



Aqua-Master

Volume 30, Number 1

Published Monthly by OMS, Inc.

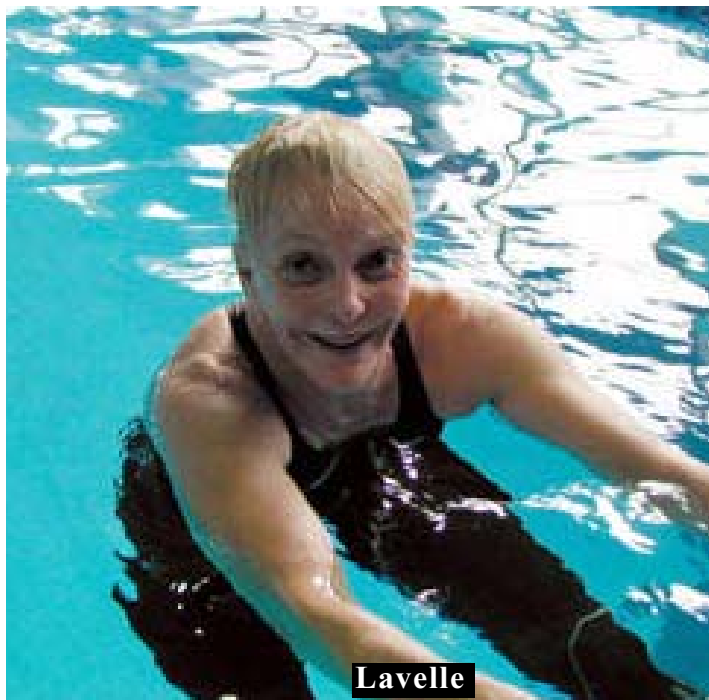
January 2003

“Swimming - A Life's Passion”

World Records-Colette, Lavelle, Relay



Colette



Lavelle

Colette Crabbe, Lavelle Stoinoff, and the Men's Medley Relay of (right to left) of Robert Smith (Back), Allen Start (Breast), Bert Petersen (Fly) and George Thayer (Free) all set World Records in the Northwest Zone SCM Meet in Oregon City. *(Full results and more pictures on pages 13 - 18)*

Inside For You

The CHAIR'S CORNER	2
Get Fit	3
Long Distance	4
5K/10K Results	5
3000/6000 Results	6
Entry Blanks	
Pentathlon	7
Association	8-10
1 Hour Postal	11-12
Zone SCM Results	13-18
Oregon SCY Records	19-21
2003 Team Registration	22
2003 Individual Registration	23
Schedule	Back Cover



George

Bert

Allen

Robert

The people behind O.M.S. Inc.

Chairman of the Board

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

Vice Chairman/Sanctions

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

Secretary

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

Treasurer

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

Registrar

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

Aqua-Master Editor

Dave Radcliff (503) 648-7141
therads@attbi.com

Data Manager (for swim meets)

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

Officials (for swim meets)

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

Host / Social

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

Fitness Co-Chairs

Sara Quan squan01@earthlink.net
Jani Sutherland janiski@aol.com

Safety

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

Coaches

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

Awards

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

Historian

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

Records

Bert Petersen (503) 252-6081
bert5999@msn.com

Membership

Kristin Brooks (541) 582-3337
BendBrooks@aol.com

Long Distance

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

Web Master

Rich Minter
webmaster@swimoregon.org

Top Ten

Sprint

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

Past Chair

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

Chair's Corner by Jeanne Teisher

Time to Recognize Our Outstanding Volunteers

This year the Association Championship meet is March 14-16, which is earlier than usual. MAC is planning a great competitive event and one you won't want to miss. The Association Championships are always fun!

Ginger Pierson of MAC is planning this year's Annual Association/Awards Banquet and, knowing Ginger, I know it will be a festive event. She is already busy planning the menu, the guest speaker, Master of Ceremonies, the evening's agenda, etc. She mentioned to me a few nights ago that the evening would not last long. So, I do hope you will plan to attend. Plan on meeting your teammates at the banquet.

At the Association/Awards Banquet we will be recognizing and honoring a few special volunteers. If you know of someone that deserves any of the following awards, please notify me by January 31 (jteisher97007@yahoo.com or (503) 574-4557). The OMS board will discuss the nominees and make their final selection in February. The winners will be announced at the Association/Awards Banquet. If you would like to review a list of previous winners, log on to the OMS website (www.swimoregon.org). On the home page click on "OMS Award Recipients- click here."

The volunteer awards are:

- The Connie Wilson Award, which memorializes Connie Wilson, founder and former Chair of Oregon Masters Swimming as well as longtime participant. This award is given to an individual who, in the opinion of the OMS Board of Directors, has made an outstanding, long-term leadership contribution to this organization and to Masters Swimming.
- The Ol' Barn Award honors Earl Walter (a.k.a. the Old Barnacle), a founding member of Oregon Masters Swimming and a longtime participant and contributor to Oregon swimming in many capacities. This award is given to the individual who, in the opinion of the OMS Board of Directors, has shown outstanding leadership, dedication, and devotion throughout the year to this organization and to Masters swimming.
- The Hazel Bressie Spirit-Female is awarded to the female who has shown enthusiasm and spirit to her team and/or other Masters swimmers during the past year.
- The Hazel Bressie Spirit-Male is awarded to the male who has shown enthusiasm and spirit to his team and/or other Masters swimmers during the past year.
- The Special Services award is given to an individual, organization, business, or group that has gone the extra mile by contributing outstanding service to a team or OMS.

Please contact me if you know someone that is deserving of any of the above awards.

Happy Swimming. Jeanne

Top Ten Chair Opening

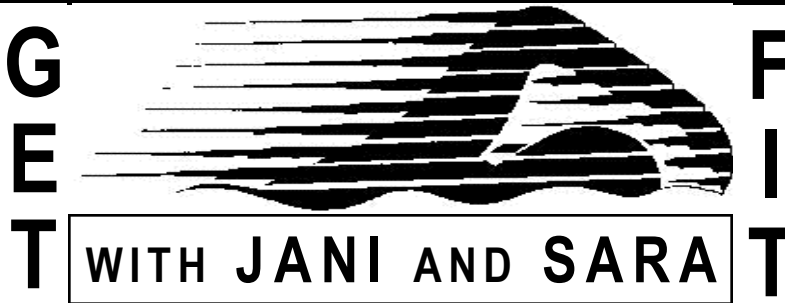
Check the OMS Web Page for more information and/or call or email Chair Jeanne Teisher.

(OMS Web Page will carry information on all openings and special events.)

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 only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact June Mather 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.



THE "3" IN 2003

Happy New Year!! It's the customary time of year to set goals. And 2003 is YOUR year!! The "3" in 2003 has a lot of valuable attributes. Take a look at some of the "3's".

3 USMS/OMS Events for Everyone:

- 30 minute non-competitive postal swim.
- Check Off Challenge.
- Virtual Swim Series.

3 Steps to Getting Motivated:

- Look for success stories.
- Find what you are good at.
- Reach for the stars.

3 Steps to Creating a Positive Attitude:

- Realize you have control.
- Be thankful (each day).
- Don't sweat the small stuff.

3 Steps to Stay Motivated:

- Keep the end in mind.
- Use the buddy system.
- Reward yourself!

3 Reasons to Make and Use a Log Book:

- Chart your progress.
- Motivate yourself, acknowledge your progress.
- Celebrate your achievements and set new goals.

In an article by Masters Swim Coach Michael Collins, setting personal swimming goals is not just for "competitive" swimmers. Goals give us a sense of purpose and justification for what we do. Upon achieving or completing our goals we feel accomplishment and reward and tend to continue to set new goals. Collins suggests setting specific short and long term goals. Remember that you lose nothing if you do not achieve a goal but you gain a great accomplishment if you do achieve a goal. Setting goals can be scary. Fear of failure is real but can be overcome. There is a wonderful saying: "Success is a journey, not a destination." Enjoy the journey you set out on to reach your goals. Tell someone – your coach, best friend, significant other – what your goals are. Make sure this person is the one who can support and motivate you toward achieving your goals. Anything is possible with the right attitude.

3 Quotes for the New Year:

- "Patience, persistence and perspiration make an unbeatable combination for success." Napoleon Hill
- "What we see depends mainly on what we look for." John Lubbock
- "Be true to your work, your word and your friend." Henry David Thoreau

Source: www.Motivation123.com



Fitness Secret

Learn to rest and relax between your events. George Thayer, former Fitness Chair, demonstrates "perfection" in this aspect of Fitness. Shortly after this "power nap", George was a member of a World Record Setting Relay.



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

1. Open water: Our hard-working Open Water Committee has come up with a great schedule for 2003. Here are the dates, locations, and swims—mark your calendar now!

a. Applegate Lake	July 19	200, 400, & 800-meter
	July 20	3000 & 1500-meter (Association Championships)
b. Elk Lake	July 26	500 & 1500-meter (possibly the Zone Championships)
	July 27	5000-meter (National Championships)
c. Timothy Lake	August 10	2 & 1-mile
d. Dorena Lake	August 17	1-mile & a mystery distance (yet to be decided)
e. Columbia River	August 30	26-mile relay

2. Postal results: The results of four USMS National Postal Championships—the 5-km, 10-km, 3000-yd, and 6000-yd—have been compiled in the past 45 days, with Oregon showing splendid results printed elsewhere in this Aqua-Master:
 a. 5-km: Three Individual Champions (Gina Dhom, Tom Landis—national record, & Dave Radcliff) and three Relay Champions—one in national record time. Oregon second in combined team scoring.
 b. 10-km: One Individual Champion (Kerri Roussain) and three Relay Champions—all in national record time. Oregon wins the National Combined Team Championship for the second consecutive year!
 c. 3000-yd: One Individual Champion (Gina Dhom) and five Relay Champions—two in national record time. Oregon moves up from fourth place last year to win the National Combined Team Championship!
 d. 6000-yd: One Individual Champion (Ray Allen) and one Relay Champion in record time. Oregon second in combined team scoring.

3. Postal series: Fourteen Oregon swimmers qualified for the 2002 Oregon Postal Series by swimming in three or more of the National Postal Swims during the year. Well done! See the results in this Aqua-Master.

4. Postal commentary: We should be pleased with our individual participation in national postal swimming this year, with 75 different people logging 123 total swims. We should also be pleased with our individual excellence; in addition to the national records listed above, our swimmers broke 32 Oregon individual & 25 Oregon relay records. We should be proud of the Oregon Club's continued streak of excellence in national team titles, with three firsts & two seconds (out of five). However, at the risk of sounding grumpy again, we are hardly scratching the surface of our own potential and barely using this great national fitness program. Postal swims are excellent fitness

opportunities, work well within a seasonal & overall plan for individual fitness, provide unerring measurement of your progress, and can (in large part) be done in your home pool. Yet, sadly, only one tenth of OMS membership participated in them during 2002. I find it instructive that more than half of the total Oregon postal swims come from only two local teams. Is it coincidence that these two teams also lead Oregon swimming in most other ways? What do they know that you don't?

5. Postal One-Hour Swim: I emailed a One-Hour Swim packet to each Oregon Team Representative shortly before Christmas. This packet included information about conducting group postal events, a copy of the National One-Hour entry blank/split sheet, the Oregon Postal Series description, and a plea to participate. Organize, swim well, and have fun! The One-Hour Swim is a great fitness event and a wonderful way to kick off your fitness year. I would like to see 100 OMS-registered swimmers participate. Last year, the Oregon Club won the National Team Title in the mid-size team category for the second straight year, and the Multnomah Athletic Club made an appearance after several years' absence. Special note: The Host for this year's One-Hour Swim is the Tualatin Hills Barracudas; your participation is not only good for you, but it also supports local swimming.

6. Web materials: I have updated the Long Distance section of the OMS website, which includes the list of Oregon Long Distance Postal Records and a list of the All-time Oregon Top Twelve performers dating all the way back to the first One-Hour Swim in 1977. Visit our website (www.swimoregon.org) to see where you fit into this corner of Oregon swimming history, and make your plans to create more history this year!

Good luck and good swimming!

