



Aqua Master

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"Swimming - A Life's Passion"

Allen Stark Impresses at Clinic

The Three Cardinal Rules of Swimming

1. Swim like a stick - turn like a ball.

2. Practice your weaknesses - swim your strengths.

3. You have to swim fast to swim fast.



Allen Stark, Oregon's great breastroker, left the swimmers wanting more at his Clinic. Allen had just returned from the USMS Training Camp at the Olympic Training site in Colorado Springs. He related the Rules and Physics of Swimming to all of the strokes, starts and turns. Thanks Allen!

Inside For You

OMS Board	2-3
Get Fit	4
Long Distance	5
Away from Home	6
"Nutter"	6
Results	8-16
Entry Blanks - Pool	
Corvallis	7
State Games	17
Eugene	19
Entry Blanks - Open Water	
So. Oregon	20
Elk Lake	22
Schedule	Back Cover

Tom Landis, a USMS Swimmer of 2002

SWIM Magazine, May/June 2003: The latest edition of SWIM Magazine recognizes the top 6 Female and Male USMS swimmers for 2002. Tom Landis, of the COMA Swim Team was recognized as one the top six male swimmers for 2002. Tom had 13 number one rankings in 2002, 6 National Records and a World Record. SWIM Magazine stated: "Perhaps Landis' most impressive feat of all, though, is that all of his performances came while wearing a traditional racing suit and not one of the new technology suits." That's our Tom! As he told the Aqua Master Editor, (a rough paraphrase), "It's man against the elements, I do not want artificial help. I want to see how fast I can swim on my own." Tom you did it! You swam very fast on your own and Oregon is very proud of you.



Tom, shaved down for Nationals

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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.



GET FIT WITH JANI AND SARA



Live High, Train Low

Have you heard of Nike's "The Oregon Project", taking place here in Oregon in northwest Portland? It is home for 6 of America's elite, potential Olympic marathoners. What is so special about it? The whole concept is one contrived of 'science' – live high, train low; altitude being the advantage. They live in a house that is specially constructed so that the athletes sleep in a manmade environment that simulates being at 12,000 feet and obviously, they train at sea level in Portland.

Alberto Salazar, a long time Nike employee and short-time marathoner, is the coach. The other person paramount in this project is Nike VP Tom Clarke, also a marathon veteran who has a doctorate in biomechanics. The science of this project is that high altitude shows increased production of red blood cells: oxygen-carrying blood cells. While sleeping and living at high altitude the human body must adjust to the demands of increased oxygen carrying cells, feeling sluggish and struggling to breathe at times. Then when these marathoners step outside and run through Forest Park at sea level they have an incredibly high oxygen-carrying capacity that should help decrease time to fatigue and potentially improve performance. There are a myriad of other fancy gizmos, computers and futuristic technology in this special house – all in the name of science and technology, trying to create the ultimate athlete. "The company's goal is clear: use technology to counter the increasing domination of African runners, many of whom were born at and train at altitude". "The rest of the world has gotten faster, and Americans have gotten slower" says Salazar. "Our methods have gone awry."

As swimmers, what do we think about this? The range of masters swimmers goes from purely recreational, a daily workout, the swim in the next triathlon, the English Channel or Masters Nationals. But what do YOU think about this? These 6 athletes have NO expenses – NONE, plus they get all the gear they could ever want in addition to an undisclosed stipend from Nike. Now what do you think? Should we quit our day jobs?

Some of you have been to the Olympic Training Center in Colorado – how did it feel to swim when you arrived? Or, recall when you went to the mountain states for vacation, or work – did you notice being a little out of breath participating in activities; how did you sleep? What was your energy level like?

This is a very interesting subject, directly related to fitness. Like many "fads" is this one of them? Will we see special high altitude tents being sold on TV so that everyone can have one? Do you know someone using an altitude tent? We are interested in your feedback! Tell us what you think!!!

Swim Camp for Masters

The Bob Bruce Masters Swim Technique Camp
June 21-22, 2003
at Mt Hood Community College

- 🐟 Swimming hydrodynamics explained
- 🐟 Underwater video of your swimming
- 🐟 All four strokes covered in detail
- 🐟 Drills to improve your strokes
- 🐟 Flexibility and injury prevention
- 🐟 3 certified coaches
- 🐟 Two full days (8-5) for only \$150.00

For more information contact Bob or Barb at (541) 317-4851 or Bob@harrisbruce.com

NOB JUST FOR KIDS ANYMORE
SWIM CAMP



Harris-Bruce Professional Services
www.harrisbruce.com (Swim Coach)



LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

Camping is always one of the great features of the Oregon open water season, and this year promises to be no different. Here is the camping information for all four venues:

1. Southern Oregon Swim Carnival at Applegate Lake (July 19 & 20): Forest Service cutbacks have dictated changes from past Applegate Lake camping. There will be very limited camping at the lake, with just a few Hartish Park sites available that may fit two or three tents. They can be reserved by calling Dan Gray at 541-890-5483, with priority given to those willing to have two or three tents. For a map, send SASE to Dan Gray, 659 Clay St, Ashland 97520. The USFS hopes to have a concessionaire operation this summer, which may make it possible to reserve more self-contained units by the docks. There will be some parking lot camping for self-contained vehicles. These sites can be paid for upon entry to the park for a \$10 fee that will also include day use. RVM has reserved Beaver Sulfur C.G. (Sat night only), which has ten sites and is equipped with privies, drinking water, tables and a beautiful creek. Follow Upper Applegate Road past Star Ranger Station 2.5 miles, take left turn on Rd#20 (paved) and follow another 2-3 miles. A site here—some of which can fit more than one tent—can be reserved by including \$6.00 with your entry on a first-come first-served basis. Other options include a few boat-in campsites located on the lake, Flumet C.G. on the Hwy to the lake (about 3 miles from Star Ranger Station), and Watkins C.G. (at the far end of the lake), all open on a first-come first-served basis. French Gulch C.G. across the dam is not in service.

2. Cascade Lakes Swim Festival at Elk Lake (July 26 & 27): COMA has reserved the Little Fawn Group Site for swimmers, and you may pay for camping with your entry fee. The Group Camp is a large area designed to hold 50 campers & 30 cars (small motor homes too), in which you may make each site a "group site" for your team. Please welcome out-of-state swimmers into your camping area. COMA will have a Camp Host on site to help you find your team and get settled in. Dogs are allowed in the campground—always on a leash of 6 feet or less—but not at the race site. Due to new fire regulations, only six cars may park at the Beach Day Use Area (race site), and these spots will go only to selected meet personnel who are bringing heavy equipment and food. Therefore, the Group Camp will be used for race parking, so please plan to park at the campground even if you are not camping. There will be a shuttle to the race site during registration hours and

after the lunch & awards.

3. Timothy Lake (August 10): The race will be run from the day-use area nearest the Hoodview campground. PMS has reserved the few available campsites there for meet organizers, but there are many campsites nearby that take reservations, including Gone Creek, Oak Fork, & Pine Point. Camping specifics for Timothy Lake: <http://ptopia.com/mthood/hoodcampchart.html#anchor1111>
36. Make reservations through the National Recreation Reservation Service at <http://www.ReserveUSA.com> (Customer Service 1-888-448-1474) as soon as possible! Each site can have a maximum of 6 people, and the cost is \$14 per night plus a \$9 processing fee for each reservation. Each site can have one vehicle at no cost, and one additional vehicle for \$7. Check-in and check-out are 2pm. Some sites allow RVs up to 45 ft. There are walk-in campsites on a first-come first-serve basis at Meditation Point & North Arm campgrounds. Camping outside of designated campgrounds is also allowed. If you decide to simply pitch a tent, please follow the U.S. Forest Service guidelines. Camp at least 100 ft from a road, trail, or designated use area, away from water to minimize chance of polluting, and minimize disruption of vegetation.

4. Dorena Lake (August 17): Camping at Dorena lake is at Group Site B in Schwarz Park, just below the dam that creates the lake. The site can hold 20 vehicles & 40 tents, has flush toilets & showers, and is only four miles from Cottage Grove & two miles from the race site. You may reserve additional single family sites at Schwarz Park by calling NRRS at 1-877-444-6777. Please call Debra George if you wish to stay in the group site (541-693-5758), costing \$5.00 per tent and paid with your registration. Dogs are allowed in the campground—always on a leash of 6 feet or less—but not at the race site. At 2:00pm on Saturday afternoon Steve Johnson lead a swimming expedition to Oregon's best swimming hole—Wildwood Falls, featuring waterfalls, cliffs, a natural spa and an underwater cave—from the camp site (It's a 20-minute trip). There is an additional campground at Baker Bay directly across the lake from the race site that has single camp sites, is on the lake, and has a boat ramp. Call 541-942-7669 for reservations there.

5. Alas, the Columbia River Relay has been cancelled, so we will not be camping collectively this weekend.

Good luck and good swimming!

Oregon Masters Swimming: Away-From-Home Info for Postal Swims

Purpose: The 5K & 10K National Postal Swims require a 50-meter pool. The Away-From-Home Postal Swim Program schedules 50-meter pools so that all Oregon swimmers have an opportunity to participate in these great fitness events. Many thanks to our local coaches & team reps who have secured the use of their pools to make this schedule possible. If you would like to include a swim date for your 50-meter pool, contact Long Distance Chair Bob Bruce at 61200 Parrell Rd., Bend, OR 97702 or 541/317-4851 or bobbruce13@attglobal.net.

Rules: USMS Postal Rules apply. Currently registered USMS swimmers only. Show up on time ready to swim. First-come first-served. Swimmer must provide someone 12 or older to count laps & record splits. Events are usually run 2-per-lane side-by-side, and possibly in heats.

Pool Fee: These vary depending upon pool rental & lifeguard arrangements, and are listed for each swim. Pay the Meet Host before swimming. Exact change required.

Schedule: We are also looking for other dates later in the summer.

- Tualatin Hills Rec Center, 15707 SW Walker Rd., Beaverton. Date: Sunday, June 8. Event: 5K or 10K. Swim starts at 6:00am. Pool fee: Free for Tualatin Hills Barracudas; \$10.00 otherwise. Host: Barracudas.
- Mt. Hood Community College, 26000 Stark St., Gresham. Sunday, June 22. Event: 5K or 10K. Warm-up 1:30pm; swim starts at 2:00pm. Pool fee: Free if enrolled in Bob Bruce Swim Camp that weekend; \$10.00 otherwise. Host: Bob Bruce.
- Amazon Pool, 2600 Hilyard St., South Eugene. Dates to be announced. Event: 5K or 10K. Warm-up 7:30am; swim starts at 8:00. Pool fee: Free for Emerald Aquatics; \$10.00 otherwise. Host: Steve Johnson.

National Postal Events: Follow the instructions on the entry & split sheet to enter the National Postal events. This is highly recommended! You can use these postal swims to help prepare you for the open water season, and score points for your Oregon team at the same time. Oregon Club swimmers: let's defend our 10K National Team Title, and reclaim the 5K title that we won in 2001 but slipped away last year!

Sybil Fisher, "The Nutter Who ..."

The Nutter who wants to swim the Ditch. That has become a nickname since I've decided to take on the ultimate open water challenge, The English Channel, this August. I've been training for 16 months with the specific goal of swimming from Dover, England to Calais, France in a solo attempt. I've put on 40-pounds to increase my body fat percentage to 30% since the powers that be do not allow wetsuits in the Channel and the water is quite chilly (58deg. on average). Wetsuits are considered cheating. The most common reason for failure is hypothermia with a 1/6-success ratio for solo swims, so I'm banking on the blubber layer and the cold water acclimation to keep my core temperature normal. The distance is 23 miles and if Mother Nature and the shipping lane powers that be are on my side, I hope to swim it in less than 12 hours. My coach, Andrew Soracco, has been working with me for over a year. We have altered my stroke to increase my stroke rate and use more core strength to decrease the tension on my shoulders. I'm training six days a week and chomping at the bit for the Columbia River to warm up to at least 55deg. so I can swim outside. I've grown to hate pool walls!

