



Aqua Master

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July 2003

“Swimming - A Life’s Passion”

Ransom J. Arthur Award to Sandi

“The Ransom J. Arthur Award is the highest honor that USMS can bestow at any level.”



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Tempe, Arizona: Sandi Rousseau of Oregon was honored at the 2003 USMS SCY Nationals as the Ransom J. Arthur Award recipient. At the Award Presentation, Dr. Jim Miller, President of USMS, stated: **“Sandi Rousseau’s enthusiasm and dedication are only matched by her leadership. The Oregon LMSC and USMS are grateful for her many contributions. She embodies the goals of United States Masters Swimming and the spirit of Captain Ransom J. Arthur.”** Full Text of Presentation on page 3.

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Chair's Corner by Jeanne Teisher

Dear Swimmers.

One of my primary focuses the past few months has been to get you, the OMS membership, acquainted with the organization's board of directors. It is these volunteers who work many hours, throughout the year, planning and organizing events and activities for both the competitive and fitness swimmer, writing articles that are of interest to all swimmers, researching issues that will benefit swimmers, attending local, state, regional and national meetings to be aware and informed of swimmer issues and policies, and communicating individually with swimmers around the state. Because of their dedication and contribution, the OMS program has become recognized nationally as one of the top LMSCs in the country. If you have competed in any of the swim meets in the past couple of months, you may have noticed that board members have been wearing name tags. This is one way for you to get to know your board. In the last Aqua Master there were pictures (mug shots) of the board members. For the next 2 issues of the Aqua Master I will be providing you some facts about each of the board members. Read and enjoy....

The OMS Vice Chair, Sandi Rousseau, is responsible for planning and organizing all of our pool meets. She is a member of the Columbia Gorge Masters Swim Team in Hood River and competes in the 55-59 age group. Sandi began swimming at the age of 11 and, after a 14 year hiatus, began swimming with Masters, which was in 1977. Asked about her most memorable swimming experience, Sandi stated "winning the 50 fly in New Zealand at the first international Masters meet in 1984" as the one that stands out the most.

The OMS Treasurer, Suzanne Rague, takes care of the OMS money. Suzanne has been involved with Masters swimming for 22 years and competes in the 50-54 age group. Distance freestyle is her choice of stroke and Tualatin Hills Barracudas is her choice of team. When Suzanne is not swimming, she is an investment advisor. Suzanne's memorable experience was completing the Manhattan Island Marathon (28 mile event).

The OMS Secretary is Nancy Radcliff. Nancy, a member of the Tualatin Hills Barracudas in Beaverton, takes the minutes at all the OMS board meetings. Though Nancy is not a competitive swimmer, you will see her at swim meets supporting her husband, (Dave) other Barracudas, and all her swimming friends. Before she retired, Nancy was a bookkeeper. When asked what her most memorable swimming experience was, Nancy stated surviving an open water swim was the one experience that stands out in her mind.

The OMS Registrar, Darlene Staley, swims with the Tualatin Hills Barracudas and is part of the 50-54 age group. She has been swimming since the age of 8 and butterfly is her favorite stroke. When Darlene is not swimming or taking your OMS registration money, she teaches college P.E. Darlene's most memorable swimming experience is winning the High School State Championships in 50 & 100 fly her junior year in high school.

The OMS Awards / Souvenir Chair is Pam Himstreet. Pam, who swims with Central Oregon Masters Aquatics (COMA) in Bend, is responsible for the coordinating and ordering of swim meet awards, annual awards, and OMS souvenirs. She has been swimming for 21 years and is a member of the 60-64 age group for meters and 55-59 age group for the rest of the year. Breaststroke is the stroke she favors. Prior to retirement, you could find Pam teaching in the high school classroom. Meeting a new Australian friend at the Nike Masters World Games in 1998 tops Pam's most memorable swimming experience. This individual was in

continued on page 6

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

2003 Ransom J. Arthur Award



May 17, 2003



Once a year we pause to recognize the dedication of a single person within USMS who has worked tirelessly to promote our sport and the organization that makes this all possible. I wish that we took more time to recognize all of the volunteers who enhance our swimming experience. The Ransom J. Arthur Award is the highest honor that USMS can bestow at any level.

Captain Ransom J. Arthur, M.D. was the founder of United States Masters Swimming. He believed in the value of adult fitness. In the late 1960's this was a singular opinion. Medical science now has proven that this was visionary. It is now common knowledge that an athlete's fitness level predicts their health more accurately than any other single variable. Today's recipient has dedicated herself to the world of medicine and to USMS.

She has promoted both competitive and fitness participation in Masters swimming. She has maintained her involvement at the local and national level. Locally, she has served her team and LMSC at all levels from presidency to special assignments. She was a founding member of Tualatin Hills Barracudas and served as the team's president. When she relocated to Hood River, she began building yet another Masters team. The quiet little community of Hood River will never be quite the same.

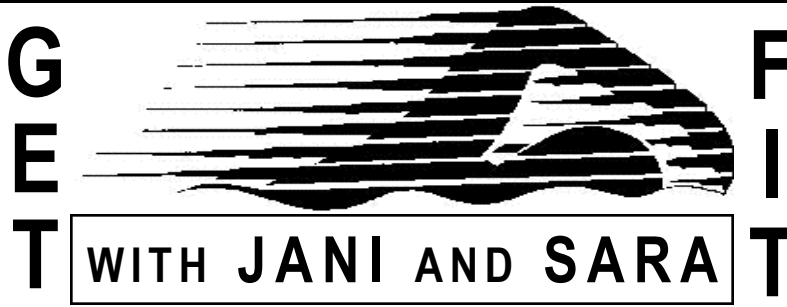
Her leadership inspired the Oregon LMSC to host three championship events since 1986. She served as the meet director for the 1986 Long Course National Championship and Swimming Commissioner for the 1998 Nike World Masters Games, while serving as a member of the meet organizing committee for the 1995 USMS Long Course Nationals. She received the USMS National Championship Meets Award in 1997 for her performance in hosting national events. She chaired the USMS Championship Committee from 1993 to 2001 and continues to serve on multiple national and local committees.

