

Aqua-Master

Volume 30, Number 3

Published Monthly by OMS, Inc.

March 2003

"Swimming - A Life's Passion"

Eugene Swimmers Set New Standard



bottom left - Bob Madrigal, Tom Andersen, Jane Higdon, Robin Clevenger; top left - Warren Barnes, David Fryefield, Chris Hiatt, Steve Kevan. Eight members of the Downtown Athletic Club (Eugene) Masters team after swimming 103X50 on New Years morning. Bob Madrigal and Steve Kevan did the swim on 40 seconds and the other 6 did it on 45 seconds. A lot of swimmers around Oregon did the New Years swim on 60 seconds but these Eugene swimmers have set a new standard for the rest of the State. They have been doing this swim on 45 or 40 seconds since New Years day 1991.

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Karlyn Pipes-Neilsen at Banquet

Karlyn Pipes-Neilsen will be the featured speaker at the Association Banquet. Karlyn was reported by SWIM Magazine as one of the most recognized Masters swimmers in the world. Currently she holds 54 FINA Masters World records and 80 United States Masters National Records. She has been an All-American (earned by # 1 national ranking in an event) 327 times. Karlyn is a very versatile swimmer having held World and National Records in every stroke and distance. One year she earned All-American honors in every event in her age group. Karlyn currently lives in the San Diego area and works with the Girls Scouts of America. She is a widely sought after speaker. Don't miss the Banquet.



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Chair's Corner by Jeanne Teisher

Eugene - Nike

If you were planning to participate in the Emerald Aquatics Short Course Yards Meet in Eugene on April 5, and you haven't heard, IT HAS BEEN CANCELLED! Some of you have shared with me your disappointment of the meet being cancelled because you enjoy the Emerald Aquatics competitions (they do know how to throw a fun and organized event!) and it's nice to have a meet that is centrally located. Unfortunately the Emerald Aquatics board and swim team just did not feel they could host the meet this year for a variety of reasons.

The OMS board recognized many of the swimmers' disappointment of losing an opportunity to compete and decided to schedule an alternative meet. Nike has offered to host the same competition events, excluding the 1000-yard event, on Sunday, April 6. The OMS board will be the meet organizers. Warm-ups will begin at 7:00 AM with the first event, the 500 free, beginning at 8:00. The entry form for the Nike meet is located in this issue of the Aqua Master.

Stephanie Turner, the OMS Coaches Chair, is working on setting up a swim clinic for late Saturday afternoon, April 5, at Nike. If she is successful, we will notify members through a group email as well as through their team representatives and coaches. It will not be required for you to compete in the meet in order to participate in the clinic.

Also, if you are interested in going on a tour of the Nike campus after the meet, please be sure to sign up at registration on Sunday. Nike security has requested that swimmers, family members and friends, spectators and officials not wander around the campus without an employee.

Organizing the Nike meet is just another way your OMS board works for you. Please be sure to thank them for all the time they donate to make the state organization one of the best in the country.

Happy swimming.

Jeanne

BOARD MEMBERSHIP

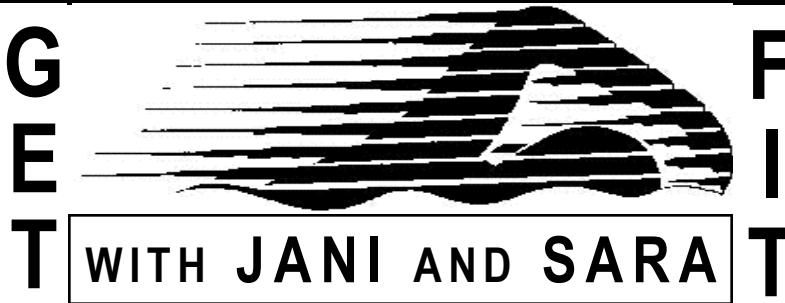
From time to time Board positions become vacant. Vacancies will be posted on the OMS web site until filled and an e-mail notice will be sent to OMS members who have provided their e-mail address with their registration.

The Board prefers to have a list of individuals who are interested in becoming involved. If you'd like to become more involved please send an e-mail to the Board Chair indicating your interest. For a list of all board positions, basic responsibilities and frequency of meetings please visit Become Involved at www.swimoregon.org. Oregon Masters welcomes and encourages participation from all areas of the State.

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.



Why The Scales Lie

We've all been told or have heard that daily weighing is not necessary. However, a lot of us can't resist stepping onto the scales every morning. If you can't bring yourself to throw out the scales there are some things you should know that can influence it's readings. Once you understand the factors influencing weight gain you can free yourself from the daily bathroom scale battle.

Water retention: Water makes up about 60% of our total body mass. Two factors influence water retention: water consumption and salt intake. Crazy as it sounds, the less water you drink the more water your body retains. If you are even a little dehydrated your body will keep what water it has, which may cause the number on your bathroom scales to creep upward. The solution is to drink plenty of water.

Excess sodium (salt) can also affect water retention. A single teaspoon of salt contains over 2,000 mg. of sodium. Generally speaking we should be consuming between 1,000 and 3,000 mg. of sodium daily, so its easy to overdo. Sodium is sneaky. A food doesn't have to taste salty to contain a lot of sodium. We expect chips, crackers and salted nuts to be salty. A half cup of instant pudding actually contains 4 times as much sodium as one ounce of salted nuts. The more highly processed a food is the more likely it is to have a high salt content. It's wise to stick to the basics: fruits, vegetables, lean meat, beans, whole grains. Be sure to read labels on canned and processed foods and frozen dinners.

Women can retain several pounds of water prior to menstruation. This is quite common and the weight disappears as quickly as it appears. This water-weight gain can be minimized by drinking plenty of water, maintaining an exercise program and keeping high sodium foods to a minimum.

Glycogen: Think of glycogen as a fuel tank full of stored carbohydrates. Some glycogen is stored in the liver and some in the muscles. This glycogen energy reserve weighs more than a pound and when stored it has 3-4 pounds of

water with it. Your glycogen supply will shrink during the day if you don't take in enough carbohydrates. Your body will normally restore this fuel reserve along with it's water due to a small but imperceptible appetite increase. It's normal to experience water and glycogen weight shifts up to 2 pounds a day with no changes in activity level or calorie intake. These fluctuations don't have anything to do with weight loss.

If you must weigh yourself do it first thing in the morning before eating or drinking. If you weigh yourself after a meal the weight gain that you experience is not fat but the

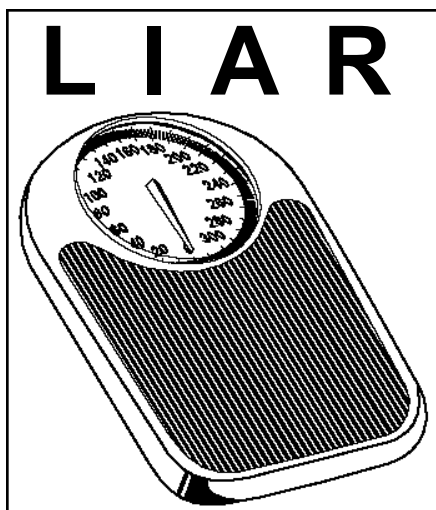
actual weight of everything you've had to eat or drink. The added weight of the meal will be gone in several hours after you have finished digesting it.

Exercise physiologists tell us that to store a pound of fat you will need to eat 3,500 more calories than your body is capable of burning. In other words, to store a dinner as 5 pounds of fat you would have to eat 17,500 calories. Very unlikely, and not humanly possible! So when the scale goes up a few pounds overnight its likely water, glycogen and the weight of your dinner.

Keep in mind the 3,500 rule works in reverse. To lose one pound you will need to burn 3,500 more calories than you take in. Usually its only possible to lose 1 to 2 pounds of fat per week. When you are a strict, low calorie diet that causes weight to drop 10 pounds in a week its physically impossible for all of that to be fat. You are losing water, glycogen and muscle.

Scales don't just weigh fat. They weigh muscle, bone, internal organs and water. When you lose weight it doesn't necessarily mean you've lost fat. The scales can't tell what you've lost or gained. You don't want to lose muscle. Muscle is a metabolically active tissue. The more muscle you have the more calories your body burns, even when you are not exercising. A fit, active person is able to eat more than the person who is dieting and unknowingly destroying muscle.

If you are exercising and eating right don't be discouraged by small gains on the scale. Fluctuations are normal. Expect them to happen!!f



“Take the Plunge” with Steph Turner, Coaches Rep



Tapering Part II

You are reaching the point in the swim season when your body should be capable of tremendous physical effort. In the weeks leading up to your championship, you need to shift your focus away from a heavy workload to speed, rest and quality. Understanding the importance of this and having the proper attitude during this changeover is essential to success. The two or three weeks leading into your meet are the most critical part of the season.

The following is a quote from John Bruce, former Ohio State University coach. “If hard work has produced results, then more work will produce better results is a trap that many people fall into. Continuing hard work during the last few weeks can do nothing but keep the swimmer in a state of fatigue. Stress must be reduced or the swimmer will not reach his full potential.”

Forbes Carlile, the Australian Olympic coach, and Dr. Frank Cotton were among the first to apply scientific methods to swimming training. Cotton, a physiologist, recommended tapering, and Carlile was the first to use it. It was so successful that the Australians completely dominated the Olympics, and the world records, until the United States began to use tapering, and regained their supremacy. The following are some quotes from Carlile. “With the constant stress of training, the body gradually adapts itself for top performance. Some swimmers are able to train very hard and will still improve in weekly time trials; others improve for a few weeks, then appear to be getting no faster. What is happening is that potentially the swimmer is improving, but his nervous system is becoming fatigued. It is better, far better, to rest too much than to train too much and too hard in final preparation. The over trained, over tired swimmer has no chance. There is no knowing what the fresh, well rested swimmer may do with the stimulus of great excitement.”

