



Aqua Master

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“Swimming - A Life's Passion”

Records, Records and More Records

Record Setters

Congratulations to the following OMS swimmers who all set World, National, Zone, Oregon and/or State Games Records at Corvallis, Mt. Hood or Hawaii. *Pat Allender, Karen Andrus-Hughes, Bob Bruce, David Burluson, Colette Crabbe, Sharon Foley, Barbara Frid, Steve George, Pam Himstreet, Andrew Holden, Valerie Jenkins, Steve Johnson, David Keudell, Curt LaCount, Brent Lake, Tom Landis, Milton Marks, Lee Miesen, Elliott Mueller, Eva Muller, Kurt Niehaus, Robin Parisi, Bert Petersen, Ginger Pierson, David Radcliff, David Rice, Robert Smith, Pauline Stangel, Doug Stewart, Lavelle Stoinoff, Mike Tennant, Joy Ward and Kermit Yensen. Oregon is Proud of you!*

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Relay Annihilates National Record



Tom Landis

Dave Radcliff

Bob Bruce

Steve Johnson

Photo by Bill Volckening

Three months ago Bob Bruce contacted Tom, Dave and Steve and a challenge was issued to go after the National 800 Free Relay in the 240 Age Division. All four swimmers accepted the challenge and on Saturday, Aug. 12 at the State Games they smashed the old record by over a minute. **Way to go Oregon!**

Lavelle is Setting Records



Lavelle Stoinoff has been on a record setting spree at the State Games of Oregon and Corvallis LCM swim meets. She has broken and/or re-broken 6 Nat. Records and set 8 Zone Records, 9 Oregon Records and 6 State Games Records. **WOW!**

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Chair's Corner by Jeanne Teisher

Meet the Rest of your OMS Board

Hi swimmers,

Last month you read about many of the OMS board members. There are 5 more board members to read about. Here they are....

The OMS Social Chair, Ginger Pierson, swims with the Multnomah Athletic Club Masters team and competes against other 55-59 year old females. As Social Chair, Ginger is responsible for planning and coordinating any OMS sponsored social events, such as last year's 30 year reunion and this year's Annual Awards Banquet/Ceremony. Ginger has been swimming for quite some time. She swam age group from 1955-1968 and Masters from 1982 to present. Breaststroke is the one stroke she prefers but does swim and compete in the other strokes as well. Professionally, Ginger is a middle school teacher in Vancouver. Ginger's most memorable swimming experience? "Traveling to the World Championships in Tokyo, Japan in 1986 is by far the most remarkable and memorable swimming experience that I will ever hope to have in this "career". After just missing the 1964 Olympics held in the same venue, I was able to enjoy what it must have been like to represent my country, break world records, and indulge in a culture that I had loved, even as a child."

The OMS Top 10 Chair, Mary Sweat, a COMASwimmer, 45-49 age group, is a happily retired geophysicist. As the Top 10 Chair, Mary is responsible for collecting, from all OMS accredited swim meets, the top 10 times for all races. Mary, whose favorite stroke is freestyle (the longer the event the better), began Masters swimming in 1993 (after a 20 year absence from the sport!). One of Mary's my most memorable swimming experiences was at the 1998 Alaska SCY State Championship. She was swimming the 1650 Free and at about 1100 yards, her cap began to slip off! It got hung up on her goggle strap and just kept flapping away in the water. She tried to fix it at a turn (while flipping of course) and bumped her goggles instead – which promptly filled with water. At about 1200 yards, Mary grabbed her goggles and cap and threw them off. She spent the rest of the race watching her gear slowly drift to the bottom of the pool. Her team mates and coach were howling with laughter wondering if Mary's suit would be next! After finishing the race, the meet was delayed until everyone could gather up all of Mary's stuff from the bottom of the pool!

The OMS Webmaster, Rich Minter, is responsible for continually maintaining the OMS website. Rich, a software engineer and a member of the Tualatin Hills Barracudas, has only been swimming 4 years. He is a member of the 50-54 age group club. Rich's favorite stroke is holding onto the wall! When asked about his most memorable swimming experience, Rich shared the following: "Getting standing ovations on each of my first two meets:

1. First week swimming and first meet: Hagg Lake Two mile swim. Finished last, five minutes after the closest swimmer. Got a standing O for completing.
2. First indoor meet OMS meet, swam the 200 butterfly for team points. Got a standing O for completing.

continued on page 3

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

So much for this sport being “easy”...”

Earl Walter, Ol’Barn (Barnacle), OMS Historian: Thirty years ago, Earl had a vision of what you wanted for OMS. Earl, you are the father of OMS and you have led us to where we are today. We can only attempt to imagine all you did. You prepared entries, heat sheets, results, records, top-ten, and the Aqua-Master. The list goes on – and ALL BY HAND (no computer)! OMS is sound financially, is a thriving and growing “family” of over 700 swimmers, and is respected in USMS. We will continue with your vision as we offer fun, fitness, friendship and competition to our members. Ol’Barn, you’ve taken us on a journey that we will never forget. We are proud to have you as our Founding Father and our Historian. Who better than you knows the history of OMS. I am sure one of your proudest moments in swimming is reflected in your license plate which reflects your All American ranking in the 400 IM.

The OMS Chair is yours truly. My primary responsibilities as chair are to organize and facilitate OMS board meetings and write articles for the Aqua Master. Often times I am the liaison between the board and OMS membership, NW Zone and USMS. I am a member of the Tualatin Hills Barracudas and prefer swimming freestyle. When I compete, it is against other 50-54 year old female swimmers. Swimming has been part of my life as long as I can remember. About 5 years ago I decided to change careers. I left the social service profession and am now in global finance. As for my most memorable swimming experience, it happened at Christmas time 1989 in Albuquerque, NM while I was working out at one of the public pools. There was a swimmer, working out in the lane next to me, whose swimming really impressed me. I had never seen him at the pool before and was curious to know where he came from. To make a long story short, I ended up marrying the man. Jim, who was in Albuquerque for the Christmas holiday visiting his family, swam when there were no family activities occurring. I moved to Oregon 8 months after meeting Jim and we married a few months later. We still enjoy swimming together.

There you are – the OMS board. It sure is a great bunch of dedicated volunteers who work hard to serve the OMS membership! For me, this article has been fun and interesting to work on. I hope you will consider getting involved on the board. If you’re interested, please feel free to contact me for more information.

Happy swimming. *Jeanne*

IT’S OFFICIAL

Gary Wallis, Officials Chair

ETIQUETTE FOR STARTS

Oregon Masters Swimming would like to establish some simple etiquette for all competitors to follow at the start of each race. These are important because it will create an atmosphere conducive for fair starts. Essentially, these rules apply to the period between the first set of whistles and the sound of the starting horn.

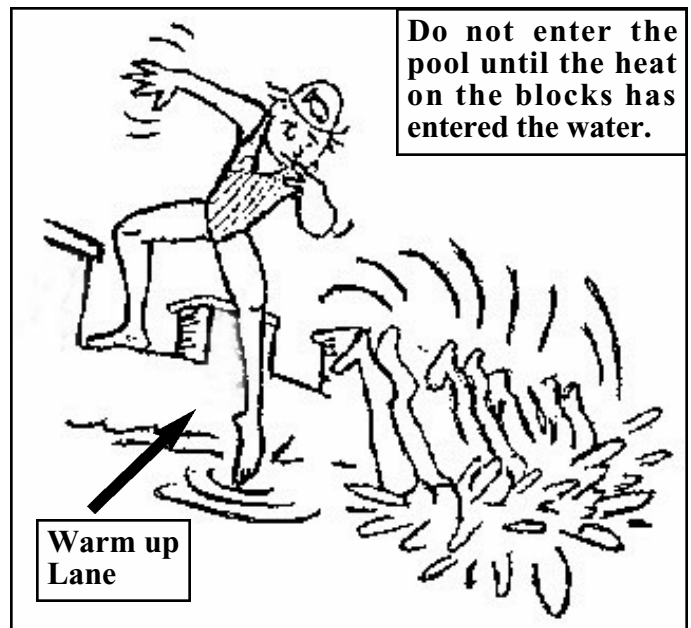
First, before your heat has been called to the blocks please stand behind the timers. This allows the timers a clear view of the starter and the starting console.

Second, please be quiet for the start. This is especially important for that period between the long whistle that calls the swimmers onto the blocks and the starting horn.

Third and very important, once you have completed your race and are heading to the warm-up/cool-down lane please do not enter the pool until the heat on the blocks has entered the water. It is very important that the field of view for the starter and referee be motionless at the start. It is both distracting and confusing to have swimmers entering the pool at the start end at the same time as a race is being started. It is best to simply stand still until that race has begun.

Thank you for your assistance.

Gary, aka Mr. Manners





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Hello Oregon Masters swimmers!

Summer is well underway: hot sunny days, cool swimming at local pools and lakes and even oceans. What do you reach for to quench your thirst? In this fitness issue we present a somewhat controversial topic from cyberspace. This arrived to our emails before we engaged our SpamBlocker and we thought we would like to share it with you.

Please recognize that we have no cited source for this information and you must make the decision to believe it or not. If you feel so inclined, please respond to your fitness co-chairs.

Water vs. Coke

WATER

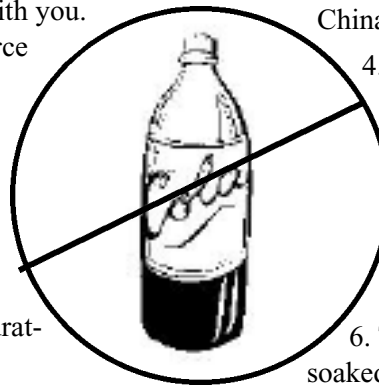
1. 75% of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

And now for the properties of **COKE**

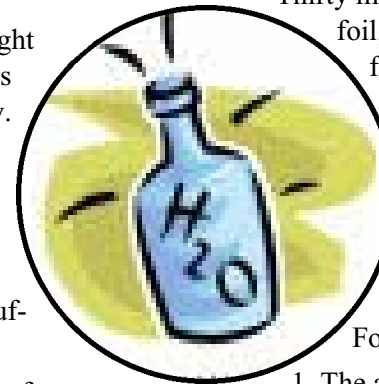
1. In many states (in the USA) the highway patrol carries two gallons of Coke in the truck to remove blood from the

highway.

2. You can put a T-bone steak in a bowl of coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous China.
4. To remove rust spots from chrome car bumpers : Rub the bumper with rumpled-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake.



Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for sumptuous gravy.



8. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen the grease stains. It will also clean road haze from your windshield.

For Your Info

1. The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
2. To carry Coca-Cola syrup (the concentrate) the commercial truck must use the hazardous material placards reserved for highly corrosive materials.
3. The distributors of Coke have been using it to clean the engines of their trucks for about 20 years!

Now the question is, would you like a glass of water or a coke?



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

Over the years, I have done presentations in plenty of freestyle and open water clinics. Based on this experience, here are several common questions that keep coming up with my best general answers:

Question: Should I warm up for an open water swim, or should I just use the first few hundred yards of the race as a warm-up?

Answer: Warm up if possible. You will perform much better and you will feel much better, particularly during the opening sprint stage of the swim. The Laws of Warm-up are not suspended just because you didn't want to get cold all over. However, if you cannot swim for warm-up—some large swims prohibit warming up on the course before the race—you can use a vigorous set of calisthenics and some gentle stretching on land to help. It's a poor but workable substitute under that condition.

