



# Aqua-Master

Volume 28, Number 8

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August 2001

*“Swimming - A Life's Passion”*

## World Record for Dennis!

**MAC  
and  
Oregon  
Swimmers -  
Good Luck  
and  
Go Get 'em  
at LCM  
Nationals!**



**Dennis Baker is one happy swimmer after setting a new World Record in the 200 Fly at the Albany Meet. Dennis, thanks to a fantastic final 50 meters, swam 2:09.14 to set the new record.** (see ol'Barn's article on page 7 and full results on page 9)

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### **Chair's Corner by Jeanne Teisher**

#### **Saying Good-Bye To Swimmers**

For those of us who have been involved with Masters swimming for a while, we have seen swimmers come and go. Many leave due to lifestyle changes such as family responsibility, job relocation or increased workload at the office or just in life. Some leave due to burnout or lack of interest in swimming. A few pack up and move away. The most difficult loss, for me, is when someone passes away. In June, a friend and former OMS swimmer passed away in his sleep. He was 55. For those who were fortunate to know Pat Caudill remember his smile, laugh, and sense of humor. He is also known for helping out people, even if he didn't know them. I was one of those people.

When I first moved to Oregon in 1990, I needed a place to live. My future husband, Jim, was living with Pat. Pat allowed my big dog and me, someone he had never met, to move in as well. He also cleared out part of his garage so I could store all my belongings until I found a permanent place to live.

*continued on page 3*

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2000/2001 Calendar and Meet Schedule

Pool Meets

Date	Event	Location	Contact
*Oct. 27-28	SCM Zone	Tualatin Hills Beaverton	Sandi Rousseau tsrousse@ix.netcom.com

Open Water Swims

Aug. 4-5	500/1500/3000	Elk Lake	PamHimstreet himstreet@bendcable.com
*Aug. 26	1500/3000	Lake Dorena/ Assn. Championships	Steve Johnson SteveJ@NSDSSurvey.org

Postal Championships 2001

May 15-Sept. 30	5/10K Postal	Pam Himstreet	himstreet@bendcable.com
*(Entry Blank is in the May-June issue of SWIM Magazine)			
Sept. 1-Oct. 31	3000/6000 Postal	Doug Brogan	FitTogether@aol.com

National Championships 2001

Aug. 4, 2001	2 Mile	Elk Lake, Oregon	Pam Himstreet (541) 385-7770 himstreet@bendcable.com
Aug. 16-19, 2001	LCM	Federal Way,	Hugh Moore weswim@mindspring.com

\* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER

OMS Board Meetings - (All OMS members are invited)

\*September 5 (Wednesday) - - 7:00

September 12 - 16 USMS National Convention in Dearborn, Michigan

October 19-21 Annual Retreat

\* Meetings will be held in the Lance Armstrong Building on the Nike Campus

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**Ellen Tait, 91 years “young”, exemplified the spirit of the swimmers at the State Games of Oregon. The new Top Ten Chair will have some of her times to submit for Top Ten Recognition.**

**WANTED**

**Top Ten Chair**

**WHO** The OMS Board of Directors is looking for an individual to fill the recently vacated Top Ten Chair position.

**WHAT** The Top Ten Chair (1) collects swim meet data (by computer) and consolidates it into a Top Ten Report which is submitted to the National USMS Organization; (2) documents National Record Swims and submits them for National recognition.

**IFYOU** are curious to learn more about the position, please contact OMS Chair, Jeanne Teisher at either (503) 574-4557 or [jeanne.teisher@nike.com](mailto:jeanne.teisher@nike.com)

**THEN** if you are interested in applying, send a letter detailing your experience and describing your interest in the position.

**TO** Jeanne Teisher  
7305 SW Hyland Ct.  
Beaverton, OR 97008

**BY** September 1, 2001

*Chair’s Corner continued from page 1*

Even though Pat no longer swam he was still remembered by many OMS swimmers. He remained in touch with a number of his swimming buddies. At his memorial party, his hiking, snow skiing and swimming friends shared pictures and stories of Pat. What fun and that is exactly the way Pat would have wanted it.

A swimmer I have known for a number of years is moving to the Seattle area. Murali Krishna will be moving in a couple of weeks for a job with Microsoft. Murali has been on the board for the past year in charge of Top Ten swimmers. He’s done a great job coordinating the information and getting the data to USMS. I will miss him as a friend, swimming buddy, and board member.

Saying good-bye is never easy for me. This past month I have had to say farewell to a couple of people. One of the individuals I plan to see again. The other will be fondly remembered.

Until next month....



# United States Olympic Training Center

by Sandi Rousseau



## Mental Imagery

### Why Can't I Perform Well in Competitions?

You have trained hard, you are swimming well in practices, but when the day of competition arrives ..... you just don't swim your best. This is a common scenario for many of us, and we need to understand that swimming to the best of our abilities is dependent upon more than just the physical training in the pool. How well we prepare ourselves mentally is every bit as important as the physical preparation.

Mental imagery is a skill that allows athletes to reach his/her goals and can be used to assist with pre-competitive and competitive moods and energy levels. Most athletes use mental imagery naturally, although its usage may not be systematic or purposeful. Imagery techniques need to be practiced and used in a variety of settings so that one can call on them when the pressure of competition is there.

During competition there are both external and internal factors that vary from practice:

**External factors:** These include such things as opponents with whom you must compete, friends/family watching, officials that are watching which indicates that this performance "counts", and the environment (water and air temperature, sun, etc.). Many of these distracters are out of your control, but you can learn to manage them. You should also remember that there are many factors that are identical to practice settings, e.g. pool length, multiple lanes, physical demands of the event, etc.

**Internal Factors:** These include changes that your body may experience as it responds differently to competition compared to practice. In competition you may experience a racing heart, increased sweating, and "butterflies" in your stomach. Your mind will be focusing on different things as well, e.g. how you will perform and imagining your next performance. These can be positive and optimistic thoughts or negative and self-doubting. Managing these thoughts, images, and feelings can ensure that you are not creating unnecessary pressure for yourself.

*Competitions do not cause you to respond and perform in a certain way. It is your thoughts and images regarding the competition that influence your response.*

Learning how to control these thoughts and images will greatly improve your chances of performing to the best of your ability and handle the pressure in competition. Three steps in managing the pressure will assist you in this process:

1. **Awareness:** Attune yourself to becoming aware of how the various pressure and distractions affect your performance. Keeping a written log of your competition experiences may be helpful in correlating the pressure you felt and how you dealt with it.
2. **Preparation:** Prepare several strategies to deal with the pressures. You will need to figure out which ones work the best for you, e.g. self talk, simulating situations in practices, etc. (These will be described in the article in next month's Aquamaster.)
3. **Practice:** Practice implementing the strategies in practice and integrate them into your pre-competition routine.

In next month's Aqua-Master I will describe some specific strategies of how you can implement some of these techniques to improve your mental imagery.

## Relay All American Patches

If you received a Relay All American patch for 2000 please return it to Ginger Pierson at 8417 NE 16th ST, Vancouver, WA 98664. The wrong patches were issued and the correct ones will be sent back to you. Sorry for this mistake and thanks for your cooperation.



# LONG DISTANCE SWIMMING

## BOB BRUCE - LONG DISTANCE CHAIR

I have a potpourri of Long Distance announcements and kudos this month:

- Thanks to Dan Gray for his hard work in relocating the Southern Oregon Lake Swim from Hyatt Lake to Squaw Lake on less than two weeks notice, due to water quantity and quality problems at Hyatt Lake. A switch like this involves lots of overtime effort! Furthermore, Dan lost the unusual opportunity to host the event in his backyard (almost literally!), instead choosing a better location (this year) well over an hour away. Give Dan a thumbs up when you see him!
- Entries are beginning to arrive for the National 3000-meter Open Water Championships. When I checked Elk Lake on July 3rd, I found the water level a bit lower and the water temperature a bit higher than at this point last year. Remember to submit your entry on time! There can be no late or day-of-race entries for the National Championship race on Saturday the 4th of August. The rest of the Cascade Lakes Swim Series races—the 500 & 1500-meter races on Sunday the 5th of August—will still accept day-of-race entries.
- Let's remember the open water season finale at Dorena Lake on Sunday the 26th of August (at this date one of the few Oregon Reservoirs still nearly full). Not only will this weekend feature the Oregon Open Water Team & Individual Championships, but also the conclusion & awards for the entire summer's Oregon Open Water Series.
- Congratulations to those swimmers who have completed in 5k and/or 10k postal swims. I have heard that many people have done these swims, enough to make me confident that the Oregon Club will be in the thick of the scoring for the National Team Championship in the 5k and possibly

in the 10k as well. The final entry deadline for these events is Sunday the 30th of September, so you still have plenty of chance to hop into your nearest 50-meter pool, have a fine long swim, and support your Oregon Team.

- Incidentally, once you have completed your postal swim, enter the event promptly! I have already had a conversation with a 5k swimmer—gratefully unnamed here—who has misplaced the completed split sheet required for entry. Ouch!
- Congratulations to Sara Quan, who has been nibbling at (or, more accurately, devouring) the listed national postal records in her 25-29 age group. In addition to the records that she set last fall in the 3000-yard and 6000-yard events, Sara recently clocked 1:06:16 for the 5k (old record 1:09:13) and 2:14:58 for the 10k (old record 2:19:22). Next stop: the Channel...
- Good luck to our intrepid Team Gaffney English Channel relay swimmers, who leave for England on Saturday the 21st of July in preparation for their Channel attempt the following week. Great event and a great cause! (*see below*)
- Congratulations to Joe Oakes for living his dream of swimming the Hellespont!
- Melanoma. It's back on my mind. It's a scary word for a very scary disease, from which some of you have had nasty little scrapes. You are not invincible, you are not too old, and you are not protected by clouds. So please, please, please use sunscreen and other shading in your outdoor activities. Before swimming, apply sunscreen ten minutes or more before entering the water so that your skin has a chance to absorb it. It's easier to take sensible precautions now do than to accept the consequences of malignant melanoma later!

### Mission Statement of Team Gaffney

Twelve people. Two teams. Dover, England to Calais, France. Team Gaffney is a group of professionals/moms/ dads/ brothers/sisters/friends - and Karen Gaffney, president of the Karen Gaffney Foundation and a young woman with Down Syndrome - dedicated to championing the journey to full inclusion for people with Down Syndrome and other disabilities. To bring awareness and to promote the amazing capabilities of people with Down Syndrome and other disabilities, Team Gaffney will challenge the English Channel in a relay swim - Summer 2001. Also, through a series of personal appearances, motivational speeches, and the production and distribution of informational videos, Team Gaffney and the Karen Gaffney Foundation hope to...

- Instill hope for a full productive and inclusive life in the hearts and minds of new parents of a child born with disabilities;
- Motivate parents to new thinking and positive action so they will begin immediately building the potential of their child day by day;
- Heighten awareness and raise expectations of students, counselors, educators and those in the medical profession of the capabilities of children with disabilities to learn, grow and contribute in an inclusive setting;
- Promote community involvement and action for the support of people with disabilities.

*Next month Laura Schob's article, on the Ultimate Challenge, will highlight the Channel attempt by Team Gaffney.*

Northwest Zone Entry  
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this web site.

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## ol' Barn reviews Albany



### Ol Barn Reports on Albany Long Course

Terry Johnson and Gary Arne were great host and with the help of some very fine officials we had a great opener to the long course swimming season. The BIG news was a **WORLD RECORD** in the 200 Fly by DENNIS BAKER. Dennis toured the distance in a sparkling 2:09.14, which turned the lights off on Specht's old mark of 2:09.47 set in '98. This was in the 40-44 bracket with Dennis also flying the century in 1:00.49 just shy of the Zone mark.

**BERT PETERSEN** hung up a new National Record in the 50 Fly at 30.81, it was his at 30.84 from '99, way to go !

Women (19-24) Becky Priepke had five events all to herself and garnered the Gold.

Women 25-29: **TORI EISENBEIS** served up a new ORE record for the 50 Back in 34.71(TT3), the old mark was 34.99. Tori also won the 100 and 200 Back plus a squeaker in the 100 Free over Sara Quan 1:09.59 to 1:09.60, that sports fans is as close as you can get. Sara Quan came close in the 200 Breast with a great 3:06.05 (TT10) against the record of 3:05.14.

Women 30-34: Jennifer Thompson brought home 4 Golds 50/100Free an 50/100Fly, while Julie Himstreet garnered the 200 Back(2:50.77 TT6), 200 Breast and 200 IM, Lisa Hjerpe won the 400/800 Free, Newcomer Estrada-Rhodaback garnered the Gold in the 50/100 Breast.

