



# Aqua Master

Volume 30, Number 10 Published Monthly by OMS, Inc. Nov./Dec. 2003

“Swimming for Life”

## Proud Grandma - USMS Fitness Honoree

Congratulations to Pam Himstreet the third Oregonian to be Honored Nationally by USMS. Pam received the USMS Fitness Award. Fitness, as one of the goals of Masters swimming, has made tremendous progress while Pam has been Chair of the USMS Fitness Committee.

Pam was nominated by Jennifer Parks from Michigan. In nominating Pam, Jennifer praised “*Pam for getting the Fitness Committee organized and productive and getting the three USMS Fitness events going*”. Pam was also commended for putting together and running the Virtual Swim Series.

As pleased as she is of this Award, Pam is even prouder of her three new grand children. With one in Eugene, one in Washington DC and one in



Japan (all three are under a year), Pam has to be “FIT” herself as she literally travels the World to visit them. In addition to the Fitness Award, Pam also received the Dorothy Donnelly USMS Service Award at the Convention. This Award was for her service both in Oregon and Nationally. Congratulations Pam, Oregon is proud of you.

### Inside For You

Chair's Corner .....	2
How to Feed an Olympian .....	3
Get Fit .....	4
Long Distance .....	5
USMS Sponsors .....	7
Results	
5/10 K Postal .....	6
NIKE .....	8-11
Top Ten .....	12-14
New Years Day Swim .....	15
Entry Blanks	
LaCamas .....	16
Eugene .....	17
Canby .....	18
Pentathlon .....	19
1 Hour Swim .....	20-21
Team Registration .....	22
2004 Registration .....	23
Schedule .....	Back Cover

### Colette Goes World



Rutgers Univ.: Colette Crabbe, swimming for Oregon Masters, set two World Records at the USMS Long Course National Championships. In the 200 IM she swam 2:35.74 and in the 400 IM she was clocked at 5:38.12. Her record in the 200 erased the old record held by the legendary Australian Olympian Shane Gould. Way to go Colette!

The people behind O.M.S. Inc.

*Chairman of the Board*

**Jeanne Teisher**  
7305 SE Hyland Ct.  
Beaverton, OR 97008 - (503) 574-4557  
jteisher@easystreet.com  
Jeanne.Teisher@nike.com

*Vice Chairman/Sanctions*

**Sandi Rousseau**  
4179 Willow Flat Road  
Hood River, OR 97031 - (541) 354-2580.  
swim@gorge.net

*Secretary*

**Nancy Radcliff**  
5832 SE Woll Pond Way  
Hillsboro, OR 97123 - (503) 648-7141  
nancy@theradcliffs.com

*Treasurer*

**Suzanne Rague**  
935 N.W. 170th Place  
Beaverton, OR 97006 - (503) 531-9051  
Suzrague@aol.com

*Registrar*

**Darlene Staley**  
8590 SW Charlotte Drive  
Beaverton, OR 97007 - (503) 642-3586  
dstaley@pcc.edu

*Aqua-Master Editor*

**Dave Radcliff** (503) 648-7141  
dave@theradcliffs.com

*Data Manager (for swim meets)*

**Gary Whitman**  
11015 NE Mason St.  
Portland, OR 97220 • (503) 255-3657  
all5reds@msn.com

*Officials (for swim meets)*

**Gary Wallis** (503) 524-3660  
wallis@ci.wilsonville.or.us

*Host / Social*

**Ginger Pierson** (360) 253-5712  
gingerp@qwest.net

*Fitness Co-Chairs*

**Sara Quan** squan01@earthlink.net  
**Jani Sutherland** janiski@aol.com  
(541) 389-7718

*Safety*

**Jody Welborn** (503) 297-5889  
jowelb@teleport.com

*Coaches*

**Steph Turner** (503) 223-6521 x226  
STurner@themac.com

*Awards*

**Pam Himstreet** (541) 385-7770  
himstreet@bendcable.com

*Historian*

**Earl Walter** (503) 738-3763  
oldbarn@seasurf.net

*Records*

**Bert Petersen** (503) 252-6081  
petersen@exchangenet.net

*Membership*

**Doug Christensen** (503) 754-2747  
dchrste@safewaynw.org

*Long Distance*

**Bob Bruce** bobbruce13@attglobal.net  
H(541) 317-4851 W(541) 389-7665

*Web Master*

**Robbert van Andel**  
robbert@vafam.com

*Top Ten*

**Mary Sweat** (541) 504-5338  
marysweat@email.com

*Sprint*

**Robert Smith** (503) 639-4505  
dobbssmith@attbi.com

*Past Chair*

**Suzanne Rague** (503) 531-9051  
Suzrague@aol.com

## Chair's Corner by Jeanne Teisher

### OMS Board at Work

Fall means new swim season, leaves changing colors, cooler weather, shorter days, start of another school year, end of summer vacations, and the annual OMS board retreat. This year's retreat was held in Sisters the weekend of October 17-19. The 11 board members and 2 guests spent Friday evening and all day Saturday discussing ways to improve our LMSC for all swimmers (i.e., fitness and competitive). In my article this month, you are going to learn about some of the highlights of the weekend that may affect you.

Rich Minter announced his resignation as the OMS webmaster. Rich has been the webmaster for the past couple of years. I will miss his positive attitude and friendly, calming personality. Being the webmaster is NOT an easy job, especially when you have a full time plus job and other responsibilities, but Rich managed to find the time to create some new areas of the website as well as update the various links. The many hours he has contributed to the website have been very much appreciated.

Taking over as new webmaster is Robbert van Andel. More about Robbert in the next newsletter.

Setting goals for this next year was one of the primary tasks of the board during the weekend. Some of the goals include:

- Selling license plate frames with 'Swim for Life' at the top and 'Oregon Masters Swimming' at the bottom.
- Ordering 20 OMS shirts for use as appreciation gifts and marketing.
- Adding a new column to the Aqua Master incorporating the Oregon Top Ten for all three courses.
- Listing the running Top Ten on the OMS website.
- Updating the OMS website to give it a more modern look which will be used as a recruiting and informational tool.
- Approving the 2004 OMS budget.
- Adding the Meet Bid Packet to the OMS website to reduce the amount of mailings and to make it easily accessible to all.
- Contacting each team's representative to update team information.
- Identify an individual interested and willing to be the OMS Chair. My second 2-year term ends in September. So, the individual will have a number of months to learn the job and get to know the board.
- Identify an individual interested in the secretary's position.
- Educating our membership of the National sponsors by occasionally including the names in the Aqua Master as well as having a link on our website to the sponsor's page.

There was discussion regarding the swimmer demographics here in Oregon. Apparently the National demographics are changing, within USMS membership, as to retention by certain age groups. After studying the National statistics, the board determined that OMS had not changed very much at all, which is good news.

On January 24 is the second annual Animal Meet in Canby. A great t-shirt will be offered along with high point awards. The board discussed ways of supporting this event. To keep the costs of the meet lower to the swimmer, the Board voted to lower the amount of income to OMS to \$1 per swimmer from the usual \$6.

*continued on page 4*

*United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc. or Oregon Masters Swimming. Aqua-Master is the official publication of Oregon Masters Swimming, Inc. 1211 SW Fifth Ave. Portland, OR 97204-3795. It is the source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact Darlene Staley or Kristin Brooks for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$12.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc. Information is also available on line at www.swimoregon.org*



## The Care and Feeding of an Olympian by Bill Volckening

In the late 1920's, Logan Glendening, M.D. wrote a book called "The Care and Feeding of Adults." This book contained chapters such as "Just Like Mother Used to Make" and "What is a Normal Diet?" I came across the book recently, when 1992 U.S. Olympian Ron Karnaugh stayed at my home for a week of training with the Tualatin Hills Swim Club. In skimming through the book, the dated advice was amusing – but more than that, I was struck by how all the rules change when someone is training at the highest level. Olympians definitely don't have a "normal" diet!

Ron Karnaugh (AKA "Dr. Ron") is a 37 year-old world-class swimmer, a top Masters competitor, and has recently been accepted for his medical residency at Columbia-Cornell, New York. Ron stands about 6'5", and is approximately 210 pounds of solid, lean muscle. His hands and feet are the size of canoe paddles.

Even though we were both from New Jersey and competed at some of the same meets growing up, I first met Ron in 1997, when we swam on a relay together at YMCA Nationals in Indianapolis. One evening, teammates from the Ocean County YMCA "Mud Turtles" watched in awe as he devoured nearly half a cow at the world famous St. Elmo's Steak House. So, before Ron arrived in Oregon, I thought to myself "How in the world will I feed him?" In an effort to be the perfect host, I went to the Whole Foods market and stocked my refrigerator full of healthy, organic produce.

### Ron's Arrival

Ron arrived late Sunday night while I was sleeping, and was out the door for morning practice before I woke up. Practice was from 5:15 to 6:45, and when my alarm went off, Ron was busy giving the group of elite teenage swimmers something to think about. Around 7:15 am, I was wandering around the kitchen in my bathrobe, and Ron walked in. I offered him breakfast: organic flax / soy cereal with fresh fruit, low-fat vanilla oat milk, organic orange juice, and espresso – but he said he'd stopped at McDonald's on the way home for a sausage McMuffin. I thought, "This is a disaster!" How can an Olympian eat that?? Later, I found out that Ron's idea of a gourmet meal was a bowl of Honeycombs cereal with Hershey's chocolate milk.

### Nap Time / Lunch Time

Ron Karnaugh is an animal! He swims like a shark, eats like a horse, and sleeps like a hibernating bear. Soon after arriving home from morning practice, he was ready for his morning nap. Before he went to sleep, we planned to have lunch around noon. Most days, I made lunch. We had something different every day. Ron's favorite lunch was Thursday's curried chicken salad sandwich on whole wheat toast.

### Recipe: Curried Chicken Salad

1/2 lb. diced grilled chicken  
 2T low fat mayonnaise  
 1/4 cup julienned carrots  
 1/4 cup golden raisins  
 1/4 cup finely diced celery  
 1T chopped fresh cilantro  
 1t curry powder  
 1t turmeric  
 kosher salt (to taste)  
 fresh ground pepper (to taste)

### An Olympian Snacks

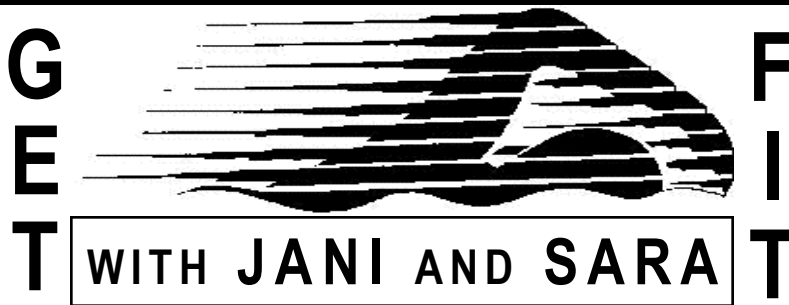
Ron's snacking patterns were astonishing. The most surprising thing was how often he snacked. No more than 30 minutes following a meal, Ron would be rousting about the kitchen, hunting for a snack. This man could eat! Despite consuming twice the number of calories as an average adult, he didn't seem to gain an ounce. When I was talking on the phone with SWIM Magazine Editor in Chief Phil Whitten, a good friend of Ron's, Phil warned me to keep a healthy supply of bananas in the house.

