
Mixed 200 Breast	1 STEPHEN LAWRENCE 55 OREG 49.01	Mixed 200 Breast	1 MILTON MARKS 70 OREG 4:02.01						
1 PAT ALLENDER 42 OREG 2:43.91	Mixed 100 Back	Mixed 200 IM	1 ERIC GUEST 71 OREG 3:52.10						
2 BOB MCMILLAN 42 OREG 3:26.92	1 RICHARD JUHALA 57 OREG 1:47.92	Mixed 400 IM	1 MILTON MARKS 70 OREG 8:19.58						
3 MARK NEUBERT 43 OREG 3:27.04	Mixed 50 Breast	— Ages 75 Through 79 —	Mixed 50 Free						
4 MIKE DOWD 42 OREG 3:28.90	1 STEPHEN LAWRENCE 55 OREG 48.57	Mixed 50 Free	1 RUPERT FIXOTT 79 OREG 55.56						
Mixed 50 Fly	Mixed 100 Breast	2 KHOSROW SHADBEH 79 OREG 59.17	Mixed 100 Free						
1 PAT ALLENDER 42 OREG 29.25	1 RICHARD JUHALA 57 OREG 1:48.29	1 GILBERT YOUNG 78 OREG 1:32.45	2 RUPERT FIXOTT 79 OREG 2:03.04						
2 MARK WREN 42 OREG 32.58	2 STEPHEN LAWRENCE 55 OREG 1:53.47	3 KHOSROW SHADBEH 79 OREG 2:06.09	Mixed 200 Free						
3 BRIAN SUNDERLAND 40 OREG 32.70	3 RICK MAIER 55 OREG 1:59.82	1 KHOSROW SHADBEH 79 OREG 4:42.93	2 JOSEPH MALLON 79 OREG 4:53.94						
4 ROBERT HILDUM 41 OREG 33.92	Mixed 100 Fly	Mixed 400 Free	1 GILBERT YOUNG 78 OREG 7:28.63						
Mixed 100 Fly	1 RICHARD JUHALA 57 OREG 1:53.46	1 EARL WALTER 79 OREG 50.75	2 JOSEPH MALLON 79 OREG 9:59.47						
1 PAT ALLENDER 42 OREG 1:05.57	Mixed 400 IM	2 KHOSROW SHADBEH 79 OREG 1:42.64	Mixed 100 Back						
Mixed 200 Fly	1 RICHARD JUHALA 57 OREG 8:04.62	Mixed 100 Back	1 EARL WALTER 79 OREG 1:57.44						
1 MIKE DOWD 42 OREG 4:02.12	— Ages 60 Through 64 —	Mixed 200 Back	1 EARL WALTER 79 OREG 4:25.06						
Mixed 200 IM	Mixed 50 Free	Mixed 50 Breast	1 RUPERT FIXOTT 79 OREG 1:01.13						
1 BOB MCMILLAN 42 OREG 2:59.12	1 BERT PETERSEN 62 OREG 31.37	1 BERT PETERSEN 62 OREG 43.16	2 KHOSROW SHADBEH 79 OREG 1:06.13						
2 MIKE DOWD 42 OREG 3:23.78	2 TOM LEVAK 62 OREG 33.12	2 WAI-BONG NGAN 63 OREG 44.70	Mixed 100 Breast						
3 MARK NEUBERT 43 OREG 3:26.00	3 JOHN RIGDON 64 OREG 35.79	3 OSCAR FLORES-FIOL 62 OREG 45.40	Mixed 200 Breast						
Mixed 400 IM	4 OSCAR FLORES-FIOL 62 OREG 35.97	Mixed 100 Breast	1 WAI-BONG NGAN 63 OREG 1:43.86						
1 PAT ALLENDER 42 OREG 5:19.43	Mixed 100 Free	Mixed 200 Breast	1 WAI-BONG NGAN 63 OREG 4:00.09						
— Ages 45 Through 49 —	1 TOM LEVAK 62 OREG 1:15.68	Mixed 50 Fly	1 BERT PETERSEN 62 OREG 31.14						
Mixed 50 Free	2 JOHN RIGDON 64 OREG 1:21.07	Mixed 200 Fly	1 BERT PETERSEN 62 OREG 3:25.46						
1 ADRIAN KALIL 47 OREG 29.40	3 OSCAR FLORES-FIOL 62 OREG 1:27.75	— Ages 65 Through 69 —	Mixed 50 Free						
2 PETER METZGER 45 OREG 29.49	4 WAI-BONG NGAN 63 OREG 1:32.25	Mixed 50 Free	1 WILLIAM HOLMAN 69 OREG 40.05						
3 MICHAEL GILLIAND 46 OREG 30.37	Mixed 200 Free	Mixed 100 Free	Mixed 100 Free						
4 KEVIN ENBYSK 48 OREG 34.26	1 TOM LEVAK 62 OREG 2:54.60	1 JIM BIGLER 65 OREG 1:18.99	2 WILLIAM HOLMAN 69 OREG 1:32.90						
Mixed 100 Free	Mixed 1500 Free	Mixed 200 Free	1 DAVID RADCLIFF 66 OREG 2:42.07						
1 ADRIAN KALIL 47 OREG 1:05.86	1 BRENT LAKE 62 OREG 26:19.73	2 JIM BIGLER 65 OREG 2:55.16	3 WILLIAM HOLMAN 69 OREG 3:30.21						
2 MICHAEL GILLIAND 46 OREG 1:10.52	2 GEORGE THAYER 64 OREG 27:58.08	Mixed 400 Free	Mixed 400 Free						
3 KEVIN ENBYSK 48 OREG 1:23.19	Mixed 50 Back	1 DAVID RADCLIFF 66 OREG 5:49.22	1 DAVID RADCLIFF 66 OREG 5:49.22						
Mixed 200 Free	1 BRENT LAKE 62 OREG 41.28	2 JIM BIGLER 65 OREG 6:19.72	3 ARTHUR WELCH 68 OREG 6:42.17						
