



Aqua Master

USMS 2004 Newsletter of the Year

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“Swimming for Life”

Oregon Ladies are World Class



Photo by Bruce Hughes

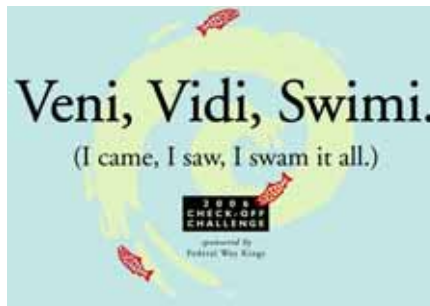
Valerie Jenkins, Collette Crabbe, Joy Ward and Karen Andrus-Hughes set a World Record in the 200 Medley Relay at the NW Zone SCM Championships. The former record was set in 2002 by Great Britain. Full results from the Zone Meet are on pages 6-10

Inside For You

Chair's Corner	2
Announcements	3
Fitness	4
Long Distance	5
Results -SCM Zone	6-10
Entry Blanks	
Clinic	11
Animal Meet	12
Pentathlon	13
2006 Team Registration	14
2006 OMS/USMS Registration	15
Schedule	Back Cover

Veni, Vidi, Swimi.

(I came, I saw, I swam it all.)



Federal Way Kings Masters Swimmers present a “Latin Challenge” to your swimming abilities: What is the Check-off Challenge?

The Check-Off Challenge is a postal event designed to motivate swimmers to complete as many of the 18 “pool” events as possible during the 2006 calendar year. It challenges all levels of swimmers. Novice swimmers can swim events that they never

have before. Experienced swimmers can try for their personal best times in as many events as practical. Simply “Check-off” each swim on your t-shirt when you complete the event. The events may be swum in practice or in meets during 2006.

Contact Hugh Moore swimmoore@comcast.net or www.usms.org for more info.

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**Connie Wilson and
Earl Walter - Historian**

Chair's Corner by Jody Welborn

Happy Holidays everyone!

The holiday season provides great opportunities for reflection, about the year past and about the year to come. It gives us a chance to reflect on the good and the bad, the changes we hope to see, and to set a path for the future. It once again shows me the blessings of my family and my work.

There is a scene in the movie "City Slicker" with Billy Crystal as the 40-something guy with the mid-life crisis (Mitch) and Jack Palance as the grizzled, wise old cowboy (Curly). At one point Curly looks at Mitch and says, "You know what the secret to life is? "

"No, what?" asks Mitch.

Curly holds up one finger. "One thing, Just one thing. You stick to that, and everything else don't mean nothing."

"That's great," says Mitch, "but what's the one thing? "

Curly give the age old wise look and says, "That's what you've got to figure out."

That scene crystallizes a lot for me, simplifying the search for life's happiness to a single pointed finger. Of course, it is too simple (what fiction isn't) as many of us will hold up 3, maybe 4 fingers. But the message is you must find your passion, yours and yours alone.

For me (although I would hold up several fingers) swimming is that passion. It touches and invigorates every part of my life. I am able to swim with a truly great coach who helps me improve while he trains to prove age is no boundary. I am able to swim with truly great lane mates who have stories to tell that fill up my head better than television (Tam: Stay away from that dog-park). I am able to share my passion for swimming with my daughter who has recently started Masters swimming and my granddaughter who cannot wait to swim with mama and grandma. I am able to use my skills as a physician to help swimmers with questions and to help friends with problems. And I am able to be part of OMS, one of the best swimming volunteer organizations in United States Masters Swimming. And next year the World Masters Championships in Palo Alto will offer a chance to swim with the world.

I know that many in Oregon Masters share my passion. Join us next summer and share your passion at the World Championships. And show everyone why Swimming is A Life's Passion.