Ron was entertained by my culinary escapades. He watched curiously when I used the v-slicer to julienne jicama, and chuckled while I made quick work of chopping cilantro. Although I had my doubts at first, his kitchen skills were not limited to pouring chocolate milk over Honeycombs. He could also load a banana with peanut butter and make microwave popcorn. During the week, I taught him a few new tricks, including how to slice a mango.

### Dinner Time

After another power-nap, Ron was in the water  
*continued on page 14*





## Healthy Snacks and Portion Size

Healthy snacks are based on fruits and vegetables, whole grains plus a small amount of dairy and lean protein. For a healthy heart, monitor your salt intake and how much saturated fat you eat.

Here are things you might want in your kitchen for fast, healthy snacks:

### Fruits:

- fresh fruit
- dried fruit
- 100% fruit juice

### Vegetables:

- raw veggies
- salads
- potatoes & sweet potatoes
- 100% vegetable juice
- vegetable soups

### Grains:

- low fat, whole grain crackers
- rice cakes
- whole wheat bread (100%)
- whole wheat pita bread
- baked tortilla chips

### Heart Healthy Protein:

- canned tuna and salmon
- turkey or white chicken (without skin)
- bean salad

- bean dip
- nuts and nut butters
- baked tofu

### Heart Healthy Dairy:

- non fat yogurt
- fortified soymilk
- skim milk
- smoothies made of soymilk or skim milk

Think out of the bag for healthy snacks – literally. Avoid snack foods in those cute little bags and packages. Crackers, cookies and chips are high in sodium and fat and low in fiber!

### How Much is a Portion?

Sixty seven percent of Americans eat everything on their plate, no matter how much food there is. Is it any wonder that we are becoming an obese society? Do you know what a portion is?

- 1 medium apple looks like a baseball
- 2 tablespoons (2T) of peanut butter looks like a golf ball
- 1 small baked potato looks like a computer mouse
- 1 muffin looks like a large egg
- \_ cup of fruit, vegetable or pasta looks like a small fist
- 3 ounces of cooked meat or fish looks like a deck of cards
- 1 pancake or waffle looks like a 4" CD
- 1.5 ounces of cheese looks like 6 dice

Don't supersize your waistline!! Just 25 extra calories a day can lead to a weight gain of 3 pounds per year and that's 30 pounds in 10 years!!

### Chair's Corner continued from page 2

USMS spent a great deal of time developing the USMS Core Objectives of "Service, Educate and Grow the Membership". After much discussion, Dave Radcliff has put the Board's ideas, as to how OMS can fulfill these objectives, into a chart format. I have seen the first draft and it is quite a document. Once the board has approved the final draft, the document will be published either in the Aqua Master and/or website. You can see why OMS is a national leader among Masters swimming organizations. It was a productive and successful weekend, and the Board wants to continue these annual retreats to brainstorm for our organization. The annual retreats are not all meeting

and no fun, though. Our Social chair, Ginger Pierson, acted as 'kitchen goddess' and provided us with food, snacks and some intermission games. Other aspects that are important in our retreats are the times for informal socialization (not at a swim meet) and the late night discussions. We also won't say who are the late night Taboo champions or what distraction it took for one board member to get sidetracked! We want to thank Susan Albright/Mark Becker, and Steve Albright/Stephanie Breder for allowing us to use their home in Sisters. It was a great venue for the weekend's activities.

Until next time...

Happy swimming. Jeanne



# LONG DISTANCE SWIMMING

## BOB BRUCE - LONG DISTANCE CHAIR

The results from the 2003 USMS 5 & 10 km National Postal Championships have just arrived, and they bring plenty of exciting news. Oregon swimmers demolished the Oregon Long Distance record book. Oregon Relays smashed four National Records. And despite a small drop in overall Oregon participation this year, the Oregon Club won the National Combined Team Title in both events in what must be the closest pair of team finishes in a national team event ever!

**5 km:** Fifteen Oregon swimmers participated in this fine middle-distance event. Mary Sweat, Steve Johnson, and Dave Radcliff won titles in their age groups, while four Oregon Relay teams won their events (three in National Record time). Mike Dowd was the first MACO swimmer in this event for several years, and I hope that he can persuade several of his teammates to join him next year; I'll bet Coach Stephanie Turner—a former distance swimmer herself—wishes the same. In the team scoring, the Oregon women placed first and the Oregon men second. In the National 5-km Combined Team scoring, Oregon edged perennial powerhouse and defending champion Doc IU Masters to win by three points, thus regaining the title we won in 2001.

**10 km:** This is the true long distance event in masters swimming. Popular folk philosopher Ray Allen once described the 10-km swim as an intelligence test; if you swim the event, you fail! By this dubious standard, seven Oregon swimmers failed and made the distance. Mary Sweat, Tam Jenkins, and Tom Landis won their national age group titles, while the men's 55+ relay team won in National Record time. The team scoring was very tight. Despite placing second in both Women's and Men's categories, the Oregon Club won its third consecutive National 10-km Combined Team Title, squeaking past St. Pete Masters to win by a single point!

Congratulations to...

- Our three individual 5-km & three individual 10-km National Champions (USMS Long Distance All-Americans!);
- Our four relay 5-km & one relay 10-km National Champions (USMS Long Distance Relay All-Americans, and eligible for the brand-new national long distance relay patches!);
- Our three 5-km & one 10-km National Relay Record teams;
- Our five 5-km and four 10-km Oregon Individual Record breakers;
- Our five 5-km and two 10-km Oregon Relay Record teams; and
- Everyone who participated!

Thanks to...

- Jon Clark, Phil King, Steve Johnson, and Doug Smith, who made their 50-meter pools available so that swimmers from teams other than their own could do these swims;
- Mel Goldstein, the Meet Director from Indy SwimFit, who facilitated a smooth entry of the relays;
- The swimmers from COMA—the majority of our team participants—who, lacking the required 50-meter pool at home, each traveled 140 miles or more over the mountains to compete in these events, endearing themselves to their coach and shaming those with less fortitude; and
- All swimmers who sent me their times so that I could construct and enter the relays.

Look for the full results in this Aqua Master (pg. 6). And remember that it's time to start preparing for January's One-Hour swim, the ever-popular kickoff to the new calendar year. Entry blank and information concerning the One-Hour swim are on pages 20 and 21 in this issue of the Aqua Master.

Good luck and good swimming!



## The Roof is ON and

### The Pool is Really Fast!

Bert Petersen asked the question, "could this be the fastest SCM Pool in the Northwest?. It looks like the answer is **YES**. In a recent high school meet held at the Grass Valley Pool the swimmers all commented on how fast the pool was. With it's new roof, state of the art timing system, super starting blocks, lane lines and overflow gutter system this pool was built for speed. Be part of the action, don't miss the SCM meet on Dec. 6-7. Entry blank in this issue of the Aqua Master.

## Oregon LMSC Postal 5K Swim Results 2003

Place numbers are national places

**OR = Oregon Record; NR = National Record****Women 30-34**

<b>2 Sara Quan</b>	<b>30</b>	<b>COMA1:06:20.56</b>	<b>OR</b>
6 Cyndi Smidt	33	COMA 1:36:59.18	

**Women 40-44**

4 Barb Harris	43	COMA 1:21:09.31	
---------------	----	-----------------	--

**Women 45-49**

<b>1 Mary Sweat</b>	<b>45</b>	<b>COMA1:12:11.75</b>	<b>OR</b>
2 Colette Crabbe	46	OCST 1:16:08.81	

**Women 50-54**

5 Madeleine Holmberg	50	COMA 1:33:58.37	
----------------------	----	-----------------	--

**Men 35-39**

<b>4 Rob Higley</b>	<b>38</b>	<b>COMA1:09:58.21</b>	<b>OR</b>
---------------------	-----------	-----------------------	-----------

**Men 40-44**

15 Mike Dowd	44	MACO 1:30:10.04	
--------------	----	-----------------	--

**Men 50-54**

15 Chris Toole	52	THB 1:36:26.05	
----------------	----	----------------	--

**Men 55-59**

<b>1 Steve Johnson</b>	<b>55</b>	<b>EA 1:10:28.32</b>	<b>OR</b>
------------------------	-----------	----------------------	-----------

2 Bob Bruce	55	COMA 1:12:42.87	
-------------	----	-----------------	--

9 Rich Juhala	59	NCMS 1:49:31.90	
---------------	----	-----------------	--

**Men 65-69**

3 Tom Landis	61	COMA 1:20:17.46	
--------------	----	-----------------	--

**Men 65-69**

<b>1 Dave Radcliff</b>	<b>69</b>	<b>THB 1:18:17.88</b>	<b>OR</b>
------------------------	-----------	-----------------------	-----------

7 Brent Lake	65	COMA 1:30:24.65	
--------------	----	-----------------	--

**Women 25+: 3 x 5K****1 OREG (Crabbe, Sweat, Quan)****3:34:41.12 NR****Men 35+: 3 x 5K**

2 OREG (Toole, Lake, Higley) 4:16:48.91 OR

**Men 55+: 3 x 5K****1 OREG (Radcliff, Bruce, Johnson)****3:41:29.07 NR****Mixed 25 +: 4 x 5K**

1 OREG (Harris, Radcliff, Higley, Quan)

**4:55:45.96 OR****Mixed 45+: 4 x 5K****1 OREG (Crabbe, Bruce, Sweat, Johnson)****4:51:31.75 NR****Women's National Team Scores:**

1 OREGON 47

2 YMCA Indy SwimFit 39

3 San Diego Swim 33

**Men's National Team Scores:**

1 Doc Indiana Univ Masters 65

2 OREGON 51

3 Ventura County 43

**Combined National Team Scores:**

1 OREGON 98

2 Doc Indiana Univ Masters 95

3 Stanford 61

## Oregon LMSC Postal 10K Swim Results 2003

Place numbers are national places

**OR = Oregon Record; NR = National Record****Women 45-49**

<b>1 Mary Sweat</b>	<b>45</b>	<b>COMA2:32:34.21</b>	<b>OR</b>
---------------------	-----------	-----------------------	-----------

**Women 50-54**

1 Tam Jenkins	55	OWET 3:37:51.00	
---------------	----	-----------------	--

**Men 35-39**

<b>3 Greg Jablonski</b>	<b>36</b>	<b>THB 2:18:37.04</b>	<b>OR</b>
-------------------------	-----------	-----------------------	-----------

4 Rob Higley	37	COMA 2:24:55.15	
--------------	----	-----------------	--

**Men 55-59**

<b>2 Steve Johnson</b>	<b>55</b>	<b>EA 2:28:06.34</b>	<b>OR</b>
------------------------	-----------	----------------------	-----------

3 Bob Bruce	55	COMA 2:35:29.21	
-------------	----	-----------------	--

**Men 60-64**

<b>1 Tom Landis</b>	<b>61</b>	<b>COMA2:38:30.53</b>	<b>OR</b>
---------------------	-----------	-----------------------	-----------

**Men 55+: 3 x 10K****1 OREG (Landis, Bruce, Johnson)****7:42:06.08 NR****Mixed 45+: 4 x 10K****2 OREG (Jenkins, Bruce, Sweat, Johnson)****11:14:00.76 OR****Women's National Team Scores:**

1 YMCA Indy SwimFit 29

2 OREGON 22

3 St Pete 20

**Men's National Team Scores:**

1 St Pete 44

2 OREGON 43

3 Ventura County 31

**Combined National Team Scores:**

1 OREGON 65

2 St Pete 64

3 YMCA Indy SwimFit 40

**4 Oregon Records for Mary and Steve**



OMS and USMS would like to thank the USMS sponsors for their continued support. OMS members are encouraged to visit the USMS sponsors to thank them for their support of Masters Swimming programs.