Question: How can I avoid the turmoil of mass starts in open water swims?



Answer: Closely-packed mass starts can be very physical and intimidating with hands, elbows, knees, and feet flailing and simple etiquette seemingly abandoned. Here's how to minimize your exposure to the hurly-burly. If you're faster than average, pick a starting position at the front of the pack and take off quickly. Most swimmers cannot stay with you, and you can settle into your preferred racing pace after a few hundred meters. If you are of average speed, position yourself at the side of the pack and work your way inward gradually as the opening frenzy dies, or start near the rear of the pack and build your swim as you go. If you are slower than average, position yourself at the rear, begin easily, and build your swim at your own pace. And if you

really, really hate to tangle in the beginning, wait standing with Zen like calm for ten seconds after the starting signal, and then begin your swim.

Question: How often should I breathe?

Answer: The simple answer is 'often'! A more complicated answer deals with years of coaches' exhortations to breathe in specific patterns. Both bilateral breathing (alternating breathing sides) and restricted breathing (often called hypoxic training) have legitimate and time-honored places in swim training. We have all learned to use them, and each has specific benefits when used appropriately. However, long distance racing is neither the time nor place for these training tools. You need air! You need air often! It's not called 'aerobic exercise' for nothing! So breathe! Do not restrict your breathing, except perhaps near the finish when you're sprinting for pride, knowing that there's plenty of free air across the finish line and that it tastes better when you win.

Question: When should I stop swimming and stand to race for shore?



Answer: Many a close race has been decided at this point. Keep swimming until you have reached a water depth that does not cover your knees; if you stand in water is deeper than that, you will find yourself wading slowly until you can lift your knees clear. This water depth is a lot shallower than most swimmers think. Practice some finishes to learn to gauge this depth for you.

Question: Should I warm down after an open water swim?

Answer: Of course! Many swimmers forget this essential good swimming practice because they feel too tired, because they don't want to return to the cool water, or because they are enraptured by the siren allure of their cooler's contents. Warm down! Your body will thank you the next day.

Good luck and good swimming!

Sybil Fisher, Her New Open Water Stroke for the Channel Swim

The Channel Stroke

Since I started swimming competitively at the age of 11, I think I've had 5 different freestyle strokes. Once, at a national collegiate competition, a Canadian coach complemented me my freestyle stroke commenting on how he was impressed with my distance per stroke (DPS). My specialty was the 200 and 500 yard freestyle and I averaged 11-12 strokes per 25 yards. When I returned to swimming in 1999 as a Masters swimmer, my strokes weren't quite as powerful, but I still averaged about 13-14 strokes per 25. When I started specifically training to swim the English Channel in February of 2002 by August of 2002, my shoulders were screaming for a change. So, Andrew and I changed it and I now average 19-20 strokes per 25.

Pre-Channel stroke:

My basic stroke mechanics were text book: a 6 beat kick, lead with my hip bones to have a good roll, high elbows on the recovery and pretty much a modified catch up stroke with a deep pull. I tended to breathe only to the right side every fourth stroke. I also had a slight gallop with my left side longer and stronger than my right. In the open water, I swam 50 strokes per minute.

The change:

Now, my stroke mechanics are much different: my kick

varies from a 1 beat kick to a 6 beat, depending on the waves and current, my core drives my stroke and my arms go along for the ride. The easiest way to explain that is an analogy to the small drum on a stick that has two small balls at the end of 2 strings; when you simply rotate the drum, the two balls will hit the drum in a symmetrical and rhythmic beat. I rotate my body and my arms follow with the beat. It's very even, no gallop. I breathe in a mesmerizing pattern: 2 right, 3 strokes, 2 left, 3 strokes, 2 right, etc. The underwater portion is much more shallow and my recovery is now straight armed which is actually easier on my shoulders as long as I'm rotating from the core. The spinning type of rotation actually sends my arms up and out of the water almost like a pendulum. It's very easy. I now swim 65-70 strokes per minute in the open water.

This new stroke is easier on my shoulders (which is very important since I've had two shoulder surgeries) and it's much easier to maintain my balance and body position in swells and wind waves. It's been fun to take on such dramatic changes and it took me about 5 months to truly "get it". I'm definitely not as fast as I was with my longer stroke, but endurance is more important to get across the Channel. The other beauty about this stroke is that I am like clockwork. I can hold 100's on 1:20 forever...which is good, since I'll need to hold that pace for 10-12 hours!

Sybil training in 56 degree water in Nehalem Bay



Sybil demonstrating her former stroke: *“My basic stroke mechanics were text book: a 6 beat kick, lead with my hip bones to have a good roll, high elbows on the recovery and pretty much a modified catch up stroke with a deep pull.”*

Sybil demonstrating her new stroke: *“my kick varies from a 1 beat kick to a 6 beat, depending on the waves and current, my core drives my stroke and my arms go along for the ride. The underwater portion is much more shallow and my recovery is now straight armed which is actually easier on my shoulders as long as I'm rotating from the core. The spinning type of rotation actually sends my arms up and out of the water almost like a pendulum”*

LCM - Corvallis - June 28, 2003

N = Breaks listed National Record
Z = Zone Record
O = Oregon Record

Women 19-24

50 LC Meter Freestyle
 1 Wilkinson, Christina 19 OREG 34.35
 100 LC Meter Freestyle
 1 Wilkinson, Christina 19 OREG 1:15.97
 50 LC Meter Backstroke
 1 Wilkinson, Christina 19 OREG 42.21

Women 30-34

50 LC Meter Freestyle
 1 Frieder, Marisa 34 OREG 35.42
 2 Wong, Linda 31 OREG 40.48
 100 LC Meter Freestyle
 1 Wong, Linda 31 OREG 1:30.98
 200 LC Meter Freestyle
 1 Wong, Linda 31 OREG 3:26.83
 800 LC Meter Freestyle
 1 Moore, Alison 33 OREG12:07.90
 50 LC Meter Backstroke
 1 Frieder, Marisa 34 OREG 42.98
 50 LC Meter Breaststroke
 1 Frieder, Marisa 34 OREG 44.26
 2 Moore, Alison 33 OREG 46.60
 3 Wong, Linda 31 OREG 54.05
 100 LC Meter Breaststroke
 1 Frieder, Marisa 34 OREG 1:35.66
 2 Moore, Alison 33 OREG 1:36.32
 200 LC Meter Breaststroke
 1 Moore, Alison 33 OREG 3:26.81
 50 LC Meter Butterfly
 1 Frieder, Marisa 34 OREG 41.76
 2 Wong, Linda 31 OREG 51.90

Women 35-39

50 LC Meter Freestyle
 1 Seresun, Karen 38 UNAT 30.09
 2 Hecksel, Toni 37 OREG 32.47
 100 LC Meter Freestyle
 1 Hecksel, Toni 37 OREG 1:10.47
 400 LC Meter Freestyle
 1 Hecksel, Toni 37 OREG 5:27.22
 50 LC Meter Butterfly
 1 Seresun, Karen 38 UNAT 32.48
 100 LC Meter Butterfly
 1 Seresun, Karen 38 UNAT 1:14.91
 200 LC Meter IM
 1 Seresun, Karen 38 UNAT 2:53.37
 2 Hecksel, Toni 37 OREG 2:59.66

Women 40-44

50 LC Meter Freestyle
 1 Dahl, Lisa 42 PNA 30.96
 2 Jenkins, Valerie 40 OREG 31.14
 3 Foley, Sharon 43 MACO 31.19
 100 LC Meter Freestyle
 1 Foley, Sharon 43 MACO 1:12.21
 200 LC Meter Freestyle
 1 Jenkins, Valerie 40 OREG 2:30.38
 400 LC Meter Freestyle
 1 Jenkins, Valerie 40 OREG 5:19.80
 50 LC Meter Backstroke
 1 Jenkins, Valerie 40 OREG 35.28
 2 Dahl, Lisa 42 PNA 38.13
 50 LC Meter Butterfly
 1 Dahl, Lisa 42 PNA 32.90

2 Foley, Sharon 43 MACO 35.26
 100 LC Meter Butterfly
 1 Foley, Sharon 43 MACO 1:27.84

Women 45-49

50 LC Meter Freestyle
 1 Andrus-Hughes, Karen 46 OREG 30.66
 2 Eckert-Mason, Kathy 46 OREG 36.43
 3 Tomlinson-Macias, M. 45 INWM 38.45
 4 Markus, Laurie 46 OREG 51.67
 100 LC Meter Freestyle
 1 Eckert-Mason, Kathy 46 OREG 1:21.23
 2 Tomlinson-Macias, M. 45 INWM 1:32.18
 200 LC Meter Freestyle
 1 Eckert-Mason, Kathy 46 OREG 3:00.99
 2 Peterson, Connie 48 OREG 3:41.48
 400 LC Meter Freestyle
 1 Cappaert, Marlys 45 OREG 6:16.21
 2 Durant, Robin 48 INWM 6:33.23
 3 Peterson, Connie 48 OREG 7:23.36
 800 LC Meter Freestyle
 1 **Crabbe, Colette 47 OREG 11:13.21 O**
 2 Worden, Laura 46 OREG11:58.76
 3 Durant, Robin 48 INWM13:22.76
 4 Peterson, Connie 48 OREG15:27.55

50 LC Meter Backstroke
 1 Andrus-Hughes, Karen 46 OREG 35.18
 100 LC Meter Backstroke
 1 Andrus-Hughes, Karen 46 OREG 1:19.87
 2 Eckert-Mason, Kathy 46 OREG 1:43.23
 200 LC Meter Backstroke
 1 Andrus-Hughes, Karen 46 OREG 2:52.26
 50 LC Meter Breaststroke
 1 Eckert-Mason, Kathy 46 OREG 52.03
 2 Durant, Robin 48 INWM 53.59
 3 Tomlinson-Macias, M. 45 INWM 55.37
 4 Markus, Laurie 46 OREG 56.67

100 LC Meter Breaststroke
 1 Crabbe, Colette 47 OREG 1:26.23
 2 Markus, Laurie 46 OREG 2:08.89
 200 LC Meter Breaststroke
 1 Crabbe, Colette 47 OREG 3:07.21
 2 Durant, Robin 48 INWM 3:58.97
 50 LC Meter Butterfly
 1 Worden, Laura 46 OREG 35.10
 2 Cappaert, Marlys 45 OREG 46.68
 3 Tomlinson-Macias, M. 45 INWM 47.26
 4 Markus, Laurie 46 OREG 57.92
 100 LC Meter Butterfly
 1 Worden, Laura 46 OREG 1:19.72
 200 LC Meter Butterfly
 1 Durant, Robin 48 INWM 4:28.54

200 LC Meter IM
 1 Crabbe, Colette 47 OREG 2:44.82
 2 Cappaert, Marlys 45 OREG 3:25.59
 3 Tomlinson-Macias, M. 45 INWM 4:06.97
 4 Peterson, Connie 48 OREG 4:23.93
 5 Markus, Laurie 46 OREG 4:54.74
 400 LC Meter IM
 1 Worden, Laura 46 OREG 6:24.53

Women 50-54

50 LC Meter Freestyle
 1 Yadon, Laurie 51 OREG 1:01.70
 100 LC Meter Freestyle
 1 Yadon, Laurie 51 OREG 2:34.58
 50 LC Meter Backstroke
 1 Yadon, Laurie 51 OREG 1:25.24

