



Aqua Master

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“Swimming - A Life's Passion”

Bob Bruce, USMS Coach of the Year

USMS Release: It is my pleasure and honor to announce that Bob Bruce has been awarded the 2003 USMS Coach of the Year Award by the USMS Coaches Selection Committee. Bob's accomplishments in all 5 of the areas on the Nomination Cover sheet were excellent and outstanding. As you may know we had 4 very impressive and excellent candidates from all over the country and it took the selection committee 6 weeks to come



up with a decision. To be selected from this group applauds character, dedication, and sacrifices that this achievement means. All of the swimmers from COMA, Oregon LMSC, and USMS should be proud of Bob Bruce as the 2003 Coach of the Year. **Bob, COMA and the Oregon LMSC are indeed very proud of you!**

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“Pearls” from Bob

Through the years Bob has written numerous columns for the Aqua Master. Here are some of his “Pearls”.

Sept. 1999 - Let someone else coach you, but be a great assistant coach in charge of just yourself.

Oct. 1999 - Training can be effective only when you challenge the various energy systems to new levels of adaptation.

April 2000 - Establish and affirm your goals. the first step is to commit yourself to the swim and especially to the process of preparation for the swim.

June 2000 - Swim. Stay fit. Have fun.

Sept. 2001 - I consider the hour in which you set personal goals to be the most important hour of your entire swim season! If you don't establish your target, you're never going to hit it.

Feb. 2002 - Stay the course - physical fitness is a daily task!

Every month - Good luck and good swimming.

To his team every day - Perfect Practice Makes Perfect

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Chair's Corner by Jeanne Teisher

Doug Christensen –OMS' Newest Board Member

During the summer editions of the Aqua Master I introduced you to the OMS board. Since the August edition of the newsletter, we have added another individual to the board. Doug Christensen is the new Membership Committee Chair. His job will be to respond to messages from swimmers who are planning to travel to other parts of the state and would like to swim with a Masters team. Swimmers from around the country contact us wanting to know where they can swim when they are visiting our state. Doug will be the person responsible for providing them with the information they are seeking. And, of course, there are swimmers looking for a Masters team to join. It will be Doug's responsibility to keep the local team information current with the name of the contact person, times and days of practices, and location of pools with Masters teams so he can pass this information on to swimmers looking for a team that is convenient to their home or office.

Since Doug is the newest member of the board and we (the board) haven't even had a chance to get to know him yet, I decided to find out some scoop on him. How many of you know where Crawfordsville, Oregon is located? Well, that is where Doug grew up. His family lived on the Calapooia River, where Doug swam practically every day, during the summer, with his 9 older brothers and sisters. When he was 7 years old he began swimming in Sweet Home for the local AAU team where he started competing in meets. When Doug got to high school, he continued his swimming with the Sweet Home High School swim team. Doug told me that, in spite of his history of swimming in the "natural" setting, he really doesn't care for open water swimming.

After high school, Doug became a 'Duck', a University of Oregon 'Duck' that is. He only swam his sophomore and junior years. Doug's last collegiate race fell on his 21st birthday and he didn't swim another competitive pool race until he joined Oregon Masters Swimming at the age of 35. He currently swims and trains in a couple of Beaverton area pools, whichever pool is open for lap swimming at the time he is able to get away from work. Away from the pool and swimming, Doug is an accounting manager for Safeway Credit Union and has been in that industry for 17 years. His wife's name is Kate and he has 2 children - DJ and Josie.

When asked about his most memorable swimming experience, Doug's response was "it has got to be my first trip down to the Pac-10 championships in L.A. in 1983 where I first experienced racing against Olympic caliber speed. Coincidentally, this is the first meet where I learned the term "banana heat". While I was swimming my lifetime best 100 fly of 52.98, the Bruins, Golden Bears, Wildcats, Sun Devils, Trojans and Berkeley Olympians were still sitting up in the stands munching their bananas and waiting for their turn to swim hours later." That sure would humble any swimmer!

Welcome to the OMS board, Doug. We look forward to working with you. Happy swimming! Jeanne

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.swimmoregon.org

Special Announcements



Eugene Sports Festival

Results from the Eugene Sports Festival held on July 20, 2003, are unfortunately not, at this date, verifiable by the usual meet procedures. Therefore, the OMS Board voted to not submit times swum at this meet for any official purposes within OMS and USMS.



Aqua Master Goes Electronic

Beginning with the March 2004 issue the Aqua Master will be available on line for those wishing to receive it in that format. For the past several years we have taken a survey with the Registration Form concerning whether you would like to receive the Aqua Master in this way. At this point the OMS Board feels that there is sufficient interest. As you register for next year (Registration Form for 2004 in this issue) please check the box for "Electronic Delivery". A special "E Group" email list will be developed during the registration period and beginning in March you will be notified when the Aqua Master is available on line. The "hard copy" Aqua Master will continue to be available for all Masters wishing to continue to receive it via the US Postal mail.