Swimming the English Channel has been on my list of "things I want to do before I die" since I was a little girl. I decided to take my dream seriously two years ago, inspired part by the Gaffney relay, as well as in spite of my new diagnosis of chronic asthma. I wanted this dangerous swim to be more than just about me reaching a goal. I hope to bring greater awareness and understanding of asthma and most importantly to educate people that asthma can be managed. I am out to prove that people with asthma can live wisely and reach even their wildest dreams.

More information at: justwaterandair.org



Corvallis "Start of Summer" Long Course Meters Meet
 Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-05
 Eligibility: Currently registered USMS swimmers, 19 years and older.
 Unregistered swimmers must submit a 2003 registration form and fee with this form.

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

DATE: Saturday, June 28, 2003

WARM-UPS: 8AM
MEET STARTS: 9AM

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

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

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

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

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

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

- 400 FREE** (1) _____ : _____ . _____
- 50 FLY** (2) _____ : _____ . _____
- 200 BACK** (3) _____ : _____ . _____
- 100 FREE** (4) _____ : _____ . _____
- 200 IM** (5) _____ : _____ . _____
- FREE RELAYS (6-11)**
- 50 BACK** (12) _____ : _____ . _____
- 200 FLY** (13) _____ : _____ . _____
- 100 BREAST** (14) _____ : _____ . _____
- 400 IM** (15) _____ : _____ . _____

- MIXED MEDLEY RELAYS (16-17)**
- 50 FREE** (18) _____ : _____ . _____
- 200 BREAST** (19) _____ : _____ . _____
- 100 FLY** (20) _____ : _____ . _____
- MIXED FREE RELAYS (21-23)**
- 50 BREAST** (24) _____ : _____ . _____
- 200 FREE** (25) _____ : _____ . _____
- 100 BACK** (26) _____ : _____ . _____
- MEDLEY RELAYS (27-30)**
- 800 FREE** (31) _____ : _____ . _____

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

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

SIGNATURE _____ DATE _____

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

NIKE Meet - April 6, 2003

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

Women 25-29

50 Yard Freestyle			
1 Shoemaker, Laura	27 OREG		28.26
50 Yard Breaststroke			
1 Shoemaker, Laura	27 OREG		37.42
50 Yard Butterfly			
1 Shoemaker, Laura	27 OREG		31.31
100 Yard IM			
1 Shoemaker, Laura	27 OREG		1:11.47

Women 30-34

50 Yard Freestyle			
1 Veltrie, Susan	32 OREG		28.32
2 Topp, Deborah	33 OREG		28.43
3 Zayas, Kimberly	32 OREG		32.25
4 Wong, Linda	31 OREG		35.63
100 Yard Freestyle			
1 Topp, Deborah	33 OREG		1:01.63
2 Veltrie, Susan	32 OREG		1:02.89
3 Zayas, Kimberly	32 OREG		1:13.09
4 Wong, Linda	31 OREG		1:18.44

200 Yard Freestyle			
1 Himstreet, Julie	32 OREG		2:25.89
500 Yard Freestyle			
1 Himstreet, Julie	32 OREG		6:16.31
2 Moore, Alison	32 OREG		6:27.48

50 Yard Backstroke			
1 Veltrie, Susan	32 OREG		33.93
2 Kramer, Laura	33 OREG		36.13

100 Yard Backstroke			
1 Kramer, Laura	33 OREG		1:16.95
2 Zayas, Kimberly	32 OREG		1:30.58

50 Yard Breaststroke			
1 Veltrie, Susan	32 OREG		38.16
2 Frieder, Marisa	33 OREG		39.34
3 Moore, Alison	32 OREG		40.05
4 Wong, Linda	31 OREG		46.89

100 Yard Breaststroke			
1 Frieder, Marisa	33 OREG		1:23.47
2 Moore, Alison	32 OREG		1:25.88

200 Yard Breaststroke			
1 Moore, Alison	32 OREG		3:00.29
2 Himstreet, Julie	32 OREG		3:04.21

50 Yard Butterfly			
1 Topp, Deborah	33 OREG		31.00
2 Simpson, Shauna	31 MACO		31.22
3 Veltrie, Susan	32 OREG		31.45
4 Kramer, Laura	33 OREG		32.34
5 Frieder, Marisa	33 OREG		38.76
6 Zayas, Kimberly	32 OREG		39.54
7 Wong, Linda	31 OREG		47.07

100 Yard Butterfly			
1 Simpson, Shauna	31 MACO		1:07.29
2 Topp, Deborah	33 OREG		1:08.85
3 Moore, Alison	32 OREG		1:15.84
200 Yard Butterfly			
1 Simpson, Shauna	31 MACO		2:27.78

100 Yard IM			
1 Moss, Melissa	34 OREG		1:12.86
2 Kramer, Laura	33 OREG		1:14.30
3 Frieder, Marisa	33 OREG		1:19.45



A fitting win for Kelly Hibler. Kelly is the Global Kids Foot Wear Product Director for NIKE. In the first event, the 500 Free, Kelly had a victory and the fastest time. Thank you NIKE, Missy Moss, NIKE Sports Centers Event Coordinator, Jeff Kaelon, NIKE Aquatic Program Manager, Jeanne Teisher, Meet Director, Kelly and all the other NIKE people who participated in making the meet a success.

4 Zayas, Kimberly	32 OREG		1:26.37	4 Wasikowski, Carolyn	37 OREG		36.28
200 Yard IM				200 Yard Butterfly			
1 Simpson, Shauna	31 MACO		2:32.74	1 Ralle, Martina	37 OREG		2:43.92
2 Himstreet, Julie	32 OREG		2:39.56	100 Yard IM			

Women 35-39

50 Yard Freestyle			
1 Topp, Suzanne	35 OREG		27.31
2 Thompson, Jennifer	35 OREG		27.92
3 Collson, Anne-Marie	35 OREG		27.95
4 Wasikowski, Carolyn	37 OREG		31.61
5 Shaw, Susan	36 OREG		33.88
6 Jenkins, Patricia	39 OREG		35.37

100 Yard Freestyle			
1 Thompson, Jennifer	35 OREG		1:01.46
2 Collson, Anne-Marie	35 OREG		1:02.19
3 Shaw, Susan	36 OREG		1:16.51
4 Jenkins, Patricia	39 OREG		1:17.24
500 Yard Freestyle			
1 Topp, Suzanne	35 OREG		6:12.11

50 Yard Backstroke			
1 Ralle, Martina	37 OREG		33.57
2 Thompson, Jennifer	35 OREG		34.16
100 Yard Backstroke			
1 Ralle, Martina	37 OREG		1:12.21
2 Thompson, Jennifer	35 OREG		1:13.97

200 Yard Backstroke			
1 Jenkins, Valerie	39 OREG		2:22.49
2 Ralle, Martina	37 OREG		2:32.29
50 Yard Breaststroke			
1 Shaw, Susan	36 OREG		42.87

100 Yard Breaststroke			
1 Shaw, Susan	36 OREG		1:32.43
50 Yard Butterfly			
1 Jenkins, Valerie	39 OREG		28.84
2 Collson, Anne-Marie	35 OREG		31.30
3 Topp, Suzanne	35 OREG		32.00

1 Jenkins, Valerie	39 OREG		1:05.57
2 Topp, Suzanne	35 OREG		1:13.88
3 Collson, Anne-Marie	35 OREG		1:15.33
4 Wasikowski, Carolyn	37 OREG		1:22.57
5 Shaw, Susan	36 OREG		1:26.34
6 Jenkins, Patricia	39 OREG		1:30.79

200 Yard IM			
1 Jenkins, Patricia	39 OREG		3:20.03
400 Yard IM			
1 Jenkins, Patricia	39 OREG		7:05.16

50 Yard Freestyle			
1 Carey, Caroline	41 MACO		28.11
2 Sitton, Tia	40 OREG		30.40
3 Mangan, Martina	44 OREG		33.37
4 Decher, Marianne	41 OREG		34.18

100 Yard Freestyle			
1 Vaughn-Edmonds, H.	40 OREG		59.37
2 Foley, Sharon	42 MACO		1:00.25
3 Goddard, Gracie	43 OREG		1:03.00
4 Carey, Caroline	41 MACO		1:03.92

200 Yard Freestyle			
1 Vaughn-Edmonds, H.	40 OREG		2:06.51
2 Rasmussen, Beky	40 OREG		2:31.47
3 Fox, Christina	42 OREG		2:44.40
500 Yard Freestyle			
1 Rasmussen, Beky	40 OREG		6:52.67
2 Mangan, Martina	44 OREG		7:46.59

50 Yard Backstroke			
1 Carey, Caroline	41 MACO		32.69
2 Fox, Christina	42 OREG		38.93

Jackie Quattro and Barb Frid after a good race in the 100 Free. Jackie and Barb both had the winning times in their age group.



100 Yard Backstroke			
1 Carey, Caroline	41 MACO	1:14.25	
2 Fox, Christina	42 OREG	1:22.31	
200 Yard Backstroke			
1 Rasmussen, Beky	40 OREG	2:53.28	
2 Fox, Christina	42 OREG	2:53.77	
3 Ross, Ginny	43 OREG	3:07.29	
50 Yard Breaststroke			
1 Sitton, Tia	40 OREG	39.78	
2 Decher, Marianne	41 OREG	41.00	
100 Yard Breaststroke			
1 Foley, Sharon	42 MACO	1:20.57	
2 Decher, Marianne	41 OREG	1:31.03	
50 Yard Butterfly			
1 Foley, Sharon	42 MACO	29.90	
200 Yard Butterfly			
1 Ross, Ginny	43 OREG	3:35.72	
100 Yard IM			
1 Sitton, Tia	40 OREG	1:22.24	
2 Decher, Marianne	41 OREG	1:25.40	
200 Yard IM			
1 Ross, Ginny	43 OREG	3:16.87	
400 Yard IM			
1 Ross, Ginny	43 OREG	6:45.38	
Women 45-49			
50 Yard Freestyle			
1 Parisi, Robin	48 MACO	26.32	
2 Young, Robin	48 OREG	32.61	
200 Yard Freestyle			
1 Crabbe, Colette	46 OREG	2:15.12	
500 Yard Freestyle			
1 Crabbe, Colette	46 OREG	5:52.85	
50 Yard Backstroke			
1 Parisi, Robin	48 MACO	31.16	
100 Yard Backstroke			
1 Budd, Elizabeth	49 OREG	1:26.48	
200 Yard Backstroke			
1 Crabbe, Colette	46 OREG	2:27.15	
2 Budd, Elizabeth	49 OREG	3:04.68	
50 Yard Breaststroke			
1 Parisi, Robin	48 MACO	35.17	
200 Yard Breaststroke			
1 Crabbe, Colette	46 OREG	2:39.14	
50 Yard Butterfly			