Women 35-39: Sharon Glaeser(31.69) Renee Rhoads(32.69) and Dianna Karkanen(32.88) had a barn burner in the 50 Free.

Women 40-44: Barbara Harris won the 50 Free in 30.75 casting shadows on her record of 30.40. **KAREN ANDRUS HUGHES** missed the 100

1:09.56 VS 1:08.51, BUT went 3 for 3 in the Back-50 34.91(TT3) vs old of 36.31, Barb Harris went 35.41(TT4), 100 Back Karen in with 1:19.41(TT10) was 1:20.05 and the 200 in 2:53.30 was 2:54.47. Janet Sanders vs Colleen Holmstreet in the 100 Breast 1:42.61 vs 1:43.31. Barb Harris missed the 50 Fly 33.24 vs 32.61 while Laura Worden's 100/200 Fly were 1:19.64(TT9), 3:04.86 (TT3) OB suggests we all watch this age group the rest of the year, they are smoking.

Women 45-49: Connie Peterson and Susan Crisman 2:07.16 vs 2:07.40 in the 100 Breast. Elke Asleson will bear watching down the road.

Women 50-54: Cathy Imwalle and Sandi Rousseau swam in Top Ten fashion with a 200 Back in 3:11.10(TT4) for Cathy, and Sandi the 100 Fly 1:35.87 (TT8)

Women 55-59: **GINGER PIERSON** just 55, lit up the lights here with 4 new Zone marks: 50 Breast 43.51(TT2) 100 Breast 1:37.91(TT2), 100 Fly 1:33.72(TT1) and 200 in 3:25.87(TT1). Joy Ward looked great with 50 Free 33.85(TT3), 50 Back 43.48(TT4), 200 Back 3:23.12(TT6), 50Fly 36.54(TT2).

Women 65-69: Kaleo Schroder tucked away 5 Golds-50 Free, 50/100 Back, and the 50/100 Breast. Bev L'Esperance found Gold in the 200 Free and 200 Back.

Women 75-79: **MARGARET WELLS** is making the most of turning 75 with a new Zone of 1:13.65 for the 50 Fly, and ORE best 800 Free in 21:40.66.

Women 80-84: **ELFIE STEFENAN** came through with a new Zone in the 800 Free 28:02.47, was Hazel Bressie. **PAULINE STANGEL** likes being 80-how about 3 new Zone Records-50/100/200 Breast 1:11.51(TT4), 2:44.95(TT3), 5:53.26(TT2) that's putting out some steam.

Men 25-29: Anthony Percival nabbed four Golds best of which was his performance in the 400 IM, 6:30.67 (TT9). Jeff Stevens also swam to four Golds.

Men 30-34: Phil Reget accounted for three Golds.

Men 35-39: **JOHN HUDSON** set a new Zone mark with a 33.12(TT6) in the 50 Breast, add good swims in the 100/200 Breast-1:1 5.79(TT9)-2:48.14 (TT6). Doug Stewart took 1sts in the 400 Free, 800 Free 9:48.20(TT6), 200 Fly 2:33.44(TT5) and 200 [M].

Men 40-44: Pat Allender went home with 5 Golds-50/100/200 Breast-100 1:1 5.99 (TT10), 200 2:43.85(TT4) 200 IM 2:30.88(TT6). Steve George won the 50 Free, the 50 Back 30.79 (TT7) just missing the record of 30.74, and the 100 Back.

Men 45-49 : Michael Tennant won the 50/100/200 Free, 26.86 in the 50 just missed the record of 26.31, as did the 100 (1:01.1 9 vs 1:00.1 9). **PETER METZGER** served up a new OMS best for the 200 Back 2:37.90(TT1 0) vs the old of 2:44.89. Peter also did well in the 50 Back (31.45 TT5) Jimmy Unger 43.66 vs Kevin Enbysk 44.08 gave us a good one in the 50 Breast.

Men 50-54: Steve Johnson won the 800 in 10:22.87(TT8) while Gary Beckley grabbed the 200 IM in 3:05.72(TT9)

Men 60-64 : Burt Kanner took Gold in the 400/800 Free, plus a Silver in the 100 Free.

Men 65-69: Dave Radcliff swam away with three Golds, best of which the 100 Free 1:12.09(TT9) while Jim Bigier(MAC) latched on to 5 Golds.

Men 70-74: William Holman all alone won the 50/100/400 Free.

Men 75-79: Gil Young, the 100 Free 1:29.89(TT10) with the 800 in 15:13.66 (TT6.)

Men 85-89: **ALLAN DELAY** a new

*continued on page 8*

ol'Barn continued from page 7

ORE best for the 50 Back-1:14.82 (TT10) was 1:49.51 from 1986. DeLay also picked Gold in the 50/100 Free 47.46(TT5) and 2:00.41 (TT8)

Relays - these were special

Women 160-199: 400 Free 4:51.25 new Zone (TORI EISENBEIS, KRISTIN BROOKS, JULIE HIMSTREET, SARAQUAN), was open.

Women 160-199: 400 Medley 5:32.17, new ORE, was 5:45.89 (1988) Frid, Pierson, Rousseau, Buck, TORI EISENBEIS, SARAQUAN, JULIE

HIMSTREET and KRISTIN BROOKS.

Women 240-279: 400 Free new Zone 5:22.05- CATHY IMWALLE, PAM HIMSTREET, JOYWARD and BARBARA HARRIS, was PNA 7:48.78

Women 240-279: 400 Medley new Zone 6:17.79- JOYWARD, PAM HIMSTREET, CATHYIMWALLE, BARBARA HARRIS was Open

Men 160-199: 800 Free new Zone 8:55.99 - PATALLENDER, STEVE GEORGE, GREG LATTA, DOUG STEWART was open.

Men 200-239: 400 Free new Zone 4:25.09 - MICHAEL TENNANT, TOM LANDIS, ROBERT BRUCE, PHILREGET, was 4:28.75 Smith, Fanning, Petersen, Boyd 1992.

MXD 160-199: 400 Medley new Zone 5:11.26 - TORI EISENBEIS, SARA QUAN, ROBERT HIGLEY ,MICHAEL TENNANT, was 5:25.87 Smith, Kraker, Wamer, Rousseau 1996.

The RELAYS were HUMONGUS. OB says So Long, see you at Oregon State Games.



The Mixed 240-279 800 Meter Free Relay of Tom Landis, Barb Harris, Cathy Inwalle and Bob Bruce set a new record.

**Remembering Pat Caudill**

One of our oldest friends died on June 23rd at age 55. Pat was born June 20th,1945 in Hobart, Oklahoma. He received his Bachelor and Masters degrees from Columbia University. He was a computer programmer for 11 years with Tektronix, and for the past 12 at Instantiations, which he helped found.

Pat joined Masters in mid 1978, and immediately became an important cog in our wheel of progress. Competing in the 30-34 age group he picked up a number of medal performances.

In 1981 Pat helped found the Tualatin Hills Barracudas, and wrote the first constitution for that group. Pat was the groups' first treasurer and funded them with \$ 300 of his own money. He became Vice President of THB in 1982. He will be missed by all of us for his ever present sense of humor and saying he was always on the lookout for those cute babes, which is why he wore prescription goggles.

Pat was very active in swimming, most noteworthy was his "winning" of a cross Columbia River swim in reverse IM order, making the news with his butterfly finale!

Pat was Meet Director for the Regionals at one time, and was also active as the Records Chair for OMS. He was a great contributor and a friend who will be missed.



# Results of the Albany LCM Meet - June 3, 2001

## Women 19-24

200 Meter Freestyle		
1 Pripke, Becky	22OREG	2:53.31
100 Meter Backstroke		
1 Pripke, Becky	22OREG	1:30.54
50 Meter Breaststroke		
1 Pripke, Becky	22OREG	48.77
200 Meter Breaststroke		
1 Pripke, Becky	22OREG	3:42.64

## Women 25-29

50 Meter Freestyle		
1 Quan, Sara	29OREG	33.88
100 Meter Freestyle		
1 Eisenbeis, Tori	29OREG	1:09.59
2 Quan, Sara	29OREG	1:09.60
50 Meter Backstroke		
1 Eisenbeis, Tori	29OREG	34.71
100 Meter Backstroke		
1 Eisenbeis, Tori	29OREG	1:17.17
2 Quan, Sara	29OREG	1:23.49
200 Meter Backstroke		
1 Eisenbeis, Tori	29OREG	2:45.78
50 Meter Breaststroke		
1 Criscione, Anicia	28OREG	46.06
200 Meter Breaststroke		
1 Quan, Sara	29OREG	3:06.05
2 Criscione, Anicia	28OREG	3:30.44
100 Meter Butterfly		
1 Quan, Sara	29OREG	1:21.65

## Women 30-34

50 Meter Freestyle		
1 Thompson, Jennifer	34OREG	31.83
2 Estrada-Rhodaback, C.	34OREG	40.76
100 Meter Freestyle		
1 Thompson, Jennifer	34OREG	1:12.41
2 Estrada-Rhodaback, C.	34OREG	1:36.61
400 Meter Freestyle		
1 Hjerpe, Lisa	33OREG	6:37.66
800 Meter Freestyle		
1 Hjerpe, Lisa	33OREG	13:56.38
200 Meter Backstroke		
1 Himstreet, Julie	31OREG	2:50.77
2 Hjerpe, Lisa	33OREG	3:53.68
50 Meter Breaststroke		
1 Estrada-Rhodaback, C.	34OREG	47.12
100 Meter Breaststroke		
1 Estrada-Rhodaback, C.	34OREG	1:50.38
200 Meter Breaststroke		
1 Himstreet, Julie	31OREG	3:16.26
2 Hjerpe, Lisa	33OREG	3:49.14
50 Meter Butterfly		
1 Thompson, Jennifer	34OREG	34.85
100 Meter Butterfly		
1 Thompson, Jennifer	34OREG	1:23.42
200 Meter IM		
1 Himstreet, Julie	31OREG	2:49.35

## Women 35-39

50 Meter Freestyle		
1 Glaeser, Sharon	37OREG	31.69
2 Rhoads, Renee	36OREG	32.69
3 Karkanen, Dianna	35OREG	32.88
4 Anderson, Ellen	38OREG	39.85
100 Meter Freestyle		
1 Rhoads, Renee	36OREG	1:15.43

2 Karkanen, Dianna	35OREG	1:24.92
3 Broido, Ellen	36OREG	1:26.43
4 Anderson, Ellen	38OREG	1:29.42
200 Meter Freestyle		
1 Glaeser, Sharon	37OREG	2:47.99
2 Broido, Ellen	36OREG	3:11.98
800 Meter Freestyle		
1 Crisp, Julie	35OREG	14:56.46
50 Meter Backstroke		
1 Anderson, Ellen	38OREG	49.19
100 Meter Breaststroke		
1 Brooks, Kristin	36OREG	1:39.97
200 Meter Breaststroke		
1 Glaeser, Sharon	37OREG	3:24.93
2 Brooks, Kristin	36OREG	3:35.85
50 Meter Butterfly		
1 Brooks, Kristin	36OREG	37.95
2 Karkanen, Dianna	35OREG	40.44
3 Crisp, Julie	35OREG	52.08
100 Meter Butterfly		
1 Brooks, Kristin	36OREG	1:33.52
2 Broido, Ellen	36OREG	1:37.83
200 Meter Butterfly		
1 Broido, Ellen	36OREG	3:47.45
200 Meter IM		
1 Glaeser, Sharon	37OREG	3:09.58
2 Brooks, Kristin	36OREG	3:28.15
3 Crisp, Julie	35OREG	3:49.74

## Women 40-44

50 Meter Freestyle		
1 Harris, Barbara	41OREG	30.75
2 Johnson, Theresa	44OREG	47.66
100 Meter Freestyle		
1 Andrus-Hughes, Karen	44OREG	1:09.56
2 Carlisle, Kathie	44OREG	1:19.28
3 Fox, Christina	41OREG	1:33.64
4 Johnson, Theresa	44OREG	1:50.06
200 Meter Freestyle		
1 Andrus-Hughes, Karen	44OREG	2:34.62
400 Meter Freestyle		
1 Young, Joni	40OREG	6:02.72
2 Carlisle, Kathie	44OREG	6:28.88
800 Meter Freestyle		
1 Young, Joni	40OREG	12:17.52
50 Meter Backstroke		
1 Andrus-Hughes, Karen	44OREG	34.91
2 Harris, Barbara	41OREG	35.41
3 Holmstrom, Colleen	42OREG	41.71
4 Johnson, Theresa	44OREG	58.23
100 Meter Backstroke		
1 Andrus-Hughes, Karen	44OREG	1:19.41
2 Holmstrom, Colleen	42OREG	1:28.78
3 Fox, Christina	41OREG	1:36.91
200 Meter Backstroke		
1 Andrus-Hughes, Karen	44OREG	2:53.30
2 Holmstrom, Colleen	42OREG	3:12.35
3 Fox, Christina	41OREG	3:27.31
50 Meter Breaststroke		
1 Johnson, Theresa	44OREG	1:00.26
100 Meter Breaststroke		
1 Sanders, Janet	43OREG	1:42.61
2 Holmstrom, Colleen	42OREG	1:43.31
200 Meter Breaststroke		
1 Sanders, Janet	43OREG	3:39.72