Combo Issue of Aqua Master in November / December

The Aqua Master will only be produced once during November and December. Look for this combo issue to arrive in mid November.



Registration Time

Individual Registration Forms for 2004 and Local Team Registration Forms are available in this issue of the Aqua Master. They are located on pages 14 and 15. There is no increase in the Registration Fee for 2004. Don't forget to re-register for 2004 and Team Reps make sure you re-register your Local Team.



Special Invitation from Bert Petersen

Bert is inviting everyone to what could be the newest and fastest short course meter pool in the Northwest. He should know since he coaches the Masters at this pool. The Grass Valley Aquatic Center in Camas, Washington is just across the 205 Bridge from Portland. A great pool and your final chance in 2003 for SCM times. The entry blank for this December 6th and 7th meet is on page 12 of this issue.



So Much Swimming, So Little Time!!

It is the end of long course and open water seasons and time to prepare Halloween costumes and plan for the upcoming Thanksgiving holiday. But, have you thought about your swimming plans?

The season for short course meters competitions is just around the corner and winter/spring short course yards meets will be here soon. And then its long course and open water seasons again. How do you plan to stay in shape for the whole year without burning out? Periodizing, or planning your swimming schedule, to account for a preseason, an in-season and an off-season is the way to keep your sanity.

What are your goals? It's difficult to periodize a training program if you have no goal or end point. Coaches use periodization to help design and track goals through the seasons. You can use periodization too.

Periodizing for preseason may include dry land fitness activities and sports as well as perfecting swimming technique: drill work! Preseason activities should tap into predominant energy-utilizing systems (aerobic, anaerobic) and will establish a large base of fitness. Some physiologists

suggest this should last 8-12 weeks, but will depend on your level of fitness and your goals.

Periodizing for in-season is sport specific. Your swim coach is in charge here by regulating the volume and intensity to keep your strength and endurance level prime for competitions. Again, the length of time here is goal dependent.

Periodizing for the off-season is primarily to prevent excess fat weight gain, to maintain muscular strength and endurance, and to participate in other activities giving the swimmer in you a break. Go hiking, bicycling, in-line skating, snowshoeing, rock-climbing, kayaking, running, etc. Now is a great time to try out those activities that you have always wanted to. Just **KEEPACTIVE!!!!**

Periodizing is a way to stay fresh; a way to shock your system every once in a while. It is a terrific tool to achieve goals and stay motivated.

In the last Aqua Master, long-distance chair Bob Bruce suggests using the 3 and 6K postal events as an opportunity to lay down a base for your short course seasons – “pre-season” stuff if you will. This is a great start to periodize your training calendar for 2004! Get started and good luck!

Fall Means Fitness

Start your fall season by doing one or all of the USMS Fitness Committee National Events. It's easy and fun to accomplish these swims.

1. Take the 30 Minute Swim Challenge. How far can you swim in 30 minutes?
2. Use your swim yardage to Swim Americas' Waterways. Virtually swim any of ten exciting bodies of water.
3. Order your 2004 Check-Off Challenge shirt.

All information and entry forms are found at www.usms.org/fitness/fitnesssevents.shtml. Great shirts and certificates accompany each swim. Results will be posted on the USMS Fitness Website. (www.usms.org/fitness).





LONG DISTANCE SWIMMING

BOB BRUCE - LONG DISTANCE CHAIR

The 2003 OMS Open Water Season has ended, and it's time to recognize our season achievements and highlights:

- We hosted nine events (eleven swims) at three venues this year. We really missed the cancelled Timothy Lake Swims and Columbia River Relay, and we're working on having additional venues next year.

- 164 Oregon swimmers from 20 Oregon local teams (and 28 unattached swimmers) took part, totaling 490 swimmers. Not surprisingly, COMA led local team participation with 66 swimmers having 226 swims.

- 36 visitors from 13 other states joined us for 85 swims, the largest outside participation in our swims ever!

- 24 Oregon swimmers swam in three venues, thus qualifying for the Oregon Open Water Swim Series awards. This number was down from last year since there were only three venues possible this year.

- 10 Oregon swimmers swam in every possible race, and 7 more made all but one! Great perseverance!

- The 1500-meter Northwest Zone Championships at Elk Lake (the first Zone Open Water Championships ever) was the largest race with 125 swimmers. The next largest swims were the Elk Lake 500-meter Time Trial with 119 swimmers and the USMS 5000-meter National Championship at Elk Lake with 100 competitors. The 179 total entrants at Elk Lake was Oregon's largest entry ever at an open water venue!

- The Applegate Lake 200-meter dash (part of the unique stage race format) was our shortest distance, drawing 38 sprinters, all of whom suddenly had to search for fast-twitch muscle fiber not often used during open water swims. The Elk Lake 5000-meter was our longest, suiting

the slow-twitch folks fine.