50 LC Meter Butterfly
 1 Asleson, Elke 51 OREG 41.27
 200 LC Meter Butterfly
 1 Asleson, Elke 51 OREG 3:37.90
 200 LC Meter IM
 1 Asleson, Elke 51 OREG 3:26.67
 400 LC Meter IM
 1 Asleson, Elke 51 OREG 7:33.54

Women 55-59

50 LC Meter Freestyle
 1 Gettling, Janet 55 OREG 34.49
 2 Deszoeke, Judith 55 OREG 51.18
 100 LC Meter Freestyle
 1 Quattro, Jackie 56 OREG 1:19.39
 2 Rousseau, Sandi 56 OREG 1:25.56
 200 LC Meter Freestyle
 1 Quattro, Jackie 56 OREG 2:58.24
 2 Rousseau, Sandi 56 OREG 3:10.38
 400 LC Meter Freestyle
 1 Deszoeke, Judith 55 OREG 8:29.70
 800 LC Meter Freestyle
 1 Quattro, Jackie 56 OREG12:58.87
 2 Gettling, Janet 55 OREG13:03.02
 50 LC Meter Backstroke
 1 Gettling, Janet 55 OREG 42.33
 2 Quattro, Jackie 56 OREG 45.04
 3 Rousseau, Sandi 56 OREG 48.89
 100 LC Meter Backstroke
 1 Deszoeke, Judith 55 OREG 2:21.40
 50 LC Meter Breaststroke
 1 Gettling, Janet 55 OREG 43.44
 100 LC Meter Breaststroke
 1 Deszoeke, Judith 55 OREG 2:17.96
 50 LC Meter Butterfly
 1 Gettling, Janet 55 OREG 37.92
 2 Rousseau, Sandi 56 OREG 40.45

Women 60-64

200 LC Meter Freestyle
 1 Ward, Joy 61 OREG 3:14.90
 400 LC Meter Freestyle
 1 Frid, Barbara 61 OREG 6:26.47
 800 LC Meter Freestyle
 1 Frid, Barbara 61 OREG13:06.12
 50 LC Meter Backstroke
 1 Frid, Barbara 61 OREG 43.94
 200 LC Meter Backstroke
 1 Ward, Joy 61 OREG 3:18.12
 100 LC Meter Breaststroke
 1 Frid, Barbara 61 OREG 1:44.71
 200 LC Meter IM
 1 **Ward, Joy 61 OREG3:25.59 Z**

Women 70-74

50 LC Meter Freestyle
 1 Glancy, Barbara 71 OREG 1:05.88
 200 LC Meter Freestyle
 1 L'Esperance, Beverly 71 OREG 4:43.11
 200 LC Meter Freestyle (split)
 1 **Stoinoff, Lavelle 70 MACO3:04.96 Z**
 400 LC Meter Freestyle
 1 **Stoinoff, Lavelle 70 MACO 6:11.92 N**
 2 Rosik, Cynthia 70 OREG10:03.96
 3 L'Esperance, Beverly 71 OREG10:29.20
 800 LC Meter Freestyle
 1 **Stoinoff, Lavelle 70 MACO 12:57.12 N**
 50 LC Meter Backstroke
 1 **Stoinoff, Lavelle 70 MACO 50.48 O**

continued on page 8

Results continued from page 7

| | | | | |
|---------------------------|----------------------|----|------|----------|
| 2 | L'Esperance, Beverly | 71 | OREG | 1:13.63 |
| 3 | Rosik, Cynthia | 70 | OREG | 1:13.95 |
| 4 | Glancy, Barbara | 71 | OREG | 1:14.21 |
| 100 LC Meter Backstroke | | | | |
| 1 | L'Esperance, Beverly | 71 | OREG | 2:32.06 |
| 2 | Glancy, Barbara | 71 | OREG | 2:43.85 |
| 200 LC Meter Backstroke | | | | |
| 1 | Glancy, Barbara | 71 | OREG | 5:40.19 |
| 2 | L'Esperance, Beverly | 71 | OREG | 6:06.71 |
| 50 LC Meter Breaststroke | | | | |
| 1 | Rosik, Cynthia | 70 | OREG | 1:06.41 |
| 200 LC Meter Breaststroke | | | | |
| 1 | Rosik, Cynthia | 70 | OREG | 5:09.61 |
| Women 75-79 | | | | |
| 100 LC Meter Freestyle | | | | |
| 1 | Wells, Margaret | 77 | OREG | 2:20.38 |
| 100 LC Meter Backstroke | | | | |
| 1 | Wells, Margaret | 77 | OREG | 2:31.12 |
| 100 LC Meter Breaststroke | | | | |
| 1 | Wells, Margaret | 77 | OREG | 3:21.68 |
| 200 LC Meter Breaststroke | | | | |
| 1 | Wells, Margaret | 77 | OREG | 6:51.86 |
| Women 80-84 | | | | |
| 50 LC Meter Freestyle | | | | |
| 1 | Stangel, Pauline | 82 | OREG | 1:02.13 |
| 100 LC Meter Freestyle | | | | |
| 1 | Stangel, Pauline | 82 | OREG | 2:27.84 |
| 400 LC Meter Freestyle | | | | |
| 1 | Stangel, Pauline | 82 | OREG | 10:58.79 |
| 50 LC Meter Butterfly | | | | |
| 1 | Stevenin, Elfie | 82 | OREG | 1:58.87 |
| 100 LC Meter Butterfly | | | | |
| 1 | Stevenin, Elfie | 82 | OREG | 5:11.71 |
| Men 25-29 | | | | |
| 50 LC Meter Freestyle | | | | |
| 1 | Vanandel, Robbert | 29 | OREG | 29.43 |
| 50 LC Meter Breaststroke | | | | |
| 1 | Vanandel, Robbert | 29 | OREG | 38.94 |
| 50 LC Meter Butterfly | | | | |
| 1 | Vanandel, Robbert | 29 | OREG | 31.81 |
| Men 30-34 | | | | |
| 50 LC Meter Breaststroke | | | | |
| 1 | Latta, Gregory | 34 | OREG | 32.00 |
| 50 LC Meter Butterfly | | | | |
| 1 | Latta, Gregory | 34 | OREG | 27.42 |
| 200 LC Meter IM | | | | |
| 1 | Latta, Gregory | 34 | OREG | 2:17.27 |
| Men 35-39 | | | | |
| 50 LC Meter Freestyle | | | | |
| 1 | Askerman, Eric | 36 | OREG | 28.09 |
| 100 LC Meter Freestyle | | | | |
| 1 | Askerman, Eric | 36 | OREG | 1:01.62 |
| 200 LC Meter Freestyle | | | | |
| 1 | Stewart, Douglas | 39 | OREG | 2:14.39 |
| 2 | Mirho, Charles | 39 | OREG | 2:40.59 |
| 3 | Edic, Chyle | 36 | OREG | 2:49.93 |
| 400 LC Meter Freestyle | | | | |
| 1 | Stewart, Douglas | 39 | OREG | 4:40.86 |
| 800 LC Meter Freestyle | | | | |
| 1 | Askerman, Eric | 36 | OREG | 10:46.11 |
| 50 LC Meter Breaststroke | | | | |
| 1 | Edic, Chyle | 36 | OREG | 40.23 |
| 100 LC Meter Breaststroke | | | | |
| 1 | Edic, Chyle | 36 | OREG | 1:28.88 |
| 50 LC Meter Butterfly | | | | |
| 1 | Edic, Chyle | 36 | OREG | 37.57 |
| 100 LC Meter Butterfly | | | | |
| 1 | Stewart, Douglas | 39 | OREG | 1:06.18 |

| | | | | |
|---------------------------|-------------------|----|------|-----------|
| 200 LC Meter IM | | | | |
| 1 | Stewart, Douglas | 39 | OREG | 2:29.18 |
| 2 | Edic, Chyle | 36 | OREG | 3:02.91 |
| 400 LC Meter IM | | | | |
| 1 | Stewart, Douglas | 39 | OREG | 5:16.90 |
| 2 | Mirho, Charles | 39 | OREG | 6:24.71 |
| Men 40-44 | | | | |
| 100 LC Meter Freestyle | | | | |
| 1 | Curran, Patrick | 42 | OREG | 1:12.01 |
| 100 LC Meter Backstroke | | | | |
| 1 | Curran, Patrick | 42 | OREG | 1:28.74 |
| 50 LC Meter Breaststroke | | | | |
| 1 | Curran, Patrick | 42 | OREG | 42.40 |
| 100 LC Meter Breaststroke | | | | |
| 1 | Curran, Patrick | 42 | OREG | 1:35.21 |
| 200 LC Meter IM | | | | |
| 1 | Curran, Patrick | 42 | OREG | 3:08.08 |
| Men 45-49 | | | | |
| 50 LC Meter Freestyle | | | | |
| 1 | Metzger, Peter | 48 | OREG | 28.87 |
| 2 | Darnell, Stephen | 49 | OREG | 34.70 |
| 3 | Friedman, Keith | 47 | OREG | 39.84 |
| 4 | Macias, Jesse | 45 | INWM | 1:08.84 |
| 100 LC Meter Freestyle | | | | |
| 1 | Darnell, Stephen | 49 | OREG | 1:22.38 |
| 2 | Friedman, Keith | 47 | OREG | 1:47.59 |
| 3 | Macias, Jesse | 45 | INWM | 2:42.30 |
| 200 LC Meter Freestyle | | | | |
| 1 | Munro, Stuart | 46 | MACO | 2:39.64 |
| 400 LC Meter Freestyle | | | | |
| 1 | Burleson, David | 46 | MACO | 5:02.72 |
| 2 | Munro, Stuart | 46 | MACO | 5:32.86 |
| 800 LC Meter Freestyle | | | | |
| 1 | Friedman, Keith | 47 | OREG | 18:29.29 |
| 50 LC Meter Backstroke | | | | |
| 1 | Metzger, Peter | 48 | OREG | 32.35 |
| 2 | Darnell, Stephen | 49 | OREG | 43.10 |
| 3 | Macias, Jesse | 45 | INWM | 1:53.16 |
| 100 LC Meter Backstroke | | | | |
| 1 | Burleson, David | 46 | MACO | 1:09.80 |
| 2 | Metzger, Peter | 48 | OREG | 1:13.34 |
| 50 LC Meter Breaststroke | | | | |
| 1 | Darnell, Stephen | 49 | OREG | 50.29 |
| 2 | Friedman, Keith | 47 | OREG | 57.46 |
| 100 LC Meter Breaststroke | | | | |
| 1 | Darnell, Stephen | 49 | OREG | 1:53.03 |
| 2 | Macias, Jesse | 45 | INWM | 3:26.89 |
| 200 LC Meter Breaststroke | | | | |
| 1 | Allender, Pat | 45 | OREG | 2:42.57 O |
| 2 | Munro, Stuart | 46 | MACO | 3:18.10 |
| 50 LC Meter Butterfly | | | | |
| 1 | Metzger, Peter | 48 | OREG | 30.08 |
| 2 | Allender, Pat | 45 | OREG | 30.31 |
| 3 | Friedman, Keith | 47 | OREG | 51.32 |
| 100 LC Meter Butterfly | | | | |
| 1 | Burleson, David | 46 | MACO | 1:06.48 Z |
| 200 LC Meter Butterfly | | | | |
| 1 | Burleson, David | 46 | MACO | 2:43.63 O |
| 200 LC Meter IM | | | | |
| 1 | Allender, Pat | 45 | OREG | 2:29.71 O |
| 2 | Munro, Stuart | 46 | MACO | 3:14.42 |
| 400 LC Meter IM | | | | |
| 1 | Munro, Stuart | 46 | MACO | 6:43.51 |
| Men 50-54 | | | | |
| 50 LC Meter Freestyle | | | | |
| 1 | Tennant, Mike | 50 | OREG | 26.58 O |
| 2 | Yensen, Kermit | 50 | OREG | 30.87 |
| 3 | Wikander, Carroll | 52 | OREG | 31.90 |
| 4 | Albright, Stephen | 51 | OREG | 32.94 |