1 ADRIAN KALIL 47 OREG 2:27.99	2 GEORGE THAYER 64 OREG 41.86	4 WILLIAM HOLMAN 69 OREG 7:24.10	5 JOHN JOENS 69 OREG 9:26.03						
Mixed 50 Back	3 WAI-BONG NGAN 63 OREG 54.51	Mixed 1500 Free	1 JIM BIGLER 65 OREG 25:24.74						
1 PETER METZGER 45 OREG 33.11	Mixed 100 Back	Mixed 50 Fly	continued on page 14						
2 ADRIAN KALIL 47 OREG 38.22	1 GEORGE THAYER 64 OREG 1:34.47	Mixed 200 Fly							
Mixed 100 Back	Mixed 200 Back	1 BERT PETERSEN 62 OREG 3:25.46							
1 PETER METZGER 45 OREG 1:11.33	1 GEORGE THAYER 64 OREG 3:27.15	— Ages 65 Through 69 —							
Mixed 50 Breast	Mixed 50 Breast	Mixed 50 Free							
1 PETER METZGER 45 OREG 37.67	1 BERT PETERSEN 62 OREG 43.16	1 WILLIAM HOLMAN 69 OREG 40.05							
EMAD PIROOZ 46 OREG DQ	2 WAI-BONG NGAN 63 OREG 44.70	Mixed 100 Free							
Mixed 100 Breast	3 OSCAR FLORES-FIOL 62 OREG 45.40	1 JIM BIGLER 65 OREG 1:18.99							
1 KEVIN ENBYSK 48 OREG 1:40.91	Mixed 100 Breast	2 WILLIAM HOLMAN 69 OREG 1:32.90							
2 EMAD PIROOZ 46 OREG 1:41.20	1 WAI-BONG NGAN 63 OREG 1:43.86	1 DAVID RADCLIFF 66 OREG 2:42.07							
Mixed 200 Breast	Mixed 200 Breast	2 JIM BIGLER 65 OREG 2:55.16							
1 EMAD PIROOZ 46 OREG 3:37.83	1 WAI-BONG NGAN 63 OREG 4:00.09	3 WILLIAM HOLMAN 69 OREG 3:30.21							
2 KEVIN ENBYSK 48 OREG 3:46.25	Mixed 50 Fly	Mixed 400 Free							
Mixed 50 Fly	1 BERT PETERSEN 62 OREG 31.14	1 DAVID RADCLIFF 66 OREG 5:49.22							
1 PETER METZGER 45 OREG 30.14	Mixed 200 Fly	2 JIM BIGLER 65 OREG 6:19.72							
2 MICHAEL PAHOLSKY 45 OREG 33.47	1 BERT PETERSEN 62 OREG 3:25.46	3 ARTHUR WELCH 68 OREG 6:42.17							
Mixed 200 IM	— Ages 65 Through 69 —	4 WILLIAM HOLMAN 69 OREG 7:24.10							
1 MICHAEL PAHOLSKY 45 OREG 3:11.43	Mixed 50 Free	5 JOHN JOENS 69 OREG 9:26.03							
— Ages 50 Through 54 —	1 WILLIAM HOLMAN 69 OREG 40.05	Mixed 1500 Free							
Mixed 50 Free	Mixed 100 Free	1 JIM BIGLER 65 OREG 25:24.74							
1 ROBERT MAESTRE 50 OREG 28.21	1 JIM BIGLER 65 OREG 1:18.99	Mixed 50 Fly							
Mixed 400 Free	2 WILLIAM HOLMAN 69 OREG 1:32.90	Mixed 200 Fly							
1 ROBERT MAESTRE 50 OREG 5:21.59	Mixed 200 Free	— Ages 65 Through 69 —							
2 ROBERT BRUCE 52 OREG 5:29.05	1 DAVID RADCLIFF 66 OREG 2:42.07	Mixed 50 Free							
Mixed 1500 Free	2 JIM BIGLER 65 OREG 2:55.16	1 WILLIAM HOLMAN 69 OREG 40.05							
1 ROBERT MAESTRE 50 OREG 21:52.03	3 WILLIAM HOLMAN 69 OREG 3:30.21	Mixed 100 Free							
Mixed 100 Back	Mixed 400 Free	1 ALLAN DE LAY 85 OREG 45.05							
1 ROBERT BRUCE 52 OREG 1:26.53	1 DAVID RADCLIFF 66 OREG 5:49.22	1 ALLAN DE LAY 85 OREG 1:53.42							
Mixed 200 Back	2 JIM BIGLER 65 OREG 6:19.72	— Ages 100 Through 119 —							
1 ROBERT MAESTRE 50 OREG 2:56.43	3 ARTHUR WELCH 68 OREG 6:42.17	Female 200 R-Free							
Mixed 50 Breast	4 WILLIAM HOLMAN 69 OREG 7:24.10	1 OREG 2:17.51 DIANNE VIALES-38 KELLY							
1 ALLEN STARK 51 OREG 35.75	5 JOHN JOENS 69 OREG 9:26.03	MCNUTT-23 DONNA RYAN-37 BECCA YATES-19							
Mixed 100 Breast	Mixed 1500 Free	Female 200 R-Medley							
1 ALLEN STARK 51 OREG 1:21.06	1 JIM BIGLER 65 OREG 25:24.74	1 OREG 2:42.90 DONNA RYAN-37 KELLY							
		MCNUTT-23 BECCA YATES-19 DIANNE VIALES 38							
		— Ages 120 Through 159 —							
		Female 200 R-Medley							
		1 OREG 2:38.93 LELENG WOON-30 ERIN							