**Adolph Kiefer & Associates**

USMS Logo merchandise, Swimwear and Swimming gear



**Arena**

Swimwear



**Barracuda**

Goggles and swimming accessories



**Circle City Swimwear**

Swimming Gear, USMS Logo Merchandise



**Clif Bar & Clif Shot**

Great tasting, healthy energy bars and energy gel



**Competitive Aquatic Supply**

Swimming Gear, USMS Logo Merchandise



**Endless Pools**

Counter-current swimming and water exercise machine small enough to fit inside a home or business



**H<sub>2</sub>O Velocity**

Swimwear, swimming apparel



**Hy-Tek Sports Software**

Swim meet & team management software



**Kast-A-Way**

Swimming Gear, USMS Logo Merchandise



**MBNA**

USMS MasterCard



**Speedo**

Swimwear and swimming gear



**The Victor**

Swimwear and swimming gear



**Tyr Sports, Inc.**

Swimwear and swimming gear



**Ultra Swim**

Chlorine Removal Shampoo

# OMS Swimmers around the Nation

**W = Breaks listed World Record    N = Breaks listed National Record    Z = Zone Record    O = Oregon Record**

Oak Harbor, WA	SCM Meet	9-27-03	State Games of America	SCY Meet	Aug. 8-10	Allen Stark	50 Br.	:33.58
Men 80-84			Allen Stark	50 Br.	:30.36	Allen Stark	100 Br.	1:14.50
Andrew Holden	50m breast	55.54 O	Allen Stark	100 Br.	1:06.81 Z	USMS LCM Nationals August 14-17, 2003		
Andrew Holden	50m back	49.38	So. West SCM Zone	Tempe, AZ	Oct. 4-5	Colette Crabbe	200 IM	2:35.74 W
Andrew Holden	50m free	37.80 Z	(Times/Records are pending until posting of Official times by S.W. Zone)			Colette Crabbe	400 IM	5:38.12 W
			Allen Stark	200 Br.	2:29.75 O			

## NIKE Meet - November 2, 2003

**W = Breaks listed World Record    N = Breaks listed National Record    Z = Zone Record    O = Oregon Record**

<b>Women 19-24</b>			200 Yard IM			1 Jenkins, Valerie	40 OREG	2:09.79
<b>50 Yard Freestyle</b>			1 Topp, Deborah	34 OREG	2:50.27	500 Yard Freestyle		
1 Wilkinson, Christina	19 OREG	29.85	<b>Women 35-39</b>			1 Jenkins, Valerie	40 OREG	5:48.30
100 Yard Freestyle			100 Yard Freestyle			2 Young, Joni	42 OREG	6:24.53
1 Wilkinson, Christina	19 OREG	1:09.14	1 Tyrrell, Laura	36 OREG	59.70	1000 Yard Freestyle		
50 Yard Backstroke			2 Collson, Anne-Marie	36 OREG	1:02.04	1 Young, Joni	42 OREG	12:57.81
1 Alden, Jennifer	24 OREG	29.58	200 Yard Freestyle			50 Yard Backstroke		
2 Wilkinson, Christina	19 OREG	35.05	1 Thornton, Susan	38 OREG	2:51.97	1 Fox, Christina	42 OREG	38.54
100 Yard Backstroke			500 Yard Freestyle			100 Yard Backstroke		
1 Alden, Jennifer	24 OREG	1:01.47	1 Tyrrell, Laura	36 OREG	6:02.76	1 Jenkins, Valerie	40 OREG	1:07.73
2 Wilkinson, Christina	19 OREG	1:15.02	2 Hyde, Sandra	35 OREG	6:31.61	2 Fox, Christina	42 OREG	1:19.56
50 Yard Butterfly			3 Thornton, Susan	38 OREG	7:37.95	200 Yard Backstroke		
1 Alden, Jennifer	24 OREG	29.85	1000 Yard Freestyle			1 Fox, Christina	42 OREG	2:54.45
100 Yard IM			1 Tyrrell, Laura	36 OREG	12:20.10	50 Yard Butterfly		
1 Alden, Jennifer	24 OREG	1:09.14	100 Yard Breaststroke			1 Jenkins, Valerie	40 OREG	28.86
<b>Women 25-29</b>			1 Hyde, Sandra	35 OREG	1:33.12	200 Yard Butterfly		
50 Yard Freestyle			200 Yard Breaststroke			1 Foley, Sharon	43 MACO	2:52.66
1 Becker, Christina	28 OREG	28.98	1 Thornton, Susan	38 OREG	3:25.76	100 Yard IM		
100 Yard Freestyle			50 Yard Butterfly			1 Foley, Sharon	43 MACO	1:14.32
1 Becker, Christina	28 OREG	1:05.30	1 Collson, Anne-Marie	36 OREG	35.43	200 Yard IM		
2 Labarge, Monica	27 OREG	1:16.37	100 Yard Butterfly			1 Fox, Christina	42 OREG	3:02.36
200 Yard Freestyle			1 Hyde, Sandra	35 OREG	1:23.94	<b>Women 45-49</b>		
1 Labarge, Monica	27 OREG	2:37.12	100 Yard IM			50 Yard Freestyle		
500 Yard Freestyle			1 Hyde, Sandra	35 OREG	1:20.74	1 Tomlinson-Macias, M.	45 INWM	34.43
1 Labarge, Monica	27 OREG	6:45.51	<b>Women 40-44</b>			100 Yard Freestyle		
1000 Yard Freestyle			50 Yard Freestyle			1 Parisi, Robin	49 MACO	1:01.53
1 Labarge, Monica	27 OREG	13:50.46	1 Foley, Sharon	43 MACO	26.92	2 Hollingsworth, Lori	47 OREG	1:10.68
50 Yard Backstroke			100 Yard Freestyle			3 Welborn, Jody	48 OREG	1:14.56
1 Shoemaker, Laura	28 OREG	32.74	1 Fox, Christina	42 OREG	1:16.03	4 Durant, Robini	47 INWM	1:19.26
50 Yard Butterfly			200 Yard Freestyle			5 Tomlinson-Macias, M.	45 INWM	1:22.22
1 Shoemaker, Laura	28 OREG	31.25						
2 Becker, Christina	28 OREG	34.52						
100 Yard IM								
1 Shoemaker, Laura	28 OREG	1:10.52						
<b>Women 30-34</b>								
50 Yard Freestyle								
1 Topp, Deborah	34 OREG	29.25						
2 Wong, Linda	31 OREG	36.05						
100 Yard Freestyle								
1 Topp, Deborah	34 OREG	1:03.09						
2 Wong, Linda	31 OREG	1:18.45						
500 Yard Freestyle								
1 Moore, Alison	33 OREG	6:23.80						
1000 Yard Freestyle								
1 Moore, Alison	33 OREG	13:14.48						
50 Yard Breaststroke								
1 Wong, Linda	31 OREG	46.87						
100 Yard Breaststroke								
1 Moore, Alison	33 OREG	1:26.81						
200 Yard Breaststroke								
1 Moore, Alison	33 OREG	3:00.73						
50 Yard Butterfly								
1 Topp, Deborah	34 OREG	32.46						
2 Wong, Linda	31 OREG	46.68						
100 Yard Butterfly								
1 Topp, Deborah	34 OREG	1:14.18						
100 Yard IM								
1 Wong, Linda	31 OREG	1:33.14						



**Robert Smith sets 2 National Records in the 50 and 100 Back**





**Doug Christensen, new OMS Membership Chair, is a fine swimmer**

500 Yard Freestyle				1 Parisi, Robin	49 MACO	2:33.09	100 Yard IM				
1 Hollingsworth, Lori	47	OREG	6:58.01	2 Budd, Elizabeth	49	OREG	3:04.97	1 Asleson, Elke	51	OREG	1:24.17
2 Welborn, Jody	48	OREG	7:08.47	<b>Women 50-54</b>				2 Riddle, Kristi	54	OREG	1:40.00
50 Yard Backstroke				50 Yard Freestyle				200 Yard IM			
1 Tomlinson-Macias, M.	45	INWM	39.86	1 Teisher, Jeanne	52	OREG	28.96	1 Asleson, Elke	51	OREG	3:02.73
2 Durant, Robini	47	INWM	43.75	100 Yard Freestyle				2 Riddle, Kristi	54	OREG	3:36.32
100 Yard Backstroke				<b>1 Teisher, Jeanne</b>	<b>52</b>	<b>OREG</b>	<b>1:04.21 O</b>	<b>Women 55-59</b>			
1 Andrus-Hughes, Karen	46	OREG	1:07.15	200 Yard Freestyle				50 Yard Freestyle			
2 Parisi, Robin	49	MACO	1:10.59	1 Teisher, Jeanne	52	OREG	2:26.38	1 Haynie, Sandra	58	OREG	1:02.27
3 Budd, Elizabeth	49	OREG	1:24.35	500 Yard Freestyle				100 Yard Freestyle			
4 Durant, Robini	47	INWM	1:34.92	1 Teisher, Jeanne	52	OREG	6:37.42	1 Quattro, Jackie	56	OREG	1:09.56
50 Yard Breaststroke				2 Fuller, Lizbeth	50	OREG	7:25.81	200 Yard Freestyle			
1 Hollingsworth, Lori	47	OREG	43.96	3 Toole, Peggy	51	OREG	7:30.25	1 Quattro, Jackie	56	OREG	2:33.95
2 Tomlinson-Macias, M.	45	INWM	45.76	4 Sutherland, Jani	54	OREG	7:30.84	1000 Yard Freestyle			
100 Yard Breaststroke				5 Riddle, Kristi	54	OREG	8:58.55	1 Quattro, Jackie	56	OREG	14:06.81
1 Andrus-Hughes, Karen	46	OREG	1:22.73	1000 Yard Freestyle				50 Yard Backstroke			
2 Durant, Robini	47	INWM	1:45.45	1 Staley, Darlene	53	OREG	14:21.43	1 Haynie, Sandra	58	OREG	1:15.60
50 Yard Butterfly				200 Yard Backstroke				50 Yard Breaststroke			
1 Andrus-Hughes, Karen	46	OREG	30.54	1 Sutherland, Jani	54	OREG	3:21.04	1 Pierson, Ginger	57	MACO	37.51
2 Budd, Elizabeth	49	OREG	38.09	100 Yard Breaststroke				100 Yard Breaststroke			
3 Moss, Helen	45	OREG	45.34	1 Sutherland, Jani	54	OREG	1:42.41	1 Pierson, Ginger	57	MACO	1:21.83
100 Yard Butterfly				2 Riddle, Kristi	54	OREG	1:50.53	50 Yard Butterfly			
1 Andrus-Hughes, Karen	46	OREG	1:07.96	50 Yard Butterfly				1 Pierson, Ginger	57	MACO	36.68
2 Parisi, Robin	49	MACO	1:08.45	1 Asleson, Elke	51	OREG	36.46	100 Yard IM			
3 Welborn, Jody	48	OREG	1:36.45	2 Riddle, Kristi	54	OREG	45.21	1 Pierson, Ginger	57	MACO	1:20.43
100 Yard IM				100 Yard Butterfly				<b>Women 60-64</b>			
1 Andrus-Hughes, Karen	46	OREG	1:06.72	1 Asleson, Elke	51	OREG	1:22.48	50 Yard Freestyle			
2 Parisi, Robin	49	MACO	1:08.94	2 Staley, Darlene	53	OREG	1:24.07	1 Frid, Barbara	61	OREG	32.25
3 Budd, Elizabeth	49	OREG	1:22.11	200 Yard Butterfly				<i>continued on page 10</i>			
200 Yard IM				1 Staley, Darlene	53	OREG	3:07.51				



