



# Aqua Master

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*“Swimming - A Life's Passion”*

## ol' Barn and Connie Wilson Award Winners



Gary Wallis, the Officials Rep, and Ginger Pierson, the Host/Social Chair, were honored at the Awards Banquet. Ginger received the Connie Wilson Award for long time service to Oregon Masters. Gary received the ol' Barn Award for his service this past year. Thank you Ginger and Gary for all you do for Oregon Masters Swimming.

### Inside For You

- The CHAIR'S CORNER .....2
- Association High Lights .....3
- Get Fit .....4
- Long Distance .....5
- Association Results .....8-17
- Entry Blanks
  - State Games .....18
  - Corvallis .....19
  - Zone .....21
- OMS T shirt Order .....22
- Association Team Page .....23
- Schedule .....Back Cover

### New OMS / National T Shirt

#### O M S

has a new design for T-Shirts, Tanks Tops and Sweatshirts. A high visibility color has been selected for the Shirts for the SCY Nationals in Tempe. Orders for the National Traveling shirts



must be placed by **April 15**. The Order Blank and Instructions for placing your order are on page 22 of this Aqua Master. All swimmers entering Nationals are urged to order a shirt.

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# Chair's Corner by Jeanne Teisher

And the Winner Is...

OMS is one of the strongest LMSCs' in the country thanks primarily to the many volunteers who dedicate their time and energy to organizing quality and fun swim competitions (both pool and open water), clinics, fitness events (i.e., postal events, February Fitness Challenge) and social activities. We are so very fortunate to have such a large pool of devoted volunteers at the local and state level. Each year, at the Association Meet, a few volunteers are honored for their exceptional contribution to the organization. At this year's awards banquet last month at the MAC Club, the following volunteers were presented awards for their contribution during the 2002 year.

Connie Wilson Award for long time contribution to OMS and swimming.

Ginger Pierson of Vancouver, WA was awarded this highest award for her many years of dedication and devotion to the sport of swimming at the local, LMSC, Zone and national levels. I doubt there has been any job she has not done at the local or state level. She is not only a great swimmer but also a true volunteer.

Ol' Barn Award for contribution during 2002.

Gary Wallis of Beaverton received this award for his contribution as the Officials Chair for OMS. He has been responsible for recruiting officials for many of our pool meets and has officiated at a number of meets himself. He is the spokesperson for the officials, liaison between OMS and the officials, and is a master of the official rules for swimming.

Special Service Award given to an individual, business, or organization for contribution of services to the OMS.

Kristi Gustafson of Gresham is a volunteer whose primary contribution has been with the State Games. You can thank Kristi for the fun and well organized swimming competition at the event every year at Mt. Hood Community College. She has also been involved and a key volunteers in other events at MHCC including the Nike World Games.

Spirit Award (male and female)

Colette Crabbe of Portland and Rich Juhala of Milwaukie both exhibit enthusiasm when it comes to swimming. Their dedication and excitement of the sport is infectious. When you see their smiles and hear their laughter, you know they are having fun. That fun and happiness rubs off on swimmers around them. But don't let their fun and laughter fool you. They both are also outstanding swimmers.

To not only the above award winners, but all the volunteers - THANK YOU - for making the sport of swimming and OMS so fun!

Happy swimming. Jeanne

*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.*

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# Association Highlights



Thank You MAC for a Great Association Meet and Banquet







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**WITH JANI AND SARA**



## Easy Ways to Increase Your Activity Level

The Association Championships are behind us. Open Water season is still a couple of months away. A perfect time to work on your aerobic base and keep your fitness level high!! You can even add fitness to your daily schedule with these ideas:

- Walk as often and as much as possible. Park your car several blocks from where you are going or walk instead of driving. Walk quickly!
- During breaks at work walk around the building, down the halls or up and down the stairs.
- Don't use drive-thru windows. Park, get out of your car and walk!
- Stand instead of sitting whenever possible. Even standing still burns more calories than sitting.
- Take the stairs instead of the elevator. Walk up stairs quickly. To further strengthen legs slow down and take the stairs two at a time.
- When you are walking somewhere, take the long way whenever possible, from shopping to getting a drink of water.
- At the grocery store carry your own groceries to the car without a shopping cart. And be sure you have parked in the furthest spot.
- Lose the remote. Get your leg muscles working and walk to the TV.
- Answer the phone that's the farthest away from you. It is estimated that with the use of extension phones Americans now don't



walk 70 miles per year. Think of all the calories you could be burning.

- Exaggerate movements when cleaning house. Switch hands when vacuuming to give torso and arms equal work.
  - Plant a garden in the spring. Work in it. Gardening takes your body thru a whole range of movements.
  - Get rid of the power lawn mower. A push mower gives you a great workout.
  - Rake the lawn with a rake!!
  - Take lessons to learn how to play tennis, racquetball, volleyball, golf or any other activity you think you might enjoy. Walk the golf course instead of using the cart.
  - Go dancing once or twice a month.
  - Join the local hiking, cycling or cross country ski club.
  - If you have children or grandchildren play with them. Play catch, jump rope, push them on a swing, play tag or frisbee, have a race.
  - Walk the dog.
  - Train in the water with your dog for the next dog swim race.
  - Designate an area of your car as the locker room. Keep an extra pair of running/walking shoes, socks, towel, soft-ball mitt, tennis racket or any items that strike your fancy. This way when you have a little extra time you can put it to good use! It's a fun way to do something unexpected on your own or with your family.
- If you make a conscious effort to put more activity into your daily life it will soon become second nature. Give it a try!



# LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

## Highlights of the 1 Hour Swim

Congratulations to the 96 Oregon-registered swimmers (50 women & 46 men, representing 13 local teams) who swam and entered the National One-Hour Swim. This is the largest Oregon participation in the 27-year history of this event! And a pat on the back to the other swimmers—I know of at least a two dozen—who swam the event for fun and fitness but chose not to enter.

Congratulations to One-Hour Swim National Champions Sara Quan, Lavelle Stoinoff, and Dave Radcliff, again among the nation's elite. Lavelle set the National Record in her age group and now holds the One-Hour Record in four age groups! Ever so close were Mary Sweat and Tom Landis, who placed second in their respective age groups.

Congratulations to George Thayer, Dick Weick, and Dave Radcliff, whose Men's 65+ Relay Team won the National Championship.

A tip of the hat to Sara Quan, Mary Sweat, Lavelle Stoinoff, Betsy Austin, David Wellman, Doug Stewart, Tom Landis, and Dave Radcliff for breaking Oregon Individual One-Hour Records, and to the members of the nine relay teams that set new Oregon One-Hour Relay Records. All Oregon Postal Records and the Oregon Postal All-Time Top Twelve can be found in the Long Distance section of the OMS website (www.swimoregon.org).

Sara Quan (5125 yds) and Doug Stewart (5365 yds) topped the Oregon women's and men's categories respectively.

The Oregon Club of 82 swimmers slipped one place to second in the National Team Championship in the Medium Team category, despite many more swims and considerably more yardage than last year (team scoring is determined by total yardage of team participants). The Multnomah Athletic Club team of 14 swimmers rose to tenth in the Small Team category.

## Oregon LMSC Postal One-Hour Swim Results 2003

Place numbers are national places

OR = Oregon Record; NR = National Record

### Women 19-24

17	Gina Dhom	24	EA	4475
23	Danielle Ebnother	21	SOM	4315
36	Garen Mattioda	24	COMA	3940
39	Hailey Foster	23	COMA	3900

### Women 25-29

34	Virginia Hoke	27	EA	4265
44	Monica LaBarge	27	EA	4155
50	Sandra Uesugi	29	CBAT	4100
54	Tanya Ogle	29	COMA	4050
73	Anicia Criscione	29	CAT	3800

### Women 30-34

1	Sara Quan	30	COMA	5125	OR
34	Alison Moore	32	THB	4060	
36	Kristine Lewis	32	THB	4050	

### Women 35-39

10	Karen Sadler	39	SCAT	4650
18	Toni Hecksel	36	CAT	4500
44	Kristin Brooks	37	COMA	4095
60	Erin Holland	35	NCMS	3920
62	Jocelyn Sanford	37	RVM	3890
106	Jean McKenzie	39	EA	3375

### Women 40-44

15	Becky Obletz	43	MAC	4435
17	Sarah Hoagland	40	MAC	4420
21	Denise Stuntzner-Gibson	40	SCAT	4330
22	Nancy Dunton	44	CAT	4320
31	Joni Young	41	SCC	4250
59	Becky Rasmussen	40	NCMS	3970

61	Marlys Cappaert	44	CBAT	3950
84	Sandy Chavez	42	RVM	3700
170	Helen Moss	44	OWET	2980

### Women 45-49

2	Mary Sweat	45	COMA	4660	OR
6	Robin Parisi	48	MAC	4510	
47	Susan Albright	47	THB	3890	
73	Theresa Copeland	46	EA	3605	
101	Calli Roberts	48	COMA	3300	
115	Lisa Aepfelbacher	46	THB	3190	
130	Jan Jeddelloh	47	THB	2930	

### Women 50-54

11	Cathy Imwalle	52	COMA	4170
22	Darlene Staley	52	THB	3960
23	Madeleine Holmberg	50	COMA	3945
27	Geri Mathewson	54	RVM	3825
28	Jeanne Teisher	51	THB	3790
49	Tam Jenkins	54	OWET	3415
58	Peggy Toole	50	THB	3320
102	Jani Sutherland	53	COMA	2530
107	Kathy Mellow	51	CGM	1900

### Women 55-59

7	Ginger Pierson	56	MAC	3760
14	Sandi Rousseau	55	CGM	3545
35	Lynn Sacks	57	RVM	3025
39	Peggy Whiter	59	COMA	2940
65	Sandra Haynie	57	CGM	1765

### Women 70-74

1	Lavelle Stoinoff	70	MAC	3960	NR	
Women 75-79						
9	Betsy Austen	7	5	MAC	2420	OR

continued on page 6

1 Hour Results continued from page 5

**Men 19-24**

29 David Wellman 20 COMA 3750 OR

**Men 30-34**

40 Nathan Sanford 33 RVM 4340

**Men 35-39**

5 Doug Stewart 38 CAT 5365 OR

8 Hardy Lussier 37 COMA 5220

19 Phil King 36 MAC 4925

29 Rob Higley 37 COMA 4745

44 Brian Wannamaker 39 MAC 4530

**Men 40-44**

39 Doug Otto 43 MAC 4600

61 David VanDerZwan 40 SOM 4300

75 Mike Dowd 44 MAC 4185

96 Mike Marshall 41 COMA 4005

**Men 45-49**

15 Dave Burleson 45 MAC 4780

22 Chris Andersen 45 CAT 4640

27 Ed Ramsey 46 THB 4545

29 Michael Tasman 46 CAT 4500

45 Mike Tennant 49 COMA 4385

48 Scott McAllister 48 CGM 4345

62 Dieter Hoffman 45 MAC 4190

63 Mark Becker 48 THB 4185

81 Kermit Yenson 49 THB 4030

95 Marc Bowen 49 MAC 3880

98 Daniel Greenblatt 47 RVM 3845

**Men 50-54**

5 Steve Johnson 54 EA 4900

22 Jed Cronin 54 THB 4440

28 Jim Teisher 53 THB 4415

55 John Downey 50 NCMS 4075

59 Craig Mather 51 RVM 4015

60 Vic Tremblay 52 CBAT 4000

94 James DiGiulio 51 CAT 3570

101 Curt Simkins 52 COMA 3410

117 Brad Elliot 54 THB 2825

**Men 55-59**

19 Donn Livoni 56 COMA 4300

67 Rich Juhala 59 NCMS 3175

**Men 60-64**

2 Tom Landis 60 COMA 4470 OR

9 Burt Kanner 63 SCC 4105

15 Brent Lake 64 COMA 3990

18 Ralph Mohr 61 COMA 3900

19 Frank Phillips 60 RVM 3875

43 Bill Mellow 61 CGM 3470

53 Jon Schietz 64 THB 3115

**Men 65-69**

1 Dave Radcliff 68 THB 4305 OR

15 Dick Weick 68 EA 3675

20 George Thayer 66 COMA 3425

**Men 70-74**

18 Charles Hulings 71 RVM 2500

**Men 75-79**

14 Clark Austen 75 MAC 2675

19 Raymond Allen 76 SOM 2420

**Women 19+: 3 x One-hour**

4 OREG (Ebnotner, Dhom, Quan) 13,915 OR

**Women 35+: 3 x One-hour**

6 MAC (Hoagland, Obletz, Parisi) 13,365 OR

7 OREG (Young, Stuntzner-Gibson, Sadler) 13,230

**Women 45+: 3 x One-hour**

3 OREG (Staley, Imwalle, Sweat) 12,790 OR

**Women 55+: 3 x One-hour**

5 MAC (Austen, Pierson, Stoinoff) 10,140

**Men 35+: 3 x One-hour**

7 OREG (Tasman, Anderson, Stewart) 14,505

8 OREG (Cronin, Higley, Lussier) 14,405

10 MAC (Otto, Burleson, King) 14,305

**Men 45+: 3 x One-hour**

7 OREG (Tasman, Ramsey, Johnson) 13,945 OR

**Men 55+: 3 x One-hour**

3 OREG (Kanner, Livoni, Landis) 12,875 OR

**Men 65+: 3 x One-hour**

1 OREG (Thayer, Weick, Radcliff) 11,405 OR

**Mixed 19+: 4 x One-hour**

6 OREG (Cronin, Landis, Dhom, Quan) 18,510 OR

**Mixed 35+: 4 x One-hour**

6 OREG (Stuntzner-Gibson, Sadler, Higley, Lussier) 18,945 OR

7 OREG (Dunton, Hecksel, Anderson, Stewart) 18,825

8 MAC (Obletz, Parisi, Burleson, King) 18,650

16 OREG (Juhala, Holland, Rasmussen, Downey) 15,140

**Mixed 45+: 4 x One-hour**

3 OREG (Imwalle, Sweat, Ramsey, Johnson) 18,275 OR

**National Team Placement:**

First Place (Medium Teams) Metro Masters (NY) 350,075 yds

Second Place (Medium Teams) OREGON 318,440 yds

Tenth Place (Small Teams) MAC 34,415 yds

**Thank You  
Tualatin Hills  
Barracudas  
for Sponsoring the  
1 Hour Swim**





**Three OMS swimmers attended the English Bay Swim Club Masters SCM swim meet at UBC in Vancouver BC, Canada, on Feb. 23rd.**

<b>Ginger Pierson</b>			<b>Joy Ward</b>			<b>Bert Petersen</b>		
100m IM	1:26.13	Zone record	100 IM	1:30.36		100 IM	1:25.30	
200 fly	3:16.34		50 free	34.48		50 fly	30.71	Zone record
100 breast	1:29.89	Zone record	50 back	41.83		100 fly	1:13.63	
200 breast	3:19.16		50 fly	36.95				



*Have you ordered your OMS National Team Shirt for Tempe? (pg 22)*

**BOARD MEMBERSHIP**

From time to time Board positions become vacant. Vacancies will be posted on the OMS web site until filled and an e-mail notice will be sent to OMS members who have provided their e-mail address with their registration. The Board prefers to have a list of individuals who are interested in becoming involved. If you'd like to become more involved please send an e-mail to the Board Chair indicating your interest. For a list of all board positions, basic responsibilities and frequency of meetings please visit *Become Involved at* [www.swimoregon.org](http://www.swimoregon.org). Oregon Masters welcomes and encourages participation from all areas of the State.