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HOLLAND-33 JOY WARD-58 JEANNE THIMM-37

Female 400 R-Medley

1 OREG 6:08.38 BEKY RASMUSSEN-38 ERIN

HOLLAND-33 JEANNE THIMM-37 RENEE RHOADS-35

— Ages 160 Through 199 —

Female 200 R-Free

1 OREG 2:19.65 TINA JOHNSON-35 JEANNE

THIMM-37 LELENG WOON-30 JOY WARD-58

2 OREG 3:25.47 JILL TOBEY-32 LYNDY

WOJT-40 JOANNE TATUM-61 CAROLYN GRAF-53

Female 200 R-Medley

1 OREG 3:52.90 CAROLYN GRAF-53 JILL

TOBEY-32 LYNDY WOJT-40 JOANNE TATUM-61

Female 400 R-Free

1 OREG 5:31.65 JEANNE THIMM-37 TINA

JOHNSON-35 LELENG WOON-30 JOY WARD-58

— Ages 200 Through 239 —

Female 200 R-Medley

1 OREG 3:28.34 NORMA BERNARDI-81 CHRIS

CLUM-54 ALICE ZABUDSKY-55 G. LUNDUN-

RAMES-43

— Ages 120 Through 159 —

Male 200 R-Free

1 OREG 2:09.68 ROBERT HILDUM-41 DAN

COX-37 BRIAN COX-36 B. SUNDERLAND-40

Male 400 R-Free

1 OREG 5:15.40 B. SUNDERLAND-40 BRIAN

COX-36 DAN COX-37 ROBERT HILDUM-41

— Ages 160 Through 199 —

Male 200 R-Free

1 OREG 1:57.58 DAVID BURLESON-43 PETER

METZGER-45 MARK WREN-42 ADRIAN KALIL-47

Male 200 R-Medley

1 OREG 2:16.42 ROBERT MAESTRE-50 RADEK

POSPISIL-31 PETER METZGER-45 MARK WREN-42

Male 400 R-Medley

1 OREG 7:02.43 CHARLES HELM-44 MARK

NEUBERT-43 JEFF KAEALON-34 RICHARD JUHALA-57

— Ages 200 Through 239 —

Male 200 R-Free

1 OREG 2:23.79 RUPERT FIXOTT-79 MIKE

ZAK-44 KEVIN ENBYSK-48 BOB MCMILLAN-42

Male 200 R-Medley

1 OREG 3:10.21 CHARLES HELM-44 RICHARD

JUHALA-57 MARK NEUBERT-43 WILLIAM HOLMAN-69

Male 400 R-Free

1 OREG 5:45.06 CHARLES HELM-44 WILLIAM HOL-

MAN-69 RICHARD JUHALA-57 MARK NEUBERT-43

— Ages 240 Through 279 —

Male 200 R-Medley

1 OREG 3:20.19 - JOHN JOENS-69 KEVIN

ENBYSK-48 MIKE ZAK-44 RUPERT FIXOTT-79

— Ages 120 Through 159 —

Mixed 200 R-Free

1 OREG 2:03.70 STEVE GEORGE-41M CATHY LAW-

33F A. CRISCIONE-27F PAT ALLENDER-42M

2 OREG 2:23.97 JEANNE THIMM-37F JEFF KAEALON-

34M TINA JOHNSON-35F MARK NEUBERT-43M

Mixed 200 R-Medley

1 OREG 2:45.28 JEFF KAEALON-34M MARK NEU-

BERT-43M JEANNE THIMM-37F ERIN HOLLAND-33F

Mixed 400 R-Free

1 OREG 6:10.78 CHARLES HELM-44M TINA JOHN-

SON-35F LELENG WOON-30F MARK NEUBERT-43M

Mixed 400 R-Medley

1 OREG 6:18.12 RENEE RHOADS-35F MARK NEU-

BERT-43M JEFF KAEALON-34M ERIN HOLLAND-33F

— Ages 160 Through 199 —

Mixed 200 R-Free

1 OREG 2:08.26 DAVID BURLESON-43M ROBERT

MAESTRE-50M BETH BEADLING-39F ELLEN BROIDO-35F

2 OREG 2:26.24 JOY WARD-58F RICHARD

JUHALA-57M LELENG WOON-30F CHARLES

HELM-44M

Mixed 200 R-Medley

1 OREG 2:51.54 JOY WARD-58F BEKY RASMUSSEN-

38F RICHARD JUHALA-57M CHARLES HELM-44M

— Ages 200 Through 239 —