50 Meter Butterfly		
1 Harris, Barbara	41OREG	33.24
2 Worden, Laura	44OREG	35.36
3 Sanders, Janet	43OREG	40.31
4 Carlisle, Kathie	44OREG	41.97
100 Meter Butterfly		
1 Worden, Laura	44OREG	1:19.64
2 Sanders, Janet	43OREG	1:45.70
200 Meter Butterfly		
1 Worden, Laura	44OREG	3:04.86
2 Sanders, Janet	43OREG	3:47.38
200 Meter IM		
1 Carlisle, Kathie	44OREG	3:37.66

## Women 45-49

50 Meter Freestyle		
1 Clancey, Karin	47OREG	42.16
2 Crisman, Susan	47OREG	45.77
100 Meter Freestyle		
1 Asleson, Elke	49OREG	1:31.18
400 Meter Freestyle		
1 Peterson, Connie	46OREG	7:20.41
50 Meter Backstroke		
1 Asleson, Elke	49OREG	45.99
2 Clancey, Karin	47OREG	1:04.43
50 Meter Breaststroke		
1 Crisman, Susan	47OREG	58.07
100 Meter Breaststroke		
1 Peterson, Connie	46OREG	2:07.16
2 Crisman, Susan	47OREG	2:07.50
50 Meter Butterfly		
1 Asleson, Elke	49OREG	42.57
2 Crisman, Susan	47OREG	50.45
100 Meter Butterfly		
1 Asleson, Elke	49OREG	1:36.16
200 Meter IM		
1 Asleson, Elke	49OREG	3:32.50

## Women 50-54

50 Meter Freestyle		
1 Rousseau, Sandi	54OREG	35.60
2 Jenkins, Tam	53OREG	42.66
100 Meter Freestyle		
1 Imwalle, Catherine	51OREG	1:15.40
2 Rousseau, Sandi	54OREG	1:24.56
3 Jenkins, Tam	53OREG	1:36.46
200 Meter Backstroke		
1 Imwalle, Catherine	51OREG	3:11.10
50 Meter Butterfly		
1 Rousseau, Sandi	54OREG	38.09
100 Meter Butterfly		
1 Rousseau, Sandi	54OREG	1:35.87

## Women 55-59

50 Meter Freestyle		
1 Ward, Joy	59OREG	33.85
50 Meter Backstroke		
1 Ward, Joy	59OREG	43.48
200 Meter Backstroke		
1 Ward, Joy	59OREG	3:23.12
50 Meter Breaststroke		
1 Pierson, Ginger	55MACO	43.51
100 Meter Breaststroke		
1 Pierson, Ginger	55MACO	1:37.91
200 Meter Breaststroke		
1 Pierson, Ginger	55MACO	3:35.14

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50 Meter Butterfly			400 Meter IM			50 Meter Breaststroke		
1 Ward, Joy	59OREG	36.54	1 Percival, Anthony	26OREG	6:30.67	1 Allender, Pat	43OREG	34.31
100 Meter Butterfly			<b>Men 30-34</b>			100 Meter Breaststroke		
1 Pierson, Ginger	55MACO	1:33.72	50 Meter Freestyle			1 Allender, Pat	43OREG	1:15.99
200 Meter Butterfly			1 Reget, Phil	32OREG	28.40	2 McMillan, Bob	43OREG	1:34.57
1 Pierson, Ginger	55MACO	3:25.87	2 Wendt, Timothy	32OREG	30.02	3 McIntire, Jerry	40UNAT	1:35.29
200 Meter IM			3 McBride, Mark	33OREG	30.99	200 Meter Breaststroke		
1 Himstreet, Pam	58OREG	3:51.17	100 Meter Freestyle			1 Allender, Pat	43OREG	2:43.85
<b>Women 65-69</b>			1 Reget, Phil	32OREG	1:02.10	50 Meter Butterfly		
50 Meter Freestyle			2 Wendt, Timothy	32OREG	1:09.76	1 Allender, Pat	43OREG	29.55
1 Schroder, Kaleo	65OREG	52.29	200 Meter Freestyle			2 Wren, Mark	43OREG	31.71
2 L'Esperance, Beverly	69OREG	55.12	1 McBride, Mark	33OREG	2:52.11	3 McIntire, Jerry	40UNAT	34.65
200 Meter Freestyle			50 Meter Backstroke			100 Meter Butterfly		
1 L'Esperance, Beverly	69OREG	4:37.30	1 Wendt, Timothy	32OREG	37.51	1 Baker, Dennis	40OREG	1:00.49
50 Meter Backstroke			50 Meter Breaststroke			200 Meter Butterfly		
1 Schroder, Kaleo	65OREG	1:01.55	1 Latta, Gregory	32OREG	34.78	1 Baker, Dennis	40OREG	2:09.14
2 L'Esperance, Beverly	69OREG	1:11.98	2 McBride, Mark	33OREG	39.54	200 Meter IM		
100 Meter Backstroke			200 Meter Breaststroke			1 Allender, Pat	43OREG	2:30.88
1 Schroder, Kaleo	65OREG	2:12.94	1 McBride, Mark	33OREG	3:18.78	2 Wren, Mark	43OREG	2:55.36
2 L'Esperance, Beverly	69OREG	2:34.55	100 Meter Butterfly			<b>Men 45-49</b>		
200 Meter Backstroke			1 Reget, Phil	32OREG	1:20.04	50 Meter Freestyle		
1 L'Esperance, Beverly	69OREG	5:27.69	200 Meter IM			1 Tennant, Michael	48OREG	26.86
50 Meter Breaststroke			1 Latta, Gregory	32OREG	2:35.08	2 Metzger, Peter	46OREG	27.50
1 Schroder, Kaleo	65OREG	1:08.94	<b>Men 35-39</b>			3 Moller, Jim	46OREG	33.24
100 Meter Breaststroke			50 Meter Freestyle			4 Unger, Jimmy	48OREG	33.34
1 Schroder, Kaleo	65OREG	2:30.42	1 Gaardner, Chris	36OREG	29.80	100 Meter Freestyle		
<b>Women 75-79</b>			100 Meter Freestyle			1 Tennant, Michael	48OREG	1:01.19
800 Meter Freestyle			1 Gaardner, Chris	36OREG	1:07.07	2 Unger, Jimmy	48OREG	1:14.65
1 Wells, Margaret	75OREG	21:40.66	200 Meter Freestyle			3 Enbysk, Kevin	49OREG	1:20.09
100 Meter Breaststroke			1 Gaardner, Chris	36OREG	2:26.62	200 Meter Freestyle		
1 Wells, Margaret	75OREG	3:12.84	400 Meter Freestyle			1 Tennant, Michael	48OREG	2:23.50
50 Meter Butterfly			1 Stewart, Doug	37OREG	4:47.49	2 Unger, Jimmy	48OREG	2:50.01
1 Wells, Margaret	75OREG	1:13.65	800 Meter Freestyle			50 Meter Backstroke		
200 Meter IM			1 Stewart, Doug	37OREG	9:48.20	1 Metzger, Peter	46OREG	31.45
1 Wells, Margaret	75OREG	5:46.83	100 Meter Backstroke			2 Moller, Jim	46OREG	41.40
<b>Women 80-84</b>			1 Higley, Robert	36OREG	1:23.76	100 Meter Backstroke		
400 Meter Freestyle			200 Meter Backstroke			1 Metzger, Peter	46OREG	1:29.33
1 Stevenin, Elfie	80OREG	13:25.86	1 Higley, Robert	36OREG	2:58.30	200 Meter Backstroke		
800 Meter Freestyle			50 Meter Breaststroke			1 Metzger, Peter	46OREG	2:37.90
1 Stevenin, Elfie	80OREG	28:02.47	1 Hudson, John	35OREG	33.12	50 Meter Breaststroke		
100 Meter Backstroke			2 Gaardner, Chris	36OREG	38.07	1 Unger, Jimmy	48OREG	43.66
1 Stevenin, Elfie	80OREG	3:20.53	100 Meter Breaststroke			2 Enbysk, Kevin	49OREG	44.08
50 Meter Breaststroke			1 Hudson, John	35OREG	1:15.79	3 Moller, Jim	46OREG	45.03
1 Stangel, Pauline	80OREG	1:11.51	200 Meter Breaststroke			50 Meter Butterfly		
100 Meter Breaststroke			1 Hudson, John	35OREG	2:48.14	1 Metzger, Peter	46OREG	30.64
1 Stangel, Pauline	80OREG	2:44.95	200 Meter Butterfly			2 Unger, Jimmy	48OREG	43.08
200 Meter Breaststroke			1 Stewart, Doug	37OREG	2:33.44	<b>Men 50-54</b>		
1 Stangel, Pauline	80OREG	5:53.26	200 Meter IM			50 Meter Freestyle		
50 Meter Butterfly			1 Stewart, Doug	37OREG	2:30.52	1 Loos, John	51OREG	31.29
1 Stevenin, Elfie	80OREG	2:05.39	2 Higley, Robert	36OREG	2:56.09	2 Beckley, Gary	50OREG	33.89
100 Meter Butterfly			<b>Men 40-44</b>			100 Meter Freestyle		
1 Stevenin, Elfie	80OREG	4:26.93	50 Meter Freestyle			1 Maestre, Robert	51MACO	1:06.62
<b>Men 25-29</b>			1 George, Steve	42OREG	27.21	2 Loos, John	51OREG	1:12.88
100 Meter Freestyle			2 Wren, Mark	43OREG	28.83	200 Meter Freestyle		
1 Stevens, Jeff	25OREG	1:07.42	3 Lumbard, Doug	44OREG	29.35	1 Beckley, Gary	50OREG	2:49.58
200 Meter Freestyle			100 Meter Freestyle			400 Meter Freestyle		
1 Stevens, Jeff	25OREG	2:36.38	1 McMillan, Bob	43OREG	1:05.15	1 Beckley, Gary	50OREG	6:14.32
800 Meter Freestyle			2 McIntire, Jerry	40UNAT	1:08.78	800 Meter Freestyle		
1 Percival, Anthony	26OREG	11:21.68	3 Wren, Mark	43OREG	1:09.26	1 Johnson, Steve	53OREG	10:22.87
100 Meter Backstroke			400 Meter Freestyle			2 Maestre, Robert	51MACO	11:18.84
1 Percival, Anthony	26OREG	1:21.06	1 McMillan, Bob	43OREG	5:21.33	50 Meter Backstroke		
200 Meter Backstroke			50 Meter Backstroke			1 Loos, John	51OREG	36.29
1 Percival, Anthony	26OREG	2:54.73	1 George, Steve	42OREG	30.79	50 Meter Breaststroke		
50 Meter Butterfly			100 Meter Backstroke			1 Loos, John	51OREG	44.32
1 Stevens, Jeff	25OREG	32.14	1 George, Steve	42OREG	1:09.66	50 Meter Butterfly		
200 Meter IM			2 McIntire, Jerry	40UNAT	1:28.41	1 Beckley, Gary	50OREG	35.27
1 Stevens, Jeff	25OREG	2:49.32						