*To add or change your email address in the OMS email directory please contact Jeanne Teisher at: [jteisher97007@yahoo.com](mailto:jteisher97007@yahoo.com)*

**TONI IS BACK!**

Remember the "7 person relay" from the 2002 Association Meet in Corvallis? Eight months ago Toni Hecksel, a member of the relay gave birth to David, a future Lake Swimmer. To celebrate her return to competition and her 37th birthday, Toni and 7 of her "CAT" teammates did the following set of 37 x 100. There is no doubt that **TONI IS BACK!**

Here is the birthday set: 3 X 100 on 1:30, 7 X 100 on 1:20, 3 X 100 on 1:30, 9 X 100 on 1:20, 4 X 100 on 1:30, 11 X 100 on 1:20 (for a total of 37 X 100's). Toni held 1:13 on the final 11 X 100s. WOW! (Rumor has it that some of her teammates did 100 IMs for part of the set)



**David Hecksel**

# Association Championships - March 14 - 16

N = National Record

Z = Northwest Zone Record

O = Oregon Record

**Women 19-24**

50 Yard Freestyle			
1	Kuehnast, Amber	21 EA	27.88
100 Yard Freestyle			
1	Kuehnast, Amber	21 EA	1:01.35
500 Yard Freestyle			
1	Mattioda, Garen	24 COMA	6:27.41
1650 Yard Freestyle			
1	Mattioda, Garen	24 COMA	22:36.02
50 Yard Backstroke			
1	Kuehnast, Amber	21 EA	34.92
100 Yard Backstroke			
1	Kuehnast, Amber	21 EA	1:15.72
100 Yard Breaststroke			
1	Mattioda, Garen	24 COMA	1:20.62
2	Kuehnast, Amber	21 EA	1:24.46
50 Yard Butterfly			
1	Mattioda, Garen	24 COMA	31.94
100 Yard IM			
1	Mattioda, Garen	24 COMA	1:12.09
200 Yard IM			
1	Mattioda, Garen	24 COMA	2:36.85
2	Kuehnast, Amber	21 EA	2:39.73
<b>Women 25-29</b>			
50 Yard Freestyle			
1	Kirkwood, Erin	25 PUP	26.96
2	Fredericks, Jennifer	26 THB	28.48
3	Shoemaker, Laura	27 THB	28.52
4	Ogle, Tanya	29 COMA	28.83
5	Uesugi, Sandra	29 CBAT	30.14
6	Pierce, Jennifer	26 THB	30.22
7	Gibbs, Zan	28 PAC	33.01
100 Yard Freestyle			
1	Kirkwood, Erin	25 PUP	1:00.36
2	Pierce, Jennifer	26 THB	1:06.30
3	Law, Heather	29 PAC	1:08.30
4	Casey, Anna	26 THB	1:15.87
5	Gibbs, Zan	28 PAC	1:18.18
200 Yard Freestyle			
1	Kirkwood, Erin	25 PUP	2:15.76
2	Pierce, Jennifer	26 THB	2:25.18
3	Uesugi, Sandra	29 CBAT	2:25.42
4	Fredericks, Jennifer	26 THB	2:26.51
5	Casey, Anna	26 THB	2:42.47
6	Gabbard, Erika	28 COMA	2:52.23
500 Yard Freestyle			
1	Pierce, Jennifer	26 THB	6:41.31
2	Law, Heather	29 PAC	7:05.74
3	Gabbard, Erika	28 COMA	7:34.01
1000 Yard Freestyle			
1	Uesugi, Sandra	29 CBAT	13:27.87
2	Casey, Anna	26 THB	14:43.77
1650 Yard Freestyle			
1	Law, Heather	29 PAC	25:16.71
50 Yard Backstroke			
1	Kirkwood, Erin	25 PUP	32.24
2	Shoemaker, Laura	27 THB	33.04
2	Ogle, Tanya	29 COMA	33.04
4	Pierce, Jennifer	26 THB	34.20
100 Yard Backstroke			
1	Ogle, Tanya	29 COMA	1:10.90

200 Yard Backstroke

1	Ogle, Tanya	29 COMA	2:32.47
2	Criscione, Anicia	29 CAT	2:44.92
50 Yard Breaststroke			
1	Gibbs, Zan	28 PAC	38.83
2	Ogle, Tanya	29 COMA	39.41
100 Yard Breaststroke			
1	Shoemaker, Laura	27 THB	1:22.36
2	Gibbs, Zan	28 PAC	1:27.56
3	Criscione, Anicia	29 CAT	1:29.27
4	Gabbard, Erika	28 COMA	1:37.92
200 Yard Breaststroke			
1	Criscione, Anicia	29 CAT	3:08.93
2	Gibbs, Zan	28 PAC	3:20.82
3	Gabbard, Erika	28 COMA	3:37.42
100 Yard IM			
1	Shoemaker, Laura	27 THB	1:11.56
2	Ogle, Tanya	29 COMA	1:13.70
3	Fredericks, Jennifer	26 THB	1:13.97
4	Pierce, Jennifer	26 THB	1:16.13
5	Criscione, Anicia	29 CAT	1:19.66
6	Casey, Anna	26 THB	1:27.85
7	Gabbard, Erika	28 COMA	1:30.46
200 Yard IM			
1	Shoemaker, Laura	27 THB	2:39.55
2	Criscione, Anicia	29 CAT	2:49.71
3	Casey, Anna	26 THB	3:04.73
4	Gabbard, Erika	28 COMA	3:13.02
400 Yard IM			
1	Uesugi, Sandra	29 CBAT	5:43.46
2	Casey, Anna	26 THB	6:33.99
<b>Women 30-34</b>			
50 Yard Freestyle			
1	Gambetti, Francesca	30 OREG	27.27
2	Topp, Deborah	33 CAT	29.05
3	Helfrich, Ayre	34 LSSC	30.71
100 Yard Freestyle			
1	Topp, Deborah	33 CAT	1:03.80
2	Kramer, Laura	33 CAT	1:15.35
3	Wong, Linda	30 NCMS	1:19.42
200 Yard Freestyle			
1	Simpson, Shauna	31 MACO	2:23.16
2	Helfrich, Ayre	34 LSSC	2:36.42
3	Bryce, Katy	30 COMA	2:36.98
4	Stewart, Tracey	34 LSSC	2:41.36
5	Wong, Linda	30 NCMS	2:57.17
6	Wessel, Caroline	34 LSSC	3:12.66
500 Yard Freestyle			
1	Himstreet, Julie	32 EA	6:17.76
2	Moore, Alison	32 THB	6:27.24
3	Wong, Linda	30 NCMS	7:31.55
4	Lambourn, Debra	34 PAC	7:52.62
1000 Yard Freestyle			
1	Moore, Alison	32 THB	13:19.87
1650 Yard Freestyle			
1	Himstreet, Julie	32 EA	21:35.72
2	Fisher, Sybil	30 PAC	22:36.32
3	Lewis, Kristine	32 THB	23:27.26
4	Helfrich, Ayre	34 LSSC	24:25.99
5	Wong, Linda	30 NCMS	26:10.38
50 Yard Backstroke			
1	Kramer, Laura	33 CAT	35.17
2	Bryce, Katy	30 COMA	37.81

100 Yard Backstroke

1	Fisher, Sybil	30 PAC	1:11.89
2	Himstreet, Julie	32 EA	1:14.44
3	Bryce, Katy	30 COMA	1:22.65
4	Lambourn, Debra	34 PAC	1:32.23
200 Yard Backstroke			
1	Himstreet, Julie	32 EA	2:38.70
2	Bryce, Katy	30 COMA	3:03.10
50 Yard Breaststroke			
1	Lewis, Kristine	32 THB	37.29
2	Moore, Alison	32 THB	40.26
100 Yard Breaststroke			
1	Lewis, Kristine	32 THB	1:22.89
2	Moore, Alison	32 THB	1:23.73
3	Himstreet, Julie	32 EA	1:26.07
200 Yard Breaststroke			
1	Lewis, Kristine	32 THB	2:51.74
2	Moore, Alison	32 THB	2:59.70
3	Himstreet, Julie	32 EA	3:02.41
50 Yard Butterfly			
1	Gambetti, Francesca	30 OREG	29.74
2	Topp, Deborah	33 CAT	31.33
3	Simpson, Shauna	31 MACO	31.90
4	Lewis, Kristine	32 THB	34.03
5	Lambourn, Debra	34 PAC	42.59
6	Wong, Linda	30 NCMS	46.47
100 Yard Butterfly			
1	Simpson, Shauna	31 MACO	1:09.44
2	Topp, Deborah	33 CAT	1:10.23
3	Moore, Alison	32 THB	1:14.59
4	Kramer, Laura	33 CAT	1:14.64
200 Yard Butterfly			
1	Simpson, Shauna	31 MACO	2:35.84
2	Topp, Deborah	33 CAT	2:42.18
100 Yard IM			
1	Gambetti, Francesca	30 OREG	1:10.26
2	Topp, Deborah	33 CAT	1:15.52
3	Fisher, Sybil	30 PAC	1:15.66
4	Bryce, Katy	30 COMA	1:19.97
5	Helfrich, Ayre	34 LSSC	1:25.01
6	Lambourn, Debra	34 PAC	1:30.37
200 Yard IM			
1	Simpson, Shauna	31 MACO	2:38.03
2	Bryce, Katy	30 COMA	3:02.03
3	Lambourn, Debra	34 PAC	3:15.14
400 Yard IM			
1	Simpson, Shauna	31 MACO	5:29.58
2	Lewis, Kristine	32 THB	5:46.08
3	Lambourn, Debra	34 PAC	6:51.89
<b>Women 35-39</b>			
50 Yard Freestyle			
1	Thompson, Jennifer	35 EA	27.88
2	Topp, Suzanne	35 CAT	27.94
3	Gitelman, Alix	37 CBAT	29.86
4	Law, Cathy	35 CAT	30.46
5	Culbertson, Hiedi	39 LSSC	33.35
6	Jenkins, Patricia	39 LSSC	35.43
7	Raach, Bridget	39 LSSC	35.80
8	Croucher, Denise	39 LSSC	39.72
9	Bozarth, Rebecca	36 COMA	39.74
100 Yard Freestyle			
1	Tyrrell, Laura	35 PAC	59.47
2	Topp, Suzanne	35 CAT	1:01.69
3	Thompson, Jennifer	35 EA	1:01.82



4 Law, Cathy	35 CAT	1:08.89	9 Bozarth, Rebecca	36 COMA	1:40.99	200 Yard Breaststroke		
5 Bozarth, Rebecca	36 COMA	1:25.10	200 Yard IM			1 Oblatz, Becky	43 MACO	2:44.27
200 Yard Freestyle			1 Jenkins, Valerie	39 OWET	2:24.75	2 Fox, Christina	42 CAT	3:21.11
1 Jenkins, Valerie	39 OWET	2:07.61	2 Sawamura, Sachi	36 ISF	2:32.75	50 Yard Butterfly		
2 Tyrrell, Laura	35 PAC	2:09.22	3 Brooks, Kristin	37 COMA	2:48.30	1 Pipes-Nielsen, K.	40 SDSM	27.81
3 Topp, Suzanne	35 CAT	2:18.10	400 Yard IM			2 Foley, Sharon	42 MACO	29.95
4 Thompson, Jennifer	35 EA	2:20.94	1 Tyrrell, Laura	35 PAC	5:20.06	3 Tossas, Debbie	40 THB	33.12
5 Gitelman, Alix	37 CBAT	2:27.90	2 Crisp, Julie	36 PMST	7:01.79	4 Sitton, Tia	40 OREG	37.12
6 Law, Cathy	35 CAT	2:39.39	3 Jenkins, Patricia	39 LSSC	7:34.00	5 Ross, Ginny	43 THB	38.61
7 Hartman, Kimberly	38 LSSC	2:46.27	<b>Women 40-44</b>			6 Cappaert, Marlys	44 CBAT	38.70
8 Culbertson, Hiedi	39 LSSC	2:57.97	50 Yard Freestyle			100 Yard Butterfly		
9 Mooney, Susan	35 LSSC	3:00.03	1 Foley, Sharon	42 MACO	26.44	1 Foley, Sharon	42 MACO	1:09.58
10 Tucker, Amanda	35 THB	3:06.68	2 Oblatz, Becky	43 MACO	27.48	2 Hoagland, Sarah	40 MACO	1:12.31
500 Yard Freestyle			3 Tossas, Debbie	40 THB	28.90	3 Higdon, Jane	44 EA	1:21.88
1 Tyrrell, Laura	35 PAC	5:43.66	4 Vincent, Nancy	43 LSSC	30.51	4 Nill, Vicky	41 COMA	1:23.93
2 Topp, Suzanne	35 CAT	6:17.21	5 Sitton, Tia	40 OREG	30.81	200 Yard Butterfly		
3 Brooks, Kristin	37 COMA	6:44.12	6 Ross, Ginny	43 THB	32.34	1 Cappaert, Marlys	44 CBAT	3:12.92
4 Kilbourn, Laurie	36 THB	6:54.46	7 Goritski, Karen	40 LSSC	35.48	100 Yard IM		
5 Tucker, Amanda	35 THB	8:21.37	100 Yard Freestyle			1 Pipes-Nielsen, K.	40 SDSM	1:01.62
1000 Yard Freestyle			1 Foley, Sharon	42 MACO	1:00.22	2 Oblatz, Becky	43 MACO	1:09.39
1 Tyrrell, Laura	35 PAC	11:52.54	2 Oblatz, Becky	43 MACO	1:00.40	3 Tossas, Debbie	40 THB	1:15.84
2 Kilbourn, Laurie	36 THB	14:16.44	3 Sitton, Tia	40 OREG	1:11.01	4 Goodman, Ann	43 MHM	1:19.01
3 Hartman, Kimberly	38 LSSC	15:57.30	4 Nill, Vicky	41 COMA	1:13.67	5 Vincent, Nancy	43 LSSC	1:21.07
4 Croucher, Denise	39 LSSC	17:11.44	200 Yard Freestyle			6 Knutson, Brenda	44 UNAT	1:22.54
1650 Yard Freestyle			1 Pipes-Nielsen, K.	40 SDSM	2:05.91	7 Cappaert, Marlys	44 CBAT	1:23.24
1 Brooks, Kristin	37 COMA	23:01.99	2 Viales, Dianne	41 MHM	2:16.72	8 Higdon, Jane	44 EA	1:24.39
2 Tucker, Amanda	35 THB	29:01.08	3 Vincent, Nancy	43 LSSC	2:32.67	9 Fox, Christina	42 CAT	1:24.41
50 Yard Backstroke			4 Ross, Ginny	43 THB	2:37.46	10 Sitton, Tia	40 OREG	1:24.48
1 Jenkins, Valerie	39 OWET	29.65	5 Knutson, Brenda	44 UNAT	2:39.91	11 Ross, Ginny	43 THB	1:25.76
2 Thompson, Jennifer	35 EA	33.98	6 Nill, Vicky	41 COMA	2:40.51	12 Goritski, Karen	40 LSSC	1:37.05
3 Bozarth, Rebecca	36 COMA	50.19	7 Goritski, Karen	40 LSSC	2:51.63	200 Yard IM		
100 Yard Backstroke			500 Yard Freestyle			1 Viales, Dianne	41 MHM	2:34.14
1 Jenkins, Valerie	39 OWET	1:05.68	1 Viales, Dianne	41 MHM	6:10.51	2 Goodman, Ann	43 MHM	2:53.31
2 Gitelman, Alix	37 CBAT	1:14.92	2 Nill, Vicky	41 COMA	7:15.31	3 Higdon, Jane	44 EA	2:59.90
3 Crisp, Julie	36 PMST	1:26.13	1000 Yard Freestyle			4 Fox, Christina	42 CAT	3:08.00
4 Mckenzie, Jean	39 EA	1:29.84	1 Hoagland, Sarah	40 MACO	12:55.18	400 Yard IM		
5 Jenkins, Patricia	39 LSSC	1:43.87	1650 Yard Freestyle			1 Viales, Dianne	41 MHM	5:36.10
50 Yard Breaststroke			1 Knutson, Brenda	44 UNAT	24:05.37	2 Knutson, Brenda	44 UNAT	6:15.92
1 Thompson, Jennifer	35 EA	38.86	50 Yard Backstroke			3 Higdon, Jane	44 EA	6:18.29
2 Law, Cathy	35 CAT	39.55	1 Viales, Dianne	41 MHM	34.51	<b>Women 45-49</b>		
100 Yard Breaststroke			2 Goodman, Ann	43 MHM	35.38	50 Yard Freestyle		
1 Brooks, Kristin	37 COMA	1:25.97	3 Tossas, Debbie	40 THB	35.89	1 Andrus-Hughes, K	45 OWET	26.09
2 Law, Cathy	35 CAT	1:29.67	100 Yard Backstroke			2 Winton, Leslie	48 THB	37.24
3 Jenkins, Patricia	39 LSSC	1:38.07	1 Pipes-Nielsen, K.	40 SDSM	59.69	3 Miles, Carole	47 MHM	40.16
4 Mckenzie, Jean	39 EA	1:40.46	2 Hoagland, Sarah	40 MACO	1:15.77	4 Jeddelloh, Jan	47 THB	41.79
5 Croucher, Denise	39 LSSC	1:44.45	3 Goodman, Ann	43 MHM	1:19.86	100 Yard Freestyle		
200 Yard Breaststroke			4 Fox, Christina	42 CAT	1:21.26	1 Andrus-Hughes, K	45 OWET	56.25
1 Brooks, Kristin	37 COMA	3:14.64	5 Nill, Vicky	41 COMA	1:26.42	2 Winton, Leslie	48 THB	1:23.51
50 Yard Butterfly			6 Ross, Ginny	43 THB	1:26.57	3 Miles, Carole	47 MHM	1:30.18
1 Topp, Suzanne	35 CAT	32.85	7 Higdon, Jane	44 EA	1:31.05	<b>200 Yard Freestyle</b>		
2 Kilbourn, Laurie	36 THB	33.26	200 Yard Backstroke			<b>1 Andrus-Hughes, K</b>	<b>45 OWET</b>	<b>2:07.61 O</b>
3 Raach, Bridget	39 LSSC	42.92	1 Hoagland, Sarah	40 MACO	2:43.23	2 Parisi, Robin	48 MACO	2:08.94
4 Jenkins, Patricia	39 LSSC	45.37	2 Goodman, Ann	43 MHM	2:48.67	3 Sweat, Mary	45 COMA	2:17.38
5 Crisp, Julie	36 PMST	48.39	3 Fox, Christina	42 CAT	2:54.20	4 Gustafson, Kristi	47 MHM	2:38.83
100 Yard Butterfly			50 Yard Breaststroke			5 Albright, Susan	47 THB	2:39.71
1 Sawamura, Sachi	36 ISF	1:10.35	1 Oblatz, Becky	43 MACO	34.73	6 Welborn, Jody	47 OWET	2:42.59
2 Tyrrell, Laura	35 PAC	1:11.20	2 Sitton, Tia	40 OREG	40.62	7 Peterson, Connie	47 COMA	3:10.72
100 Yard IM			3 Tossas, Debbie	40 THB	41.07	500 Yard Freestyle		
1 Thompson, Jennifer	35 EA	1:11.31	100 Yard Breaststroke			1 Sweat, Mary	45 COMA	5:55.83
2 Topp, Suzanne	35 CAT	1:14.94	1 Oblatz, Becky	43 MACO	1:16.79	2 Worden, Laura	45 CAT	6:24.67
3 Kilbourn, Laurie	36 THB	1:20.69	2 Vincent, Nancy	43 LSSC	1:24.57	3 Gustafson, Kristi	47 MHM	6:57.21
4 Law, Cathy	35 CAT	1:21.85	3 Knutson, Brenda	44 UNAT	1:32.28	4 Albright, Susan	47 THB	7:02.32
5 Hartman, Kimberly	38 LSSC	1:30.05	4 Higdon, Jane	44 EA	1:33.09	5 Peterson, Connie	47 COMA	8:13.31
6 Jenkins, Patricia	39 LSSC	1:31.01	5 Fox, Christina	42 CAT	1:35.28	<b>1650 Yard Freestyle</b>		
7 Mckenzie, Jean	39 EA	1:31.59	6 Goritski, Karen	40 LSSC	1:44.24	<b>1 Sweat, Mary</b>	<b>45 COMA</b>	<b>19:52.57 Z</b>
8 Raach, Bridget	39 LSSC	1:35.14				<i>Results continued on page 10</i>		