And

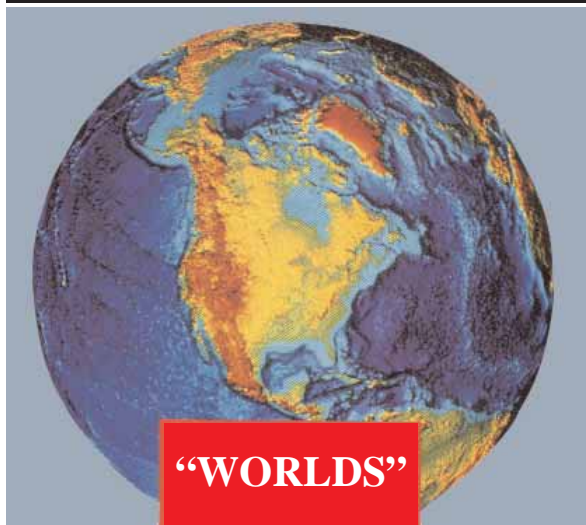
Remember,

swimming is for life
and life matters.



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 Tia Sitton 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



XI FINA World Masters Championships Email Group for OMS Members!

We now have a newly created email group for those interested in announcements regarding the XI FINA World Championships in California (August, 2006). Members in this group have the ability to easily and conveniently send out email messages to all of the other members in this group. The content of the email messages will be limited (and reviewed!) to announcements regarding the World Championships, OMS related activities (housing, travel etc.), OMS activities at the meet (relays, meeting places) and general comments and concerns by the group members.

If you are interested in becoming a member of this email group – simply email Mary Sweat at omsemail@swimoregon.org and say "add me to the World Masters email list"! A description of how to use the group email list will be mailed to you promptly upon receipt of your request!

Attention: XI FINA World Masters Championship Attendees!

On behalf of the OMS board, Mary Sweat (omsemail@swimoregon.org) has been asked to maintain a list of OMS swimmers that are actually going to the World Masters Championship Meet. Please let her know when you decide to attend and have submitted your entry form (hopefully available early 2006 on-line). This information is intended strictly for use by the OMS coaches and board members for communication purposes.



OMS Email Groups

During the past year we have successfully used our two basic OMS email groups for communication purposes. Many announcements were made in a timely manner and it is hoped that this form of communication is useful to the OMS community.

General announcements regarding OMS activities, meets, upcoming events and general items of interest are sent to the OMS email group. Our group currently has over 500 members receiving this information. If you have listed an email address on your 2006 OMS / USMS registration form you will automatically be placed on this list. There is also another email group that is notified when a new issue of the AquaMaster is available on line. This list is created from the folks who checked the appropriate box (electronic version of the AquaMaster) on their registration form.

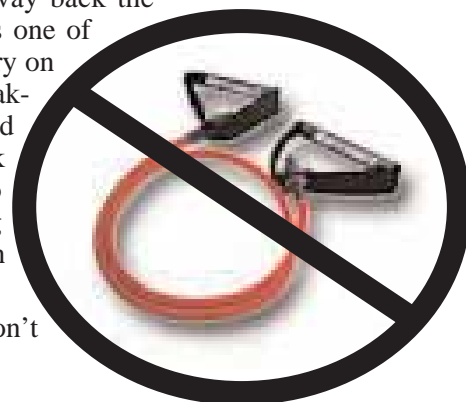
The email addresses in these groups are kept strictly confidential and are stored and maintained on the secure USMS server. If at any time you wish to be added or removed from either of these lists – please email Mary Sweat (omsemail@swimoregon.org) and your request will be processed. You will be promptly notified of the actions taken. If you think you are on one of the lists but have not received emails – please send Mary a note from the email address you wish to receive information at.



Training While Traveling Update

The Aqua Master has printed several articles about hints for training while you are traveling. One of the ideas was to carry “stretch cords” which you could use in your hotel room. Recently your Aqua Master Editor traveled to Italy. I took my stretch cords with me. I thought of them at the last minute so I just tossed them in my carry on bag. No problem with Security in the U.S. We traveled through Italy and had a great time. On the way back the stretch cords remained in my carry on bag. At DeGualle Airport in Paris, I was one of those lucky ones who was pulled out of line and had a complete search of my carry on bag. When they came to my stretch cords they became very concerned. Not speaking French I tried to pantomime how I used them. Another checker was called and the two of them conferred. Then I was told to wait while they went inside to check with the supervisor. When they came back they they had a another person who could speak a little English. I was informed that the stretch cords were being taken away from me because I could “CHOKE” someone with them. They even pantomimed exactly how I choke someone with them. So goodbye stretch cords.