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2 Loos, John	51OREG	39.24	1 Radcliff, David	67OREG	46.46	<b>Women 240-279 400 Meter Medley Relay</b>
200 Meter IM			200 Meter Breaststroke			1 OREG 6:17.79
1 Beckley, Gary	50OREG	3:05.72	1 Bigler, Jim	66MACO	4:15.45	1) Ward, Joy 59 2) Himstreet, Pam 58
<b>Men 60-64</b>			<b>Men 70-74</b>			3) Imwalle, C. 51 4) Harris, Barbara 41
50 Meter Freestyle			50 Meter Freestyle			<b>Men 160-199 800 Meter Free Relay</b>
1 Petersen, Bert	63OREG	30.45	1 Holman, William	70OREG	42.01	1 OREG 8:55.99
100 Meter Freestyle			100 Meter Freestyle			1) Allender, Pat 43 2) George, Steve 42
1 Petersen, Bert	63OREG	1:09.94	1 Holman, William	70OREG	1:41.05	3) Latta, Gregory 32 4) Stewart, Doug 37
2 Kanner, Burt	62OREG	1:15.44	400 Meter Freestyle			<b>Men 200-239 400 Meter Free Relay</b>
3 Beggs, James	62OREG	1:40.15	1 Holman, William	70OREG	7:57.93	1 OREG 4:25.09
400 Meter Freestyle			<b>Men 75-79</b>			1) Tennant, Michael 48 2) Landis, Tom 59
1 Kanner, Burt	62OREG	6:05.85	100 Meter Freestyle			3) Bruce, Robert 53 4) Reget, Phil 32
2 Beggs, James	62OREG	7:44.05	1 Young, Gilbert	79OREG	1:29.89	<b>Men 200-239 400 Meter Medley Relay</b>
800 Meter Freestyle			800 Meter Freestyle			1 OREG 5:20.88
1 Kanner, Burt	62OREG	13:01.82	1 Young, Gilbert	79OREG	15:13.66	1) Bruce, Robert 53 2) Reget, Phil 32
2 Beggs, James	62OREG	16:22.08	<b>Men 85-89</b>			3) Higley, Robert 36 4) Tennant, Michael 48
50 Meter Butterfly			50 Meter Freestyle			<b>Mixed 160-199 400 Meter Free Relay</b>
1 Petersen, Bert	63OREG	30.81	1 De Lay, Allan	86OREG	47.46	1 OREG 4:51.54
<b>Men 65-69</b>			100 Meter Freestyle			1) Reget, Phil 32 2) Himstreet, Julie 31
50 Meter Freestyle			1 De Lay, Allan	86OREG	2:00.45	3) Brooks, Kristin 36 4) Higley, Robert 36
1 Rigdon, John	65UNAT	34.09	50 Meter Backstroke			<b>Mixed 160-199 400 Meter Medley Relay</b>
100 Meter Freestyle			1 De Lay, Allan	86OREG	1:14.82	1 OREG 5:11.26
1 Radcliff, David	67OREG	1:12.09	<b>Relays</b>			1) Eisenbeis, Tori 29 2) Quan, Sara 29
2 Rigdon, John	65UNAT	1:18.35	<b>Women 160-199 400 Meter Free Relay</b>			3) Higley, Robert 36 4) Tennant, M. 48
200 Meter Freestyle			1 OREG 4:51.25			<b>Mixed 200-239 400 Meter Medley Relay</b>
1 Bigler, Jim	66MACO	3:05.19	1) Eisenbeis, Tori 29 2) Brooks, Kristin 36			1 OREG 5:16.22
400 Meter Freestyle			3) Himstreet, Julie 31 4) Quan, Sara 29			1) Harris, Barbara 4 12) Imwalle, C. 51
1 Bigler, Jim	66MACO	6:40.38	<b>Women 160-199 400 Meter Medley Relay</b>			3) Landis, Tom 59 4) Reget, Phil 32
800 Meter Freestyle			1 OREG 5:32.17			Mixed 240-279 800 Meter Free Relay
1 Bigler, Jim	66MACO	13:56.51	1) Eisenbeis, Tori 29 2) Quan, Sara 29			1 OREG 10:24.83
50 Meter Backstroke			3) Himstreet, Julie 31 4) Brooks, Kristin 36			1) Landis, Tom 59 2) Imwalle, C. 51
1 Radcliff, David	67OREG	43.67	<b>Women 240-279 400 Meter Free Relay</b>			3) Harris, Barbara 41 4) Bruce, Robert
200 Meter Backstroke			1 OREG 5:22.05			<b>Thank you Albany for a great beginning to the Long Course Season!</b>
1 Bigler, Jim	66MACO	4:20.26	1) Imwalle, C. 51 2) Himstreet, Pam 58			
50 Meter Breaststroke			3) Ward, Joy 59 4) Harris, Barbara 41			

## Results of the Zone LCM Meet - June 23-24, 2001

Pl. Name	Age Club	Time			
<b>Women 25-29</b>			2 Sanders, Janet	43 OREG	43.06
100 LC Meter Backstroke			100 LC Meter Butterfly		
1 Criscione, Anicia	28 OREG	1:31.09	1 Sanders, Janet	43 OREG	1:47.57
200 LC Meter Breaststroke			200 LC Meter Butterfly		
2 Criscione, Anicia	28 OREG	3:30.44	1 Sanders, Janet	43 OREG	3:48.27
200 LC Meter Butterfly			<b>Women 45-49</b>		
1 Criscione, Anicia	28 OREG	3:28.21	1500 LC Meter Freestyle		
400 LC Meter IM			1 Hendryx, Teri	48 MACO	24:30.85
2 Criscione, Anicia	28 OREG	6:39.87	50 LC Meter Backstroke		
<b>Women 30-34</b>			2 Hendryx, Teri	48 MACO	39.75
50 LC Meter Freestyle			100 LC Meter Backstroke		
1 Jackson, Michelle	30 OREG	37.51	2 Hendryx, Teri	48 MACO	1:26.30
100 LC Meter Freestyle			200 LC Meter Backstroke		
1 Jackson, Michelle	30 OREG	1:22.92	2 Hendryx, Teri	48 MACO	3:16.34
50 LC Meter Backstroke			100 LC Meter Breaststroke		
1 Jackson, Michelle	30 OREG	41.69	1 Hendryx, Teri	48 MACO	1:37.29
100 LC Meter Backstroke			200 LC Meter Breaststroke		
1 Jackson, Michelle	30 OREG	1:37.65	1 Hendryx, Teri	48 MACO	3:28.57
<b>Women 40-44</b>			<b>Women 55-59</b>		
50 LC Meter Breaststroke			50 LC Meter Breaststroke		
1 Sanders, Janet	43 OREG	47.54	1 Pierson, Ginger	55 MACO	44.42
100 LC Meter Breaststroke			100 LC Meter Breaststroke		
2 Sanders, Janet	43 OREG	1:41.92	2 Pierson, Ginger	55 MACO	1:39.17
200 LC Meter Breaststroke			50 LC Meter Butterfly		
1 Sanders, Janet	43 OREG	3:40.82	1 Pierson, Ginger	55 MACO	42.36
50 LC Meter Butterfly			100 LC Meter Butterfly		
1 Pierson, Ginger	55 MACO	1:34.83	1 Pierson, Ginger	55 MACO	1:34.83
200 LC Meter Butterfly			200 LC Meter Butterfly		
1 Pierson, Ginger	55 MACO	3:26.71			
<b>Women 60-64</b>					
50 LC Meter Freestyle					
1 Schumann, Susanne	64 MACO	39.67			
100 LC Meter Freestyle					
1 Schumann, Susanne	64 MACO	1:29.65			
50 LC Meter Breaststroke					
2 Schumann, Susanne	64 MACO	50.65			
100 LC Meter Breaststroke					
2 Schumann, Susanne	64 MACO	2:06.98			
<b>Women 65-69</b>					
100 LC Meter Freestyle					
2 L'Esperance, Beverly	69 OREG	2:09.85			
200 LC Meter Freestyle					
1 L'Esperance, Beverly	69 OREG	4:47.22			
400 LC Meter Freestyle					
1 L'Esperance, Beverly	69 OREG	10:09.72			
50 LC Meter Backstroke					
1 L'Esperance, Beverly	69 OREG	1:10.90			
100 LC Meter Backstroke					
1 L'Esperance, Beverly	69 OREG	2:34.18			
200 LC Meter Backstroke					
1 L'Esperance, Beverly	69 OREG	5:34.33			
<b>Men 30-34</b>					
50 LC Meter Freestyle					
1 Mc Bride, Mark	33 OREG	30.59			

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100 LC Meter Freestyle			100 LC Meter Breaststroke			1 Maestre, Robert	51 MACO	2:30.31
2 Mc Bride, Mark	33 OREG	1:09.83	1 Allender, Pat	43 OREG	1:16.38	800 LC Meter Freestyle		
<b>Men 35-39</b>			200 LC Meter Breaststroke			1 Maestre, Robert	51 MACO	11:39.88
50 LC Meter Freestyle			1 Allender, Pat	43 OREG	2:42.22	100 LC Meter Backstroke		
1 Gaarder, Chris	36 OREG	27.61	100 LC Meter Butterfly			1 Maestre, Robert	51 MACO	1:22.70
100 LC Meter Freestyle			2 Allender, Pat	43 OREG	1:07.59	200 LC Meter Backstroke		
3 Gaarder, Chris	36 OREG	1:05.47	400 LC Meter IM			1 Maestre, Robert	51 MACO	3:02.91
200 LC Meter Freestyle			1 Allender, Pat	43 OREG	5:22.45	<b>Men 60-64</b>		
1 Gaarder, Chris	36 OREG	2:28.65	<b>Men 45-49</b>			50 LC Meter Butterfly		
50 LC Meter Backstroke			50 LC Meter Backstroke			1 Petersen, Bert	63 OREG	31.88
1 Hudson, John	35 OREG	31.88	1 Metzger, Peter	46 OREG	32.32	<b>Men 65-69</b>		
50 LC Meter Breaststroke			100 LC Meter Backstroke			50 LC Meter Freestyle		
1 Hudson, John	35 OREG	33.10	1 Metzger, Peter	46 OREG	1:10.35	1 Radcliff, David	67 OREG	31.97
3 Gaarder, Chris	36 OREG	37.27	200 LC Meter Backstroke			100 LC Meter Freestyle		
100 LC Meter Breaststroke			1 Metzger, Peter	46 OREG	2:38.60	1 Radcliff, David	67 OREG	1:11.97
1 Hudson, John	35 OREG	1:14.63	50 LC Meter Butterfly			400 LC Meter Freestyle		
200 LC Meter Breaststroke			2 Metzger, Peter	46 OREG	30.98	1 Radcliff, David	67 OREG	5:59.84
1 Hudson, John	35 OREG	2:45.98	<b>Men 50-54</b>			800 LC Meter Freestyle		
<b>Men 40-44</b>			100 LC Meter Freestyle			1 Radcliff, David	67 OREG	12:54.26
400 LC Meter Freestyle			1 Maestre, Robert	51 MACO	1:06.99			
1 Allender, Pat	43 OREG	4:47.71	200 LC Meter Freestyle					

## Results of the State Games Meet - Aug. 7-8, 2001

### Women 19-24

50 LC Meter Freestyle				
1 Haynes, Phoebe	23 UNAT	33.07		
100 LC Meter Freestyle				
1 Bell, Melissa	20 OREG	1:11.01		
200 LC Meter Freestyle				
1 Bell, Melissa	20 OREG	2:32.38		
1500 LC Meter Freestyle				
1 Moffat, Rebecca	19 UNAT	20:17.04		
50 LC Meter Backstroke				
1 Haynes, Phoebe	23 UNAT	42.17		
50 LC Meter Breaststroke				
1 Haynes, Phoebe	23 UNAT	43.66		
100 LC Meter Breaststroke				
1 Moffat, Rebecca	19 UNAT	1:34.74		
2 Haynes, Phoebe	23 UNAT	1:38.62		
200 LC Meter Breaststroke				
1 Haynes, Phoebe	23 UNAT	3:25.48		
100 LC Meter Butterfly				
1 Bell, Melissa	20 OREG	1:23.61		
200 LC Meter Butterfly				
1 Bell, Melissa	20 OREG	2:58.62		
200 LC Meter IM				
1 Haynes, Phoebe	23 UNAT	3:14.04		

### Women 25-29

50 LC Meter Freestyle				
1 Butcher, Jennifer	29 OREG	31.20		
2 Oloughlin, Kirsten	26 OREG	32.78		
100 LC Meter Freestyle				
1 Funatake, Castle	26 OREG	1:12.56		
2 Heim, Theresa	29 OREG	1:18.76		
200 LC Meter Freestyle				
1 Gorsline, Lisa	26 OREG	2:47.83		
2 Oloughlin, Kirsten	26 OREG	2:48.08		
400 LC Meter Freestyle				
1 Gorsline, Lisa	26 OREG	5:54.76		
1500 LC Meter Freestyle				
1 Oloughlin, Kirsten	26 OREG	24:06.50		
50 LC Meter Backstroke				
1 Heim, Theresa	29 OREG	39.20		