Sandi Rousseau's enthusiasm and dedication are only matched by her leadership. The Oregon LMSC and USMS are grateful for her many contributions. She embodies the goals of United States Masters Swimming and the spirit of Captain Ransom J. Arthur. Please join me in applauding Sandi in this, her very special moment.

Sincerely,

Jim Miller, M.D.

President, United States Masters Swimming



Sun Savvy - how much do you know?

According to the most recent estimates from the National Aeronautics and Space Administration, the ozone layer is being depleted at a rate of 4 to 6 percent each decade. This means additional UV radiation is reaching the Earth's surface and our bodies. We can take protective measures by following the seven steps below.

There are seven steps to safer sunning. These recommendations (following) come from many organizations, including American Academy of Dermatology, American Cancer Society, Skin Cancer Foundation, National Cancer Institute, the Food and Drug Administration and the National Weather Service.

1. Avoid the sun: The sun's rays are the strongest between 10 a.m. and 3 p.m., so it is especially important to avoid the sun during those hours. Also avoid the sun when the UV index is high. The UV index is a number from 1 to 10+ that indicates the amount of UV radiation reaching the earth's surface during the hour around noon (if you are outside). The higher the number the greater the exposure to UV radiation. This number is forecast daily in many cities by the National Weather Service.

Cloudy skies can fool you!! Clouds block out only 20 percent of UV radiation. And UV radiation passes through water, so you aren't safe from it while in the water. Sand and snow reflect sunlight and increase the amount of UV radiation you get. The vast majority of UVA passes through window glass and can cause skin damage (more on UVA and UVB below). UV radiation increases 4 percent for every 1000 feet increase in altitude.

2. Use Sunscreen: Sunscreens and sunblocks absorb, reflect or scatter some or all of the sun's rays. Sunscreen products labeled "broad spectrum" protect against 2 types of radiation: UVA and UVB. It was previously thought that only UVB caused skin damage but scientists now believe that both can cause sunburn, damage to the skin and skin cancer. Some products only protect against UVB, so read labels carefully! The FDA requires labels of all sunscreen and sunblock products to state the SPF or sun protection

factor. The higher the number the longer a person can stay in the sun before burning. SPF levels range from 2 to 30. The FDA suggests 30 as the upper limit as anything above that level offers little additional benefits and may expose people to dangerous levels of chemicals.

3. Wear a Hat: A hat with at least a 3" brim on all sides can protect the neck, ears, eyes and scalp.

4. Wear Sunglasses: Sunglasses should block 99 to 100 percent of UVA and UVB radiation. Read the label, don't go by how dark the glasses are. UV protection comes from an invisible chemical applied to the lenses. Larger frames protect more. Children should also wear sunglasses.

5. Cover Up: Wear a lightweight, long sleeved shirt and pants or long skirts. Most materials absorb or reflect UV rays. A tightly woven fabric is best. Sun protective clothing is going to be regulated by the FDA only if the manufacturer claims it has medical benefits such as preventing skin cancer.

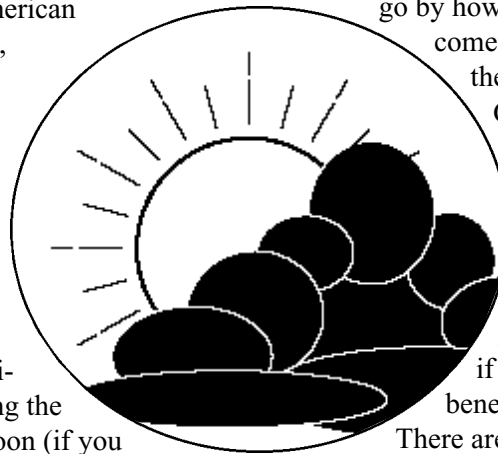
There are currently no products that qualify as sun protective under this new policy.

6. Avoid Artificial Tanning: Many people mistakenly think tanning beds are harmless because they primarily emit UVA rays. UVA can cause serious skin damage too. Sunlamps also increase radiation risk.

7. Check Skin Regularly: The best time to do a skin exam is after a bath or shower (you can check all areas). Get to know your moles, blemishes and birthmarks so you can tell if they undergo any changes. Look for changes in size, texture, shape and color or a sore that does not heal.

Remember skin cancer is very slow to develop. The sunburn you received as a child may take 20 or more years to become skin cancer. Tanning is the skin's response to UV light. It is a protective reaction to prevent further injury to the skin from the sun. It does not prevent skin cancer. People with higher risk are those with fair skin, Northern European heritage or those with a family history of skin cancer.

Open water season will be here soon and we all enjoy being outside in the sun during the summer. Protect yourself by following the 7 Sun Savvy steps!!





LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

Lake swims span large distances. Those large orange buoys, so apparently large when they're being inflated on shore, seem tiny when viewed in their anchored positions. Additionally, race directors always forget to install the lines on the venue bottoms and the lane markers on the surface. Among rookie (and some not-quite-so-rookie) open water swimmers, apprehension about navigating around swim courses is second only to uneasiness about the great aquatic unknowns. How's your steering? In an attempt to dispel some of this apprehension, here is a short primer about navigation around Oregon Lakes.