| | | | | |
|---------------------------|-------------------|----|------|-----------|
| 100 LC Meter Freestyle | | | | |
| 1 | Tennant, Mike | 50 | OREG | 59.29 O |
| 2 | Yensen, Kermit | 50 | OREG | 1:09.60 |
| 3 | Albright, Stephen | 51 | OREG | 1:14.10 |
| 4 | Digiulio, James | 52 | OREG | 1:22.72 |
| 200 LC Meter Freestyle | | | | |
| 1 | Tennant, Mike | 50 | OREG | 2:21.72 |
| 2 | Yensen, Kermit | 50 | OREG | 2:40.71 |
| 3 | Digiulio, James | 52 | OREG | 3:03.79 |
| 400 LC Meter Freestyle | | | | |
| 1 | Tennant, Mike | 50 | OREG | 5:12.05 |
| 800 LC Meter Freestyle | | | | |
| 1 | Digiulio, James | 52 | OREG | 13:59.11 |
| 50 LC Meter Backstroke | | | | |
| 1 | Wikander, Carroll | 52 | OREG | 39.21 |
| 2 | Albright, Stephen | 51 | OREG | 44.13 |
| 50 LC Meter Breaststroke | | | | |
| 1 | Wikander, Carroll | 52 | OREG | 40.94 |
| 50 LC Meter Butterfly | | | | |
| 1 | Yensen, Kermit | 50 | OREG | 33.88 |
| 2 | Albright, Stephen | 51 | OREG | 36.99 |
| 3 | Digiulio, James | 52 | OREG | 44.46 |
| 100 LC Meter Butterfly | | | | |
| 1 | Yensen, Kermit | 50 | OREG | 1:25.36 |
| Men 55-59 | | | | |
| 50 LC Meter Freestyle | | | | |
| 1 | Jenkins, James | 56 | OREG | 43.54 |
| 100 LC Meter Freestyle | | | | |
| 1 | Jenkins, James | 56 | OREG | 1:38.30 |
| 400 LC Meter Freestyle | | | | |
| 1 | Bruce, Bob | 55 | OREG | 5:27.19 |
| 200 LC Meter Backstroke | | | | |
| 1 | Bruce, Bob | 55 | OREG | 2:53.46 O |
| 100 LC Meter Breaststroke | | | | |
| 1 | Bruce, Bob | 55 | OREG | 1:30.86 |
| 200 LC Meter Breaststroke | | | | |
| 1 | Bruce, Bob | 55 | OREG | 3:20.69 |
| Men 60-64 | | | | |
| 50 LC Meter Freestyle | | | | |
| 1 | Smith, Robert | 60 | OREG | 28.72 Z |
| 2 | Landis, Tom | 61 | OREG | 29.14 |
| 3 | Juhala, Richard | 60 | OREG | 41.31 |
| 100 LC Meter Freestyle | | | | |
| 1 | Keudell, David | 63 | OREG | 1:30.21 |
| 200 LC Meter Freestyle | | | | |
| 1 | Landis, Tom | 61 | OREG | 2:31.03 |
| 400 LC Meter Freestyle | | | | |
| 1 | Landis, Tom | 61 | OREG | 5:13.00 |
| 800 LC Meter Freestyle | | | | |
| 1 | Landis, Tom | 61 | OREG | 11:04.06 |
| 2 | Smith, Robert | 60 | OREG | 12:45.82 |
| 50 LC Meter Backstroke | | | | |
| 1 | Smith, Robert | 60 | OREG | 33.66 Z |
| 2 | Keudell, David | 63 | OREG | 53.01 |
| 100 LC Meter Backstroke | | | | |
| 1 | Smith, Robert | 60 | OREG | 1:18.40 O |
| 200 LC Meter Backstroke | | | | |
| 1 | Juhala, Richard | 60 | OREG | 4:10.40 |
| 50 LC Meter Breaststroke | | | | |
| 1 | Keudell, David | 63 | OREG | 45.08 |
| 2 | Juhala, Richard | 60 | OREG | 50.62 |
| 100 LC Meter Breaststroke | | | | |
| 1 | Keudell, David | 63 | OREG | 1:41.16 |
| 200 LC Meter Breaststroke | | | | |
| 1 | Keudell, David | 63 | OREG | 3:45.02 |
| 50 LC Meter Butterfly | | | | |
| 1 | Smith, Robert | 60 | OREG | 35.43 |
| 200 LC Meter Butterfly | | | | |
| 1 | Landis, Tom | 61 | OREG | 3:08.26 Z |

| | | | |
|--------------------------|-----------|-------------|----------------|
| 2 Juhala, Richard | 60 | OREG | 4:17.57 |
| Men 65-69 | | | |
| 50 LC Meter Freestyle | | | |
| 1 Petersen, Bert | 65 | OREG | 31.21 |
| 2 Thayer, George | 67 | OREG | 33.11 |
| 200 LC Meter Freestyle | | | |
| 1 Petersen, Bert | 65 | OREG | 2:46.30 |
| 50 LC Meter Breaststroke | | | |
| 1 Thayer, George | 67 | OREG | 48.77 |
| 50 LC Meter Butterfly | | | |
| 1 Petersen, Bert | 65 | OREG | 32.23 Z |
| Men 75-79 | | | |
| 50 LC Meter Freestyle | | | |
| 1 Allen, Raymond | 77 | OREG | 56.21 |
| 100 LC Meter Freestyle | | | |
| 1 Allen, Raymond | 77 | OREG | 2:07.84 |
| 400 LC Meter Freestyle | | | |

| | | | |
|--|-----------|-------------|------------------------|
| 1 Allen, Raymond | 77 | OREG | 9:29.95 |
| 800 LC Meter Freestyle | | | |
| 1 Allen, Raymond | 77 | OREG | 20:05.01 |
| Men 80-84 | | | |
| 50 LC Meter Freestyle | | | |
| 1 Holden, Andrew | 84 | OREG | 38.98 |
| 100 LC Meter Freestyle | | | |
| 1 Young, Gilbert | 81 | OREG | 1:31.60 |
| 2 Holden, Andrew | 84 | OREG | 1:33.70 |
| 50 LC Meter Backstroke | | | |
| 1 Holden, Andrew | 84 | OREG | 46.25 Z |
| 50 LC Meter Butterfly | | | |
| 1 Holden, Andrew | 84 | OREG | 45.81 |
| Relays | | | |
| Women 160-199 200 LC Meter Free Relay | | | |
| 1 OREG | | | 2:37.64 |
| 1) Hecksel, T. 37 | | | 2) Eckert-Mason, K. 46 |

| | |
|--|---------------------------|
| 3 Deszoeke, J. 55 | 4) Cappaert, M. 45 |
| Men 160-199 400 LC Meter Medley Relay | |
| 1 OREG | 4:45.70 Z |
| 1) Stewart, D. 39 | 2) Latta, G. 34 |
| 3) Allender, P. 45 | 4) Albright, S. 51 |
| Mixed 200-239 200 LC Meter Free Relay | |
| 1 OREG | 2:23.66 |
| 1) Darnell, S. 49 | 2) Asleson, E. 51 |
| 3) Ward, J. 61 | 4) Curran, P. 42 |
| Mixed 320-359 200 LC Meter Free Relay | |
| 1 OREG | 3:28.79 Z |
| 1) Young, G. 81 | 2) Stangel, P. 82 |
| 3) Wells, M. 77 | 4) Holden, A. 84 |
| Mixed 320-359 200 LC Meter Medley Relay | |
| 1 OREG | 3:57.06 Z |
| 1) Wells, M. 77 | 2) Stangel, P. 82 |
| 3) Holden, A. 84 | 4) Young, G. 81 |

State Games of Oregon - July 12 / 13

W = Breaks listed World Record
N = Breaks listed National Record
Z = Zone Record
O = Oregon Record
S = State Games Record

Women 19-24

| | | | |
|-------------------------|----|------|----------|
| 100 LC Meter Freestyle | | | |
| 1 Moffat, Beca | 22 | OREG | 1:07.04 |
| 2 Reeves, Rebecca | 22 | UNAT | 1:17.05 |
| 200 LC Meter Freestyle | | | |
| 1 Moffat, Beca | 22 | OREG | 2:32.86 |
| 2 Moffat, Ashley | 19 | OREG | 2:41.28 |
| 3 Waters, Ellen | 24 | UNAT | 3:37.43 |
| 400 LC Meter Freestyle | | | |
| 1 Reeves, Rebecca | 22 | UNAT | 6:20.25 |
| 1500 LC Meter Freestyle | | | |
| 1 Moffat, Beca | 22 | OREG | 21:01.16 |
| 50 LC Meter Backstroke | | | |
| 1 Waters, Ellen | 24 | UNAT | 48.86 |
| 50 LC Meter Butterfly | | | |
| 1 Moffat, Beca | 22 | OREG | 34.90 |
| 2 Linstrom, Dana | 22 | UNAT | 37.30 |
| 100 LC Meter Butterfly | | | |
| 1 Allender, Megan | 19 | UNAT | 1:25.09 |
| 200 LC Meter IM | | | |
| 1 Moffat, Beca | 22 | OREG | 2:51.89 |
| 2 Allender, Megan | 19 | UNAT | 3:03.41 |
| 3 Waters, Ellen | 24 | UNAT | 3:56.45 |

Women 25-29

| | | | |
|---------------------------|----|------|---------|
| 50 LC Meter Backstroke | | | |
| 1 Pound, Liane | 26 | UNAT | 39.98 |
| 50 LC Meter Breaststroke | | | |
| 1 Johnson, Ashley | 25 | OREG | 37.66 |
| 2 Gibbs, Zan | 28 | OREG | 44.37 |
| 100 LC Meter Breaststroke | | | |
| 1 Johnson, Ashley | 25 | OREG | 1:23.97 |
| 2 Pound, Liane | 26 | UNAT | 1:38.01 |
| 3 Gibbs, Zan | 28 | OREG | 1:41.14 |