100 LC Meter Backstroke				
1 Butcher, Jennifer	29 OREG	1:16.40		
2 Heim, Theresa	29 OREG	1:24.20		
200 LC Meter Backstroke				
1 Heim, Theresa	29 OREG	3:00.38		
2 Criscione, Anicia	28 OREG	3:06.99		
100 LC Meter Breaststroke				
1 Butcher, Jennifer	29 OREG	1:32.43		
2 Criscione, Anicia	28 OREG	1:35.80		
3 Kingsbury, Beckie	26 UNAT	2:26.38		
200 LC Meter Breaststroke				
1 Criscione, Anicia	28 OREG	3:29.85		
2 Gorsline, Lisa	26 OREG	3:45.49		
50 LC Meter Butterfly				
1 Heim, Theresa	29 OREG	38.50		
100 LC Meter Butterfly				
1 Funatake, Castle	26 OREG	1:23.16		
200 LC Meter Butterfly				
1 Criscione, Anicia	28 OREG	3:21.07		
2 Gorsline, Lisa	26 OREG	3:36.04		
200 LC Meter IM				
1 Criscione, Anicia	28 OREG	3:02.82		
2 Heim, Theresa	29 OREG	3:15.78		
3 Gorsline, Lisa	26 OREG	3:15.97		
400 LC Meter IM				
1 Criscione, Anicia	28 OREG	6:31.58		

### Women 30-34

50 LC Meter Freestyle				
1 Collson, Anne-Marie	34 UNAT	31.80		
2 Milano, Andrea	34 OREG	32.07		
3 Holland, Erin	34 OREG	35.72		
4 Keiser, Jamie	31 OREG	36.53		
100 LC Meter Freestyle				
1 Collson, Anne-Marie	34 UNAT	1:11.26		
2 Milano, Andrea	34 OREG	1:13.27		
3 Woon, Leleng	31 OREG	1:16.77		
4 Streeter, Susan	34 OREG	1:21.55		
5 Tobey, Jill	33 UNAT	1:55.87		
200 LC Meter Freestyle				
1 Himstreet, Julie	31 OREG	2:28.52		

2 Hyde, Sandra	33 OREG	2:45.44		
3 Holland, Erin	34 OREG	3:01.02		
4 Tobey, Jill	33 UNAT	4:14.10		
400 LC Meter Freestyle				
1 Milano, Andrea	34 OREG	5:51.36		
2 Hyde, Sandra	33 OREG	5:55.53		
3 Streeter, Susan	34 OREG	6:23.03		
4 Soracco, Amy	33 OREG	6:33.24		
1500 LC Meter Freestyle				
1 Tyrrell, Laura	34 OREG	21:37.73		
2 Milano, Andrea	34 OREG	23:17.40		
3 Crisp, Jennifer	31 UNAT	25:14.33		
4 Keiser, Jamie	31 OREG	28:31.04		
100 LC Meter Backstroke				
1 Woon, Leleng	31 OREG	1:23.73		
2 Hyde, Sandra	33 OREG	1:37.70		
200 LC Meter Backstroke				
1 Himstreet, Julie	31 OREG	2:48.59		
2 Hyde, Sandra	33 OREG	3:35.18		
50 LC Meter Breaststroke				
1 Soracco, Amy	33 OREG	44.72		
2 Moore, Alison	31 UNAT	45.42		
3 Streeter, Susan	34 OREG	46.48		
100 LC Meter Breaststroke				
1 Holland, Erin	34 OREG	1:36.91		
2 Streeter, Susan	34 OREG	1:40.20		
3 Tobey, Jill	33 UNAT	2:03.14		
200 LC Meter Breaststroke				
1 Himstreet, Julie	31 OREG	3:14.34		
2 Moore, Alison	31 UNAT	3:34.49		
3 Soracco, Amy	33 OREG	3:42.94		
4 Tobey, Jill	33 UNAT	4:22.25		
50 LC Meter Butterfly				
1 Collson, Anne-Marie	34 UNAT	36.05		
2 Streeter, Susan	34 OREG	44.29		
200 LC Meter Butterfly				
1 Himstreet, Julie	31 OREG	2:49.33		
2 Tyrrell, Laura	34 OREG	3:26.87		
200 LC Meter IM				
1 Himstreet, Julie	31 OREG	2:46.69		

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2 Streeter, Susan	34 OREG	3:28.28
400 LC Meter IM		
1 Himstreet, Julie	31 OREG	5:53.67
<b>Women 35-39</b>		
50 LC Meter Freestyle		
1 Viales, Dianne	39 OREG	30.92
2 Poirier, Valerie	37 UNAT	31.43
3 Glaeser, Sharon	37 OREG	31.58
4 Rhodes, Renee	36 OREG	32.18
5 Nakagawa, Anne	36 UNAT	32.62
6 Thimm, Jeanne	38 OREG	33.16
7 Karkanen, Dianna	35 OREG	33.23
8 Kahl, Pam	37 UNAT	33.42
9 Ford, Lisa	35 OREG	35.35
100 LC Meter Freestyle		
1 Viales, Dianne	39 OREG	1:09.18
2 Poirier, Valerie	37 UNAT	1:09.59
3 Nakagawa, Anne	36 UNAT	1:11.31
4 Kahl, Pam	37 UNAT	1:16.89
200 LC Meter Freestyle		
1 Halligan, Amy	35 OREG	2:29.53
2 Viales, Dianne	39 OREG	2:33.38
3 Poirier, Valerie	37 UNAT	2:36.71
4 Nakagawa, Anne	36 UNAT	2:37.94
5 Glaeser, Sharon	37 OREG	2:45.47
400 LC Meter Freestyle		
1 Viales, Dianne	39 OREG	5:28.35
2 Nakagawa, Anne	36 UNAT	5:33.38
3 Broido, Ellen	36 OREG	6:25.91
1500 LC Meter Freestyle		
1 Halligan, Amy	35 OREG	20:08.93
2 Ford, Lisa	35 OREG	23:16.58
3 Crisp, Julie	35 OREG	29:40.87
50 LC Meter Backstroke		
1 Poirier, Valerie	37 UNAT	35.15
100 LC Meter Backstroke		
1 Poirier, Valerie	37 UNAT	1:17.66
100 LC Meter Breaststroke		
1 Thimm, Jeanne	38 OREG	1:41.49
2 Broido, Ellen	36 OREG	1:44.55
200 LC Meter Breaststroke		
1 Glaeser, Sharon	37 OREG	3:25.15
2 Broido, Ellen	36 OREG	3:51.62
50 LC Meter Butterfly		
1 Thimm, Jeanne	38 OREG	35.89
2 Karkanen, Dianna	35 OREG	39.31
3 Schmidt, Anne	35 OREG	1:19.20
100 LC Meter Butterfly		
1 Broido, Ellen	36 OREG	1:31.96
2 Schmidt, Anne	35 OREG	3:04.13
200 LC Meter Butterfly		
1 Broido, Ellen	36 OREG	3:39.96
200 LC Meter IM		
1 Viales, Dianne	39 OREG	2:56.27
2 Glaeser, Sharon	37 OREG	3:12.89
3 Broido, Ellen	36 OREG	3:24.78
4 Crisp, Julie	35 OREG	3:49.82
5 Schmidt, Anne	35 OREG	6:08.53
<b>Women 40-44</b>		
50 LC Meter Freestyle		
1 Andrus-Hughes, Karen	44 OREG	30.43
2 Holstrom, Colleen	42 OREG	35.04
3 Marthaller, Jodi	41 UNAT	35.34
4 Martini, Jackie	41 OREG	48.72

100 LC Meter Freestyle		
1 Andrus-Hughes, Karen	44 OREG	1:07.12
2 Holstrom, Colleen	42 OREG	1:19.77
200 LC Meter Freestyle		
1 Andrus-Hughes, Karen	44 OREG	2:28.77
400 LC Meter Freestyle		
1 Andrus-Hughes, Karen	44 OREG	5:17.98
2 Steinberg, Naomi	40 OREG	6:05.43
1500 LC Meter Freestyle		
1 Moss, Helen	43 OREG	31:45.75
50 LC Meter Backstroke		
1 Andrus-Hughes, Karen	44 OREG	36.17
2 Holstrom, Colleen	42 OREG	43.37
100 LC Meter Backstroke		
1 Marthaller, Jodi	41 UNAT	1:31.33
2 Fox, Christina	41 OREG	1:33.40
200 LC Meter Backstroke		
1 Fox, Christina	41 OREG	3:21.73
50 LC Meter Breaststroke		
1 Holstrom, Colleen	42 OREG	46.86
100 LC Meter Breaststroke		
1 Gerstmar, Rose	42 OREG	1:33.04
2 Marthaller, Jodi	41 UNAT	1:40.21
3 Holstrom, Colleen	42 OREG	1:41.71
4 Fox, Christina	41 OREG	1:44.84
5 Moss, Helen	43 OREG	2:15.97
50 LC Meter Butterfly		
1 Worden, Laura	44 OREG	34.03
2 Moss, Helen	43 OREG	47.62
100 LC Meter Butterfly		
1 Worden, Laura	44 OREG	1:19.80
200 LC Meter Butterfly		
1 Worden, Laura	44 OREG	3:04.12
200 LC Meter IM		
1 Andrus-Hughes, Karen	44 OREG	2:53.17
2 Worden, Laura	44 OREG	3:01.52
400 LC Meter IM		
1 Worden, Laura	44 OREG	6:24.11
<b>Women 45-49</b>		
50 LC Meter Freestyle		
1 Snyder, Lynne	45 OREG	36.74
2 Dailey, Rosie	49 OREG	47.37
3 Ray, Vicki	48 OREG	59.53
4 Warner, Malia	46 OREG	1:17.03
100 LC Meter Freestyle		
1 Hollingsworth, Lori	46 OREG	1:20.13
2 Snyder, Lynne	45 OREG	1:25.69
3 Toole, Margaret	49 OREG	1:27.99
4 Dailey, Rosie	49 OREG	1:50.02
400 LC Meter Freestyle		
1 Hollingsworth, Lori	46 OREG	6:14.75
2 Toole, Margaret	49 OREG	6:37.17
3 Shoemaker, Cynthia	49 OREG	6:46.70
1500 LC Meter Freestyle		
1 Hendryx, Teri	48 MACO	23:57.78
2 Shoemaker, Cynthia	49 OREG	26:32.47
50 LC Meter Backstroke		
1 Snyder, Lynne	45 OREG	46.69
2 Dailey, Rosie	49 OREG	1:04.96
100 LC Meter Backstroke		
1 Hendryx, Teri	48 MACO	1:26.11
200 LC Meter Backstroke		
1 Hendryx, Teri	48 MACO	3:04.67
50 LC Meter Breaststroke		

1 Snyder, Lynne	45 OREG	47.72
2 Dailey, Rosie	49 OREG	1:02.91
3 Warner, Malia	46 OREG	1:46.58
100 LC Meter Breaststroke		
1 Crabbe, Colette	45 OREG	1:25.04
2 Hendryx, Teri	48 MACO	1:36.54
3 Snyder, Lynne	45 OREG	1:46.09
4 Ray, Vicki	48 OREG	2:15.88
5 Dailey, Rosie	49 OREG	2:17.12
6 Warner, Malia	46 OREG	3:45.28
200 LC Meter Breaststroke		
1 Crabbe, Colette	45 OREG	3:02.86
2 Hendryx, Teri	48 MACO	3:27.56
3 Shoemaker, Cynthia	49 OREG	3:55.68
50 LC Meter Butterfly		
1 Asleson, Elke	49 OREG	41.27
2 Bley, Linda	47 UNAT	47.73
100 LC Meter Butterfly		
1 Asleson, Elke	49 OREG	1:34.74
200 LC Meter Butterfly		
1 Asleson, Elke	49 OREG	3:38.20
200 LC Meter IM		
1 Crabbe, Colette	45 OREG	2:42.93
2 Asleson, Elke	49 OREG	3:31.17
3 Snyder, Lynne	45 OREG	3:31.29
4 Shoemaker, Cynthia	49 OREG	3:45.23
400 LC Meter IM		
1 Crabbe, Colette	45 OREG	5:48.01
2 Asleson, Elke	49 OREG	7:24.44
<b>Women 50-54</b>		
50 LC Meter Freestyle		
1 Call, Kathy	50 OREG	32.80
2 Quattro, Jackie	54 OREG	35.96
3 Rousseau, Sandi	54 OREG	36.21
4 Johnson, Kathy	51 OREG	36.64
5 Lee, Peggy	51 OREG	43.26
6 Graf, Carolyn	54 UNAT	56.21
100 LC Meter Freestyle		
1 Rousseau, Sandi	54 OREG	1:22.09
2 Quattro, Jackie	54 OREG	1:24.72
3 Parker, Lissa	50 UNAT	1:36.34
200 LC Meter Freestyle		
1 Lee, Peggy	51 OREG	3:31.82
400 LC Meter Freestyle		
1 Rague, Suzanne	51 OREG	6:32.82
2 Jenkins, Tam	53 OREG	7:01.94
3 Parker, Lissa	50 UNAT	7:16.19
4 Graf, Carolyn	54 UNAT	9:14.85
1500 LC Meter Freestyle		
1 Sutherland, Jani	52 OREG	27:18.33
50 LC Meter Backstroke		
1 Call, Kathy	50 OREG	43.98
2 Gettling, Janet	53 OREG	44.17
3 Johnson, Kathy	51 OREG	44.68
4 Quattro, Jackie	54 OREG	47.94
100 LC Meter Backstroke		
1 Lee, Peggy	51 OREG	2:04.59
2 Christy, Barb	53 UNAT	3:10.61
200 LC Meter Backstroke		
1 Christy, Barb	53 UNAT	6:57.45
50 LC Meter Breaststroke		
1 Call, Kathy	50 OREG	44.99
2 Gettling, Janet	53 OREG	45.32