1. Know your course. Many steering problems start with uncertainty about the race course itself. What did you think was going to happen when you were goofing around during the pre-race orientation? Pay attention and ask questions then, study the course map and look at the course itself, and develop a good image of it in your mind's eye before you leave shore.

2. Swim in a straight line. This may seem like rudimentary advice, yet how many of you are truly sure that you can swim straight without constant reference to the omnipresent visual cues provided in pools by lines and markers? Practice swimming straight. Try closing your eyes (yes, you can close your eyes with goggles on!) and swim four consecutive strokes with your eyes closed. Having succeeded at this distance, try six strokes, then eight, ten and finally twelve to fifteen. If you try more than fifteen, beware of the pool ends rushing at you. Now you are ready to swim straight in open water.

3. Lift your head to sight. Swim instructors and coaches cringe when you lift your head, since lifting your head drops your hips and feet, interferes with rotational balance, and creates lots of extra drag. Yet spotting your course requires a slight head lift. Coordinate your regular sighting

peeks with your breathing so that both movements blend into one—this requires practice. Try not to lift to sight too often; the fewer head lifts the better your body streamlining. Good open water racers usually sight every twelve to twenty strokes.

4. Pick large reference points for sighting. From far away, buoys look miniscule. From water level, especially among waves, buoys maddeningly disappear beyond the earth's curvature. Rather than trying to find the buoys on each sighting, select a larger landmark directly behind each buoy and steer for it. As you near each buoy, shift your sighting to the buoy itself. And there is a good reason why the Oregon Finish Banner is bright orange—when you approach the end of your race, steer directly for it.

5. Follow good navigators. Some open water regulars have developed outstanding navigation skills. Improve your chances of a short swim by discovering who they are and following them. By contrast, find out who are poor or erratic navigators and leave them to their own follies. However, in the final analysis, every swimmer is responsible for his or her steering, and all open water veterans have stories about their navigational misadventures.

6. Enjoy the unknown. Unexpected things can happen during lake swims. Accept the possibility and be prepared to adjust to them. When your steering goes awry, correct your course and continue. And remember that there is a silver lining—the worst navigators get better value from their entry because they get to swim longer for the same fee!

7. Navigate your way to an Oregon open water swim this year and enjoy the fun! Entry blanks for all four Open Water Events are in this Aqua Master

Good luck and good swimming!

A Fitting License Plate for Long Distance Swimming

What Long Distance Swimmer might have this license plate?

Hint - He swam the 1650 at the SCY Nationals in Tempe.

Our last license plate belongs to Tiger and Zoe Winkle, true lovers of Chocolate. Congratulations to Alison Moore for sending in the first correct answer.

Please send you answer for the 1650 license plate to the Aqua Master Editor at therads@attbi.com

Also send more pictures of custom plates.



Chari's Corner continued from page 2

Pam's age group and the two of them shared wins and losses (many to each). Last year Pam and her husband went to Australia and swam in the Australian friend's National meet and stayed with her. After the meet they all climbed the Sydney Harbor Bridge side by side.

The OMS Aqua Master Editor, Dave Radcliff, a Tualatin Hills Barracuda, is responsible for the putting together, printing, and mailing of the monthly Aqua Master newsletter. Distance freestyle is Dave's favorite stroke and he likes competing against other male 65-69 year old swimmers. Dave started swimming in high school, coached high school swimming and got back in the water in 1995, when he began swimming Masters. Prior to retirement, Dave was an educator and school administrator. Did you know that Dave was a member of the 1956 USA Olympic Swimming Team? That was the most memorable experience for him.

The OMS Coaches Chair, Stephani Turner, swims for as well as coaches at the Multnomah Athletic Club in Portland. As the Coaches Chair Steph is the link between the board and the Masters coaches around the state. She also is responsible for scheduling Host Coaches for each pool meet. Steph has been swimming, on and off, for 33 years and currently competes in the 40-45 year old age group. Put her in any distance freestyle event and she is a happy swimmer. When asked about her most memorable swimming experience, Steph replied "Training for and swimming in the long distance nationals at a quarry in Okalahoma before open water swimming was what it is today. We trained along side a boat in the wake while our coach talked to us through a megaphone. We would swim for 3 hours in a lake, come back to shore have a huge picnic and lay in the sun for an hour then go back out and swim for another 2 hours. We did that for an entire summer. Believe it or not, it was a blast and the most fun I had in swimming. Our team grew very close that summer. There were eight guys and three girls from our senior team who did it. Who can argue with that ratio!"

The OMS Data Manager, Gary Whitman of Portland, is not a Masters swimmer (he swims recreationally) but I don't know what OMS would do without him! He is the one we send our meet entries to and who enters all the data for the meets. You will also see him working the computer at many of our pool meets. Over the past couple of years, Gary has made a number of enhancements to the meet entry program, which has benefited swimmers, meet organizers, the Aqua Master editor and webmaster. He is and has been a real joy to work with. By the way, Gary's profession is computer programming.

There are 2 Fitness Co-Chairs, Jani Sutherland and Sara Quan. Both swim with COMA in Bend. The primary responsibility of the Fitness Chair is to write articles for the Aqua Master that will be interesting and informative for Masters swimmers.

Jani, who is now part of the 50-54 age group crowd, has

been swimming all of her life and prefers the butterfly stroke over the others. During the day and away from the pool you will find Jani working with kids at a local athletic club where she is the Kids Activities Director. Jani's most memorable swimming experience was the mass start of the Ironman Triathlon World Championships in Hawaii with 1500 other people!!