Oregon LMSC Postal 5K Swim Results 2002

Place numbers are national places

OR = Oregon Record; NR = National Record

Women 19-24

1 Gina Dhom 23 EA 1:18:38.05 OR

Women 35-39

8 Kristin Brooks 37 COMA 1:26:53.21

Women 40-44

3 Mary Sweat 44 COMA 1:13:13.37 OR

4 Joni Young 40 SSC 1:17:18.90

Women 45-49

11 Margaret Toole 49 THB 1:33:37.87

Women 50-54

5 Jani Sutherland 53 COMA 1:41:59.65

6 Tam Jenkins 54 OWET 1:42:36.84

Women 55-59

3 Pam Himstreet 58 COMA 1:39:58.02

Men 45-49

9 Keith Dow 46 NCM 1:23:22.59

Men 50-54

3 Steve Johnson 54 EA 1:09:45.83 OR

5 Charlie Swanson 50 EA 1:14:15.26

6 Jed Cronin 53 THB 1:16:37.87

15 Chris Toole 51 THB 1:38:05.71

Men 55-59

7 Rich Juhala 58 NCM 1:48:57.43

Men 60-64

1 Tom Landis 60 COMA 1:14:51.62 NR

6 Burt Kanner 62 SSC 1:27:04.01

8 Brent Lake 63 COMA 1:29:29.43

10 Jim Beggs 63 COMA 1:48:12.59

Men 65-69

1 Dave Radcliff 68 THB 1:20:48.83 OR

Women 35+: 3 x 5K

1 OREG (Brooks, Young, Sweat) 3:57:25.48 OR

Women 45+: 3 x 5K

3 OREG (Sutherland, Himstreet, Toole) 4:55:39.85

Men 45+: 3 x 5K

1 OREG (Cronin, Swanson, Johnson) 3:40:38.96 OR

Men 55+: 3 x 5K

1 OREG (Kanner, Radcliff, Landis) 4:02:44.46 NR

Mixed 35+: 4 x 5K

2 OREG (Young, Swanson, Sweat, Johnson) 4:54:33.36 OR

Mixed 45+: 4 x 5K

3 OREG (Himstreet, Toole, Cronin, Landis) 5:45:05.38

Women's National Team Scores:

1 OREGON 48 pts

2 Doc Indiana Univ Masters 38

3 St. Pete Masters 36

Men's National Team Scores:

1 Doc Indiana Univ Masters 157 pts

2 OREGON 57

3 Stanford Masters 47

Combined National Team Scores:

1 Doc Indiana Univ Masters 195 pts

2 OREGON 105

3 St Pete Masters 80

Oregon LMSC Postal 10K Swim Results 2002

Place numbers are national places

OR = Oregon Record; NR = National Record

Women 35-39

3 Laura Tyrell 35 PMS 2:36:43.56 OR

Women 40-44

1 Kerri Roussain 43 PMS 2:29:28.84 OR

3 Mary Sweat 44 COMA 2:33:26.96

4 Joni Young 40 SCC 2:41:44.00

Women 50-54

3 Darlene Staley 52 THB 2:59:09.46 OR

5 Jani Sutherland 53 COMA 3:28:08.12

Men 50-54

4 Steve Johnson 54 EA 2:27:57.83 OR

5 Charlie Swanson 50 EA 2:34:45.09

6 Bob Bruce 54 COMA 2:37:10.12

Women 35+: 3 x 10K

1 OREG (Tyrell, Sweat, Roussain) 7:39:39.36 NR

Men 45+: 3 x 10K

1 OREG (Bruce, Swanson, Johnson) 7:39:53.04 NR

Mixed 35+: 4 x 10K

1 OREG (Swanson, Sweat, Roussain, Johnson) 10:05:38.72 NR

Women's National Team Scores:

1 OREGON 48 pts

2 Michigan Masters 18

3 Sawtooth Masters 16

Men's National Team Scores:

1 Pacific Northwest 49 pts

2 OREGON 25

3 Michigan 24

Combined National Team Scores:

1 OREGON 73 pts

2 Pacific Northwest 57

3 Michigan 42

10 Reasons to do the One-Hour Swim

- | | |
|--|--|
| 10. Groove your beautiful stroke. | 5. Enjoy a big dessert afterwards
(or before, if you're so inclined). |
| 9. Qualify for the Oregon Series. | 4. Make your team stronger. |
| 8. Feel confidently smug. | 3. Feel great when you're done. |
| 7. Start your fitness year right. | 2. Improve your aerobic capacity. |
| 6. Earn bragging rights with your sorry
lane-mates. | 1. Because it's there. |

Oregon LMSC Postal 3000-Yard Swim Results 2002

Place numbers are national places

OR = Oregon Record; NR = National Record

Women 19-24

1	Gina Dhom	24	EA	39:07.67
5	Danielle Ebnother	20	SOM	41:14.99

Women 30-34

5	Allison Moore	32	THB	45:00.16
---	---------------	----	-----	----------

Women 35-39

10	Kristin Brooks	37	COMA	44:25.81
----	----------------	----	------	----------

Women 40-44

9	Joni Young	41	SSC	40:48.88
---	------------	----	-----	----------

Women 45-49

3	Mary Sweat	45	COMA	37:58.71	OR
16	Madeleine Holmberg	49	COMA	46:17.96	
22	Connie Peterson	47	COMA	53:55.62	

Women 50-54

7	Jani Sutherland	53	COMA	49:39.46
---	-----------------	----	------	----------

Men 30-34

9	Kennedy Price	30	THB	43:36.96
---	---------------	----	-----	----------

Men 35-39

6	Rob Higley	37	COMA	37:21.40	OR
7	Doug K. Stewart	39	SOM	38:48.78	
11	David VanDerZwan	39	SOM	41:03.99	

Men 45-49

16	Jimmy Unger	48	EA	46:34.89
----	-------------	----	----	----------

Men 50-54

3	Steve Johnson	54	EA	35:55.41	OR
7	Jim Teisher	52	THB	39:49.17	
11	Jed Cronin	54	THB	40:48.39	
12	Bob Bruce	54	COMA	41:01.15	

Men 55-59

4	Donn Livoni	56	COMA	42:33.53	OR
---	-------------	----	------	----------	----

Men 60-64

2	Tom Landis	60	COMA	40:06.18	OR
4	Burt Kanner	63	SSC	43:47.41	
5	Brent Lake	64	COMA	44:18.53	

Men 65-69

2	Dave Radcliff	68	THB	41:41.72	OR
4	Dick Weick	68	EA	49:11.49	
6	George Thayer	66	COMA	53:28.50	

Men 75-79

2	Ray Allen	75	SOM	1:08:12.99	OR
---	-----------	----	-----	------------	----

Women 19+: 3 x 3000

1	OREG (Ebnother, Young, Dhom)	2:01:11.54	OR
---	------------------------------	------------	----

Women 45+: 3 x 3000

3	OREG (Sutherland, Holmberg, Sweat)	2:13:56.13	OR
---	------------------------------------	------------	----

Men 35+: 3 x 3000

4	OREG (VanDerZwan, Stewart, Higley)	1:57:14.17	OR
---	------------------------------------	------------	----

Men 45+: 3 x 3000

1	OREG (Cronin, Teisher, Johnson)	1:56:32.97	OR
---	---------------------------------	------------	----

Men 55+: 3 x 3000

1	OREG (Kanner, Livoni, Landis)	2:06:27.12	NR
---	-------------------------------	------------	----

Men 65+: 3 x 3000

1	OREG (Thayer, Weick, Radcliff)	2:24:21.71	NR
---	--------------------------------	------------	----

Mixed 19+: 4 x 3000

1	OREG (Young, Dhom, Stewart, Higley)	2:36:06.73	OR
---	-------------------------------------	------------	----

Mixed 45+: 4 x 3000

2 OREG (Holmberg, Teisher, Sweat, Johnson) 2:40:01.25 OR

Women's National Team Scores:

1	Dynamo Masters	70	pts
2	St. Pete Masters	57	
3	Florida Maverick Masters	50	
4	OREGON	38	

Men's National Team Scores:

1	OREGON	73	pts
2	Ventura County Masters	41	
3	Michigan	32	

Combined National Team Scores:

1	OREGON	111	pts
2	Dynamo Masters	98	
3	St Pete Masters	79	

Oregon LMSC Postal 6000-Yard Swim Results 2002

Place numbers are national places

OR = Oregon Record; NR = National Record

Women 40-44

5	Joni Young	41	SCC	1:23:20.54	OR
---	------------	----	-----	------------	----

Women 45-49

3	Mary Sweat	45	COMA	1:18:16.90	OR
---	------------	----	------	------------	----

Women 50-54

5	Jani Sutherland	53	COMA	1:43:12.06	OR
---	-----------------	----	------	------------	----

Men 30-34

4	John Spurgeon	33	THB	2:09:37.24
---	---------------	----	-----	------------

Men 35-39

3	Rob Higley	37	COMA	1:16:07.87	OR
4	David VanDerZwan	39	SOM	1:25:07.25	

Men 50-54

3	Steve Johnson	54	EA	1:14:59.06	OR
5	Jim Teisher	52	THB	1:22:47.45	

Men 60-64

4	Brent Lake	63	COMA	1:33:27.46	OR
---	------------	----	------	------------	----

Men 65-69

2	Dave Radcliff	68	THB	1:26:15.52	OR
---	---------------	----	-----	------------	----

Men 75-79

1	Ray Allen	75	SOM	2:19:04.05	OR
---	-----------	----	-----	------------	----

Women 35+: 3 x 6000

2	OREG (Sutherland, Young, Sweat)	4:24:49.50	OR
---	---------------------------------	------------	----

Men 35+: 3 x 6000

2	OREG (VanDerZwan, Higley, Johnson)	3:56:11.18	OR
---	------------------------------------	------------	----

Men 55+: 3 x 6000

2	OREG (Allen, Lake, Radcliff)	5:18:47.03	OR
---	------------------------------	------------	----

Mixed 35+: 4 x 6000

1	OREG (Young, Sweat, Higley, Johnson)	5:12:40.37	NR
---	--------------------------------------	------------	----

Women's National Team Scores:

1	St. Pete Masters	36	pts
2	San Diego Masters	33	
3	Novaquatics	32	
6	OREGON	20	

Men's National Team Scores:

1	OREGON	63	pts
2	St. Pete Masters	59	
3	Dynamo Masters	34	

Combined National Team Scores:

1	St. Pete Masters	95	pts
2	OREGON	83	
3	San Diego Masters	44	



Tualatin Hills Pentathlon

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

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

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

Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #373-01

Place: Tualatin Hills Aquatic Center Pool
Beaverton, Oregon

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

DATE: Saturday, January 25, 2003

Warm-ups: 8AM
Meet Starts: 9AM

Hosted by the Tualatin Hills Barracudas.

Meet director: Kristi Riddle • Phone: 503-690-8687 • E-mail kristinotbrinkly@aol.com

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

All entrants must submit a photocopy of their current 2003 registration card or the 2003 registration form and fee with this entry.

ENTRY DEADLINE: POSTMARK NO LATER THAN JANUARY 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 OREGON MASTERS MEET? Yes No

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

Sprint
50 FLY (1) _____ : _____ . _____
50 BACK (3) _____ : _____ . _____

50 BREAST (5) _____ : _____ . _____
50 FREE (7) _____ : _____ . _____

100 I.M. (9) _____ : _____ . _____

Mid Distance
100 FLY (2) _____ : _____ . _____
100 BACK (4) _____ : _____ . _____
Break
100 BREAST (6) _____ : _____ . _____
100 FREE (8) _____ : _____ . _____
Break
200 I.M. (10) _____ : _____ . _____

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

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

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

SIGNATURE _____ DATE _____

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

ASSOCIATION BANQUET

This year's St. Patrick's Day theme banquet promises to be more than just food and awards.

- **Celebrity Speaker/Video:** Not only will there be a celebrity speaker, but also a video of the swimmers who swim on Friday and Saturday. That, in itself, should be entertaining!
- **Door Prizes:** There will be numerous "door prizes", so it is likely you will walk away from the banquet a "winner."
- **Awards:** Of course, there will be the awards. If you placed in the Top Ten (individual or relay), earned All American, broke a National or World Record, or receive one of the several OMS annual awards, your name will be in the banquet program for you to treasure long after you go home.
- **Buffet Options:** Pasta Bar with meat or Alfredo sauce, chicken fajitas, salad, garlic bread, dessert, and unlimited beverage. For \$15.00, including gratuity, you get to be part of the entertainment, dinner, awards, door prizes, a keepsake program, and hear a fantastic guest speaker inspire you to great things!
- **Jacuzzi:** The banquet will be held at MAC after Saturday's events so there should be some time to enjoy a relaxing Jacuzzi. What a HOT idea!
- **Parking:** Since you will already be at the meet and will have parked your car, the elevator instructions for finding your way to the banquet room will be easy to follow from the pool.
- **Prepaid Reservation:** Your \$15.00 must be PREPAID with your entry, as a reservation will be held just for you. (This applies to children as well.) Sign up soon so you don't miss out on the extravaganza. It will be unforgettable!

Association Champs Hotel Information

House Our Swimmers Tonight (HOST) - Call Ginger Pierson (360) 253-5712 or gingerp@qwest.net Stay at a swimmer's house during the meet and make a new friend. Ginger will try to line you up with another swimmer willing to host you during the meet. Leave information about yourself (name, date/time of arrival, phone number) and she will connect you with someone in the Portland area that is willing to accommodate you.