- The Stage Race at Applegate Lake provided an interesting new twist in open water racing and extremely close race finishes. It proved to be a lot more tiring than everyone supposed, and we slept well that night.

- The 1000-meter Whitely all-equipment race at Dorena Lake provided the most interesting look at pre-race strategy, as swimmers had to decide what swim toys would help them the most (judging from the results, the overwhelming answer was 'wetsuits'). It was also the most amusing, particularly at the finish chute when those wearing paddles and fins suddenly realized that the finish line was on shore! Cheers to those who sportingly tried to run out of the lake backwards!

- The 500-meter Flatfoot kicking race at Dorena Lake gave our outstanding kickers their moment in the spotlight. And made my quadriceps hurt even thinking about it.

- The hospitality at all three venues was wonderful, not surpassed anywhere. This has become the enduring hallmark of Oregon open water swimming, the point about which our visitors rave.

- The camping was great and the weather was cooperatively hot, making fluid consumption required.

Congratulations to...

- Our 11 5000-meter National Champions (automatic USMS Long Distance All-Americans!);

- Our 15 1500-meter Zone Champions;

- Our 20 1500-meter Association Individual Champions;

- Rogue Valley Masters, our Association Large Team

Continued on page 8



Steve Johnson (flutter kick) and Gina Dohm (dolphin kick) tied for first in the "Flatfoot 500".



Toni Hecksel used a combination of flutter and dolphin kicking to come in 4th in the "Flatfoot 500".

LCM Zone Championships - Federal Way, WA - Aug. 9-10

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

Pl	Name	Age/Club	Time
Women 30-34			
50	LC Meter Freestyle		
5	Wong, Linda	31 OREG	39.83
200	LC Meter Freestyle		
4	Wong, Linda	31 OREG	3:18.94
400	LC Meter Freestyle		
2	Moore, Alison	33 OREG	5:49.19
800	LC Meter Freestyle		
3	Moore, Alison	33 OREG	11:47.66
4	Wong, Linda	31 OREG	14:15.32
1500	LC Meter Freestyle		
1	Moore, Alison	33 OREG	22:31.50
200	LC Meter Breaststroke		
1	Moore, Alison	33 OREG	3:23.41
50	LC Meter Butterfly		
4	Wong, Linda	31 OREG	52.18
Women 35-39			
50	LC Meter Freestyle		
1	Collson, Anne-Marie	36 OREG	32.34
2	Scholz, Anne	37 OREG	37.21
100	LC Meter Freestyle		
1	Collson, Anne-Marie	36 OREG	1:11.75
200	LC Meter Freestyle		
1	Scholz, Anne	37 OREG	3:12.75
400	LC Meter Freestyle		
1	Scholz, Anne	37 OREG	6:40.27
50	LC Meter Backstroke		
1	Scholz, Anne	37 OREG	42.62
100	LC Meter Backstroke		
1	Crisp, Julie	37 OREG	1:37.54
2	Scholz, Anne	37 OREG	1:39.44
50	LC Meter Butterfly		
1	Collson, Anne-Marie	36 OREG	35.56
Women 40-44			
100	LC Meter Freestyle		
2	Fox, Christina	43 OREG	1:25.62
200	LC Meter Freestyle		
1	Jenkins, Valerie	40 OREG	2:27.38
4	Fox, Christina	43 OREG	3:10.37



Colette Crabbe

400	LC Meter Freestyle			200	LC Meter Backstroke		
1	Jenkins, Valerie	40 OREG	5:10.08	1	Andrus-Hughes, Karen	46 OREG	2:48.34
50	LC Meter Backstroke			200	LC Meter Breaststroke		
1	Jenkins, Valerie	40 OREG	33.89	1	Crabbe, Colette	47 OREG	3:03.39
100	LC Meter Backstroke			400	LC Meter IM		
1	Jenkins, Valerie	40 OREG 1:13.43 O		1	Crabbe, Colette	47 OREG	5:40.52
3	Fox, Christina	43 OREG	1:30.70	Women 55-59			
200	LC Meter Backstroke			50	LC Meter Freestyle		
1	Jenkins, Valerie	40 OREG 2:45.08 O		1	Quattro, Jackie	56 OREG	35.65
4	Fox, Christina	43 OREG	3:13.83	100	LC Meter Freestyle		
Women 45-49				1	Gettling, Janet	55 OREG	1:19.51
50	LC Meter Freestyle			3	Rousseau, Sandi	56 OREG	1:22.78
1	Andrus-Hughes, Karen	46 OREG	29.27	200	LC Meter Freestyle		
200	LC Meter Freestyle			1	Quattro, Jackie	56 OREG	2:54.68
1	Andrus-Hughes, Karen	46 OREG 2:23.62 Z		2	Gettling, Janet	55 OREG	2:57.76
400	LC Meter Freestyle			800	LC Meter Freestyle		
1	Crabbe, Colette	47 OREG 5:06.80 Z		1	Quattro, Jackie	56 OREG	12:47.09
2	Andrus-Hughes, Karen	46 OREG	5:41.29	1500	LC Meter Freestyle		
800	LC Meter Freestyle			1	Gettling, Janet	55 OREG	24:54.67
1	Crabbe, Colette	47 OREG 10:39.02 Z		50	LC Meter Backstroke		
50	LC Meter Backstroke			2	Rousseau, Sandi	56 OREG	46.67
1	Andrus-Hughes, Karen	46 OREG	33.89	50	LC Meter Breaststroke		
100	LC Meter Backstroke			3	Rousseau, Sandi	56 OREG	52.79
1	Andrus-Hughes, Karen	46 OREG 1:13.88 Z		50	LC Meter Butterfly		