Women 30-34

| | | | |
|------------------------|----|------|---------|
| 50 LC Meter Freestyle | | | |
| 1 Butcher, Jennifer | 31 | OREG | 31.57 |
| 2 Veltrie, Susan | 33 | OREG | 31.96 |
| 3 Kelly, Sharon | 31 | UNAT | 36.03 |
| 100 LC Meter Freestyle | | | |
| 1 Veltrie, Susan | 33 | OREG | 1:11.77 |
| 2 Butcher, Jennifer | 31 | OREG | 1:12.34 |
| 3 Wong, Linda | 31 | OREG | 1:35.65 |

| | | | |
|---------------------------|----|------|----------|
| 200 LC Meter Freestyle | | | |
| 1 Veltrie, Susan | 33 | OREG | 2:43.02 |
| 400 LC Meter Freestyle | | | |
| 1 Moore, Alison | 33 | OREG | 5:46.12 |
| 1500 LC Meter Freestyle | | | |
| 1 Moore, Alison | 33 | OREG | 22:33.28 |
| 50 LC Meter Backstroke | | | |
| 1 Butcher, Jennifer | 31 | OREG | 36.33 |
| 2 Kelly, Sharon | 31 | UNAT | 44.16 |
| 100 LC Meter Backstroke | | | |
| 1 Butcher, Jennifer | 31 | OREG | 1:20.25 |
| 200 LC Meter Backstroke | | | |
| 1 Butcher, Jennifer | 31 | OREG | 2:52.52 |
| 2 Criscione, Anicia | 30 | OREG | 3:09.11 |
| 50 LC Meter Breaststroke | | | |
| 1 Lewis, Kristine | 33 | OREG | 44.33 |
| 2 Wong, Linda | 31 | OREG | 52.28 |
| 100 LC Meter Breaststroke | | | |
| 1 Frieder, Marisa | 34 | OREG | 1:34.32 |
| 2 Moore, Alison | 33 | OREG | 1:35.53 |
| 3 Criscione, Anicia | 30 | OREG | 1:37.41 |
| 200 LC Meter Breaststroke | | | |
| 1 Lewis, Kristine | 33 | OREG | 3:21.30 |
| 2 Moore, Alison | 33 | OREG | 3:24.66 |
| 50 LC Meter Butterfly | | | |
| 1 Veltrie, Susan | 33 | OREG | 35.18 |
| 2 Wong, Linda | 31 | OREG | 53.20 |
| 100 LC Meter Butterfly | | | |
| 1 Frieder, Marisa | 34 | OREG | 1:39.56 |

Women 35-39

| | | | |
|--------------------------|----|------|---------|
| 50 LC Meter Freestyle | | | |
| 1 Topp, Suzanne | 36 | OREG | 32.09 |
| 2 Collson, Anne-Marie | 36 | OREG | 32.84 |
| 3 Law, Cathy | 36 | OREG | 33.34 |
| 4 Scholz, Anne | 37 | OREG | 37.71 |
| 5 Shaw, Susan | 36 | OREG | 38.50 |
| 100 LC Meter Freestyle | | | |
| 1 Shaw, Susan | 36 | OREG | 1:24.67 |
| 200 LC Meter Freestyle | | | |
| 1 Topp, Suzanne | 36 | OREG | 2:42.85 |
| 2 Collson, Anne-Marie | 36 | OREG | 2:46.03 |
| 3 Shaw, Susan | 36 | OREG | 3:10.04 |
| 400 LC Meter Freestyle | | | |
| 1 Topp, Suzanne | 36 | OREG | 5:46.43 |
| 2 Scholz, Anne | 37 | OREG | 6:53.83 |
| 50 LC Meter Backstroke | | | |
| 1 Scholz, Anne | 37 | OREG | 41.91 |
| 50 LC Meter Breaststroke | | | |
| 1 Law, Cathy | 36 | OREG | 49.19 |

| | | | |
|---------------------------|-----------|-------------|------------------|
| 100 LC Meter Breaststroke | | | |
| 1 Law, Cathy | 36 | OREG | 1:38.51 |
| 2 Shaw, Susan | 36 | OREG | 1:45.45 |
| 200 LC Meter Breaststroke | | | |
| 1 Shaw, Susan | 36 | OREG | 3:47.23 |
| 100 LC Meter Butterfly | | | |
| 1 Collson, Anne-Marie | 36 | OREG | 1:33.70 |
| 200 LC Meter IM | | | |
| 1 Shaw, Susan | 36 | OREG | 3:32.37 |
| Women 40-44 | | | |
| 50 LC Meter Freestyle | | | |
| 1 Foley, Sharon | 43 | MACO | 30.35 S |
| 2 Vincent, Nancy | 44 | OREG | 34.60 |
| 3 Raach, Bridget | 40 | OREG | 39.29 |
| 4 Dyehouse, Cheryl | 42 | OREG | 42.84 |
| 5 Mickels, Laurie | 41 | OREG | 46.56 |
| 100 LC Meter Freestyle | | | |
| 1 Jenkins, Valerie | 40 | OREG | 1:08.25 |
| 2 Foley, Sharon | 43 | MACO | 1:10.07 |
| 3 Vincent, Nancy | 44 | OREG | 1:17.19 |
| 4 Fox, Christina | 43 | OREG | 1:25.66 |
| 200 LC Meter Freestyle | | | |
| 1 Vincent, Nancy | 44 | OREG | 2:55.10 |
| 2 Mickels, Laurie | 41 | OREG | 3:51.31 |
| 400 LC Meter Freestyle | | | |
| 1 Viales, Dianne | 41 | OREG | 5:43.72 |
| 50 LC Meter Backstroke | | | |
| 1 Jenkins, Valerie | 40 | OREG | 36.07 S |
| 2 Dyehouse, Cheryl | 42 | OREG | 46.96 |
| 3 Mickels, Laurie | 41 | OREG | 53.25 |
| 100 LC Meter Backstroke | | | |
| 1 Jenkins, Valerie | 40 | OREG | 1:17.97 S |
| 2 Fox, Christina | 43 | OREG | 1:30.72 |
| 200 LC Meter Backstroke | | | |
| 1 Jenkins, Valerie | 40 | OREG | 2:51.09 S |
| 2 Fox, Christina | 43 | OREG | 3:15.27 |
| 50 LC Meter Breaststroke | | | |
| 1 Foley, Sharon | 43 | MACO | 42.46 |
| 2 Vincent, Nancy | 44 | OREG | 43.66 |
| 3 Jenkins, Patricia | 40 | OREG | 49.52 |
| 100 LC Meter Breaststroke | | | |
| 1 Vincent, Nancy | 44 | OREG | 1:33.36 |
| 2 Foley, Sharon | 43 | MACO | 1:34.74 |
| 3 Fox, Christina | 43 | OREG | 1:45.26 |
| 4 Jenkins, Patricia | 40 | OREG | 1:50.33 |
| 5 Dyehouse, Cheryl | 42 | OREG | 2:16.84 |
| 200 LC Meter Breaststroke | | | |
| 1 Vincent, Nancy | 44 | OREG | 3:26.27 |