**Andrew Holden, flies to a new Zone Record in the 200 Fly**

NIKE Results continued from page 9

100 Yard Freestyle			
1 Frid, Barbara	61	OREG	1:12.53
500 Yard Freestyle			
1 Frid, Barbara	61	OREG	7:18.06
50 Yard Backstroke			
1 Frid, Barbara	61	OREG	37.88
2 Ward, Joy	60	OREG	38.40
100 Yard Backstroke			
1 Frid, Barbara	61	OREG	1:24.83
50 Yard Breaststroke			
1 Ward, Joy	60	OREG	46.31
50 Yard Butterfly			
1 Ward, Joy	60	OREG	34.66
100 Yard Butterfly			
1 Ward, Joy	60	OREG	1:27.66
400 Yard IM			
1 Ward, Joy	60	OREG	6:38.62
<b>Women 65-69</b>			
50 Yard Freestyle			
1 Lance, Sherin	67	OREG	48.65
100 Yard Freestyle			
1 Lance, Sherin	67	OREG	1:49.67
50 Yard Backstroke			
1 Lance, Sherin	67	OREG	1:02.96
50 Yard Breaststroke			
1 Lance, Sherin	67	OREG	1:10.26
<b>Women 70-74</b>			
50 Yard Freestyle			
1 Stoinoff, Lavelle	70	MACO	35.19
200 Yard Freestyle			
1 Stoinoff, Lavelle	70	MACO	2:38.40
500 Yard Freestyle			
1 Stoinoff, Lavelle	70	MACO	6:56.12
<b>Women 75-79</b>			
100 Yard Backstroke			
1 Wells, Margaret	77	OREG	2:14.44
100 Yard Breaststroke			
1 Wells, Margaret	77	OREG	2:53.02
50 Yard Butterfly			
1 Wells, Margaret	77	OREG	1:06.50
100 Yard IM			
1 Wells, Margaret	77	OREG	2:26.84
<b>Women 80-84</b>			
500 Yard Freestyle			
1 Stevenin, Elfie	82	OREG	19:31.75
50 Yard Butterfly			
1 Stevenin, Elfie	82	OREG	2:16.05
100 Yard IM			
1 Stevenin, Elfie	82	OREG	4:15.00
200 Yard IM			
1 Stevenin, Elfie	82	OREG	9:11.79
<b>Men 19-24</b>			
50 Yard Freestyle			
1 Lowry, Mike	19	OREG	27.55

100 Yard Freestyle			
1 Lowry, Mike	19	OREG	1:02.33
50 Yard Backstroke			
1 Lowry, Mike	19	OREG	37.60
50 Yard Breaststroke			
1 Lowry, Mike	19	OREG	35.82
50 Yard Butterfly			
1 Lowry, Mike	19	OREG	30.81
<b>Men 25-29</b>			
500 Yard Freestyle			
1 Schoenborn, Thom	28	OREG	6:02.78
100 Yard IM			
1 Schoenborn, Thom	28	OREG	1:05.28
200 Yard IM			
1 Schoenborn, Thom	28	OREG	2:26.74
<b>Men 30-34</b>			
50 Yard Freestyle			
1 Rash, Bill	32	OREG	23.59
2 Simpson, Jim	33	OREG	25.61
3 Price, Kennedy	31	OREG	28.33
100 Yard Freestyle			
1 Rash, Bill	32	OREG	52.22
2 Simpson, Jim	33	OREG	58.02
3 Griffin, Steven	34	OREG	59.41
4 Cannon, Lee	32	OREG	1:01.69
5 Price, Kennedy	31	OREG	1:02.53
200 Yard Freestyle			
1 Cannon, Lee	32	OREG	2:04.03
2 Simpson, Jim	33	OREG	2:09.86
3 Price, Kennedy	31	OREG	2:23.39
500 Yard Freestyle			
1 Price, Kennedy	31	OREG	6:14.27
2 Leach, Rob	32	OREG	7:29.15
100 Yard Backstroke			
1 Price, Kennedy	31	OREG	1:12.82
50 Yard Butterfly			
1 Simpson, Jim	33	OREG	28.49
100 Yard Butterfly			
1 Griffin, Steven	34	OREG	1:06.55
2 Cannon, Lee	32	OREG	1:11.06
100 Yard IM			
1 Griffin, Steven	34	OREG	1:11.33
<b>Men 35-39</b>			
50 Yard Freestyle			
1 Blouin, Pierre	37	OREG	29.74
100 Yard Freestyle			
1 Volckening, Bill	37	NEM	51.88
2 Kahl, Tom	38	OREG	53.93
500 Yard Freestyle			
1 Mcguirk, Richard	35	OREG	13:54.48
1000 Yard Freestyle			
1 Bishop, Perry	38	OREG	11:02.80
2 Mcguirk, Richard	35	OREG	30:19.06
50 Yard Backstroke			
1 Volckening, Bill	37	NEM	28.29

50 Yard Breaststroke			
1 Hudson, John	37	OREG	28.97
2 Gaarder, Chris	38	OREG	30.99
3 Butcher, Gano	39	OREG	32.34
4 Edwards, Greg	38	OREG	33.12
5 Karyukin, Andrei	38	UNAT	34.90
6 Blouin, Pierre	37	OREG	37.40
100 Yard Breaststroke			
1 Hudson, John	37	OREG	1:03.50
2 Gaarder, Chris	38	OREG	1:08.82
3 Blouin, Pierre	37	OREG	1:21.80
200 Yard Breaststroke			
1 Gaarder, Chris	38	OREG	2:33.81
50 Yard Butterfly			
1 Hudson, John	37	OREG	25.89
2 Kahl, Tom	38	OREG	26.59
3 Edwards, Greg	38	OREG	27.91
4 Karyukin, Andrei	38	UNAT	28.50
100 Yard IM			
1 Hudson, John	37	OREG	58.27
2 Volckening, Bill	37	NEM	1:00.16
3 Gaarder, Chris	38	OREG	1:04.45
200 Yard IM			
1 Kahl, Tom	38	OREG	2:15.64
<b>Men 40-44</b>			
50 Yard Freestyle			
1 Garrett, Troy	42	OREG	26.23
100 Yard Freestyle			
1 Anspach, Jeffrey	42	OREG	57.62
2 Garrett, Troy	42	OREG	1:01.12
3 Bragg Iii, Robin	43	OREG	1:19.47
200 Yard Freestyle			
1 Bragg Iii, Robin	43	OREG	2:57.87
500 Yard Freestyle			
1 Bragg Iii, Robin	43	OREG	7:53.79
1000 Yard Freestyle			
1 Bragg Iii, Robin	43	OREG	16:19.83
50 Yard Backstroke			
1 Otto, Douglas	44	MACO	29.41
100 Yard Backstroke			
1 Bragg Iii, Robin	43	OREG	1:55.21
50 Yard Butterfly			
1 Christensen, Douglas	40	OREG	26.10
2 Otto, Douglas	44	MACO	28.02
100 Yard Butterfly			
1 Christensen, Douglas	40	OREG	59.60
100 Yard IM			
1 Christensen, Douglas	40	OREG	1:01.61
2 Otto, Douglas	44	MACO	1:02.43
200 Yard IM			
1 Otto, Douglas	44	MACO	2:16.50
2 Christensen, Douglas	40	OREG	2:17.70
3 Anspach, Jeffrey	42	OREG	2:26.01
400 Yard IM			
1 Otto, Douglas	44	MACO	4:54.59



Sharon Foley, MAC, and Darlene Staley, OMS Registrar, in the 200 Fly



2	Anspach, Jeffrey	42	OREG	5:09.28
<b>Men 45-49</b>				
50 Yard Freestyle				
1	Dright, Charles	48	UNAT	26.80
2	Darnell, Stephen	49	OREG	30.51
3	Macias, Jesse	45	INWM	50.12
100 Yard Freestyle				
1	Macias, Jesse	45	INWM	2:17.25
200 Yard Freestyle				
1	Munro, Stuart	45	MACO	2:20.76
2	Friedman, Keith	47	OREG	3:29.55
500 Yard Freestyle				
1	Burleson, David	46	MACO	5:31.29
2	Friedman, Keith	47	OREG	9:09.46
1000 Yard Freestyle				
1	Burleson, David	46	MACO	11:30.02
50 Yard Backstroke				
1	Burleson, David	46	MACO	28.24
2	Metzger, Peter	48	OREG	28.82
3	Darnell, Stephen	49	OREG	38.47
4	Macias, Jesse	45	INWM	1:24.57
100 Yard Backstroke				
1	Metzger, Peter	48	OREG	1:00.97
2	Darnell, Stephen	49	OREG	1:23.61
50 Yard Breaststroke				
1	Friedman, Keith	47	OREG	45.75
2	Macias, Jesse	45	INWM	1:10.96
200 Yard Breaststroke				
1	Munro, Stuart	45	MACO	2:58.34
50 Yard Butterfly				
1	Burleson, David	46	MACO	26.05
2	Metzger, Peter	48	OREG	27.00
3	Dright, Charles	48	UNAT	29.41
4	Darnell, Stephen	49	OREG	35.38
100 Yard Butterfly				
1	Munro, Stuart	45	MACO	1:12.72
200 Yard Butterfly				
1	<b>Burleson, David</b>	<b>46</b>	<b>MACO</b>	<b>2:14.48 O</b>
2	Munro, Stuart	45	MACO	2:43.73
100 Yard IM				
1	Metzger, Peter	48	OREG	1:03.56
2	Darnell, Stephen	49	OREG	1:25.75
3	Friedman, Keith	47	OREG	1:39.34
400 Yard IM				
1	Munro, Stuart	45	MACO	5:57.42
<b>Men 50-54</b>				
50 Yard Freestyle				
1	Bannan, Charles	51	SCSC	25.25
200 Yard Freestyle				
1	Teisher, Jim	53	OREG	2:05.82
500 Yard Freestyle				
1	Teisher, Jim	53	OREG	5:47.03
2	Toole, Chris	52	OREG	6:44.86
1000 Yard Freestyle				
1	Teisher, Jim	53	OREG	12:03.87
2	Yensen, Kermit	50	OREG	13:31.78
50 Yard Backstroke				
1	Philbrick, Larry	50	OREG	29.05
100 Yard Backstroke				
1	Yensen, Kermit	50	OREG	1:12.99
50 Yard Breaststroke				
1	Philbrick, Larry	50	OREG	30.89
100 Yard Breaststroke				
1	Yensen, Kermit	50	OREG	1:22.39
2	Toole, Chris	52	OREG	1:26.05
50 Yard Butterfly				
1	Philbrick, Larry	50	OREG	27.54
2	Bannan, Charles	51	SCSC	28.06
3	Toole, Chris	52	OREG	36.89
100 Yard Butterfly				
1	Yensen, Kermit	50	OREG	1:10.28
200 Yard Butterfly				
1	Bannan, Charles	51	SCSC	2:43.93
100 Yard IM				
1	Philbrick, Larry	50	OREG	1:02.53
400 Yard IM				
1	Yensen, Kermit	50	OREG	5:36.91