Sara, a lover of open water swimming, has been swimming most of her life. She now competes against other 30-34 year old female swimmers. When Sara is not swimming and competing, she is a student, swim and ski coach, and personal trainer. When asked about her most memorable swimming experience, Sara stated "training to swim the English Channel relay - a year long memory!"

The OMS Long Distance / Open Water Chair, Bob Bruce, is a member as well as the coach of COMA Masters swimmers. As the chair, Bob coordinates and schedules many of the statewide long distance swim events (i.e., Postal swims) and chairs the Open Water committee who plans and organizes the open water events and continually enhances the Open Water program. Bob has been swimming 40+ years with 30+ years in Masters swimming and distance freestyle is his preferred stroke. You will see his name as part of the 55-59 year old swimmers. Being honored by selection as Head Coach to the U.S. Team for the World Masters Championships in Christchurch, NZ, in 2002 is a memory Bob will long remember.

The OMS Officials Chair is Gary Wallis. His task is to be current on all the swimming rules (for pool meets), be the liaison between OMS and the swim officials, and assist in recruiting officials for meets, only when necessary. Gary, a member of the Tualatin Hills Barracudas and the 50-54 age group, swam when he was younger and restarted in 1992. His choice of stroke? Breaststroke! Out of the pool, Gary works in the finance field. What sticks out in Gary's mind as the most memorable swimming experience is swimming and officiating in the Nike World Games.

The OMS Records Chair is a Parkrose swimmer, Bert Petersen. As Records Chair, Bert is responsible for recording ALL (short and long course meets) records OMS swimmers have set at pool meets, whether it is an Oregon, Zone, National or World record. The age group Bert swims in is 60+ or 65+, depending on the course. Bert, who has been swimming for 50 years, with a 23 year break, believes there is no other stroke but butterfly! For 25 years Bert was in Insurance and investment sales and later morphed into swim coach. The most memorable swimming experience for Bert was winning World Champs 100 fly in Japan in 1986 and then doing it again with a W/R at Nike Games.

The OMS Safety Chair, Jody Welborn, is a cardiologist who swims with Oregon Wetmasters. Her task as Safety Chair to make certain there are safety guards at every pool meet and they have been briefed on the USMS safety rules. This is usually accomplished by working closely with the Meet Directors. *Continued on page 15*

The

21st Annual Senior Masters Sports Festival Oregon Masters Long Course Meters Meet

Recognized by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-06R

Eligibility: Currently registered USMS swimmers, **30 years and older.**

Unregistered swimmers must submit a 2003 registration form and fee with this form.

Location: Echo Hollow Pool
1655 Echo Hollow Rd.
Eugene, Oregon

5 lanes competition-electronic timing
Warm-up/down in 1 lane

DATE: Saturday, July 19, 2003

WARM-UPS: 12 NOON
MEET STARTS: 1PM

Awards: Festival Awards for First, Second & Third places
Banquet: July 19th, 6PM at Eugene Swim and Tennis Club

Meet Director: Arden Adams • 541-688-4013 • email: aadamsswim@aol.com

Directions to the pool: From I-5 north or south, take the Beltline Freeway exit and head west into Eugene. The Beltline Freeway heads west for a few miles and then bends to your left and heads south. Take a left at Burger, heading east until you come to Echo Hollow Road. Turn right and the pool will be on your left. Pool is located next to Willamette High School.

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

ENTRY DEADLINE: POSTMARK NO LATER THAN SATURDAY JULY 5, 2003

FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____
E-MAIL _____

BIRTH DATE _____ AGE _____ SEX _____
2003 USMS # _____
USMS CLUB (OREG, MACO, PNA, ETC) _____
IS THIS YOUR FIRST MASTERS MEET? Yes No

AGE GROUPS: 30-34, 35-39, 40-44 ETC. UP TO 100+. RELAY AGES: 120-159, 160-199, 200-239 & UPWARD IN 40-YEAR INCREMENTS. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY) DISTANCES. THE 400 IM, 400 AND 800 FREESTYLES WILL BE DECK SEEDED. CHECK IN WILL CLOSE 30 MINUTES BEFORE EVENT IS TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.**

- 400 FREE** (1) _____ : _____ . _____
- 50 FREE** (2) _____ : _____ . _____
- 200 BACK** (3) _____ : _____ . _____
- 100 FLY** (4) _____ : _____ . _____
- **BREAK****
- FREE RELAYS (5-10)**
- 200 IM** (11) _____ : _____ . _____
- 50 BACK** (12) _____ : _____ . _____
- 200 FREE** (13) _____ : _____ . _____
- 100 BREAST** (14) _____ : _____ . _____
- **BREAK****
- MIXED MEDLEY RELAYS (15-16)**

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

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

SIGNATURE _____ DATE _____

Senior Sports Festival includes the meet plus a complete, catered banquet with door prizes and an embroidered Festival cap