Doc Counsilman, the great Indiana coach, lists the following purposes of the taper:

1. To permit the swimmer to be completely rested for the big meet.

2. To sharpen up stroke mechanics, starts and turns.

3. To work on pace and speed.

4. To do only enough training so as not to lose the conditioning gained in the previous training phase.

5. To prepare psychologically for the big competition.

The bottom line is **DON'T BE AFRAID TO BACK OFF TRAINING AND REST**. If you have put in the miles, your body will thank you and perform at your peak. During the time of taper, think of loading energy into your body. Save up energy so that it can all explode at your championship.

This month's quote:

Every Athlete Should:

Be concerned with sportsmanship first;

Have someone to emulate; to thank; to curse;

Have learned that individual sports are still team efforts;

Been an underdog; a favorite;

Know what the five circles mean;

Have kept the trophies they earned in elementary school;

Practiced the cereal box pose; in the mirror;

Wonder why Sport cannot replace War;

Cry during the national anthem;

Enjoy nothing more than pick up ball;

Know there is no gain without considerable pain;

Pump iron; Take a lap;

Stretch; sweat; spit; swing; stuff; shoot;

Bear in mind that the game will end, but life goes on.....John Boiler

Other reminders for a terrific taper:

1. Stroke: Concentrate on getting your stroke to feel smooth, so that you feel like you are flowing through the water. Feel the water.

2. Turns: Drive into the turns. Attack the walls. Speed and momentum are necessary in getting your center of gravity over for a fast turn. Turn very quickly, and most important, push off hard and in a streamline position.

3. Weight: Another reminder, monitor your weight. You have decreased your exercise so it is important to watch your calories.

4. Rest: You need sleep and rest. During this phase of training, especially in the nights leading up to the meet, you may be so nervous that you cannot get to sleep. Stay in bed anyway and rest.

5. Mental Preparation: Try to picture in your mind's eye the way you look and feel when you are performing at your best and swimming FAST. Picture yourself swimming

your race just the way you want it to be.

6. Shaving: Shave daily during the course of a three-day meet. To those not familiar with this practice...try it! It will make you feel smooth and fast in the water. Again, those pesky Australians started it, and the United States swimmers laughed at them at first. They quit laughing when they started losing. Now it is a major part of our sport.

Best wishes for an awesome OMS Championship Meet.

Be fast! Steph



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

Winter is still with us (nominally at least), but the thoughts of distance swimmers everywhere are focused on summer when we slide into Oregon's wonderful lakes and swim away. To help your dreams along, here is a description of each venue's open water offerings this summer.

1. Applegate Lake (July 19 & 20): Not only are they hosting this year's Association Championships, but Meet Director Dan Gray and host Rogue Valley Masters have cooked up an interesting new swim for us this year. On Saturday, we will swim a 1400-meter stage race in three segments (200, 400, and 800-meters) held 30 minutes or so apart. Stage races are a staple in bicycle racing—the Tour de France is a long stage race—but this will be a first for local swimmers. On Sunday, we will swim a 3000-meter race and contest the annual 1500-meter Association Individual & Team Championships.

2. Cascade Lakes Swim Festival at Elk Lake (July 26 & 27): Meet Director Pam Himstreet has been working for months preparing for this weekend, featuring two championship swims! Saturday begins with the traditional individual-start 500-meter sprint and follows with the first-ever Northwest Zone 1500-meter Championships. Sunday's sole event will be the National 5000-meter Open Water Championships, Oregon's fourth national open water event in the past four years. Host Central Oregon Masters also promises some fun family-oriented events and the usual groaning hospitality table.

3. Timothy Lake (August 10): We're leaving the Hagg Lake mud! Portland Masters Alumni are moving their swim to clear and gorgeous Timothy Lake, a natural lake in the Mt. Hood area. This one day event will feature one and two-mile swims, as well as the usual playful atmosphere of this event. More information is available from Sharon Glaeser at sharon@roguetechinc.com or Heather Law at

lawh@juliette.org

4. Dorena Lake (August 17): Mystery surrounds this event! Meet Director Steve Johnson and his Emerald Aquatics crew have promised us a one-mile swim in our warmest venue, but have remained closed-lipped about the distance and format of their second swim. This meet will conclude the annual Oregon Open Water Series, so look for many of these age group championships to be decided here.

5. Columbia River (August 30): Joe Oakes—the founder of the 'Escape From Alcatraz' swims—and the host Tualatin Hills Barracudas will pilot the Columbia River relay over a downstream 26-mile course. The relay format is 6-person teams, with each swimmer doing 30-minute segments. This event will be different from our other swims in almost every conceivable way. What an adventure!

Camping is always one of the great features of the Oregon open water season, and this year promises to be no different. The May issue of this column will feature complete camping information for each venue at which it is available.

This year's theme is VARIETY. We have a variety of venues—mountain lakes to huge reservoirs to the grand old Columbia River. We have a variety of courses—point-to-point to out-and-back to square to triangular to free-form. We have a variety of formats—relay to individual-start to stage race to traditional mass start. We have a variety of race distances—500-meter to 5000-meter. And we have a variety of Championships—the Association 1500-meter, and Northwest Zone 1500-meter, and the National 5000-meter. In short, we have a great Oregon open water season planned for you. Please join us!

Good luck and good swimming!



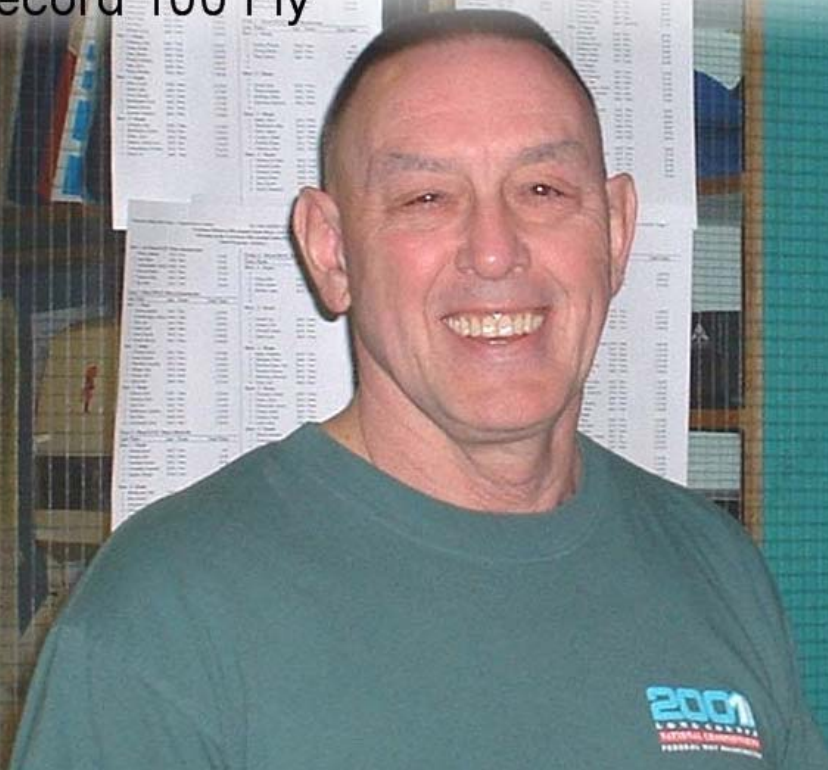
Timothy Lake

What a great new site for Oregon Open Water Swimming. Timothy Lake offers great camping and swimming. All of this in the beautiful shadow of Mt. Hood. Mark your calendar for August 10th. You do not want to miss this swim!

Bert Flies to Record in Canada

World Record 100 Fly

Photo by Bonnie Pronk



On Jan. 19, Bert Petersen returned to Canada and set a new World Record in the 100 Short Course Meters Fly. Bert “flew” 1:13.32 for a new World, National, Zone and Oregon Record. For sure this also qualified him to keep his custom license plate for another year.



Whose Plate?



License Plate # 3. Last month we featured the license plate of Open Water Swimmer and Elk Lake Open Water Swim Organizer, Pam Himstreet. Congratulations to all of you who emailed in the answer. Jani Sutherland sent in the first correct answer. Who will be first this month? This month we feature a Master Swimmer whose favorite “high energy food” is chocolate.

Please email answers and jpg pictures of license plates to the Aqua Master Editor. therads@attbi.com

Swimming Humor for your Kids

Q - Why were the elephants kicked out of the swimming pool?

A - They couldn't keep their trunks up.

Q - Why should you only swim backstroke after a large meal?

A - Because you do want swim on top of a full stomach.

Q - What do a Dentist and a swimmer have in common?

A - They both use drills.

Q - Why were the swimmers cold at the meet?

A - They couldn't find their heat.

Q - What kind of exercise is best for swimmers?

A - “Pool” ups

Q - Why did the vegetarian stop swimming?

A - He/She didn't like meet.

Q - What type of swimmer makes a great gardner?

A - One with good “seed” times.

From the USMS National Fitness Committee

We liked the article on Fast Food by Jani Sutherland in last month's Aquamaster so much that we put it on the USMS Fitness website. Since Oregon is overflowing with Fitness Committee members, we decided these Fast Food morsels needed closer examination. A group of us decided to actu-

ally eat them and will give you our first hand opinions on their taste, texture, and satisfaction rating. We don't want you to order something uninformed. You can expect reviews by Jody Wellborn, Bob Bruce, Jani, Bill Volckening and myself. If you have tried one of these fitness fasties, email me with your comments so we can include them. Pam Himstreet, Chair, USMS Fitness Committee.