Mixed 200 R-Medley

1 OREG 2:54.38 ANDRUS-HUGHES -43F KEVIN

ENBYSK-48M ROSE GERSTMAR-41F JOHN JOENS-69M

2 OREG 3:18.45 C. HOLMSTROM-41F G. LUNDUN-

RAMES-43F BOB MCMILLAN-42M RUPERT FIXOTT-79M

Mixed 400 R-Medley

1 OREG 6:40.79 JOY WARD-58F RICHARD JUHALA-

57M JEANNE THIMM-37F WILLIAM HOLMAN-69M



The Iron Women and Men of Open Water Swimming in Oregon - They all did the 10K, 3000 and 1500 at Applegate Lake on July 15 and 16.

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officials plus the umpteenth performance of the Eric Guest Clan, handling all kinds of jobs and in general keeping things going. Thanks to one and all.

Women (19-24) Becca Yates(19), not a registered Masters Swimmer but a very very fine one, handled the 400 Free in 5:01.44 (TT3) a new SGO Rec, was 5:13.86. Sara Peterson swam off with 3 Golds and a Silver, while Justine Hansen was picking up two Golds, and Kelly McNutt grabbed top honors in the 50 Back.

Women (25-29) JENNIFER BUTCHER set a New OMS/SGO Best in the 50 Back at 34.99(TT9), was Michelle Brown 35.49 fr '95, SGO Rec for the 100 Back 1:16.29(TT6) added the 100 Breast 1:33.01(TT8) and 50 Free 31.60 and 50Fly, which saw a "shootout" with Funatake, Butcher prevailed 35.67 vs 35.70. Castle Funatake, 100/200 Free, 100 Fly, Lisa Gorsline took home the 400 Free, Theresa Heim the 200 Back, Anicia Criscione won the 200 Fly and Breast, plus the 400 IM, the latter in TT10 time of 6:40.06.

Women (30-34) Andre Milano swam to a new SGO best in the 1500 at 23:16.12, was 25.40.36, Milano also won the 100 Free, Cathy Law picked off the 50 Free, Lisa Ford grabbed the 400 Free, Leland Woon the 50 Back, and Erin Holland the 50Breast.

Women (35-39) Dianne Viales garnered Gold for the 50, 100, 200 Free and the 200 IM all in excellent time, Renee Rhoads took honors for the 400 Free, Beth Beadling the 1500 & 100 Back, Tina Johnson won the 50 Breast 47.18 vs Jeanne Thimm 47.59, Jeanne Thimm snagged the 100 Breast over Ellen Broido (1:45.64-1:46.31) then lost a close 50 Fly to Donna Ryan in the 50 Fly (37.12-37.29), while Ellen Broido spun the 100 Fly in 1:32.88 and Toni Drew took the honors for the 200 Fly at 3:44.84.

Women (40-44) BARBARA HARRIS set two OMS Bests- 100 Free 1:08.51 was Goddard at 1:08.68, and the 50 Fly 32.61(TT6), was Frid from '83 in 34.01, then added Golds in the 50 Free 30.70(TT8), the 400 Free, and 200 IM. KAREN ANDRUS-HUGHES a new ORE for the 50 Back 36.86 was Frid 37.76 from '83, new ORE 100 Back 1:20.48(TT8) was Frid 1:23.97, 200 BACK ORE 2:55.54 was Bullock 2:57.13. Rose Gerstmar grabbed honors in the 50/100 Breast.