MEET ENTRY FEE: \$26.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220

SCY Nationals - Tempe, AZ 2003

N = Breaks listed National Record

Z = Zone Record

O = Oregon Record

Andrus-Hughes, Karen -	Age: 45	
200 Free	2:04.49	(1) Z
100 Back	1:03.19	(1) Z
200 Back	2:21.84	(2) Z
50 Free	25.43	(1) Z
100 Free	55.92	(1) Z
50 Back	29.36	(1) Z
Asleson, Elke M -	Age: 51	
400 IM	6:26.48	(10)
Fly	34.92	(13)
200 IM	2:56.89	(11)
100 Fly	1:17.73	(6)
100 IM	1:21.08	(16)
200 Fly	2:58.98	(2)
August, Brian K -	Age: 32	
50 Fly	24.81	(18)
100 Back	58.80	(22)
50 Free	22.50	(18)
100 Fly	53.89	(17)
100 Free	49.86	(19)
50 Back	27.26	(10)
Baker, Dennis G -	Age: 41	
200 Free	1:45.25	(5) Z
100 Fly	51.85	(4)
200 Fly	1:51.55	(1)
Bernardi, Norma M -	Age: 83	
100 Back	2:12.55	(5)
50 Free	56.86	(6)
100 Free	2:11.61	(4)
50 Back	1:01.94	(4)
Bigler, Jim -	Age: 67	
100 Free	1:09.66	(12)
1000 Free	15:01.45	(3)
200 Free	2:34.63	(10)
50 Free	31.05	(14)
Buck, Kathleen P -	Age: 52	
400 IM	6:19.24	(9)
200 Free	2:29.31	(11)
200 Breast	3:12.02	(10)
500 Free	6:40.86	(9)
200 IM	3:00.10	(13)
Butcher, Gano -	Age: 39	
50 Fly	25.62	(22)
100 Back	1:02.24	(22)
200 IM	2:12.84	(30)
100 Fly	59.08	(29)
50 Breast	30.09	(19)
100 IM	1:00.18	(24)
Cooper, Greg	Age: 35	
100 Fly	55.51	(14)
50 Fly	24.66	(12)
Criscione, Anicia -	Age: 29	
400 IM	6:04.22	(12)
200 Breast	3:12.57	(15)
Fox, Christina M -	Age: 42 -	
100 Back	1:18.52	(23)
200 Back	2:47.66	(18)
200 IM	2:57.45	(24)
Foley, Sharon	Age: 43	
100 Free	59.60	(19)



Jim Jenkins with his first National Medal

50 Free	26.02	(8)
100 Breast	1:18.96	(17)
50 Breast	35.43Y	(11)
100 Fly	1:09.09	(13)
50 Fly	29.43	(12)
Gaarder, Chris -	Age: 38	
50 Fly	27.27	(38)
200 Breast	2:29.97	(15)
50 Free	25.14	(40)
100 Breast	1:06.92	(19)
50 Breast	30.27	(20)
100 Free	54.68	(37)
Gooding, Todd	Age: 36	
100 Free	56.15	(41)
200 Free	2:05.19	(43)
50 Free	25.13	(39)
100 Back	1:05.74	(26)
200 Back	2:22.46	(20)
50 Back	30.22	(13)
Griffin, Steven E -	Age: 34	
50 Fly	29.95	(32)
100 Fly	1:06.13	(38)
100 Free	59.57	(41)
Hackley, Jeff T -	Age: 34	
400 IM	4:46.44	(15)
50 Fly	25.46	(22)
50 Free	23.08	(25)
100 Fly	56.50	(26)
100 IM	59.52	(24)
100 Free	51.59	(28)
Hudson, John C -	Age: 37	
100 Back	57.58	(13)
200 Breast	2:16.27	(4)
100 Breast	1:01.63	(7)
50 Breast	28.24	(10) O
100 IM	56.40	(5)

The Swims were fast and the Sun was blazing hot but Oregon knew how to stay cool in the shade



Jenkins, James D -	Age: 55		100 Breast	1:15.20	(17)
50 Free	37.99	(41)	Landis, Tom -	Age: 61	
100 Free	1:22.87	(27)	1000 Free	11:52.25	(3)
Jenkins, Valerie G -	Age: 39		200 Free	2:01.49	(1)
50 Fly	27.59	(8) Z	50 Free	25.09	(3)
100 Back	1:02.53	(2)	200 IM	2:24.89	(4) Z
200 Back	2:16.26	(4) O	500 Free	5:39.86	(2)
200 IM	2:21.25	(5) O	100 Free	54.26	(2) Z
100 IM	1:03.81	(5)	L'Esperance, Beverly -	Age: 71	
50 Back	28.40	(1)	200 Free	4:07.22	(10)
Johnson, Steve M -	Age: 55		100 Back	2:13.85	(8)
1650 Free	19:31.75	(2) O	200 Back	4:40.22	(10)
50 Fly	28.93	(22)	Mellow, Bill G -	Age: 61	
200 Free	2:05.05	(11)	200 Breast	3:09.26	(13)
100 Fly	1:01.16	(9) Z	50 Free	30.85	(17)
500 Free	5:25.60	(2) Z	100 Breast	1:25.27	(13)
King, Phillip	Age: 36		50 Breast	37.40	(9)
500 Free	5:09.33	(15)	100 Free	1:10.50	(10)
100 Back	57.40	(11)	Miesen, Lee -	Age: 76	
200 Back	2:02.35	(8)	100 Breast	1:34.24	(2)
100 Fly	55.85	(16)	200 Breast	3:44.94	(4)
200 IM	2:03.68	(9)	50 Breast	41.94	(5) Z
400 IM	4:29.51Y	(10)	Milner, Nancy J -	Age: 51	
Lake, Brent L -	Age: 65		1650 Free	25:00.86	(4)
1650 Free	23:11.39	(3)	500 Free	7:23.09	(13)
200 Free	2:32.84	(8)	100 IM	1:27.49	(20)
100 Back	1:17.89	(6)	Oliva, Tomas	Age: 41	
200 Back	2:47.60	(6) O	50 Free	23.57	(33)
500 Free	6:51.35	(4)	100 Breast	1:06.69	(23)
50 Back	36.03	(5)	50 Breast	29.22	(11)
Lambert, Roy D -	Age: 56		100 IM	1:00.09	(23)
200 Free	2:18.93	(22)			
200 Breast	2:46.25	(11) O			
50 Free	28.50	(34)			