Grilling the BK Veggie Burger - Bill Volckening

Personally, I don't know why on earth anyone would want to go to Burger King to eat a veggie burger. Nevertheless, I arrived at BK for lunch and asked about the new BK Veggie Burger. Was there any nutritional information available? Was it flame-broiled on the same grill as the beef burgers? After the clerk handed me the brochure and pointed to the grill, I ordered two BK Veggie Burgers – one with cheese and one without.

Now, it's not easy to make a decent veggie burger. I know. I've tried it at home (please don't ask me why). BK's Veggie Burger isn't much different from the rest. The burger is served with iceberg lettuce, unripe tomato, onion, pickle and reduced fat mayonnaise. The flavor is dominated by mushroom, onion and smoky grill flavor, which could either be from the grill or the "natural smoke flavor-

ing" -- and the consistency is surprisingly similar to the texture of a regular burger. So, did the cheese add anything? Certainly not flavor, but two slices of the tasteless, processed American cheese added 90 calories and 8 grams of fat!

I left BK with a lump in my stomach, feeling strangely unsatisfied. I guess it wasn't all that bad – I was just jonesing for a double Whopper with Cheese, an order of onion rings and a Coke. That's what I order when I visit Burger King, because I only go two or three times a year. By the way, BK did reserve the top rack of their flame broiler for the Veggie Burgers, because they really care about keeping them separate from the beef. However, they used the same pair of tongs to handle the beef patties and the veggie patties.

Tossing Wendy's Mandarin Chicken Salad-Jody Welborn

When I go to Wendy's, I'm usually looking for a double combo burger with "Biggie" fries and a Coke. However, Wendy's Mandarin Chicken Salad offers a tasty, healthier alternative if you're trying to cut calories and fat.

The salad contains a several varieties of fresh lettuce, including iceberg, romaine and spring salad mix, plus chunks of chicken and mandarin orange sections. The "Oriental Sesame" dressing and toppings (toasted almond slices and crispy rice noodles) come in separate packets, so you can control the amounts you use. I first tried the salad without the dressing, but it was a little dry. You definitely don't need to use the whole packet of dressing. Less than

1/3 of the amount provided in the packet was perfect for me.

The salad comes with the chicken and orange sections on top. Ultimately, the salad should be tossed a little better to avoid having only lettuce remaining after eating the top layer. Even though the chicken was a little salty, and the mandarin orange appeared to be canned, the salad was basically fresh, flavorful, and full of different tastes and textures.

With the amount of dressing I used, the salad was approximately 430 calories. When compared with the 1500+ calories found in the "Classic Double Combo", Wendy's Mandarin Chicken Salad is a winner.

30-Minute Swim Challenge The 30-Minute Swim is here!!

The Pacific Northwest Association of Masters Swimmers (PNA) and the USMS Fitness Committee have created a new 30-minute swim challenge. The objective of this swim is to challenge yourself to swim continuously for 30 minutes. See how far you can swim, and send in your best distance. Do the swim periodically to chart your progress. There will be a commemorative prize or T-shirt available for those who enter. For additional details and an entry form, go to the Fitness section of the USMS web site (www.usms.org).



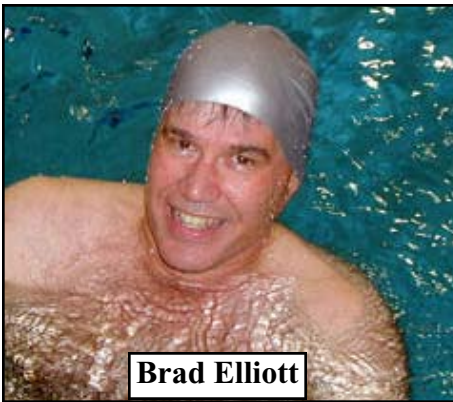
Pentathlon Swim Meet - January 25, 2003

"Lane 6 Rules"

All pictures are of swimmers in Lane 6 at the Pentathlon Meet.



Anne-Maire Collson



Brad Elliott



Karen Andrus-Hughes



Brian Wannamaker

National Record = N

Zone Record = Z

Oregon Record = O

Women 25-29

50 Yard Freestyle			
1	Peterson, Julie	27 OREG	28.31
2	Shoemaker, Laura	27 OREG	28.62
100 Yard Freestyle			
1	Casey, Anna	26 OREG	1:13.69
50 Yard Backstroke			
1	Shoemaker, Laura	27 OREG	32.85
2	Peterson, Julie	27 OREG	36.15
100 Yard Backstroke			
1	Casey, Anna	26 OREG	1:29.04
50 Yard Breaststroke			
1	Shoemaker, Laura	27 OREG	37.86
2	Peterson, Julie	27 OREG	39.71
100 Yard Breaststroke			
1	Casey, Anna	26 OREG	1:34.97
50 Yard Butterfly			
1	Peterson, Julie	27 OREG	30.68
2	Shoemaker, Laura	27 OREG	31.54
100 Yard Butterfly			
1	Casey, Anna	26 OREG	1:28.71
100 Yard IM			
1	Shoemaker, Laura	27 OREG	1:10.93
2	Peterson, Julie	27 OREG	1:13.19
200 Yard IM			
1	Casey, Anna	26 OREG	3:00.31

Women 30-34

50 Yard Freestyle			
1	Kramer, Laura	33 OREG	28.81
2	Wong, Linda	30 OREG	36.01
3	Lambourn, Debra	34 OREG	36.88
100 Yard Freestyle			
1	Topp, Deborah	33 OREG	1:02.64
2	Simpson, Shauna	31 MACO	1:06.50
50 Yard Backstroke			
1	Kramer, Laura	33 OREG	35.48
2	Lambourn, Debra	34 OREG	43.19
3	Wong, Linda	30 OREG	45.91
100 Yard Backstroke			
1	Simpson, Shauna	31 MACO	1:17.10
2	Topp, Deborah	33 OREG	1:24.88
50 Yard Breaststroke			
1	Kramer, Laura	33 OREG	39.64
2	Lambourn, Debra	34 OREG	46.40
3	Wong, Linda	30 OREG	47.11
100 Yard Breaststroke			
1	Simpson, Shauna	31 MACO	1:22.67
2	Topp, Deborah	33 OREG	1:28.04
50 Yard Butterfly			
1	Kramer, Laura	33 OREG	32.84
2	Lambourn, Debra	34 OREG	42.34
3	Wong, Linda	30 OREG	45.65
100 Yard Butterfly			
1	Simpson, Shauna	31 MACO	1:06.98
2	Topp, Deborah	33 OREG	1:08.99

100 Yard IM			
1	Kramer, Laura	33 OREG	1:15.86
2	Lambourn, Debra	34 OREG	1:31.11
3	Wong, Linda	30 OREG	1:34.33
200 Yard IM			
1	Simpson, Shauna	31 MACO	2:35.57

2	Topp, Deborah	33 OREG	2:46.15
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Women 35-39

50 Yard Freestyle			
1	Jenkins, Valerie	39 OREG	26.82
2	Tyrrell, Laura	35 OREG	27.29
3	Collson, Anne-Marie	35 OREG	27.58
4	Topp, Suzanne	35 OREG	28.00
5	Wasikowski, Carolyn	37 OREG	30.84
6	Kilbourn, Laurie	36 OREG	31.58
7	Keller, Cheryl	39 OREG	32.36
100 Yard Freestyle			
1	Ralle, Martina	37 OREG	1:04.93
2	Shaw, Susan	35 OREG	1:13.62
50 Yard Backstroke			
1	Jenkins, Valerie	39 OREG	29.99
2	Tyrrell, Laura	35 OREG	34.32
3	Collson, Anne-Marie	35 OREG	35.82
4	Topp, Suzanne	35 OREG	37.10
5	Keller, Cheryl	39 OREG	39.69
6	Kilbourn, Laurie	36 OREG	40.57
7	Wasikowski, Carolyn	37 OREG	42.81
100 Yard Backstroke			
1	Ralle, Martina	37 OREG	1:11.94
2	Shaw, Susan	35 OREG	1:38.42
50 Yard Breaststroke			
1	Tyrrell, Laura	35 OREG	35.97
2	Jenkins, Valerie	39 OREG	36.38
3	Collson, Anne-Marie	35 OREG	38.93
4	Topp, Suzanne	35 OREG	39.32
5	Kilbourn, Laurie	36 OREG	40.59
5	Keller, Cheryl	39 OREG	40.59
7	Wasikowski, Carolyn	37 OREG	42.07
100 Yard Breaststroke			
1	Ralle, Martina	37 OREG	1:24.27
2	Shaw, Susan	35 OREG	1:30.54
50 Yard Butterfly			
1	Jenkins, Valerie	39 OREG	28.81
2	Collson, Anne-Marie	35 OREG	30.34
3	Tyrrell, Laura	35 OREG	30.85
4	Kilbourn, Laurie	36 OREG	31.86
5	Topp, Suzanne	35 OREG	32.92
6	Wasikowski, Carolyn	37 OREG	36.20
7	Keller, Cheryl	39 OREG	36.72
100 Yard Butterfly			
1	Ralle, Martina	37 OREG	1:13.28
2	Shaw, Susan	35 OREG	1:35.32
100 Yard IM			
1	Jenkins, Valerie	39 OREG	1:06.88
2	Tyrrell, Laura	35 OREG	1:10.13
3	Collson, Anne-Marie	35 OREG	1:13.35
4	Topp, Suzanne	35 OREG	1:14.18
5	Kilbourn, Laurie	36 OREG	1:19.71
6	Wasikowski, Carolyn	37 OREG	1:23.13
7	Keller, Cheryl	39 OREG	1:23.81
200 Yard IM			
1	Ralle, Martina	37 OREG	2:35.85
2	Shaw, Susan	35 OREG	3:08.05