continued on page 10

Results continued from page 9

| | | | | | | | | | | | |
|----------------------------|-----------|-------------|------------------|---------------------------|-----------|-------------|------------------|----------------------------|-----------|-------------|-------------------|
| 2 Jenkins, Patricia | 40 | OREG | 3:56.13 | 2 Milner, Nancy | 52 | OREG | 52.76 | 2 Frid, Barbara | 61 | OREG | 40.64 |
| 50 LC Meter Butterfly | | | | 3 Wikander, Teresa | 51 | UNAT | 1:07.85 | 100 LC Meter Butterfly | | | |
| 1 Jenkins, Valerie | 40 | OREG | 33.83 | 100 LC Meter Breaststroke | | | | 1 Ward, Joy | 61 | OREG | 1:39.27 Z |
| 2 Foley, Sharon | 43 | MACO | 34.34 | 1 Call, Kathy | 52 | OREG | 1:40.30 | 200 LC Meter Butterfly | | | |
| 3 Raach, Bridget | 40 | OREG | 50.08 | 200 LC Meter Butterfly | | | | 1 Himstreet, Pam | 60 | OREG | 4:25.70 O |
| 100 LC Meter Butterfly | | | | 1 Staley, Darlene | 53 | OREG | 3:33.75 | 200 LC Meter IM | | | |
| 1 Foley, Sharon | 43 | MACO | 1:19.22 S | Women 55-59 | | | | 1 Himstreet, Pam | 60 | OREG | 4:05.68 |
| 200 LC Meter IM | | | | 50 LC Meter Freestyle | | | | 400 LC Meter IM | | | |
| 1 Jenkins, Valerie | 40 | OREG | 2:53.96 | 1 Quattro, Jackie | 56 | OREG | 35.44 | 1 Ward, Joy | 61 | OREG | 7:28.76 Z |
| 2 Viales, Dianne | 41 | OREG | 2:58.84 | 100 LC Meter Freestyle | | | | Women 70-74 | | | |
| Women 45-49 | | | | 1 Quattro, Jackie | 56 | OREG | 1:21.52 | 100 LC Meter Freestyle | | | |
| 50 LC Meter Freestyle | | | | 2 Graf, Carolyn | 56 | UNAT | 2:11.09 | 1 Stoinoff, Lavelle | 70 | MACO | 1:23.09 Z |
| 1 Andrus-Hughes, K. | 46 | OREG | 29.30 S | 200 LC Meter Freestyle | | | | 1 Stoinoff, Lavelle | 70 | MACO | 2:57.28 N |
| 2 Snyder, Lynne | 47 | UNAT | 39.10 | 1 Graf, Carolyn | 56 | UNAT | 4:30.52 | 2 L'Esperance, Beverly | 71 | OREG | 4:25.12 |
| 100 LC Meter Freestyle | | | | 400 LC Meter Freestyle | | | | 400 LC Meter Freestyle | | | |
| 1 Andrus-Hughes, Karen | 46 | OREG | 1:04.91 | 1 Quattro, Jackie | 56 | OREG | 6:11.83 | 1 Stoinoff, Lavelle | 70 | MACO | 6:12.53 S |
| 2 Parisi, Robin | 49 | MACO | 1:09.48 | 2 Gettling, Janet | 55 | OREG | 6:19.10 | 1500 LC Meter Freestyle | | | |
| 3 Snyder, Lynne | 47 | UNAT | 1:34.85 | 50 LC Meter Backstroke | | | | 1 Stoinoff, Lavelle | 70 | MACO | 24:24.13 N |
| 200 LC Meter Freestyle | | | | 1 Pierson, Ginger | 57 | MACO | 44.81 | 100 LC Meter Backstroke | | | |
| 1 Andrus-Hughes, Karen | 46 | OREG | 2:26.20 | 2 Quattro, Jackie | 56 | OREG | 45.52 | 1 Stoinoff, Lavelle | 70 | MACO | 1:40.88 Z |
| 400 LC Meter Freestyle | | | | 100 LC Meter Backstroke | | | | 2 L'Esperance, Beverly | 71 | OREG | 2:29.42 |
| 1 Crabbe, Colette | 47 | OREG | 5:13.97 S | 1 Quattro, Jackie | 56 | OREG | 1:40.99 | 200 LC Meter Backstroke | | | |
| 1500 LC Meter Freestyle | | | | 50 LC Meter Breaststroke | | | | 1 Stoinoff, Lavelle | 70 | MACO | 3:30.86 Z |
| 1 Welborn, Jody | 48 | OREG | 24:46.49 | 1 Gettling, Janet | 55 | OREG | 43.79 | 2 L'Esperance, Beverly | 71 | OREG | 5:08.73 |
| 50 LC Meter Backstroke | | | | 2 Graf, Carolyn | 56 | UNAT | 1:00.37 | Women 80-84 | | | |
| 1 Waters, Tea | 48 | OREG | 45.07 | 100 LC Meter Breaststroke | | | | 50 LC Meter Freestyle | | | |
| 2 Snyder, Lynne | 47 | UNAT | 49.20 | 1 Gettling, Janet | 55 | OREG | 1:41.35 | 1 Stangel, Pauline | 82 | OREG | 1:00.07 |
| 100 LC Meter Backstroke | | | | 200 LC Meter Breaststroke | | | | 2 Bernardi, Norma | 84 | OREG | 1:09.45 |
| 1 Parisi, Robin | 49 | MACO | 1:22.25 S | 1 Pierson, Ginger | 57 | MACO | 3:35.67 | 200 LC Meter Freestyle | | | |
| 2 Welborn, Jody | 48 | OREG | 1:43.15 | 2 Graf, Carolyn | 56 | UNAT | 4:51.31 | 1 Stangel, Pauline | 82 | OREG | 4:50.52 Z |
| 200 LC Meter Backstroke | | | | 50 LC Meter Butterfly | | | | 100 LC Meter Backstroke | | | |
| 1 Welborn, Jody | 48 | OREG | 3:39.59 | 1 Gettling, Janet | 55 | OREG | 38.22 | 1 Stangel, Pauline | 82 | OREG | 2:56.69 |
| 50 LC Meter Breaststroke | | | | 2 Graf, Carolyn | 56 | UNAT | 1:11.30 | 200 LC Meter Breaststroke | | | |
| 1 Snyder, Lynne | 47 | UNAT | 51.21 | 100 LC Meter Butterfly | | | | 1 Stangel, Pauline | 82 | OREG | 5:53.03 Z |
| 100 LC Meter Breaststroke | | | | 1 Gettling, Janet | 55 | OREG | 1:33.82 | 50 LC Meter Butterfly | | | |
| 1 Crabbe, Colette | 47 | OREG | 1:24.05 S | 2 Pierson, Ginger | 57 | MACO | 1:37.15 | 1 Stevenin, Elfie | 82 | OREG | 2:17.59 |
| 200 LC Meter Breaststroke | | | | 200 LC Meter Butterfly | | | | 100 LC Meter Butterfly | | | |
| 1 Crabbe, Colette | 47 | OREG | 3:03.08 | 1 Pierson, Ginger | 57 | MACO | 3:31.45 | 1 Stevenin, Elfie | 82 | OREG | 5:24.28 |
| 50 LC Meter Butterfly | | | | 200 LC Meter IM | | | | 200 LC Meter Butterfly | | | |
| 1 Andrus-Hughes, Karen | 46 | OREG | 33.49 | 1 Pierson, Ginger | 57 | MACO | 3:26.88 | 1 Stevenin, Elfie | 82 | OREG | 11:38.19 |
| 2 Parisi, Robin | 49 | MACO | 33.50 | 2 Graf, Carolyn | 56 | UNAT | 4:51.85 | 200 LC Meter IM | | | |
| 100 LC Meter Butterfly | | | | 400 LC Meter IM | | | | 1 Stevenin, Elfie | 82 | OREG | 9:14.58 |
| 1 Waters, Tea | 48 | OREG | 1:45.62 | 1 Pierson, Ginger | 57 | MACO | 7:14.69 S | 400 LC Meter IM | | | |
| 2 Moss, Helen | 45 | OREG | 2:08.50 | 2 Gettling, Janet | 55 | OREG | 7:19.62 | 1 Stevenin, Elfie | 82 | OREG | 19:06.32 |
| 200 LC Meter IM | | | | Women 60-64 | | | | Women 90-94 | | | |
| 1 Crabbe, Colette | 47 | OREG | 2:39.63 S | 50 LC Meter Freestyle | | | | 50 LC Meter Backstroke | | | |
| 2 Andrus-Hughes, Karen | 46 | OREG | 2:47.84 | 1 Ward, Joy | 61 | OREG | 35.52 | 1 Muller, Eva | 91 | OREG | 1:17.68 Z |
| 3 Welborn, Jody | 48 | OREG | 3:31.72 | 2 Frid, Barbara | 61 | OREG | 36.64 | 200 LC Meter Backstroke | | | |
| 4 Waters, Tea | 48 | OREG | 3:33.93 | 100 LC Meter Freestyle | | | | 1 Muller, Eva | 91 | OREG | 6:28.70 Z |
| 400 LC Meter IM | | | | 1 Frid, Barbara | 61 | OREG | 1:22.92 | 100 LC Meter Breaststroke | | | |
| 1 Crabbe, Colette | 47 | OREG | 5:47.69 S | 200 LC Meter Freestyle | | | | 1 Muller, Eva | 91 | OREG | 3:49.99 N |
| 2 Andrus-Hughes, Karen | 46 | OREG | 6:06.37 | 1 Frid, Barbara | 61 | OREG | 3:02.79 | Men 19-24 | | | |
| Women 50-54 | | | | 400 LC Meter Freestyle | | | | 200 LC Meter Freestyle | | | |
| 50 LC Meter Freestyle | | | | 1 Frid, Barbara | 61 | OREG | 6:27.69 | 1 Niehaus, Kurt | 23 | UNAT | 2:06.40 S |
| 1 Call, Kathy | 52 | OREG | 33.35 | 2 Himstreet, Pam | 60 | OREG | 7:27.75 | 1500 LC Meter Freestyle | | | |
| 2 Wikander, Teresa | 51 | UNAT | 55.33 | 1500 LC Meter Freestyle | | | | 1 Niehaus, Kurt | 23 | UNAT | 17:17.70 S |
| 3 Yadon, Laurie | 51 | OREG | 59.17 | 1 Himstreet, Pam | 60 | OREG | 28:13.84 | 100 LC Meter Backstroke | | | |
| 100 LC Meter Freestyle | | | | 50 LC Meter Backstroke | | | | 1 Mueller, Elliott | 24 | NEM | 1:05.52 S |
| 1 Yadon, Laurie | 51 | OREG | 2:34.71 | 1 Ward, Joy | 61 | OREG | 43.53 S | 50 LC Meter Breaststroke | | | |
| 1500 LC Meter Freestyle | | | | 100 LC Meter Backstroke | | | | 1 Mueller, Elliott | 24 | NEM | 32.90 S |
| 1 Staley, Darlene | 53 | OREG | 24:53.02 | 1 Ward, Joy | 61 | OREG | 1:35.74 S | 100 LC Meter Breaststroke | | | |
| 2 Milner, Nancy | 52 | OREG | 26:51.94 | 200 LC Meter Backstroke | | | | 1 Niehaus, Kurt | 23 | UNAT | 1:14.02 S |
| 50 LC Meter Backstroke | | | | 1 Himstreet, Pam | 60 | OREG | 4:36.14 | 50 LC Meter Butterfly | | | |
| 1 Yadon, Laurie | 51 | OREG | 1:17.89 | 50 LC Meter Breaststroke | | | | 1 Mueller, Elliott | 24 | NEM | 26.94 S |
| 100 LC Meter Backstroke | | | | 1 Frid, Barbara | 61 | OREG | 47.57 S | Men 25-29 | | | |
| 1 Yadon, Laurie | 51 | OREG | 2:46.38 | 200 LC Meter Breaststroke | | | | 50 LC Meter Freestyle | | | |
| 50 LC Meter Breaststroke | | | | 1 Himstreet, Pam | 60 | OREG | 4:01.06 | 1 Ebert, Todd | 27 | UNAT | 31.97 |
| 1 Call, Kathy | 52 | OREG | 46.12 | 50 LC Meter Butterfly | | | | 50 LC Meter Backstroke | | | |
| | | | | 1 Ward, Joy | 61 | OREG | 37.27 S | | | | |

Results continued from page 11

| | | | |
|----------------------------|-----------|-------------|-------------------|
| 50 LC Meter Butterfly | | | |
| 1 Tennant, Mike | 50 | OREG | 32.53 |
| 2 Yensen, Kermit | 50 | OREG | 32.67 |
| 3 Stark, Allen | 54 | OREG | 33.14 |
| 4 Street, James | 52 | UNAT | 37.63 |
| 100 LC Meter Butterfly | | | |
| 1 Yensen, Kermit | 50 | OREG | 1:23.05 |
| 200 LC Meter IM | | | |
| 1 Tennant, Mike | 50 | OREG | 2:47.93 S |
| 2 Walkky, John | 50 | OREG | 2:53.35 |
| 3 Yensen, Kermit | 50 | OREG | 2:55.03 |
| 400 LC Meter IM | | | |
| 1 Yensen, Kermit | 50 | OREG | 6:25.97 S |
| Men 55-59 | | | |
| 50 LC Meter Freestyle | | | |
| 1 Prentice, Douglas | 55 | OREG | 29.04 S |
| 2 Silvey, Michael | 58 | OREG | 31.09 |
| 3 Jenkins, James | 56 | OREG | 43.45 |
| 100 LC Meter Freestyle | | | |
| 1 Silvey, Michael | 58 | OREG | 1:11.48 |
| 2 Jenkins, James | 56 | OREG | 1:39.55 |
| 200 LC Meter Freestyle | | | |
| 1 Silvey, Michael | 58 | OREG | 2:49.33 |
| 1500 LC Meter Freestyle | | | |
| 1 Johnson, Steve | 55 | OREG | 19:40.64 Z |
| 2 Bruce, Bob | 55 | OREG | 20:55.88 |
| 50 LC Meter Backstroke | | | |
| 1 Bruce, Bob | 55 | OREG | 36.38 |
| 2 Jenkins, James | 56 | OREG | 59.60 |
| 50 LC Meter Breaststroke | | | |
| 1 Bruce, Bob | 55 | OREG | 41.08 S |
| 100 LC Meter Breaststroke | | | |
| 1 Prentice, Douglas | 55 | OREG | 1:28.91 |
| 50 LC Meter Butterfly | | | |
| 1 Stevens, Baz | 55 | UNAT | 32.44 |
| 2 Silvey, Michael | 58 | OREG | 33.97 |
| 200 LC Meter IM | | | |
| 1 Bruce, Bob | 55 | OREG | 2:50.37 O |
| 400 LC Meter IM | | | |
| 1 Bruce, Bob | 55 | OREG | 6:07.83 Z |
| Men 60-64 | | | |
| 50 LC Meter Freestyle | | | |
| 1 Smith, Robert | 60 | OREG | 27.62 Z |
| 2 Landis, Tom | 61 | OREG | 29.52 |
| 3 Keudell, David | 63 | OREG | 38.84 |
| 4 Mccrea, Don | 63 | UNAT | 39.77 |
| 100 LC Meter Freestyle | | | |
| 1 Landis, Tom | 61 | OREG | 1:03.60 S |
| 2 Smith, Robert | 60 | OREG | 1:11.48 |
| 3 Keudell, David | 63 | OREG | 1:30.66 |
| 400 LC Meter Freestyle | | | |
| 1 Smith, Robert | 60 | OREG | 5:53.42 |
| 1500 LC Meter Freestyle | | | |
| 1 Landis, Tom | 61 | OREG | 20:41.67 |
| 50 LC Meter Backstroke | | | |
| 1 Smith, Robert | 60 | OREG | 33.01 W |
| 2 Keudell, David | 63 | OREG | 52.04 |
| 50 LC Meter Breaststroke | | | |
| 1 Smith, Robert | 60 | OREG | 37.82 O |
| 2 Keudell, David | 63 | OREG | 43.76 |
| 100 LC Meter Breaststroke | | | |
| 1 Keudell, David | 63 | OREG | 1:38.55 S |
| 200 LC Meter Breaststroke | | | |
| 1 Keudell, David | 63 | OREG | 3:37.89 |
| 100 LC Meter Butterfly | | | |
| 1 Landis, Tom | 61 | OREG | 1:18.00 S |
| 200 LC Meter IM | | | |
| 1 Landis, Tom | 61 | OREG | 2:53.59 Z |