1 Parisi, Robin	48 MACO	28.53	
2 Budd, Elizabeth	49 OREG	39.11	
3 Young, Robin	48 OREG	39.75	
100 Yard Butterfly			
1 Young, Robin	48 OREG	1:32.58	
200 Yard Butterfly			
1 Crabbe, Colette	46 OREG	2:25.17	
100 Yard IM			
1 Parisi, Robin	48 MACO	1:05.93	
2 Budd, Elizabeth	49 OREG	1:22.91	
Women 50-54			
50 Yard Freestyle			
1 Teisher, Jeanne	51 OREG	28.65 O	
2 Perrone, Terry	51 OREG	36.11	
100 Yard Freestyle			
1 Teisher, Jeanne	51 OREG	1:05.38	
2 Fuller, Lizbeth	50 OREG	1:14.84	
500 Yard Freestyle			
1 Teisher, Jeanne	51 OREG	6:42.10	
2 Fuller, Lizbeth	50 OREG	7:28.48	
50 Yard Backstroke			
1 Fuller, Lizbeth	50 OREG	41.88	
50 Yard Breaststroke			
1 Sutherland, Jani	54 OREG	44.72	
2 Riddle, Kristi	54 OREG	48.99	
3 Perrone, Terry	51 OREG	55.77	
100 Yard Breaststroke			
1 Sutherland, Jani	54 OREG	1:38.08	
2 Perrone, Terry	51 OREG	1:59.46	
200 Yard Breaststroke			
1 Sutherland, Jani	54 OREG	3:35.41	
2 Riddle, Kristi	54 OREG	3:42.88	
50 Yard Butterfly			
1 Riddle, Kristi	54 OREG	43.25	
2 Perrone, Terry	51 OREG	46.76	
100 Yard Butterfly			
1 Asleson, Elke	51 OREG	1:24.01	
100 Yard IM			
1 Asleson, Elke	51 OREG	1:25.18	
2 Riddle, Kristi	54 OREG	1:35.07	
3 Perrone, Terry	51 OREG	1:41.28	
200 Yard IM			
1 Asleson, Elke	51 OREG	3:03.99	
2 Riddle, Kristi	54 OREG	3:31.06	

400 Yard IM			
1 Asleson, Elke	51 OREG	6:30.60	
Women 55-59			
50 Yard Freestyle			
1 Quattro, Jackie	55 OREG	30.87	
2 Rousseau, Sandi	55 OREG	32.65	
100 Yard Freestyle			
1 Quattro, Jackie	55 OREG	1:09.53	
2 Rousseau, Sandi	55 OREG	1:11.56	
3 Sitter, Darby	59 OREG	2:01.07	
200 Yard Freestyle			
1 Quattro, Jackie	55 OREG	2:36.09	
2 Rousseau, Sandi	55 OREG	2:45.34	
50 Yard Backstroke			
1 Quattro, Jackie	55 OREG	39.23	
100 Yard Backstroke			
1 Sitter, Darby	59 OREG	2:16.49	
200 Yard Backstroke			
1 Himstreet, Pam	59 OREG	3:42.06	
50 Yard Breaststroke			
1 Pierson, Ginger	57 MACO	37.02	
2 Sitter, Darby	59 OREG	1:08.68	
100 Yard Breaststroke			
1 Pierson, Ginger	57 MACO	1:22.72	
2 Himstreet, Pam	59 OREG	1:42.56	
200 Yard Breaststroke			
1 Pierson, Ginger	57 MACO	2:59.57	
2 Himstreet, Pam	59 OREG	3:34.40	
50 Yard Butterfly			
1 Rousseau, Sandi	55 OREG	34.09	
2 Sitter, Darby	59 OREG	1:16.72	
100 Yard Butterfly			
1 Pierson, Ginger	57 MACO	1:21.03	
2 Rousseau, Sandi	55 OREG	1:24.94	
200 Yard Butterfly			
1 Pierson, Ginger	57 MACO	2:57.93	
100 Yard IM			
1 Sitter, Darby	59 OREG	2:12.03	
200 Yard IM			
1 Himstreet, Pam	59 OREG	3:29.33	
Women 60-64			
50 Yard Freestyle			
1 Ward, Joy	60 OREG	31.04	
2 Frid, Barbara	60 OREG	31.77	
3 Hodge, Peggie	63 OREG	42.51	
100 Yard Freestyle			
1 Frid, Barbara	60 OREG	1:11.56	
2 Hodge, Peggie	63 OREG	1:32.98	
50 Yard Backstroke			
1 Ward, Joy	60 OREG	36.86	
100 Yard Backstroke			
1 Ward, Joy	60 OREG	1:20.32 Z	
2 Frid, Barbara	60 OREG	1:23.69	
50 Yard Breaststroke			
1 Hodge, Peggie	63 OREG	49.75	
100 Yard Breaststroke			
1 Hodge, Peggie	63 OREG	1:45.31	
50 Yard Butterfly			
1 Frid, Barbara	60 OREG	35.11	
100 Yard Butterfly			
1 Ward, Joy	60 OREG	1:25.05 Z	
100 Yard IM			
1 Frid, Barbara	60 OREG	1:20.15	
2 Hodge, Peggie	63 OREG	1:37.86	