Women 40-44

50 Yard Freestyle			
1	Foley, Sharon	42 MACO	26.18
2	Obletz, Becky	43 MACO	27.22
3	Viales, Dianne	41 OREG	27.94
4	Tossas, Debbie	40 OREG	28.35
5	Baker, Kamera	44 AFAM	30.87

100 Yard Freestyle		
1	Hoagland, Sarah	40 MACO 1:02.66
2	Fox, Christina	42 OREG 1:19.14
50 Yard Backstroke		
1	Obletz, Becky	43 MACO 33.88
2	Viales, Dianne	41 OREG 34.97
3	Tossas, Debbie	40 OREG 35.51
4	Foley, Sharon	42 MACO 37.24
5	Baker, Kamera	44 AFAM 37.40
100 Yard Backstroke		
1	Hoagland, Sarah	40 MACO 1:14.16
2	Fox, Christina	42 OREG 1:23.02
50 Yard Breaststroke		
1	Obletz, Becky	43 MACO 34.82
2	Foley, Sharon	42 MACO 35.80
3	Viales, Dianne	41 OREG 39.50
4	Tossas, Debbie	40 OREG 39.61
5	Baker, Kamera	44 AFAM 42.54
100 Yard Breaststroke		
1	Hoagland, Sarah	40 MACO 1:27.76
2	Fox, Christina	42 OREG 1:31.43
50 Yard Butterfly		
1	Foley, Sharon	42 MACO 29.16
2	Obletz, Becky	43 MACO 31.89
3	Viales, Dianne	41 OREG 32.14
4	Tossas, Debbie	40 OREG 33.14
5	Baker, Kamera	44 AFAM 34.53
6	Fox, Christina	42 OREG 46.40
100 Yard Butterfly		
1	Hoagland, Sarah	40 MACO 1:11.13
100 Yard IM		
1	Obletz, Becky	43 MACO 1:09.24
2	Foley, Sharon	42 MACO 1:11.04
3	Viales, Dianne	41 OREG 1:12.50
4	Tossas, Debbie	40 OREG 1:15.45
5	Baker, Kamera	44 AFAM 1:22.47
200 Yard IM		
1	Hoagland, Sarah	40 MACO 2:40.26
2	Fox, Christina	42 OREG 3:04.18
Women 45-49		
50 Yard Freestyle		
1	Winton, Leslie	48 OREG 36.01
2	Miles, Carole	47 OREG 41.48
3	Jeddeloh, Jan	47 OREG 43.52
100 Yard Freestyle		
1	Parisi, Robin	48 MACO 57.62
2	Andrus-Hughes, Karen45	OREG 58.90
3	Crabbe, Colette	46 OREG 1:00.88
4	Gustafson, Kristi	47 OREG 1:13.77
50 Yard Backstroke		
1	Winton, Leslie	48 OREG 47.53
2	Miles, Carole	47 OREG 49.38
3	Jeddeloh, Jan	47 OREG 59.91
100 Yard Backstroke		
1	Andrus-Hughes, Karen45	OREG1:06.41 Z
2	Parisi, Robin	48 MACO 1:07.14
3	Crabbe, Colette	46 OREG 1:08.45
4	Gustafson, Kristi	47 OREG 1:20.12
50 Yard Breaststroke		
1	Winton, Leslie	48 OREG 46.40
2	Miles, Carole	47 OREG 49.33
3	Jeddeloh, Jan	47 OREG 50.73
100 Yard Breaststroke		
1	Crabbe, Colette	46 OREG 1:13.59
2	Parisi, Robin	48 MACO 1:16.55
3	Andrus-Hughes, Karen45	OREG 1:22.32

4	Gustafson, Kristi	47 OREG 1:36.60
50 Yard Butterfly		
1	Winton, Leslie	48 OREG 41.47
2	Jeddeloh, Jan	47 OREG 52.08
100 Yard Butterfly		
1	Parisi, Robin	48 MACO 1:04.67
2	Crabbe, Colette	46 OREG 1:05.50
3	Andrus-Hughes, Karen45	OREG 1:09.42
4	Gustafson, Kristi	47 OREG 1:27.68
100 Yard IM		
1	Winton, Leslie	48 OREG 1:33.01
2	Miles, Carole	47 OREG 1:49.89
3	Jeddeloh, Jan	47 OREG 1:52.72
200 Yard IM		
1	Parisi, Robin	48 MACO 2:22.69
2	Crabbe, Colette	46 OREG 2:23.35
3	Andrus-Hughes, Karen45	OREG 2:31.30
4	Gustafson, Kristi	47 OREG 2:56.07
Women 50-54		
50 Yard Freestyle		
1	Milner, Nancy	51 OREG 35.69
2	Perrone, Terry	50 OREG 37.79
3	Lee, Peggy	52 OREG 39.25
100 Yard Freestyle		
1	Asleson, Elke	50 OREG 1:16.89
50 Yard Backstroke		
1	Milner, Nancy	51 OREG 44.75
2	Perrone, Terry	50 OREG 49.62
3	Lee, Peggy	52 OREG 51.50
100 Yard Backstroke		
1	Asleson, Elke	50 OREG 1:25.90
50 Yard Breaststroke		
1	Milner, Nancy	51 OREG 47.19
2	Perrone, Terry	50 OREG 56.62
3	Lee, Peggy	52 OREG 1:01.91
100 Yard Breaststroke		
1	Asleson, Elke	50 OREG 1:35.53
50 Yard Butterfly		
1	Milner, Nancy	51 OREG 39.79
2	Perrone, Terry	50 OREG 47.94
3	Lee, Peggy	52 OREG 57.76
100 Yard Butterfly		
1	Asleson, Elke	50 OREG 1:22.57
100 Yard IM		
1	Milner, Nancy	51 OREG 1:31.27
2	Perrone, Terry	50 OREG 1:42.78
3	Lee, Peggy	52 OREG 1:54.98
200 Yard IM		
1	Asleson, Elke	50 OREG 3:01.07
Women 55-59		
50 Yard Freestyle		
1	Rousseau, Sandi	55 OREG 32.15
2	Mahedy, Sally	56 OREG 45.59
3	Sitter, Darby	59 OREG 50.86
100 Yard Freestyle		
1	Pierson, Ginger	56 MACO 1:11.34
2	Mahedy, Sally	56 OREG 1:43.92
50 Yard Backstroke		
1	Rousseau, Sandi	55 OREG 40.55
2	Mahedy, Sally	56 OREG 56.01
3	Sitter, Darby	59 OREG 1:04.06
100 Yard Backstroke		
1	Pierson, Ginger	56 MACO 1:21.58
50 Yard Breaststroke		
1	Rousseau, Sandi	55 OREG 44.95

continued on page 10

"Lane 6 Rules"
All pictures are of swimmers in Lane 6 at the Pentathlon Meet.



Chyle Edic



Cheryl Keller



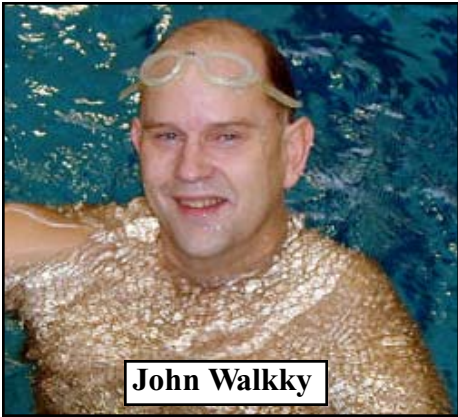
Doug Prentice



Debbie Tossas

"Lane 6 Rules"

All pictures are of swimmers in Lane 6 at the Pentathlon Meet.



John Walkky



Kamera Baker



Ken Kramer



Kristi Gustafson

Results continued from page 9

2 Mahedy, Sally	56 OREG	52.47
3 Sitter, Darby	59 OREG	1:07.02
100 Yard Breaststroke		
1 Pierson, Ginger	56 MACO	1:20.21
2 Mahedy, Sally	56 OREG	1:53.39
50 Yard Butterfly		
1 Rousseau, Sandi	55 OREG	34.47
2 Sitter, Darby	59 OREG	1:04.19
100 Yard Butterfly		
1 Pierson, Ginger	56 MACO	1:20.67
100 Yard IM		
1 Rousseau, Sandi	55 OREG	1:24.03
2 Sitter, Darby	59 OREG	2:16.47
200 Yard IM		
1 Pierson, Ginger	56 MACO	2:53.39
Women 60-64		
50 Yard Freestyle		
1 Ward, Joy	60 OREG	31.38
50 Yard Backstroke		
1 Ward, Joy	60 OREG	37.27
50 Yard Breaststroke		
1 Ward, Joy	60 OREG	44.09
50 Yard Butterfly		
1 Ward, Joy	60 OREG	32.64 N
100 Yard IM		
1 Ward, Joy	60 OREG	1:19.82
Women 75-79		
50 Yard Freestyle		
1 Wells, Margaret	76 OREG	49.57
50 Yard Backstroke		
1 Wells, Margaret	76 OREG	56.07 Z
50 Yard Breaststroke		
1 Wells, Margaret	76 OREG	1:08.35
50 Yard Butterfly		
1 Wells, Margaret	76 OREG	58.15 O
100 Yard IM		
1 Wells, Margaret	76 OREG	2:07.43
Women 80-84		
100 Yard Freestyle		
1 Stevenin, Elfie	81 OREG	3:00.70
100 Yard Backstroke		
1 Stevenin, Elfie	81 OREG	3:06.90
100 Yard Breaststroke		
1 Stevenin, Elfie	81 OREG	4:23.53
100 Yard Butterfly		
1 Stevenin, Elfie	81 OREG	4:17.25
200 Yard IM		
1 Stevenin, Elfie	81 OREG	7:32.72
Men 30-34		
50 Yard Freestyle		
1 Taylor, Curtis	31 OREG	21.90
2 August, Brian	32 OREG	23.70
3 Price, Kennedy	30 OREG	29.22
100 Yard Freestyle		
1 Zolna, Bill	33 MACO	50.96
2 Golling, Greg	33 OREG	57.45
50 Yard Backstroke		
1 Taylor, Curtis	31 OREG	27.54
2 August, Brian	32 OREG	28.37
3 Price, Kennedy	30 OREG	35.59
100 Yard Backstroke		
1 Zolna, Bill	33 MACO	59.94
2 Golling, Greg	33 OREG	1:09.89
50 Yard Breaststroke		
1 Taylor, Curtis	31 OREG	29.57