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3 Johnson, Kathy	51 OREG	48.34
4 Quattro, Jackie	54 OREG	49.20
5 Rousseau, Sandi	54 OREG	50.36
6 Graf, Carolyn	54 UNAT	1:01.48
100 LC Meter Breaststroke		
1 Gettling, Janet	53 OREG	1:40.48
200 LC Meter Breaststroke		
1 Graf, Carolyn	54 UNAT	4:50.08
50 LC Meter Butterfly		
1 Rousseau, Sandi	54 OREG	38.29
2 Graf, Carolyn	54 UNAT	1:06.22
100 LC Meter Butterfly		
1 Rousseau, Sandi	54 OREG	1:35.96
2 Gettling, Janet	53 OREG	1:37.66
3 Rague, Suzanne	51 OREG	1:41.76
200 LC Meter IM		
1 Gettling, Janet	53 OREG	3:25.59
2 Graf, Carolyn	54 UNAT	4:39.31
<b>Women 55-59</b>		
50 LC Meter Freestyle		
1 Ward, Joy	59 OREG	34.04
100 LC Meter Freestyle		
1 Ward, Joy	59 OREG	1:23.36
1500 LC Meter Freestyle		
1 Himstreet, Pam	58 OREG	28:21.30
50 LC Meter Backstroke		
1 Ward, Joy	59 OREG	44.09
100 LC Meter Backstroke		
1 Ward, Joy	59 OREG	1:35.46
200 LC Meter Backstroke		
1 Ward, Joy	59 OREG	3:23.33
50 LC Meter Breaststroke		
1 Pierson, Ginger	55 MACO	43.78
2 Himstreet, Pam	58 OREG	52.15
100 LC Meter Breaststroke		
1 Pierson, Ginger	55 MACO	1:36.41
200 LC Meter Breaststroke		
1 Pierson, Ginger	55 MACO	3:31.54
2 Himstreet, Pam	58 OREG	4:02.72
50 LC Meter Butterfly		
1 Ward, Joy	59 OREG	36.34
100 LC Meter Butterfly		
1 Pierson, Ginger	55 MACO	1:32.69
2 Himstreet, Pam	58 OREG	1:59.67
200 LC Meter Butterfly		
1 Pierson, Ginger	55 MACO	3:21.24
200 LC Meter IM		
1 Pierson, Ginger	55 MACO	3:19.32
2 Himstreet, Pam	58 OREG	3:54.96
<b>Women 60-64</b>		
50 LC Meter Freestyle		
1 Schumann, Susanne	64 MACO	37.37
100 LC Meter Freestyle		
1 Schumann, Susanne	64 MACO	1:24.61
50 LC Meter Breaststroke		
1 Schumann, Susanne	64 MACO	49.26
100 LC Meter Breaststroke		
1 Schumann, Susanne	64 MACO	1:46.93
200 LC Meter Breaststroke		
1 Schumann, Susanne	64 MACO	3:55.41
<b>Women 65-69</b>		
50 LC Meter Freestyle		
1 Schroder, Kaleo	65 OREG	52.15
2 L'Esperance, Beverly	69 OREG	53.55

100 LC Meter Freestyle		
1 Schroder, Kaleo	65 OREG	1:58.76
200 LC Meter Freestyle		
1 Stoinoff, Lavelle	68 MACO	2:54.19
2 L'Esperance, Beverly	69 OREG	4:28.80
400 LC Meter Freestyle		
1 L'Esperance, Beverly	69 OREG	9:32.54
50 LC Meter Backstroke		
1 Schroder, Kaleo	65 OREG	1:00.89
2 L'Esperance, Beverly	69 OREG	1:10.88
100 LC Meter Backstroke		
1 Schroder, Kaleo	65 OREG	2:14.80
2 L'Esperance, Beverly	69 OREG	2:26.34
200 LC Meter Backstroke		
1 L'Esperance, Beverly	69 OREG	5:20.45
50 LC Meter Breaststroke		
1 Schroder, Kaleo	65 OREG	1:09.68
100 LC Meter Breaststroke		
1 Schroder, Kaleo	65 OREG	2:26.38
<b>Women 75-79</b>		
50 LC Meter Butterfly		
1 Wells, Margaret	75 OREG	1:12.13
100 LC Meter Butterfly		
1 Wells, Margaret	75 OREG	2:54.04
200 LC Meter Butterfly		
1 Wells, Margaret	75 OREG	6:29.64
200 LC Meter IM		
1 Wells, Margaret	75 OREG	5:32.72
400 LC Meter IM		
1 Wells, Margaret	75 OREG	11:59.81
<b>Women 80-84</b>		
50 LC Meter Freestyle		
1 Bernardi, Norma	82 OREG	1:03.18
100 LC Meter Freestyle		
1 Bernardi, Norma	82 OREG	2:25.35
50 LC Meter Backstroke		
1 Bernardi, Norma	82 OREG	1:09.48
100 LC Meter Backstroke		
1 Bernardi, Norma	82 OREG	2:28.64
200 LC Meter Butterfly		
1 Stevenin, Elfie	80 OREG	9:37.88
400 LC Meter IM		
1 Stevenin, Elfie	80 OREG	17:37.52
<b>Women 85-89</b>		
400 LC Meter Freestyle		
1 Muller, Eva	89 OREG	11:25.15
50 LC Meter Backstroke		
1 Muller, Eva	89 OREG	1:24.68
200 LC Meter Backstroke		
1 Muller, Eva	89 OREG	6:05.10
200 LC Meter Breaststroke		
1 Muller, Eva	89 OREG	7:57.80
400 LC Meter IM		
1 Muller, Eva	89 OREG	14:57.79
<b>Women 90-94</b>		
50 LC Meter Freestyle		
1 Tait, Ellen	91 UNAT	1:22.34
100 LC Meter Freestyle		
1 Tait, Ellen	91 UNAT	3:30.79
50 LC Meter Backstroke		
1 Tait, Ellen	91 UNAT	2:03.22
<b>Men 19-24</b>		
50 LC Meter Freestyle		
1 Leach, Jadam	23 UNAT	26.69

2 Stone, John	23 UNAT	28.29
100 LC Meter Freestyle		
1 Leach, Jadam	23 UNAT	1:02.85
200 LC Meter Freestyle		
1 Stone, John	23 UNAT	2:28.74
50 LC Meter Breaststroke		
1 Leach, Jadam	23 UNAT	33.03
100 LC Meter Breaststroke		
1 Leach, Jadam	23 UNAT	1:16.21
2 Stone, John	23 UNAT	1:30.99
50 LC Meter Butterfly		
1 Stone, John	23 UNAT	31.31
200 LC Meter IM		
1 Stone, John	23 UNAT	2:49.10
<b>Men 25-29</b>		
50 LC Meter Freestyle		
1 Stevens, Jeff	25 OREG	28.75
1 Scheller, C.	26 OREG	28.75
100 LC Meter Freestyle		
1 Stevens, Jeff	25 OREG	1:04.15
2 Scheller, C.	26 OREG	1:04.56
400 LC Meter Freestyle		
1 Scheller, C.	26 OREG	5:17.04
1500 LC Meter Freestyle		
1 Scheller, C.	26 OREG	21:30.65
50 LC Meter Butterfly		
1 Stevens, Jeff	25 OREG	30.56
200 LC Meter IM		
1 Stevens, Jeff	25 OREG	2:44.69
<b>Men 30-34</b>		
50 LC Meter Freestyle		
1 Taylor, Curtis	30 OREG	25.00
2 Soracco, Dixon	33 OREG	26.68
3 Butcher, Bryan	31 OREG	28.55
4 Pospisil, Radek	32 OREG	28.58
5 McBride, Mark	33 OREG	29.69
6 Bezayiff, Michael	34 UNAT	31.22
100 LC Meter Freestyle		
1 Taylor, Curtis	30 OREG	55.72
2 Soracco, Dixon	33 OREG	1:01.03
3 Bezayiff, Michael	34 UNAT	1:13.29
4 Palmer, Jeffrey	33 OREG	1:16.31
200 LC Meter Freestyle		
1 Keppeler, John	34 UNAT	2:03.45
2 Taylor, Curtis	30 OREG	2:10.64
3 Palmer, Jeffrey	33 OREG	2:47.26
400 LC Meter Freestyle		
1 Zolna, Bill	32 MACO	4:38.02
2 Soracco, Andrew	32 OREG	5:22.05
100 LC Meter Backstroke		
1 Butcher, Bryan	31 OREG	1:18.72
50 LC Meter Breaststroke		
1 Soracco, Dixon	33 OREG	35.37
2 Pospisil, Radek	32 OREG	36.31
3 McBride, Mark	33 OREG	37.65
4 Bezayiff, Michael	34 UNAT	39.08
100 LC Meter Breaststroke		
1 Pospisil, Radek	32 OREG	1:19.24
2 Rand, Roger	31 OREG	1:20.10
3 McBride, Mark	33 OREG	1:24.27
4 Bezayiff, Michael	34 UNAT	1:24.77
5 Soracco, Andrew	32 OREG	1:26.79
200 LC Meter Breaststroke		
1 Rand, Roger	31 OREG	2:58.38

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2001 OREGON OPEN WATER ASSOCIATION CHAMPIONSHIP— DORENA LAKE
SUNDAY, AUGUST 26
SPONSORED BY EMERALD AQUATICS
WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS

Sanctioned by OMS, Inc. for USMS, Inc. Every swimmer must be a current OMS or USMS member to compete.
USMS Sanction #: 371-OW4 One-event OMS registration will be available at check-in for a fee of \$15.00.

Schedule: 2 Mile: Check-in closes 8:30 AM Pre-race instructions 8:45 AM Race starts 9:00 AM
800m: Check-in closes 10:00 AM Pre-race instructions 10:15 AM Race starts 10:30 AM
1 Mile: Check-in closes 11:00 AM Pre-race instructions 11:15 AM Race starts 11:30 AM

Course: The course will be marked by buoys. Water temperature is expected to be 74-76 degrees and will be posted at check-in.

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

Safety: The course will have safety marshals, lifeguards, a boat patrol (including a lead boat, a chase boat, perimeter boats, and an "ambulance" boat. In addition paramedics and an ambulance will be at the site during the swim. This race has been held for the past three years and there has never been an accident or an injury.

Eligibility: Open to all USA Swimming and Oregon Masters Swimming members. Every swimmer must be a current USA or OMS member to compete.

Awards: Awards will be given to all finishers.

Picnic: Following the swim, Emerald Aquatics will host a potluck. All swimmers and friends invited.

Directions: From I-5 take exit 174 and go east to the reservoir. Follow Row River Road on the north side of the lake for two miles to Harms Park. Signs will be provided on Row River road. (see opposite side - page 16)

Camping: Group site E is reserved at Schwarz Park [contact: Debra George for group site E space reservation. (541) 683-5758 (PM); georged@oregon.uoregon.edu; provide: name, number, time of arrival, #tents/RVs and spaces, contact info; directions: I5 Exit 174, Row River Rd. east for 5 miles, entrance on left]. Camping also available elsewhere at Schwarz Park (contact NRRS 1-877-444-6777) and at Baker Bay (541-942-7669).

Information: Steve Johnson, Race Director, (541) 683-5758

ENTRIES MUST BE POSTMARKED BY August 10

Table with columns for entry type (2 mile, 1 mile, Both), fee before 8/10, and fee after 8/10. Includes USMS Reg# and T-shirt sizes (S, M, L, XL, XXL) and a TOTAL row.

Make checks payable to Emerald Aquatics

All fees are non-refundable.