Continued on page 10

Results continued from page 9

Otto, Douglas	Age: 44	
100 Back	1:01.67	(18)
200 Back	2:15.62	(15)
200 Breast	2:29.57	(19)
100 IM	1:00.06	(22)
200 IM	2:13.25	(19)
Palmer, Jeffrey -	Age: 35	
100 Fly	1:06.93	(36)
100 Free	1:00.79	(46)
Paarisi, Robin	Age: 48	
100 Free	57.07	(4)
50 Free	26.05	(4)
100 Fly	1:03.65	(2)
50 Fly	27.88	(2)
100 IM	1:04.60	(1) Z
200 IM	2:22.62	(1)
Peters, Keith D -	Age: 37	
100 Back	58.57	(15)
200 IM	2:06.15	(12)
100 IM	56.83	(9)
100 Free	51.39	(21)
Pierson, Ginger	Age: 57	
100 Breast	1:18.18	(1) N
200 Breast	2:52.76	(1) N
50 Breast	36.08	(1)
100 Fly	1:18.62	(3)
200 Fly	2:51.06	(1) Z
100 IM	1:15.01	(2) Z
Rousseau, Sandi -	Age: 55	
50 Fly	33.46	(2)
50 Free	31.22	(5)
100 Fly	1:21.57	(4)
100 IM	1:21.83	(3)
100 Free	1:08.98	(3)
50 Back	39.18	(3)
Schumann, Susanne	Age: 65	
100 Free	1:15.85	(2)
50 Free	33.87	(2) Z
100 Breast	1:35.06	(2) Z
200 Breast	3:26.69	(2)
50 Breast	43.47	(1)
Simpson, Shauna	Age: 31	
100 Fly	1:03.39	(13)
Slawson, Dick -	Age: 67	
400 IM	6:01.71	(3)
200 Breast	3:11.93	(6)
50 Free	28.08	(8)
200 IM	2:43.77	(3)
Stoinoff, Lavelle	Age:	
100 Free	1:13.27	(1) Z
1000 Free	14:08.02	(1) N
200 Free	2:35.99	(1) Z
500 Free	7:02.40	(1) N
200 Back	3:06.08	(1) N
Sweat, Mary H -	Age: 45	
1650 Free	20:06.33	(2)
200 Free	2:15.72	(15)
500 Free	5:58.45	(8)
Taylor, Curtis L -	Age: 31	
50 Fly	24.46	(11)
200 Free	1:43.88	(4) Z
50 Free	21.66	(7) O
100 Fly	53.40	(14)
100 IM	54.44	(5)
100 Free	46.81	(5) Z
Thayer, George D -	Age: 67	
100 Back	1:19.75	(8)
200 Back	2:58.31	(9)

50 Free	28.37	(9)
100 IM	1:17.82	(5)
100 Free	1:06.92	(11)
50 Back	37.21	(7)
Topp, Deborah A -	Age: 34	
50 Fly	29.97	(17)
50 Free	27.65	(21)
100 Fly	1:07.19	(18)
200 Fly	2:36.33	(8)
100 Free	1:01.72	(26)
Topp, Suzanne M -	Age: 35	
50 Fly	30.63	(29)
500 Free	6:06.33	(20)
50 Free	26.59	(15)
100 IM	1:11.61	(32)
100 Free	59.27	(19)
Uebele, Keith T -	Age: 41	
50 Fly	25.86	(29)
100 Back	1:01.49	(16)
50 Free	23.81	(34)
100 Free	51.60	(25)
Ward, Joy -	Age: 60	
50 Fly	33.10	(1)
100 Back	1:19.73	(1) Z
50 Free	30.14	(1) Z
100 Fly	1:24.88	(4) Z
100 IM	1:19.32	(1)
50 Back	36.80	(2)
Welborn, Jody M -	Age: 48	
1650 Free	23:52.51	(10)
200 Breast	3:22.68	(21)
500 Free	7:13.63	(19)
Welch, Arthur C -	Age: 70	
1000 Free	18:35.16	(5)
200 Free	3:20.81	(9)
100 Back	1:42.24	(8)
200 Back	3:55.67	(6)
500 Free	9:14.13	(6)
50 Back	49.57	(6)
Zolna, William	Age: 33	
1000 Free	10:28.35	(4)
500 Free	4:59.50	(5)
100 Fly	53.00	(11)
200 Fly	1:55.53	(1)
200IM	2:00.54	(3)
400 IM	4:20.55	(3)

Relay Results - Check the USMS web site for the Relay Results



Valerie Jenkins and Chris Gaarder
(special thanks to Chris for the pictures)

Cathy is Back!

And another "New Mom" returns to the pool.

Cathy Law and son, Sebastian, both enjoyed the water at the Northwest Zone Meet in Hood River. Cathy won the 50 Free, 200 Free, 50 Breast, and was second in the 100 Free and 100 IM.

Dad, Steve George, also swam very well. He won all three Back Stroke events and the 50 Free. Good to have you back.



Sybil Fisher, Open Water Training for the Channel Swim

My solo attempt to swim the English Channel is fast approaching and I am finding myself excited, anxious and at times very fatigued. The goal for the month of May has been cold water acclimation and just time swimming in the open water. I traveled to Florida the first weekend in May and swam in the Gulf of Mexico. Now, this is definitely NOT cold water acclimation, as the water temp was around 80degrees! However, the Gulf provided many waves and wind to train through. Swimming in swells and windy waves is a bit like running uphill. The hardest part for me was to maintain my body position and balance in the water as the waves are not equidistant apart and not always the same size, so it's hard to establish and hold a rhythm. It was great training. On my last day, it was very early in the morning and it felt like I was the only obvious living creature in the water. On one breath to my right, I noticed what looked like an airplane in the distance. I went to breathe again on and realized it was a large pelican who seemed to think I was a really big fish! He dove at me and once he realized that I was his archenemy, he flew away! Let me tell you, that will wake you up quickly at 7am!