2 August, Brian	32 OREG	33.79
3 Price, Kennedy	30 OREG	40.21
100 Yard Breaststroke		
1 Zolna, Bill	33 MACO	1:04.14
2 Golling, Greg	33 OREG	1:05.12
50 Yard Butterfly		
1 Taylor, Curtis	31 OREG	25.14
2 August, Brian	32 OREG	25.62
3 Price, Kennedy	30 OREG	34.28
100 Yard Butterfly		
1 Zolna, Bill	33 MACO	54.26
2 Golling, Greg	33 OREG	1:00.08
100 Yard IM		
1 Taylor, Curtis	31 OREG	56.89
2 August, Brian	32 OREG	1:01.21
3 Price, Kennedy	30 OREG	1:16.80
200 Yard IM		
1 Zolna, Bill	33 MACO	2:05.08
2 Golling, Greg	33 OREG	2:17.62
Men 35-39		
50 Yard Freestyle		
1 Cooper, Greg	35 MACO	23.63
2 Sessa, Steve	39 OREG	23.83
3 Butcher, Gano	39 OREG	24.76
4 Wannamaker, Brian	39 MACO	24.90
5 Gaarder, Chris	38 OREG	25.35
6 Gooding, Todd	36 MACO	27.02
7 Edic, Chyle	35 OREG	28.11
8 Kramer, Ken	36 OREG	33.37
100 Yard Freestyle		
1 Hudson, John	36 OREG	53.71
50 Yard Backstroke		
1 Cooper, Greg	35 MACO	28.52
2 Wannamaker, Brian	39 MACO	28.68
3 Sessa, Steve	39 OREG	29.80
4 Butcher, Gano	39 OREG	30.17
5 Gooding, Todd	36 MACO	30.80
6 Gaarder, Chris	38 OREG	34.00
7 Kramer, Ken	36 OREG	39.38
8 Edic, Chyle	35 OREG	39.47
100 Yard Backstroke		
1 Hudson, John	36 OREG	59.89
50 Yard Breaststroke		
1 Cooper, Greg	35 MACO	30.63
2 Gaarder, Chris	38 OREG	30.96
3 Sessa, Steve	39 OREG	31.08
4 Butcher, Gano	39 OREG	31.63
5 Edic, Chyle	35 OREG	34.95
6 Wannamaker, Brian	39 MACO	35.68
7 Gooding, Todd	36 MACO	36.33
8 Kramer, Ken	36 OREG	40.00
100 Yard Breaststroke		
1 Hudson, John	36 OREG	1:03.02
2 Kramer, Ken	36 OREG	1:24.87
50 Yard Butterfly		
1 Cooper, Greg	35 MACO	24.85
2 Butcher, Gano	39 OREG	26.28
3 Wannamaker, Brian	39 MACO	26.58
4 Gaarder, Chris	38 OREG	27.97
5 Sessa, Steve	39 OREG	28.35
6 Gooding, Todd	36 MACO	30.54
7 Edic, Chyle	35 OREG	34.91
100 Yard Butterfly		
1 Hudson, John	36 OREG	57.22
100 Yard IM		
1 Cooper, Greg	35 MACO	58.37

2	Sessa, Steve	39 OREG	1:01.10
3	Butcher, Gano	39 OREG	1:01.35
4	Wannamaker, Brian	39 MACO	1:03.03
5	Gaarder, Chris	38 OREG	1:05.08
6	Gooding, Todd	36 MACO	1:08.64
7	Edic, Chyle	35 OREG	1:14.40

200 Yard IM

1	Hudson, John	36 OREG	2:10.24
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Men 40-44

50 Yard Freestyle

1	Haslach, Timothy	41 MACO	23.66
2	Oliva, Tomas	40 MACO	23.77
3	Rumble, Gary	43 OREG	24.68
4	Otto, Douglas	43 MACO	24.69
5	Morin, Perry	44 PNA	24.98
6	Curran, Patrick	41 OREG	27.39

100 Yard Freestyle

1	Uebele, Keith	41 OREG	52.52
2	Anspach, Jeffrey	42 OREG	55.67
3	Dowd, Mike	44 MACO	1:02.09

50 Yard Backstroke

1	Otto, Douglas	43 MACO	29.23
2	Oliva, Tomas	40 MACO	29.73
3	Rumble, Gary	43 OREG	30.56
4	Haslach, Timothy	41 MACO	31.00
5	Curran, Patrick	41 OREG	33.78
6	Morin, Perry	44 PNA	35.45

100 Yard Backstroke

1	Uebele, Keith	41 OREG	1:00.80
2	Anspach, Jeffrey	42 OREG	1:06.84
3	Dowd, Mike	44 MACO	1:23.32

50 Yard Breaststroke

1	Oliva, Tomas	40 MACO	29.78
2	Otto, Douglas	43 MACO	31.43
3	Haslach, Timothy	41 MACO	32.01
4	Rumble, Gary	43 OREG	32.97
5	Morin, Perry	44 PNA	33.76
6	Curran, Patrick	41 OREG	35.54

100 Yard Breaststroke

1	Uebele, Keith	41 OREG	1:08.72
2	Dowd, Mike	44 MACO	1:14.95
3	Anspach, Jeffrey	42 OREG	1:18.27

50 Yard Butterfly

1	Oliva, Tomas	40 MACO	26.13
2	Haslach, Timothy	41 MACO	26.72
3	Rumble, Gary	43 OREG	27.59
4	Otto, Douglas	43 MACO	27.79
5	Morin, Perry	44 PNA	30.21
6	Curran, Patrick	41 OREG	33.14

100 Yard Butterfly

1	Uebele, Keith	41 OREG	58.23
2	Anspach, Jeffrey	42 OREG	1:00.51
3	Dowd, Mike	44 MACO	1:11.54

100 Yard IM

1	Oliva, Tomas	40 MACO	1:00.54
2	Otto, Douglas	43 MACO	1:00.92
3	Rumble, Gary	43 OREG	1:03.30
4	Haslach, Timothy	41 MACO	1:03.41
5	Morin, Perry	44 PNA	1:10.26
6	Curran, Patrick	41 OREG	1:12.14

200 Yard IM

1	Uebele, Keith	41 OREG	2:12.70
2	Anspach, Jeffrey	42 OREG	2:24.12
3	Dowd, Mike	44 MACO	2:39.99

Men 45-49

50 Yard Freestyle

1	Tennant, Mike	49 OREG	23.45
2	Roney, Kevin	48 OREG	25.77
3	Wallis, Gary	49 OREG	27.02
4	Ramsey, Ed	46 OREG	27.63
5	Koch, Steve	45 OREG	27.66
6	Brunner, Theodore	46 OREG	27.72
7	Bergstrom, Robert	46 OREG	27.80
8	Walkky, John	49 OREG	28.22

100 Yard Freestyle

1	Ward, Cliff	47 OREG	57.55
2	Yensen, Kermit	49 OREG	58.47
3	Burleson, David	45 MACO	1:03.69
4	Friedman, Keith	46 OREG	1:26.72

50 Yard Backstroke

1	Tennant, Mike	49 OREG	31.56
2	Ramsey, Ed	46 OREG	31.76
3	Roney, Kevin	48 OREG	32.67
4	Wallis, Gary	49 OREG	33.80
5	Walkky, John	49 OREG	34.51
6	Brunner, Theodore	46 OREG	37.18
7	Koch, Steve	45 OREG	40.23
8	Bergstrom, Robert	46 OREG	40.40

100 Yard Backstroke

1	Ward, Cliff	47 OREG	1:07.38
2	Burleson, David	45 MACO	1:09.05
3	Yensen, Kermit	49 OREG	1:14.21

50 Yard Breaststroke

1	Walkky, John	49 OREG	33.30
2	Tennant, Mike	49 OREG	33.99
3	Roney, Kevin	48 OREG	34.87
4	Wallis, Gary	49 OREG	35.36
5	Ramsey, Ed	46 OREG	36.15
6	Bergstrom, Robert	46 OREG	39.06
7	Brunner, Theodore	46 OREG	39.87
8	Koch, Steve	45 OREG	41.46
9	Friedman, Keith	46 OREG	44.31