continued on page 10

Results continued from page 9

Women 65-69

100 Yard Freestyle

1 Schumann, Susanne 65 MACO 1:15.81

50 Yard Breaststroke

1 Schumann, Susanne 65 MACO 45.29

Women 70-74

1 Rosik, Cynthia 70 OREG 57.17

100 Yard Breaststroke

1 Rosik, Cynthia 70 OREG 2:07.56

50 Yard Butterfly

1 Rosik, Cynthia 70 OREG 1:06.73

100 Yard IM

1 Rosik, Cynthia 70 OREG 2:06.74

Women 75-79

50 Yard Freestyle

1 Wells, Margaret 77 OREG 52.57

100 Yard Freestyle

1 Wells, Margaret 77 OREG 2:00.21

500 Yard Freestyle

1 Wells, Margaret 77 OREG 11:18.51

200 Yard Backstroke

1 Wells, Margaret 77 OREG 4:37.69

200 Yard IM

1 Wells, Margaret 77 OREG 4:50.44

Women 80-84

50 Yard Freestyle

1 Bernardi, Norma 83 OREG 56.36

2 Stevenin, Elfie 81 OREG 1:20.71

100 Yard Freestyle

1 Stangel, Pauline 81 OREG 1:58.85

2 Bernardi, Norma 83 OREG 2:07.34

50 Yard Backstroke

1 Bernardi, Norma 83 OREG 1:01.47

2 Stevenin, Elfie 81 OREG 1:25.11

100 Yard Backstroke

1 Bernardi, Norma 83 OREG 2:09.42

2 Stevenin, Elfie 81 OREG 2:51.61

50 Yard Breaststroke

1 Stangel, Pauline 81 OREG 1:06.31 O

100 Yard Breaststroke

1 Stangel, Pauline 81 OREG 2:29.13 Z

50 Yard Butterfly

1 Stevenin, Elfie 81 OREG 1:47.79

100 Yard Butterfly

1 Stevenin, Elfie 81 OREG 4:14.96

100 Yard IM

1 Stangel, Pauline 81 OREG 2:21.59

Men 19-24

50 Yard Breaststroke

1 Wills, Lucas 23 PNA 33.07

200 Yard Breaststroke

1 Wills, Lucas 23 PNA 2:43.36

100 Yard Butterfly

1 Wills, Lucas 23 PNA 1:06.11

100 Yard IM

1 Wills, Lucas 23 PNA 1:06.47

200 Yard IM

1 Wills, Lucas 23 PNA 2:31.78

Men 25-29

100 Yard Backstroke

1 Mckenney, Stefan 28 OREG 1:06.98

50 Yard Breaststroke

1 Mckenney, Stefan 28 OREG 32.05

100 Yard Breaststroke

1 Mckenney, Stefan 28 OREG 1:10.76

50 Yard Butterfly

1 Mckenney, Stefan 28 OREG 26.17

100 Yard IM

1 Mckenney, Stefan 28 OREG 1:02.66

Men 30-34

50 Yard Freestyle

1 Taylor, Curtis 31 OREG 22.52

2 Drawz, Troy 34 UNAT 23.40

3 August, Brian 32 OREG 23.61

4 Pospisil, Radek 33 OREG 25.80

5 Golden, Philip 34 OREG 27.89

100 Yard Freestyle

1 Taylor, Curtis 31 OREG 49.12

2 Drawz, Troy 34 UNAT 51.07

3 August, Brian 32 OREG 51.38

4 Price, Kennedy 30 OREG 1:05.89

500 Yard Freestyle

1 Price, Kennedy 30 OREG 6:25.46

50 Yard Backstroke

1 August, Brian 32 OREG 28.02

2 Zayas, Victor 34 OREG 37.10

100 Yard Backstroke

1 August, Brian 32 OREG 1:01.08

2 Niepoky, Brian 30 OREG 1:13.01

3 Price, Kennedy 30 OREG 1:14.37

4 Zayas, Victor 34 OREG 1:15.52

200 Yard Backstroke

1 Niepoky, Brian 30 OREG 2:40.05

50 Yard Breaststroke

1 Pospisil, Radek 33 OREG 31.78

2 Zayas, Victor 34 OREG 37.97

100 Yard Breaststroke

1 Pospisil, Radek 33 OREG 1:08.40

2 Golden, Philip 34 OREG 1:14.79

3 Price, Kennedy 30 OREG 1:27.41

50 Yard Butterfly

1 Drawz, Troy 34 UNAT 25.51

2 August, Brian 32 OREG 25.69

3 Niepoky, Brian 30 OREG 31.13

4 Zayas, Victor 34 OREG 35.38

100 Yard Butterfly

1 Zolna, William 33 MACO 54.45

2 Taylor, Curtis 31 OREG 57.84

100 Yard IM

1 Taylor, Curtis 31 OREG 57.10

2 Golden, Philip 34 OREG 1:07.79

3 Price, Kennedy 30 OREG 1:14.25

4 Zayas, Victor 34 OREG 1:14.99

5 Niepoky, Brian 30 OREG 1:16.11

400 Yard IM

1 Zolna, William 33 MACO 4:29.39

Men 35-39

50 Yard Freestyle

1 Butcher, Gano 39 OREG 24.14

2 Gaarder, Chris 38 OREG 25.70

3 Kramer, Ken 36 OREG 35.47

100 Yard Freestyle

1 Butcher, Gano 39 OREG 53.75

2 Gaarder, Chris 38 OREG 57.03

3 Edic, Chyle 36 OREG 1:01.41

500 Yard Freestyle

1 Hibler, Kelly 36 OREG 5:17.96

2 Bishop, Perry 38 OREG 5:22.31

3 Volckening, Bill 37 NEM 5:24.55

4 Askerman, Eric 35 OREG 5:28.02

50 Yard Backstroke

1 Kramer, Ken 36 OREG 39.40

100 Yard Backstroke

1 Hudson, John 37 OREG 59.76

2 Edic, Chyle 36 OREG 1:17.58

50 Yard Breaststroke

1 Hudson, John 37 OREG 28.76

2 Butcher, Gano 39 OREG 30.55

3 Gaarder, Chris 38 OREG 31.13

4 Edic, Chyle 36 OREG 34.41

100 Yard Breaststroke

1 Hudson, John 37 OREG 1:02.42

2 Edic, Chyle 36 OREG 1:13.75

3 Karyukin, Andrei 37 UNAT 1:20.75

4 Kramer, Ken 36 OREG 1:24.60

200 Yard Breaststroke

1 Hudson, John 37 OREG 2:18.96

50 Yard Butterfly

1 Butcher, Gano 39 OREG 26.05

2 Karyukin, Andrei 37 UNAT 28.63

100 Yard Butterfly

1 Karyukin, Andrei 37 UNAT 1:11.87

100 Yard IM

1 Hudson, John 37 OREG 57.36

2 Butcher, Gano 39 OREG 1:01.43

2 Edic, Chyle 36 OREG 1:10.88

Men 40-44

50 Yard Freestyle

1 Sessa, Steve 40 OREG 24.06

2 Christensen, Douglas 40 OREG 24.44

3 Chin, Loren 41 OREG 24.46

4 Chombeau, Mike 42 OREG 26.65

5 Dowd, Mike 44 MACO 28.01

6 Guthrie, Mike 43 OREG 28.75

7 Bragg Iii, Robin 43 OREG 34.51

8 Morse, Douglas 41 OREG 38.26

100 Yard Freestyle

1 Sessa, Steve 40 OREG 53.57

2 Christensen, Douglas 40 OREG 54.84

3 Chin, Loren 41 OREG 55.78

4 Rumble, Gary 44 OREG 55.88

5 Chombeau, Mike 42 OREG 58.71

6 Dowd, Mike 44 MACO 1:01.78

7 Guthrie, Mike 43 OREG 1:08.79

8 Bragg Iii, Robin 43 OREG 1:21.83

9 Morse, Douglas 41 OREG 1:25.34

200 Yard Freestyle

1 Bragg Iii, Robin 43 OREG 2:54.09

2 Morse, Douglas 41 OREG 3:14.31

500 Yard Freestyle

1 Graham, Hunter 40 OREG 5:28.96

2 Bragg Iii, Robin 43 OREG 7:52.43

3 Morse, Douglas 41 OREG 8:50.52

100 Yard Backstroke

1 Bragg Iii, Robin 43 OREG 1:48.85

200 Yard Backstroke

1 Otto, Douglas 44 MACO 2:16.55

50 Yard Breaststroke

1 Sessa, Steve 40 OREG 31.24

2 Dowd, Mike 44 MACO 34.61

100 Yard Breaststroke

1 Sessa, Steve 40 OREG 1:07.93

2 Otto, Douglas 44 MACO 1:08.91

3 Dowd, Mike 44 MACO 1:14.98

200 Yard Breaststroke

1 Otto, Douglas 44 MACO 2:31.43

2 Dowd, Mike 44 MACO 2:42.42

50 Yard Butterfly			3 Walkky, John	49 OREG	2:32.60	1 Juhala, Richard	59 OREG	1:27.77
1 Christensen, Douglas	40 OREG	25.56	Men 50-54			Men 60-64		
2 Chin, Loren	41 OREG	29.08	50 Yard Freestyle			50 Yard Freestyle		
3 Chombeau, Mike	42 OREG	31.28	1 Prentice, Douglas	54 OREG	25.59	1 Petersen, Bert	64 OREG	28.41
100 Yard Butterfly			2 Wikander, Carroll	51 OREG	27.84	2 Mellow, Bill	61 OREG	31.55
1 Christensen, Douglas	40 OREG	57.58	3 Beckley, Gary	52 OREG	27.91	50 Yard Breaststroke		
100 Yard IM			100 Yard Freestyle			1 Mellow, Bill	61 OREG	37.49
1 Christensen, Douglas	40 OREG	1:00.68	1 Prentice, Douglas	54 OREG	57.08	100 Yard Breaststroke		
2 Rumble, Gary	44 OREG	1:03.43	2 Teisher, Jim	53 OREG	59.12	1 Mellow, Bill	61 OREG	1:29.57
3 Graham, Hunter	40 OREG	1:05.05	3 Beckley, Gary	52 OREG	1:02.41	50 Yard Butterfly		
4 Chombeau, Mike	42 OREG	1:11.54	4 Wikander, Carroll	51 OREG	1:06.49	1 Petersen, Bert	64 OREG	28.74
200 Yard IM			5 Miller, Jon	51 OREG	1:12.89	Men 65-69		
1 Otto, Douglas	44 MACO	2:14.96	200 Yard Freestyle			50 Yard Freestyle		
2 Graham, Hunter	40 OREG	2:21.88	1 Teisher, Jim	53 OREG	2:07.31	1 Thayer, George	67 OREG	30.29
400 Yard IM			2 Beckley, Gary	52 OREG	2:19.74	2 Rigdon, John	66 UNAT	31.49
1 Graham, Hunter	40 OREG	5:00.20	3 Elliott, Brad	54 OREG	3:23.00	3 Bigler, Jim	67 MACO	32.66
Men 45-49			500 Yard Freestyle			100 Yard Freestyle		
50 Yard Freestyle			1 Teisher, Jim	53 OREG	5:46.15	1 Bigler, Jim	67 MACO	1:10.88
1 Tennant, Mike	49 OREG	23.69	2 Miller, Jon	51 OREG	7:36.98	2 Rigdon, John	66 UNAT	1:14.19
2 Koch, Steve	46 OREG	27.81	100 Yard Backstroke			200 Yard Freestyle		
3 Johnston, Brian	46 OREG	28.14	1 Elliott, Brad	54 OREG	1:59.50	1 Bigler, Jim	67 MACO	2:39.98
100 Yard Freestyle			50 Yard Breaststroke			500 Yard Freestyle		
1 Tennant, Mike	49 OREG	52.45	1 Wikander, Carroll	51 OREG	34.64	1 Bigler, Jim	67 MACO	7:21.30
2 Ward, Cliff	46 OREG	57.46	2 Miller, Jon	51 OREG	44.64	50 Yard Breaststroke		
3 Walkky, John	49 OREG	1:03.41	100 Yard Breaststroke			1 Bigler, Jim	67 MACO	40.19
4 Johnston, Brian	46 OREG	1:03.53	1 Wikander, Carroll	51 OREG	1:19.81	2 Thayer, George	67 OREG	40.51
5 Koch, Steve	46 OREG	1:03.75	200 Yard Breaststroke			100 Yard IM		
6 Cecil, Patrick	48 OREG	1:11.02	1 Elliott, Brad	54 OREG	3:58.48	1 Thayer, George	67 OREG	1:21.64
7 Darnell, Stephen	49 OREG	1:13.34	50 Yard Butterfly			Men 70-74		
200 Yard Freestyle			1 Prentice, Douglas	54 OREG	28.94	50 Yard Freestyle		
1 Burlson, David	46 MACO	1:57.36	2 Elliott, Brad	54 OREG	47.38	1 Marks, Milton	72 OREG	30.63
2 Walkky, John	49 OREG	2:16.24	100 Yard IM			100 Yard Freestyle		
3 Cecil, Patrick	48 OREG	2:33.22	1 Beckley, Gary	52 OREG	1:12.53	1 Marks, Milton	72 OREG	1:13.43
500 Yard Freestyle			2 Elliott, Brad	54 OREG	1:40.99	50 Yard Breaststroke		
1 Burlson, David	46 MACO	5:29.51	200 Yard IM			1 Marks, Milton	72 OREG	38.09
2 Tennant, Mike	49 OREG	5:46.47	1 Beckley, Gary	52 OREG	2:37.40	100 Yard Breaststroke		
3 Walkky, John	49 OREG	5:58.66	Men 55-59			1 Marks, Milton	72 OREG	1:27.18 O
4 Johnston, Brian	46 OREG	6:39.02	50 Yard Freestyle			Men 75-79		
5 Cecil, Patrick	48 OREG	7:02.39	1 Von Tagen, Karl	59 MACO	25.87	50 Yard Breaststroke		
50 Yard Backstroke			2 Silvey, Michael	57 OREG	27.63	1 Miesen, Lee	75 MACO	43.54
1 Cecil, Patrick	48 OREG	42.57	3 Jenkins, James	55 OREG	40.22	100 Yard Breaststroke		
200 Yard Backstroke			100 Yard Freestyle			1 Miesen, Lee	75 MACO	1:39.82
1 Ward, Cliff	46 OREG	2:30.15	1 Von Tagen, Karl	59 MACO	58.15	200 Yard Breaststroke		
50 Yard Breaststroke			2 Silvey, Michael	57 OREG	1:01.51	1 Miesen, Lee	75 MACO	3:40.52 Z
1 Tennant, Mike	49 OREG	33.72	3 Jenkins, James	55 OREG	1:34.93	Men 80-84		
2 Walkky, John	49 OREG	33.94	500 Yard Freestyle			50 Yard Freestyle		
3 Darnell, Stephen	49 OREG	41.27	1 Johnson, Steve	55 OREG	5:39.07 O	1 Holden, Andrew	83 OREG	34.72
100 Yard Breaststroke			2 Bruce, Bob	55 OREG	6:13.97	2 Young, Gilbert	80 OREG	36.83
1 Ward, Cliff	46 OREG	1:15.43	3 Silvey, Michael	57 OREG	6:48.15	3 Bushey, Charles	81 UNAT	47.45
2 Darnell, Stephen	49 OREG	1:34.92	100 Yard Backstroke			100 Yard Freestyle		
50 Yard Butterfly			1 Smith, Robert	59 OREG	1:03.19	1 Young, Gilbert	80 OREG	1:19.91
1 Johnston, Brian	46 OREG	34.01	200 Yard Backstroke			2 Holden, Andrew	83 OREG	1:21.76
2 Darnell, Stephen	49 OREG	36.45	1 Bruce, Bob	55 OREG	2:38.57	3 Bushey, Charles	81 UNAT	1:56.47
100 Yard Butterfly			50 Yard Breaststroke			4 Shadbeh, Khosrow	81 OREG	2:00.80
1 Burlson, David	46 MACO	58.72 O	1 Smith, Robert	59 OREG	31.80	200 Yard Freestyle		
200 Yard Butterfly			200 Yard Breaststroke			1 Young, Gilbert	80 OREG	3:03.68
1 Cecil, Patrick	48 OREG	3:15.52	1 Bruce, Bob	55 OREG	2:58.86	2 Bushey, Charles	81 UNAT	4:15.33
100 Yard IM			50 Yard Butterfly			500 Yard Freestyle		
1 Tennant, Mike	49 OREG	1:02.16	1 Von Tagen, Karl	59 MACO	28.88	1 Young, Gilbert	80 OREG	8:18.17
2 Ward, Cliff	46 OREG	1:04.98	2 Silvey, Michael	57 OREG	31.02	2 Bushey, Charles	81 UNAT	11:42.45
3 Koch, Steve	46 OREG	1:16.02	3 Juhala, Richard	59 OREG	40.61	50 Yard Breaststroke		
4 Johnston, Brian	46 OREG	1:16.97	100 Yard Butterfly			1 Shadbeh, Khosrow	81 OREG	1:00.23
5 Darnell, Stephen	49 OREG	1:21.33	1 Juhala, Richard	59 OREG	1:39.01	50 Yard Butterfly		
200 Yard IM			200 Yard Butterfly			1 Holden, Andrew	83 OREG	41.84
1 Burlson, David	46 MACO	2:11.41 O	1 Juhala, Richard	59 OREG	3:34.82	<i>continued on page 12</i>		
2 Ward, Cliff	46 OREG	2:29.95	100 Yard IM					

Results continued from page 11

100 Yard IM
1 Holden, Andrew 83 OREG 1:36.69

Relays

Women 25+ 200 Yard Free Relay

1 OREG 2:04.06
1) Moore, A. 32 2) Zayas, K. 32
3) Ross, G. 43 4) Shoemaker, L. 27

Women 25+ 200 Yard Medley Relay

1 OREG 2:20.65
1) Kramer, L. 33 2) Wasikowski, C. 37
3) Topp, D. 33 4) Budd, E. 49
2 OREG 2:21.61
1) Zayas, K. 32 2) Shoemaker, L. 27
3) Moore, A. 32 4) Collson, A. 35

Women 45+ 200 Yard Free Relay

1 OREG 2:12.25
1) Fuller, L. 50 2) Perrone, T. 51
3) Teisher, J. 51 4) Frid, B. 60

Women 45+ 200 Yard Medley Relay

1 OREG 2:48.44
1) Frid, B. 60 2) Riddle, K. 54
3) Perrone, T. 51 4) Rousseau, S. 55

Men 25+ 400 Yard Free Relay

1 OREG 4:22.59
1) Edic, C. 36 2) Niepoky, B. 30
3) Price, K. 30 4) Zayas, V. 34

Men 25+ 200 Yard Medley Relay

1 OREG 2:00.59
1) Ward, C. 46 2) Mckenney, S. 28
3) Golden, P. 34 4) Chombeau, M. 42
2 OREG 2:07.47
1) August, B. 32 2) Niepoky, B. 30
3) Zayas, V. 34 4) Price, K. 30