<b>Men 55-59</b>				
50 Yard Freestyle				
1	Silvey, Michael	58	OREG	27.69
100 Yard Freestyle				
1	Barrett, Steven	56	OREG	58.25
2	Silvey, Michael	58	OREG	1:04.13
3	Jenkins, James	55	OREG	1:27.71
200 Yard Freestyle				
1	Barrett, Steven	56	OREG	2:13.30
2	Jenkins, James	55	OREG	3:22.25
500 Yard Freestyle				
1	Barrett, Steven	56	OREG	6:02.27
2	Jenkins, James	55	OREG	9:12.86
1000 Yard Freestyle				
1	Barrett, Steven	56	OREG	12:47.32
50 Yard Butterfly				
1	Silvey, Michael	58	OREG	31.55
<b>Men 60-64</b>				
50 Yard Freestyle				
1	<b>Smith, Robert</b>	<b>60</b>	<b>OREG</b>	<b>24.62 Z</b>
100 Yard Freestyle				
1	Mellow, Bill	62	OREG	1:14.23
1000 Yard Freestyle				
1	Smith, Robert	60	OREG	13:45.22
2	Mellow, Bill	62	OREG	16:07.90
50 Yard Backstroke				
1	<b>Smith, Robert</b>	<b>60</b>	<b>OREG</b>	<b>28.88 N</b>
100 Yard Backstroke				
1	<b>Smith, Robert</b>	<b>60</b>	<b>OREG</b>	<b>1:03.61 N</b>
50 Yard Breaststroke				
1	Mellow, Bill	62	OREG	38.35
100 Yard Breaststroke				
1	Mellow, Bill	62	OREG	1:29.09
200 Yard Breaststroke				
1	Mellow, Bill	62	OREG	3:20.71
50 Yard Butterfly				
1	Petersen, Bert	64	OREG	28.20
100 Yard IM				
1	Petersen, Bert	64	OREG	1:12.41
<b>Men 65-69</b>				
50 Yard Freestyle				
1	Thayer, George	67	OREG	28.92
1000 Yard Freestyle				
1	Radcliff, David	69	OREG	13:51.29
50 Yard Backstroke				
1	Thayer, George	67	OREG	37.05
100 Yard Backstroke				
1	Thayer, George	67	OREG	1:22.32
50 Yard Butterfly				
1	Thayer, George	67	OREG	40.05
<b>Men 70-74</b>				
50 Yard Freestyle				
1	Marks, Milton	73	OREG	31.55

100 Yard Freestyle				
1	Holman, William	72	OREG	1:37.65
500 Yard Freestyle				
1	Holman, William	72	OREG	9:12.89
50 Yard Breaststroke				
1	Marks, Milton	73	OREG	38.71
100 Yard Breaststroke				
1	Marks, Milton	73	OREG	1:30.36
200 Yard Breaststroke				
1	Marks, Milton	73	OREG	3:22.22
<b>Men 80-84</b>				
50 Yard Freestyle				
1	Bushey, Charles	82	UNAT	48.56
100 Yard Freestyle				
1	Young, Gilbert	81	OREG	1:21.27
2	Holden, Andrew	84	OREG	1:22.10
3	Bushey, Charles	82	UNAT	1:57.35
200 Yard Freestyle				
1	Young, Gilbert	81	OREG	3:09.49
2	Bushey, Charles	82	UNAT	4:17.59
500 Yard Freestyle				
1	Young, Gilbert	81	OREG	8:39.47
2	Bushey, Charles	82	UNAT	11:34.35
50 Yard Backstroke				
1	Holden, Andrew	84	OREG	43.61
200 Yard Butterfly				
1	<b>Holden, Andrew</b>	<b>84</b>	<b>OREG4:24.04 Z</b>	
100 Yard IM				
1	Holden, Andrew	84	OREG	1:35.57
<b>Relays</b>				
<b>Women 19+ 200 Yard Medley Relay</b>				
1	OREG			2:07.00
1)	Alden, J. 24	2)	Moore, A. 33	
3)	Shoemaker, L. 28	4)	Andrus-Hughes, K. 46	
<b>Men 25+ 800 Yard Free Relay</b>				
1	OREG			8:16.96
1)	Rash, B. 32	2)	Cannon, L. 32	
3)	Barrett, S. 56	4)	Bishop, P. 38	
<b>Mixed 25+ 200 Yard Free Relay</b>				
1	OREG			2:38.80
1)	Bragg Iii, R. 43	2)	Wong, L. 31	
3)	Lance, S. 67	4)	Darnell, S. 49	
<b>Mixed 25+ 400 Yard Free Relay</b>				
1	OREG			5:57.02
1)	Bragg Iii, R. 43	2)	Wong, L. 31	
3)	Lance, S. 67	4)	Darnell, S. 49	
<b>Mixed 25+ 800 Yard Free Relay</b>				
1	OREG			12:36.48
1)	Friedman, K. 47	2)	Lance, S. 67	
3)	Wong, L. 31	4)	Bragg Iii, R. 43	

Thank you Missy Moss and Jeff Kaelon of NIKE and OMS Board for hosting a great meet.



**Richard McGuirk, welcome to OMS, great 500 and 1000**





## Top Ten Results

# S C Y

## 2 0 0 3

## Mary Sweat

### Top Ten Chair



Name	Age	Time	Event	Rank	Club	Name	Rank	Time	Event	Rank	Club
<b>Men 25-29</b>						David Radcliff	68	21:44.46	1650 Free	2	OREG
Josh Johnson	29	19:25.07	1650 Free	10	OREG	David Radcliff	68	6:04.51	400 IM	5	OREG
<b>Men 30-34</b>						Dick Slawson	67	2:43.77	200 IM	6	OREG
Curtis L Taylor	31	21.66	50 Free	8	OREG	Dick Slawson	67	6:01.71	400 IM	4	OREG
Curtis L Taylor	31	46.81	100 Free	5	OREG	<b>Men 70-74</b>					
Curtis L Taylor	31	1:43.88	200 Free	4	OREG	Milton Marks	72	37.87	50 Breast	7	OREG
Curtis L Taylor	31	54.44	100 IM	6	OREG	Milton Marks	72	1:27.18	100 Breast	8	OREG
William M Zolna	33	4:59.50	500 Free	9	MACO	Milton Marks	72	3:21.42	200 Breast	7	OREG
William M Zolna	33	10:28.35	1000 Free	8	MACO	<b>Men 75-79</b>					
William M Zolna	33	1:55.53	200 Fly	2	MACO	Lee J Miesen	76	41.94	50 Breast	9	MACO
William M Zolna	33	2:00.54	200 IM	6	MACO	Lee J Miesen	76	1:34.24	100 Breast	3	MACO
William M Zolna	33	4:20.55	400 IM	5	MACO	Lee Miesen	75	3:40.52	200 Breast	6	MACO
<b>Men 35-39</b>						<b>Men 80-84</b>					
John C Hudson	37	2:16.27	200 Breast	8	OREG	Andrew Holden	83	33.79	50 Free	3	OREG
Phillip J King	36	2:02.35	200 Back	10	MACO	Andrew Holden	83	1:21.76	100 Free	4	OREG
<b>Men 40-44</b>						Andrew Holden	83	44.51	50 Back	6	OREG
Pat Allender	44	10:42.60	1000 Free	10	OREG	Andrew Holden	83	40.47	50 Fly	3	OREG
Pat Allender	44	2:18.36	200 Breast	9	OREG	Andrew Holden	83	1:36.69	100 IM	3	OREG
Dennis G Baker	41	1:45.25	200 Free	5	OREG	Gerald Huestis	82	46.60	50 Back	9	OREG
Dennis G Baker	41	51.85	100 Fly	5	OREG	Gerald Huestis	82	49.83	50 Breast	10	OREG
Dennis G Baker	41	1:51.55	200 Fly	1	OREG	Gerald Huestis	82	1:57.82	100 Breast	9	OREG
<b>Men 45-49</b>						Gerald Huestis	82	1:50.07	100 IM	9	OREG
David Burleson	45	2:08.83	200 Back	9	MACO	Joseph Mallon	81	24:50.78	1000 Free	10	OREG
<b>Men 50-54</b>						Gilbert Young	80	35.73	50 Free	8	OREG
Larry Philbrick	50	30.50	50 Breast	9	OREG	Gilbert Young	80	1:18.51	100 Free	2	OREG
<b>Men 55-59</b>						Gilbert Young	81	3:01.08	200 Free	2	OREG
Steve M Johnson	55	5:25.60	500 Free	2	OREG	Gilbert Young	80	8:18.17	500 Free	2	OREG
Steve M Johnson	55	19:31.75	1650 Free	7	OREG	Gilbert Young	81	29:04.72	1650 Free	2	OREG
Steve M Johnson	55	1:01.16	100 Fly	10	OREG	Gilbert Young	80	47.37	50 Back	10	OREG
Robert Smith	59	24.04	50 Free	5	OREG	<b>Men 85-89</b>					
Robert Smith	59	28.30	50 Back	4	OREG	Allan de Lay	87	46.24	50 Free	9	OREG
Robert Smith	59	1:02.94	100 Back	5	OREG	<b>Women 35-39</b>					
Robert Smith	59	26.60	50 Fly	10	OREG	Valerie G Jenkins	39	28.40	50 Back	2	OREG
Robert Smith	59	1:01.61	100 IM	6	OREG	Valerie G Jenkins	39	1:02.53	100 Back	6	OREG
<b>Men 60-64</b>						Valerie G Jenkins	39	2:16.26	200 Back	9	OREG
Tom Landis	61	25.09	50 Free	3	OREG	Valerie G Jenkins	39	27.59	50 Fly	10	OREG
Tom Landis	61	54.26	100 Free	2	OREG	<b>Women 45-49</b>					
Tom Landis	61	2:01.49	200 Free	1	OREG	K Andrus-Hughes	45	25.43	50 Free	1	OREG
Tom Landis	61	5:39.86	500 Free	2	OREG	K Andrus-Hughes	45	55.92	100 Free	1	OREG
Tom Landis	61	11:52.25	1000 Free	3	OREG	K Andrus-Hughes	45	2:04.49	200 Free	2	OREG
Tom Landis	60	20:18.41	1650 Free	3	OREG	K Andrus-Hughes	45	29.36	50 Back	1	OREG
Tom Landis	61	1:10.02	100 Fly	10	OREG	K Andrus-Hughes	45	1:03.19	100 Back	1	OREG
Tom Landis	60	2:53.45	200 Fly	7	OREG	K Andrus-Hughes	45	2:21.84	200 Back	2	OREG
Tom Landis	61	2:24.89	200 IM	4	OREG	K Andrus-Hughes	45	1:07.58	100 IM	8	OREG
Tom Landis	60	5:35.50	400 IM	7	OREG	K Andrus-Hughes	45	2:26.27	200 IM	5	OREG
Bert Petersen	64	27.92	50 Fly	2	OREG	Colette Crabbe	46	5:52.85	500 Free	10	OREG
Bert Petersen	64	1:08.02	100 Fly	7	OREG	Colette Crabbe	46	11:59.75	1000 Free	8	OREG
<b>Men 65-69</b>						Colette Crabbe	46	2:27.15	200 Back	8	OREG
Brent L Lake	65	14:00.25	1000 Free	8	OREG	Colette Crabbe	46	1:13.59	100 Breast	2	OREG
Brent L Lake	65	23:11.39	1650 Free	5	OREG	Colette Crabbe	46	2:39.14	200 Breast	3	OREG
Brent L Lake	65	2:47.60	200 Back	9	OREG	Colette Crabbe	46	1:05.50	100 Fly	7	OREG
David Radcliff	68	1:00.65	100 Free	7	OREG	Colette Crabbe	46	2:23.70	200 Fly	2	OREG
David Radcliff	68	2:16.98	200 Free	6	OREG	Colette Crabbe	46	2:23.35	200 IM	2	OREG
David Radcliff	68	6:16.03	500 Free	4	OREG	Colette Crabbe	46	5:01.29	400 IM	1	OREG
David Radcliff	68	13:03.00	1000 Free	4	OREG	Robin B Parisi	48	26.05	50 Free	5	MACO
						Robin B Parisi	48	57.07	100 Free	5	MACO