Silver Cloud Inn 2426 NW Vaughn (503)242-2400 or (800)205-6939 \$75 noc plus tx 1K/2Q beds, breakfast, parking. Identify yourself with code: OMS Champs

Holiday Inn Express 2333 NW Vaughn (503)221-0060 or (866)492-1100 \$85 noc plus tx breakfast, Jacuzzi, parking, refrigerator: Identify yourself with code: OMS Champs

La Quinta 4319 NW Yeon (503)497-9044 \$59 noc Queen / 2 beds \$69 noc. Identify yourself with code: OMS Champs

Directions to the three hotels listed: I-5 north or south // exit 302B (405) to Vaughn Street exit // Silver Cloud is on the left and the Holiday Inn is on the right. The La Quinta is a couple more blocks west on Vaughn off of Yeon.

OMS Association Championship
March 14-16, 2003
OFFICIAL RULES AND GUIDELINES

DISTANCE EVENTS CHECK- IN DEADLINES

Friday, March 14, **400 I.M.** - 2:30 p.m., **1650 Free** – 3:00 p.m.

Saturday, March 15, **1000 Free** – Between the start of the 100 IM and the start of the 200 Fly

Sunday, March 16, **500 Free** - 8:30 a.m.

RELAY ENTRIES DEADLINES

Saturday, March 15, **Free Relay** – 9:15 a.m.

Mixed Medley Relay - By the end of the 100 Back

Sunday, March 16, **Mixed Free Relay** – By the end of the 100 Fly

Medley Relay - By the end of the 100 Free

SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY.
AT THE TIMES LISTED ABOVE, THE EVENT WILL BE OFFICIALLY CLOSED.
THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.

TEAM SCORING: There will be three team categories based on the number of "entered" swimmers from a team. **Only teams registered by February 21, 2003, will be able to score points.** There will be a meeting of all the team representatives on Saturday morning at 8:45 a.m. to vote on the breakdown of the teams into these three categories. At this meeting we announce the number of swimmers entered per team and look for the "natural breaks" in those numbers. For example, we have used as a guideline the groupings of 1-9, 10-19, and 20 or more swimmers. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. Team names and abbreviations are listed on the 2003 OMS registration form in this issue of the Aquamaster. Someone from your team must register the team for 2003.

The team registration form is included in this issue. Please make sure your team is registered.

As of December 9th, there were only 6 teams registered. They are:

Central Oregon Masters Aquatics	COMA		Multnomah Athletic Club	MACO
Columbia Gorge Masters	CGM		Pendleton Masters Swim Club	PEND
Oregon Wetmasters	OWET		Tualatin Hills Barracudas	THB

What you write down on your entry form is your team designation for the meet and no exceptions will be allowed.

If you leave this Local Team space blank you will be entered as the team listed on your 2003 USMS card for scoring purposes.

TEAM AWARDS: Awards for First, Second, and Third Place will be awarded for each team category

IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET
PLEASE CONTACT Sandi Rousseau at swim@gorge.net or 541-354-2580

OREGON MASTERS SWIMMING ASSOCIATION SHORT COURSE YARDS CHAMPIONSHIPS

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-02

Eligibility: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 2003 registration form and fee with this form.

Hosted by: Multnomah Athletic Club
1849 SW Salmon St.
Portland, Oregon

DATE: Fri., Sat. & Sun.-March 14-16, 2003

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

FRIDAY: WARM-UPS: 2PM • MEET STARTS AT 3PM
SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM
SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM

Meet director: Bob Kabacy • Phone: 503-245-8122 • E-mail rkabacy@kelrun.com

Directions to the pool: SOUTHBOUND - Take I-5 to I-405 South. Take the Burnside exit, go straight on that street (15th) to Salmon, turn right, go through stoplight at 18th, MAC club is on the right, and parking garage is on the left. NORTHBOUND - Take I-5 to I-405 North, Take the Salmon St. Exit. Merge onto 14th St. Go one block and turn left onto Taylor. Turn left onto 17th. Proceed on 17th to Salmon. Turn right onto Salmon.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2003 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FEBRUARY 21, 2003

✂	RETURN LOWER PORTION	✂
FILL IN LOWER PORTION COMPLETELY		FILL IN LOWER PORTION COMPLETELY
NAME _____	BIRTHDATE _____	AGE _____ SEX _____
ADDRESS _____	2003 USMS # _____	
CITY _____	LOCAL TEAM (SEE LISTING ON 2003 REG. FORM) _____	
STATE _____ ZIP _____	USMS CLUB (OREG, MACO, PNA, ETC) _____	
PHONE _____	IS THIS YOUR FIRST MASTERS MEET? <input type="checkbox"/> YES <input type="checkbox"/> NO	
E-MAIL _____		

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 19+, 25+, 35+, 45+, 55+, 65+ AND 75+. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS 4 RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY.** ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE CONTESTED AND COUNTED FOR TEAM POINTS. THE 400IM, 500, 1000 & 1650 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE REGARDING CHECK-IN CLOSING TIMES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDED SLOW TO FAST. **SHOULD IT BE NECESSARY, TWO PER LANE MAY BE REQUIRED FOR THE 1000 FREE DEPENDENT ON THE MEET SIZE AND TIMELINE.** SEE GUIDELINE PAGE FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2003 IN ORDER TO SCORE POINTS.

Friday, March 14, 2003

400 IM (1) _____ : _____ . _____
1650 FREE* (2) _____ : _____ . _____

Saturday, March 15, 2003

100 BREAST (3) _____ : _____ . _____
200 FREESTYLE (4) _____ : _____ . _____
50 FLY (5) _____ : _____ . _____
100 IM (6) _____ : _____ . _____
200 FREE RELAYS (7-8)
100 BACK (9) _____ : _____ . _____
200 FLY (10) _____ : _____ . _____
50 FREE (11) _____ : _____ . _____
200 MIXED MEDLEY RELAYS (12)
1000 FREE* (13) _____ : _____ . _____

ASSOCIATION/AWARDS BANQUET

Sunday, March 16, 2003

500 FREE (14) _____ : _____ . _____
Break- 20 minute warm-up
100 FLY (15) _____ : _____ . _____
200 BACK (16) _____ : _____ . _____
50 BREAST (17) _____ : _____ . _____
200 I.M. (18) _____ : _____ . _____
200 MIXED FREE RELAYS (19)
100 FREE (20) _____ : _____ . _____
200 BREAST (21) _____ : _____ . _____
50 BACK (22) _____ : _____ . _____
200 MEDLEY RELAYS (23-24)

*** You may enter the 1650 Free or the 1000 Free, but not both**

"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, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____ DATE _____

Association/Awards Banquet • Saturday Evening \$15.00 (all ages) _____ each @ \$15.00

AWARDS BANQUET _____
MEET ENTRY FEE **23.00**
TOTAL ENCLOSED _____

MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220



26th Annual One Hour Postal Swim
2003 United States Masters Swimming Long Distance National Championship

Sanctioned by the Oregon LMSC for USMS, Inc.

Sanction Number: 373-P01

Date: All swims must take place during January 2003.

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

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

ELIGIBILITY: Each participant must be registered for 2003 with USMS or if non-US a similar body in the swimmer's country. **A COPY OF YOUR 2003 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!**

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

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

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

AWARDS: USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 relay teams in each age group relay team event. First place finishers in individual and team relay events also receive USMS Champion patches. Distinctive awards will be given to the top 3 Clubs in each division of the Club event.

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

FEES: Individual entry fees are US \$5 per swimmer for US (\$8 for non-US swimmers). Team entry fees are US \$15 per relay (\$18 for non-US entries). All fees are non-refundable. Make checks payable to Tualatin Hills Barracudas and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. **ENTRIES MUST BE RECEIVED by February 10, 2003.** Swimmers submitting incomplete entries will be contacted by collect phone call or email.

T-SHIRTS: A 2003 USMS One Hour Postal National Championship T-shirt is available at a cost of \$15. (International orders please add US \$5 postage for each shirt.)

MORE INFO: Address questions to

Kristine Lewis, Event Director - Tualatin Hills Barracudas
16055 SW Walker Rd #126 Beaverton, OR 97006
503-641-9486
email: onehour@swimoregon.org
Additional entries / info: www.barracudas.org



Relay Entry Form - Use only for relay entries

Club: _____

Contact Person: _____

Mail results/awards to:

Contact Address: _____ City: _____

State: _____ Zip: _____ Country: _____ Club Abbreviation: _____

Swimmer # 1: _____

Name as it appears on USMS Registration Card Gender Age Yards Swum

Swimmer # 2: _____

Name as it appears on USMS Registration Card Gender Age Yards Swum

Swimmer # 3: _____

Name as it appears on USMS Registration Card Gender Age Yards Swum

Swimmer # 4: _____

Name as it appears on USMS Registration Card Gender Age Yards Swum

Total Team Yards: _____

Team Entry Fees: US \$15 (\$18 for non-US entries).

Payment in US \$ from US Banks or international Money Order ONLY

Please note: An individual entry form (next page) and individual event entry fees for each team participant must accompany this team entry form with the team entry fee. Individual Entry Form: Use only for individual entries.

2003 USMS One Hour Postal Swim National Championship Individual Entry Form

NAME _____ USMS Reg. NUMBER _____
(As it appears on registration card) (Include COPY of 2003 USMS Reg. Card)

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____ GENDER M F

E-Mail Address: _____ AGE _____ BIRTHDATE _____
(MM/DD/YY)

CLUB _____ CLUB ABBR. _____

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

I certify that I have read the rules of this competition and that on _____ I swam _____ yards at _____
(Date) (Distance swum) (Pool name/City)

Swimmer's Signature

Entry Fee \$5.00 (US Only) \$8.00 (International/non-US) = \$ _____

T-shirt Order: Indicate T-shirt Quantity Ordered: \$15/shirt = \$ _____

Small ___ Medium ___ Large ___ X-Large ___ XX-Large ___

International @ \$20/shirt: (includes shipping) = \$ _____

TOTAL (US \$): = \$ _____

Verifier's Signature

Include: Masters 2003 Registration Card,
 Official Entry form and split sheet
 Make Checks Payable To: Tualatin Hills Barracudas
 Send Entries to: Tualatin Hills Barracudas Attn: One Hour Swim
 Postal Meet 16055 SW Walker Rd # 126 Beaverton, OR 97006
 Must be RECEIVED by February 10, 2003

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

Results: Electronic results via email address listed above
 Paper results via US Postal



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

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

Total Yardage: _____

Results - Zone SCM - Oregon City - Dec. 14-15, '02

Women 19-24

50 SC Meter Freestyle			
1 Wilson, Katie	20 UNAT	31.33	
100 SC Meter Freestyle			
1 Wilson, Katie	20 UNAT	1:10.27	
200 SC Meter Freestyle			
1 Wilson, Katie	20 UNAT	2:38.88	
50 SC Meter Backstroke			
1 Wilson, Katie	20 UNAT	39.84	

Women 25-29

200 SC Meter Freestyle			
1 Gorsline, Lisa	27 OREG	2:42.12	
800 SC Meter Freestyle			
1 Criscione, Anicia	29 OREG	12:42.42	
200 SC Meter Backstroke			
1 Criscione, Anicia	29 OREG	3:15.97	
50 SC Meter Breaststroke			
1 Gibbs, Zan	27 OREG	43.56	
100 SC Meter Breaststroke			
1 Gibbs, Zan	27 OREG	1:37.24	
2 Gorsline, Lisa	27 OREG	1:41.23	
200 SC Meter Breaststroke			
1 Gorsline, Lisa	27 OREG	3:26.77	
50 SC Meter Butterfly			
1 Criscione, Anicia	29 OREG	46.28	
200 SC Meter Butterfly			
1 Gorsline, Lisa	27 OREG	3:07.65	
100 SC Meter IM			
1 Criscione, Anicia	29 OREG	1:34.59	
400 SC Meter IM			
1 Criscione, Anicia	29 OREG	6:53.73	

Women 30-34

50 SC Meter Freestyle			
1 Topp, Deborah	33 OREG	31.72	
2 Quan, Sara	30 OREG	31.89	
3 Kramer, Laura	33 OREG	33.02	
100 SC Meter Freestyle			
1 Simsak, Tara	33 PNA	1:09.57	
2 Topp, Deborah	33 OREG	1:12.18	
3 Hennessy, Patricia	34 PNA	1:41.21	
400 SC Meter Freestyle			
1 Moore, Alison	32 OREG	5:49.73	
2 Hennessy, Patricia	34 PNA	8:02.35	
800 SC Meter Freestyle			
1 Quan, Sara	30 OREG	9:45.42	
100 SC Meter Backstroke			
1 Kramer, Laura	33 OREG	1:26.41	
200 SC Meter Backstroke			
1 Quan, Sara	30 OREG	2:43.44	
50 SC Meter Breaststroke			
1 Moore, Alison	32 OREG	45.31	
100 SC Meter Breaststroke			
1 Quan, Sara	30 OREG	1:26.39	
200 SC Meter Breaststroke			
1 Moore, Alison	32 OREG	3:24.05	
50 SC Meter Butterfly			
1 Topp, Deborah	33 OREG	34.72	
2 Simsak, Tara	33 PNA	34.96	
3 Kramer, Laura	33 OREG	37.89	
100 SC Meter Butterfly			
1 Topp, Deborah	33 OREG	1:17.85	