Men 35+ 200 Yard Free Relay

1 OREG 1:44.02
1) Walkky, J. 49 2) Ward, C. 46
3) Rumble, G. 44 4) Chin, L. 41

Men 35+ 200 Yard Medley Relay

1 OREG 2:26.20
1) Johnston, B. 46 2) Edic, C. 36
3) Cecil, P. 48 4) Morse, D. 41

Mixed 25+ 200 Yard Free Relay

1 OREG 1:46.46
1) Pospisil, R. 33 2) Vaughn-Edmonds, H. 40
3) Jenkins, V. 39 4) Gaarder, C. 38

Mixed 25+ 200 Yard Medley Relay

1 OREG 2:09.31
1) Shoemaker, L. 27 2) Moore, A. 32
3) Niepoky, B. 30 4) Askerman, E. 35

Mixed 35+ 200 Yard Medley Relay

1 OREG 2:09.86
1) Ward, C. 46 2) Collson, A. 35
3) Ralle, M. 37 4) Chombeau, M. 42

Mixed 55+ 800 Yard Free Relay

1 OREG 11:42.24 Z
1) Thayer, G. 67 2) Hodge, P. 63
3) Himstreet, P. 59 4) Bruce, B. 55

Mixed 55+ 400 Yard Medley Relay

1 OREG 5:45.47 Z
1) Bruce, B. 55 2) Himstreet, P. 59
3) Hodge, P. 63 4) Thayer, G. 67

Mixed 75+ 200 Yard Free Relay

1 OREG 3:03.22 Z
1) Stangel, P. 81 2) Bernardi, N. 83
3) Holden, A. 83 4) Young, G. 80

Mixed 75+ 200 Yard Medley Relay

1 OREG 3:25.54 Z
1) Bernardi, N. 83 2) Stangel, P. 81
3) Holden, A. 83 4) Young, G. 80

Zone SCY Meet - Hood River - April 26-27, 2003

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

Women 19-24

50 Yard Freestyle
1 Kuehnast, Amber 22 OREG 27.39
2 Wilkinson, Christina 19 OREG 29.10
100 Yard Freestyle
1 Wilkinson, Christina 19 OREG 1:07.55
200 Yard Freestyle
1 Kuehnast, Amber 22 OREG 2:16.51
500 Yard Freestyle
1 Kuehnast, Amber 22 OREG 6:15.41
1000 Yard Freestyle
1 Mattioda, Garen 24 OREG 13:22.68
50 Yard Backstroke
1 Wilkinson, Christina 19 OREG 34.65
100 Yard Backstroke
1 Wilkinson, Christina 19 OREG 1:13.24
2 Kuehnast, Amber 22 OREG 1:13.95
200 Yard Breaststroke
1 Mattioda, Garen 24 OREG 2:59.59
50 Yard Butterfly
1 Kuehnast, Amber 22 OREG 31.49
2 Mattioda, Garen 24 OREG 31.56
100 Yard IM
1 Wilkinson, Christina 19 OREG 1:17.02
200 Yard IM
1 Mattioda, Garen 24 OREG 2:37.72
400 Yard IM
1 Mattioda, Garen 24 OREG 5:37.20

Women 25-29

50 Yard Freestyle
1 Fredericks, Jennifer 26 OREG 28.31
2 Ogle, Tanya 29 OREG 29.13
200 Yard Freestyle
1 Ogle, Tanya 29 OREG 2:22.05
2 Fredericks, Jennifer 26 OREG 2:26.00
3 Gabbard, Erika 28 OREG 2:46.81
500 Yard Freestyle
1 Gabbard, Erika 28 OREG 7:37.57
100 Yard Backstroke

1 Ogle, Tanya 29 OREG 1:10.78
2 Fredericks, Jennifer 26 OREG 1:16.72
200 Yard Backstroke
1 Ogle, Tanya 29 OREG 2:34.47
50 Yard Breaststroke
1 Fredericks, Jennifer 26 OREG 40.03
100 Yard Breaststroke
1 Ogle, Tanya 29 OREG 1:24.91
2 Gabbard, Erika 28 OREG 1:43.52
200 Yard Breaststroke

1 Ogle, Tanya 29 OREG 3:02.67
2 Gabbard, Erika 28 OREG 3:44.78
50 Yard Butterfly
1 Gabbard, Erika 28 OREG 44.37
200 Yard IM
1 Ogle, Tanya 29 OREG 2:40.02
2 Gabbard, Erika 28 OREG 3:29.65
400 Yard IM
1 Gabbard, Erika 28 OREG 7:03.49
Women 30-34



Congratulations and thanks to Columbia Gorge Masters and their Coach, Shelly Rawding for the great SCY Zone meet. With Shelly as Meet Director and many dedicated workers, the meet was a real success. This was the first Masters Meet in Hood River and OMS is looking forward to many more.

50 Yard Freestyle			
1 Cullom, Ellen	32 PNA	41.25	
100 Yard Freestyle			
1 Topp, Deborah	33 OREG	1:03.20	
2 Cullom, Ellen	32 PNA	1:32.57	
200 Yard Freestyle			
1 Cullom, Ellen	32 PNA	3:36.13	
50 Yard Breaststroke			
1 Frieder, Marisa	33 OREG	38.84	
2 Cullom, Ellen	32 PNA	47.76	
100 Yard Breaststroke			
1 Frieder, Marisa	33 OREG	1:23.28	
2 Cullom, Ellen	32 PNA	1:47.17	
200 Yard Breaststroke			
1 Cullom, Ellen	32 PNA	3:44.66	
50 Yard Butterfly			
1 Topp, Deborah	33 OREG	31.95	
100 Yard Butterfly			
1 Topp, Deborah	33 OREG	1:11.26	
100 Yard IM			
1 Topp, Deborah	33 OREG	1:15.28	
Women 35-39			
50 Yard Freestyle			
1 Law, Cathy	35 OREG	30.07	
100 Yard Freestyle			
1 Collson, Anne-Marie	35 OREG	1:00.66	
2 Law, Cathy	35 OREG	1:07.25	
3 Helfrich, Ayre	35 OREG	1:12.49	
4 Scholz, Anne	37 OREG	1:14.79	
5 Croucher, Denise	39 OREG	1:26.73	
200 Yard Freestyle			
1 Law, Cathy	35 OREG	2:32.84	
500 Yard Freestyle			
1 Scholz, Anne	37 OREG	7:14.12	
2 Helfrich, Ayre	35 OREG	7:26.89	
3 Croucher, Denise	39 OREG	8:59.75	
50 Yard Backstroke			
1 Seresun, Karen	37 UNAT	31.62	
2 Scholz, Anne	37 OREG	36.33	
3 Helfrich, Ayre	35 OREG	40.88	
4 Raach, Bridget	39 OREG	44.22	

5 Croucher, Denise	39 OREG	46.91	
100 Yard Backstroke			
1 Crisp, Julie	37 OREG	1:25.72	
50 Yard Breaststroke			
1 Law, Cathy	35 OREG	38.32	
2 Crisp, Julie	37 OREG	51.37	
100 Yard Breaststroke			
1 Law, Cathy	35 OREG	1:26.76	
200 Yard Breaststroke			
1 Croucher, Denise	39 OREG	3:39.60	
50 Yard Butterfly			
1 Seresun, Karen	37 UNAT	29.01	
2 Collson, Anne-Marie	35 OREG	31.43	
100 Yard Butterfly			
1 Seresun, Karen	37 UNAT	1:04.91	
100 Yard IM			
1 Seresun, Karen	37 UNAT	1:07.23	
2 Law, Cathy	35 OREG	1:17.88	
3 Helfrich, Ayre	35 OREG	1:26.30	
400 Yard IM			
1 Crisp, Julie	37 OREG	7:03.90	
Women 40-44			
50 Yard Freestyle			
1 Carey, Caroline	41 MACO	27.89	
2 Vincent, Nancy	43 OREG	30.16	
3 Nill, Vicky	41 OREG	32.87	
4 Macias, Melinda	44 INWM	33.32	
100 Yard Freestyle			
1 Carey, Caroline	41 MACO	1:01.59	
2 Goodman, Ann	43 OREG	1:11.53	
3 Macias, Melinda	44 INWM	1:20.35	
200 Yard Freestyle			
1 Vincent, Nancy	43 OREG	2:29.22	
2 Fox, Christina	42 OREG	2:42.90	
3 Macias, Melinda	44 INWM	3:21.31	
500 Yard Freestyle			
1 Goodman, Ann	43 OREG	6:58.61	
1000 Yard Freestyle			
1 Nill, Vicky	41 OREG	14:41.05	
50 Yard Backstroke			
1 Carey, Caroline	41 MACO	33.01	

2 Goodman, Ann	43 OREG	35.78	
3 Nill, Vicky	41 OREG	38.31	
100 Yard Backstroke			
1 Carey, Caroline	41 MACO	1:14.81	
2 Fox, Christina	42 OREG	1:21.29	
200 Yard Backstroke			
1 Fox, Christina	42 OREG	2:52.35	
50 Yard Breaststroke			
1 Vincent, Nancy	43 OREG	38.66	
2 Macias, Melinda	44 INWM	52.91	
100 Yard Breaststroke			
1 Vincent, Nancy	43 OREG	1:24.50	
2 Fox, Christina	42 OREG	1:32.26	
50 Yard Butterfly			
1 Carey, Caroline	41 MACO	31.76	
2 Nill, Vicky	41 OREG	36.78	
3 Goodman, Ann	43 OREG	37.26	
4 Macias, Melinda	44 INWM	40.77	
100 Yard IM			
1 Goodman, Ann	43 OREG	1:21.46	
2 Macias, Melinda	44 INWM	1:29.05	
200 Yard IM			
1 Fox, Christina	42 OREG	3:02.69	
2 Nill, Vicky	41 OREG	3:03.70	

Women 45-49

50 Yard Freestyle			
1 Murphy, Catherine	46 INWM	32.67	
2 Johnson, Janet	48 UNAT	35.39	
100 Yard Freestyle			
1 Murphy, Catherine	46 INWM	1:13.15	
200 Yard Freestyle			
1 Murphy, Catherine	46 INWM	2:43.79	
500 Yard Freestyle			
1 Andrus-Hughes, Karen	45 OREG	5:52.94	
2 Douglas, Deb	48 OREG	6:53.61	
3 Murphy, Catherine	46 INWM	7:05.26	
1000 Yard Freestyle			
1 Douglas, Deb	48 OREG	14:15.05	
2 Murphy, Catherine	46 INWM	14:31.40	
50 Yard Backstroke			
1 Roberts, Calli	48 OREG	44.41	
100 Yard Backstroke			
1 Douglas, Deb	48 OREG	1:22.80	
2 Welborn, Jody	47 OREG	1:31.46	
3 Roberts, Calli	48 OREG	1:34.18	
50 Yard Breaststroke			
1 Johnson, Janet	48 UNAT	44.44	
100 Yard Breaststroke			
1 Welborn, Jody	47 OREG	1:35.70	
2 Douglas, Deb	48 OREG	1:36.84	
3 Johnson, Janet	48 UNAT	1:38.22	
50 Yard Butterfly			
1 Roberts, Calli	48 OREG	43.15	
100 Yard Butterfly			
1 Murphy, Catherine	46 INWM	1:36.04	
100 Yard IM			
1 Andrus-Hughes, Karen	45 OREG	1:07.58	
2 Roberts, Calli	48 OREG	1:33.72	
200 Yard IM			
1 Andrus-Hughes, Karen	45 OREG	2:26.27	
Women 50-54			
50 Yard Freestyle			
1 Milner, Nancy	51 OREG	35.92	
100 Yard Freestyle			
1 Sutherland, Jani	54 OREG	1:15.36	
200 Yard Freestyle			
1 Teisher, Jeanne	51 OREG	2:27.43	
2 Milner, Nancy	51 OREG	2:50.08	
3 Sutherland, Jani	54 OREG	2:50.10	
500 Yard Freestyle			
1 Sutherland, Jani	54 OREG	7:29.40	
2 Riddle, Kristi	54 OREG	8:47.58	
1000 Yard Freestyle			

continued on page 14



Doug Garcia, the Northwest Zone Rep, from Pullman, Washington and two of his swimmers, Catherine Murphy and Marvel Kimball, did well at the Zone meet. Swimmers from 5 of the LMSCs in the Zone (PNA, Snake River, Inland Northwest, Utah and Oregon) participated in the meet.