Women (45-49) Lori Hollingsworth came to swim and won the 200/400 Free and 50 Breast. Carole Miles picked off the 100 Free, 50 Back and 100 Breast, Kaye Cushing the 50 Free and 10 Back.

Women (50-54): Mary Blake took honors in the 50 Free and 200 Free, Sandi Rousseau the Gold for the 100 Free(1:25.07), a close one with Mary Blake at 1:25.92, 50 Fly 38.41(TT7) and the 100. Janet Gettling won the 400/1500, 50/100 Back, and 50 Breast (45.25 TT7) holding off Mary Blake 46.13 and Chris Clum 46.27, Chris Clum came home with Gold for the 100/200 Breast 1:42.64/3:42.99(TT6)

Women (55-59) Joy Ward won the 200 Back in 3:16.67, which could hold up for Numero Uno in the USA, then added 50 Free 35.01(TT5), 50 Back 42.95(TT4) 50 Fly SGO 36.12(TT4), 200 IM 3:22.31 (TT3) ALICE ZABUDSKY new OMS 100 Fly 1:43.94 (TT6) was Ward, also fine

200 Free 3:04.64(TT7) plus a 200 IM at 3:30.82(TT5) Pam Himstreet the 50 Breast, plus a solid 1500 26:08.78(TT4) Sue Calneck Morris had herself a DAY-Silver 50 Free 36.58(TT7), Gold 100 1:20.76(TT7), Gold 200 3:01.41 (TT5), 400 6:23.26(TT5) Sue bettered her '99 times in the 100/200/400, excellent!, and won the 1500. Peggy Whiter spun the 1500 in 27:29.37(TT7). Judy Cochran, the Gold for the 100 Back at 1:51.42,

Women (60-64) Kaleo Schroder led the way with 6 Golds: 50/100 Free, 50/100 Back and 50/100 Breast, PEGGY HODGE posted a new OMS standard for the 50 Fly at 51.61 besting Wells 54.74 and won the 20 0 IM. Joanne Tatum won the 200/400 Free.

Women (65-69) Bev L'Esperance was all alone and gathered in 5 Golds with 5 WINS !

Women (70-74) Margaret Wells won the 50/1500 Free, plus the 100 Back, and 400 IM, Sorry, but we are going to have check that 400 IM time of 7:40.43, it does not sound feasible, OK Margaret ?

Women (75-79) Pauline Stangel picked off the 50/100 Free, while Elfie Stevenin grabbed the 200 Fly and 40 0 IM Women (80-84) NORMA BERNARDI New ZONE record for the 100 Back, 2:23.86(TT3), was Mueller(PNA) 2:31.83. Gold in the 50/100 Free 1:05.67/2:28.25, 200 Free 5:19.70(TT8), 50 Back 1:09.20 TT6.

Women (85-89) Eva Muller 200 Free 5:33.94 (TT1), 200 Back 5:45.73 (TT2) 100 Breast 3:40.84 TT2, and 200 IM 6:39.80 TT2

Men (19-24) Levente Fulop, Golds 50/100 Free, 50 Fly and 100 Fly (27.57) (1:03.96), (31.79) and (1:16.85)

Men (30-34) Bryan Butcher edged Matthew Craig in the 50 (28.46 vs 28.57) Craig picked Gold for the 100 Free, Jeff Kaelon Gold for the 400, Radek Pospisal Gold for the 50/100 Breast.

Men (35-39) Tiger Winkle won the 50 Free and then held off Mike Conrath for the 100 Free (1:09.35 vs 1:10.85), Mike Drew Gold 200 Free 2:19.03, DOUG STEWART had a great day, 400 Free 4:32.91(TT4), ZONE in the 1500-18:05.69(TT3) was Penn (PNA) fr'88, 200 Back 2:37.28 (TT6), 200 Fly 2:25.18(TT5), 200 IM 2:28.64(TT7), 400 IM 5:09.93(TT3) Six swims for Six Golds. Steve Parmentier- Gold 50/100 Back 31.60 (TT7), 1:11.01 (TT9), 50 Fly 28.96.

Men (40-44) Steve George Gold 50 Free 28.35, 50 Back 32.86, 100 Back 1:09.91 (TT9) David Winters grabbed Gold in the 50 Breast over George 38.19 vs 38.29. Pat Allender 50/10 0Fly 29.25/1:05.57(TT10), 100/200 Breast 1:14.94(TT4)/2:43.91(TT3), 400 IM 5:19.43(TT3) 5 Swims for 5 Golds.

Mike Dowd 200 Fly 4:02.12, Bob McMillan 400 Free 5:18.03/200 IM 2:59.12.