Name Sex Age

Address

City/State/Zip Local Team

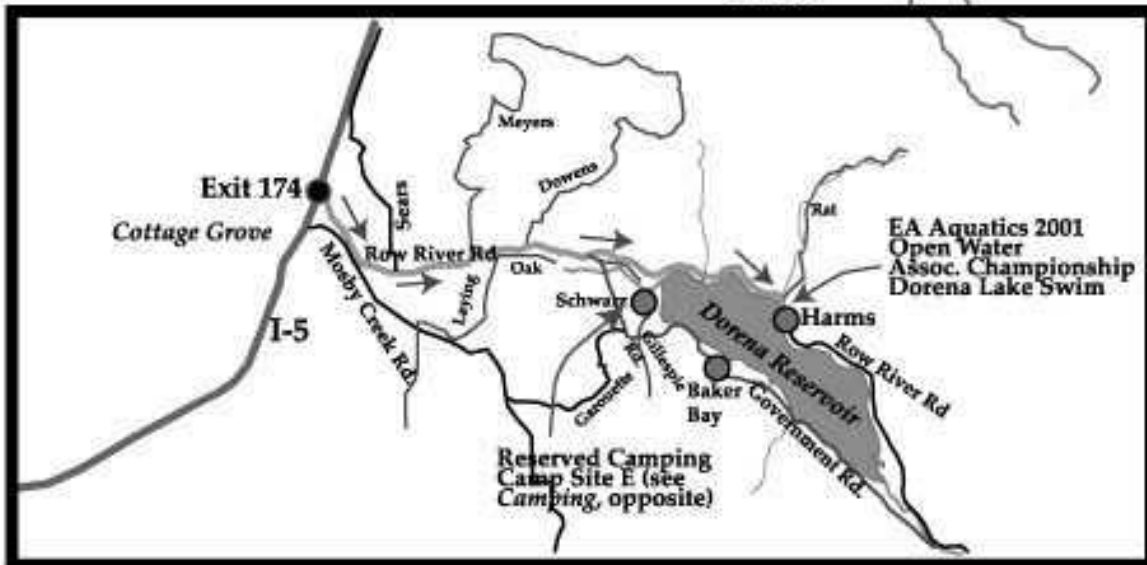
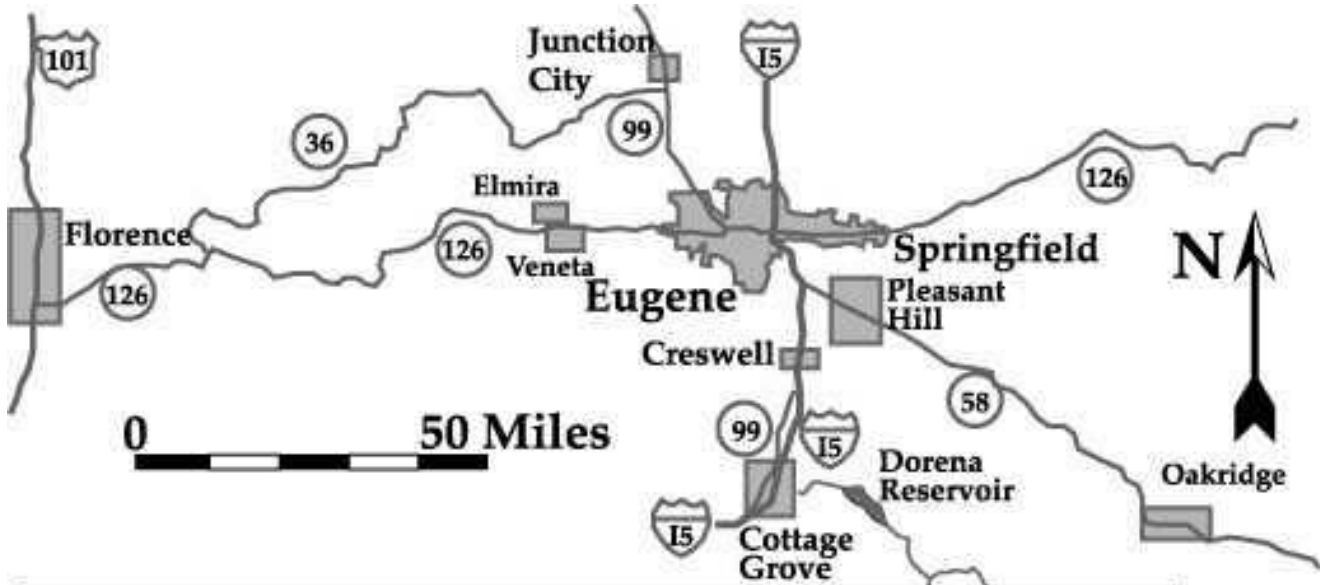
Birthdate Day phone Evening phone Fax

"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 off all the risks inherent in Masters Swimming (training & competitions) 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, OR 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 risks inherent in open water swimming, and agree to assume those risks."

Signature Date

50 LC Meter Butterfly		200 LC Meter Freestyle		1 Lunney, Tim	36 OREG	3:34.15
1 Zolna, Bill	32 MACO	1 Wannamaker, Brian	38 OREG	<b>Men 40-44</b>		
2 Soracco, Dixon	33 OREG	2 Gaarder, Chris	36 OREG	50 LC Meter Freestyle		
100 LC Meter Butterfly		3 Conrath, Mike	37 OREG	1 LaCount, Curt	43 OREG	27.32
1 Zolna, Bill	32 MACO	400 LC Meter Freestyle		2 Burleson, David	44 MACO	27.56
2 Rand, Roger	31 OREG	1 Conrath, Mike	37 OREG	3 Wren, Mark	43 OREG	28.47
3 Palmer, Jeffrey	33 OREG	2 Kaelon, Jeff	35 UNAT	4 Haslach, Timothy	40 MACO	28.61
200 LC Meter Butterfly		1500 LC Meter Freestyle		100 LC Meter Freestyle		
1 Zolna, Bill	32 MACO	1 Wannamaker, Brian	38 OREG	1 Burleson, David	44 MACO	1:01.62
200 LC Meter IM		2 Conrath, Mike	37 OREG	2 Haslach, Timothy	40 MACO	1:03.91
1 Zolna, Bill	32 MACO	50 LC Meter Backstroke		3 McMillan, Bob	43 OREG	1:05.95
2 Rand, Roger	31 OREG	1 Parmentier, Steve	36 OREG	200 LC Meter Freestyle		
400 LC Meter IM		50 LC Meter Breaststroke		1 LaCount, Curt	43 OREG	2:22.55
1 Zolna, Bill	32 MACO	1 Gaarder, Chris	36 OREG	2 Haslach, Timothy	40 MACO	2:28.84
<b>Men 35-39</b>				3 McMillan, Bob	43 OREG	2:29.01
50 LC Meter Freestyle		50 LC Meter Butterfly		4 Neubert, Mark	44 OREG	3:00.66
1 Parmentier, Steve	36 OREG	1 Parmentier, Steve	36 OREG	400 LC Meter Freestyle		
2 Gaarder, Chris	36 OREG	2 Lunney, Tim	36 OREG	1 McMillan, Bob	43 OREG	5:23.23
100 LC Meter Freestyle		100 LC Meter Butterfly		2 Soares, Donald	42 OREG	6:12.68
1 Gaarder, Chris	36 OREG	1 Parmentier, Steve	36 OREG	1500 LC Meter Freestyle		
2 Conrath, Mike	37 OREG	2 Lunney, Tim	36 OREG	1 LaCount, Curt	43 OREG	19:46.39
		200 LC Meter Butterfly		<i>continued on page 17</i>		

**2001 OREGON OPEN WATER ASSOCIATION CHAMPIONSHIP  
SUNDAY, AUGUST 26 - MAP TO DORENA LAKE**





2 Burluson, David	44	MACO	20:44.99	3 Helm, Charles	45	OREG	3:18.79	1 Stark, Allen	52	OREG	3:03.71
3 Soares, Donald	42	OREG	24:30.71	400 LC Meter Freestyle				100 LC Meter Butterfly			
50 LC Meter Backstroke				1 Helm, Charles	45	OREG	7:15.37	1 Worden, Mark	50	OREG	1:19.83
1 Burluson, David	44	MACO	32.59	1500 LC Meter Freestyle				200 LC Meter IM			
2 Soares, Donald	42	OREG	42.68	1 Helm, Charles	45	OREG	30:45.38	1 Worden, Mark	50	OREG	2:54.65
3 Schmidt, John	43	OREG	1:00.91	50 LC Meter Backstroke				2 Carriker, Buz	54	OREG	3:26.78
100 LC Meter Backstroke				1 Metzger, Peter	46	OREG	33.27	3 Nielsen, Morton	51	UNAT	3:40.41
1 LaCount, Curt	43	OREG	1:12.10	100 LC Meter Backstroke				<b>Men 55-59</b>			
50 LC Meter Breaststroke				1 Metzger, Peter	46	OREG	1:09.37	100 LC Meter Freestyle			
1 Allender, Pat	43	OREG	34.65	2 Kalil, Adrian	48	OREG	1:29.68	1 Smith, Robert	58	OREG	1:07.07
2 Dowd, Mike	43	MACO	40.23	200 LC Meter Backstroke				100 LC Meter Backstroke			
3 Munro, Stuart	44	MACO	41.79	1 Metzger, Peter	46	OREG	2:39.73	1 Smith, Robert	58	OREG	1:16.17
4 McMillan, Bob	43	OREG	43.68	50 LC Meter Breaststroke				50 LC Meter Breaststroke			
5 Neubert, Mark	44	OREG	44.18	1 Brown, Brian	46	UNAT	40.84	1 Ward, Joseph	55	UNAT	49.86
6 Schmidt, John	43	OREG	58.74	2 Purtzer, Thomas	48	OREG	44.03	<b>Men 60-64</b>			
100 LC Meter Breaststroke				3 Helm, Charles	45	OREG	55.10	50 LC Meter Freestyle			
1 Allender, Pat	43	OREG	1:14.64	100 LC Meter Breaststroke				1 Petersen, Bert	63	OREG	35.01
2 Dowd, Mike	43	MACO	1:29.38	1 Brown, Brian	46	UNAT	1:33.21	2 Flores-Fiol, Oscar	63	UNAT	36.20
3 Munro, Stuart	44	MACO	1:29.70	200 LC Meter Breaststroke				3 Wai-Bong, Ngan	64	OREG	36.61
4 Schmidt, John	43	OREG	2:14.49	1 Brown, Brian	46	UNAT	3:30.71	4 McCrea, Don	61	UNAT	38.11
200 LC Meter Breaststroke				50 LC Meter Butterfly				100 LC Meter Freestyle			
1 Allender, Pat	43	OREG	2:45.78	1 Metzger, Peter	46	OREG	30.21	1 Petersen, Bert	63	OREG	1:12.05
2 Dowd, Mike	43	MACO	3:18.37	2 Johnson, Randy	45	OREG	34.58	2 Wai-Bong, Ngan	64	OREG	1:31.25
3 Munro, Stuart	44	MACO	3:18.79	3 Purtzer, Thomas	48	OREG	36.14	200 LC Meter Freestyle			
50 LC Meter Butterfly				4 Lentz, Peter	49	UNAT	38.25	1 Petersen, Bert	63	OREG	2:39.42
1 LaCount, Curt	43	OREG	28.29	5 Coppedge, Damein	46	OREG	43.71	400 LC Meter Freestyle			
2 Burluson, David	44	MACO	29.47	200 LC Meter IM				1 Petersen, Bert	63	OREG	5:48.42
3 Wren, Mark	43	OREG	31.21	1 Johnson, Randy	45	OREG	3:00.11	2 Lake, Brent	63	OREG	6:13.30
4 Dowd, Mike	43	MACO	35.42	2 Purtzer, Thomas	48	OREG	3:21.71	1500 LC Meter Freestyle			
5 Soares, Donald	42	OREG	38.38	400 LC Meter IM				1 Lake, Brent	63	OREG	24:09.70
100 LC Meter Butterfly				1 Johnson, Randy	45	OREG	00.00	50 LC Meter Backstroke			
1 Allender, Pat	43	OREG	1:06.54	<b>Men 50-54</b>				1 Lake, Brent	63	OREG	39.75
2 Burluson, David	44	MACO	1:10.14	50 LC Meter Freestyle				2 McCrea, Don	61	UNAT	57.05
3 Neubert, Mark	44	OREG	1:36.15	1 Maestra, Robert	51	MACO	28.36	100 LC Meter Backstroke			
200 LC Meter Butterfly				2 Worden, Mark	50	OREG	28.64	1 Lake, Brent	63	OREG	1:29.79
1 Munro, Stuart	44	MACO	3:03.32	3 Seacat, Dennis	52	OREG	32.13	200 LC Meter Backstroke			
2 Soares, Donald	42	OREG	3:18.93	4 Call, Tom	51	OREG	34.39	1 Lake, Brent	63	OREG	3:13.04
3 Dowd, Mike	43	MACO	3:53.51	100 LC Meter Freestyle				50 LC Meter Breaststroke			
200 LC Meter IM				1 Maestra, Robert	51	MACO	1:04.66	1 Petersen, Bert	63	OREG	42.34
1 Allender, Pat	43	OREG	2:28.55	2 Worden, Mark	50	OREG	1:06.03	2 Wai-Bong, Ngan	64	OREG	44.74
2 McMillan, Bob	43	OREG	2:51.96	3 Seacat, Dennis	52	OREG	1:13.79	100 LC Meter Breaststroke			
3 Wren, Mark	43	OREG	2:55.86	4 Nielsen, Morton	51	UNAT	1:20.01	1 Wai-Bong, Ngan	64	OREG	1:40.49
4 Munro, Stuart	44	MACO	3:13.68	5 Toole, Christopher	50	OREG	1:24.04	200 LC Meter Breaststroke			
5 Dowd, Mike	43	MACO	3:15.36	200 LC Meter Freestyle				1 Wai-Bong, Ngan	64	OREG	3:58.55
6 Neubert, Mark	44	OREG	3:24.47	1 Maestra, Robert	51	MACO	2:26.85	<b>Men 65-69</b>			
400 LC Meter IM				2 Worden, Mark	50	OREG	2:26.99	50 LC Meter Freestyle			
1 Allender, Pat	43	OREG	5:20.05	400 LC Meter Freestyle				1 Rigdon, John	65	UNAT	34.61
2 Soares, Donald	42	OREG	7:15.94	1 Maestra, Robert	51	MACO	5:24.82	2 Kao, Timothy	69	UNAT	41.16
<b>Men 45-49</b>				2 Carriker, Buz	54	OREG	6:14.77	100 LC Meter Freestyle			
50 LC Meter Freestyle				3 Toole, Christopher	50	OREG	6:50.00	1 Bigler, Jim	66	MACO	1:20.10
1 Kalil, Adrian	48	OREG	30.37	1500 LC Meter Freestyle				200 LC Meter Freestyle			
2 Coppedge, Damein	46	OREG	31.25	1 Maestra, Robert	51	MACO	22:13.37	1 Radcliff, David	67	OREG	2:38.08
3 Purtzer, Thomas	48	OREG	31.85	50 LC Meter Backstroke				2 Bigler, Jim	66	MACO	2:59.29
4 Lentz, Peter	49	UNAT	32.23	1 Call, Tom	51	OREG	44.74	3 Welch, Arthur	69	OREG	3:15.84
5 Brown, Brian	46	UNAT	32.57	200 LC Meter Backstroke				400 LC Meter Freestyle			
6 Helm, Charles	45	OREG	37.66	1 Maestra, Robert	51	MACO	3:02.18	1 Radcliff, David	67	OREG	5:34.06
100 LC Meter Freestyle				50 LC Meter Breaststroke				2 Bigler, Jim	66	MACO	6:33.24
1 Kalil, Adrian	48	OREG	1:06.83	1 Stark, Allen	52	OREG	35.64	3 Welch, Arthur	69	OREG	6:41.32
2 Purtzer, Thomas	48	OREG	1:13.15	2 Seacat, Dennis	52	OREG	39.42	1500 LC Meter Freestyle			
3 Johnson, Randy	45	OREG	1:25.65	100 LC Meter Breaststroke				1 Radcliff, David	67	OREG	22:27.73
4 Helm, Charles	45	OREG	1:26.87	1 Stark, Allen	52	OREG	1:20.26	2 Bigler, Jim	66	MACO	26:26.32
200 LC Meter Freestyle				2 Seacat, Dennis	52	OREG	1:33.64	3 Welch, Arthur	69	OREG	27:33.46
1 Kalil, Adrian	48	OREG	2:34.79	3 Carriker, Buz	54	OREG	1:38.35	4 Kirschner, John	65	UNAT	31:09.25
2 Johnson, Randy	45	OREG	2:57.14	200 LC Meter Breaststroke				50 LC Meter Backstroke			
								1 Adamski, Donald	65	UNAT	39.01