2 Simsak, Tara	33 PNA	1:21.19	
3 Moore, Alison	32 OREG	1:22.67	
100 SC Meter IM			
1 Quan, Sara	30 OREG	1:17.91	
2 Simsak, Tara	33 PNA	1:19.10	
3 Topp, Deborah	33 OREG	1:24.31	
4 Kramer, Laura	33 OREG	1:27.30	
200 SC Meter IM			
1 Simsak, Tara	33 PNA	2:57.43	
2 Topp, Deborah	33 OREG	3:04.55	
400 SC Meter IM			
1 Simsak, Tara	33 PNA	6:16.94	

Women 35-39

50 SC Meter Freestyle			
1 Seresun, Karen	37 UNAT	29.26	
2 Topp, Suzanne	35 OREG	31.17	
3 Law, Cathy	35 OREG	34.25	
4 Davis, Lisa	39 UNAT	36.70	
100 SC Meter Freestyle			
1 Topp, Suzanne	35 OREG	1:10.98	
2 Shaw, Susan	35 OREG	1:22.62	
200 SC Meter Freestyle			
1 Whitney, Jamie	38 PNA	2:49.08	
2 Shaw, Susan	35 OREG	2:58.20	
3 Law, Cathy	35 OREG	2:58.31	
4 Davis, Lisa	39 UNAT	3:04.73	
400 SC Meter Freestyle			
1 Topp, Suzanne	35 OREG	5:32.07	
2 Whitney, Jamie	38 PNA	6:10.38	
800 SC Meter Freestyle			
1 Topp, Suzanne	35 OREG	11:26.80	
100 SC Meter Backstroke			
1 Crisp, Julie	36 OREG	1:37.71	
200 SC Meter Backstroke			
1 Crisp, Julie	36 OREG	3:23.06	
50 SC Meter Breaststroke			
1 Whitney, Jamie	38 PNA	43.99	
100 SC Meter Breaststroke			
1 Law, Cathy	35 OREG	1:40.55	
2 Shaw, Susan	35 OREG	1:41.69	
200 SC Meter Breaststroke			
1 Whitney, Jamie	38 PNA	3:30.97	
2 Shaw, Susan	35 OREG	3:38.64	
50 SC Meter Butterfly			
1 Seresun, Karen	37 UNAT	31.39	
2 Topp, Suzanne	35 OREG	37.05	
3 Davis, Lisa	39 UNAT	43.11	
100 SC Meter IM			
1 Seresun, Karen	37 UNAT	1:14.43	
2 Topp, Suzanne	35 OREG	1:25.30	
3 Whitney, Jamie	38 PNA	1:31.13	
4 Law, Cathy	35 OREG	1:34.04	
200 SC Meter IM			
1 Crisp, Julie	36 OREG	3:43.62	
400 SC Meter IM			
1 Crisp, Julie	36 OREG	7:59.08	

Women 40-44

100 SC Meter Freestyle			
1 Fox, Christina	42 OREG	1:28.51	

continued on page 14

SCM Swimmers
All pictures are of swimmers at the SCM Zone Meet in Oregon City.



Alison Moore



Anicia Criscione



Darlene Staley



Christina Fox

SCM Swimmers

All pictures are of swimmers at the SCM Zone Meet in Oregon City.



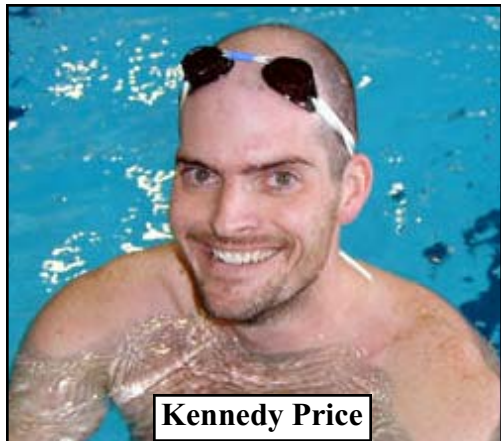
Bill King, Rocky Mountain Masters



Curtis Taylor and John Hudson



Jeanne Ensign, PNA



Kennedy Price

200 SC Meter Freestyle			
1 Schmidt, Tracey	42 PNA	3:28.00	
50 SC Meter Backstroke			
1 Fox, Christina	42 OREG	42.76	
100 SC Meter Backstroke			
1 Fox, Christina	42 OREG	1:32.22	
200 SC Meter Backstroke			
1 Fox, Christina	42 OREG	3:17.25	
50 SC Meter Breaststroke			
1 Schmidt, Tracey	42 PNA	47.81	
100 SC Meter Breaststroke			
1 Schmidt, Tracey	42 PNA	1:42.50	
2 Fox, Christina	42 OREG	1:43.81	
200 SC Meter Breaststroke			
1 Schmidt, Tracey	42 PNA	3:43.31	
200 SC Meter IM			
1 Fox, Christina	42 OREG	3:30.18	

Women 45-49

100 SC Meter Freestyle			
1 Andrus-Hughes, K.	45 OREG	1:04.61	
200 SC Meter Freestyle			
1 Andrus-Hughes, K.	45 OREG	2:23.21	
400 SC Meter Freestyle			
1 Andrus-Hughes, K.	45 OREG	5:09.45	
800 SC Meter Freestyle			
1 Hendryx, Teri	49 MACO	12:31.51	
50 SC Meter Backstroke			
1 Andrus-Hughes, K.	45 OREG	33.30	
100 SC Meter Backstroke			
1 Andrus-Hughes, K.	45 OREG	1:13.53	
200 SC Meter Backstroke			
1 Andrus-Hughes, K.	45 OREG	2:40.37	
100 SC Meter Breaststroke			
1 Crabbe, Colette	46 OREG	1:21.36	
200 SC Meter Breaststroke			
1 Crabbe, Colette	46 OREG	2:54.05	
200 SC Meter IM			
1 Crabbe, Colette	46 OREG	2:36.71	
400 SC Meter IM			
1 Crabbe, Colette	46 OREG	5:35.51	

Women 50-54

50 SC Meter Freestyle			
1 Johnson, Kathy	52 OREG	36.03	
200 SC Meter Freestyle			
1 Milner, Nancy	51 OREG	3:18.39	
400 SC Meter Freestyle			
1 Staley, Darlene	52 OREG	6:11.86	
2 Wright, Jill	51 SR	6:55.08	
800 SC Meter Freestyle			
1 Staley, Darlene	52 OREG	12:50.64	
2 Milner, Nancy	51 OREG	13:50.39	
50 SC Meter Backstroke			
1 Johnson, Kathy	52 OREG	43.32	
200 SC Meter Backstroke			
1 Staley, Darlene	52 OREG	3:27.62	
50 SC Meter Breaststroke			
1 Johnson, Kathy	52 OREG	46.70	
50 SC Meter Butterfly			
1 Milner, Nancy	51 OREG	44.83	
200 SC Meter Butterfly			
1 Staley, Darlene	52 OREG	3:27.99	
100 SC Meter IM			
1 Staley, Darlene	52 OREG	1:37.33	

2 Milner, Nancy	51 OREG	1:45.37	
200 SC Meter IM			
1 Wright, Jill	51 SR	3:44.31	

Women 55-59

50 SC Meter Freestyle			
1 Quattro, Jackie	55 OREG	35.59	
2 Rousseau, Sandi	55 OREG	35.83	
3 Litt, Arni	56 PNA	41.33	
100 SC Meter Freestyle			
1 Quattro, Jackie	55 OREG	1:19.68	
2 Rousseau, Sandi	55 OREG	1:20.94	
3 Litt, Arni	56 PNA	1:34.47	
200 SC Meter Freestyle			
1 Marr, Jackie	59 SDSM	2:42.39	
2 Quattro, Jackie	55 OREG	2:56.48	
3 Rousseau, Sandi	55 OREG	2:59.82	
4 Litt, Arni	56 PNA	3:25.98	
5 Ensign, Jeanne	56 PNA	3:26.15	
400 SC Meter Freestyle			
1 Quattro, Jackie	55 OREG	6:12.43	
2 Himstreet, Pam	59 OREG	7:13.74	
3 Ensign, Jeanne	56 PNA	7:18.39	
800 SC Meter Freestyle			
1 Bieze, Patricia	59 OREG	16:20.89	
1500 SC Meter Freestyle			
1 Ensign, Jeanne	56 PNA	28:08.13	
2 Himstreet, Pam	59 OREG	28:14.65	
50 SC Meter Backstroke			
1 Quattro, Jackie	55 OREG	44.93	
2 Rousseau, Sandi	55 OREG	47.71	
100 SC Meter Backstroke			
1 Pierson, Ginger	56 MACO	1:33.82	
200 SC Meter Backstroke			
1 Marr, Jackie	59 SDSM	3:10.18	
50 SC Meter Breaststroke			
1 Pierson, Ginger	56 MACO	43.06	
2 Litt, Arni	56 PNA	49.93	
3 Himstreet, Pam	59 OREG	51.36	
100 SC Meter Breaststroke			
1 Pierson, Ginger	56 MACO	1:30.88	
2 Litt, Arni	56 PNA	1:47.06	
200 SC Meter Breaststroke			
1 Pierson, Ginger	56 MACO	3:22.01	
2 Litt, Arni	56 PNA	3:53.41	
50 SC Meter Butterfly			
1 Rousseau, Sandi	55 OREG	38.77	
100 SC Meter Butterfly			
1 Rousseau, Sandi	55 OREG	1:35.46	
200 SC Meter Butterfly			
1 Pierson, Ginger	56 MACO	3:18.44	
2 Marr, Jackie	59 SDSM	3:47.79	
100 SC Meter IM			
1 Marr, Jackie	59 SDSM	1:28.18	
2 Quattro, Jackie	55 OREG	1:32.96	
200 SC Meter IM			
1 Marr, Jackie	59 SDSM	3:18.33	
400 SC Meter IM			
1 Marr, Jackie	59 SDSM	6:43.80	
2 Pierson, Ginger	56 MACO	7:00.66	
Women 60-64			
800 SC Meter Freestyle			
1 Frid, Barbara	60 OREG	13:15.14	

50 SC Meter Backstroke
1 Frid, Barbara 60 OREG 42.23
100 SC Meter Backstroke
1 Frid, Barbara 60 OREG 1:38.35
50 SC Meter Breaststroke
1 Frid, Barbara 60 OREG 46.41
50 SC Meter Butterfly
1 Frid, Barbara 60 OREG 40.42
100 SC Meter IM
1 Frid, Barbara 60 OREG 1:32.42
Women 65-69
50 SC Meter Freestyle
1 Huntley, Jane 69 OREG 51.03
100 SC Meter Freestyle
1 Stoinoff, Lavelle 69 MACO 1:22.57
200 SC Meter Freestyle
1 Stoinoff, Lavelle 69 MACO 2:55.51
400 SC Meter Freestyle
1 Stoinoff, Lavelle 69 MACO 5:59.10
800 SC Meter Freestyle
1 Stoinoff, Lavelle 69 MACO 12:20.68
Women 70-74
50 SC Meter Freestyle
1 Glancy, Barbara 70 OREG 1:02.44
1500 SC Meter Freestyle
1 Glancy, Barbara 70 OREG 39:14.63
100 SC Meter Backstroke
1 Glancy, Barbara 70 OREG 2:32.96
200 SC Meter Backstroke
1 Glancy, Barbara 70 OREG 5:18.31
100 SC Meter IM
1 Glancy, Barbara 70 OREG 2:53.32
Women 75-79
200 SC Meter Freestyle
1 Wells, Margaret 76 OREG 4:50.62
400 SC Meter Freestyle
1 Wells, Margaret 76 OREG 9:33.39
200 SC Meter Backstroke
1 Wells, Margaret 76 OREG 5:05.23
200 SC Meter Breaststroke
1 Wells, Margaret 76 OREG 6:17.71
100 SC Meter IM
1 Wells, Margaret 76 OREG 2:24.58
200 SC Meter IM
1 Wells, Margaret 76 OREG 5:21.90
Women 80-84
50 SC Meter Freestyle
1 Bernardi, Norma 83 OREG 1:06.31
50 SC Meter Backstroke
1 Bernardi, Norma 83 OREG 1:06.90
100 SC Meter Backstroke
1 Bernardi, Norma 83 OREG 2:22.09
2 Stevenin, Elfie 81 OREG 3:20.02
200 SC Meter Backstroke
1 Stevenin, Elfie 81 OREG 6:43.76
100 SC Meter IM
1 Stevenin, Elfie 81 OREG 3:45.53
400 SC Meter IM
1 Stevenin, Elfie 81 OREG 17:23.53
Men 25-29
50 SC Meter Butterfly
1 Wilson, Westley 25 UNAT 30.66