## Results continued from page 9

2	Albright, Susan	47 THB	24:51.24	3	Mather, June	50 SOM	35.69	4	Sacks, Lynn	57 SOM	41.25
3	Peterson, Connie	47 COMA	27:45.50	4	Cushing, Kaye	52 PAC	50.63	5	Sitter, Darby	59 THB	52.50
<b>50 Yard Backstroke</b>				100 Yard Freestyle							
1	<b>Andrus-Hughes, K</b>	<b>45 OWET</b>	<b>29.91 Z</b>	1	Fuller, Lizbeth	50 THB	1:15.96	1	Rousseau, Sandi	55 CGM	1:10.52
2	Roberts, Calli	48 COMA	43.78	2	Perrone, Terry	51 THB	1:22.22	2	Quattro, Jackie	55 FISH	1:11.47
3	Winton, Leslie	48 THB	47.20	3	Mather, June	50 SOM	1:24.23	200 Yard Freestyle			
<b>100 Yard Backstroke</b>				4	Cushing, Kaye	52 PAC	1:53.85	1	Quattro, Jackie	55 FISH	2:37.60
1	<b>Andrus-Hughes, K</b>	<b>45 OWET</b>	<b>1:04.12 Z</b>	200 Yard Freestyle				2	Himstreet, Pam	59 COMA	3:12.89
2	Roberts, Calli	48 COMA	1:34.68	1	Holmberg, M	50 COMA	2:32.21	3	Sacks, Lynn	57 SOM	3:43.37
3	Miles, Carole	47 MHM	1:48.53	2	Teisher, Jeanne	51 THB	2:35.57	500 Yard Freestyle			
4	Peterson, Connie	47 COMA	1:55.93	3	Milner, Nancy	51 MHM	2:57.34	1	Quattro, Jackie	55 FISH	6:57.43
<b>200 Yard Backstroke</b>				4	Mather, June	50 SOM	3:02.68	2	Whiter, Peggy	59 COMA	8:49.38
1	<b>Andrus-Hughes, K</b>	<b>45 OWET</b>	<b>2:22.85 Z</b>	5	Deszoeke, Judith	54 CAT	3:39.90	3	Sacks, Lynn	57 SOM	9:31.85
2	Parisi, Robin	48 MACO	2:27.43	500 Yard Freestyle				50 Yard Backstroke			
3	Roberts, Calli	48 COMA	3:25.65	1	Holmberg, M	50 COMA	7:03.34	1	Quattro, Jackie	55 FISH	40.17
50 Yard Breaststroke				2	Mather, June	50 SOM	8:12.75	2	Himstreet, Pam	59 COMA	50.84
1	Albright, Susan	47 THB	42.03	1650 Yard Freestyle				100 Yard Backstroke			
2	Gustafson, Kristi	47 MHM	43.20	1	Teisher, Jeanne	51 THB	23:45.92	1	Himstreet, Pam	59 COMA	1:48.60
3	Young, Robin	48 FISH	44.83	2	Holmberg, M	50 COMA	24:17.90	2	Sitter, Darby	59 THB	2:15.85
4	Winton, Leslie	48 THB	46.65	3	Staley, Darlene	53 THB	24:58.79	200 Yard Backstroke			
5	Miles, Carole	47 MHM	47.58	4	Milner, Nancy	51 MHM	25:06.70	1	Whiter, Peggy	59 COMA	3:52.73
100 Yard Breaststroke				5	Jenkins, Tam	54 OWET	26:41.90	50 Yard Breaststroke			
1	Albright, Susan	47 THB	1:31.21	50 Yard Backstroke				1	Pierson, Ginger	57 MACO	36.87
2	Young, Robin	48 FISH	1:36.24	1	Fuller, Lizbeth	50 THB	43.73	2	Rousseau, Sandi	55 CGM	44.19
3	Miles, Carole	47 MHM	1:42.47	2	Riddle, Kristi	54 THB	47.16	3	Whiter, Peggy	59 COMA	52.75
4	Jeddeloh, Jan	47 THB	1:47.22	3	Perrone, Terry	51 THB	49.36	100 Yard Breaststroke			
200 Yard Breaststroke				4	Cushing, Kaye	52 PAC	56.76	1	Pierson, Ginger	57 MACO	1:21.28
1	Parisi, Robin	48 MACO	2:48.95	100 Yard Backstroke				2	Himstreet, Pam	59 COMA	1:42.41
2	Young, Robin	48 FISH	3:23.77	1	Holmberg, M	50 COMA	1:21.57	3	Sitter, Darby	59 THB	2:30.86
50 Yard Butterfly				2	Riddle, Kristi	54 THB	1:38.85	200 Yard Breaststroke			
1	Worden, Laura	45 CAT	31.06	3	Deszoeke, Judith	54 CAT	1:59.07	1	Pierson, Ginger	57 MACO	3:00.87
2	Welborn, Jody	47 OWET	40.32	4	Cushing, Kaye	52 PAC	2:12.70	2	Himstreet, Pam	59 COMA	3:38.06
3	Young, Robin	48 FISH	41.87	200 Yard Backstroke				50 Yard Butterfly			
4	Winton, Leslie	48 THB	42.27	1	Holmberg, M	50 COMA	3:01.70	1	Rousseau, Sandi	55 CGM	34.73
5	Roberts, Calli	48 COMA	42.31	2	Cushing, Kaye	52 PAC	4:53.17	2	Whiter, Peggy	59 COMA	47.30
6	Peterson, Connie	47 COMA	52.03	50 Yard Breaststroke				3	Sitter, Darby	59 THB	1:05.75
7	Jeddeloh, Jan	47 THB	53.14	1	Sutherland, Jani	53 COMA	44.25	100 Yard Butterfly			
100 Yard Butterfly				2	Fuller, Lizbeth	50 THB	46.09	1	Pierson, Ginger	57 MACO	1:22.02
1	Parisi, Robin	48 MACO	1:04.56	3	Perrone, Terry	51 THB	58.19	2	Rousseau, Sandi	55 CGM	1:24.17
2	Worden, Laura	45 CAT	1:08.56	100 Yard Breaststroke				200 Yard Butterfly			
3	Young, Robin	48 FISH	1:36.99	1	Sutherland, Jani	53 COMA	1:37.81	1	Pierson, Ginger	57 MACO	3:03.35
200 Yard Butterfly				2	Milner, Nancy	51 MHM	1:40.43	100 Yard IM			
1	Worden, Laura	45 CAT	2:35.16	3	Riddle, Kristi	54 THB	1:47.44	1	Pierson, Ginger	57 MACO	1:18.49
2	Young, Robin	48 FISH	3:42.31	4	Deszoeke, Judith	54 CAT	1:51.95	2	Rousseau, Sandi	55 CGM	1:23.93
100 Yard IM				200 Yard Breaststroke				3	Quattro, Jackie	55 FISH	1:25.33
1	Parisi, Robin	48 MACO	1:06.32	1	Holmberg, M	50 COMA	3:09.20	4	Whiter, Peggy	59 COMA	1:43.21
2	Gustafson, Kristi	47 MHM	1:20.97	2	Sutherland, Jani	53 COMA	3:38.45	5	Sitter, Darby	59 THB	2:16.26
3	Albright, Susan	47 THB	1:25.91	3	Riddle, Kristi	54 THB	3:49.37	200 Yard IM			
4	Roberts, Calli	48 COMA	1:33.47	50 Yard Butterfly				1	Himstreet, Pam	59 COMA	3:32.33
5	Winton, Leslie	48 THB	1:33.59	1	Teisher, Jeanne	51 THB	36.21	<b>Women 60-64</b>			
6	Jeddeloh, Jan	47 THB	1:50.93	2	Milner, Nancy	51 MHM	40.59	50 Yard Freestyle			
200 Yard IM				100 Yard Butterfly				1	Ward, Joy	60 NCMS	30.90
1	Worden, Laura	45 CAT	2:36.61	1	Perrone, Terry	51 THB	1:49.88	2	Frid, Barbara	60 THB	31.89
2	Gustafson, Kristi	47 MHM	2:54.99	100 Yard IM				100 Yard Freestyle			
3	Roberts, Calli	48 COMA	3:29.39	1	Milner, Nancy	51 MHM	1:34.15	1	Frid, Barbara	60 THB	1:11.45
4	Peterson, Connie	47 COMA	3:46.65	2	Riddle, Kristi	54 THB	1:36.49	2	Ward, Joy	60 NCMS	1:11.88
400 Yard IM				200 Yard IM				500 Yard Freestyle			
1	Parisi, Robin	48 MACO	5:19.14	1	Riddle, Kristi	54 THB	3:34.40	1	Hodge, Peggie	62 COMA	8:59.55
2	Worden, Laura	45 CAT	5:31.19	2	Perrone, Terry	51 THB	3:42.15	1650 Yard Freestyle			
3	Gustafson, Kristi	47 MHM	6:14.81	400 Yard IM				1	Hodge, Peggie	62 COMA	30:48.59
4	Welborn, Jody	47 OWET	6:45.11	1	Staley, Darlene	53 THB	6:42.30	50 Yard Backstroke			
<b>Women 50-54</b>				<b>Women 55-59</b>				100 Yard Backstroke			
50 Yard Freestyle				50 Yard Freestyle				1	Ward, Joy	60 NCMS	37.46
1	Teisher, Jeanne	51 THB	30.33	1	Rousseau, Sandi	55 CGM	31.72	2	Frid, Barbara	60 THB	37.69
2	Milner, Nancy	51 MHM	35.64	2	Quattro, Jackie	55 FISH	31.95	100 Yard Backstroke			
				3	Whiter, Peggy	59 COMA	36.72	1	Hodge, Peggie	62 COMA	1:49.63