Results continued from page 13

1 Milner, Nancy	51	OREG	14:44.84	3 Tatum, Joanne	63	OREG	47.56	1 Bahler, Joyce	73	MACO	4:14.55
50 Yard Breaststroke				100 Yard Freestyle				2 Rosik, Cynthia	70	OREG	4:42.89
1 Milner, Nancy	51	OREG	46.94	1 Tatum, Joanne	63	OREG	1:50.01	50 Yard Butterfly			
100 Yard Breaststroke				200 Yard Freestyle				1 Rosik, Cynthia	70	OREG	1:02.44
1 Sutherland, Jani	54	OREG	1:40.03	1 Frid, Barbara	61	OREG	2:39.87	100 Yard IM			
200 Yard Breaststroke				500 Yard Freestyle				1 Bahler, Joyce	73	MACO	1:53.16
1 Sutherland, Jani	54	OREG	3:32.90	1 Frid, Barbara	61	OREG	7:24.07	200 Yard IM			
2 Riddle, Kristi	54	OREG	3:47.58	50 Yard Backstroke				1 Bahler, Joyce	73	MACO	4:03.27
50 Yard Butterfly				1 Frid, Barbara	61	OREG	37.27	Women 80-84			
1 Riddle, Kristi	54	OREG	42.31	2 Ward, Joy	60	OREG	37.30	50 Yard Freestyle			
200 Yard Butterfly				3 Tatum, Joanne	63	OREG	58.90	1 Bernardi, Norma	83	OREG	56.70
1 Staley, Darlene	53	OREG	3:08.23	100 Yard Backstroke				100 Yard Freestyle			
100 Yard IM				1 Ward, Joy	60	OREG	1:20.01 Z	1 Bernardi, Norma	83	OREG	2:13.75
1 Riddle, Kristi	54	OREG	1:34.76	2 Frid, Barbara	61	OREG	1:21.15	50 Yard Backstroke			
400 Yard IM				50 Yard Breaststroke				1 Bernardi, Norma	83	OREG	1:01.50
1 Staley, Darlene	53	OREG	6:26.20	1 Tatum, Joanne	63	OREG	59.09	100 Yard Backstroke			
Women 55-59				50 Yard Butterfly				1 Bernardi, Norma	83	OREG	2:14.89
50 Yard Freestyle				1 Ward, Joy	60	OREG	33.67	2 Stevenin, Elfie	81	OREG	2:56.87
1 Quattro, Jackie	55	OREG	31.02	2 Frid, Barbara	61	OREG	33.80	200 Yard Backstroke			
2 Pierson, Ginger	57	MACO	31.55	200 Yard IM				1 Bernardi, Norma	83	OREG	4:44.53
3 Dillon, Sally	56	PNA	31.90	1 Ward, Joy	60	OREG	3:00.71 Z	100 Yard Butterfly			
4 Rousseau, Sandi	55	OREG	32.08	Women 65-69				1 Stevenin, Elfie	81	OREG	4:18.38
5 Litt, Ami	56	PNA	37.76	50 Yard Freestyle				200 Yard Butterfly			
6 Haynie, Sandra	58	OREG	59.32	1 Kimball, Marvel	66	INWM	38.48	1 Stevenin, Elfie	81	OREG	9:30.48
100 Yard Freestyle				2 Lance, Sherin	67	OREG	45.58	100 Yard IM			
1 Dillon, Sally	56	PNA	1:09.50	3 Schroder, Kaleo	66	OREG	49.57	1 Stevenin, Elfie	81	OREG	3:37.06
2 Rousseau, Sandi	55	OREG	1:10.92	100 Yard Freestyle				400 Yard IM			
3 Litt, Ami	56	PNA	1:22.65	1 Kimball, Marvel	66	INWM	1:26.51	1 Stevenin, Elfie	81	OREG	16:01.77
200 Yard Freestyle				2 Schroder, Kaleo	66	OREG	1:53.50	Men 19-24			
1 Dillon, Sally	56	PNA	2:28.50	200 Yard Freestyle				50 Yard Freestyle			
2 Quattro, Jackie	55	OREG	2:31.27	1 Kimball, Marvel	66	INWM	3:07.97	1 York, Michael	24	UTAH	22.32
3 Rousseau, Sandi	55	OREG	2:40.96	500 Yard Freestyle				2 Wellman, David	20	OREG	25.75
4 Litt, Ami	56	PNA	3:00.35	1 Kimball, Marvel	66	INWM	8:23.37	3 Wills, Lucas	23	PNA	25.99
5 Ensign, Jeanne	56	PNA	3:09.69	1000 Yard Freestyle				100 Yard Freestyle			
6 Pierson, Ginger	57	MACO	3:30.55	1 Kimball, Marvel	66	INWM	17:27.53	1 York, Michael	24	UTAH	51.08
500 Yard Freestyle				2 Lance, Sherin	67	OREG	20:42.80	2 Wills, Lucas	23	PNA	59.81
1 Litt, Ami	56	PNA	8:02.86	50 Yard Backstroke				200 Yard Freestyle			
2 Ensign, Jeanne	56	PNA	8:25.29	1 Schroder, Kaleo	66	OREG	56.09	1 Wellman, David	20	OREG	2:07.15
1000 Yard Freestyle				100 Yard Backstroke				50 Yard Backstroke			
1 Dillon, Sally	56	PNA	13:45.56	1 Schroder, Kaleo	66	OREG	2:08.65	1 York, Michael	24	UTAH	26.44
2 Quattro, Jackie	55	OREG	14:08.21	2 Lance, Sherin	67	OREG	2:11.28	100 Yard Backstroke			
3 Himstreet, Pam	59	OREG	16:45.14	200 Yard Backstroke				1 York, Michael	24	UTAH	57.19
1650 Yard Freestyle				1 Schroder, Kaleo	66	OREG	4:35.93	2 Wellman, David	20	OREG	1:02.43
1 Ensign, Jeanne	56	PNA	28:12.44	50 Yard Breaststroke				200 Yard Backstroke			
50 Yard Backstroke				1 Schroder, Kaleo	66	OREG	1:04.83	1 Wellman, David	20	OREG	2:20.72
1 Rousseau, Sandi	55	OREG	40.09	2 Lance, Sherin	67	OREG	1:11.94	50 Yard Breaststroke			
100 Yard Backstroke				100 Yard Breaststroke				1 Wills, Lucas	23	PNA	32.80
1 Himstreet, Pam	59	OREG	1:45.86	1 Schroder, Kaleo	66	OREG	2:19.71	100 Yard Breaststroke			
200 Yard Backstroke				200 Yard Breaststroke				1 Wills, Lucas	23	PNA	1:13.54
1 Himstreet, Pam	59	OREG	3:46.57	1 Schroder, Kaleo	66	OREG	5:00.25	200 Yard Breaststroke			
50 Yard Breaststroke				100 Yard IM				1 Wills, Lucas	23	PNA	2:42.08
1 Litt, Ami	56	PNA	44.41	1 Kimball, Marvel	66	INWM	1:51.48	50 Yard Butterfly			
100 Yard Breaststroke				Women 70-74				1 York, Michael	24	UTAH	25.71
1 Dillon, Sally	56	PNA	1:29.95	50 Yard Freestyle				2 Wills, Lucas	23	PNA	30.64
2 Litt, Ami	56	PNA	1:38.91	1 Rosik, Cynthia	70	OREG	49.81	100 Yard IM			
200 Yard Breaststroke				2 Glancy, Barbara	71	OREG	56.36	1 York, Michael	24	UTAH	1:01.71
1 Himstreet, Pam	59	OREG	3:29.76	100 Yard Freestyle				2 Wellman, David	20	OREG	1:03.84
2 Litt, Ami	56	PNA	3:33.08	1 Glancy, Barbara	71	OREG	2:11.54	3 Wills, Lucas	23	PNA	1:06.25
50 Yard Butterfly				200 Yard Freestyle				200 Yard IM			
1 Rousseau, Sandi	55	OREG	34.47	1 Glancy, Barbara	71	OREG	4:32.32	1 Wellman, David	20	OREG	2:19.08
100 Yard Butterfly				500 Yard Freestyle				Men 25-29			
1 Rousseau, Sandi	55	OREG	1:22.68	1 Glancy, Barbara	71	OREG	12:03.97	50 Yard Freestyle			
100 Yard IM				100 Yard Backstroke				1 Boal, Nathan	25	OREG	24.18
1 Dillon, Sally	56	PNA	1:23.50	1 Glancy, Barbara	71	OREG	2:22.17	2 Raskauskas, Jesse	27	OREG	26.66
200 Yard IM				200 Yard Backstroke				100 Yard Freestyle			
1 Litt, Ami	56	PNA	3:27.68	1 Glancy, Barbara	71	OREG	5:06.60	1 Boal, Nathan	25	OREG	53.38
2 Himstreet, Pam	59	OREG	3:29.06	50 Yard Breaststroke				200 Yard Freestyle			
400 Yard IM				1 Bahler, Joyce	73	MACO	51.62 O	1 Boal, Nathan	25	OREG	1:57.08
1 Himstreet, Pam	59	OREG	7:20.37	2 Rosik, Cynthia	70	OREG	57.28	500 Yard Freestyle			
Women 60-64				3 Glancy, Barbara	71	OREG	1:16.63	1 Boal, Nathan	25	OREG	5:18.95
50 Yard Freestyle				100 Yard Breaststroke				100 Yard Breaststroke			
1 Ward, Joy	60	OREG	31.13	1 Bahler, Joyce	73	MACO	1:54.87	1 Boal, Nathan	25	OREG	1:07.73
2 Frid, Barbara	61	OREG	32.00	2 Rosik, Cynthia	70	OREG	2:07.84	400 Yard IM			
				200 Yard Breaststroke				1 Raskauskas, Jesse	27	OREG	5:45.62