100 SC Meter Butterfly
1 Wilson, Westley 25 UNAT 1:11.26
100 SC Meter IM
1 Wilson, Westley 25 UNAT 1:11.32
200 SC Meter IM
1 Wilson, Westley 25 UNAT 2:36.05
Men 30-34
50 SC Meter Freestyle
1 Taylor, Curtis 31 OREG 24.71
2 Ness, Kerry 33 PNA 33.55
3 Price, Kennedy 30 OREG 35.19
100 SC Meter Freestyle
1 Taylor, Curtis 31 OREG 54.64
2 Price, Kennedy 30 OREG 1:12.25
3 Ness, Kerry 33 PNA 1:19.75
200 SC Meter Freestyle
1 Taylor, Curtis 31 OREG 2:05.33
2 Price, Kennedy 30 OREG 2:42.02
400 SC Meter Freestyle
1 Price, Kennedy 30 OREG 5:39.30
50 SC Meter Backstroke
1 Price, Kennedy 30 OREG 40.01
100 SC Meter Backstroke
1 Price, Kennedy 30 OREG 1:26.60
50 SC Meter Breaststroke
1 Ness, Kerry 33 PNA 42.01
100 SC Meter Breaststroke
1 Ness, Kerry 33 PNA 1:33.88
200 SC Meter Breaststroke
1 Ness, Kerry 33 PNA 3:33.92
100 SC Meter IM
1 Taylor, Curtis 31 OREG 1:04.14
2 Ness, Kerry 33 PNA 1:33.25
Men 35-39
50 SC Meter Freestyle
1 Parmentier, Steve 37 OREG 27.22
2 Butcher, Gano 38 OREG 28.10
3 Edic, Chyle 35 OREG 31.84
4 Kramer, Ken 35 OREG 40.14
100 SC Meter Freestyle
1 Cooper, Greg 35 MACO 59.31
2 Edic, Chyle 35 OREG 1:12.55
200 SC Meter Freestyle
1 Stewart, Douglas 38 OREG 2:07.60
2 Wannamaker, Brian 39 MACO 2:22.33
800 SC Meter Freestyle
1 Stewart, Douglas 38 OREG 9:24.63
50 SC Meter Backstroke
1 Parmentier, Steve 37 OREG 30.96
2 Edic, Chyle 35 OREG 43.88
100 SC Meter Backstroke
1 King, Phillip 36 MACO 1:07.35
2 Parmentier, Steve 37 OREG 1:11.92
3 Butcher, Gano 38 OREG 1:13.14
4 Wannamaker, Brian 39 MACO 1:13.55
200 SC Meter Backstroke
1 King, Phillip 36 MACO 2:23.55
50 SC Meter Breaststroke
1 Hudson, John 36 OREG 32.17
2 Parmentier, Steve 37 OREG 35.50
3 Butcher, Gano 38 OREG 36.03
4 Edic, Chyle 35 OREG 40.22

continued on page 16

SCM Swimmers

All pictures are of swimmers at the SCM Zone Meet in Oregon City.



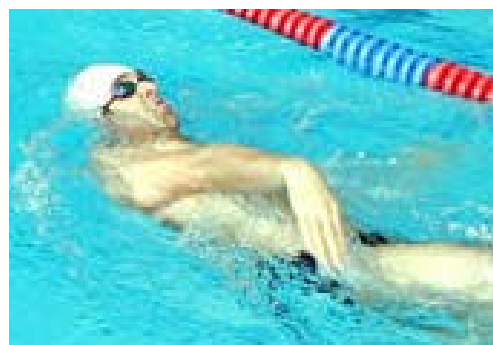
Rich Juhala



Patrick Cecil



Arni Litt, PNA



Doug Garcia, NW Zone Rep from Inland Northwest LMSC

100 SC Meter Breaststroke			200 SC Meter Breaststroke			100 SC Meter Breaststroke		
1	Hudson, John	36 OREG 1:09.30	1	Allender, Pat	44 OREG 2:39.54	1	Wallis, Gary	49 OREG 1:24.52
2	Edic, Chyle	35 OREG 1:28.91	2	Dowd, Mike	44 MACO 3:00.63	2	Munro, Stuart	45 MACO 1:26.50
3	Kramer, Ken	35 OREG 1:41.09	50 SC Meter Butterfly			3	Darnell, Stephen	48 OREG 1:43.37
200 SC Meter Breaststroke			1	Uebele, Keith	41 OREG 30.03	200 SC Meter Breaststroke		
1	Hudson, John	36 OREG 2:39.08	2	George, Steve	43 OREG 31.49	1	Wallis, Gary	49 OREG 3:09.20
50 SC Meter Butterfly			3	Oliva, Tomas	40 MACO 31.82	2	Munro, Stuart	45 MACO 3:12.43
1	Parmentier, Steve	37 OREG 28.96	100 SC Meter Butterfly			50 SC Meter Butterfly		
2	Cooper, Greg	35 MACO 29.04	1	Uebele, Keith	41 OREG 1:05.71	1	Russell, Brian	45 PNA 29.94
3	Wannamaker, Brian	39 MACO 30.00	200 SC Meter Butterfly			2	Ward, Cliff	46 OREG 32.17
4	Butcher, Gano	38 OREG 30.29	1	Uebele, Keith	41 OREG 2:41.16	3	Yensen, Kermit	49 OREG 32.54
100 SC Meter Butterfly			2	Dowd, Mike	44 MACO 2:58.40	4	Darnell, Stephen	48 OREG 41.01
1	Cooper, Greg	35 MACO 1:05.47	100 SC Meter IM			5	Cecil, Patrick	48 OREG 43.50
100 SC Meter IM			1	George, Steve	43 OREG 1:12.38	6	Friedman, Keith	46 OREG 51.07
1	Hudson, John	36 OREG 1:04.13	2	Dybdahl, Eric	42 PNA 1:17.33	100 SC Meter Butterfly		
2	Cooper, Greg	35 MACO 1:06.01	3	Garcia, Doug	41 INWM 1:30.96	1	Yensen, Kermit	49 OREG 1:16.92
3	Butcher, Gano	38 OREG 1:10.04	200 SC Meter IM			2	Ramsey, Ed	46 OREG 1:17.72
4	Edic, Chyle	35 OREG 1:25.80	1	Allender, Pat	44 OREG 2:24.35	200 SC Meter Butterfly		
200 SC Meter IM			2	Dybdahl, Eric	42 PNA 2:53.47	1	Munro, Stuart	45 MACO 2:59.36
1	Hudson, John	36 OREG 2:21.80	400 SC Meter IM			2	Yensen, Kermit	49 OREG 3:11.41
400 SC Meter IM			1	Allender, Pat	44 OREG 5:13.46	100 SC Meter IM		
1	Stewart, Douglas	38 OREG 5:05.56	2	Dybdahl, Eric	42 PNA 6:15.59	1	Russell, Brian	45 PNA 1:10.38
2	Hudson, John	36 OREG 5:16.39	3	Dowd, Mike	44 MACO 6:26.32	2	Ward, Cliff	46 OREG 1:13.56
3	King, Phillip	36 MACO 5:18.45	Men 45-49			3	Yensen, Kermit	49 OREG 1:17.64
Men 40-44			50 SC Meter Freestyle			4	Wallis, Gary	49 OREG 1:18.58
50 SC Meter Freestyle			1	Bowen, Marc	49 MACO 30.00	5	Koch, Steve	45 OREG 1:27.86
1	Uebele, Keith	41 OREG 26.88	2	Koch, Steve	45 OREG 31.55	6	Darnell, Stephen	48 OREG 1:29.56
2	George, Steve	43 OREG 27.89	3	Friedman, Keith	46 OREG 39.68	7	Cecil, Patrick	48 OREG 1:33.04
3	Oliva, Tomas	40 MACO 28.61	100 SC Meter Freestyle			8	Friedman, Keith	46 OREG 1:57.26
4	Garcia, Doug	41 INWM 33.71	1	Burleson, David	45 MACO 1:02.02	200 SC Meter IM		
100 SC Meter Freestyle			2	Kevan, Stephen	48 OREG 1:02.27	1	Ward, Cliff	46 OREG 2:44.02
1	Oliva, Tomas	40 MACO 59.81	3	Bowen, Marc	49 MACO 1:08.00	2	Yensen, Kermit	49 OREG 2:52.79
2	Garcia, Doug	41 INWM 1:17.49	4	Wallis, Gary	49 OREG 1:08.18	3	Wallis, Gary	49 OREG 2:54.79
3	Bragg III, Robin	42 OREG 1:35.86	5	Koch, Steve	45 OREG 1:11.38	4	Munro, Stuart	45 MACO 3:05.59
200 SC Meter Freestyle			200 SC Meter Freestyle			5	Darnell, Stephen	48 OREG 3:31.22
1	Allender, Pat	44 OREG 2:06.85	1	Kevan, Stephen	48 OREG 2:18.19	400 SC Meter IM		
2	Dowd, Mike	44 MACO 2:33.10	2	Munro, Stuart	45 MACO 2:30.68	1	Ward, Cliff	46 OREG 6:04.59
3	Garcia, Doug	41 INWM 2:54.54	3	Wallis, Gary	49 OREG 2:33.48	2	Yensen, Kermit	49 OREG 6:26.52
4	Bragg III, Robin	42 OREG 3:14.80	4	Cecil, Patrick	48 OREG 2:55.14	3	Munro, Stuart	45 MACO 6:32.06
400 SC Meter Freestyle			5	Friedman, Keith	46 OREG 3:56.88	Men 50-54		
1	Garcia, Doug	41 INWM 6:33.61	400 SC Meter Freestyle			50 SC Meter Freestyle		
2	Bragg III, Robin	42 OREG 6:54.36	1	Burleson, David	45 MACO 4:45.61	1	Cronin, Jed	54 OREG 29.48
800 SC Meter Freestyle			2	Kevan, Stephen	48 OREG 4:51.33	2	Wikander, Carroll	51 OREG 30.78
1	Bragg III, Robin	42 OREG 14:16.63	3	Ramsey, Ed	46 OREG 5:09.62	800 SC Meter Freestyle		
1500 SC Meter Freestyle			800 SC Meter Freestyle			1	Bruce, Bob	54 OREG 11:38.02
1	Dowd, Mike	44 MACO 22:35.60	1	Ramsey, Ed	46 OREG 10:43.57	50 SC Meter Breaststroke		
2	Bragg III, Robin	42 OREG 27:35.06	2	Cecil, Patrick	48 OREG 12:47.71	1	Stark, Allen	53 OREG 34.23
50 SC Meter Backstroke			3	Friedman, Keith	46 OREG 16:42.75	2	Wikander, Carroll	51 OREG 38.31
1	Oliva, Tomas	40 MACO 34.80	1500 SC Meter Freestyle			100 SC Meter Breaststroke		
100 SC Meter Backstroke			1	Burleson, David	45 MACO 19:17.25	1	Stark, Allen	53 OREG 1:16.48
1	George, Steve	43 OREG 1:08.63	2	Ward, Cliff	46 OREG 22:03.35	50 SC Meter Butterfly		
2	Uebele, Keith	41 OREG 1:09.75	50 SC Meter Backstroke			1	Stark, Allen	53 OREG 31.45
3	Otto, Douglas	43 MACO 1:11.57	1	Burleson, David	45 MACO 31.84	2	Cronin, Jed	54 OREG 32.10
4	Oliva, Tomas	40 MACO 1:14.55	2	Darnell, Stephen	48 OREG 41.54	Men 55-59		
200 SC Meter Backstroke			100 SC Meter Backstroke			50 SC Meter Freestyle		
1	George, Steve	43 OREG 2:29.56	1	Burleson, David	45 MACO 1:06.74	1	Smith, Robert	59 OREG 27.67
2	Otto, Douglas	43 MACO 2:33.94	2	Ward, Cliff	46 OREG 1:15.93	2	Silvey, Michael	57 OREG 30.83
50 SC Meter Breaststroke			200 SC Meter Backstroke			100 SC Meter Freestyle		
1	Allender, Pat	44 OREG 33.67	1	Burleson, David	45 MACO 2:24.54	1	Smith, Robert	59 OREG 1:03.07
100 SC Meter Breaststroke			50 SC Meter Breaststroke			2	Silvey, Michael	57 OREG 1:09.86
1	Allender, Pat	44 OREG 1:12.13	1	Koch, Steve	45 OREG 43.64	3	Carriker, Buz	55 OREG 1:12.26
2	Otto, Douglas	43 MACO 1:19.22	2	Darnell, Stephen	48 OREG 45.33	800 SC Meter Freestyle		
3	Dowd, Mike	44 MACO 1:23.29				1	Carriker, Buz	55 OREG 12:13.36