50 Yard Breaststroke				100 Yard Freestyle				100 Yard Freestyle			
<b>1 Frid, Barbara</b>	<b>60 THB</b>	<b>41.88 Z</b>		1 Austen, Betsy	75 MACO	2:00.80		1 Krenz, Christopher	29 CBAT	53.09	
100 Yard Breaststroke				200 Yard Freestyle				200 Yard Freestyle			
1 Frid, Barbara	60 THB	1:32.77		1 Austen, Betsy	75 MACO	4:18.01		1 Krenz, Christopher	29 CBAT	2:02.22	
2 Hodge, Peggie	62 COMA	1:48.92		500 Yard Freestyle				2 Johnson, Josh	29 PAC	2:05.51	
50 Yard Butterfly				1 Austen, Betsy	75 MACO	10:57.23		1650 Yard Freestyle			
1 Ward, Joy	60 NCMS	33.98		<b>1000 Yard Freestyle</b>				1 Johnson, Josh	29 PAC	19:25.07	
2 Hodge, Peggie	62 COMA	46.00		<b>1 Wells, Margaret</b>	<b>76 SCC</b>	<b>23:34.64 O</b>		2 Curran, Paul	27 OWET	23:37.29	
<b>100 Yard Butterfly</b>				<b>1650 Yard Freestyle</b>				50 Yard Breaststroke			
<b>1 Ward, Joy</b>	<b>60 NCMS</b>	<b>1:31.05 O</b>		<b>1 Austen, Betsy</b>	<b>75 MACO</b>	<b>37:16.31 O</b>		1 Krenz, Christopher	29 CBAT	32.60	
100 Yard IM				200 Yard Backstroke				2 Brookman, Andy	25 COMA	34.55	
1 Ward, Joy	60 NCMS	1:22.61		1 Wells, Margaret	76 SCC	4:38.88		200 Yard Breaststroke			
2 Frid, Barbara	60 THB	1:23.12		100 Yard Breaststroke				1 Brookman, Andy	25 COMA	2:52.71	
200 Yard IM				1 Wells, Margaret	76 SCC	2:36.47		50 Yard Butterfly			
1 Hodge, Peggie	62 COMA	3:37.18		200 Yard Butterfly				1 Brookman, Andy	25 COMA	28.39	
<b>Women 65-69</b>				1 Wells, Margaret	76 SCC	5:53.18		100 Yard IM			
50 Yard Freestyle				200 Yard IM				1 Krenz, Christopher	29 CBAT	1:01.28	
1 Schumann, Susanne	65 MACO	35.44		1 Wells, Margaret	76 SCC	4:51.88		2 Brookman, Andy	25 COMA	1:07.16	
2 Pipes, Adrienne	68 SDSM	39.34		<b>Women 80-84</b>				200 Yard IM			
3 Lance, Sherin	67 PAC	44.67		50 Yard Freestyle				1 Brookman, Andy	25 COMA	2:28.98	
100 Yard Freestyle				1 Stangel, Pauline	81 CAT	52.14		<b>Men 30-34</b>			
1 Schumann, Susanne	65 MACO	1:15.36		100 Yard Freestyle				50 Yard Freestyle			
2 Lance, Sherin	67 PAC	1:43.76		1 Bernardi, Norma	83 OREG	2:17.22		1 Taylor, Curtis	31 THB	22.14	
200 Yard Freestyle				200 Yard Freestyle				2 August, Brian	32 UNAT	23.67	
1 Pipes, Adrienne	68 SDSM	3:08.32		1 Stangel, Pauline	81 CAT	4:16.46		3 Drawz, Troy	34 UNAT	23.76	
500 Yard Freestyle				500 Yard Freestyle				4 Reget, Phil	33 COMA	24.16	
1 Lance, Sherin	67 PAC	10:00.32		1 Stevenin, Elfie	81 THB	16:25.75		5 Soracco, Andrew	33 PAC	24.92	
1000 Yard Freestyle				<b>50 Yard Backstroke</b>				6 Niepoky, Brian	30 THB	29.17	
1 Pipes, Adrienne	68 SDSM	16:38.87		<b>1 Bernardi, Norma</b>	<b>83 OREG</b>	<b>1:00.87 O</b>		<b>100 Yard Freestyle</b>			
2 Lance, Sherin	67 PAC	21:02.08		200 Yard Backstroke				<b>1 Taylor, Curtis</b>	<b>31 THB</b>	<b>48.36 O</b>	
50 Yard Backstroke				1 Bernardi, Norma	83 OREG	4:43.70		2 August, Brian	32 UNAT	51.42	
1 Lance, Sherin	67 PAC	1:01.25		2 Stevenin, Elfie	81 THB	6:17.54		3 Drawz, Troy	34 UNAT	52.22	
<b>50 Yard Breaststroke</b>				100 Yard Butterfly				4 Reget, Phil	33 COMA	53.63	
<b>1 Schumann, Susanne</b>	<b>65 MACO</b>	<b>43.97 Z</b>		1 Stevenin, Elfie	81 THB	4:04.81		5 Soracco, Andrew	33 PAC	55.21	
<b>100 Yard Breaststroke</b>				200 Yard Butterfly				6 Bergmans, Pieter	31 COMA	55.61	
<b>1 Schumann, Susanne</b>	<b>65 MACO</b>	<b>1:35.25 Z</b>		1 Stevenin, Elfie	81 THB	8:37.15		7 Price, Kennedy	30 THB	1:03.55	
200 Yard Breaststroke				200 Yard IM				8 Griffin, Steven	34 THB	1:03.64	
1 Schumann, Susanne	65 MACO	3:24.81		1 Stevenin, Elfie	81 THB	7:22.44		200 Yard Freestyle			
50 Yard Butterfly				400 Yard IM				1 Taylor, Curtis	31 THB	1:47.70	
1 Pipes, Adrienne	68 SDSM	46.32		1 Stevenin, Elfie	81 THB	15:16.71		2 Bergmans, Pieter	31 COMA	2:01.14	
<b>Women 70-74</b>				<b>Women 90-94</b>				3 Reget, Phil	33 COMA	2:02.39	
50 Yard Freestyle				<b>500 Yard Freestyle</b>				4 Price, Kennedy	30 THB	2:25.87	
1 Glancy, Barbara	71 PAC	59.53		<b>1 Muller, Eva</b>	<b>90 OCST</b>	<b>13:48.81 N</b>		500 Yard Freestyle			
<b>100 Yard Freestyle</b>				<b>50 Yard Backstroke</b>				1 Bergmans, Pieter	31 COMA	5:29.50	
<b>1 Stoinoff, Lavelle</b>	<b>70 MACO</b>	<b>1:15.92 Z</b>		<b>1 Muller, Eva</b>	<b>90 OCST</b>	<b>1:06.64 Z</b>		2 Soracco, Andrew	33 PAC	5:54.22	
2 Glancy, Barbara	71 PAC	2:06.22		<b>200 Yard Backstroke</b>				3 Griffin, Steven	34 THB	6:26.69	
200 Yard Freestyle				<b>1 Muller, Eva</b>	<b>90 OCST</b>	<b>5:28.78 Z</b>		1000 Yard Freestyle			
1 Glancy, Barbara	71 PAC	4:38.87		<b>200 Yard Breaststroke</b>				1 Zolna, William	33 MACO	10:39.38	
<b>500 Yard Freestyle</b>				<b>1 Muller, Eva</b>	<b>90 OCST</b>	<b>7:21.02 N</b>		1650 Yard Freestyle			
<b>1 Stoinoff, Lavelle</b>	<b>70 MACO</b>	<b>7:01.93 N</b>		<b>Men 19-24</b>				1 Price, Kennedy	30 THB	22:01.22	
<b>1000 Yard Freestyle (split time in 1650)</b>				50 Yard Freestyle				50 Yard Backstroke			
<b>Stoinoff, Lavelle</b>	<b>70 MACO</b>	<b>14:17.05 N</b>		1 Wellman, David	20 COMA	26.03		1 August, Brian	32 UNAT	27.92	
<b>1650 Yard Freestyle</b>				100 Yard Freestyle				2 Price, Kennedy	30 THB	35.09	
<b>1 Stoinoff, Lavelle</b>	<b>70 MACO</b>	<b>23:55.49 N</b>		1 Wellman, David	20 COMA	58.74		100 Yard Backstroke			
2 Glancy, Barbara	71 PAC	39:50.70		100 Yard Backstroke				1 Niepoky, Brian	30 THB	1:15.86	
50 Yard Backstroke				1 Wellman, David	20 COMA	1:03.28		2 Zayas, Victor	34 THB	1:16.01	
1 Glancy, Barbara	71 PAC	1:02.94		50 Yard Butterfly				3 Price, Kennedy	30 THB	1:17.44	
<b>100 Yard Backstroke</b>				1 Wellman, David	20 COMA	28.46		200 Yard Backstroke			
<b>1 Stoinoff, Lavelle</b>	<b>70 MACO</b>	<b>1:28.63 Z</b>		100 Yard Butterfly				1 Price, Kennedy	30 THB	2:46.36	
2 Glancy, Barbara	71 PAC	2:23.50		1 Wellman, David	20 COMA	1:03.67		50 Yard Breaststroke			
<b>200 Yard Backstroke</b>				200 Yard IM				1 Golling, Greg	33 THB	30.61	
<b>1 Stoinoff, Lavelle</b>	<b>70 MACO</b>	<b>3:03.24 N</b>		1 Wellman, David	20 COMA	2:18.92		2 Pospisil, Radek	33 OWET	32.06	
<b>Women 75-79</b>				<b>Men 25-29</b>				3 Reget, Phil	33 COMA	32.52	
50 Yard Freestyle				50 Yard Freestyle				4 Soracco, Andrew	33 PAC	32.95	
1 Austen, Betsy	75 MACO	55.39		1 Krenz, Christopher	29 CBAT	24.13		5 Griffin, Steven	34 THB	39.71	
				2 Brookman, Andy	25 COMA	26.12					

Results continued on page 12



## Results continued from page 11

Breaststroke			500 Yard Freestyle			7 Kabel, Douglas 37 LSSC 1:04.33		
1	Golling, Greg	33 THB 1:04.90	1	Stewart, Douglas D	38 CAT 5:05.23	8	Edwards, Greg	38 THB 1:05.10
2	Zolna, William	33 MACO 1:05.05	2	King, Phillip	36 MACO 5:17.82	9	Edic, Chyle	36 THB 1:09.73
3	Pospisil, Radek	33 OWET 1:10.45	3	Askerman, Eric	35 THB 5:28.18	200 Yard IM		
4	Golden, Philip	34 PAC 1:15.39	4	Higley, Robert	37 COMA 5:28.45	1	Lussier, Hardy	37 COMA 2:07.07
200 Yard Breaststroke			1650 Yard Freestyle			2	Peters, Keith	37 OWET 2:08.27
1	Golling, Greg	33 THB 2:21.63	1	Stewart, Douglas D	38 CAT 17:42.26	3	Stewart, Douglas D	38 CAT 2:09.39
2	Reget, Phil	33 COMA 2:44.59	2	Askerman, Eric	35 THB 19:14.10	4	King, Phillip	36 MACO 2:13.38
50 Yard Butterfly			3	Higley, Robert	37 COMA 19:50.39	5	Butcher, Gano	39 OWET 2:15.40
1	Drawz, Troy	34 UNAT 25.60	4	Clark, Jon	36 THB 23:22.45	400 Yard IM		
2	August, Brian	32 UNAT 25.94	5	Croucher, Robert	39 LSSC 27:59.71	1	Stewart, Douglas D	38 CAT 4:32.12
3	Soracco, Andrew	33 PAC 28.02	50 Yard Backstroke			2	King, Phillip	36 MACO 4:39.22
4	Golden, Philip	34 PAC 29.04	1	Butcher, Gano	39 OWET 28.93	3	Volckening, Bill	37 NEM 4:52.47
5	Pospisil, Radek	33 OWET 29.46	2	Gooding, Todd	36 MACO 30.65	4	Butcher, Gano	39 OWET 4:59.93
6	Zayas, Victor	34 THB 32.43	100 Yard Backstroke			5	Higley, Robert	37 COMA 5:10.80
100 Yard Butterfly			1	King, Phillip	36 MACO 59.30	6	Kabel, Douglas	37 LSSC 5:37.85
1	Zolna, William	33 MACO 54.94	2	Hudson, John	37 CAT 59.78	<b>Men 40-44</b>		
2	Taylor, Curtis	31 THB 55.93	3	Peters, Keith	37 OWET 1:01.34	50 Yard Freestyle		
200 Yard Butterfly			4	Butcher, Gano	39 OWET 1:03.26	1	Haslach, Timothy	41 MACO 23.48
1	Zolna, William	33 MACO 2:02.64	5	Gooding, Todd	36 MACO 1:07.89	2	Oliva, Tomas	40 MACO 24.51
2	Griffin, Steven	34 THB 2:57.93	6	Edic, Chyle	36 THB 1:15.65	3	Riley, Mike	41 COMA 24.62
100 Yard IM			200 Yard Backstroke			4	Palanuk, Jon	42 OWET 26.69
1	Golling, Greg	33 THB 1:01.61	1	Higley, Robert	37 COMA 2:25.75	5	Winkle, Tiger	41 STHD 27.01
2	Reget, Phil	33 COMA 1:04.07	2	Gooding, Todd	36 MACO 2:29.69	6	Van Der Zwan, D	40 SOM 27.62
3	Bergmans, Pieter	31 COMA 1:05.84	3	Edic, Chyle	36 THB 2:43.68	7	Thompson, Ron	43 COMA 30.02
4	Soracco, Andrew	33 PAC 1:06.09	50 Yard Breaststroke			8	Bragg Iii, Robin	43 NCMS 35.96
5	Golden, Philip	34 PAC 1:08.00	1	Sessa, Steve	39 SCC 31.01	100 Yard Freestyle		
6	Niepoky, Brian	30 THB 1:12.36	2	Gaarder, Chris	38 OWET 31.44	1	Haslach, Timothy	41 MACO 53.38
7	Griffin, Steven	34 THB 1:14.78	3	Rice, David	36 OWET 32.43	2	Uebele, Keith	41 THB 54.24
200 Yard IM			4	Edwards, Greg	38 THB 33.13	3	Riley, Mike	41 COMA 54.30
1	Zolna, William	33 MACO 2:05.86	5	Clark, Jon	36 THB 36.66	4	Oliva, Tomas	40 MACO 54.85
2	Golling, Greg	33 THB 2:14.21	100 Yard Breaststroke			5	Wren, Mark	44 OWET 57.37
400 Yard IM			1	Hudson, John	37 CAT 1:03.74	6	Winkle, Tiger	41 STHD 59.76
1	Golling, Greg	33 THB 4:43.78	2	Lussier, Hardy	37 COMA 1:05.50	7	Van Der Zwan, D	40 SOM 1:01.44
2	Griffin, Steven	34 THB 5:58.00	3	Cooper, Greg	35 MACO 1:07.52	8	Bragg Iii, Robin	43 NCMS 1:16.94
<b>Men 35-39</b>			4	Sessa, Steve	39 SCC 1:08.61	200 Yard Freestyle		
50 Yard Freestyle			5	King, Phillip	36 MACO 1:09.30	1	Allender, Pat	44 CAT 1:52.74
1	Sessa, Steve	39 SCC 24.01	6	Gaarder, Chris	38 OWET 1:09.59	2	Winkle, Tiger	41 STHD 2:11.54
2	Rice, David	36 OWET 24.20	7	Edwards, Greg	38 THB 1:12.47	3	Wren, Mark	44 OWET 2:11.88
3	Mirho, Charles	38 THB 24.77	8	Edic, Chyle	36 THB 1:14.65	4	Van Der Zwan, D	40 SOM 2:16.68
4	Stewart, Doug K	39 SOM 25.26	9	Croucher, Robert	39 LSSC 1:45.31	5	Downing, Greg	43 CBAT 2:17.22
5	Kabel, Douglas	37 LSSC 25.42	200 Yard Breaststroke			6	Shepherd, Neil	43 THB 2:22.95
6	Gaarder, Chris	38 OWET 25.52	1	Lussier, Hardy	37 COMA 2:21.33	7	Thompson, Ron	43 COMA 2:31.79
7	Edwards, Greg	38 THB 26.30	2	Edic, Chyle	36 THB 2:48.87	8	Bragg Iii, Robin	43 NCMS 2:52.21
8	Gooding, Todd	36 MACO 26.60	50 Yard Butterfly			9	Morse, Douglas	41 THB 3:24.77
9	Clark, Jon	36 THB 28.17	1	Cooper, Greg	35 MACO 24.90	500 Yard Freestyle		
10	Croucher, Robert	39 LSSC 34.39	2	Kabel, Douglas	37 LSSC 27.52	1	Wren, Mark	44 OWET 5:59.10
100 Yard Freestyle			3	Edwards, Greg	38 THB 27.59	2	Van Der Zwan, D	40 SOM 6:02.89
1	Cooper, Greg	35 MACO 51.16	4	Gaarder, Chris	38 OWET 28.22	3	Bragg Iii, Robin	43 NCMS 7:40.84
2	Rice, David	36 OWET 51.81	5	Sessa, Steve	39 SCC 29.01	4	Morse, Douglas	41 THB 9:01.22
3	Peters, Keith	37 OWET 52.19	6	Clark, Jon	36 THB 30.70	<b>1000 Yard Freestyle</b>		
4	Askerman, Eric	35 THB 52.85	100 Yard Butterfly			<b>1 Allender, Pat</b>	<b>44 CAT</b>	<b>10:42.60 O</b>
5	Sessa, Steve	39 SCC 53.45	1	Cooper, Greg	35 MACO 56.40	2	Downing, Greg	43 CBAT 12:36.79
6	Gaarder, Chris	38 OWET 55.81	2	Lussier, Hardy	37 COMA 56.91	3	Shepherd, Neil	43 THB 13:30.60
7	Gooding, Todd	36 MACO 59.07	3	Butcher, Gano	39 OWET 58.72	4	Culbertson, Scott	40 LSSC 13:44.36
8	Edic, Chyle	36 THB 1:00.68	4	Palmer, Jeffrey	35 THB 1:13.64	5	Thompson, Ron	43 COMA 14:00.17
200 Yard Freestyle			200 Yard Butterfly			1650 Yard Freestyle		
1	Stewart, Douglas D	38 CAT 1:53.73	1	Stewart, Douglas D	38 CAT 2:07.02	1	Van Der Zwan, D	40 SOM 21:38.75
2	Lussier, Hardy	37 COMA 1:54.03	2	Higley, Robert	37 COMA 2:29.95	2	Dowd, Mike	44 MACO 22:26.98
3	Askerman, Eric	35 THB 2:00.29	100 Yard IM			3	Bragg Iii, Robin	43 NCMS 26:42.70
4	Rice, David	36 OWET 2:01.43	1	Hudson, John	37 CAT 58.34	4	Morse, Douglas	41 THB 31:51.25
5	Stewart, Doug K	39 SOM 2:04.70	2	Lussier, Hardy	37 COMA 58.74	50 Yard Backstroke		
6	Kabel, Douglas	37 LSSC 2:06.78	3	Peters, Keith	37 OWET 59.66	1	Wannamaker, Brian	40 MACO 29.98
7	Higley, Robert	37 COMA 2:09.06	4	Butcher, Gano	39 OWET 1:00.18	2	Riley, Mike	41 COMA 30.59
8	Gooding, Todd	36 MACO 2:15.84	5	Mirho, Charles	38 THB 1:03.31	3	Palanuk, Jon	42 OWET 34.24
			6	Stewart, Doug K	39 SOM 1:04.11			