Men (45-49) Adrian Kalil had to push for the 50 Free with 29.40, while Metzger had 29.49. Adrian then went on to also win the 100/200 Free. Peter Metzger grabbed the Gold Ring in the 50/100 Back, with the 100 at 1:11.33(TT9) also the 50 Breast and 50 Fly, here Peter posted a SGO Rec 30.14. Kevin Enbysk nudged Emad Pirooz in the 100 Breast 1:40.91/1:41.20. Pirooz came back and won the 200 in 3:37.83. Michael Paholsky won the 200 IM-3:11.43.

continued on page 20

2000 NORTHWEST ZONE SHORT COURSE METER CHAMPIONSHIP
Sponsored by Federal Way Masters. Sanctioned by the Pacific Northwest Association
of Masters Swimmers for USMS, Inc. Sanction # 003609

DATE: **Saturday October 7th and Sunday, October 8th, 2000**

TIMES: **Saturday October 7th, Warm-up: 11:00 AM, Meet starts: 12:00 NOON**
Sunday October 8th, Warm-up: 8:00 AM, Meet starts: 9:00 AM

PLACE: **WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,**
Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: **Jim Stephens (425) 228-0455 stephens@netos.com**

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-meter courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses may be used for events 400 meters and longer. Only one course will be used for events less than 400 meters. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard.

RULES: Current USMS Rules will govern the meet. Ribbons will be awarded for 1st-6th place.

ELIGIBILITY: Open to all year-2000 USMS or MSC registered swimmers age 19 and above as of October 8th. Age groups will be based upon the swimmer's age as of December 31, 2000.

DIRECTIONS: From North or South Bound I-5 take exit 142 B which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #B) (Seeding slow to fast / Deck enter relays at the meet)

SATURDAY October 7th, 12 NOON		SUNDAY October 8th, 9 AM	
1	800 Freestyle (check-in by 11:30 AM)	15	400 Freestyle (check-in by 8:30 AM)
Event 2 will not start before 12:30 PM		Event 16 will not start before 9:30 AM	
2	100 Individual Medley	16	Women's/Men's 200 Medley Relay
3	Women's/Men's 200 Freestyle Relay	17	Women's/Men's 400 Medley Relay
4	Women's/Men's 400 Freestyle Relay	18	100 Breaststroke
5	Women's/Men's 800 Freestyle Relay	19	50 Butterfly
6	50 Backstroke	20	200 Freestyle
7	200 Butterfly	10 minute break	
8	100 Freestyle	21	200 Individual Medley
10 minute break		22	Mixed 800 Freestyle Relay
9	Mixed 200 Medley Relay	23	Mixed 400 Freestyle Relay
10	Mixed 400 Medley Relay	24	Mixed 200 Freestyle Relay
11	100 Backstroke	25	50 Breaststroke
12	50 Freestyle	26	200 Backstroke
13	200 Breaststroke	27	100 Butterfly
14	400 Individual Medley (check-in by 2:30)	28	1500 Freestyle (check-in by 11:30 AM)

RELAYS: Swimmers shall be allowed to swim only once in each relay sequence (e.g., event 3, 4, or 5). Each relay team can choose to swim 200m, 400m, or 800m (800m for Freestyle relays only). Women's relays will precede men's relays (Events 3, 4, 5, 16, and 17).

WEBSITE: Visit the PNA website at www.swimpna.org for updated information.

Motels: The following motels are in Federal Way:

Holiday Inn Express	34827 Pacific Highway S. (1.4 miles from pool)	(253)838-3164
Super 8 Motel	1688 S 348 th Street (2 miles from pool)	(253)838-8808
Travel Lodge	1505 S 328 th Street (4 miles from pool)	(800)578-7878
Best Western Executiel	31611 20 th Ave S. (5 miles - near SeaTac Mall)	(253)941-6000
Holiday Inn Hotel & Suites	32124 25 th Ave S. (5 miles - near SeaTac Mall)	(253)529-4000
Marriott	Gateway Center (5 miles - near SeaTac Mall)	(253)529-0200

2000 NORTHWEST ZONE SHORT COURSE METER CHAMPIONSHIP
Sponsored by Federal Way Masters. Sanctioned by the Pacific Northwest Association
of Masters Swimmers for USMS, Inc. Sanction # 003609
Saturday October 7th and Sunday, October 8th, 2000

NAME: _____ M F AGE: _____

ADDRESS: _____

EMAIL ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB: _____ or UNATTACHED _____ LMSC _____

AGE GROUP (Determined by your age as of December 31, 2000):

19 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59
60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 - 94	95+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEE: \$ 13.00 Surcharge (includes NW Zone \$1 surcharge)

\$ _____ T-shirts @ \$12 indicate size (M ___ L ___ XL ___)

Individual Events: + _____ \$1 per event for swimmers under age 65

No charge for swimmers 65 or over. No charge for relays

Total: \$ _____ Please make checks payable to Federal Way Masters

Mail this entry form and fees to: Jim Stephens

16226 SE 178th PL

Renton, WA 98058

(425) 228-0455 stephens@netos.com

Phone or e-mail:

Entries must be postmarked no later than Saturday, September 23rd or received by Wednesday, September 27th, 2000. **Include a copy of your Masters registration card if you are not a PNA member.** All swimmers must have a valid 2000 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

SAFETY FIRST: NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

WAIVER: 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.