100 SC Meter Backstroke			
1 Smith, Robert	59 OREG	1:13.06	
200 SC Meter Backstroke			
1 Juhala, Richard	59 OREG	3:49.27	
200 SC Meter Breaststroke			
1 Carriker, Buz	55 OREG	3:30.46	
2 Juhala, Richard	59 OREG	3:45.43	
50 SC Meter Butterfly			
1 Silvey, Michael	57 OREG	34.77	
200 SC Meter Butterfly			
1 Juhala, Richard	59 OREG	4:14.11	
100 SC Meter IM			
1 Smith, Robert	59 OREG	1:13.49	
2 Carriker, Buz	55 OREG	1:30.69	
400 SC Meter IM			
1 Juhala, Richard	59 OREG	8:11.29	
Men 60-64			
50 SC Meter Freestyle			
1 Petersen, Bert	64 OREG	30.90	
2 Mellow, Bill	61 OREG	35.02	
200 SC Meter Freestyle			
1 Mellow, Bill	61 OREG	3:09.81	
400 SC Meter Freestyle			
1 Lake, Brent	64 OREG	6:07.66	
2 Petersen, Bert	64 OREG	7:23.52	
1500 SC Meter Freestyle			
1 Landis, Tom	60 OREG	20:52.66	
2 Lake, Brent	64 OREG	23:54.18	
3 Mellow, Bill	61 OREG	27:33.90	
50 SC Meter Backstroke			
1 Chase, Gary	62 PNA	34.40	
2 Lake, Brent	64 OREG	39.44	
100 SC Meter Backstroke			
1 Chase, Gary	62 PNA	1:13.58	
2 Lake, Brent	64 OREG	1:28.88	
200 SC Meter Backstroke			
1 Chase, Gary	62 PNA	2:44.66	
2 Landis, Tom	60 OREG	3:06.74	
3 Lake, Brent	64 OREG	3:12.56	
50 SC Meter Breaststroke			
1 Chase, Gary	62 PNA	38.12	
2 Mellow, Bill	61 OREG	42.68	
100 SC Meter Breaststroke			
1 Mellow, Bill	61 OREG	1:37.36	
200 SC Meter Breaststroke			
1 Mellow, Bill	61 OREG	3:37.12	
50 SC Meter Butterfly			
1 Petersen, Bert	64 OREG	31.07	
100 SC Meter Butterfly			
1 Petersen, Bert	64 OREG	1:14.49	
100 SC Meter IM			
1 Chase, Gary	62 PNA	1:15.83	
2 Landis, Tom	60 OREG	1:18.52	
200 SC Meter IM			
1 Chase, Gary	62 PNA	2:50.14	
2 Landis, Tom	60 OREG	2:55.66	
400 SC Meter IM			
1 Landis, Tom	60 OREG	6:21.73	
Men 65-69			
100 SC Meter Freestyle			
1 King, Bill	69 RMM	1:16.13	
2 Thayer, George	66 OREG	1:16.32	

200 SC Meter Freestyle			
1 Radcliff, David	68 OREG	2:37.46	
2 King, Bill	69 RMM	2:54.93	
800 SC Meter Freestyle			
1 King, Bill	69 RMM	13:19.02	
1500 SC Meter Freestyle			
1 Radcliff, David	68 OREG	22:32.01	
100 SC Meter Backstroke			
1 Thayer, George	66 OREG	1:33.91	
200 SC Meter Backstroke			
1 Thayer, George	66 OREG	3:22.38	
100 SC Meter Breaststroke			
1 Slawson, Dick	66 OREG	1:40.63	
200 SC Meter Breaststroke			
1 Slawson, Dick	66 OREG	3:40.63	
100 SC Meter IM			
1 Radcliff, David	68 OREG	1:27.87	
200 SC Meter IM			
1 Slawson, Dick	66 OREG	3:17.79	
400 SC Meter IM			
1 Slawson, Dick	66 OREG	7:09.36	
Men 70-74			
200 SC Meter Freestyle			
1 Welch, Arthur	70 OREG	3:23.06	
800 SC Meter Freestyle			
1 Welch, Arthur	70 OREG	14:46.92	
100 SC Meter Backstroke			
1 Welch, Arthur	70 OREG	1:50.98	
200 SC Meter Backstroke			
1 Welch, Arthur	70 OREG	3:54.68	
50 SC Meter Breaststroke			
1 Marks, Milton	72 OREG	43.57	
100 SC Meter Breaststroke			
1 Marks, Milton	72 OREG	1:42.48	
200 SC Meter Breaststroke			
1 Marks, Milton	72 OREG	3:54.41	
100 SC Meter IM			
1 Welch, Arthur	70 OREG	1:51.98	
Men 75-79			
100 SC Meter Backstroke			
1 Miesen, Lee	75 MACO	1:57.93	
100 SC Meter Breaststroke			
1 Miesen, Lee	75 MACO	1:53.01	
200 SC Meter Breaststroke			
1 Miesen, Lee	75 MACO	4:18.14	
Men 80-84			
50 SC Meter Freestyle			
1 Holden, Andrew	83 OREG	38.29	
2 Fixott, Rupert	81 OREG	52.04	
3 Bushey, Charles	81 UNAT	54.70	
100 SC Meter Freestyle			
1 Young, Gilbert	80 OREG	1:30.41	
2 Holden, Andrew	83 OREG	1:34.29	
3 Bushey, Charles	81 UNAT	2:12.80	
200 SC Meter Freestyle			
1 Young, Gilbert	80 OREG	3:26.92	
2 Bushey, Charles	81 UNAT	4:53.32	
3 Mallon, Joseph	81 OREG	5:06.55	
400 SC Meter Freestyle			
1 Young, Gilbert	80 OREG	7:18.94	
2 Bushey, Charles	81 UNAT	10:06.92	
3 Mallon, Joseph	81 OREG	10:35.69	

800 SC Meter Freestyle			
1 Young, Gilbert	80 OREG	15:10.22	
2 Mallon, Joseph	81 OREG	21:32.38	
50 SC Meter Backstroke			
1 Holden, Andrew	83 OREG	48.93	
100 SC Meter Backstroke			
1 Fixott, Rupert	81 OREG	2:33.94	
100 SC Meter Breaststroke			
1 Fixott, Rupert	81 OREG	2:27.68	

Relays**Women 200-239 400 SC Meter Free Relay**

1 OREG	5:12.82		
1) Rousseau, S. 55		2) Frid, B. 60	
3) Quattro, J. 55		4) Crabbe, C. 46	

Women 200-239 400 SC Meter Medley Relay

1 OREG	5:28.12		
1) Andrus-Hughes, K. 452)		Crabbe, C. 46	
3) Rousseau, S. 55		4) Quattro, J. 55	

Men 120-159 200 SC Meter Free Relay

1 MACO	1:52.12		
1) Cooper, G. 35		2) King, P. 36	
3) Wannamaker, B. 39		4) Otto, D. 43	
2 OREG	1:56.51		
1) Uebele, K. 41		2) Price, K. 30	
3) Edic, C. 35		4) Taylor, C. 31	

Men 120-159 200 SC Meter Medley Relay

1 OREG	2:08.52		
1) Uebele, K. 41		2) Edic, C. 35	
3) Yensen, K. 49		4) Taylor, C. 31	

Men 160-199 200 SC Meter Free Relay

1 MACO	2:01.42		
1) Burleson, D. 45		2) Dowd, M. 44	
3) Munro, S. 45		4) Bowen, M. 49	

Men 160-199 200 SC Meter Medley Relay

1 MACO	2:12.59		
1) Burleson, D. 45		2) Dowd, M. 44	
3) Munro, S. 45		4) Oliva, T. 40	

continued on page 18

Tom Landis dives over George Thayer during Relay action.



New Zone Relay Record for Sandi Rousseau, Colette Crabbe, Barb Frid and Jackie Quattro. Special thanks to Colette, Meet Director of the SCM Zone Meet. It was well run and fun, plus 52 Oregon Records were broken. Numerous Zone and several World Records were also set. Thanks to all the Master Swimmers and helpers from Oregon City and North Clackamas Masters Swimming who made this meet possible.

Men 200-239 200 SC Meter Free Relay

- 1 OREG 2:02.72
- 1) Cronin, J. 54 2) Cecil, P. 48
- 3) Wallis, G. 49 4) Yensen, K. 49

Men 240-279 800 SC Meter Free Relay

- 1 OREG 10:57.78
- 1) Thayer, G. 66 2) Landis, T. 60
- 3) Lake, B. 64 4) Bruce, B. 54

Men 240-279 200 SC Meter Medley Relay

- 1 OREG 2:07.12
- 1) Smith, R. 59 2) Stark, A. 53
- 3) Petersen, B. 64 4) Thayer, G. 66

Men 280-319 800 SC Meter Free Relay

- 1 OREG 12:36.13
- 1) Holden, A. 83 2) Young, G. 80
- 3) Petersen, B. 64 4) Smith, R. 59

Mixed 120-159 200 SC Meter Medley Relay

- 1 OREG 2:31.04
- 1) Kramer, L. 33 2) Kramer, K. 35
- 3) George, S. 43 4) Law, C. 35

Mixed 160-199 200 SC Meter Free Relay

- 1 OREG 2:02.23
- 1) Uebele, K. 41 2) Frid, B. 60
- 3) Moore, A. 32 4) Taylor, C. 31

Mixed 160-199 200 SC Meter Medley Relay

- 1 PNA 2:22.58
- 1) Chase, G. 62 2) Whitney, J. 38
- 3) Russell, B. 45 4) Simsak, T. 33

Mixed 320-359 200 SC Meter Free Relay

- 1 OREG 3:16.43
- 1) Young, G. 80 2) Bernardi, N. 83
- 3) Wells, M. 76 4) Holden, A. 83

Mixed 320-359 200 SC Meter Medley Relay

- 1 OREG 3:52.27
- 1) Bernardi, N. 83 2) Wells, M. 76
- 3) Holden, A. 83 4) Young, G. 80

Whose Plate?



How about a little fun competition? We know there are some custom license plates in the Oregon Masters Swimming community. This month we highlight the first one. Each month we hope to feature another one and will name the "owner" from the previous month. We will also name the first person to ID the swimmer who owns the special swimming plate. Please email answers and jpg pictures of license plates to the Aqua Master Editor.

Great Swimming in the Northwest

Swimmers from PNA, Inland Northwest and Snake River (Boise area) were all part of the NW Zone Short Course Meters Swim Meet. There is a lot of great swimming all over the Northwest. Check out the various meets in the Northwest at their web sites.

- PNA swimpna.usms.org
- Inland NW
- inlandnwmasters.org
- Alaska akmswim.org
- Utah utahmasters.org
- Montana
- cs.montana.edu/~starkey/masters.html
- BC . . mastersswimming.bc.ca

Thank you Bert Petersen for all your work in updating the Oregon Records. They are now accurate and current. The Aqua Master will publish them as we begin a swim season that emphasizes a certain yard or meter pool length. This month we are featuring the SCYRecords Ages 70 and up and Relays. All records for all courses both Oregon and Zone are available on the Oregon Web Site. Here are the Oregon SCY records.