100 Yard Backstroke			8 Johnston, Brian	46 THB	29.40	6 Darnell, Stephen	48 LSSC	41.84
1 Otto, Douglas	43 MACO	1:03.19	9 Helm, Charles	46 NCMS	32.41	7 Helm, Charles	46 NCMS	47.17
2 Bragg Iii, Robin	43 NCMS	1:54.54	10 Tran, Duc	48 THB	33.08			
200 Yard Backstroke			11 Wujek, Jeff	49 THB	33.80	100 Yard Breaststroke		
1 Otto, Douglas	43 MACO	2:19.46	12 Friedman, Keith	46 FISH	36.25	1 Metzger, Peter	47 OWET	1:13.40
50 Yard Breaststroke						2 Walkky, John	49 STHD	1:14.35
1 Oliva, Tomas	40 MACO	31.18	100 Yard Freestyle			3 Robinson, Dan	45 PNA	1:14.47
2 Riley, Mike	41 COMA	31.33	1 Tennant, Mike	49 COMA	52.44	4 Wallis, Gary	49 THB	1:16.81
3 Haslach, Timothy	41 MACO	32.11	2 Yensen, Kermit	49 THB	58.51	5 Brockbank, Doug	49 OWET	1:18.96
4 Dowd, Mike	44 MACO	34.12	3 Brockbank, Doug	49 OWET	59.32	6 Darnell, Stephen	48 LSSC	1:35.93
5 Palanuk, Jon	42 OWET	35.39	4 Bowen, Marc	49 MACO	1:00.04	7 Friedman, Keith	46 FISH	1:41.68
100 Yard Breaststroke			5 Dow, Keith	47 NCMS	1:00.79	200 Yard Breaststroke		
1 Allender, Pat	44 CAT	1:04.32	6 Bergstrom, Robert	46 MHM	1:04.40	1 Robinson, Dan	45 PNA	2:38.24
2 Otto, Douglas	43 MACO	1:07.25	7 Johnston, Brian	46 THB	1:04.80	2 Wallis, Gary	49 THB	2:48.45
3 Riley, Mike	41 COMA	1:08.62	8 Helm, Charles	46 NCMS	1:11.57	3 Munro, Stuart	45 MACO	2:53.22
4 Haslach, Timothy	41 MACO	1:11.07	9 Wujek, Jeff	49 THB	1:15.34	4 Darnell, Stephen	48 LSSC	3:35.32
5 Dowd, Mike	44 MACO	1:16.64	200 Yard Freestyle			50 Yard Butterfly		
200 Yard Breaststroke			1 Burleson, David	45 MACO	1:57.14	1 Fryefield, David	49 EA	28.32
1 Allender, Pat	44 CAT	2:21.45	2 Tennant, Mike	49 COMA	2:02.03	2 Yensen, Kermit	49 THB	28.80
2 Otto, Douglas	43 MACO	2:32.95	3 Kevan, Stephen	48 DAC	2:02.04	3 Johnston, Brian	46 THB	34.69
3 Dowd, Mike	44 MACO	2:42.12	4 Johnson, Michael	48 UNAT	2:04.10	4 Tran, Duc	48 THB	41.76
50 Yard Butterfly			5 Ramsey, Ed	46 THB	2:12.27	5 Friedman, Keith	46 FISH	43.64
1 Oliva, Tomas	40 MACO	26.48	6 Munro, Stuart	45 MACO	2:16.76	100 Yard Butterfly		
2 Uebele, Keith	41 THB	26.67	7 Dow, Keith	47 NCMS	2:19.64	1 Fryefield, David	49 EA	1:01.57
3 Haslach, Timothy	41 MACO	26.82	8 Becker, Mark	48 THB	2:20.71	2 Robinson, Dan	45 PNA	1:02.98
4 Palanuk, Jon	42 OWET	29.24	9 Johnston, Brian	46 THB	2:27.85	3 Yensen, Kermit	49 THB	1:07.70
5 Downing, Greg	43 CBAT	30.27	10 Helm, Charles	46 NCMS	2:55.35	4 Becker, Mark	48 THB	1:09.15
6 Van Der Zwan, D	40 SOM	31.86	11 Little, John	46 PAC	3:16.82	5 Munro, Stuart	45 MACO	1:11.50
7 Thompson, Ron	43 COMA	46.82	12 Friedman, Keith	46 FISH	3:25.81	200 Yard Butterfly		
100 Yard Butterfly			500 Yard Freestyle			1 Robinson, Dan	45 PNA	2:19.75
1 Allender, Pat	44 CAT	57.10	1 Burleson, David	45 MACO	5:22.54	2 Burleson, David	45 MACO	2:22.18
2 Uebele, Keith	41 THB	58.84	2 Fryefield, David	49 EA	5:48.98	3 Fryefield, David	49 EA	2:24.62
3 Haslach, Timothy	41 MACO	1:03.25	3 Ramsey, Ed	46 THB	5:59.65	4 Munro, Stuart	45 MACO	2:41.27
4 Winkle, Tiger	41 STHD	1:10.38	4 Becker, Mark	48 THB	6:21.98	5 Yensen, Kermit	49 THB	2:48.44
200 Yard Butterfly			5 Dow, Keith	47 NCMS	6:28.33	100 Yard IM		
1 Uebele, Keith	41 THB	2:20.07	6 Bergstrom, Robert	46 MHM	6:31.11	1 Tennant, Mike	49 COMA	1:02.68
2 Anspach, Jeffrey	42 OWET	2:29.10	1000 Yard Freestyle			2 Kevan, Stephen	48 DAC	1:04.76
3 Downing, Greg	43 CBAT	2:37.73	1 Tran, Duc	48 THB	17:14.96	3 Fryefield, David	49 EA	1:06.20
4 Dowd, Mike	44 MACO	2:54.77	2 Little, John	46 PAC	19:53.70	4 Brockbank, Doug	49 OWET	1:06.45
100 Yard IM			1650 Yard Freestyle			5 Wallis, Gary	49 THB	1:08.76
1 Otto, Douglas	43 MACO	1:00.77	1 Burleson, David	45 MACO	19:04.75	6 Walkky, John	49 STHD	1:10.00
2 Oliva, Tomas	40 MACO	1:01.04	2 Ramsey, Ed	46 THB	20:24.71	7 Johnston, Brian	46 THB	1:17.43
3 Riley, Mike	41 COMA	1:01.73	3 Becker, Mark	48 THB	22:14.69	8 Bergstrom, Robert	46 MHM	1:19.40
4 Uebele, Keith	41 THB	1:01.80	4 Bergstrom, Robert	46 MHM	22:28.73	9 Wujek, Jeff	49 THB	1:21.69
5 Wren, Mark	44 OWET	1:08.30	5 Winestorfer, Tim	46 LSSC	22:31.40	10 Darnell, Stephen	48 LSSC	1:23.59
6 Downing, Greg	43 CBAT	1:09.49	6 Dow, Keith	47 NCMS	22:51.39	11 Helm, Charles	46 NCMS	1:38.67
7 Winkle, Tiger	41 STHD	1:09.67	50 Yard Backstroke			200 Yard IM		
200 Yard IM			1 Ramsey, Ed	46 THB	31.97	1 Burleson, David	45 MACO	2:14.54
1 Allender, Pat	44 CAT	2:09.15	2 Darnell, Stephen	48 LSSC	38.17	2 Fryefield, David	49 EA	2:20.32
2 Otto, Douglas	43 MACO	2:16.49	3 Johnston, Brian	46 THB	38.54	3 Robinson, Dan	45 PNA	2:22.30
3 Uebele, Keith	41 THB	2:17.58	4 Wujek, Jeff	49 THB	41.56	4 Brockbank, Doug	49 OWET	2:29.45
4 Oliva, Tomas	40 MACO	2:23.56	5 Helm, Charles	46 NCMS	52.77	5 Yensen, Kermit	49 THB	2:31.58
5 Winkle, Tiger	41 STHD	2:30.83	100 Yard Backstroke			6 Wallis, Gary	49 THB	2:33.15
400 Yard IM			1 Metzger, Peter	47 OWET	1:02.56	7 Becker, Mark	48 THB	2:41.80
1 Anspach, Jeffrey	42 OWET	5:07.30	2 Ramsey, Ed	46 THB	1:09.49	8 Munro, Stuart	45 MACO	2:46.32
2 Downing, Greg	43 CBAT	5:20.49	3 Becker, Mark	48 THB	1:19.04	400 Yard IM		
3 Dowd, Mike	44 MACO	5:44.08	4 Darnell, Stephen	48 LSSC	1:27.57	1 Walkky, John	49 STHD	5:20.92
<b>Men 45-49</b>			5 Little, John	46 PAC	1:55.32	2 Yensen, Kermit	49 THB	5:36.95
50 Yard Freestyle			<b>200 Yard Backstroke</b>			3 Munro, Stuart	45 MACO	5:49.94
1 Tennant, Mike	49 COMA	23.66	<b>1 Burleson, David</b>	<b>45 MACO</b>	<b>2:08.83 Z</b>	<b>Men 50-54</b>		
2 Metzger, Peter	47 OWET	25.42	2 Ramsey, Ed	46 THB	2:34.94	50 Yard Freestyle		
3 Brockbank, Doug	49 OWET	25.93	50 Yard Breaststroke			1 Smith, Richard	53 SOM	25.74
4 Wallis, Gary	49 THB	26.21	1 Metzger, Peter	47 OWET	32.86	2 Stark, Allen	54 FISH	26.28
5 Bowen, Marc	49 MACO	26.90	2 Tennant, Mike	49 COMA	33.58	3 Cronin, Jed	54 THB	27.65
6 Dow, Keith	47 NCMS	27.43	3 Wallis, Gary	49 THB	34.67	4 Huizenga, Robert	53 EA	31.07
7 Bergstrom, Robert	46 MHM	28.55	4 Wujek, Jeff	49 THB	37.91			
			5 Bergstrom, Robert	46 MHM	40.50			