Since training in Florida, I have returned home to reality and have gotten in some excellent cold water acclimation. Andrew Soracco (my coach) and I have been swimming in Blue Lake, which has been 57-59deg. Andrew of course wears a wetsuit, because he doesn't quite have the body fat percentage to keep him warm and frankly, because he CAN wear a wetsuit. I seem to be able to get into this temp of water in about 2-5 minutes. I've discovered the air temperature makes a huge difference as to how hard it is to get into the water as well as how long it takes me to warm up in the water. This past week I have ventured into the Columbia River...finally! The temp has been 53-54deg. This takes quite a bit longer to get into and be able to swim a normal stroke. The most painful area to get into that water is my face and my armpits. Yeouch! The way I see it though is the quicker I can acclimate to 53, then when 60deg comes along, it will feel like bath water.





OREGON OPEN WATER SERIES

TIMOTHY LAKE

Sunday, August 10, 2003

Mt. Hood National Forest, Oregon

One and Two Mile Swims

Sanctions:

Sanctioned by OMS #373 0W2

Sanctioned by USA swimming #TBD

All participants must be registered USMS or USA swimmers. A copy of your 2003 USMS or USA registration card must be included with the race entry. A one-day USMS registration is available for a fee of \$15.

Race Times:

Two-Mile Swim

7:30 a.m. – 8:30 a.m. – check-in*

8:45 a.m. – pre-race meeting with all 2-mile swimmers

9:00 a.m. – 2-mile swim

One-Mile Swim

10:30 a.m. – 11:00 a.m. – check-in

11:15 a.m. – pre-race meeting with all 1-mile swimmers

11:30 a.m. – 1-mile swim

Lunch and Award Ceremony

12:30 p.m. Lunch

Awards presentation

* Those swimming two events may check-in for both events between 7:30 and 8:30 a.m.

Entry Fees:

Entries must be postmarked by July 27, 2003. Late entries and day-of-race registration will be accepted, and are subject to a late fee of \$5.00. All entries must include proof of USMS or USA registration.

One event:	\$ 20
Two events:	\$ 30
One-day USMS registration:	\$ 15

Race Co-Directors:

Andrea Milano: 503-288-2861, elleroy@hotmail.com

Heather Law: 503-234-6205, Lawh@juliette.org

Please mail your registration to:

Portland Masters Swimming

1414 SE Lexington

Portland, OR 97202

(Make checks payable to PMS)

Course:

1-mile and 2-mile courses will be triangular, marked by orange buoys and patrolled by marine craft. Water temperature can vary from 66-72 degrees Fahrenheit and will be posted at registration. Wetsuit swimmers will compete in a separate category.

Awards:

1-mile and 2-mile – Individual awards for the top three finishers in each age group, by gender and classification (wet-suit or no wet-suit).

Oregon Open Water Series:

Both races are Oregon Open Water Series qualifying swims. The "Oregon Open Water Series" is a series of lake swims that are conducted at local lakes. Individual results are tabulated for Oregon athletes, with scoring, awards, and recognition for a cumulative series. For more information on the Oregon Open Water Series, see www.swimoregon.org.

Location: Timothy Lake is located in Mt Hood National Forest. The race will be run from the day-use area nearest the Gone Creek Campground on the southeast side of the lake. Government Camp, the nearest town, is approximately 20 miles away. It is advisable to consult a map as the roads may not be well marked.

From Portland: Take Hwy 26 eleven miles east of Government Camp. Turn west onto Forest Road 42 (FR42), and travel about 7 miles. Turn west on Forest Road 57 (FR57) (at the Joe Graham Campground). The lake is 2 miles further along FR57.

From Bend: Take Hwy 97 to Hwy 26. Turn west onto Forest Road 42 (FR42), and travel about 7 miles. Turn west on Forest Road 57 (FR57) (at the Joe Graham Campground). The lake is 2 miles further along FR57.

Parking/camping: Several campsites are located nearby and take reservations, including Gone Creek, Oak Fork, and Pine Point. Camping specifics can be found at www.ptopia.com. Make reservations through the National Recreation Reservation Service at www.ReserveUSA.com, or call their reservation number at 1-877-444-6777 as soon as possible.

Registration Information:

Name: _____

Address/City/State/Zip: _____

Phone: _____ Email Address: _____

Local Team: _____ USMS Team: _____ USMS/USA Reg. #: _____

I am entering: (circle all that apply) 1-mile 2-mile

I am, or someone accompanying me is, qualified and willing to administer first aid and/or CPR: (circle one)

Yes No If Yes: Name: _____ Qualification: _____

Entry Fees: (includes race cap, raffle ticket, and lunch)

Race Fee (one event: \$20, two events: \$30): \$ _____

One-day USMS registration fee @ \$15: \$ _____

Commemorative Towel @ \$10: Qty: _____ X \$10 = \$ _____

Lunch for non-swimmers: (\$5 donation/person. Children < 12/free) Qty: _____ X \$ 5 = \$ _____

Late Entry Fee (postmarked/registering after July 27, 2003: \$5 flat fee): \$ _____

Total Enclosed: (Make check payable to PMS) \$ _____

DO NOT FORGET TO INCLUDE A COPY OF YOUR USMS OR USA SWIMMING CARD

Athletes' Release. Must be signed!