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2 Welch, Arthur	69 OREG	50.93
100 LC Meter Backstroke		
1 Adamski, Donald	65 UNAT	1:31.39
2 Welch, Arthur	69 OREG	1:45.90
200 LC Meter Backstroke		
1 Welch, Arthur	69 OREG	3:52.03
50 LC Meter Breaststroke		
1 Bigler, Jim	66 MACO	45.12
2 Kao, Timothy	69 UNAT	55.16
3 Kirschner, John	65 UNAT	56.00
<b>Men 70-74</b>		
50 LC Meter Freestyle		
1 Marks, Milton	71 OREG	34.08
2 Guest, Eric	72 OREG	38.56
3 Popovich, Michael	74 UNAT	44.33
4 Hersey, Cal	74 UNAT	52.09
100 LC Meter Freestyle		
1 Holman, William	70 OREG	1:36.88
2 Popovich, Michael	74 UNAT	1:47.17
200 LC Meter Freestyle		
1 Holman, William	70 OREG	3:47.68
2 Popovich, Michael	74 UNAT	4:01.05
400 LC Meter Freestyle		
1 Holman, William	70 OREG	7:46.96
2 Joens, John	70 OREG	9:52.75
50 LC Meter Backstroke		
1 Joens, John	70 OREG	1:04.46
2 Hersey, Cal	74 UNAT	1:09.94
200 LC Meter Backstroke		
1 Joens, John	70 OREG	4:48.91
50 LC Meter Breaststroke		
1 Marks, Milton	71 OREG	44.67
2 Guest, Eric	72 OREG	52.47
3 Hersey, Cal	74 UNAT	1:17.02
100 LC Meter Breaststroke		
1 Marks, Milton	71 OREG	1:42.96
200 LC Meter Breaststroke		
1 Marks, Milton	71 OREG	4:03.87
<b>Men 75-79</b>		
50 LC Meter Freestyle		
1 Young, Gilbert	79 OREG	38.89
200 LC Meter Freestyle		
1 Young, Gilbert	79 OREG	3:21.96
400 LC Meter Freestyle		
1 Young, Gilbert	79 OREG	7:13.29
1500 LC Meter Freestyle		
1 Young, Gilbert	79 OREG	29:29.06
<b>Men 80-84</b>		
50 LC Meter Freestyle		
1 Fixott, Rupert	80 OREG	53.05
2 Shadbeh, Khosrow	80 OREG	1:00.51
100 LC Meter Freestyle		
1 Shadbeh, Khosrow	80 OREG	2:10.49
400 LC Meter Freestyle		
1 Mallon, Joseph	80 OREG	10:30.87
1500 LC Meter Freestyle		
1 Mallon, Joseph	80 OREG	41:07.89
50 LC Meter Backstroke		
1 Shadbeh, Khosrow	80 OREG	1:15.57
50 LC Meter Breaststroke		
1 Fixott, Rupert	80 OREG	1:02.38
2 Shadbeh, Khosrow	80 OREG	1:04.09
100 LC Meter Breaststroke		
1 Fixott, Rupert	80 OREG	2:24.22
2 Walter, Earl	80 OREG	2:28.67
3 Shadbeh, Khosrow	80 OREG	2:36.55

50 LC Meter Butterfly		
1 Shadbeh, Khosrow	80 OREG	1:36.23
<b>Relays</b>		
<b>Women 100-119 800 LC Meter Free Relay</b>		
1 OREG		10:41.55
1) Criscione, A. 28	2) Himstreet, J. 31	
3) Gorsline, L. 26	4) Bell, M. 20	
<b>Women 120-159 200 LC Meter Free Relay</b>		
1 UNAT		2:15.82
1) Glaeser, S. 37	2) Kahl, P. 37	
3) Milano, A. 34	4) Soracco, A. 33	
<b>Women 120-159 200 LC Meter Medley Relay</b>		
1 UNAT		2:33.44
1) Woon, L. 31	2) Milano, A. 34	
3) Tyrrell, L. 34	4) Poirier, V. 37	
<b>Women 160-199 200 LC Meter Free Relay</b>		
1 UNAT		3:45.25
1) Tobey, J. 33	2) Graf, C. 54	
3) Schmidt, A. 35	4) L'Esperance, B. 69	
<b>Women 160-199 200 LC Meter Medley Relay</b>		
1 OREG		2:41.25
1) Ward, J. 59	2) Holland, E. 34	
3) Thimm, J. 38	4) Quattro, J. 54	
2 UNAT		3:58.54
1) Graf, C. 54	2) Tobey, J. 33	
3) Moss, H. 43	4) Schmidt, A. 35	
<b>Women 200-239 800 LC Meter Free Relay</b>		
1 OREG		12:37.74
1) Gettling, J. 53	2) Rousseau, S. 54	
3) Quattro, J. 54	4) Rague, S. 51	
<b>Men 120-159 200 LC Meter Free Relay</b>		
1 OREG		1:51.27
1) Stevens, J. 25	2) Metzger, P. 46	
3) Pospisil, R. 32	4) Soracco, D. 33	
<b>Men 160-199 200 LC Meter Free Relay</b>		
1 MACO		1:55.63
1) Haslach, T. 40	2) Dowd, M. 43	
3) Maestra, R. 51	4) Zolna, B. 32	
<b>Men 160-199 200 LC Meter Medley Relay</b>		
2 MACO		2:22.02
1) Bigler, J. 66	2) Zolna, B. 32	
3) Maestra, R. 51	4) Haslach, T. 40	
1 OREG		2:06.93
1) Metzger, P. 46	2) Soracco, D. 33	
3) Wannamaker, B. 38	4) Wren, M. 43	
<b>Men 160-199 400 LC Meter Free Relay</b>		
1 OREG		5:36.65

1) Holman, W. 70	2) Scheller, C. 26
3) Helm, C. 45	4) Neubert, M. 44
<b>Men 240-279 400 LC Meter Free Relay</b>	
1 OREG	4:34.47
1) Smith, R. 58	2) Petersen, B. 63
3) Radcliff, D. 67	4) Seacat, D. 52
<b>Men 240-279 400 LC Meter Medley Relay</b>	
1 OREG	4:58.50
1) Smith, R. 58	2) Stark, A. 52
3) Petersen, B. 63	4) Radcliff, D. 67
<b>Mixed 120-159 200 LC Meter Free Relay</b>	
1 OREG	2:02.87
1) Soracco, D. 33	2) Kahl, P. 37
3) Wren, M. 43	4) Glaeser, S. 37
2 OREG	2:02.95
1) Soracco, A. 32	2) Tyrrell, L. 34
3) Milano, A. 34	4) Lunney, T. 36
3 OREG	2:05.80
1) Bell, M. 20	2) Johnson, R. 45
3) Criscione, A. 28	4) Allender, P. 43
<b>Mixed 120-159 200 LC Meter Medley Relay</b>	
1 UNAT	2:16.22
1) Poirier, V. 37	2) Soracco, D. 33
3) Stevens, J. 25	4) Glaeser, S. 37
<b>Mixed 160-199 200 LC Meter Free Relay</b>	
2 OREG	2:25.08
1) Holland, E. 34	2) Helm, C. 45
3) Neubert, M. 44	4) Thimm, J. 38
1 UNAT	2:08.64
1) Lentz, P. 49	2) Nielsen, M. 51
3) Purtzer, T. 48	4) Stone, J. 23
<b>Mixed 160-199 200 LC Meter Medley Relay</b>	
1 UNAT	2:21.46
1) Metzger, P. 46	2) Milano, A. 34
3) Petersen, B. 63	4) Collson, A. 34
<b>Mixed 160-199 400 LC Meter Medley Relay</b>	
1 OREG	5:41.81
1) Criscione, A. 28	2) Johnson, R. 45
3) Worden, L. 44	4) Worden, M. 50
<b>Mixed 200-239 200 LC Meter Free Relay</b>	
1 OREG	2:28.18
1) Fixott, R. 80	2) Andrus-Hughes, K. 44
3) Gerstmar, R. 42	4) McMillan, B. 43
<b>Mixed 200-239 200 LC Meter Medley Relay</b>	
1 OREG	2:26.73
1) Ward, J. 59	2) Stark, A. 52
3) Smith, R. 58	4) Quattro, J. 54



**CAT swimmers, Anicia Criscione, Laura Worden, Randy Johnson, Mark Worden and Pat Allender celebrate their 1000 Meter IM Relay.**

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Robin Bragg is a Master Swimmer with the North Clackamas Masters. Talk with him at a meet or open water swim if you need some remodeling work at your home.

Dave and Nancy Radcliff are placing this Ad. Robin recently did some deck remodeling at our home. We are so pleased with the quality of his workmanship. It was great having someone out there working at our home who I could bug with swimming talk. I probably drove Robin crazy with all my questions. Robin is pictured to the right on our newly remodeled deck, which overlooks a wetland. Stop by and visit us anytime and check out his work.