SIGNED: _____ DATE: _____

2000 OPEN WATER CHAMPIONSHIPS

AUGUST 13, 2000

HENRY HAGG LAKE, FOREST GROVE, OREGON

BBQ Lunch Provided
Bring the whole Family

THREE SWIMS:

1500 meter championships, 3000 meter and 500 meter (12 & under)

SPONSORED BY PORTLAND MASTERS SWIMMING

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!

Jantzen®

WWW.JANTZEN.COM

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

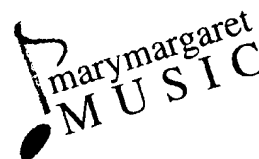
Please mail your registration to

Portland Masters Swimming, PO Box 12536

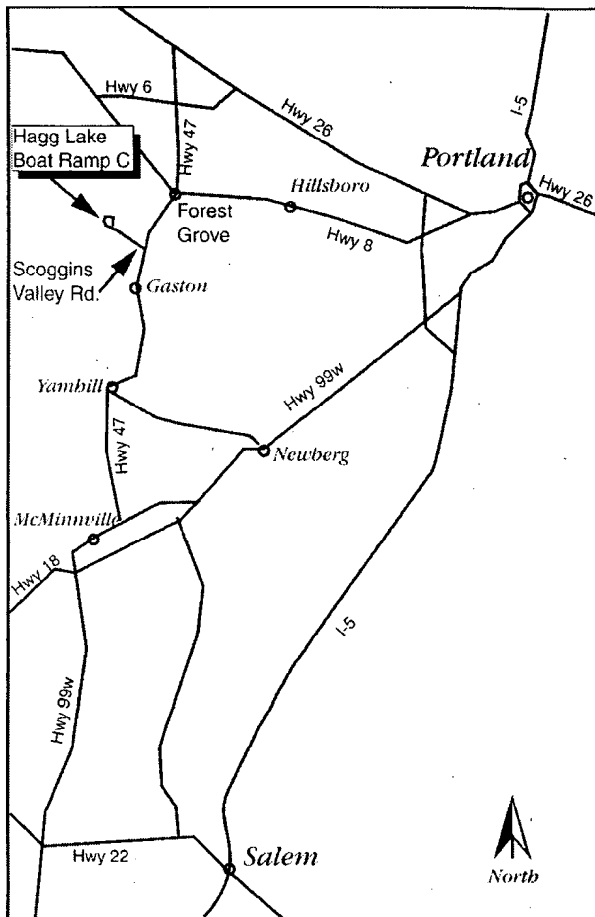
Portland OR 97212. Make checks out to PMS



Portland Masters Swimming



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.

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

500 yards _____

1 mile _____

2 mile _____

please indicated swim(s)

*wearing wetsuit _____

"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.

o' Barn continued from page 15

Men (50-54) ROBERT MAESTRE new ORE REC 200 BACK 2:56.43 was Adamski 3:01.81(87),SGO in the 1500 21:52.03, also Golds 50/400 Free, and the 200 IM. Robert Bruce picked Gold for the 100 Back. Allen Stark sewed up the Breast-50/100/200 35.75(TT4)/1:21.06(TT8) /3:03.22 (TT8).

Men (55-59) Richard Juhala Gold-50/200 Free, also 100 Back & 100 Breast plus the 100 Fly and 400 IM, not too shabby Richard. Steve Lawrence Gold 100 Free, 50 Back, and 50 Breast.

Men (60-64) BERT PETERSEN leads the way with a ZONE 200 Fly of 3:25.46(TT5) eclipsing one of the oldest records in the Zone, Earl Walter's 3:41.51, had grown some whiskers ,since 1981-3:41.51, which still would make TT6. Bert did not stop there, his 50 Fly 31.14 looks like a candidate for TT1, he also won the 50 Free and 50 Breast. Tom Levak picked Gold for the 100 Free, 200 Free. Wai-Bong Ngan took home gold for the 100/200 Breast, while George Thayer put a lock on the 100/200 Back ,with a SGO for the 200. Brent Lake is getting his waterwings working well again, winning the 50 Back 41.28(TT10) had to beat Thayer at 41.86, also the 1500 w/a solid 26:19.73.

Men (65-69) David Radcliff swam for 2 SGO's(200/400 Free-2:42.07 (TT4) 5:49.22(TT4), Art Welch picked up 4 Golds, Jim Bigler went home with 3, Bill Holman mined Gold in the 50 Free.