Valerie Jenkins and Karen Andrus Hughes

1	Gettling, Janet	55 OREG	37.97
2	Rousseau, Sandi	56 OREG	38.04
100	LC Meter Butterfly		
1	Gettling, Janet	55 OREG	1:31.78
200	LC Meter Butterfly		
1	Gettling, Janet	55 OREG	3:40.24
Women 60-64			
50	LC Meter Freestyle		
1	Ward, Joy	61 OREG	35.97
100	LC Meter Freestyle		
1	Ward, Joy	61 OREG	1:24.13
50	LC Meter Backstroke		
1	Ward, Joy	61 OREG	43.91
100	LC Meter Backstroke		
1	Ward, Joy	61 OREG	1:34.87
50	LC Meter Butterfly		
1	Ward, Joy	61 OREG	37.97
Men 30-34			
50	LC Meter Freestyle		
2	Pospisil, Radek	34 OREG	29.22
50	LC Meter Breaststroke		
1	Pospisil, Radek	34 OREG	36.02
100	LC Meter Breaststroke		
1	Pospisil, Radek	34 OREG	1:19.70
200	LC Meter Breaststroke		
1	Pospisil, Radek	34 OREG	2:54.87
Men 35-39			



Chyle Edic

50 LC Meter Freestyle					
4 Edic, Chyle	36	OREG	31.27		
100 LC Meter Freestyle					
1 Edic, Chyle	36	OREG	1:09.93		
100 LC Meter Backstroke					
2 Edic, Chyle	36	OREG	1:30.16		
100 LC Meter Breaststroke					
1 Edic, Chyle	36	OREG	1:25.04		
50 LC Meter Butterfly					
6 Edic, Chyle	36	OREG	40.73		
200 LC Meter IM					
3 Edic, Chyle	36	OREG	3:01.57		
Men 45-49					
50 LC Meter Freestyle					
2 Hackett, Ted	49	OREG	30.46		
800 LC Meter Freestyle					
2 Hackett, Ted	49	OREG	11:21.26		
1500 LC Meter Freestyle					
2 Dowd, Mike	45	MACO	24:06.56		
50 LC Meter Breaststroke					
1 Dowd, Mike	45	MACO	40.56		
200 LC Meter Breaststroke					
1 Dowd, Mike	45	MACO	3:20.55		
50 LC Meter Butterfly					
2 Hackett, Ted	49	OREG	32.51		
200 LC Meter Butterfly					
2 Dowd, Mike	45	MACO	3:40.72		
200 LC Meter IM					
2 Dowd, Mike	45	MACO	3:10.19		
Men 50-54					
50 LC Meter Freestyle					
2 Tennant, Mike	50	OREG	26.20		
100 LC Meter Freestyle					
2 Tennant, Mike	50	OREG	58.35 O		
200 LC Meter Freestyle					
2 Tennant, Mike	50	OREG	2:12.73 O		
400 LC Meter Freestyle					
1 Tennant, Mike	50	OREG	4:57.51		
Men 60-64					
50 LC Meter Freestyle					
1 Smith, Robert	60	OREG	28.60		
4 Juhala, Richard	60	OREG	39.56		
100 LC Meter Freestyle					
3 Juhala, Richard	60	OREG	1:33.20		
200 LC Meter Freestyle					
2 Smith, Robert	60	OREG	3:02.96		
400 LC Meter Freestyle					
1 Juhala, Richard	60	OREG	7:41.26		
50 LC Meter Backstroke					
1 Smith, Robert	60	OREG	33.31		
4 Keudell, David	63	OREG	51.92		
100 LC Meter Backstroke					
1 Smith, Robert	60	OREG	1:17.22 O		