Results continued on page 14

## Results continued from page 13

100 Yard Freestyle			2 Cronin, Jed	54 THB	1:09.17	2 Von Tagen, Karl	59 MACO	1:10.56		
1 Cronin, Jed			54 THB	59.65		3 Carriker, Buz	55 MHM	1:23.07		
2 Smith, Richard			53 SOM	59.75	200 Yard IM					
3 Teisher, Jim			53 THB	1:05.26	1 Cronin, Jed	54 THB	3:00.19	1 Juhala, Richard	59 NCMS	7:11.67
4 Wikander, Carroll			51 OREG	1:07.07	2 Minter, Richard	50 THB	4:05.91	<b>Men 60-64</b>		
5 Miller, Jon			51 NCMS	1:13.77	100 Yard IM			50 Yard Freestyle		
200 Yard Freestyle					1 Stark, Allen	54 FISH	1:10.02	1 Philipps, Frank	60 SOM	28.30
1 Johnson, Steve			54 EA	2:03.76	2 Huizenga, Robert	53 EA	1:24.84	2 Mellow, Bill	61 CGM	31.98
2 Smith, Richard			53 SOM	2:17.76	3 Carew, Michael	53 COMA	1:38.25	3 Christoff, Emerson	63 MACO	32.84
3 Teisher, Jim			53 THB	2:21.69	4 Elliott, Brad	54 THB	1:51.10	4 Schieltz, Jon	64 THB	40.99
4 Bruce, Bob			54 COMA	2:23.42	200 Yard IM			100 Yard Freestyle		
5 Toole, Chris			51 THB	2:38.12	1 Downey, John	51 NCMS	3:01.06	1 Philipps, Frank	60 SOM	1:02.72
6 Miller, Jon			51 NCMS	2:47.73	400 Yard IM			2 Schieltz, Jon	64 THB	1:30.11
7 Minter, Richard			50 THB	2:51.38	1 Downey, John	51 NCMS	6:19.68	500 Yard Freestyle		
8 Carew, Michael			53 COMA	2:58.37	<b>Men 55-59</b>			1000 Yard Freestyle		
9 Elliott, Brad			54 THB	3:29.83	50 Yard Freestyle			1 Philipps, Frank	60 SOM	14:59.67
500 Yard Freestyle					1 Smith, Robert	59 FISH	24.39	2 Mellow, Bill	61 CGM	15:27.51
1 Johnson, Steve			54 EA	5:32.98	2 Von Tagen, Karl	59 MACO	26.32	1650 Yard Freestyle		
2 Teisher, Jim			53 THB	6:09.74	2 Stout, Jon	56 MCM	26.32	1 Landis, Tom	60 COMA	20:18.41
3 Cronin, Jed			54 THB	6:11.96	4 Silvey, Michael	57 CWY	27.74	50 Yard Backstroke		
4 Bruce, Bob			54 COMA	6:28.95	5 Carriker, Buz	55 MHM	29.77	1 Landis, Tom	60 COMA	34.55
5 Downey, John			51 NCMS	6:37.99	6 Jenkins, James	55 OWET	40.55	100 Yard Backstroke		
6 Toole, Chris			51 THB	7:05.99	100 Yard Freestyle			1 Christoff, Emerson	63 MACO	1:29.50
1000 Yard Freestyle					1 Smith, Robert	59 FISH	57.17	50 Yard Breaststroke		
1 Teisher, Jim			53 THB	12:57.12	2 Von Tagen, Karl	59 MACO	58.49	1 Philipps, Frank	60 SOM	36.94
2 Bruce, Bob			54 COMA	13:16.03	3 Jenkins, James	55 OWET	1:33.99	2 Mellow, Bill	61 CGM	37.12
1650 Yard Freestyle					200 Yard Freestyle			3 Schieltz, Jon	64 THB	53.03
1 Downey, John			51 NCMS	22:49.23	1 Von Tagen, Karl	59 MACO	2:14.72	100 Yard Breaststroke		
2 Carew, Michael			53 COMA	26:30.55	2 Gray, Daniel	57 SOM	2:45.54	1 Mellow, Bill	61 CGM	1:28.07
50 Yard Backstroke					500 Yard Freestyle			2 Schieltz, Jon	64 THB	2:00.01
1 Bruce, Bob			54 COMA	31.71	1 Von Tagen, Karl	59 MACO	6:14.00	200 Yard Breaststroke		
2 Smith, Richard			53 SOM	33.21	2 Carriker, Buz	55 MHM	6:47.71	1 Mellow, Bill	61 CGM	3:15.97
3 Wikander, Carroll			51 OREG	34.70	3 Gray, Daniel	57 SOM	7:15.76	2 Schieltz, Jon	64 THB	4:32.93
100 Yard Backstroke					1000 Yard Freestyle			50 Yard Butterfly		
1 Smith, Richard			53 SOM	1:13.07	1 Gray, Daniel	57 SOM	15:40.56	1 Philipps, Frank	60 SOM	34.03
2 Bruce, Bob			54 COMA	1:17.75	1650 Yard Freestyle			2 Schieltz, Jon	64 THB	51.29
3 Elliott, Brad			54 THB	2:07.67	1 Carriker, Buz	55 MHM	23:25.12	200 Yard Butterfly		
200 Yard Backstroke					2 Juhala, Richard	59 NCMS	27:52.23	1 Landis, Tom	60 COMA	2:53.45
1 Smith, Richard			53 SOM	2:39.58	3 Nicolai, Bill	57 LSSC	30:49.53	100 Yard IM		
2 Bruce, Bob			54 COMA	2:46.31	50 Yard Backstroke			1 Landis, Tom	60 COMA	1:09.69
3 Minter, Richard			50 THB	3:48.78	1 Smith, Robert	59 FISH	29.37	2 Mellow, Bill	61 CGM	1:27.39
50 Yard Breaststroke					2 Gray, Daniel	57 SOM	52.34	3 Christoff, Emerson	63 MACO	1:27.99
1 Stark, Allen			54 FISH	31.40	100 Yard Breaststroke			<b>200 Yard IM</b>		
2 Wikander, Carroll			51 OREG	34.52	1 Stout, Jon	56 MCM	1:11.27	<b>1 Landis, Tom</b>	<b>60 COMA</b>	<b>2:32.81 O</b>
3 Toole, Chris			51 THB	39.62	2 Gray, Daniel	57 SOM	1:36.46	<b>400 Yard IM</b>		
4 Miller, Jon			51 NCMS	43.13	<b>200 Yard Backstroke</b>			<b>1 Landis, Tom</b>	<b>60 COMA</b>	<b>5:35.50 Z</b>
100 Yard Breaststroke					<b>1 Smith, Robert</b>	<b>59 FISH</b>	<b>2:33.19 O</b>	<b>Men 65-69</b>		
1 Stark, Allen			54 FISH	1:11.15	2 Juhala, Richard	59 NCMS	3:26.68	50 Yard Freestyle		
2 Wikander, Carroll			51 OREG	1:20.80	3 Gray, Daniel	57 SOM	5:39.06	1 Radcliff, David	68 THB	27.40
3 Toole, Chris			51 THB	1:26.50	50 Yard Breaststroke			2 Thayer, George	67 COMA	29.01
4 Huizenga, Robert			53 EA	1:34.01	1 Lambert, Roy	56 THB	37.53	3 Slawson, Dick	67 OREG	29.17
5 Carew, Michael			53 COMA	1:43.65	2 Carriker, Buz	55 MHM	39.68	4 Bigler, Jim	67 MACO	32.45
6 Elliott, Brad			54 THB	1:54.83	100 Yard Breaststroke			5 Kiebertz, Richard	69 THB	58.37
200 Yard Breaststroke					1 Smith, Robert	59 FISH	1:15.28	100 Yard Freestyle		
1 Stark, Allen			54 FISH	2:40.09	2 Carriker, Buz	55 MHM	1:28.67	1 Radcliff, David	68 THB	1:00.65
2 Toole, Chris			51 THB	3:07.84	3 Juhala, Richard	59 NCMS	1:31.70	2 Thayer, George	67 COMA	1:08.22
3 Downey, John			51 NCMS	3:19.73	200 Yard Breaststroke			3 Bigler, Jim	67 MACO	1:11.25
4 Minter, Richard			50 THB	3:25.39	1 Lambert, Roy	56 THB	3:00.67	4 Kiebertz, Richard	69 THB	2:13.90
5 Miller, Jon			51 NCMS	3:51.80	2 Juhala, Richard	59 NCMS	3:19.32	200 Yard Freestyle		
50 Yard Butterfly					50 Yard Butterfly			1 Radcliff, David	68 THB	2:16.98
1 Cronin, Jed			54 THB	28.53	1 Stout, Jon	56 MCM	30.21	2 Bigler, Jim	67 MACO	2:36.61
2 Stark, Allen			54 FISH	29.28	2 Silvey, Michael	57 CWY	31.02	3 Kiebertz, Richard	69 THB	4:52.75
3 Elliott, Brad			54 THB	50.71	200 Yard Butterfly			500 Yard Freestyle		
100 Yard Butterfly					1 Juhala, Richard	59 NCMS	3:40.12	1 Radcliff, David	68 THB	6:16.03
1 Johnson, Steve			54 EA	1:03.94	100 Yard IM			2 Bigler, Jim	67 MACO	7:20.32
					1 Smith, Robert	59 FISH	1:07.40			



1000 Yard Freestyle			
1 Bigler, Jim	67 MACO	15:11.73	
1650 Yard Freestyle			
1 Radcliff, David	68 THB	21:44.46	
50 Yard Backstroke			
1 Thayer, George	67 COMA	37.44	
2 Kieburtz, Richard	69 THB	1:15.36	
100 Yard Backstroke			
1 Thayer, George	67 COMA	1:24.02	
2 Ritter, Will	68 LSSC	1:39.30	
200 Yard Backstroke			
1 Thayer, George	67 COMA	2:59.56	
50 Yard Breaststroke			
1 Bigler, Jim	67 MACO	40.37	
2 Kieburtz, Richard	69 THB	1:06.27	
100 Yard Breaststroke			
1 Slawson, Dick	67 OREG	1:31.05	
200 Yard Breaststroke			
1 Slawson, Dick	67 OREG	3:13.92	
100 Yard IM			
1 Thayer, George	67 COMA	1:19.67	
2 Ritter, Will	68 LSSC	1:32.50	
3 Kieburtz, Richard	69 THB	2:57.29	
200 Yard IM			
1 Slawson, Dick	67 OREG	2:50.57	
400 Yard IM			
1 Radcliff, David	68 THB	6:04.51	
<b>Men 70-74</b>			
50 Yard Freestyle			
1 Marks, Milton	72 CWY	31.63	
2 Guest, Eric	73 MHM	35.75	
100 Yard Freestyle			
1 Guest, Eric	73 MHM	1:25.28	
200 Yard Freestyle			
1 Guest, Eric	73 MHM	3:15.45	
50 Yard Backstroke			
1 Marks, Milton	72 CWY	39.59	
50 Yard Breaststroke			
1 Marks, Milton	72 CWY	38.76	
2 Guest, Eric	73 MHM	48.41	
100 Yard Breaststroke			
1 Marks, Milton	72 CWY	1:30.40	
<b>200 Yard Breaststroke</b>			
<b>1 Marks, Milton</b>	<b>72 CWY</b>	<b>3:21.42 O</b>	
100 Yard IM			
1 Marks, Milton	72 CWY	1:23.84	
2 Guest, Eric	73 MHM	1:39.75	
<b>Men 75-79</b>			
50 Yard Freestyle			
1 Austen, Clark	75 MACO	44.19	
100 Yard Freestyle			
1 Austen, Clark	75 MACO	1:43.57	
200 Yard Freestyle			
1 Austen, Clark	75 MACO	3:54.98	
500 Yard Freestyle			
1 Austen, Clark	75 MACO	10:47.85	
1650 Yard Freestyle			
1 Austen, Clark	75 MACO	34:49.38	
100 Yard Backstroke			
1 Miesen, Lee	75 MACO	1:50.03	
50 Yard Breaststroke			
1 Miesen, Lee	75 MACO	43.03	
100 Yard Breaststroke			
1 Miesen, Lee	75 MACO	1:37.19	
200 Yard Breaststroke			
1 Miesen, Lee	75 MACO	3:54.67	

**Men 80-84**

50 Yard Freestyle			
1 Holden, Andrew	83 THB	34.18	
2 Huestis, Gerald	82 THB	37.78	
3 Young, Gilbert	80 MHM	39.13	
4 Fixott, Rupert	81 OWET	44.48	
100 Yard Freestyle			
1 Young, Gilbert	80 MHM	1:21.76	
2 Fixott, Rupert	81 OWET	1:50.39	
3 Shadbeh, Khosrow	81 FISH	2:05.83	
200 Yard Freestyle			
1 Young, Gilbert	80 MHM	3:02.32	
500 Yard Freestyle			
1 Young, Gilbert	80 MHM	8:24.24	
1650 Yard Freestyle			
1 Young, Gilbert	80 MHM	29:32.03	
50 Yard Backstroke			
1 Huestis, Gerald	82 THB	46.60	
2 Shadbeh, Khosrow	81 FISH	1:10.91	
50 Yard Breaststroke			
1 Huestis, Gerald	82 THB	49.83	
2 Fixott, Rupert	81 OWET	55.23	
3 Shadbeh, Khosrow	81 FISH	1:04.16	
100 Yard Breaststroke			
1 Huestis, Gerald	82 THB	1:57.82	
2 Fixott, Rupert	81 OWET	2:11.29	
50 Yard Butterfly			
1 Holden, Andrew	83 THB	40.64	
100 Yard IM			
1 Huestis, Gerald	82 THB	1:50.07	
<b>Men 85-89</b>			
50 Yard Freestyle			
1 De Lay, Allan	87 OREG	48.89	
<b>Relays</b>			
<b>Women 19+ 200 Yard Free Relay</b>			
1 COMA	1:59.29		
1) Bryce, K. 30	2) Brooks, K. 37		
3) Mattioda, G. 24	4) Ogle, T. 29		
2 EA	1:59.84		
1) Kuehnast, A. 21	2) Thompson, J. 35		
3) Higdon, J. 44	4) Himstreet, J. 32		
<b>Women 19+ 200 Yard Medley Relay</b>			
1 EA	2:16.13		
1) Himstreet, J. 32	2) Higdon, J. 44		
3) Kuehnast, A. 21	4) Thompson, J. 35		
2 COMA	2:41.22		
1) Whiter, P. 59	2) Gabbard, E. 28		
3) Mattioda, G. 24	4) Bozarth, R. 36		
<b>Women 25+ 200 Yard Free Relay</b>			
1 THB	1:56.87		
1) Fredericks, J. 26	2) Pierce, J. 26		
3) Shoemaker, L. 27	4) Moore, A. 32		
2 CAT	1:58.51		
1) Worden, L. 45	2) Topp, S. 35		
3) Topp, D. 33	4) Law, C. 35		
3 THB	2:13.26		
1) Casey, A. 26	2) Lewis, K. 32		
3) Tucker, A. 35	4) Kilbourn, L. 36		
4 LSSC	2:16.21		
1) Goritski, K. 40	2) Mooney, S. 35		
3) Culbertson, H. 39	4) Stewart, T. 34		
5 CAT	2:41.49		
1) Criscione, A. 29	2) Deszoeke, J. 54		
3) Stangel, P. 81	4) Fox, C. 42		

**Women 25+ 200 Yard Medley Relay**

1 CAT	2:12.33		
1) Kramer, L. 33	2) Law, C. 35		
3) Worden, L. 45	4) Topp, D. 33		
2 THB	2:13.40		
1) Shoemaker, L. 27	2) Lewis, K. 32		
3) Moore, A. 32	4) Pierce, J. 26		
3 COMA	2:23.90		
1) Bryce, K. 30	2) Brooks, K. 37		
3) Ogle, T. 29	4) Nill, V. 41		
<b>Women 35+ 200 Yard Free Relay</b>			
1 MACO	1:46.95		
1) Foley, S. 42	2) Obletz, B. 43		
3) Hoagland, S. 40	4) Parisi, R. 48		
2 LSSC	2:17.43		
1) Hartman, K. 38	2) Croucher, D. 39		
3) Raach, B. 39	4) Vincent, N. 43		
3 MHM	2:19.33		
1) Goodman, A. 43	2) Gustafson, K. 47		
3) Miles, C. 47	4) Milner, N. 51		
4 COMA	2:27.47		
1) Bozarth, R. 36	2) Peterson, C. 47		
3) Roberts, C. 48	4) Nill, V. 41		
5 PAC	2:58.32		
1) Glancy, B. 71	2) Lance, S. 67		
3) Cushing, K. 52	4) Tyrrell, L. 35		
<b>Women 35+ 200 Yard Medley Relay</b>			
1 MACO	2:04.81		
1) Parisi, R. 48	2) Obletz, B. 43		
3) Foley, S. 42	4) Hoagland, S. 40		
2 MHM	2:27.28		
1) Gustafson, K. 47	2) Miles, C. 47		
3) Goodman, A. 43	4) Viales, D. 41		
3 THB	2:27.62		
1) Tossas, D. 40	2) Albright, S. 47		
3) Kilbourn, L. 36	4) Tucker, A. 35		
<b>Women 45+ 200 Yard Free Relay</b>			
1 COMA	2:11.94		
1) Sutherland, J. 53	2) Himstreet, P. 59		
3) Sweat, M. 45	4) Holmberg, M. 50		
2 THB	2:33.10		
1) Staley, D. 53	2) Riddle, K. 54		
3) Sitter, D. 59	4) Frid, B. 60		
<b>Women 45+ 200 Yard Medley Relay</b>			
1 THB	2:45.71		
1) Frid, B. 60	2) Riddle, K. 54		
3) Winton, L. 48	4) Fuller, L. 50		
2 COMA	2:46.25		
1) Roberts, C. 48	2) Holmberg, M. 50		
3) Himstreet, P. 59	4) Sutherland, J. 53		
<b>Women 55+ 200 Yard Free Relay</b>			
<b>1 MACO</b>	<b>2:42.34 O</b>		
<b>1) Austen, B. 75</b>	<b>2) Pierson, G. 57</b>		
<b>3) Schumann, S. 65</b>	<b>4) Stoinoff, L. 70</b>		
<b>Women 55+ 200 Yard Medley Relay</b>			
<b>1 MACO</b>	<b>3:07.05 O</b>		
<b>1) Stoinoff, L. 70</b>	<b>2) Schumann, S. 65</b>		
<b>3) Pierson, G. 57</b>	<b>4) Austen, B. 75</b>		
<b>Men 19+ 200 Yard Free Relay</b>			
1 COMA	1:58.49		
1) Carew, M. 53	2) Thompson, R. 43		
3) Brookman, A. 25	4) Wellman, D. 20		
<b>Men 19+ 200 Yard Medley Relay</b>			
1 COMA	2:06.10		
1) Higley, R. 37	2) Brookman, A. 25		
3) Wellman, D. 20	4) Thompson, R. 43		