100 Yard Breaststroke

1	Ward, Cliff	47 OREG	1:12.45
2	Burleson, David	45 MACO	1:12.59
3	Yensen, Kermit	49 OREG	1:22.75

50 Yard Butterfly

1	Tennant, Mike	49 OREG	27.75
2	Brunner, Theodore	46 OREG	28.95
3	Roney, Kevin	48 OREG	28.96
4	Walkky, John	49 OREG	30.35
5	Ramsey, Ed	46 OREG	30.46
6	Wallis, Gary	49 OREG	31.17
7	Bergstrom, Robert	46 OREG	33.90
8	Koch, Steve	45 OREG	35.24
9	Friedman, Keith	46 OREG	39.60

100 Yard Butterfly

1	Burleson, David	45 MACO	59.24
2	Ward, Cliff	47 OREG	1:05.35
3	Yensen, Kermit	49 OREG	1:07.80

100 Yard IM

1	Tennant, Mike	49 OREG	1:02.40
2	Roney, Kevin	48 OREG	1:05.54
3	Walkky, John	49 OREG	1:07.64
4	Ramsey, Ed	46 OREG	1:09.11
5	Wallis, Gary	49 OREG	1:09.47
6	Brunner, Theodore	46 OREG	1:13.24
7	Koch, Steve	45 OREG	1:15.97
8	Bergstrom, Robert	46 OREG	1:18.53
9	Friedman, Keith	46 OREG	1:40.81

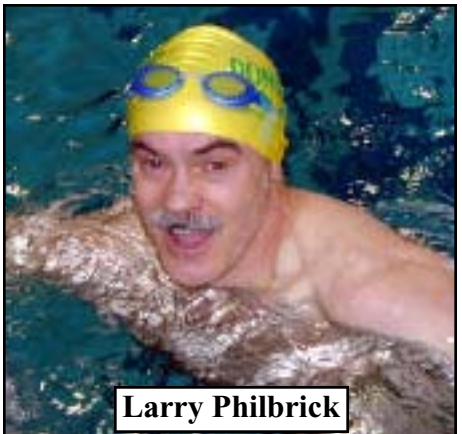
200 Yard IM

continued on page 12

“Lane 6 Rules”
All pictures are of swimmers in Lane 6 at the Pentathlon Meet.



Elfie Stevenin



Larry Philbrick



Julie Peterson



Pat Curran

“Lane 6 Rules”

All pictures are of swimmers in Lane 6 at the Pentathlon Meet.



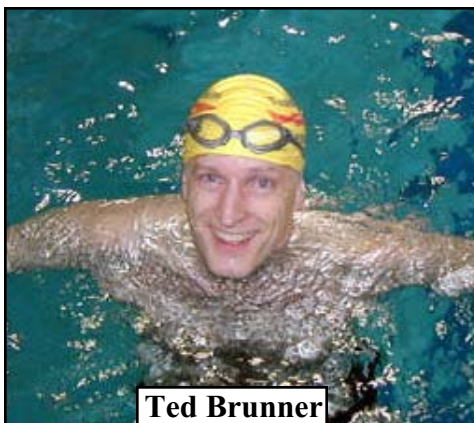
Laura Shoemaker



Steve Koch



Shauna Simpson



Ted Brunner

Results continued from page 11

1	Burleson, David	45	MACO	2:12.96
2	Ward, Cliff	47	OREG	2:25.45
3	Yensen, Kermit	49	OREG	2:31.63
4	Friedman, Keith	46	OREG	3:48.88

Men 50-54

50 Yard Freestyle				
1	Philbrick, Larry	50	OREG	23.80
2	Prentice, Doug	54	OREG	25.06
3	Wikander, Carroll	51	OREG	27.58
4	Elliott, Brad	54	OREG	38.00

100 Yard Freestyle				
1	Wikander, Carroll	51	OREG	1:07.01
50 Yard Backstroke				
1	Philbrick, Larry	50	OREG	28.80
2	Prentice, Doug	54	OREG	32.84
3	Elliott, Brad	54	OREG	49.57

50 Yard Breaststroke				
1	Philbrick, Larry	50	OREG	30.50
2	Wikander, Carroll	51	OREG	33.71
3	Prentice, Doug	54	OREG	34.04
4	Elliott, Brad	54	OREG	53.89

100 Yard Breaststroke				
1	Wikander, Carroll	51	OREG	1:18.53
50 Yard Butterfly				
1	Philbrick, Larry	50	OREG	27.01
2	Prentice, Doug	54	OREG	28.62
3	Elliott, Brad	54	OREG	56.80

100 Yard IM				
1	Philbrick, Larry	50	OREG	1:01.27
2	Prentice, Doug	54	OREG	1:07.60
3	Elliott, Brad	54	OREG	1:59.21

Men 55-59

50 Yard Freestyle				
1	Smith, Robert	59	OREG	24.04
2	Von Tagen, Karl	59	MACO	27.03
3	Silvey, Michael	57	OREG	27.25
4	Carriker, Buz	55	OREG	29.62
5	Lambert, Roy	56	OREG	29.70
6	Jenkins, James	55	OREG	40.20

100 Yard Freestyle				
1	Juhala, Richard	59	OREG	1:15.34
50 Yard Backstroke				
1	Smith, Robert	59	OREG	28.30
2	Von Tagen, Karl	59	MACO	35.84
3	Silvey, Michael	57	OREG	36.46
4	Lambert, Roy	56	OREG	39.96
5	Carriker, Buz	55	OREG	42.06

100 Yard Backstroke				
1	Juhala, Richard	59	OREG	1:34.72
50 Yard Breaststroke				
1	Smith, Robert	59	OREG	32.13
2	Lambert, Roy	56	OREG	36.71
3	Von Tagen, Karl	59	MACO	38.82
4	Carriker, Buz	55	OREG	39.41
5	Silvey, Michael	57	OREG	42.00

100 Yard Breaststroke				
1	Juhala, Richard	59	OREG	1:30.20
50 Yard Butterfly				
1	Smith, Robert	59	OREG	26.60
2	Silvey, Michael	57	OREG	30.29
3	Von Tagen, Karl	59	MACO	30.76
4	Carriker, Buz	55	OREG	34.30
5	Lambert, Roy	56	OREG	34.73

100 Yard Butterfly				
1	Juhala, Richard	59	OREG	1:32.42

100 Yard IM				
1	Smith, Robert	59	OREG	1:01.61
2	Von Tagen, Karl	59	MACO	1:11.72
3	Silvey, Michael	57	OREG	1:15.28
4	Lambert, Roy	56	OREG	1:16.07
5	Carriker, Buz	55	OREG	1:19.35

200 Yard IM				
1	Juhala, Richard	59	OREG	3:17.52

Men 60-64				
50 Yard Freestyle				
1	Petersen, Bert	64	OREG	27.69
2	Mellow, Bill	61	OREG	31.52

50 Yard Backstroke				
1	Nakata, Ronald	63	OREG	34.47
2	Petersen, Bert	64	OREG	35.96
3	Mellow, Bill	61	OREG	43.15

50 Yard Breaststroke				
1	Petersen, Bert	64	OREG	36.07
2	Mellow, Bill	61	OREG	37.29
3	Nakata, Ronald	63	OREG	37.88

50 Yard Butterfly				
1	Petersen, Bert	64	OREG	28.19
2	Nakata, Ronald	63	OREG	29.99
3	Mellow, Bill	61	OREG	39.23

100 Yard IM				
1	Petersen, Bert	64	OREG	1:10.58
2	Mellow, Bill	61	OREG	1:23.59

Men 65-69				
50 Yard Freestyle				
1	Thayer, George	66	OREG	28.74
2	Rigdon, John	66	UNAT	32.20

100 Yard Freestyle				
1	Slawson, Dick	67	OREG	1:08.08
50 Yard Backstroke				
1	Thayer, George	66	OREG	36.68

100 Yard Backstroke				
1	Slawson, Dick	67	OREG	1:26.05
50 Yard Breaststroke				
1	Thayer, George	66	OREG	40.11

100 Yard Breaststroke				
1	Slawson, Dick	67	OREG	1:29.93
50 Yard Butterfly				
1	Thayer, George	66	OREG	37.02

100 Yard Butterfly				
1	Slawson, Dick	67	OREG	1:27.28
100 Yard IM				
1	Thayer, George	66	OREG	1:18.21

200 Yard IM				
1	Slawson, Dick	67	OREG	2:54.23
Men 70-74				
50 Yard Freestyle				
1	Marks, Milton	72	OREG	30.44

50 Yard Backstroke				
1	Marks, Milton	72	OREG	38.39
50 Yard Breaststroke				
1	Marks, Milton	72	OREG	37.87

50 Yard Butterfly				
1	Marks, Milton	72	OREG	38.82
100 Yard IM				
1	Marks, Milton	72	OREG	1:21.66

Men 80-84				
50 Yard Freestyle				
1	Holden, Andrew	83	OREG	33.79
2	Young, Gilbert	80	OREG	37.83
3	Fixott, Rupert	81	OREG	46.13

50 Yard Backstroke				
--------------------	--	--	--	--

1	Holden, Andrew	83 OREG	44.84
2	Young, Gilbert	80 OREG	47.37
3	Fixott, Rupert	81 OREG	1:01.08
50 Yard Breaststroke			
1	Holden, Andrew	83 OREG	52.26
2	Fixott, Rupert	81 OREG	55.42
50 Yard Butterfly			
1	Holden, Andrew	83 OREG	40.47

2	Fixott, Rupert	81 OREG	1:05.98
100 Yard IM			
1	Holden, Andrew	83 OREG	1:52.88
2	Fixott, Rupert	81 OREG	2:09.42
Men 85-89			
50 Yard Freestyle			
1	Delay, Allan	87 OREG	46.24
50 Yard Backstroke			