3 Juhala, Richard	60	OREG	1:54.43		
200 LC Meter Backstroke					
1 Smith, Robert	60	OREG	2:55.66 O		
50 LC Meter Breaststroke					
2 Keudell, David	63	OREG	42.99		
100 LC Meter Breaststroke					
1 Keudell, David	63	OREG	1:37.95 O		
2 Juhala, Richard	60	OREG	1:48.16		
200 LC Meter Breaststroke					
1 Keudell, David	63	OREG	3:35.89		
200 LC Meter IM					
1 Smith, Robert	60	OREG	2:57.81		
400 LC Meter IM					
1 Juhala, Richard	60	OREG	8:11.17		
Men 65-69					
200 LC Meter Freestyle					
1 Radcliff, David	69	OREG	2:34.88		
400 LC Meter Freestyle					
1 Radcliff, David	69	OREG	5:33.84		
2 Lake, Brent	65	OREG	6:09.83		
800 LC Meter Freestyle					
1 Radcliff, David	69	OREG	11:28.28 Z		
2 Lake, Brent	65	OREG	12:17.59		
1500 LC Meter Freestyle					
1 Radcliff, David	69	OREG	22:09.37		
2 Lake, Brent	65	OREG	24:30.48		
50 LC Meter Backstroke					
1 Lake, Brent	65	OREG	39.95		
100 LC Meter Backstroke					

1 Lake, Brent	65	OREG	1:28.29		
200 LC Meter Backstroke					
1 Lake, Brent	65	OREG	3:08.93 Z		
Men 80-84					
100 LC Meter Freestyle					
1 Holden, Andrew	84	OREG	1:30.98		
50 LC Meter Butterfly					
1 Holden, Andrew	84	OREG	45.57		
100 LC Meter Butterfly					
1 Holden, Andrew	84	OREG	2:03.80		
200 LC Meter Butterfly					
1 Holden, Andrew	84	OREG	4:57.38		
Relays					
Mixed 160-199 200 LC Meter Free Relay					
2 OREG			2:15.59		
1) Rousseau, S. 56			2) Edic, C. 36		
3) Moore, A. 33			4) Radcliff, D. 69		



Brent Lake



Larry Krauser and Mike Tennant

The “Grand Daddy”

Three Oregon swimmers (Bob Bruce, Keith Dow and Ron Thompson) traveled to La Jolla, California to participate in the La Jolla Rough Water Swim. This swim is the oldest open water swim on the West Coast and is often referred to as the “Grand Daddy” of open water swimming. Keith Dow and Bob Bruce sent emails to the Aqua Master concerning this year’s swim.

From Keith Dow: *“I had not really planned to send you a note on the La Jolla Rough Water Swim but I found it such a “kick” (only got kicked once at the start but boy was it a hard one.....almost took the wind out of me) I just have to send a note. Why they call it a rough water swim is a mystery to me! The sun was out, air temp just perfect, water temp about 70 and very little chop. We have had rougher water at Dorena! No doubt I have been spoiled by a great day in La Jolla and I plan to do it again in 2004. This time I will not pay any attention to the entry form and do the Gatorman. The only hazard on the course this year was a very large kelp bed that only affected the Gatorman Bob Bruce or Ron Thompson can tell you how hard it was to navigate through it. Ron and I took a swim through part of it on Saturday and in places you did more crawling than swimming. Anyway, there were 466 men in the mile and I managed to crawl up the beach in 131st place or 21st in my age group of 77. Time out of the water was 25:35 which is about par for me.”*

From Bob Bruce: *“La Jolla was great. The sea lay down for us, so the course was quick, excepting the big kelp bed right in the middle of the course on the return leg. I had a fine swim (maybe the best open water one of the year), was timed at 1:12:06 for the measured 3-mile (!), and placed a completely-unexpected second in my age group. Ron Thompson and I also celebrated afterward in traditional COMA style.”* →



Phil Reget and Bob Bruce demonstrate the “COMA Style” of celebrating.

Long Distacne continued from page 5

Champions, who used a great turnout and solid swims at their home venue to upset four-time defending Champions Central Oregon Masters 121-118;

- Emerald Aquatics, our Association Small Team Champions;
- Those Oregonians who ventured far afield to find other open water challenges;
- Our race directors and host teams, who can take a collective deep breath and enjoy a few months off;
- Our sponsors, who made much possible and who kept us all in goodies;
- Everyone who participated!

Even though open water season in Oregon has finished, you’re still got some swimming to do! October is the last

month of the National 3000-yard & 6000-yard Postal Championships, about which I wrote in my article last month. These swims must be done in a 25-yard pool—making them accessible to most of us!—and completed by October 31st. As a coach, I believe strongly that these swims provide solid early season training swims, great conditioning benchmarks, and fun team-building events, and are an absolute requirement for aspiring distance swimmers. You know that these swims are included in COMA’s training plan! Please join us in doing them. See www.usms.org for information & entry blanks. Incidentally, if you officially enter one or both of these events, please send me your result (name, age, & time) promptly, so that I can enter the best Oregon relays—at no cost to you—by the entry deadline.

Good luck and good swimming!