Results continued on page 16

## Results continued from page 15

**Men 25+ 200 Yard Free Relay**

1	MACO	1:33.84
1)	Zolna, W. 33	2) Oliva, T. 40
3)	Cooper, G. 35	4) Haslach, T. 41
2	THB	1:35.98
1)	Taylor, C. 31	2) Askerman, E. 35
3)	Golling, G. 33	4) Uebele, K. 41
3	COMA	1:38.66
1)	Reget, P. 33	2) Bergmans, P. 31
3)	Riley, M. 41	4) Lussier, H. 37
4	OWET	1:43.82
1)	Brockbank, D. 49	2) Pospisil, R. 33
3)	Metzger, P. 47	4) Palanuk, J. 42
5	THB	1:51.47
1)	Niepoky, B. 30	2) Price, K. 30
3)	Griffin, S. 34	4) Zayas, V. 34
6	PAC	1:54.51
1)	Soracco, A. 33	2) Golden, P. 34
3)	Little, J. 46	4) Johnson, J. 29

**Men 25+ 200 Yard Medley Relay**

1	MACO	1:45.98
1)	King, P. 36	2) Zolna, W. 33
3)	Cooper, G. 35	4) Haslach, T. 41
2	COMA	1:52.16
1)	Bergmans, P. 31	2) Riley, M. 41
3)	Lussier, H. 37	4) Reget, P. 33
3	OWET	1:55.58
1)	Metzger, P. 47	2) Pospisil, R. 33
3)	Brockbank, D. 49	4) Palanuk, J. 42
4	THB	1:56.64
1)	Edic, C. 36	2) Golling, G. 33
3)	Taylor, C. 31	4) Askerman, E. 35
5	THB	2:10.67
1)	Price, K. 30	2) Clark, J. 36
3)	Griffin, S. 34	4) Palmer, J. 35

**Men 35+ 200 Yard Free Relay**

1	CAT	1:35.52
1)	Allender, P. 44	2) George, S. 43
3)	Hudson, J. 37	4) Stewart, D. 38
2	OWET	1:36.74
1)	Butcher, G. 39	2) Wren, M. 44
3)	Gardner, C. 38	4) Rice, D. 36
3	MACO	1:39.72
1)	King, P. 36	2) Otto, D. 43
3)	Wannamaker, B. 40	4) Gooding, T. 36
4	SOM	1:48.20
1)	Van Der Zwan, D. 40	2) Smith, R. 53
3)	Philipps, F. 60	4) Stewart, D. 39
5	THB	1:54.86
1)	Edic, C. 36	2) Edwards, G. 38
3)	Mirho, C. 38	4) Clark, J. 36
6	LSSC	2:04.62
1)	Culbertson, S. 40	2) Croucher, R. 39
3)	Nicolai, B. 57	4) Kabel, D. 37

**Men 35+ 200 Yard Medley Relay**

1	OWET	1:49.05
1)	Peters, K. 37	2) Gardner, C. 38
3)	Butcher, G. 39	4) Rice, D. 36
2	MACO	1:50.99
1)	Otto, D. 43	2) Oliva, T. 40
3)	Wannamaker, B. 40	4) Gooding, T. 36
3	THB	1:58.94
1)	Ramsey, E. 46	2) Edwards, G. 38
3)	Uebele, K. 41	4) Radcliff, D. 68

**Men 45+ 200 Yard Free Relay**

1	MACO	1:45.32
1)	Von Tagen, K. 59	2) Burleson, D. 45
3)	Munro, S. 45	4) Bowen, M. 49
2	COMA	1:46.75
1)	Bruce, B. 54	2) Thayer, G. 67
3)	Landis, T. 60	4) Tennant, M. 49
3	THB	1:50.44
1)	Johnston, B. 46	2) Ramsey, E. 46
3)	Becker, M. 48	4) Wallis, G. 49
4	THB	1:54.96
1)	Yensen, K. 49	2) Toole, C. 51
3)	Teisher, J. 53	4) Cronin, J. 54
5	LSSC	2:06.98
1)	Winstorfer, T. 46	2) Ritter, W. 68
3)	Moffat, D. 48	4) Darnell, S. 48
6	MHM	2:16.32
1)	Guest, E. 73	2) Carriker, B. 55
3)	Young, G. 80	4) Bergstrom, R. 46
7	THB	2:23.56
1)	Wujek, J. 49	2) Minter, R. 50
3)	Elliott, B. 54	4) Schieltz, J. 64

**Men 45+ 200 Yard Medley Relay**

1	COMA	2:02.18
1)	Bruce, B. 54	2) Tennant, M. 49
3)	Landis, T. 60	4) Thayer, G. 67
2	MACO	2:03.90
1)	Burleson, D. 45	2) Bowen, M. 49
3)	Munro, S. 45	4) Von Tagen, K. 59
3	THB	2:05.16
1)	Johnston, B. 46	2) Wallis, G. 49
3)	Cronin, J. 54	4) Yensen, K. 49
4	THB	2:29.05
1)	Wujek, J. 49	2) Lambert, R. 56
3)	Toole, C. 51	4) Teisher, J. 53
5	NCMS	2:40.60
1)	Helm, C. 46	2) Miller, J. 51
3)	Downey, J. 51	4) Dow, K. 47
6	MHM	2:42.08
1)	Young, G. 80	2) Guest, E. 73
3)	Bergstrom, R. 46	4) Carriker, B. 55

**Men 55+ 200 Yard Free Relay**

1	MACO	2:36.26
1)	Miesen, L. 75	2) Austen, C. 75
3)	Christoff, E. 63	4) Bigler, J. 67
Men 55+ 200 Yard Medley Relay		
1	MACO	2:50.29
1)	Christoff, E. 63	2) Miesen, L. 75
3)	Bigler, J. 67	4) Austen, C. 75

**Men 65+ 200 Yard Free Relay**

1	THB	2:38.35
1)	Radcliff, D. 68	2) Kiebertz, R. 69
3)	Huestis, G. 82	4) Holden, A. 83

**Mixed 19+ 200 Yard Free Relay**

1	EA	1:47.66
1)	Kuehnast, A. 21	2) Thompson, J. 35
3)	Johnson, S. 54	4) Fryefield, D. 49
2	COMA	1:57.41
1)	Bergmans, P. 31	2) Gabbard, E. 28
3)	Mattioda, G. 24	4) Thompson, R. 43
3	COMA	2:11.13
1)	Bozarth, R. 36	2) Roberts, C. 48
3)	Brookman, A. 25	4) Wellman, D. 20

**Mixed 19+ 200 Yard Medley Relay**

1	COMA	2:15.46
1)	Bergmans, P. 31	2) Gabbard, E. 28

3)	Mattioda, G. 24	4) Thompson, R. 43
2	COMA	2:23.05
1)	Nil, V. 41	2) Brookman, A. 25
3)	Wellman, D. 20	4) Peterson, C. 47

**Mixed 25+ 200 Yard Free Relay**

1	MACO	1:41.69
1)	Zolna, W. 33	2) Parisi, R. 48
3)	Simpson, S. 31	4) Cooper, G. 35
2	CAT	1:42.79
1)	Stewart, D. 38	2) George, S. 43
3)	Topp, D. 33	4) Topp, S. 35
3	THB	1:43.57
1)	Askerman, E. 35	2) Pierce, J. 26
3)	Shoemaker, L. 27	4) Taylor, C. 31
4	COMA	1:48.71
1)	Reget, P. 33	2) Bryce, K. 30
3)	Ogle, T. 29	4) Lussier, H. 37
5	THB	1:55.71
1)	Golling, G. 33	2) Moore, A. 32
3)	Lewis, K. 32	4) Edic, C. 36
6	THB	1:59.56
1)	Griffin, S. 34	2) Casey, A. 26
3)	Kilbourn, L. 36	4) Edwards, G. 38
7	NCMS	2:14.25
1)	Wong, L. 30	2) Bragg Iii, R. 43
3)	Ward, J. 60	4) Downey, J. 51

**Mixed 25+ 200 Yard Medley Relay**

1	CAT	1:55.99
1)	George, S. 43	2) Hudson, J. 37
3)	Worden, L. 45	4) Topp, D. 33
2	MACO	1:58.12
1)	Otto, D. 43	2) Zolna, W. 33
3)	Simpson, S. 31	4) Hoagland, S. 40
3	THB	1:58.67
1)	Shoemaker, L. 27	2) Golling, G. 33
3)	Taylor, C. 31	4) Pierce, J. 26
4	CBAT	2:12.40
1)	Cappaert, M. 44	2) Downing, G. 43
3)	Uesugi, S. 29	4) Krenz, C. 29
5	THB	2:14.34
1)	Price, K. 30	2) Lewis, K. 32
3)	Moore, A. 32	4) Niepoky, B. 30
6	THB	2:23.82
1)	Fredericks, J. 26	2) Casey, A. 26
3)	Griffin, S. 34	4) Zayas, V. 34
7	NCMS	2:27.16
1)	Wong, L. 30	2) Juhala, R. 59
3)	Ward, J. 60	4) Dow, K. 47
8	PAC	2:29.84
1)	Lambour, D. 34	2) Gibbs, Z. 28
3)	Golden, P. 34	4) Little, J. 46

**Mixed 35+ 200 Yard Free Relay**

1	MACO	1:40.81
1)	Haslach, T. 41	2) Foley, S. 42
3)	Obletz, B. 43	4) Oliva, T. 40
2	OWET	1:41.89
1)	Andrus-Hughes, K. 45	2) Wren, M. 44
3)	Jenkins, V. 39	4) Metzger, P. 47
3	COMA	1:54.36
1)	Riley, M. 41	2) Nil, V. 41
3)	Brooks, K. 37	4) Higley, R. 37
4	MHM	1:58.50
1)	Bergstrom, R. 46	2) Goodman, A. 43
3)	Carriker, B. 55	4) Viales, D. 41
5	THB	1:59.00
1)	Uebele, K. 41	2) Tossas, D. 40

- 3) Tucker, A. 35
- 6 THB
- 1) Wallis, G. 49
- 3) Fuller, L. 50
- 7 SOM
- 1) Gray, D. 57
- 3) Mather, J. 50

**Mixed 35+ 200 Yard Medley Relay**

- 1 OWET
- 1) Jenkins, V. 39
- 3) Peters, K. 37
- 2 MACO
- 1) King, P. 36
- 3) Cooper, G. 35
- 3 CAT
- 1) Fox, C. 42
- 3) Stewart, D. 38
- 4 THB
- 1) Edic, C. 36
- 3) Kilbourn, L. 36
- 5 COMA
- 1) Higley, R. 37
- 3) Riley, M. 41
- 6 THB
- 1) Ramsey, E. 46
- 3) Uebele, K. 41
- 7 THB
- 1) Edwards, G. 38
- 3) Ross, G. 43
- 8 MHM
- 1) Gustafson, K. 47
- 3) Goodman, A. 43

- 4) Palmer, J. 35
- 2:00.49
- 2) Ross, G. 43
- 4) Becker, M. 48
- 2:23.15
- 2) Sacks, L. 57
- 4) Van Der Zwan, D. 40

- 9 LSSC
- 1) Darnell, S. 48
- 3) Kabel, D. 37
- 10 SOM
- 1) Mather, J. 50
- 3) Van Der Zwan, D. 40

**Mixed 45+ 200 Yard Free Relay**

- 1 COMA
- 1) Holmberg, M. 50
- 3) Bruce, B. 54
- 2 FISH
- 1) Quattro, J. 55
- 3) Stark, A. 54
- 3 MACO
- 1) Von Tagen, K. 59
- 3) Pierson, G. 57
- 4 THB
- 1) Ramsey, E. 46
- 3) Perrone, T. 51
- 5 THB
- 1) Teisher, J. 53
- 3) Riddle, K. 54
- 6 MHM
- 1) Young, G. 80
- 3) Guest, E. 73

**Mixed 45+ 200 Yard Medley Relay**

- 1 MACO
- 1) Burleson, D. 45
- 3) Parisi, R. 48
- 2 COMA
- 1) Bruce, B. 54
- 3) Tennant, M. 49

- 2:26.11
- 2) Croucher, D. 39
- 4) Jenkins, P. 39
- 2:53.05
- 2) Gray, D. 57
- 4) Sacks, L. 57

- 3 FISH
- 1) Smith, R. 59
- 3) Young, R. 48
- 4 THB
- 1) Cronin, J. 54
- 3) Yensen, K. 49
- 5 MHM
- 1) Young, G. 80
- 3) Milner, N. 51

**Mixed 55+ 200 Yard Free Relay**

- 1 COMA
- 1) Landis, T. 60
- 3) Himstreet, P. 59
- 2 THB
- 1) Stevenin, E. 81
- 3) Lambert, R. 56

**Mixed 55+ 200 Yard Medley Relay**

- 1 COMA
- 1) Thayer, G. 67
- 3) Landis, T. 60
- 2 THB
- 1) Frid, B. 60
- 3) Radcliff, D. 68

**Mixed 65+ 200 Yard Free Relay**

- 1 MACO
- 1) Austen, C. 75
- 3) Austen, B. 75

**Mixed 65+ 200 Yard Medley Relay**

- 1 MACO
- 1) Stoinoff, L. 70
- 3) Bigler, J. 67



**Tualatin Hills Barracudas celebrate their Large Team Championship**



# 2003 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS

Recognized by Oregon LMSC for USMS, Inc. #373-05R

ELIGIBILITY: STATE OF OREGON RESIDENT AND/OR REGISTERED OMS MEMBER

Mt. Hood Community College,  
26000 SE Stark, Gresham, Oregon  
8 lanes competition, elec. timing, 1 lane warm-up/down  
Packet pick-up at pool only.

DATE: Saturday & Sunday, July 12 & 13, 2003

**WARM-UPS: 1PM SATURDAY & SUNDAY  
MEET STARTS: 2PM SATURDAY & SUNDAY**

Meet Director: Kristi Gustafson Phone: 503-663-2772 E-mail: kristigus@aol.com

Meet Hotels: Best Western Inn 23525 NE Halsey 503-491-9700 • Holiday Inn Exp. 1000 NW Graham Rd. 503-492-2900  
Hampton Inn 3039 NE 181st 503-669-7000

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

**ALL REGISTERED MASTERS SWIMMERS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.**

**ENTRY DEADLINE: RECEIVED BY FRIDAY JUNE 27, 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 _____ 2003 USMS # (IF A MEMBER) _____ USMS CLUB (OREG OR MACO) _____ IS THIS YOUR FIRST MASTERS MEET? <input type="checkbox"/> Yes <input type="checkbox"/> No
---	---

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 95+. RELAY AGES: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE BY DEC. 31ST, 2003. DISABLED SWIMMERS MAY ENTER AS "DISABLED" AND BE TREATED AS A SEPARATE AGE GROUP CATEGORY FOR AWARDS. ENTER RELAYS AT THE MEET. 200, 400, AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400 AND 1500 FREESTYLES WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS ARE TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW

**Saturday, July 12, 2003**

- 400 IM (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 BACK (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 FLY (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 BREAST (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \*\*\*break\*\*\*
- MIXED MEDLEY RELAYS (5-6)**
- 100 FREE (7) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 BREAST (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 FLY (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \*\*\*break\*\*\*
- FREE RELAYS (10-15)**
- 1500 FREE (16) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**Sunday, July 13, 2003**

- 200 IM (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 BREAST (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 FREE (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 BACK (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \*\*\*break\*\*\*
- MIXED FREE RELAYS (21-23)**
- 100 FLY (24) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 BACK (25) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 FREE (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- \*\*\*break\*\*\*
- MEDLEY RELAYS (27-30)**
- 400 FREE (31) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

I am a disabled swimmer and wish to enter the meet in this special category. \_\_\_\_\_ (check if appropriate)

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

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

Meet Entry (\$21 for first 2 events)	\$21.00
\$4 for each additional event	_____
(limit of 6 individual events and no more than 5 events in one day)	
Total enclosed	_____

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

**MAIL ENTRY FEE AND FORM TO: STATE GAMES OF OREGON  
4840 SW WESTERN AVENUE, SUITE 900, BEAVERTON, OREGON 97005**

# Corvallis "Start of Summer" Long Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-05  
 Eligibility: Currently registered USMS swimmers, 19 years and older.  
 Unregistered swimmers must submit a 2003 registration form and fee with this form.