*Top Ten continued from page 13*

<b>Mixed 55+</b>	<b>2:11.87</b>	<b>200 Free Relay</b>	<b>10</b>	<b>OREG</b>	<b>Women Relays</b>			
Peggy Whiter	59	George Thayer		67	<b>19 +</b>			
Tom Landis	60	Pam Himstreet		59		<b>5:01.87</b>	<b>400 Medley Relay</b>	<b>7 OREG</b>
<b>Mixed 75 +</b>					Chris Wilkinson	19	Garen Mattioda	24
	<b>3:25.54</b>	<b>200 Medley Relay</b>	<b>2</b>	<b>OREG</b>	Erika Gabbard	28	Amber Kuehnast	22
Andrew Holden	83	Norma Bernardi		83	<b>45 +</b>			
Gilbert Young	80	Pauline Stangel		81		<b>2:14.77</b>	<b>200 Medley Relay</b>	<b>7 OREG</b>
	<b>3:03.22</b>	<b>200 Free Relay</b>	<b>3</b>	<b>OREG</b>	Kathleen P Buck	52	Sandi Rousseau	55
Pauline Stangel	81	Gilbert Young		80	K Andrus-Hughes	45	Joy Ward	60
Norma Bernardi	83	Andrew Holden		83	<b>MACO Relays</b>			
<b>Men Relays</b>					<b>Mixed 35 +</b>			
<b>25 +</b>						<b>1:40.81</b>	<b>200 Free Relay</b>	<b>9 MACO</b>
	<b>1:41.15</b>	<b>200 Medley Relay</b>	<b>10</b>	<b>OREG</b>	Tomas Oliva	40	Timothy Haslach	41
Jeff T Hackley	34	John C Hudson		37	Becky Obletz	43	Sharon Foley	42
Curtis L Taylor	31	Brian K August		32	<b>Mixed 65 +</b>			
<b>55 +</b>						<b>2:38.52</b>	<b>200 Medley Relay</b>	<b>6 MACO</b>
	<b>2:15.46</b>	<b>200 Medley Relay</b>	<b>9</b>	<b>OREG</b>	Susanne Schumann	65	Lee J Miesen	76
Steve M Johnson	55	Tom Landis		61	Jim Bigler	67	Lavelle Stoinoff	70
Bill G Mellow	61	James D Jenkins		55	<b>Women</b>			
<b>65 +</b>					<b>35 +</b>			
	<b>2:08.12</b>	<b>200 Free Relay</b>	<b>5</b>	<b>OREG</b>		<b>1:46.95</b>	<b>200 Free Relay</b>	<b>9 MACO</b>
Dick Slawson	67	Brent L Lake	65		Robin Parisi	48	Sharon Foley	42
George D Thayer	67	Arthur C Welch		70	Sarah Hoagland	40	Becky Obletz	43
	<b>2:30.66</b>	<b>200 Medley Relay</b>	<b>5</b>	<b>OREG</b>	<b>55 +</b>			
George D Thayer	67	Brent L Lake		65		<b>2:42.34</b>	<b>200 Free Relay</b>	<b>7 MACO</b>
Arthur C Welch	70	Dick Slawson		67	Susanne Schumann	65	Ginger Pierson	57
					Lavelle Stoinoff	70	Betsy Austen	75

*The Care & Feeding of an Olympian continued from page 3*

again from 3:30pm to 5:30. The water session was followed by a grueling dryland session, which included running, weight training and rope climbing. Needless to say, Ron was famished by the time he arrived home around 7pm. We ate at home every night, and I usually had dinner on the table within 10 minutes of his arrival. We enjoyed everything from hand-tossed barbecue chicken pizza on homemade whole-wheat crust, and tomato seafood creole with North Atlantic scallops, jumbo prawns and fresh sea bass, to homemade peach / blackberry crisp. There were seldom any leftovers.

On the last day of his visit, we went to Whole Foods together and perused the selection of fresh fish. We decided to have seared Ahi tuna for dinner, but the fishmonger told us to come back because he was expecting a fresh shipment later in the day. As it turned out, the Ahi tuna was Ron's favorite dinner.

**Recipe: Seared Black Sesame Encrusted Ahi**

1 lb. fresh Ahi tuna, cut in half  
 fresh lime juice  
 black sesame seeds  
 kosher salt (to taste)  
 fresh ground black pepper (to taste)  
 3T extra virgin olive oil

Season fish with a squeeze of fresh lime juice, a pinch of kosher salt, and a sprinkle of fresh black pepper. Lay fish on a small plate full of black sesame seeds to coat. Turn fish to coat other side. Heat olive oil in a pan until it barely

starts to smoke. The pan needs to be very hot to sear fish quickly while keeping it rare in the middle. Sear fish for 1-2 minutes on each side and flip gently. Keep an eye on the side of the fillet to make sure it stays red and rare in the middle. Remove from heat immediately, and serve sliced in half on the bias.

**“Just Like Mother Used to Make”**

One of the highlights of the week was getting to know Ron's mother, Jane, who was on the telephone every day from her home in Maplewood, New Jersey. Ron is a devoted momma's boy (just like me). After Jane got done telling Ron to clean up after himself and do the dishes, she and I compared notes. I assured her that her son was eating well, training hard, and enjoying his visit to the Northwest. Jane described Ron's all-time favorite breakfast: a large, square, skillet-sized pancake, slathered with peanut butter and jam, rolled-up like a jelly-roll, and dusted with confectioner's sugar. After I heard about that, I knew how Ron had become an eating machine.

After Ron departed, I picked up that old “Care and Feeding of Adults” book, and flipped to the chapter called “Just Like Mother Used to Make.” It was then that I realized: Ron Karnaugh would probably never go hungry.

*Your Editor was at the T Hills Pool swimming with the Barracudas while “Dr. Ron” was training. I asked Bill Volckening to write an article about the training diet of an Olympic athlete. Thank you Bill for this great article. Bill is a devoted Food Network junkie, but during the day, he is the USMS Editor for SWIM Magazine*





Dive in To the New Year  
At the MAC Annual New Year's Day Swim

Thursday, January 1, 2004  
10:00 a.m. – 1:00 p.m.

Come join your swimming friends at the 50-meter pool.

This year we will be doing 104 x 50 @ 1:00 in both the 25 yard and 25 meter ends of the pool. We will have the second annual trivia contest in addition to music from the last 80 years, food, prizes and a keepsake for your entry.

It's a fun way to ring in the New Year and shake off that hangover.

We hope you will join us again this year as we  
Swim In the New Year!

---

Space is limited so be sure to get your entry in early. **Deadline: Friday, December 26**

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_  
**Phone:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_ **\$** \_\_\_\_\_

Entry fee is \$5.00 and this event is open to everyone.  
Fitness swimmers welcome! You need not be registered with USMS.

Mail entry form and check to: Anne Mattson, Multnomah Athletic Club, P.O. Box 390, Portland, Oregon 97207-0390. You can also quick register by calling: Anne Mattson at 503-223-6251x224 (Mention AS117)

### Grass Valley Aquatic Center Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-08

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

Unregistered swimmers must submit a 2004 registration form and fee with this form.

Hosted by: LaCamas Swim & Sport  
Grass Valley Aquatic Center  
2950 NW 38th Ave.  
Camas, WA 98607

DATE: Saturday & Sunday, December 6 & 7, 2003

**SATURDAY: WARM-UPS: 3PM • MEET STARTS: 4PM**  
**SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**

25 meters  
6-8 lanes competition-electronic timing  
Continuous 1-3 lanes warm-up/down area

Meet director: Bert Petersen • Phone: 503-252-6081 • E-mail [petersen@exchangenet.net](mailto:petersen@exchangenet.net)

Directions to Pool: Take I-205 North or South. Take Exit Highway 14 (Vancouver/Camas); go East on Highway 14 toward Camas. Exit on 192nd (second exit), cross Highway 14, and turn right on Brady (first right). Climb up the hill and go approximately 2 miles to the third stop sign. Turn right onto NW 38th Avenue. Go approximately 1/2 mile, and pool is on your right.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2004 REGISTRATION FORM WITH THIS ENTRY.

**ENTRY DEADLINE: POSTMARK NO LATER THAN NOVEMBER 21, 2003**

FILL IN LOWER PORTION COMPLETELY     RETURN LOWER PORTION     FILL IN LOWER PORTION COMPLETELY

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_  
E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE (as of 12-31-03) \_\_\_\_\_ SEX \_\_\_\_\_  
2003/2004 USMS # \_\_\_\_\_  
USMS CLUB (OREG, MACO, PNA, ETC) \_\_\_\_\_  
IS THIS YOUR FIRST MASTERS MEET?     Yes     No

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 79-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359, ETC. YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY. YOU MAY SWIM BOTH THE 800 FREE & 1500 FREE. ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400M AND 800M RELAYS WILL BE SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. THE 400, 800 AND 1500 FREESTYLES & 400 IM WILL BE DECK SEEDED. CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

**Saturday, December 6, 2003**

**400 IM (1)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**1500 FREE (2)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**Sunday, December 7, 2003**

**400 FREE (3)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* 20 MIN BREAK FOR 2ND WARM-UP; EVENT #4 WILL BEGIN NO EARLIER THAN 10AM

**100 IM (4)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FREE (5)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 BACK (6)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 FLY (7)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* BREAK

**MIXED MEDLEY RELAYS (8-9)**

**50 BACK (10)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FREE (11)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 BREAST (12)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**Sunday, December 7, 2003 (con't)**

\* BREAK

**FREE RELAYS (13-18)**

**200 IM (19)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FLY (20)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 BREAST (21)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 FREE (22)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* BREAK

**MIXED FREE RELAYS (23-25)**

**50 BREAST (26)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FLY (27)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 BACK (28)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**MEDLEY RELAYS (29-32)**

\* BREAK

**800 FREE (33)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

"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 & competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**MEET ENTRY FEE: \$17.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.**  
**SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220**

### Emerald Aquatics Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #374-01

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

Unregistered swimmers must submit a 2004 registration form and fee with this form.