Oregon Masters Swimming Fall Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-07

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

Unregistered swimmers must submit a 2004 registration form and fee with this form.

Hosted by: Oregon Masters Swimming

DATE: Sunday, November 2, 2003

Location: Lance Armstrong Sports Center
Nike Campus
Beaverton, Oregon

WARM-UPS: 8AM
MEET STARTS: 9AM

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 OR 2004 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY OCTOBER 17, 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 _____

2003/2004 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 AND 1000 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.* ALL EVENTS WILL BE SEEDED SLOW TO FAST.

400 IM (1) _____ : _____ . _____

500 FREE (2) _____ : _____ . _____

*** break***

100 BACK (3) _____ : _____ . _____

200 FLY (4) _____ : _____ . _____

50 BREAST (5) _____ : _____ . _____

MIXED MEDLEY RELAYS (6-7)

100 FREE (8) _____ : _____ . _____

200 BREAST (9) _____ : _____ . _____

50 FLY (10) _____ : _____ . _____

*** break***

MIXED FREE RELAYS (11-13)

200 IM (14) _____ : _____ . _____

100 BREAST (15) _____ : _____ . _____

200 FREE (16) _____ : _____ . _____

50 BACK (17) _____ : _____ . _____

*** break***

FREE RELAYS (18-23)

100 FLY (24) _____ : _____ . _____

200 BACK (25) _____ : _____ . _____

50 FREE (26) _____ : _____ . _____

100 IM (27) _____ : _____ . _____

MEDLEY RELAYS (28-31)

*** break***

1000 FREE (32) _____ : _____ . _____

NIKE PRODUCTS WILL BE ON SALE DURING THE MEET

"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

2003 NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIP MEET

Hosted by Puget Sound Swim Club

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 033608**DATE:** Saturday, November 8 and Sunday, November 9, 2003**TIMES:** Saturday, November 8: Warm-up: 11:00 – 11:50 AM, Meet starts: 12:00 PM
Sunday, November 9: Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM**PLACE:** South Kitsap High School pool,
425 Mitchell Avenue, Port Orchard WA 98366. 360-874-5741**MEET DIRECTOR:** Steve Peterson (360-692-1669 or speterson@bandwagon.net)**FACILITY:** This indoor venue has seating for 200+ people. The six-lane 50-meter pool is divided to provide competition water depth of four to ten feet. The shallow end of the pool will be available continuously for warm-up and warm-down.**RULES:** Current USMS Rules will govern the meet.**ELIGIBILITY:** Open to all year 2003 USMS and foreign registered swimmers age 19 and above as of December 31, 2003.**DIRECTIONS:** From I-5: Take Highway 16 toward Bremerton. Take the Sedgwick exit (19 miles from the bridge). Turn right onto Sedgwick, head east...
From Bremerton: Take Highway 16 toward Tacoma. Take the Tremont exit, head east. Continue as Tremont becomes Lund Ave...
Turn left at Bethel Rd (stop light). Bear right at 'Y' onto Mitchell Road, which becomes Mitchell Avenue. High School is on right after approximately 1 mile.**ORDER OF EVENTS (ORDER #BB) (Seeding slow to fast. Deck enter relays at the meet.)**

Saturday, November 8, 12 Noon		Sunday, November 9, 9 AM	
1	400 IM (check in by 11:30)	16	400 Freestyle (check in by 8:30)
2	Women's 200 Freestyle Relay	17	Women's 200 Medley Relay
3	Men's 200 Freestyle Relay	18	Men's 200 Medley Relay
4	Women's 400 Freestyle Relay	19	Women's 400 Medley Relay
5	Men's 400 Freestyle Relay	20	Men's 400 Medley Relay
6	50 Breast	21	100 Backstroke
7	100 Butterfly	22	50 Freestyle
8	200 Freestyle	23	200 Breaststroke
10 minute break		10 minute break	
9	200 Mixed Medley Relay	24	200 Mixed Free Relay
10	400 Mixed Medley Relay	25	400 Mixed Free Relay
11	100 Breaststroke	26	50 Backstroke
12	200 Backstroke	27	200 Butterfly
13	50 Butterfly	28	100 Freestyle
10 minute break		10 minute break	
14	100 Individual Medley	29	200 Individual Medley
15	800 Freestyle (check in by 1:30)	30	1500 Freestyle (check in by 11:30)

Visit the PNA website at www.swimpna.org for updated information.**SAFETY FIRST:**

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

Entry Confirmation: Include legible email or a self-addressed, stamped envelope or postcard with your entry if you desire entry confirmation. You should bring a copy of your completed entry form.**Check-in:** Check-in is required for the 400 IM (deadline is 11:30 Saturday), 800 Free (deadline is 1:30 Saturday), 400 Freestyle (deadline is 8:30 Sunday), 1500 Free (deadline is 11:30 Sunday). Swimmers who do not check in by the deadline may be scratched from the event.