**Pentathlon Record = PR
Pentathlon Placing - Sprint**

Women 25-29			
1	Shoemaker, Laura	OREG-OR	3:21.80
2	Peterson, Julie	OREG-OR	3:28.04
Women 30-34			
1	Kramer, Laura	OREG-OR	3:32.63
2	Lambourn, Debra	OREG-OR	4:19.92
3	Wong, Linda	OREG-OR	4:29.01

Women 35-39			
1	Jenkins, Valerie	OREG-OR	3:08.88PR
2	Tyrrell, Laura	OREG-OR	3:18.56
3	Collson, Anne-Marie	OREG-OR	3:26.02
4	Topp, Suzanne	OREG-OR	3:31.52
5	Kilbourn, Laurie	OREG-OR	3:44.31
6	Keller, Cheryl	OREG-OR	3:53.17
7	Wasikowski, Carolyn	OREG-OR	3:55.05

Women 40-44			
1	Obletz, Becky	MACO-O	3:17.05
2	Foley, Sharon	MACO-O	3:19.42
3	Viales, Dianne	OREG-OR	3:27.05
4	Tossas, Debbie	OREG-OR	3:32.06
5	Baker, Kamera	AFAM-CO	3:47.81

Women 45-49			
1	Winton, Leslie	OREG-OR	4:24.42
2	Jeddeloh, Jan	OREG-OR	5:18.96
Women 50-54			
1	Milner, Nancy	OREG-OR	4:18.69
2	Perrone, Terry	OREG-OR	4:54.75
3	Lee, Peggy	OREG-OR	5:25.40

Women 55-59			
1	Rousseau, Sandi	OREG-OR	3:56.15
2	Sitter, Darby	OREG-OR	6:22.60

Women 60-64			
1	Ward, Joy	OREG-OR	3:45.20PR

Women 75-79			
1	Wells, Margaret	OREG-OR	5:59.57

Men 30-34			
1	Taylor, Curtis	OREG-OR	2:41.04PR
2	August, Brian	OREG-OR	2:52.69
3	Price, Kennedy	OREG-OR	3:36.10

Men 35-39			
1	Cooper, Greg	MACO-O	2:46.00
2	Sessa, Steve	OREG-OR	2:54.16
3	Butcher, Gano	OREG-OR	2:54.19
4	Wannamaker, Brian	MACO-O	2:58.87
5	Gardner, Chris	OREG-OR	3:03.36
6	Gooding, Todd	MACO-O	3:13.33
7	Edic, Chyle	OREG-OR	3:31.84

Men 40-44			
1	Oliva, Tomas	MACO-O	2:49.95
2	Otto, Douglas	MACO-O	2:54.06
3	Haslach, Timothy	MACO-O	2:56.80
4	Rumble, Gary	OREG-OR	2:59.10
5	Morin, Perry	PNA-PN	3:14.66
6	Curran, Patrick	OREG-OR	3:21.99

Men 45-49			
1	Tennant, Mike	OREG-OR	2:59.15
2	Roney, Kevin	OREG-OR	3:07.81
3	Walkky, John	OREG-OR	3:14.02
4	Ramsey, Ed	OREG-OR	3:15.11
5	Wallis, Gary	OREG-OR	3:16.82

6	Brunner, Theodore	OREG-OR	3:26.96
7	Bergstrom, Robert	OREG-OR	3:39.69
8	Koch, Steve	OREG-OR	3:40.56

Men 50-54			
1	Philbrick, Larry	OREG-OR	2:51.38
2	Prentice, Doug	OREG-OR	3:08.16
3	Ellriott, Brad	OREG-OR	5:17.47

Men 55-59			
1	Smith, Robert	OREG-OR	2:52.68PR
2	Von Tagen, Karl	MACO-O	3:24.17
3	Silvey, Michael	OREG-OR	3:31.28
4	Lambert, Roy	OREG-OR	3:37.17
5	Carriker, Buz	OREG-OR	3:44.74

Men 60-64			
1	Petersen, Bert	OREG-OR	3:18.49
2	Mellow, Bill	OREG-OR	3:54.78

Men 65-69			
1	Thayer, George	OREG-OR	3:40.76

Men 70-74			
1	Marks, Milton	OREG-OR	3:47.18

Men 80-84			
1	Holden, Andrew	OREG-OR	4:44.24
2	Fixott, Rupert	OREG-OR	5:58.03

Pentathlon Placing - Distance

Women 25-29			
1	Casey, Anna	OREG-OR	8:46.72

Women 30-34			
1	Simpson, Shauna	MACO-O	7:28.82
2	Topp, Deborah	OREG-OR	7:50.70

Women 35-39			
1	Ralle, Martina	OREG-OR	7:30.27
2	Shaw, Susan	OREG-OR	9:05.95

Women 40-44			
1	Hoagland, Sarah	MACO-O	7:35.97

Women 45-49			
1	Parisi, Robin	MACO-O	6:48.67PR
2	Crabbe, Colette	OREG-OR	6:51.77
3	Andrus-Hughes, K	OREG-OR	7:08.35
4	Gustafson, Kristi	OREG-OR	8:34.24

Women 50-54			
1	Asleson, Elke	OREG-OR	8:41.96

Women 55-59			
1	Pierson, Ginger	MACO-O	8:07.19PR

Women 80-84			
1	Stevenin, Elfie	OREG-OR	22:21.10

Men 30-34			
1	Zolna, Bill	MACO-O	5:54.38
2	Golling, Greg	OREG-OR	6:30.16

Men 35-39			
1	Hudson, John	OREG-OR	6:04.08PR

Men 40-44			
1	Uebele, Keith	OREG-OR	6:12.97
2	Anspach, Jeffrey	OREG-OR	6:45.41
3	Dowd, Mike	MACO-O	7:31.89

Men 45-49			
1	Burleson, David	MACO-O	6:37.53
2	Ward, Cliff	OREG-OR	6:48.18
3	Yensen, Kermit	OREG-OR	7:14.86

Men 55-59			
1	Juhala, Richard	OREG-OR	9:10.20

Men 65-69			
1	Slawson, Dick	OREG-OR	8:25.57PR

"Lane 6 Rules"
All pictures are of swimmers in Lane 6 at the Pentathlon Meet.



Sarah Hoagland



Tomas Oliva



Laura Tyrrell



Brian August



Lance Armstrong Sports and Fitness Center NIKE Campus - Beaverton

To see this beautiful facility and swim in the great MacCurdy's Pool enter the NIKE Meet 

Lance Armstrong, the remarkable young cyclist who battled back from testicular cancer and brain surgery to be a repeat winner in the Tour de France, owes those titles and his life to the support of his family, a 'never quit' attitude and a devotion to physical fitness. It's fitting, therefore, that this athletic facility on the NIKE Campus bears his name, the Lance Armstrong Sports & Fitness Center.

As is the theme with other athlete-named buildings at Nike, 'The Lance' – as it has already been nicknamed by employees – is truly a monument to its namesake athlete. Various parts of the facility have been named for people or places that are important to Lance, including his wife ('The Kik' a multi-purpose meeting room, Lance's nickname for wife Kristin), mother (Linda's, a fitness studio), son (Luke's Loft, overlooking the swimming pool) and even his **childhood swimming coach in Plano, Texas, Chris MacCurdy**, for whom the swimming pool MacCurdy's is named.

Additional rooms include the Verdun, a smaller fitness studio named for the city where Lance won his first Tour de France stage. The Verdun's highlight is a Tour de France 'simulator,' consisting of four Trek bicycles hooked up to a machine that measures output, speed, etc., on a virtual course that re-creates sections of the real stages from last

year's Tour. The simulator is programmed to provide more resistance to mimic an uphill climb, and tilts for corners and turns. At the end, riders can compare their numbers to Armstrong's. Another room is the Madone, a 34-foot climbing wall named for a very steep hill on which Armstrong trains.

The building also houses hundreds of personal items from Lance's life and career, including journals, trophies and jerseys he has worn in competition. To celebrate the dedication of his new building, Armstrong presented Knight with the Trek bicycle he rode in his first Tour de France victory in 1999, which is now on display. Also check out the "Wall of Fame" where World famous athletes have signed in when they visit the "Lance".

But despite the simulator and the memorabilia, 'The Lance' is first and foremost a state-of-the-art sports and fitness facility. The more than 60,000 square foot center features an **11-lane swimming pool**, a children's pool, 34-foot climbing wall, spinning studio, Pilates studio, weight rooms, athletic training room and other health and fitness facilities. Located just outside "The Lance" is a FieldTurf putting green made from more than 23,000 pairs of recycled Nike shoes.

MacCurdy's Pool



Oregon Masters Swimming Spring Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-03

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

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

Hosted by: Oregon Masters Swimming

Location: Lance Armstrong Sports Center
Nike Campus
Beaverton, Oregon

25 yards 6-8 lanes competition-electronic timing
1-3 lanes separate for continuous warm-up/down area

Meet Director: Jeanne Teisher • Phone 503-574-4557 • e-mail jeanne.teisher@nike.com

Directions to the pool: Highway 26 west to Murray Road exit. Turn left (south) and cross over highway. Go to Walker Road (signal light) and turn right. Turn left at SW Meadows Drive (first signal) onto Nike Campus. Turn right at the stop sign near guard station. Follow signs past Mia Hamm building to parking area and Lance Armstrong Fitness Center.