| | | | |
|---------------------------|-----------|-------------|-------------------|
| 400 LC Meter IM | | | |
| 1 Landis, Tom | 61 | OREG | 6:13.67 Z |
| Men 65-69 | | | |
| 50 LC Meter Freestyle | | | |
| 1 Thayer, George | 67 | OREG | 32.78 |
| 2 Levak, Tom | 65 | MACO | 33.94 |
| 3 Rigdon, John | 67 | UNAT | 34.59 |
| 4 Ritter, Will | 69 | OREG | 36.70 |
| 5 Flores-Fiol, Oscar | 65 | UNAT | 36.91 |
| 6 Ngan, Wai-Bong | 66 | UNAT | 39.77 |
| 100 LC Meter Freestyle | | | |
| 1 Radcliff, David | 69 | OREG | 1:15.74 |
| 2 Thayer, George | 67 | OREG | 1:17.87 |
| 3 Bigler, Jim | 68 | MACO | 1:20.34 |
| 4 Rigdon, John | 67 | UNAT | 1:23.44 |
| 5 Ngan, Wai-Bong | 66 | UNAT | 1:30.48 |
| 400 LC Meter Freestyle | | | |
| 1 Lake, Brent | 65 | OREG | 6:25.92 |
| 1500 LC Meter Freestyle | | | |
| 1 Radcliff, David | 69 | OREG | 22:22.56 S |
| 2 Lake, Brent | 65 | OREG | 24:32.09 |
| 3 Bigler, Jim | 68 | MACO | 25:58.26 |
| 4 Kirschner, John | 67 | UNAT | 33:10.51 |
| 50 LC Meter Backstroke | | | |
| 1 Lake, Brent | 65 | OREG | 40.25 |
| 2 Thayer, George | 67 | OREG | 42.22 |
| 3 Ngan, Wai-Bong | 66 | UNAT | 48.97 |
| 100 LC Meter Backstroke | | | |
| 1 Lake, Brent | 65 | OREG | 1:29.91 |
| 2 Ritter, Will | 69 | OREG | 1:52.69 |
| 200 LC Meter Backstroke | | | |
| 1 Lake, Brent | 65 | OREG | 3:15.16 S |
| 50 LC Meter Breaststroke | | | |
| 1 Bigler, Jim | 68 | MACO | 45.09 |
| 2 Ngan, Wai-Bong | 66 | UNAT | 46.26 |
| 3 Thayer, George | 67 | OREG | 46.71 |
| 100 LC Meter Breaststroke | | | |
| 1 Ngan, Wai-Bong | 66 | UNAT | 1:44.53 |
| 200 LC Meter Breaststroke | | | |
| 1 Ngan, Wai-Bong | 66 | UNAT | 4:02.99 |
| 2 Ritter, Will | 69 | OREG | 4:07.60 |
| 50 LC Meter Butterfly | | | |
| 1 Petersen, Bert | 65 | OREG | 31.41 Z |
| 100 LC Meter Butterfly | | | |
| 1 Petersen, Bert | 65 | OREG | 1:20.86 Z |
| 200 LC Meter IM | | | |
| 1 Ritter, Will | 69 | OREG | 4:00.25 |
| Men 70-74 | | | |
| 50 LC Meter Freestyle | | | |
| 1 Marks, Milton | 73 | OREG | 34.96 |
| 2 Guest, Eric | 74 | OREG | 41.84 |
| 3 Holman, William | 72 | OREG | 44.51 |
| 4 Welch, Arthur | 71 | OREG | 48.37 |
| 100 LC Meter Freestyle | | | |
| 1 Guest, Eric | 74 | OREG | 1:41.17 |
| 2 Holman, William | 72 | OREG | 1:48.44 |
| 3 Welch, Arthur | 71 | OREG | 1:52.61 |
| 200 LC Meter Freestyle | | | |
| 1 Holman, William | 72 | OREG | 3:54.33 |
| 2 Welch, Arthur | 71 | OREG | 4:11.20 |
| 400 LC Meter Freestyle | | | |
| 1 Holman, William | 72 | OREG | 8:31.76 |
| 50 LC Meter Backstroke | | | |
| 1 Marks, Milton | 73 | OREG | 44.30 |
| 2 Welch, Arthur | 71 | OREG | 59.97 |
| 100 LC Meter Backstroke | | | |
| 1 Welch, Arthur | 71 | OREG | 2:07.85 |
| 200 LC Meter Backstroke | | | |
| 1 Welch, Arthur | 71 | OREG | 4:32.53 |

| | | | |
|--|-----------|-------------|---------------------|
| 50 LC Meter Breaststroke | | | |
| 1 Marks, Milton | 73 | OREG | 45.14 |
| 100 LC Meter Breaststroke | | | |
| 1 Marks, Milton | 73 | OREG | 1:41.86 |
| 200 LC Meter Breaststroke | | | |
| 1 Marks, Milton | 73 | OREG | 3:53.16 O |
| 400 LC Meter IM | | | |
| 1 Marks, Milton | 73 | OREG | 8:13.53 S |
| Men 75-79 | | | |
| 50 LC Meter Freestyle | | | |
| 1 Hersey, Cal | 76 | UNAT | 52.42 |
| 100 LC Meter Freestyle | | | |
| 1 Austen, Clark | 76 | MACO | 2:08.17 |
| 2 Jones, Sheridan | 76 | OREG | 3:35.08 |
| 200 LC Meter Freestyle | | | |
| 1 Austen, Clark | 76 | MACO | 4:39.59 |
| 400 LC Meter Freestyle | | | |
| 1 Austen, Clark | 76 | MACO | 10:22.18 |
| 1500 LC Meter Freestyle | | | |
| 1 Austen, Clark | 76 | MACO | 39:56.33 |
| 50 LC Meter Backstroke | | | |
| 1 Miesen, Lee | 76 | MACO | 54.83 |
| 2 Hersey, Cal | 76 | UNAT | 1:12.79 |
| 200 LC Meter Backstroke | | | |
| 1 Miesen, Lee | 76 | MACO | 4:55.33 |
| 50 LC Meter Breaststroke | | | |
| 1 Hersey, Cal | 76 | UNAT | 1:21.68 |
| 2 Jones, Sheridan | 76 | OREG | 1:34.35 |
| 100 LC Meter Breaststroke | | | |
| 1 Miesen, Lee | 76 | MACO | 1:54.44 Z |
| 200 LC Meter Breaststroke | | | |
| 1 Miesen, Lee | 76 | MACO | 4:50.85 |
| Men 80-84 | | | |
| 50 LC Meter Freestyle | | | |
| 1 Holden, Andrew | 84 | OREG | 37.53 S |
| 2 Fixott, Rupert | 82 | OREG | 52.64 |
| 3 Bushey, Charles | 82 | UNAT | 56.89 |
| 100 LC Meter Freestyle | | | |
| 1 Young, Gilbert | 81 | OREG | 1:30.94 |
| 2 Shadbeh, Khosrow | 82 | OREG | 2:28.77 |
| 200 LC Meter Freestyle | | | |
| 1 Bushey, Charles | 82 | UNAT | 5:04.47 |
| 400 LC Meter Freestyle | | | |
| 1 Bushey, Charles | 82 | UNAT | 10:32.35 |
| 1500 LC Meter Freestyle | | | |
| 1 Mallon, Joseph | 82 | OREG | 46:07.38 |
| 50 LC Meter Backstroke | | | |
| 1 Fixott, Rupert | 82 | OREG | 1:04.68 |
| 2 Shadbeh, Khosrow | 82 | OREG | 1:19.40 |
| 100 LC Meter Backstroke | | | |
| 1 Young, Gilbert | 81 | OREG | 2:10.06 |
| 50 LC Meter Breaststroke | | | |
| 1 Fixott, Rupert | 82 | OREG | 1:04.22 |
| 2 Shadbeh, Khosrow | 82 | OREG | 1:11.89 |
| 100 LC Meter Breaststroke | | | |
| 1 Shadbeh, Khosrow | 82 | OREG | 2:50.07 |
| 50 LC Meter Butterfly | | | |
| 1 Holden, Andrew | 84 | OREG | 44.97 |
| 2 Shadbeh, Khosrow | 82 | OREG | 1:43.21 |
| Relays | | | |
| Women 200-239 400 LC Meter Free Relay | | | |
| 1 OREG | | | 5:36.41 |
| 1) Gettling, J. 55 | | | 2) Frid, B. 61 |
| 3) Quattro, J. 56 | | | 4) Ward, J. 61 |
| Men 120-159 200 LC Meter Free Relay | | | |
| 1 UNAT | | | 1:57.85 |
| 1) Burleson, D. 46 | | | 2) Kiykioglu, T. 37 |
| 3) Lindsey, J. 37 | | | 4) Askerman, E. 36 |
| 2 OREG | | | 2:07.95 |

1) Butcher, G. 39 2) Palanuk, J. 43
 3) Pospisil, R. 34 4) Rice, D. 36
Men 120-159 200 LC Meter Medley Relay
 1 UNAT 2:11.94
 1) Niehaus, H. 35 2) Niehaus, K. 23
 3) Morescalchi, M. 36 4) Lindsey, J. 37
Men 120-159 400 LC Meter Medley Relay
1 OREG 5:11.95 S
1) Edic, C. 36 2) Askerman, E. 36
3) August, B. 33 4) Yensen, K. 50
Men 160-199 200 LC Meter Medley Relay
 1 OREG 2:18.34
 1) Butcher, G. 39 2) Brockbank, D. 50
 3) Rice, D. 36 4) Wren, M. 45
 2 MACO 2:20.62
 1) Burleson, D. 46 2) Dowd, M. 45
 3) Oliva, T. 41 4) Levak, T. 65
Men 200-239 200 LC Meter Free Relay
 1 MACO 2:25.13
 1) Oliva, T. 41 2) Dowd, M. 45
 3) Munro, S. 46 4) Miesen, L. 76
Men 200-239 400 LC Meter Free Relay
 1 OREG 5:33.82
 1) Ritter, W. 69 2) Lake, B. 65
 3) Darnell, S. 49 4) Wikander, C. 52
Men 200-239 400 LC Meter Medley Relay
1 OREG 5:23.94 S
1) Lake, B. 65 2) Bruce, B. 55
3) Landis, T. 61 4) Tennant, M. 50
Men 240-279 400 LC Meter Free Relay
1 OREG 4:40.41 N
1) Smith, R. 60 2) Thayer, G. 67
3) Petersen, B. 65 4) Tennant, M. 50
Men 240-279 800 LC Meter Free Relay
1 OREG 9:41.00 N
1) Landis, T. 61 2) Radcliff, D. 69
3) Bruce, B. 55 4) Johnson, S. 55
Men 240-279 200 LC Meter Medley Relay
1 OREG 2:16.73 S
1) Smith, R. 60 2) Stark, A. 54
3) Petersen, B. 65 4) Thayer, G. 67
Men 280-319 200 LC Meter Free Relay
 1 OREG 2:40.07