2003 NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIP MEET

Saturday, November 8 and Sunday, November 9, 2003

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE _____ Email _____

BIRTHDATE: _____ USMS #: _____ - _____

CLUB _____ or UNATTACHED _____ LMSC _____

AGE GROUP (Determined by your age as of December 31, 2003):

19 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59
60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 - 94	95+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME (SCMeters)

ENTRY FEE: \$ 13.00 Surcharge (Includes \$1 Northwest Zone meet surcharge)

Individual Events: + _____ \$1 per event. No charge for relays.
Optional for age 65 and over and needs-based swimmers.Total: \$ _____ Please make checks payable to **PNA**Mail this entry form and fees to:
Steve Peterson
11165 Central Valley NW
Poulsbo WA 98370Questions? Email speterson@bandwagon.netEntries must be postmarked no later than **October 29** or received by October 31, 2003. **Include a copy of your Masters registration card if you are not a PNA member.** All swimmers must have a valid 2003 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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

SIGNED: _____ DATE: _____

Grass Valley Aquatic Center Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-08

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

Unregistered swimmers must submit a 2004 registration form and fee with this form.

Hosted by: LaCamas Swim & Sport
Grass Valley Aquatic Center
2950 NW 38th Ave.
Camas, WA 98607

DATE: Saturday & Sunday, December 6 & 7, 2003

SATURDAY: WARM-UPS: 3PM • MEET STARTS: 4PM
SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM

25 meters
6-8 lanes competition-electronic timing
Continuous 1-3 lanes warm-up/down area

Meet director: Bert Petersen • Phone: 503-252-6081 • E-mail petersen@exchangenet.net

Directions to Pool: Take I-205 North or South. Take Exit Highway 14 (Vancouver/Camas); go East on Highway 14 toward Camas. Exit on 192nd (second exit), cross Highway 14, and turn right on Brady (first right). Climb up the hill and go approximately 2 miles to the third stop sign. Turn right onto NW 38th Avenue. Go approximately 1/2 mile, and pool is on your right.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2004 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN NOVEMBER 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 (AS OF 12-31-03) _____ SEX _____
2003/2004 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: 79-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359, ETC. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY. YOU MAY SWIM BOTH THE 800 FREE & 1500 FREE.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400M AND 800M RELAYS WILL BE SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. THE 400, 800 AND 1500 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.* ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Saturday, December 6, 2003

400 IM (1) _____ : _____ . _____
1500 FREE (2) _____ : _____ . _____

Sunday, December 7, 2003

400 FREE (3) _____ : _____ . _____

* 20 MIN BREAK FOR 2ND WARM-UP; EVENT #4 WILL BEGIN NO EARLIER THAN 10AM

100 IM (4) _____ : _____ . _____
50 FREE (5) _____ : _____ . _____
200 BACK (6) _____ : _____ . _____
100 FLY (7) _____ : _____ . _____

* BREAK

MIXED MEDLEY RELAYS (8-9)

50 BACK (10) _____ : _____ . _____
200 FREE (11) _____ : _____ . _____
100 BREAST (12) _____ : _____ . _____

Sunday, December 7, 2003 (con't)

* BREAK

FREE RELAYS (13-18)

200 IM (19) _____ : _____ . _____
50 FLY (20) _____ : _____ . _____
200 BREAST (21) _____ : _____ . _____
100 FREE (22) _____ : _____ . _____

* BREAK

MIXED FREE RELAYS (23-25)

50 BREAST (26) _____ : _____ . _____
200 FLY (27) _____ : _____ . _____
100 BACK (28) _____ : _____ . _____

MEDLEY RELAYS (29-32)

* BREAK

800 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 _____ DATE _____

MEET ENTRY FEE: \$17.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220

Emerald Aquatics Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #374-01

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

Unregistered swimmers must submit a 2004 registration form and fee with this form.

Hosted by: Emerald Aquatics

DATE: Saturday January 10, 2004

Location: Echo Hollow Pool
1655 Echo Hollow Rd
Eugene, OR

WARM-UPS: 9AM
MEET STARTS: 10AM

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

Meet Director: Ginny Hoke • Phone 541-345-8788 • e-mail virginiawildberry@yahoo.com

Directions to Pool: From I-5 north or south take Exit 195B (Santa Clara/Florence). Follow Beltline Freeway seven miles.