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

DATE: Sunday, April 6, 2003



WARM-UPS: 7AM
MEET STARTS: 8AM

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY MARCH 21, 2003

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

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

BIRTHDATE _____ AGE _____ SEX _____
2003 USMS # _____
USMS CLUB (OREG, MACO, PNA, ETC) _____
IS THIS YOUR FIRST MASTERS MEET? YES NO

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

- 500 FREE (1)** _____ : _____ . _____
****20 min. break- event 2 will not start before 8:45am****
100 IM (2) _____ : _____ . _____
50 BACK (3) _____ : _____ . _____
200 BREAST (4) _____ : _____ . _____
100 FREE (5) _____ : _____ . _____
*** break***
FREE RELAYS (6-11)
400 IM (12) _____ : _____ . _____
50 BREAST (13) _____ : _____ . _____
200 BACK (14) _____ : _____ . _____
100 FLY (15) _____ : _____ . _____

- * break***
MIXED MEDLEY RELAYS (16-17)
50 FREE (18) _____ : _____ . _____
200 FLY (19) _____ : _____ . _____
100 BACK (20) _____ : _____ . _____
200 IM (21) _____ : _____ . _____
*** break***
MIXED FREE RELAYS (22-24)
50 FLY (25) _____ : _____ . _____
200 FREE (26) _____ : _____ . _____
100 BREAST (27) _____ : _____ . _____
MEDLEY RELAYS (28-31)

NIKE PRODUCTS WILL BE ON SALE DURING THE MEET

A Nike Campus Tour will be offered after the meet. Sign up at registration

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

SIGNATURE _____ DATE _____

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

Northwest Zone Short Course Yards Championship

April 26-27, 2003

Supplemental Information

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

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

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

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

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

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

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

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

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

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

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

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

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

Northwest Zone Short Course Yards Championship

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

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

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

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

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

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

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY APRIL 11, 2003

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

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

AGEGROUPS: 19-24, 25-29, 30-34, ETC. UPTO 100+. RELAY AGEGROUPS: 19+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. YOU MAY ENTER A MAXIMUM OF 8 INDIVIDUAL EVENTS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY PLUS RELAYS. ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). A PERSON MAY SWIM THE 200Y, 400Y & 800Y DISTANCE OF EACH RELAY ONCE. THE 400 AND 800 RELAY WILL BE SEEDED IN HEATS AFTER THE 200 RELAYS OF THE SAME EVENT. THE 500, 1000 AND 1650 FREESTYLES & 400 IM WILL BE DECK SEEDED. CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. CHECK IN FOR THE 1650 WILL OPEN MIDWAY THROUGH SUNDAY'S EVENTS. SHOULD IT BE NECESSARY, TWO PER LANE MAY BE REQUIRED FOR THE 1000 & 1650 FREESTYLES DEPENDENT ON THE MEET SIZE AND TIMELINE. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Saturday, April 26, 2003

- 100 BACK (1)** _____ : _____ . _____
- 50 BREAST (2)** _____ : _____ . _____
- 200 FREE (3)** _____ : _____ . _____
- 400 IM (4)** _____ : _____ . _____
- ***break***
- FREE RELAYS (5-10)**
- 100 BREAST (11)** _____ : _____ . _____
- 200 FLY (12)** _____ : _____ . _____
- 50 FREE (13)** _____ : _____ . _____
- ***break***
- MIXED MEDLEY RELAYS (14-15)**
- 1000 FREE (16)** _____ : _____ . _____

Sunday, April 27, 2003

- 500 FREE (17)** _____ : _____ . _____

Sunday (con't)

- 20 min. warm-up in competition pool. Event 18 will not start before 10AM**
- 100 IM (18)** _____ : _____ . _____
- 50 FLY (19)** _____ : _____ . _____
- 200 BACK (20)** _____ : _____ . _____
- 100 FREE (21)** _____ : _____ . _____
- ***break***
- MEDLEY RELAYS (22-25)**
- 200 IM (26)** _____ : _____ . _____
- 100 FLY (27)** _____ : _____ . _____
- 200 BREAST (28)** _____ : _____ . _____
- 50 BACK (29)** _____ : _____ . _____
- MIXED FREE RELAYS (30-32)**
- ***break***
- 1650 FREE (33)** _____ : _____ . _____

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

SIGNATURE _____	Meet Entry	<u>\$18.00</u>
	Each Extra Event (7th &/or 8th) \$3 ea.	_____
	Total enclosed	_____
	DATE _____	

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

Oregon Masters Swimming

Policy for OMS Coach at National Championship Meets:

Policy Statement: OMS will supply a qualified swimming coach, to assist all OMS-registered swimmers, at each USMS National Championship Pool Meet in which 30 or more OMS-registered swimmers have enrolled. OMS will pay this coach a stipend of \$400 upon his or her satisfactory completion of all responsibilities. OMS will also reimburse said coach for any expenses related to postage, etc. as a result of group mailings.

Qualifications: The OMS Coach:

- Is currently coaching a USMS registered club or OMS local team.
- Has extensive knowledge of swimming technique.
- Has demonstrated ability to work effectively with athletes of all masters ages & abilities in a competitive environment.
- Has demonstrated ability & willingness to perform similar responsibilities, through either the OMS Host Coach program or the USMS On-Deck Coach program.
- Has demonstrated appropriate organizational skills.
- Has an enthusiastic & positive demeanor.

Responsibilities: The OMS Coach shall:

- Prepare & send a pre-event letter or e-mail to all OMS swimmers entered in the meet, outlining the details of coaching assistance & soliciting information for the development of relay lineups.
- Attend the nationals general meeting if possible. If unavailable, the head coach shall designate a person to represent OMS and report back to coach.
- Develop relay lineups and enter them in a timely manner [see OMS policy on reimbursement for relays at national meets].
- Designate an OMS seating area & hang the OMS banner.
- Offer guidance & splits during warm-up to those who desire it.
- Offer pre-race guidance & post-race comments throughout the meet to those who desire it.
- Offer encouragement as needed.
- Serve as advocate for OMS swimmers regarding protests & administrative problems.
- Distribute a brief evaluative survey to swimmers at or after the meet.
- Prepare a written report on the Meet for the OMS Board, including pertinent information from the meet, results of the evaluative survey, and recommendations for future coaching assistance.
- Behave in a professional manner at all times.

Selection:

- The OMS Coaches Committee will actively solicit applicants for this position well before each National Championship Pool Meet in which it appears likely that 30 or more OMS swimmers may attend.
- Applicants for this position will apply by sending a completed application to the Chair of the OMS Coaches Committee before the deadline.
- The OMS Board will review the applications, and select and notify the Coach promptly.
- The selected Coach will sign an agreement with the OMS Board to perform the listed responsibilities.

Oregon Masters Swimming
Application for OMS Coach at National Championship Meet

Meet: USMS Short Course National Championships, Tempe, Arizona
Dates: May 15-18, 2003
Deadline: Application received no later than March 10, 2003

Name:
Address:
City: State: Zip:
Phone (h): Phone (w): Fax:
E-mail:

Which OMS Local Team or Club are you currently coaching?

Please list all qualifications you would like considered in applying for this position:
(Education & swim coaching certification level, experience, achievement & awards, etc.)

Please list all experience you have coaching in a similar situation:
(i.e., the OMS Host Coach or USMS On-Deck Coaching programs, All Star, Zone or National Team Coach)

Please list all qualities and strengths that will make you successful in this position:

Please write a brief summary on why are you applying to this position:

If selected, are you prepared to fulfill all the responsibilities as outlined on the on the attached sheet?

Yes No

Signed: Date:

Please return your completed application no later than March 10, 2003, to:

Steph Turner, OMS Coaches Committee, 15000 SW Davis Lane #60, Lake Oswego, OR 97035
Phone: (503) 223-6251x226, E-mail: sturner@thamac.com

BIO QUESTIONNAIRE FOR OMS ASSOCIATION CHAMPIONSHIPS

In order to make the OMS Meet more interesting John French has asked to have athletes complete a bio that he can use to "spice up" his announcing duties. Please complete the following and bring with you to the meet. There will be a drop box for the forms at the check-in table.

Name: _____ Local Team: _____ Age: _____

How long have you been swimming masters? _____ Were you an age group swimmer? _____

Were you a collegiate swimmer? _____ If yes, Where? _____

Favorite Event? _____ Best Event? _____

Fondest Masters Swimming Memory? _____

Anything else interesting you want us to know about you?

ASSOCIATION BANQUET

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

- **Karlyn Pipes-Neilsen as our Celebrity Speaker and Videos:** 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 earned All American status for 2002 or receive one of the OMS annual awards, you will be presented with the award at the banquet. If you placed in the Top Ten (individual or relay), earned All American, or broke a National or World Record, 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!

Oregon Masters Swimming

is



Special Thanks

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Mike Tennant

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**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 _____

(see list of teams and abbreviations on next page)

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 _____



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 swimming clubs and teams including Albany Masters, Central Oregon Masters, etc.

\$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, 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.

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

2003 *Swim* SCHEDULE

Date	Event	Location	Contact
Pool Meets			
March 14-16	Assn. SCY	MAC Club - Portland	Bob Kabacy rkabacy@kelrun.com 503 245 8122
April 6	*SCY	NIKE - Beaverton	Jeanne Teisher Jeanne.Teisher@nike.com (503) 574-4557
April 26-27	*Zone SCY	Hood River	Shelly Rawding rawding@gorge.net 509 493 4679
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
National Championships 2003			
May 15-18	SCY	Tempe, AZ	www.usms.org
Aug. 14-17	LCM	Rutgers Univ. NJ	www.usms.org
Open Water 2003			
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	
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 douggarcia@usms.org
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

Aqua-Master
March 2003

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

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Inside: Results - Pentathlon