1) Young, G. 81 2) Guest, E. 74
 3) Holden, A. 84 4) Marks, M. 73
Men 320-359 200 LC Meter Medley Relay
 1 OREG 3:17.93
 1) Fixott, R. 82 2) Marks, M. 73
 3) Holden, A. 84 4) Young, G. 81
Mixed 120-159 200 LC Meter Free Relay
 1 UNAT 2:05.56
 1) Allender, P. 45 2) Law, C. 36
 3) Allender, M. 19 4) George, S. 44
 2 OREG 2:12.79
 1) Moffat, B. 22 2) Mcclung, D. 48
 3) Lake, B. 65 4) Moffat, A. 19
 3 UNAT 2:28.61
 1) Waters, E. 24 2) Pound, L. 26
 3) Ebert, T. 27 4) Waters, T. 48
Mixed 120-159 800 LC Meter Free Relay
1 OREG 9:40.54 Z
1) Askerman, E. 36 2) Moore, A. 33
3) Andrus-Hughes, K. 46 4) August, B. 33
 2 OREG 12:22.01
 1) Edic, C. 36 2) Bragg Iii, R. 43
 3) Crabbe, C. 47 4) Wong, L. 31
Mixed 160-199 200 LC Meter Free Relay
 1 OREG 3:07.18
 1) Yadon, L. 51 2) Wong, L. 31
 3) Bragg Iii, R. 43 4) Helm, C. 47
Mixed 160-199 400 LC Meter Free Relay
 1 OREG 5:51.93
 1) Dyehouse, C. 42 2) Croucher, R. 39
 3) Raach, B. 40 4) Mcclung, D. 48
 2 OREG 5:55.66
 1) Wong, L. 31 2) Call, K. 52
 3) Bragg Iii, R. 43 4) Neubert, M. 46
Mixed 160-199 200 LC Meter Medley Relay
1 MACO 2:16.29 S
1) Burleson, D. 46 2) Dowd, M. 45
3) Parisi, R. 49 4) Foley, S. 43
 2 OREG 3:09.35
 1) Bragg Iii, R. 43 2) Wong, L. 31
 3) Crabbe, C. 47 4) Holman, W. 72
Mixed 200-239 200 LC Meter Free Relay
 1 MACO 2:33.51

1) Munro, S. 46 2) Austen, C. 76
 3) Pierson, G. 57 4) Foley, S. 43
Mixed 200-239 400 LC Meter Free Relay
1 OREG 5:39.13 S
1) Ritter, W. 69 2) Vincent, N. 44
3) Jenkins, P. 40 4) Darnell, S. 49
Mixed 240-279 400 LC Meter Free Relay
 1 OREG 4:54.95
 1) Ward, J. 61 2) Landis, T. 61
 3) Frid, B. 61 4) Smith, R. 60
Mixed 240-279 200 LC Meter Medley Relay
1 OREG 2:30.26 S
1) Smith, R. 60 2) Frid, B. 61
3) Petersen, B. 65 4) Quattro, J. 56
Mixed 320-359 200 LC Meter Free Relay
1 OREG 3:24.68 Z
1) Muller, E. 91 2) Young, G. 81
3) Stangel, P. 82 4) Holden, A. 84

Official Splits

Lavelle Stoinoff:
 200 Free from 1500 3:08.99
 400 Free from 1500 6:26.33
 800 Free from 1500 13:00.17
 Bob Bruce
 100 Fly from 400 IM 1:30.31
 800 Free from 1500 12:03.64
 Doug Stewart
 400 Free from 1500 4:35.49
 800 Free from 1500 9:23.75
 Tom Landis
 200 Free from 800 Free Relay 2:25.09
 Janet Gettling
 100 Free from 400 Free Relay 1:20.01
 Gilbert Young
 50 Free from 200 Free Relay 40.88
 David Burleson
 50 Back from 200 Medley Relay 31.35
 Robert Smith
 50 Back from 200 Medley Relay 33.93

Hawaii

Pam Himstreet 60-64 200 Fly-SCM 4:19.14 O



Dave Burleson, "how's my hair" after setting 3 State Games Records.



Photo by John Moore

The "styling" Relay of Brian August, Karen Andrus-Hughes, Alison Moore and Eric Askerman after setting a Zone Record in the 800 Free

**2003 USMS 1500m OPEN WATER SWIM-- DORENA LAKE
SUNDAY, AUGUST 17
SPONSORED BY EMERALD AQUATICS
WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS**

Sanctioned by OMS, Inc. for USMS, Inc. Every swimmer must be a current USMS member to compete.
USMS Sanction #: 373-OW4 One-event USMS registration will be available at check-in for a fee of \$15.00.

Schedule:

| | | | |
|-----------------------------|---|--------------------------------|----------------------|
| <u>Rat Road 1500</u> | <u>1500m:</u> Check-in closes 9:00 am | Pre-race instructions 9:15 am | Race starts 9:30 am |
| <u>Whiteley 1000</u> | <u>1000m:</u> Check-in closes 10:15 am | Pre-race instructions 10:30 am | Race starts 11:00 am |
| <u>Flatfoot Kick</u> | <u>500m:</u> Check-in closes 11:00 am | Pre-race instructions 11:15 am | Race starts 11:30 am |

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

Equipment: Rat Road 1500: Swimmers wearing wetsuits are ineligible for awards. Other USMS open water swimming rules apply. Qualifies for Oregon Open Water Series.
 Whiteley 1000: Use of pull buoys, fins, hand paddles, etc. are allowed (and encouraged!).
 Flatfoot Kick: Bring a kickboard for this event. Propulsion by kicking only.

Safety: The course will have safety marshals, lifeguards, a boat patrol (including a lead boat, a chase boat, perimeter boats, and an "ambulance" boat. In addition paramedics and an ambulance will be on boat ramp during the swim. No pets at the race, please.

Eligibility: Open to all USMS (U.S. Masters Swimming) members. Every swimmer must be a current USMS member to compete.

Awards: Prizes will be raffled during picnic after swim, must be present to win.

Picnic: Following the Flatfoot Kick, around 12:30, Emerald Aquatics will host a finger-food picnic. All are invited (\$5 donation for non-swimmers).

Directions: From I-5 take exit 174 and go east to the reservoir. Follow Row River Road on the north side of the lake for two miles to Harms Park. Signs will be provided on Row River road. (see map, opposite). At race venue follow traffic instructions for parking. Most parking will be on Rat Road, west side.

Information: Susanna Julber, Race Director, (541) 746-3438 (see over for camping information)

| | | | |
|---|------------------|---|-------------------------------------|
| <u>ENTRIES MUST BE POSTMARKED BY August 1st</u> | | <u>add \$10 for late entries</u> | |
| Mail entries | EA Lake Swim | 1500m + one other race | \$25.00 T-shirt \$10.00 Total _____ |
| to: | P.O. Box 3708 | Whiteley or Flatfoot only | \$15.00 T-shirt \$10.00 Total _____ |
| | Eugene, OR 97403 | | Total _____ |
| USMS Reg# _____ | | T-shirt: (circle one) | S M L XL XXL |
| Please attach a copy of your USMS registration card. | | | TOTAL _____ |

Make checks payable to Emerald Aquatics **All fees are non-refundable.**

Name _____ Sex _____ Age _____

Address _____

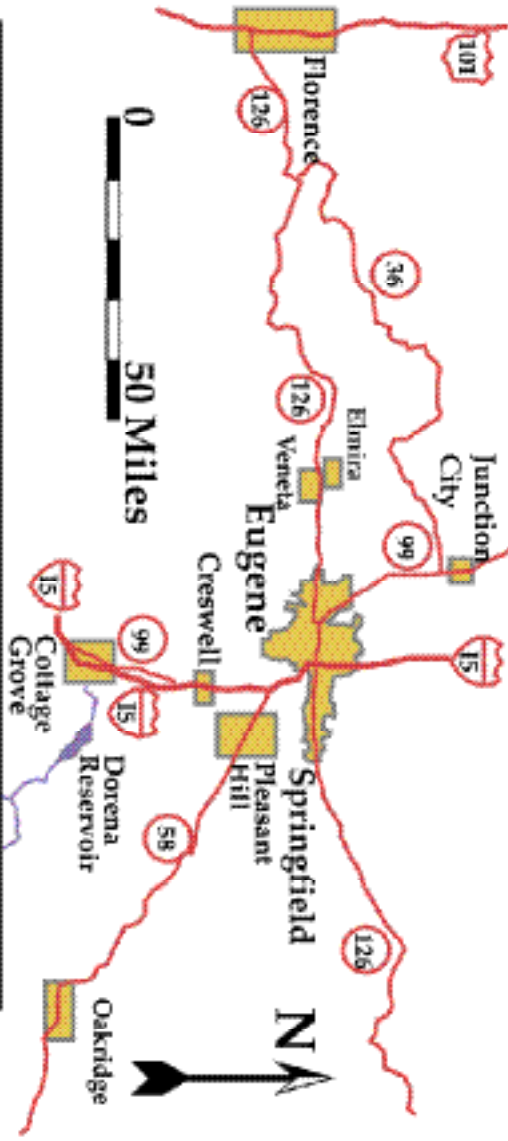
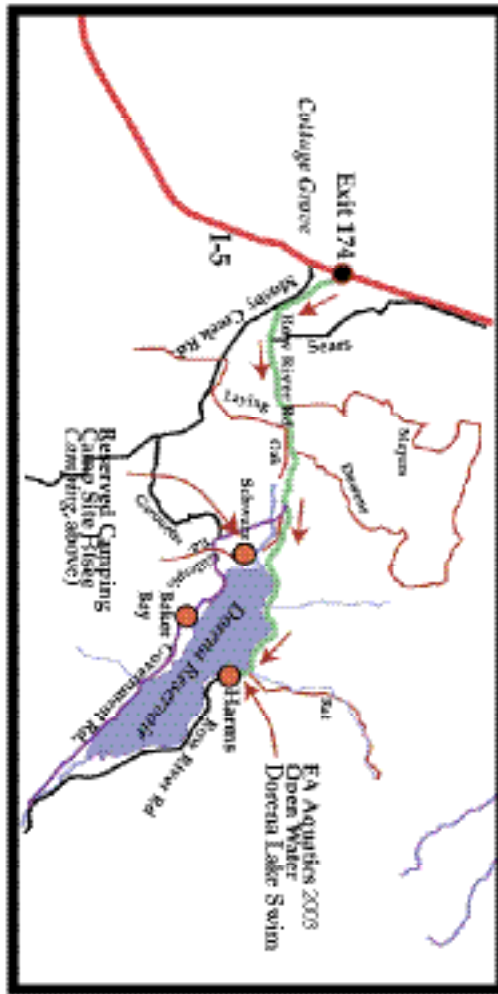
City/State/Zip _____ Local Team _____

Birthdate _____ Day phone _____ Evening phone _____ Fax _____

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

Signature _____ Date _____

Camping: Pay \$5 per tent, at race registration, for Schwarz Park Group Site B camping. First come/first served: Twenty tents & vehicles total. Showers available but no electrical hookup. Reserved for: Debra L. George, on behalf of Emerald Aquatics. Park check-in: Saturday Aug 16 @ 3pm / Check-out: Sunday August 17 @ 2pm. Directions: I5 Exit 174, Row River Rd. east for 5 miles, entrance on left (see below). [Other camping reservations elsewhere at Schwarz Park (NRRS 1-877-444-6777) and at Baker Bay (541-942-7669).]



2003 *Swim* **SCHEDULE**

| Date | Event | Location | Contact |
|---|---|-------------------------|---|
| Pool Meets | | | |
| Aug. 9-10 | Zone LCM | Federal Way, Washington | Mary Lassiter mfish@usms.org |
| National Championships 2003 | | | |
| Aug. 14-17 | LCM | Rutgers Univ. NJ | www.usms.org |
| Open Water 2003 | | | |
| Date | Distance | Location | Contact |
| Aug. 10 | 2 and 1 mile | Timothy Lake | Cancelled |
| *Aug. 17 | 1 mile and ? | Dorena Lake | |
| Postal Championships 2002/2003 | | | |
| 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
August 2003

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

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Inside: Results - Corvallis and State Games