Hosted by: Emerald Aquatics

DATE: Saturday January 10, 2004

Location: Echo Hollow Pool  
1655 Echo Hollow Rd  
Eugene, OR

**WARM-UPS: 9AM**  
**MEET STARTS: 10AM**

25 yards ~ 6 lanes competition-electronic timing  
6 lanes heated outdoors for continuous warm-up/down area

Meet Director: Ginny Hoke • Phone 541-345-8788 • e-mail virginiawildberry@yahoo.com

Directions to Pool: From I-5 north or south take Exit 195B (Santa Clara/Florence). Follow Beltline Freeway seven miles.

Exit Beltline at Exit 5 - Barger Road. Turn left on Barger. Go one block and turn right on Echo Hollow Road. Pool is two blocks on your left.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT 2004 USMS REGISTRATION CARD WITH THIS ENTRY.

**ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY DECEMBER 26, 2003**



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_  
E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
2004 USMS # \_\_\_\_\_  
USMS CLUB (OREG, MACO, PNA, ETC) \_\_\_\_\_  
IS THIS YOUR FIRST MASTERS MEET? — Yes — No

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 19+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). THE 500 & 1650 FREESTYLES & 400 IM WILL BE DECK SEEDED. CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

- 500 FREE (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \* break\*
- 100 FLY (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 FREE (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 BREAST (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 IM (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \* break\*
- FREE RELAYS (6-11)
- 100 BACK (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 BREAST (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 FREE (14) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \* break\*
- MEDLEY RELAYS (15-18)

- 400 IM (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 BREAST (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 BACK (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 FLY (22) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \* break\*
- MIXED FREE RELAYS (23-25)
- 200 IM (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 FREE (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 FLY (28) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 BACK (29) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- MIXED MEDLEY RELAYS (30-31)
- \* break\*
- 1650 FREE (32) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

"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 & competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**MEET ENTRY FEE: \$15.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.**  
**SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220**



**Second Annual Animal Masters Meet**  
**OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET**  
 Eligibility: Currently registered USMS swimmers, 19 years and older.  
 Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #374-02



Location: Canby Municipal Pool  
 1150 S Ivy  
 Canby, Oregon 97013  
 5 lanes competition-electronic timing  
 1 lane continuous warm-up/down lanes

*Date: Saturday, January 24, 2004*

Positive Check-in at Clerk of Course: 2PM  
 Warm-ups: 2PM-2:50PM  
 Meet Starts: 3PM

*Hosted by: Canby Swim Club "The GATORS"*

Meet director: Kenneth Schuh • Phone: 503-266-1345 • E-mail kdschuhmeister@aol.com

Directions to the pool: **Southbound-** I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto HWY 99E (Oregon City, Canby), continue south on 99E, turn left on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center • **Northbound-** I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn right on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center  
 Lodging: Canby Econolodge, 463 SW 1st Ave (99E), Canby, OR 97013 • 503-266-5400

Swimmers will receive one basic Heat Sheet upon completion of final seeding. Commemorative Heat Sheets with color logo will be available for purchase. An ample assortment of refreshments will be available for purchase throughout the meet. We anticipate J.D. Pence will be at the meet to fill your swimwear and swim gear needs.

**ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2004 USMS REGISTRATION CARD OR 2004 REGISTRATION FORM WITH THIS ENTRY**  
**ENTRY DEADLINE: POSTMARK NO LATER THAN Friday, January 9, 2004**

FILL IN LOWER PORTION COMPLETELY     RETURN LOWER PORTION     FILL IN LOWER PORTION COMPLETELY   

NAME _____	BIRTHDATE _____ AGE _____ SEX _____
ADDRESS _____	2004 USMS # _____
CITY _____	USMS CLUB (OREG, MACO, PNA, ETC) _____
STATE _____ ZIP _____	IS THIS YOUR FIRST OREGON MASTERS MEET? <input type="checkbox"/> YES <input type="checkbox"/> NO
PHONE _____	
E-MAIL _____	

Entry includes a cool t-shirt (if entry is received after January 14th, a commemorative t-shirt is not guaranteed).

Trophy for lowest cumulative Male and Female times for each session. **Choose Animal Masters I or Animal Masters II-Not Both**

**Animal Masters I**

**200 I.M. (1-2)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 FLY (5-6)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**500 FREE (9-10)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time plus 15 seconds for Disqualifications, Slowest time plus 60 seconds for no show

**Animal Masters II**

**400 I.M. (3-4)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FLY (7-8)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**1000 FREE (11-12)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time plus 30 seconds for Disqualifications, Slowest time plus 2 minutes for no show

"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 & competition), including possible permanent disability or death, and agree to assume all 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, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Shirt size (circle)    S    M    L    XL    2XL

**MEET ENTRY FEE: \$20.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.**  
**MAIL FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220**



# Tualatin Hills Pentathlon

## OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

*"One of the most fun, highly competitive and best attended meets in the OMS schedule year!"*

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

Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #374-03

Place: Tualatin Hills Aquatic Center Pool  
15707 SW Walker Rd.  
Beaverton, Oregon

Date: February 7, 2004

6-8 lanes competition-electronic timing  
Separate continuous warm-up/down lanes

Warm-ups: 8AM  
Meet Starts: 9AM

Hosted by the Tualatin Hills Barracudas

Meet directors: Kennedy Price • 503-443-1366 & Chyle Edic • 503-642-4041 • thbmeetdirector@yahoo.com

Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

All entrants must submit a photocopy of their current 2004 registration card or the 2004 registration form and fee with this entry.

ENTRY DEADLINE: POSTMARK NO LATER THAN JANUARY 23, 2004

FILL IN LOWER PORTION COMPLETELY     RETURN LOWER PORTION     FILL IN LOWER PORTION COMPLETELY   

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_  
E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
2004 USMS # \_\_\_\_\_  
USMS CLUB (OREG, MACO, PNA, ETC) \_\_\_\_\_  
IS THIS YOUR FIRST OREGON MASTERS MEET? Yes \_\_\_\_\_ No \_\_\_\_\_

*"Enter as many as five events. If you choose to not enter all 5 events in either the sprint or mid distance category, you will not be scored as a pentathlon."*

Sprint		Mid Distance
50 FLY (1) _____ : _____ . _____		100 FLY (2) _____ : _____ . _____
50 BACK (3) _____ : _____ . _____		100 BACK (4) _____ : _____ . _____
		Break
50 BREAST (5) _____ : _____ . _____		100 BREAST (6) _____ : _____ . _____
50 FREE (7) _____ : _____ . _____		100 FREE (8) _____ : _____ . _____
		Break
100 I.M. (9) _____ : _____ . _____		200 I.M. (10) _____ : _____ . _____

\* PLEASE ENTER YOUR BEST TIME OR ESTIMATED TIME. DO NOT USE NT (NO TIME). ENTERING "SANDBAGGED" TIMES TO GET ADDED REST TIME BETWEEN EVENTS OR CALM WATER IS DISCOURAGED. PLEASE BE FAIR TO ALL... THANKS

**RULES: A 10 SECOND PENALTY WILL BE ADDED TO YOUR TIME FOR ANY STROKE/TURN INFRACTION. A FLASE START ELIMINATES YOU FROM THE FIVE EVENT COMPETITION, BUT NOT FROM SWIMMING ANY OTHER RACES. YOUR TOTAL TIME FOR THE FIVE EVENTS DETERMINES YOUR FINAL PLACING.**

"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 & competition), including possible permanent disability or death, and agree to assume all 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, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MEET ENTRY FEE: \$15.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.  
MAIL FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220

## 27th Annual One Hour Postal Swim

# 2004 United States Masters Swimming Long Distance National Championship

Sanctioned by the Pacific Masters MSC for USMS, Inc.

Sanction Number: 38-04-02

**Date:** All swims must take place during January 2004.

**OBJECTIVE:** To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

**VENUE:** Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards.)

**ELIGIBILITY:** Each participant must be registered for 2004 with USMS, or if non-US, a similar body in the swimmer's country. **A COPY OF YOUR 2004 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!**

**INDIVIDUAL EVENTS:** Men and women separately will compete as individuals in the following age groups: 19-24, 25-29, ..., 100+. The swimmer's age on the day the event is swum determines the entrant's age for the One Hour Swim.

**RELAY EVENT:** Two team relay events will be contested: 1) a 3 swimmer, same gender team and 2) a mixed 4 person team (2 men & 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: 19+, 25+, ..., 95+. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached teams are not permitted.

**CLUB EVENT:** Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in each division will receive an award. Three divisions will be recognized based on the number of swimmers entered in the event from each club, as determined by the event host and Long Distance Committee chair. Relay yards will not be counted.

**AWARDS:** USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 relay teams in each age group relay team event. First place finishers in individual and

team relay events also receive USMS Champion patches. Distinctive awards will be given to the top 3 Clubs in each division of the Club event.

**RULES:** Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they must each swim on one side of the lane during the entire race (i.e. no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count lengths, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 yards to 2760). (See Venue section for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group. No adjustment may be made for swims completed at altitude. Split sheets must be kept for each swimmer and a copy included with your entry. Using a stopwatch, record cumulative split times to the nearest second and tenth or hundredths for each 50 split.

**FEES:** Individual entry fees are US \$6 per swimmer for US (\$8 for non-US swimmers). Team entry fees are US \$15 per relay (\$18 for non-US entries). All fees are non-refundable. Make checks payable to Tantalus Aquatic Masters and mail entries to: *Tantalus Aquatic Masters, One Hour Postal Swim, PO Box 130516, San Rafael, CA, 94915.* International entrants please submit US funds via international money order or bank check drawn on a bank with a USA affiliate. **ENTRIES MUST BE RECEIVED by February 10, 2004.** Swimmers submitting incomplete entries will be contacted by collect phone call or e-mail.

**T-SHIRTS:** A 2004 USMS One Hour Postal National Championship T-shirt is available at a cost of \$15. (International orders please add US \$5 postage for each shirt.) Shirt is white with colorful logo pictured above.