Men 30-34

50 Yard Freestyle			
1 Pospisil, Radek	33	OREG	26.14
100 Yard Freestyle			
1 Price, Kennedy	30	OREG	1:04.96
1650 Yard Freestyle			
1 Price, Kennedy	30	OREG	21:35.86
50 Yard Backstroke			
1 Price, Kennedy	30	OREG	35.23
50 Yard Breaststroke			
1 Pospisil, Radek	33	OREG	31.79
100 Yard Breaststroke			
1 Pospisil, Radek	33	OREG	1:09.08
100 Yard IM			
1 Price, Kennedy	30	OREG	1:14.09
Men 35-39			
50 Yard Freestyle			
1 Rice, David	36	OREG	23.73
2 Butcher, Gano	39	OREG	24.13
3 Bornfleth, Eric	37	PNA	24.56
4 Gaarder, Chris	38	OREG	25.66
5 Pawchuk, Ken	36	OREG	26.23
6 Edic, Chyle	36	OREG	27.63
100 Yard Freestyle			
1 Drawz, Troy	35	UNAT	51.36
2 Rice, David	36	OREG	51.49
3 Bornfleth, Eric	37	PNA	54.39
4 Gaarder, Chris	38	OREG	55.29
5 Edic, Chyle	36	OREG	1:02.35
6 Pawchuk, Ken	36	OREG	1:03.40
7 Williamson, Pete	39	OREG	1:04.84
200 Yard Freestyle			
1 Rice, David	36	OREG	1:58.33
2 Lasersohn, Jim	38	PNA	2:15.24
50 Yard Backstroke			
1 Butcher, Gano	39	OREG	29.26
2 Williamson, Pete	39	OREG	35.28
3 Edic, Chyle	36	OREG	37.66
4 Pawchuk, Ken	36	OREG	38.69
100 Yard Backstroke			
1 Butcher, Gano	39	OREG	1:03.75
2 Edic, Chyle	36	OREG	1:16.59
3 Pawchuk, Ken	36	OREG	1:30.81
50 Yard Breaststroke			
1 Hudson, John	37	OREG	28.70
2 Gaarder, Chris	38	OREG	31.25
3 Rice, David	36	OREG	31.76
4 Mirho, Charles	39	OREG	32.20
5 Edic, Chyle	36	OREG	33.63
6 Lasersohn, Jim	38	PNA	34.42
100 Yard Breaststroke			
1 Hudson, John	37	OREG	1:02.57
2 Volckening, Bill	37	NEM	1:06.95
3 Butcher, Gano	39	OREG	1:07.56
4 Gaarder, Chris	38	OREG	1:08.05
5 Edic, Chyle	36	OREG	1:15.66
200 Yard Breaststroke			
1 Gaarder, Chris	38	OREG	2:34.60
2 Edic, Chyle	36	OREG	2:43.99
50 Yard Butterfly			
1 Butcher, Gano	39	OREG	25.91
2 Drawz, Troy	35	UNAT	26.15
3 Mirho, Charles	39	OREG	26.81
4 Bornfleth, Eric	37	PNA	27.05
5 Gaarder, Chris	38	OREG	28.09
6 Palmer, Jeffrey	35	OREG	30.20
100 Yard Butterfly			
1 Butcher, Gano	39	OREG	59.57
2 Bornfleth, Eric	37	PNA	1:01.96
3 Palmer, Jeffrey	35	OREG	1:10.09
200 Yard Butterfly			
1 Lasersohn, Jim	38	PNA	2:35.92
100 Yard IM			
1 Rice, David	36	OREG	1:01.16

2 Edic, Chyle	36	OREG	1:10.34
3 Williamson, Pete	39	OREG	1:22.01
200 Yard IM			
1 Volckening, Bill	37	NEM	2:11.73
Men 40-44			
50 Yard Freestyle			
1 George, Steve	43	OREG	23.39
2 Cleaver, Oliver	40	SAWS	24.22
3 Littlefield, James	42	PNA	24.63
4 Wren, Mark	44	OREG	25.15
5 Ackerman, Bob	41	UNAT	25.22
6 Kosydar, Edward	40	SAWS	27.13
7 Coons, David	44	UNAT	29.44
8 Garcia, Doug	41	INWM	30.79
9 Johnisee, Chuck	43	OREG	31.18
10 Rayle, Tim	42	OREG	31.58
11 Bragg III, Robin	43	OREG	35.51
100 Yard Freestyle			
1 Allender, Pat	44	OREG	51.60
2 Cleaver, Oliver	40	SAWS	53.21
3 Littlefield, James	42	PNA	53.85
4 George, Steve	43	OREG	55.27
5 Ackerman, Bob	41	UNAT	57.76
6 Kosydar, Edward	40	SAWS	59.18
7 Dowd, Mike	44	MACO	1:01.21
8 Garcia, Doug	41	INWM	1:11.10
9 Bragg III, Robin	43	OREG	1:17.10
200 Yard Freestyle			
1 Dybdahl, Eric	43	PNA	2:02.60
2 Littlefield, James	42	PNA	2:03.53
3 Wren, Mark	44	OREG	2:07.81
4 Kosydar, Edward	40	SAWS	2:16.28
5 Coons, David	44	UNAT	2:32.07
6 Garcia, Doug	41	INWM	2:42.45
7 Bragg III, Robin	43	OREG	2:48.83
500 Yard Freestyle			
1 Dybdahl, Eric	43	PNA	5:38.90
2 Wren, Mark	44	OREG	6:03.59
3 Dowd, Mike	44	MACO	6:13.51
4 Kosydar, Edward	40	SAWS	6:20.50
5 Garcia, Doug	41	INWM	7:23.15
6 Bragg III, Robin	43	OREG	7:28.32
1000 Yard Freestyle			
1 Coons, David	44	UNAT	14:30.72
2 Bragg III, Robin	43	OREG	15:39.67
1650 Yard Freestyle			
1 Bragg III, Robin	43	OREG	26:31.23
50 Yard Backstroke			
1 George, Steve	43	OREG	27.20
2 Cleaver, Oliver	40	SAWS	28.91
3 Littlefield, James	42	PNA	29.70
4 Ackerman, Bob	41	UNAT	32.10
100 Yard Backstroke			
1 George, Steve	43	OREG	58.68
2 Littlefield, James	42	PNA	1:02.88
3 Bragg III, Robin	43	OREG	1:52.03
200 Yard Backstroke			
1 George, Steve	43	OREG	2:10.99
2 Dybdahl, Eric	43	PNA	2:26.94
3 Bragg III, Robin	43	OREG	4:06.18
50 Yard Breaststroke			
1 Allender, Pat	44	OREG	29.58
2 Kingsly, Bernard	44	INWM	32.29
3 Cleaver, Oliver	40	SAWS	32.52
4 Ackerman, Bob	41	UNAT	36.95
5 Johnisee, Chuck	43	OREG	38.96
6 Rayle, Tim	42	OREG	40.96
100 Yard Breaststroke			
1 Allender, Pat	44	OREG	1:03.49
200 Yard Breaststroke			
1 Allender, Pat	44	OREG	2:18.36
2 Dowd, Mike	44	MACO	2:44.25
50 Yard Butterfly			
1 Christensen, Douglas	40	OREG	25.55

2 Cleaver, Oliver	40	SAWS	27.16
3 Wren, Mark	44	OREG	28.61
4 Dowd, Mike	44	MACO	30.35
100 Yard Butterfly			
1 Christensen, Douglas	40	OREG	57.81
2 Cleaver, Oliver	40	SAWS	59.08
3 Dybdahl, Eric	43	PNA	1:04.81
200 Yard Butterfly			
1 Dybdahl, Eric	43	PNA	2:23.05
100 Yard IM			
1 George, Steve	43	OREG	1:00.81
2 Littlefield, James	42	PNA	1:06.25
200 Yard IM			
1 Dowd, Mike	44	MACO	2:38.31
2 Garcia, Doug	41	INWM	3:05.62
400 Yard IM			
1 Christensen, Douglas	40	OREG	4:59.99
Men 45-49			
50 Yard Freestyle			
1 Tennant, Mike	49	OREG	23.64
2 Morrison, Robert	49	INWM	25.77
3 Dolan, Dan	47	OREG	26.49
4 Ames, Kevin	45	UNAT	27.28
5 Jensen, Eric	49	OREG	28.95
6 Friedman, Keith	46	OREG	33.69
7 Macias, Jesse	45	INWM	52.29
100 Yard Freestyle			
1 Tennant, Mike	49	OREG	51.78
2 Morrison, Robert	49	INWM	58.35
3 Munro, Stuart	45	MACO	1:02.95
4 Jensen, Eric	49	OREG	1:04.33
5 Macias, Jesse	45	INWM	1:19.57
200 Yard Freestyle			
1 Burleson, David	46	MACO1:56.23	O
2 Tennant, Mike	49	OREG	1:59.83
3 Kevan, Stephen	48	OREG	2:01.14
4 Munro, Stuart	45	MACO	2:15.09
5 Scoville, Brent	45	OREG	2:18.97
6 Friedman, Keith	46	OREG	3:24.73
500 Yard Freestyle			
1 Burleson, David	46	MACO	5:19.79
2 Kevan, Stephen	48	OREG	5:32.59
3 Tennant, Mike	49	OREG	5:43.17
4 Douglas, Michael	45	OREG	5:56.77
5 Ramsey, Ed	47	OREG	5:56.88
1000 Yard Freestyle			
1 Kevan, Stephen	48	OREG	12:06.19
2 Douglas, Michael	45	OREG	12:21.41
3 Ramsey, Ed	47	OREG	12:25.96
4 Ward, Cliff	46	OREG	13:36.03
5 Friedman, Keith	46	OREG	20:03.83
1650 Yard Freestyle			
1 Ramsey, Ed	47	OREG	21:06.94
100 Yard Backstroke			
1 Ramsey, Ed	47	OREG	1:08.06
2 Scoville, Brent	45	OREG	1:12.60
200 Yard Backstroke			
1 Ramsey, Ed	47	OREG	2:30.79
50 Yard Breaststroke			
1 Morrison, Robert	49	INWM	31.49
2 Dolan, Dan	47	OREG	33.50
3 Ames, Kevin	45	UNAT	33.82
4 Douglas, Michael	45	OREG	37.91
5 Jensen, Eric	49	OREG	38.84
6 Friedman, Keith	46	OREG	44.78
7 Macias, Jesse	45	INWM	1:16.50
100 Yard Breaststroke			
1 Morrison, Robert	49	INWM	1:10.15
2 Dolan, Dan	47	OREG	1:13.73
3 Ames, Kevin	45	UNAT	1:14.13
4 Walkky, John	49	OREG	1:15.52
5 Munro, Stuart	45	MACO	1:21.08
6 Douglas, Michael	45	OREG	1:26.85

continued on page 16

Results continued from page 15

7 Friedman, Keith	46	OREG	1:49.20
200 Yard Breaststroke			
1 Morrison, Robert	49	INWM	2:39.44
2 Munro, Stuart	45	MACO	2:56.87
50 Yard Butterfly			
1 Macias, Jesse	45	INWM	1:16.26
100 Yard Butterfly			
1 Burleson, David	46	MACO	57.95 O
2 Munro, Stuart	45	MACO	1:14.27
200 Yard Butterfly			
1 Burleson, David	46	MACO	2:19.57
2 Munro, Stuart	45	MACO	2:51.63
3 Ward, Cliff	46	OREG	2:59.97
100 Yard IM			
1 Brockbank, Doug	49	OREG	1:06.85
2 Morrison, Robert	49	INWM	1:07.23
3 Jensen, Eric	49	OREG	1:20.72
4 Macias, Jesse	45	INWM	2:46.56
200 Yard IM			
1 Tennant, Mike	49	OREG	2:21.38
2 Munro, Stuart	45	MACO	2:47.05
400 Yard IM			
1 Walky, John	49	OREG	5:20.51
2 Ward, Cliff	46	OREG	5:31.02
3 Scoville, Brent	45	OREG	5:47.46
4 Munro, Stuart	45	MACO	6:00.42
Men 50-54			
50 Yard Freestyle			
1 Philbrick, Larry	50	OREG	23.95
2 Prentice, Douglas	54	OREG	25.24
3 Dasch, Vern	53	OREG	26.34
4 Wikander, Carroll	51	OREG	27.47
100 Yard Freestyle			
1 Dasch, Vern	53	OREG	58.19
200 Yard Freestyle			
1 Teisher, Jim	53	OREG	2:07.45
2 Dasch, Vern	53	OREG	2:13.70
500 Yard Freestyle			
1 Dasch, Vern	53	OREG	6:13.91
2 Toole, Chris	51	OREG	6:57.79
1000 Yard Freestyle			
1 Teisher, Jim	53	OREG	12:12.20
1650 Yard Freestyle			
1 Penn, Bill	51	PNA	18:34.98
100 Yard Backstroke			
1 Philbrick, Larry	50	OREG	1:03.18
2 Wikander, Carroll	51	OREG	1:22.83
50 Yard Breaststroke			
1 Philbrick, Larry	50	OREG	31.83
2 Prentice, Douglas	54	OREG	34.93
3 Wikander, Carroll	51	OREG	35.06
100 Yard Breaststroke			
1 Philbrick, Larry	50	OREG	1:10.07
2 Prentice, Douglas	54	OREG	1:15.37
3 Dasch, Vern	53	OREG	1:17.07
4 Wikander, Carroll	51	OREG	1:19.77
200 Yard Breaststroke			
1 Toole, Chris	51	OREG	3:09.75
50 Yard Butterfly			
1 Toole, Chris	51	OREG	39.61
Men 55-59			
50 Yard Freestyle			
1 Smith, Robert	59	OREG	24.66
2 Bruce, Bob	55	OREG	26.32
3 Wolcott, Steve	57	INWM	27.39
4 Carriker, Buz	55	OREG	30.07
100 Yard Freestyle			
1 Bruce, Bob	55	OREG	59.09
2 Wolcott, Steve	57	INWM	1:02.43
3 Carriker, Buz	55	OREG	1:06.54
4 Juhala, Richard	59	OREG	1:21.10
200 Yard Freestyle			
1 Wolcott, Steve	57	INWM	2:19.67