OREGON SCY RECORDS AS OF 11-10-02



29.01	04-07-91	MEN	70-74	WOMEN	
1:04.44	04-07-91	ANDREW HOLDEN	50 YD. FREE	PETEY SMITH	04-09-95 34.34
2:40.29	04-07-91	ANDREW HOLDEN	100 YD. FREE	PETEY SMITH	00-00-96 1:16.87
7:14.66	04-14-91	GERALD HUESTIS	200 YD. FREE	PETEY SMITH	00-00-96 2:50.05
15:27.71	11-21-93	GERALD HUESTIS	500 YD. FREE	PETEY SMITH	05-21-95 7:42.57
26:01.87	05-16-94	GIL YOUNG	1000 YD. FREE	PETEY SMITH	04-09-95 15:53.86
34.75	05-18-97	GIL YOUNG	1650 YD. FREE	PETEY SMITH	00-00-96 26:21.16
1:16.72	03-16-97	FLOYD ELIOTT	50 YD. BACK	PETEY SMITH	01-21-95 47.40
2:52.31	05-18-97	FLOYD ELIOTT	100 YD. BACK	PETEY SMITH	10-30-94 1:43.93
37.42	02-18-01	FLOYD ELIOTT	200 YD. BACK	PETEY SMITH	00-00-96 3:28.98
1:28.20	04-29-01	MILTON MARKS	50 YD. BRST	JOYCE BAHLER	04-29-01 52.10
3:24.10	11-10-02	MILTON MARKS	100 YD. BRST	JOYCE BAHLER	04-29-01 1:51.97
32.18	02-02-91	MILTON MARKS	200 YD. BRST	JOYCE BAHLER	04-29-01 4:03.08
1:21.73	04-07-91	ANDREW HOLDEN	50 YD. FLY	PETEY SMITH	01-21-95 48.78
3:18.07	03-22-92	ANDREW HOLDEN	100 YD. FLY	MARGARET WELLS	04-05-98 2:08.92
1:16.63	02-02-91	ANDREW HOLDEN	200 YD. FLY	MARGARET WELLS	04-05-98 4:58.42
3:04.38	11-04-90	ANDREW HOLDEN	100 YD. I.M.	PETEY SMITH	01-21-95 1:44.15
6:45.42	11-04-90	ANDREW HOLDEN	200 YD. I.M.	PETEY SMITH	00-00-96 3:46.20
		GERALD HUESTIS	400 YD. I.M.	MARGARET WELLS	01-31-98 9:13.03
		MEN	75-79	WOMEN	
29.40	05-16-94	ANDREW HOLDEN	50 YD. FREE	PAULINE STANGEL	04-19-98 45.45
1:08.15	05-16-94	ANDREW HOLDEN	100 YD. FREE	PAULINE STANGEL	04-05-98 1:45.54
2:45.17	04-30-95	GERALD HUESTIS	200 YD. FREE	EVELYN MCKEON	04-29-90 4:06.79
7:45.22	05-18-97	GIL YOUNG	500 YD. FREE	PAULINE STANGEL	01-31-98 10:12.46
6:10.46	05-18-97	GIL YOUNG	1000 YD. FREE	JUDY MELCHER	03-24-96 27:53.91
27:00.48	05-18-97	GIL YOUNG	1650 YD. FREE	MARGARET WELLS	04-05-02 40:42.89
39.36	04-09-95	ANDREW HOLDEN	50 YD. BACK	EVELYN MCKEON	03-10-91 58.12
1:23.36	05-16-94	ANDREW HOLDEN	100 YD. BACK	PAULINE STANGEL	04-05-98 2:07.25
3:12.20	04-09-95	GERALD HUESTIS	200 YD. BACK	MARGARET WELLS	04-07-02 4:36.23
42.50	01-18-97	ROBERT MORRISON	50 YD. BRST	PAULINE STANGEL	03-14-98 57.05
1:32.24	04-30-95	GERALD HUESTIS	100 YD. BRST	PAULINE STANGEL	01-31-98 2:09.04
3:47.57	03-16-97	EARL WALTER	200 YD. BRST	PAULINE STANGEL	04-05-98 4:45.39
33.83	05-16-94	ANDREW HOLDEN	50 YD. FLY	MARGARET WELLS	03-10-02 58.53
1:23.77	05-16-94	ANDREW HOLDEN	100 YD. FLY	MARGARET WELLS	11-18-01 2:25.32
3:29.52	04-09-95	GERALD HUESTIS	200 YD. FLY	MARGARET WELLS	04-29-01 5:43.24
1:22.43	04-30-95	ANDREW HOLDEN	100 YD. I.M.	PAULINE STANGEL	01-31-98 2:03.84
3:13.43	04-09-95	GERALD HUESTIS	200 YD. I.M.	MARGARET WELLS	4-07-02 4:49.48
7:33.36	04-10-99	GERALD HUESTIS	400 YD. I.M.	MARGARET WELLS	11-10-02 10:08.38
		MEN	80-84	WOMEN	
31.56	05-16-99	ANDREW HOLDEN	50 YD. FREE	PAULINE STANGEL	01-26-02 50.64
1:11.98	05-16-99	ANDREW HOLDEN	100 YD. FREE	PAULINE STANGEL	01-26-02 1:53.13
2:54.31	05-16-99	ANDREW HOLDEN	200 YD. FREE	PAULINE STANGEL	01-26-02 4:05.01
8:06.86	05-14-02	GILBERT YOUNG	500 YD. FREE	EVA MULLER	03-24-96 11:17.24
16:38.45	04-14-02	GILBERT YOUNG	1000 YD. FREE	MARTHA KELLER	03-31-85 31:09.69
27:48.01	05-14-02	GILBERT YOUNG	1650 YD. FREE	MARTHA KELLER	03-06-82 41:44.60
40.90	10-17-99	ANDREW HOLDEN	50 YD. BACK	MARTHA KELLER	03-06-82 1:04.40
1:31.54	05-16-99	ANDREW HOLDEN	100 YD. BACK	EVA MULLER	03-24-96 2:05.80
3:35.47	04-12-87	HERB EISENSCHMIDT	200 YD. BACK	EVA MULLER	01-04-97 4:42.25
46.74	04-09-00	GERALD HUESTIS	50 YD. BRST	EVA MULLER	01-20-96 1:16.86
1:45.93	04-09-00	GERALD HUESTIS	100 YD. BRST	EVA MULLER	01-04-97 2:43.61
3:59.78	04-09-00	GERALD HUESTIS	200 YD. BRST	HELENA HOFFMAN	08-31-96 6:27.95
36.46	05-16-99	ANDREW HOLDEN	50 YD. FLY	EVA MULLER	01-20-96 1:24.01
1:30.06	05-16-99	ANDREW HOLDEN	100 YD. FLY	HELENA HOFFMAN	05-12-96 2:53.90
4:55.56	04-08-90	HERB EISENSCHMIDT	200 YD. FLY	HELENA HOFFMAN	02-11-96 7:18.45
:26.72	04-09-00	ANDREW HOLDEN	100 YD. I.M.	EVA MULLER	04-29-01 2:20.47
3:21.39	04-09-00	ANDREW HOLDEN	200 YD. I.M.	EVA MULLER	01-20-96 5:17.52
7:53.77	04-09-00	GERALD HUESTIS	400 YD. I.M.	HELENA HOFFMAN	05-18-97 12:16.04
		MEN	85-89	WOMEN	
37.80	10-28-00	ALLAN DELAY	50 YD. FREE	PATIENCE MILLER	04-14-96 55.73
1:38.42	10-28-00	ALLAN DELAY	100 YD. FREE	EVA MULLER	04-05-98 2:03.51
3:53.02	04-26-92	HERB EISENSCHMIDT	200 YD. FREE	EVA MULLER	04-05-98 4:33.66
10:20.15	04-26-92	HERB EISENSCHMIDT	500 YD. FREE	EVA MULLER	01-31-98 12:30.55
40:51.54	04-12-87	ROY WEBSTER	1000 YD. FREE	MARTHA KELLER	3-01-86 32:19.92

Records continued on page 20

62:35.62	04-12-87	ROY WEBSTER
53.80	10-28-00	ALLAN DELAY
2:03.23	04-26-92	HERB EISENSCHMIDT
4:24.65	04-26-92	HERB EISENSCHMIDT
1:03.23	02-01-92	HERB EISENSCHMIDT
3:01.75	05-18-87	ROY WEBSTER
6:59.01	05-18-87	ROY WEBSTER
1:08.73	02-01-92	HERB EISENSCHMIDT
2:32.32	05-09-92	HERB EISENSCHMIDT
	OPEN	
2:08.36	02-01-92	HERB EISENSCHMIDT
4:48.08	02-24-92	HERB EISENSCHMIDT
9:47.85	02-24-92	HERB EISENSCHMIDT

ME N

2:06.77	04-01-84	COLLISTER WHEELER
RELAY 200 YD. FREE		
19	+ PMS	04-07-02 1:46.44
HAFNER	TYRRELL	
LOWERS	JENKINS	
25	+ ORE	04-29-90 1:45.51
G GODDARD	L FINLEY	
A DEVINE	L MILLS	
35	+ ORE	05-16-99 1:45.00
KAREN ALLEN	MICHELLE MORRELL	
BARBARA HARRIS	CYNTHIA CHILCOTT	
45	+ MACO	05-14-02 1:58.09
R PARISI	T HENDRYX	
G PIERSON	S SCHUMANN	
55	+ THB	04-12-87 3:39.03
L HEPNER	H HOFFMAN	
J MELCHER	K HUGHES	
65	+ THB	04-04-93 4:00.34
ELFIE STEVENIN	JUDY MELCHER	
HELENA HOFFMAN	KATHLEEN HUGHES	

RELAY 400 YD. FREE

19	+		
25	+ ORE	03-04-00	4:16.48
ELIZ HENDERSON	LAURA SCHOB		
AMY HALLIGAN	BARBARA HARRIS		
35	+ ORE	04-10-99	4:47.23
LIZ CHENEY	D LAMEAR TUCKER		
ROBIN YOUNG	LAURA WORDEN		
45	+ ORE	10-03-92	4:53.81
P SMITH	J PLESNER		
P HIMSTREET	G PIERSON		

RELAY 800 YD. FREE -

25	+ ORE	04-29-01	9:21.68
JENNIFER BUTCHER	ANICIA CRISCIONE		
LISA GORSLINE	JENNIFER STADSTAD		

35 + ORE 01-29-00 10:26.14

JOY WARD	JACKIE QUATTRO		
ROBIN YOUNG	MARY JACKSON		

RELAY 200 YD. FREE

19	+ MAC	04-26-92	1:27.86
J KEPPELER	D BURLESON		
J KINGERY	D MARSHALL		
25	+ ORE	05-03-80	1:30.90
V DASCH	C HUGHES		
R MAESTRE	D VAUGHAN		
35	+ ORE	05-18-97	1:30.58
JEFF WALKER	ALAN ARATA		
DANIEL KNAUER	STEVE GEORGE		
45	+ ORE	05-18-97	1:35.60
ROBERT SMITH	DOUG PRENTICE		
TOM COFFEY	MIKE PENDLETON		
55	+ ORE	05-16-99	1:41.66
GEORGE THAYER	TOM LANDIS		
DICK WEICK	ROBERT SMITH		
65	+ ORE	05-20-01	1:47.85
GEORGE THAYER	DICK SLAWSON		
RICHARD WEICK	DAVID RADCLIFF		
75	+ ORE	01-31-98	2:14.12
EARL WALTER	GERALD HUESTIS		
GILBERT YOUNG	ANDREW HOLDEN		

1650 YD. FREE	MARTHA KELLER	10-05-86	58:16.43
50 YD. BACK	PATIENCE MILLER	04-14-96	1:26.51
100 YD. BACK	EVA MULLER	04-05-98	2:12.42
200 YD. BACK	EVA MULLER	01-27-01	3:59.98
50 YD. BRST	PATIENCE MILLER	03-03-96	1:20.75
100 YD. BRST	EVA MULLER	01-31-98	2:55.86
200 YD. BRST	EVA MULLER	01-27-01	6:21.15
50 YD. FLY	PATIENCE MILLER	03-24-96	2:07.17
100 YD. FLY	MARTHA KELLER	04-06-86	6:06.57
200 YD. FLY	MARTHA KELLER	05-04-86	12:24.17
100 YD. I.M.	EVA MULLER	01-31-98	2:32.65
200 YD. I.M.	EVA MULLER	04-05-98	5:21.65
400 YD. I.M.	MARTHA KELLER	03-01-86	17:13.92

90-94 WOMEN RELAY

100 YD. FREE			
WOMEN RELAY			
19	+ ORE	04-05-98	2:01.26
LISA HJERPE	JULIA AHRENDT		
K FAWCETT	SUSAN FISCHER		
25	+ ORE	04-10-99	1:55.29
MICHELLE DONAHUE	MAUREEN HASLACH		
F GAMBETTI	KAREN HAKANSON		
35	+ ORE	05-16-99	2:00.60
CYNTHIA CHILCOTT	MICHELLE MORRELL		
BARBARA HARRIS	KAREN ALLEN		
45	+ MACO	05-14-02	2:08.51
T HENDRYX	G PIERSON		
R PARISI	S SCHUMANN		
55	+ THB	04-04-93	4:11.69
CAROL DICKINSON	JUDY MELCHER		
ELFIE STEVENIN	KATHLEEN HUGHES		
65	+ THB	04-09-00	4:56.33
JUDY MELCHER	LOIS ALLAN		
ELFIE STEVENIN	KATHLEEN HUGHES		

WOMEN RELAY

19	+ ORE	04-29-01	5:16.51
JOY WARD	ERIN HOLLAND		
CLARA STEMWEDEL	JEANNE THIMMMN		
25	+		
35	+		
45	+ ORE	10-03-92	5:34.33
J PLESNER	P HIMSTREET		
G PIERSON	P SMITH		