Location: Osborn Aquatic Center  
 1940 NW Highland Drive  
 Corvallis, Oregon 97330

DATE: Saturday, June 28, 2003

**WARM-UPS: 8AM**  
**MEET STARTS: 9AM**

50 meters - 8 lanes competition  
 New Matrix scoreboard with names of swimmers displayed  
 Continuous warm-up/down in 3-6 lanes of an outdoor lap pool

Meet Director: Mark Worden 541-753-5726; e-mail marklauraworden@attbi.com

Directions to the pool: Take I-5 to Exit 228 (Highway 34). Go west on Highway 34, following signs to Corvallis. Hwy 34 turns left, but keep going straight over the Willamette River. Continue straight through 4 stoplights. Turn right at the 5th light onto 9th Street. Take 9th Street to Circle Blvd and turn left. Go one block, turn left at Highland Drive, and pool is on your right.

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

**ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY JUNE 13, 2003**

FILL IN LOWER PORTION COMPLETELYRETURN LOWER PORTIONFILL IN LOWER PORTION COMPLETELY

NAME _____ ADDRESS _____ CITY _____ STATE _____ ZIP _____ PHONE _____ E-MAIL _____	BIRTHDATE _____ AGE _____ SEX _____ 2003 USMS # _____ USMS CLUB (OREG, MACO, PNA, ETC) _____ IS THIS YOUR FIRST MASTERS MEET? <input type="checkbox"/> Yes <input type="checkbox"/> No
---	---

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 95+. RELAY AGES: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE BY DEC. 31ST, 2003. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET. 200, 400, AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400 IM, 400 AND 800 FREESTYLES WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS ARE TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.**

- |  |  |
|--|--|
| <p><b>400 FREE</b>            (1) _____ : _____ . _____</p> <p><b>50 FLY</b>                (2) _____ : _____ . _____</p> <p><b>200 BACK</b>            (3) _____ : _____ . _____</p> <p><b>100 FREE</b>            (4) _____ : _____ . _____</p> <p><b>200 IM</b>                (5) _____ : _____ . _____</p> <p><b>FREE RELAYS (6-11)</b></p> <p><b>50 BACK</b>             (12) _____ : _____ . _____</p> <p><b>200 FLY</b>             (13) _____ : _____ . _____</p> <p><b>100 BREAST</b>        (14) _____ : _____ . _____</p> <p><b>400 IM</b>                (15) _____ : _____ . _____</p> | <p><b>MIXED MEDLEY RELAYS (16-17)</b></p> <p><b>50 FREE</b>            (18) _____ : _____ . _____</p> <p><b>200 BREAST</b>        (19) _____ : _____ . _____</p> <p><b>100 FLY</b>            (20) _____ : _____ . _____</p> <p><b>MIXED FREE RELAYS (21-23)</b></p> <p><b>50 BREAST</b>         (24) _____ : _____ . _____</p> <p><b>200 FREE</b>            (25) _____ : _____ . _____</p> <p><b>100 BACK</b>          (26) _____ : _____ . _____</p> <p><b>MEDLEY RELAYS (27-30)</b></p> <p><b>800 FREE</b>            (31) _____ : _____ . _____</p> |
|--|--|

*Families are welcome to enjoy the water park 'Otter Beach' beginning at 1 PM with paid admission. Activities include a slide, water channel, and other fun interactive water toys. Come bring the family!*

"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**

## Northwest Zone Short Course Yards Championship

April 26-27, 2003

### Supplemental Information

**Accommodations:** To book the special rates below you must call Sue Collins at Cascade Travel 800-426-4981 or e-mail [sue@cascadetvl.com](mailto:sue@cascadetvl.com). Have your name, address, e-mail and credit card ready. Once your reservation is confirmed you will be sent a confirmation and information packet. Please feel free to call with any questions you may have about the meet, the hotels, or the area!

**Best Western Hood River Inn** (All prices plus 8% room tax.)

Standard Room (parking lot view) 1 Queen, \$78.00; Standard Room (parking lot view) 2 Queens \$90.00; Riverview Room 1 Queen, \$101.00; Riverview 2 Queens, \$112.00. Rates based on 2 people per room, additional adult \$12 each with a max of 4 per room. Hotel is located off I-84 along the Columbia River and has its own restaurant plus an adjacent restaurant, McDonalds, and Taco Time. Pool is a 5 min drive; downtown Hood River is a 3 min drive or 10 min walk on a paved pathway.

\*\*\*\*\*

**Hood River Hotel** (All prices plus 8% room tax.)

Courtyard View Rooms 1 Queen Bed, \$79.00; Town View Rooms, 1 Queen Bed, \$99.00; Riverview Rooms 1 Queen Bed, \$119.00; Suites with kitchen facilities \$129 and \$139 per night and can accommodate 4 people. Hotel is located in downtown Hood River, has its own restaurant, and is within walking distance to many more. The hotel was built around 1900 and has been fully restored. Pool is a 3 minute drive.

\*\*\*\*\*

**Comfort Inn Suites** (All prices plus 8% room tax.)

Standard Room 1 Queen Bed, \$85.00; Standard Room 2 Queen Beds, \$96.00; Hotel is located at the west end of town. Rooms are suites with bed configuration stated above, plus a hide-a-bed, sitting area, small fridge, microwave, and coffee maker. Includes Continental breakfast. There is a Safeway, Taco Bell, Dairy Queen, and Walmart within walking distance. The pool is a 3 minute drive.

**Hood River Bed & Breakfast:** For a unique Hood River experience at a B&B owned by a Masters swimmer, contact Jane Nichols at [jane@hoodriverbnb.com](mailto:jane@hoodriverbnb.com) or 541-387-2997. Located 3 blocks from downtown and less than 5 minutes from the pool, this B&B has great breakfasts and munchies, river views from all rooms, deck, gazebo, hammock, web access and fax services. Queen beds, private baths, \$85-95 per night with discounts for extended stays.

**HOST (House Our Swimmers Tonight / Camping Info):** Contact Sandi Rousseau at [swim@gorge.net](mailto:swim@gorge.net) or 541-354-2580 if you would like to stay with a local swimmer and meet some new friends or prefer camping.

**Social:** Plan to attend an informal NW Zone Social at Hood River's Full Sail Brewery Tasting Room, Saturday, April 26 from 6-8 PM. Menu includes veggie burgers, nachos, quesadillas, veggie chili, bratwurst, salad, pizza and soup of the day, and Full Sail brews of your choice. Price range is \$5-\$7. Free brewery tour planned at 7:00 PM. Sign up at pool on Saturday. Sample free microbrews and get a free Full Sail beer glass after the tour.

**Meet Apparel:** Shirts and other items with meet logo will be available for sale without preorder.

**Northwest Zone Meeting:** Doug Garcia, NW Zone Chair, is planning a Zone meeting on Saturday, April 26th at 11:30 AM prior to the start of the Masters events. Location is at the pool in the upstairs offices. Please plan to attend to represent your LMSC.

**Two per Lane Seeding:** Distance events will be seeded in ten lanes. Should it be necessary, two per lane may be required for the 1650 and 1000 free dependent on meet size and timeline.



# Northwest Zone Short Course Yards Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-04  
 Eligibility: Currently registered USMS swimmers, 19 years and older.  
 Unregistered swimmers must submit a 2003 registration form and fee with this form.

Hosted by: Columbia Gorge Masters &  
 Hood River Valley Swim Team  
 Hood River Aquatic Center  
 1601 May Street  
 Hood River, Oregon  
 8-10 lanes competition-electronic timing  
 Continuous warm-up/down area

DATE: Saturday & Sunday, April 26 & 27, 2003

**SATURDAY: WARM-UPS: 1PM • MEET STARTS: 2PM**  
**SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**

Meet director: Shelly Rawding • Phone: 509-493-4679 • e-mail hrvst\_coach@hotmail.com  
 Directions to the pool: Eastbound: Take I-84 to Exit#62 (first Hood River Exit), turn right onto Cascade and go toward town for 1.2 miles to the first stoplight. Turn right on 13th, go up the hill and turn right on May St (just past the hospital on the left). Pool will be on your left just past the park.  
 Westbound: Take I-84 to Exit #63 (second Hood River Exit), turn left and go into town. Go through the blinking red light and go one block to State Street. Turn right and go .6 mile to 13th Street. Turn left, proceed up the hill and turn right on May Street (just past hospital). Pool will be on your left just past the park.

**ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.**  
 HOST (HOUSE OUR SWIMMERS TONIGHT): CONTACT SANDI ROUSSEAU 541-354-2580 OR E-MAIL SWIM@GORGE.NET

**ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY APRIL 11, 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 \_\_\_\_\_  
 2003 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 8 INDIVIDUAL EVENTS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY PLUS 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). A PERSON MAY SWIM THE 200Y, 400Y & 800Y DISTANCE OF EACH RELAY ONCE. THE 400 AND 800 RELAY WILL BE SEEDDED IN HEATS AFTER THE 200 RELAYS OF THE SAME EVENT. THE 500, 1000 AND 1650 FREESTYLES & 400 IM WILL BE DECK SEEDDED. *CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. CHECK IN FOR THE 1650 WILL OPEN MIDWAY THROUGH SUNDAY'S EVENTS. SHOULD IT BE NECESSARY, TWO PER LANE MAY BE REQUIRED FOR THE 1000 & 1650 FREESTYLES DEPENDENT ON THE MEET SIZE AND TIMELINE.* ALL EVENTS WILL BE SEEDDED SLOW TO FAST.

**Saturday, April 26, 2003**

- 100 BACK**      (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 BREAST**    (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 FREE**      (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 400 IM**        (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

**FREE RELAYS (5-10)**

- 100 BREAST**    (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 FLY**        (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 FREE**        (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

**MIXED MEDLEY RELAYS (14-15)**

- 1000 FREE**     (16) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**Sunday, April 27, 2003**

- 500 FREE**      (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**Sunday (con't)**

**20 min. warm-up in competition pool. Event 18 will not start before 10AM**

- 100 IM**            (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 FLY**            (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 BACK**        (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 FREE**        (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

**MEDLEY RELAYS (22-25)**

- 200 IM**            (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 FLY**          (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 BREAST**     (28) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 BACK**          (29) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**MIXED FREE RELAYS (30-32)**

\*\*\*break\*\*\*

- 1650 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."

Meet Entry \$18.00  
 Each Extra Event (7th &/or 8th) \$3 ea. \_\_\_\_\_  
 Total enclosed \_\_\_\_\_

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

**MEET ENTRY FEE: \$18.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.**  
**SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220**

# ORDER FORM

order by phone, e-mail  
or in person at the Willamette - April 27th  
**ABSOLUTE DEADLINE**  
FOR ALL ORDERS WILL BE  
[delivered to delivery of the items that is listed here]

## FRONT & BACK DESIGN

**1. FRONT & BACK DESIGN**  
[Description of item 1]  
[Price]



**2. FRONT & BACK DESIGN**  
[Description of item 2]  
[Price]



**3. FRONT & BACK DESIGN**  
[Description of item 3]  
[Price]



**4. FRONT & BACK DESIGN**  
[Description of item 4]  
[Price]



**5. FRONT & BACK DESIGN**  
[Description of item 5]  
[Price]



**6. FRONT & BACK DESIGN**  
[Description of item 6]  
[Price]



**7. FRONT & BACK DESIGN**  
[Description of item 7]  
[Price]



**8. FRONT & BACK DESIGN ONLY**  
[Description of item 8]  
[Price]



**9. FRONT & BACK DESIGN**  
[Description of item 9]  
[Price]

Thank you for your order!  
[Additional information]

E-mail  
all orders to:  
[info@swim.org](mailto:info@swim.org)  
or call toll free:  
1-888-589-9797  
(please call collect phone #)  
  
Send checks to:  
ISIP, Inc.  
250 N.W. Tyler  
Corvallis, OR 97330  
[www.isip.com](http://www.isip.com)

## SEASONAL T-SHIRT EVENTS



Part of the  
[Event Name]  
[Price]

[Additional event information]  
[Price]

# Team Page

## Team Scores at the Association Meet

### Large Teams

1	Tualatin Hills Barracudas	THB	1,856.50
2	Central Oregon Masters	COMA	1,361.50
3	Multnomah Athletic Club	MACO	1,308.50

### Medium Teams

1	Corvallis Aquatic Masters	CAT	513
2	Oregon Wetmasters	OWET	478
3	Portland Aquatics Club	PAC	353
4	LaCamas Lightning Masters	LSSC	235

### Small Teams

1	Mt. Hood Masters	MHM	385
2	Emerald Aquatics	EA	317
3	Fish Stick Masters	FISH	241
4	Southern Oregon Masters	SOM	240
4	N. Clackamas Masters Swim	NCMS	240
6	Circumnavigating Beavers	CBAT	145
7	Columbia Gorge Masters	CGM	94
8	Salem Courthouse Crew	SCC	76
9	Columbia-Willamette YMCA	CWY	66
10	Steelheads	STHD	44
11	Oregon City Swim Team	OCST	36
11	Portland Upstream	PUP	36
13	McMinnville Masters	MCM	24.50
14	Parkrose Masters Swim Team	PMST	17
15	Downtown Athletic Club	DAC	13



**CAT - First Place Medium Teams**



**San Diego Swim Masters  
Adrienne and Karlyn Pipes**



**Mt. Hood Master - First Place Small Teams**



# 2003 Swim SCHEDULE

Date	Event	Location	Contact
<b>Pool Meets</b>			
April 6	SCY	NIKE - Beaverton	Jeanne Teisher Jeanne.Teisher@nike.com (503) 574-4557
April 26-27	*Zone SCY	Hood River	Shelly Rawding rawding@gorge.net 509 493 4679
June 28	*LCM	Corvallis	Mark Worden marklauraworden@attbi.com 541 753 5726
July 12-13	*LCM	State Games - Mt. Hood CC	Kristi Gustafson kristigus@aol.com 503 663 2772
July 19	LCM	Eugene Senior Sports Festival	Arden Adams aadamsswim@aol.com 541 688 4013
<b>National Championships 2003</b>			
May 15-18	SCY	Tempe, AZ	www.usms.org
Aug. 14-17	LCM	Rutgers Univ. NJ	www.usms.org
<b>Open Water 2003</b>			
Date	Distance	Location	Contact
July 19 July 20	200, 400, 800 3000, 1500	Applegate Lake, So. Oregon	Dan Gray dangray45@hotmail.com
July 26 July 27	500, NW Zone 1500 National 5 K Championship	Elk Lake, Oregon	Pam Himstreet himstreet@bendcable.com
Aug. 10	2 and 1 mile	Timothy Lake	
Aug. 17	1 mile and ?	Dorena Lake	
<b>Postal Championships 2002/2003</b>			
May 15-Sept. 30	5K/10K Postal		Mel Goldstein goldstein@mindspring.com
Sept. 1-Oct. 31	3000/6000 Postal		Doug Garcia dougarcia@usms.org
Jan. 1 - Dec. 31	USMS Virtual Swim Series (Hosted by COMA)		Pam Himstreet himstreet@bendcable.com
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

**Aqua-Master**  
April 2003

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**Inside: Results - Association Championships**