2 Carriker, Buz	55	OREG	2:29.61
3 Juhala, Richard	59	OREG	3:14.96
500 Yard Freestyle			
1 Juhala, Richard	59	OREG	8:16.77
1650 Yard Freestyle			
1 Selles, Carl	56	RMM	19:22.41
50 Yard Backstroke			
1 Bruce, Bob	55	OREG	31.72
100 Yard Backstroke			
1 Smith, Robert	59	OREG	1:02.94
2 Juhala, Richard	59	OREG	1:38.48
50 Yard Breaststroke			
1 Bruce, Bob	55	OREG	36.90
2 Juhala, Richard	59	OREG	41.02
100 Yard Breaststroke			
1 Bruce, Bob	55	OREG	1:21.26
2 Carriker, Buz	55	OREG	1:29.83
50 Yard Butterfly			
1 Wolcott, Steve	57	INWM	30.33
2 Juhala, Richard	59	OREG	40.35
100 Yard Butterfly			
1 Wolcott, Steve	57	INWM	1:16.04
100 Yard IM			
1 Smith, Robert	59	OREG	1:03.69
2 Bruce, Bob	55	OREG	1:09.27
3 Carriker, Buz	55	OREG	1:19.95
4 Juhala, Richard	59	OREG	1:28.84
200 Yard IM			
1 Carriker, Buz	55	OREG	3:01.25
Men 60-64			
50 Yard Freestyle			
1 Mellow, Bill	61	OREG	31.00
100 Yard Freestyle			
1 Mellow, Bill	61	OREG	1:11.30
200 Yard Freestyle			
1 Lake, Brent	64	OREG	2:36.27
500 Yard Freestyle			
1 Lake, Brent	64	OREG	6:58.38
1000 Yard Freestyle			
1 Mellow, Bill	61	OREG	15:27.21
1650 Yard Freestyle			
1 Mellow, Bill	61	OREG	26:32.81
50 Yard Backstroke			
1 Lake, Brent	64	OREG	35.60
100 Yard Backstroke			
1 Lake, Brent	64	OREG	1:19.36
200 Yard Backstroke			
1 Lake, Brent	64	OREG	2:53.34
50 Yard Breaststroke			
1 Mellow, Bill	61	OREG	38.80
100 Yard Breaststroke			
1 Mellow, Bill	61	OREG	1:24.88
200 Yard Breaststroke			
1 Mellow, Bill	61	OREG	3:13.47
50 Yard Butterfly			
1 Petersen, Bert	64	OREG	27.92
100 Yard Butterfly			
1 Petersen, Bert	64	OREG	1:08.02
100 Yard IM			
1 Mellow, Bill	61	OREG	1:23.66
Men 65-69			
50 Yard Freestyle			
1 Slawson, Dick	67	OREG	29.09
2 Thayer, George	67	OREG	29.46
3 Bigler, Jim	67	MACO	31.39
100 Yard Freestyle			
1 Bigler, Jim	67	MACO	1:10.78
200 Yard Freestyle			
1 Bigler, Jim	67	MACO	2:36.85
2 Thayer, George	67	OREG	2:43.03
500 Yard Freestyle			
1 Bigler, Jim	67	MACO	7:14.18
1000 Yard Freestyle			
1 Radcliff, David	68	OREG	13:11.17

2 Bigler, Jim	67	MACO	14:47.63
1650 Yard Freestyle			
1 Radcliff, David	68	OREG	22:19.91
50 Yard Backstroke			
1 Thayer, George	67	OREG	36.91
2 Bigler, Jim	67	MACO	39.70
100 Yard Backstroke			
1 Thayer, George	67	OREG	1:21.46
2 Radcliff, David	68	OREG	1:30.78
200 Yard Backstroke			
1 Thayer, George	67	OREG	3:03.13
100 Yard IM			
1 Slawson, Dick	67	OREG	1:15.93
2 Radcliff, David	68	OREG	1:18.13
200 Yard IM			
1 Slawson, Dick	67	OREG	2:50.55
400 Yard IM			
1 Slawson, Dick	67	OREG	6:14.17
Men 75-79			
50 Yard Freestyle			
1 Miesen, Lee	75	MACO	44.42
100 Yard Backstroke			
1 Miesen, Lee	75	MACO	1:40.40
200 Yard Backstroke			
1 Miesen, Lee	75	MACO	3:41.68
100 Yard Butterfly			
1 Miesen, Lee	75	MACO	2:07.13
Men 80-84			
100 Yard Freestyle			
1 Young, Gilbert	81	OREG	1:18.78
Relays			
Women 19+ 400 Yard Medley Relay			
1 OREG	5:01.87 O		
1) Wilkinson, C. 19	2) Gabbard, E. 28		
3) Mattioda, G. 24	4) Kuehnast, A. 22		
Men 25+ 200 Yard Free Relay			
1 OREG	1:34.82		
1) Allender, P. 44	2) Boal, N. 25		
3) Hudson, J. 37	4) George, S. 43		
Men 25+ 400 Yard Free Relay			
1 OREG	3:54.14		
1) Edic, C. 36	2) Ramsey, E. 47		
3) Mirho, C. 39	4) Raskauskas, J. 27		
Men 25+ 200 Yard Medley Relay			
1 OREG	2:03.98		
1) Price, K. 30	2) Edic, C. 36		
3) Mirho, C. 39	4) Radcliff, D. 68		
Men 35+ 200 Yard Free Relay			
1 OREG	1:56.99		
1) Pawchuk, K. 36	2) Johnisee, C. 43		
3) Mellow, B. 61	4) Radcliff, D. 68		
Mixed 25+ 200 Yard Medley Relay			
1 OREG	2:08.12		
1) Fox, C. 42	2) Law, C. 35		
3) Boal, N. 25	4) George, S. 43		
2 PNA	2:26.11		
1) Dybdahl, E. 43	2) Litt, A. 56		
3) Lasersohn, J. 38	4) Cullom, E. 32		
Mixed 55+ 200 Yard Medley Relay			
1 MACO	2:48.09		
1) Pierson, G. 57	2) Miesen, L. 75		
3) Bigler, J. 67	4) Bahler, J. 73		

Robert Smith in Canada

Men 60-64

Robert Smith

50m back	32.49		
50m fly	31.78		
50m free	27.62	Zone record	
100m IM	1:12.93	Zone record	

2003 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS

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

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

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

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

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

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

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

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

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

ENTRY DEADLINE: RECEIVED BY FRIDAY JUNE 27, 2003

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

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

BIRTHDATE _____ AGE _____ SEX _____
 2003 USMS # (IFA MEMBER) _____
 USMS CLUB (OREG OR MACO) _____
 IS THIS YOUR FIRST MASTERS MEET? YES NO

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

Saturday, July 12, 2003

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

Sunday, July 13, 2003

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

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

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

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

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

SIGNATURE _____ DATE _____

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

Don't Miss the Eugene Sports Festival! Saturday, July 19th

Take a look at the summer calendar it is jam-packed. There are even two weekends where there is both an open water event and pool meet. Sometimes you have to choose, but the Eugene Sports Festival and the Applegate Lake swim can be combined for a great swimming weekend. The Eugene Sports Festival is one of those pool meets that can easily be overlooked, but to do that would deny you the experience of one of the best, low-key, fun events of the summer.

There has been a group going for years that would not miss it. The Grand Dames will be there and will probably break another National Record. The sun will shine. Each swimmer will be given personal attention and encouragement. ("You just swam, do you need a 5 minute break?") Some of us will try new or "off events" because this is the meet where everyone will praise you no matter how fast or slow you swim. It's one big family at this meet.

The dinner in the park after the meet is superb with excellent food. Every swimmer comes to the feast, and almost all of us come home with a great door prize. Festivities are over by 8 PM, so there is plenty of time to drive home or head south. If you plan properly, you can still get down to Applegate Lake for Sunday's swims. What a great weekend to combine the two events!

Deleted Email Addresses

If you included your email address on your annual registration form but have not received any OMS swimming messages in the past few weeks, your email may be bouncing. If your email address is listed below, it has been deleted from the OMS Yahoo! Group email directory. You will need to contact Jeanne Teisher at jteisher97007@yahoo.com with your new or corrected email address, if you are interested in receiving OMS group emails.

brian.niepoky@verizon.net
ch1raoul@aol.com
chriscox@hotmail.com
david2000o@aol.com
dfryefield@ctt.net
diguilo@peak.org
dsl@hhw.com
dtoppdogg@earthlink.net
gjlyman@msn.com
gregdoughnut@msn.com
kdzyensene@attbi.com
linda.hickerson@cmug.com
lorma_tran@yahoo.com
lr Ramsey@worldnet.att.net
marco@sprintone.com
nicolais559@aol.com
pambaker48@aol.com
pcurran@bpninc.com
ridenour@crpud.net
sandra.uesugie@orst.edu
sharong@roguetechinc.com
splashmaggie@hotmail.com
SSchumann@aol.com
stephen.darnell.dc.76@aya.yale.edu
swiftytokyo@earthlink.net

tjmoneta@mindspring.com
viaslug@lewiscounty.com
yonathan@onlinemac.com
zayas10@attbi.com

Gracie is Back!



Our new Moms are returning to the pool in grand fashion. Last month we featured Toni Hecksel. This month it is her good friend, Gracie Goddard. Check the records and you will see Gracie's name many times. She is one of the great Oregon women sprinters. At the NIKE meet, with husband Jim, son Reilly and new daughter Annelise cheering her on, Gracie returned to competition. She recorded a fine 1:03 in the 100 free. It is good to have you back.

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

DATE: Saturday, July 19, 2003

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

**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**

Information sheet for Southern Oregon Lake Swim on July 19-20. This is the Association Open Water Championship. This page and the actual entry blank are on this web site under the Menu heading **“Calendar and Entry Forms”**.

Entry Blank for the So.Oregon Open Water swim on July 19-20.. This is the Association Open Water Championship. This entry blank page and the information page are on this web site under the Menu heading **“Calendar and Entry Forms”**.

Information sheet for the Elk Lake Swim on July 26-27. The USMS 5K National Open Water Championship is on July 26. The Northwest Zone Open Water Championship is on July 27. This page and the actual entry blank are on this web site under the Menu heading **“Calendar and Entry Forms”**.

Entry Blank for the Elk Lake Swim on July 26-27. The USMS 5K National Open Water Championship is on July 26. The Northwest Zone Open Water Championship is on July 27. This entry blank page and the information page are on this web site under the Menu heading **“Calendar and Entry Forms”**.

2003 Swim SCHEDULE

Date	Event	Location	Contact
Pool Meets			
*June 28	LCM	Corvallis	Mark Worden marklauraworden@attbi.com 541 753 5726
*July 12-13	LCM	State Games - Mt. Hood CC	Kristi Gustafson kristigus@aol.com 503 663 2772
*July 19	LCM	Eugene Senior Sports Festival	Arden Adams aadamsswim@aol.com 541 688 4013
Aug. 9-10	Zone LCM	Federal Way, Washington	TBA
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	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 douggarcia@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			

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

Aqua-Master
May/June 2003

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

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Inside: Results - NIKE and SCY Zone Meets