Men (70-74) Mickey Marks looked strong with 5 Golds, the 50/100/200 Breast were all for SGO records plus the 400 IM, Mark's 50 Back(TT3), 400 IM 8:19.58(TT8) Eric Guest,w/multitudes cheering, bagged the Gold in the 50/100 Free TT9/TT10. Mike Popovich gathered in a Gold for the 200 Free.

Men (75-79) Gil Young 100 Free 1:32.45(TT10),400 Free 7:28.63(TT7) Gil was thinking TRACK, jumped a lifetime best in the High Jump. OB struggled through the 50/100/200 Back(4:25.06(TT8) 200IM 4:27.06 (TT6) LCM is no place to be out of shape. Rupert Fixott brought home Gold for the 50 Free and 50/100 Breast, Khosrow Shadbeh a Gold in the 200 Free.

Men (85-89) ALLAN DE LAY, warming up for Munich, was GREAT- 2 ZONES 50 Free 45.05(TT4) ,100 Free 1:53.42(TT5) ORE was Wheeler and Zone were Jim Penfield(93) 46.70/1:57.56. Congratulations to one wonderful person. Get the GOLD in Diving, and maybe in the 50 Free.

OB Note: Bad News from Andrew Holden, our WORLD record holder in the 50/100 Fly,says he will back off for about 6 Months,let's hold good thoughts and wish him WELL !

RELAYS:

Women 200 Medley 120 Plus SGO 2:38.93 - Woon, Holland, Ward, Thimm

Women 400 Medley 120 Plus ORE 6:08.38 - RAS-MUSSEN, HOLLAND, THIMM, RHOADS

Women 200 Free 160 Plus SGO 2:22.03 - Johnson, Thimm, Woon, Ward

Men 400 Free 120 Plus SGO 5:15.40 - Sunderland, B.Cox, D.Cox, Hildum

Men 200 Medley 160 Plus SGO 2:16.42 - Maestre, Pospisil, Metzger, Wren

Men 400 Medley 160 Plus ZONE 7:02.43 - HELM, NEUBERT, KAELO, JUHALA

Men 400 Free 200 Plus SGO 5:45.06 - Helm, Holman, Juhala, Neubert

MXD 400 Medley 200 Plus SGO 6:40.79 - Ward, Juhala, Thimm, Holman

That's it for the 2000 edition of State Games of Oregon Masters Swimming. Thanks again to all of those fine people who handled various jobs, did a marvelous job, and were just wonderful.

...Bend All Comers Swim Meet...

A small but very talented group of high country people, held a Short Course Meters Meet on April 16th. Sanctioned et al.

CATHY IMWALLE (50-54) set a new Zone record for the 100 IM, at 1:20.66, it was Pierson 4/96 at 1:21.30. Looks like it might hold up for a TT1.

Brent Lake (60-64) 200IM-3:47.09, 100 Back-1:36.55.

Robert Higley (35-39) 100 Back-1:17.93, 100 IM-1:17.62

Pam Himstreet (55-59) 100 IM-1:42.43, which just could slip into the TT.

Relays:

Women 160+ 200Medley 2:23.70, New ORE Record (TT2) Barbara Harris, Cathy Imwalle, Amy Halligan, Laura Schob

Women 160+ 400Free 5:05.23, New Zone Record (TT2)Barbara Harris, Amy Halligan Jani Sutherland, Kristin Juba

Women 200+ 400Free 5:35.62 (TT1) Pam Himstreet, Peggy Whiter, Laura Schob Cathy Imwalle

Women 160+ 400 Medley 5:42.71, New Zone Record (TT5) Barbara Harris, Kristin Juba, Amy Halligan, Jani Sutherland

Women 200+ 400 Medley 6:20.68, New Zone Record (TT2) Laura Schob, Pam Himstreet, Cathy Imwalle, Peggy Whiter

Women 200+ 800 Free 12:11.34, New Zone Record (TT1) Pam Himstreet, Peggy Whiter, Cathy Imwalle, Laura Schob

Men 200+ 200 Medley 2:28.15 (TT7) Robert Bruce, George Thayer, Tom Landis, Brent Lake

Men 160+ 400 Free 4:28.56, New Zone Record Phil Reget, George Thayer, Robert Higley ,Michael Douglas

Men 200+ 400 Medley 5:07.28 (TT2) '99 TT1 WAS 5:06.21 Robert Bruce, Phil Reget, Tom Landis, George Thayer

Men 160+ 800 Free 9:31.15, New Zone Record (TT7) Robert Higley, Phil Reget, Michael Douglas, Tom Landis

MXD 160+ 800 Free 9:44.81, New Zone Record (TT2) Robert Bruce, Amy Halligan, Barbara Harris, Tom Landis

Tip o' the Hat to the Bend Folks, high caliber meet, and those relays were AWESOME.

Thanks for putting OB to work and changing the records, that is one job I really enjoy.

That's all - hope to see you at the LCM Zone Championships at Mt. Hood.

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