"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 AND 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 the risks inherent in open water swimming and agree to assume those risks."

Signature: _____ Date: _____

(must be signed by parent or guardian if entrant is under 18 years of age)

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:

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

ENTRIES MUST BE POSTMARKED BY August 1st

add \$10 for late entries

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 _____

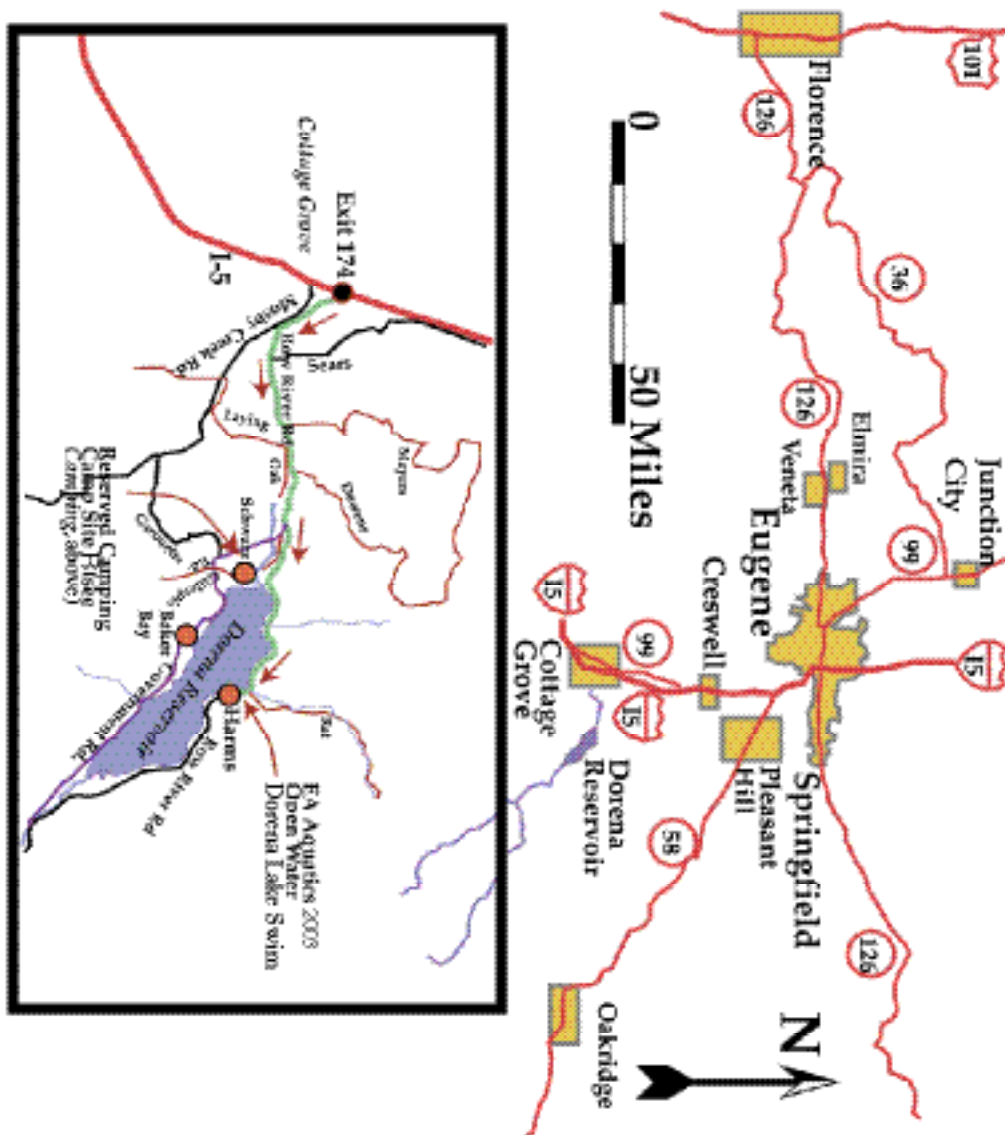
City/State/Zip _____ Local Team _____

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).]



Chair's Corner continued from page 6

Jody, who competes in the 45-49 age group, has been swimming for 4 years and enjoys all strokes. Her comment regarding her most memorable swimming experience was "Swimming has provided so many memorable moments that I cannot point to just one. Some highlights include the Columbia River swim with friends from work, my first nationals at Minnesota, and swimming at a USA swimming meet with my son's team this past September."

That's it for this month. Next month, you'll get to know the remainder of the board.

Happy swimming.

Jeanne

The Southern Oregon Lake Swim Entry Blank is on this page. Please go to the Calendar and Entry Form section on this Oregon web site to down load the entry blank

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2003 *Swim* SCHEDULE

Date	Event	Location	Contact
Pool Meets			
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
Aug. 9-10	Zone LCM	Federal Way, Washington	TBA
National Championships 2003			
Aug. 14-17	LCM	Rutgers Univ. NJ	www.usms.org
Open Water 2003			
Date	Distance	Location	Contact
*July 19	200, 400, 800	Applegate Lake, So. Oregon	Dan Gray dangray45@hotmail.com
*July 20	3000, 1500 - Association Championship		
*July 26	500, NW Zone 1500	Elk Lake, Oregon	Pam Himstreet himstreet@bendcable.com
*July 27	National 5 K Championship		
*Aug. 10	2 and 1 mile	Timothy Lake	
*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
July 2003

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Hillsboro, OR 97123-6970

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Inside: Results - SCY Nationals