Exit Beltline at Exit 5 - Barger Road. Turn left on Barger. Go one block and turn right on Echo Hollow Road. Pool is two blocks on your left.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT 2004 USMS REGISTRATION CARD WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY DECEMBER 26, 2003



USMS REGISTRATION CARD

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

BIRTHDATE _____ AGE _____ SEX _____
2004 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 & 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. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

500 FREE (1) _____ : _____ . _____
* break*
100 FLY (2) _____ : _____ . _____
200 FREE (3) _____ : _____ . _____
50 BREAST (4) _____ : _____ . _____
100 IM (5) _____ : _____ . _____
* break*
FREE RELAYS (6-11)
100 BACK (12) _____ : _____ . _____
200 BREAST (13) _____ : _____ . _____
50 FREE (14) _____ : _____ . _____
* break*
MEDLEY RELAYS (15-18)

400 IM (19) _____ : _____ . _____
100 BREAST (20) _____ : _____ . _____
200 BACK (21) _____ : _____ . _____
50 FLY (22) _____ : _____ . _____
* break*
MIXED FREE RELAYS (23-25)
200 IM (26) _____ : _____ . _____
100 FREE (27) _____ : _____ . _____
200 FLY (28) _____ : _____ . _____
50 FREE (29) _____ : _____ . _____
MIXED MEDLEY RELAYS (30-31)
* break*
1650 FREE (32) _____ : _____ . _____

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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



Local Team Registration

This form must be postmarked by the entry deadlines of the 2004 OMS Association Championship and the 2004 OMS Open Water Championships, in order for a team to compete as a "local team" at those events.

TEAM NAME _____ **ABBREVIATION** _____

TEAM REPRESENTATIVE INFORMATION (must be an OMS member)

Rep. Name _____

Address _____

Phone 1 _____ **Phone 2** _____

Email _____

COACH INFORMATION

Coach Name _____

Address _____

Phone 1 _____ **Phone 2** _____

Email _____

POOL INFORMATION

Pool Name _____

Address _____

Phone 1 _____

Workout Schedule _____

Mail to: DOUG CHRISTENSEN, MEMBERSHIP CHAIR, 11700 SW RIDGECREST DR.
BEAVERTON, OR 97008 (dchrister@safewaynw.org)



OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING YEAR 2004 REGISTRATION

Renewal - 2003 USMS # _____

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
 Electronic Delivery (Starting in March I prefer to receive the Aqua Master electronically)

Club: OMS is comprised of two clubs or you may register unattached. OREG MACO UNATTACHED
(Unattached members cannot swim in relays)

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

- | | | |
|--|--|---|
| Albany Masters ALB | LaCamas Aqua Masters. . . . LCAM | Rogue Valley Masters. RVM |
| Central Oregon Masters COMA | Mt. Hood Masters MHM | Southern Oregon Masters. SOM |
| Circumnavigating Beavers CBAT | Multnomah Athletic Club MACO | Steelheads STHD |
| Columbia Gorge Masters CGM | North Clackamas Masters NCMS | Tigard-Tualatin Masters TTM |
| Columbia River Swim Masters CRSM | Oregon City Swim Team. OCST | Tualatin Hills Barracudas THB |
| Corvallis Aquatic Masters CAT | Oregon Wetmasters OWET | No Local Team NLT |
| Emerald Aquatics. EA | Parkrose Masters Swim Team. PMST | |
| Eugene Nomads. EN | Pendleton Masters. PEND | |
| Fishstick Masters FISH | Portland Aquatic Club PAC | |

\$38.00 Single Registration: Valid November 1, 2003 to December 31, 2004. Make checks payable to OMS, Inc.
\$66.00 Joint registration: Two members at one address/One Aqua-Master. **One Registration Form per member please.**
Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

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

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

Signature: _____ **Date:** _____

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

2003-04 Meet SCHEDULE

Date	Event	Location	Contact
Pool Meets			
*Nov. 2	SCY	NIKE - Beaverton, OR	Jeanne Teisher Jeanne.Teisher@nike.com
*Nov. 8-9	Zone SCM	South Kitsap, WA	Steve Peterson speterson@bandwagon.net
*Dec. 6-7	SCM	Camas, WA (Near Vancouver)	Bert Petersen petersen@exchangenet.net
*Jan 10	SCY	Eugene, OR	Ginny Hoke virginiawildberry@yahoo.com
Feb. 7	SCY	Pentathlon - Beaverton, OR	TBA
March 7	SCY	Mt. Hood CC - Gresham, OR	Phil King kingp@mhcc.cc.or.us
April 2-4	Assn. Champs	Bend, OR	Kristin Brooks bendbrooks@aol.com
June 19	LCM	Beaverton, OR	TBA
July 10-11	St.Games LCM	Mt. Hood CC - Gresham, OR	Kristi Gustafson kristigus@aol.com Buz Carriker bzcarriker@aol.com
National Championships			
April 22-25	SCY	Indianapolis, IN	www.usms.org
Aug. 12-15	LCM	Savannah, GA	www.usms.org
Postal Championships 2003-04			
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
Jan. 2004	1 Hour Swim	nancyridout@mindspring.com or www.usms.org	

Aqua Master
October 2003

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

**Nonprofit
Organization**
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Permit No. 1292

Inside: Zone LCM Results and Entry Blanks