WOMEN

45	+ ORE	03-04-00	12:51.64
PEGGY WHITER	PAM HIMSTREET		
JANI SUTHERLAND	PEGGY HODGE		

200 YD. MEDLEY

19	+ ORE	04-05-98	2:01.26
LISA HJERPE	JULIA AHRENDT		
K FAWCETT	SUSAN FISCHER		
25	+ ORE	04-10-99	1:55.29
MICHELLE DONAHUE	MAUREEN HASLACH		
F GAMBETTI	KAREN HAKANSON		
35	+ ORE	05-16-99	2:00.60
CYNTHIA CHILCOTT	MICHELLE MORRELL		
BARBARA HARRIS	KAREN ALLEN		
45	+ MACO	05-14-02	2:08.51
T HENDRYX	G PIERSON		
R PARISI	S SCHUMANN		
55	+ THB	04-04-93	4:11.69
CAROL DICKINSON	JUDY MELCHER		
ELFIE STEVENIN	KATHLEEN HUGHES		
65	+ THB	04-09-00	4:56.33
JUDY MELCHER	LOIS ALLAN		
ELFIE STEVENIN	KATHLEEN HUGHES		
400 YD. MEDLEY			
19	+ ORE	04-29-01	5:16.51
JOY WARD	ERIN HOLLAND		
CLARA STEMWEDEL	JEANNE THIMMMN		
25	+		
35	+		
45	+ ORE	10-03-92	5:34.33
J PLESNER	P HIMSTREET		
G PIERSON	P SMITH		
45	+ ORE	03-04-00	12:51.64
PEGGY WHITER	PAM HIMSTREET		
JANI SUTHERLAND	PEGGY HODGE		

RELAY 200 YD. MEDLEY

19	+ MAC	04-26-92	1:44.45
J KEPPELER	P BETZ		
J KINGERY	D BURLESON		
25	+ ORE	05-16-99	1:41.27
STEVE GEORGE	PAT ALLENDER		
GREG LATTA	DOUG STEWART		
35	+ ORE	05-20-01	1:42.51
STEVE GEORGE	PAT ALLENDER		
DOUG CHRISTENSEN	STEVE PARMENTIER		
45	+ ORE	04-09-00	1:49.14
ROBERT SMITH	ALLEN STARK		
TOM COFFEY	DOUG PRENTICE		
55	+ ORE	05-16-99	1:56.89
ROBERT SMITH	GEORGE THAYER		
TOM LANDIS	DICK WEICK		
65	+ ORE	05-20-01	2:12.21
GEORGE THAYER	RICHARD WEICK		
DICK SLAWSON	DAVID RADCLIFF		
75	+ ORE	04-10-99	2:36.73
EARL WALTER	GERALD HUESTIS		
ANDREW HOLDEN	GIL YOUNG		

RELAY 400 YD. FREE

19 +

25 + ORE 04-04-93 3:32.73
 STEVE HARGER MARK WREN
 JOHN ZELL TOM KAHL
 35 + ORE 03-04-00 3:55.40
 ERIC STEINHAUFF ROBERT BRUCE
 TOM LANDIS STEVE MANN
 45 + ORE 04-04-93 3:35.57
 ROBERT SMITH RICHARD BOYD
 DON SCHOLLANDER STEVE JOHNSON
 55 + ORE 04-19-98 4:04.62
 RICHARD WEICK DAVID RADCLIFF
 DICK SLAWSON TOM LANDIS
 65 + ORE 04-29-01 4:15.15
 GEORGE THAYER DICK SLAWSON
 RICHARD WEICK DAVID RADCLIFF
 75 + ORE 04-05-98 5:10.57
 EARL WALTER GERALD HUESTIS
 GILBERT YOUNG ANDREW HOLDEN

RELAY 800 YD. FREE

19 +

25 + ORE 04-04-93 7:59.18
 MIKE PENDLETON MATT ROTH
 JOHN ZELL TOM KAHL
 35 + ORE 02-11-90 8:38.41
 S DURAPAU J ELLIOTT
 C MECCA V DASCH
 45 + ORE 04-04-93 8:01.37
 RICHARD BOYD DON SCHOLLANDER
 ROBERT SMITH STEVE JOHNSON

RELAY 200 YD. FREE

19 + VOT 04-02-89 1:42.20

A SCHRAG J WRIGHT
 V GORDON H GRAHAM
 25 + ORE 05-12-96 1:35.88
 P KING E FERGUSON
 S LAPAY W ZOLNA
 35 + ORE 05-18-97 1:34.08
 SIMONE LA PAY GRACIE GODDARD
 JEFF WALKER STEVE GEORGE
 45 + ORE 04-29-90 1:49.08
 R SMITH B FRID
 N BROOKS D VAUGHAN
 55 + ORE 05-16-99 1:48.99
 ROBERT SMITH JOY WARD
 SUE CALNEK MORRIS TOM LANDIS
 65 + THB 04-04-93 2:53.54
 KATHLEEN HUGHES EARL WALTER
 JUDY MELCHER ANDREW HOLDEN
 75 + THB 04-09-00 3:52.87
 EARL WALTER ELFIE STEVENIN
 JUDY MELCHER ALLAN DE LAY

RELAY 400 YD. FREE

25 + ORE 04-19-98 3:53.86

MATTHEW ROTH CHRISTOPHER ROTH
 E HENDERSON SARA QUANN
 35 + ORE 03-04-00 4:11.74
 BARBARA HARRIS LAURA SCHOB
 ERIC STEINHAUFF STEVE MANN
 45 + ORE 03-04-00 4:58.95
 GEORGE THAYER PAM HIMSTREET
 JANI SUTHERLAND ROBERT BRUCE
 55 + ORE 04-10-99 4:12.82
 JOY WARD PAM HIMSTREET
 TOM LANDIS ROBERT SMITH

RELAY 800 YD. FREE

25 + ORE 04-30-95 7:57.17

SIMONE LEPAY TIMOTHY O'BRIEN
 ELLEN FERGUSON STEVE HARGER

MEN**MEN****MIXED RELAY****MIXED****MIXED****RELAY 400 YD. MEDLEY**

19 + ORE 02-11-90 4:22.70
 M KIRK D SHAVER
 J FISCHER C HENNEFORD
 25 + ORE 02-11-90 4:14.21
 S HARGER D COBB
 J ZELL R RODRIGUEZ
 35 + ORE 02-11-90 4:20.54
 D PERZ R SMITH
 W MUSSER M GRANT
 45 + ORE 03-16-97 4:05.77
 ROBERT SMITH ALLEN STARK
 TOM COFFEY DOUG PRENTICE
 55 + ORE 04-10-99 4:26.46
 ROBERT SMITH GEORGE THAYER
 BERT PETERSEN TOM LANDIS
 65 + ORE 03-13-88 5:31.68
 G HUESTIS R MORRISON
 E WALTER G YOUNG
 75 + ORE 02-28-99 6:04.95
 E WALTER G HUESTIS
 A HOLDEN G YOUNG

RELAY 800 YD. FREE

55 + ORE 01-29-00 9:00.83
 TOM LANDIS RICHARD WEICK
 DAVID RADCLIFF ROBERT SMITH
 65 + ORE 03-13-88 11:47.75
 G HUESTIS E WALTER
 R MORRISON G YOUNG
 75 + ORE 02-28-99 12:04.39
 E WALTER G HUESTIS
 A HOLDEN G YOUNG

200 YD. MEDLEY

19 + THB 03-21-99 1:51.31
 BRYAN ADDLEMAN KRISTINE LEWIS
 CHANDRA HAISLETT JOACQUIN ROMERA
 25 + ORE 05-16-99 1:48.78
 STEVE GEORGE GREG LATTA
 CANDICE CHATT LISA HJERPE
 35 + ORE 05-18-97 1:48.96
 PETER METZGER PAT ALLENDER
 SIMONE LA PAY GRACIE GODDARD
 45 + ORE 04-10-94 2:00.40
 ROBERT SMITH GINGER PIERSON
 BERT PETERSEN SANDI ROUSSEAU
 55 + ORE 04-10-99 2:04.10
 JOY WARD ROBERT SMITH
 BERT PETERSEN SUE CALNEK-MORRIS
 65 + ORE 05-30-92 2:37.64
 G HUESTIS P STANGEL
 A HOLDEN P SMITH
 75 + THB 04-09-00 4:16.39
 JUDY MELCHER GERALD HUESTIS
 ELFIE STEVENIN ALLAN DE LAY

RELAY 400 YD. MEDLEY

25 + ORE 03-16-97 4:20.58
 JOHN ZELL THOMAS KAHL
 SHAUNA SIMPSON SARAH HOAGLAND
 35 + ORE 03-13-88 4:27.87
 ROBERT SMITH GINGER PIERSON
 BERT PETERSEN SANDI ROUSSEAU
 45 + ORE 04-19-98 4:35.81
 ROBERT SMITH ALLEN STARK
 SUZANNE RAGUE JEANNE TEISHER



**OREGON
MASTERS
SWIMMING**

Local Team Registration

This form must be postmarked by the entry deadlines of the 2003 OMS Association Championship and the 2003 OMS Open Water Championships, in order for a team to compete as a “local team” at those events.

TEAM NAME _____

ABBREVIATION _____

TEAM REPRESENTATIVE INFORMATION (must be an OMS member)

Rep. Name _____

Address _____

Phone 1 _____

Phone 2 _____

Email _____

COACH INFORMATION

Coach Name _____

Address _____

Phone 1 _____

Phone 2 _____

Email _____

POOL INFORMATION

Pool Name _____

Address _____

Phone 1 _____

Workout Schedule _____

Mail to: DARLENE STALEY, OMS REGISTRAR, 8590 SW CHARLOTTE DRIVE, BEAVERTON, OR 97007



OREGON MASTERS SWIMMING
UNITED STATES MASTERS SWIMMING
YEAR 2003 REGISTRATION

Renewal - 2002 USMS # 372-_____

New Member

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

Address:

City: State: Zip:

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

E-mail Address: Do you coach a Masters Team Yes No

Club: OMS is comprised of two clubs or you may register unattached. OREG MACO UNATTACHED

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

- List of local teams including Central Oregon Masters - COMA, Columbia Gorge Masters - CGM, Oregon Wetmasters - OWET, Multnomah Athletic Club - MACO, Pendleton Masters - PEND, Tualatin Hills Barracudas - THB, Albany Masters - ALB, Beaver Aquatic Masters - BAM, Chehalem Masters - CMST, Circumnavigating Beavers - CBAT, Club Sports Sea Lions - CSSL, Columbia River Swim Team - CRST, Columbia-Willamette YMCA - CWY, Corvallis Aquatic Masters - CAT, Downtown Athletic Club - DAC, Emerald Aquatics - EA, Eugene Nomads - EN, Fish Stick Masters - FISH, Grants Pass YMCA - GPY, Health Experience Ath. Club - HEAC, Klamath Falls Masters - KLF, LaCamas Aqua Master - LCAM, Lincoln City Masters - LCM, McMinnville Masters - MCM, Mittleman Jewish Comm. Ctr - MJCC, Mt. Hood Masters - MHM, Mountain Park Masters - MPM, No. Clackamas Masters Swimming - NCMS, Oregon City Swim Team - OCST, Parkrose Masters - PMST, Portland Masters Swimming - PMS, Portland Upstream - PUP, Riverplace Athletic Club - RAC, Rogue Valley Masters - RVM, Salem Courthouse Crew - SCC, South Coast Aquatic Masters - SCAM, Southern Oregon Masters - SOM, Steelheads - STHD, Tigard-Tualatin Swim Club - TTSC, Umpqua Valley Masters - UVM, Willamette Athletic Club - WAC, No Local Team - NLT

\$38.00 Single Registration: Valid November 1, 2002 to December 31, 2003. Make checks payable to OMS, Inc.
\$66.00 Joint registration: Two members at one address/One Aqua-Master. One Registration Form per member please.
Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

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

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

Signature: Date:

MAIL TO: DARLENE STALEY, OMS REGISTRAR, 8590 SW CHARLOTTE DRIVE, BEAVERTON, OR 97007
This form is available on the OMS website: www.swimoregon.org

2002/2003 Calendar and Meet Schedule

Date	Event	Location	Contact
<u>Pool Meets</u>			
Jan. 25	*SCY	Tualatin Hills Pentathlon	Kristi Riddle kristinotbrinkly@aol.com 503 690 8687
March 14-16	*Assn. SCY	MAC Club - Portland	Bob Kabacy rkabacy@kelrun.com 503 245 8122
April 5	SCY	Eugene	Lynda Christiansen ericandlynda@netzero.net 541 687 8379
April 26-27	Zone SCY	Hood River	Shelly Rawding rawding@gorge.net 509 493 4679
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
<u>National Championships 2003</u>			
May 15-18	SCY	Tempe, AZ	www.usms.org
Aug. 14-17	LCM	Rutgers Univ. NJ	www.usms.org
<u>Open Water 2003</u>			
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	
Aug. 30	26 Mile Relay	Columbia River	
<u>Postal Championships 2002/2003</u>			
Jan. 2003	*1 Hour Swim	Kristine Lewis	onehour@swimoregon.org
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

Aqua-Master

January 2003

Aqua-Master
Attn. Roy Lambert
1211 SW Fifth Avenue
Portland, OR 97204-3795

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

Inside: Results - Oregon City Zone SCM Meet