**MORE INFO:** Address questions to:

Nancy Ridout  
nancyridout@mindspring.com  
415-898-3467

Christine Foote  
c71foote@yahoo.com  
415-457-9645



### Relay Entry Form - Use only for relay entries (please print clearly)

Club Name: \_\_\_\_\_ Relay Type: F \_\_\_\_\_ M \_\_\_\_\_ Mixed \_\_\_\_\_

Mail Results/Awards to: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Country: \_\_\_\_\_ Club Abbreviation: \_\_\_\_\_

Name of Swimmer # 1: \_\_\_\_\_ Gender \_\_\_\_\_ Age: \_\_\_\_\_ Yards swum: \_\_\_\_\_

Name of Swimmer # 2: \_\_\_\_\_ Gender \_\_\_\_\_ Age: \_\_\_\_\_ Yards swum: \_\_\_\_\_

Name of Swimmer # 3: \_\_\_\_\_ Gender \_\_\_\_\_ Age: \_\_\_\_\_ Yards swum: \_\_\_\_\_

Name of Swimmer # 4: \_\_\_\_\_ Gender \_\_\_\_\_ Age: \_\_\_\_\_ Yards swum: \_\_\_\_\_

Total Team Yards: \_\_\_\_\_

Team Entry Fees: US \$15 (\$18 for non-US entries). Payment in US \$ from US Banks or international Money Order ONLY.

#### Please note:

Each relay team member must also have submitted an individual entry form or the relay will be disqualified.



**2004 USMS One Hour Postal Swim National Championship Individual Entry Form — Please Print Clearly**

NAME \_\_\_\_\_ USMS Reg. NUMBER \_\_\_\_\_  
(As it appears on registration card) (Include COPY of 2004 USMS Reg. Card or NGB equivalent)

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ GENDER M F

E-Mail Address: \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_  
(mm/dd/yyyy)

CLUB \_\_\_\_\_ CLUB ABBR. \_\_\_\_\_

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 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.

I swam this event in a 25yd \_\_\_\_\_, 25m \_\_\_\_\_, 50 m \_\_\_\_\_ pool. Distance in meters: \_\_\_\_\_ meters x 1.0936 = \_\_\_\_\_ yards.  
(If you have swam this event in a 25m or 50m pool, the conversion to yards is distance in meters x 1.0936, rounded down to the nearest 5 yards increment.)

I certify that I have read the rules of this competition and that on \_\_\_\_\_ I swam \_\_\_\_\_ yards at \_\_\_\_\_  
(mm/dd/yyyy) (distance) (pool name/city)

Swimmer's Signature

Entry Fee: \$6.00 (US Only) \$8.00 (International/non-US) = \$ \_\_\_\_\_

T-shirt Order: Indicate T-shirt quantity ordered at  
 \$15/shirt in US; \$20/shirt international

Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_ XX-Large \_\_\_\_\_ \$ \_\_\_\_\_

TOTAL(US \$): = \$ \_\_\_\_\_

Verifier's Signature

**IMPORTANT— You Must Include:**  
 (1) Masters 2004 Registration Card, (2) Official Entry Form and  
 (3) Split Sheet.  
**Make Checks Payable To:** Tamalpais Aquatic Masters  
**Send Entries to:** Tamalpais Aquatic Masters, One Hour Postal  
 Swim, PO Box 150516, San Rafael, CA 94915.  
**Must be RECEIVED by February 10, 2004**

**Results:** (check one)  Electronic results via email address listed above  
 Paper results via US Postal

**Awards:** Please check if you **DO NOT** wish to receive your  
 Championship Medal  Patch



Record Split Entries using **CUMULATIVE** split times to the nearest second and tenth or hundredth.

50	1050	2050	3050	4050	5050
100	1100	2100	3100	4100	5100
150	1150	2150	3150	4150	5150
200	1200	2200	3200	4200	5200
250	1250	2250	3250	4250	5250
300	1300	2300	3300	4300	5300
350	1350	2350	3350	4350	5350
400	1400	2400	3400	4400	5400
450	1450	2450	3450	4450	5450
500	1500	2500	3500	4500	5500
550	1550	2550	3550	4550	5550
600	1600	2600	3600	4600	5600
650	1650	2650	3650	4650	5650
700	1700	2700	3700	4700	5700
750	1750	2750	3750	4750	5750
800	1800	2800	3800	4800	5800
850	1850	2850	3850	4850	5850
900	1900	2900	3900	4900	5900
950	1950	2950	3950	4950	5950
1000	2000	3000	4000	5000	6000

Total Yardage: \_\_\_\_\_



# Local Team Registration

This form must be postmarked by the entry deadlines of the 2004 OMS Association Championship and the 2004 OMS Open Water Championships, in order for a team to compete as a "local team" at those events.

**TEAM NAME** \_\_\_\_\_ **ABBREVIATION** \_\_\_\_\_

## TEAM REPRESENTATIVE INFORMATION (must be an OMS member)

**Rep. Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone 1** \_\_\_\_\_ **Phone 2** \_\_\_\_\_

**Email** \_\_\_\_\_

## COACH INFORMATION

**Coach Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone 1** \_\_\_\_\_ **Phone 2** \_\_\_\_\_

**Email** \_\_\_\_\_

## POOL INFORMATION

**Pool Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone 1** \_\_\_\_\_

**Workout Schedule** \_\_\_\_\_

\_\_\_\_\_

**Mail to :** DOUG CHRISTENSEN, MEMBERSHIP CHAIR, 11700 SW RIDGECREST DR.  
BEAVERTON, OR 97008 ([dchrister@safewaynw.org](mailto:dchrister@safewaynw.org))



# OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING YEAR 2004 REGISTRATION

Renewal - 2003 USMS # \_\_\_\_\_  New Member

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ M.I.: \_\_\_\_\_  
(Please register with the name you will use for competition.)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  M  F

E-mail Address: \_\_\_\_\_  
 Electronic Delivery *(Starting in March I prefer to receive the Aqua Master electronically)*

Do you coach a Masters Team Yes  No

Club: OMS is comprised of two clubs or you may register unattached.  OREG  MACO  UNATTACHED  
(Unattached members cannot swim in relays)

Local Team: Choose name and abbreviation from list below (Name) \_\_\_\_\_ (Abbreviation) \_\_\_\_\_

- |   |   |                                       |
|---|---|---------------------------------------|
| <b>Registered for 2004</b>              | Salem Courthouse Crew . . . . . SCC     | Mt. Hood Masters . . . . . MHM        |
| Albany Masters . . . . . ALB            | Tualatin Hills Barracudas . . . THB     | North Clackamas Masters . . . NCMS    |
| Central Oregon Masters. . . . . COMA    | Umpqua Valley Masters . . . . . UVM     | Oregon City Swim Team. . . . . OCST   |
| Columbia Gorge Masters . . . . . CGM    | Yawama Masters Swim Club . YSC          | Parkrose Masters Swim Team. PMST      |
| Corvallis Aquatic Masters . . . . . CAT |   | Pendleton Masters. . . . . PEND       |
| Downtown Athletic Club . . . . . DAC    | <u>Not Registered for 2004s</u>         | Rogue Valley Masters. . . . . RVM     |
| Grass Valley Masters. . . . . GVM       | Circumnavigating Beavers . . . . . CBAT | Southern Oregon Masters. . . . . SOM  |
| Mountain Park Masters . . . . . MPM     | Columbia River Swim Masters. CRSM       | Steelheads . . . . . STHD             |
| Multnomah Athletic Club . . . . . MACO  | Emerald Aquatics. . . . . EA            | Tigard-Tualatin Masters . . . . . TTM |
| Oregon Wetmasters. . . . . OWET         | Eugene Nomads. . . . . EN               | No Local Team . . . . . NLT           |
| Portland Aquatic Club . . . . . PAC     | Fishstick Masters . . . . . FISH        |                                       |

**\$38.00 Single Registration:** Valid November 1, 2003 to December 31, 2004. Make checks payable to OMS, Inc.  
**\$66.00 Joint registration:** Two members at one address/One Aqua-Master. **One Registration Form per member please.**  
Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

- I have added a contribution of \$ \_\_\_\_\_ for Oregon Masters Swimming. We value your support!
- I have added a contribution of \$50 as a Gold Medal Sponsor of Oregon Masters Swimming.
- I have added a contribution of \$1.00 (or \$ \_\_\_\_\_) to the United States Masters Swimming Foundation.

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**MAIL TO: DARLENE STALEY, OMS REGISTRAR, 8590 SW CHARLOTTE DRIVE, BEAVERTON, OR 97007**  
This form is available on the OMS website: [www.swimoregon.org](http://www.swimoregon.org)



# 2003-04 Meet **SCHEDULE**

Date	Event	Location	Contact
<b>Pool Meets</b>			
*Dec. 6-7	SCM	Camas, WA (Near Vancouver)	Bert Petersen      petersen@exchangenet.net
*Jan. 10	SCY	Eugene, OR	Ginny Hoke      virginiawildberry@yahoo.com
*Jan. 24	SCY	Canby, OR - "Animal" Meet	Ken Schuh      kdschuhmeister@aol.com
*Feb. 7	SCY	Pentathlon - Beaverton	Kennedy Price/Chyle Edic      thbmeetdirector@yahoo.com
March 7	SCY	Mt. Hood CC - Gresham, OR	Phil King      kingp@mhcc.cc.or.us
April 2-4	Assn. Champs	Bend, OR	Kristin Brooks      bendbrooks@aol.com
June 19	LCM	Beaverton, OR	Chyle Edic/Kennedy Price      thbmeetdirector@yahoo.com
July 10-11	St.Games LCM	Mt. Hood CC - Gresham, OR	Colette Crabbe      ColetteCrabbe@hotmail.com
<b>Open Water</b>			
July 17	OMS Series Events	Applegate Lake	Dan Gray      dangray45@hotmail.com
July 18	Nat. Champs 3000+	Applegate Lake	Dan Gray      dangray45@hotmail.com
July 30-Aug. 1	OMS Series Events	Elk Lake	Jani Sutherland      janiski@aol.com
Aug. 22	OMS Series Events	Dorena Lake	Steve Johnson      stevej@nsdssurvey.org
<b>National Championships</b>			
April 22-25	SCY	Indianapolis, IN	www.usms.org
Aug. 12-15	LCM	Savannah, GA	www.usms.org
<b>Postal Championships 2003-04</b>			
Jan. 1 - Dec. 31	USMS Virtual Swim Series (Hosted by COMA)	Pam Himstreet	himstreet@bendcable.com
*Jan. 2004	1 Hour Swim	nancyridout@mindspring.com or www.usms.org	
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			
<b>Board Meetings</b>			
Dec. 6, 2003	Camas, WA	1 PM	June 18, 2004      Tualatin Hills      7 PM
Jan. 21, 2004	NIKE	7 PM	July 11, 2004      MHCC      10 AM
Feb. 25, 2004	NIKE	7 PM	Aug. 25, 2004      NIKE      7 PM
April 3, 2004	Bend	4 PM	Oct. 1-3, 2004      Retreat
May 12, 2004	NIKE	7 PM	All Board Meetings are open. OMS members are encouraged to attend. Contact Jeanne Teisher, OMS Chair, for more details.

**Aqua Master**  
November - December 2003

Oregon Masters Swimming, Inc.  
5832 SE Woll Pond Way  
Hillsboro, OR 97123-6970

**Nonprofit Organization**  
U.S. Postage  
**Paid**  
Portland, Oregon  
Permit No. 1292

**Inside: Results of the NIKE Meet**