I am letting you know this so you can be very careful around me. You really don't want to mess with an International Swimming Terrorist.



F i t n e s s



**Jani
Sutherland
Fitness
Chair**



Fitness Goals

Fitness is described on the USMS Fitness website as 1) the state of being fit, 2) good health and physical condition, especially as the result of exercise and proper nutrition.

Being fit means different things to different people. I'm very competitive and to me being fit means being able to compete and swim at my best. I swim with people who would never dream of entering a meet or participating in an open water swim. Their fitness goals are different than mine and that's ok.

I recently had back surgery and that changed my definition of fitness, at least temporarily. Instead of competing in the Freestyle Pentathlon in October and at Zones in November as planned, my fitness goal was to walk around the block. Still competitive I kept track of my mileage to see how far I could walk in a day.

My fitness goals changed again after my post-op visit with

the surgeon. Prior to surgery he had told me two weeks out of the water to let the incision heal. I was planning on jumping back in and picking up where I left off. With my 2 weeks up I asked if I could go to practice. He said yes but he doubted I would be able to swim. He about went into cardiac arrest when he asked what I swam and I said I was a distance freestyler. He asked how my dog paddle was. I went to practice to prove him wrong. Instead, he was right, I couldn't swim. I re-adjusted my fitness goals.

The New Year is upon us and this is the time of year that we often review our fitness goals (past and present). Be sure the goals you chose are suited to you and your current lifestyle, health and fitness level. Don't set a goal just because you were able to accomplish it 5 years ago, or because your lane mate has a certain goal. Sharing goals can be motivational but make sure it works for you. A more realistic shared goal might be to meet each morning for practice.

The Hour Swim in January is a good way to gauge your fitness. You can be as competitive or non-competitive as you like. You can go all out or hang on the wall when you need to. I'll be using the Hour Swim to gauge where I am in my fitness as I return to swimming. I am able to swim freestyle and backstroke, my goal is to be able to do flip turns for the hour swim.

Use the Hour Swim to gauge your own fitness. We all swim for an hour or more at practice so it's not out of reach. Set your fitness goals and don't be afraid to re-adjust them whenever necessary.

Photos from the N. W. Zone SCM Championship by Pete Metzger



This is a test

Steve Parmentier is:

- A. Showing the size of the last fish he caught.
- B. Demonstrating the proper placement of the hands and arms in the butterfly.
- C. Indicating how much he was ahead in the 50 Free.
- D. Indicating how much he was behind in the 50 Fly.
- E. One happy guy celebrating a great meet.
- D. All of the above

First correct answer to the Aqua Master will receive a free racing cap.

Long Distance Swimming



Bob Bruce
Long Distance
Chair



**How far can you swim in one hour?
There's only one way to find out.**

I strongly encourage you to participate in the One-Hour

Postal Swim, the ever-popular kickoff

to the new calendar year. Postal swims were invented and designed to encourage endurance participation from the whole spectrum of fitness swimmers in local pools, eliminating the need to travel far to participate.

The USMS long distance postal swim series began in 1977 when the One-Hour Swim was first contested. It proved to be popular immediately, and has grown to the point where more than 2200 Masters Swimmers participate each year, becoming the largest annual event in the nation. You can do this too!

All swimmers can benefit from doing the One-Hour Swim! You don't have to be fast. The distances involved are not overwhelming, they can usually be done in your home pool (25-yard pools or longer are required), and they can be completed within the one-hour

time frame of a typical practice session. This swim can be approached in several different ways. Many swimmers treat it simply as a training event, an opportunity for a long aerobic swim. Others regard it as a chance to practice pacing. Still others use it to measure their conditioning. And, of course, many view it as a racing opportunity. Coaches love the postal swims for all reasons. Participation is easy, cheap, and fun!

Information & entry blanks: Find them at www.usms.org in the Long Distance Championship section. Remember that you have to complete the swim during January and meet the February 17th entry reception deadline in order to enter the National Event.

Relays: If you are an Oregon Club member, have entered the National Event (!), and wish to be considered for Oregon Relays, please send your name, age, distance, & 2006 USMS number to me at coachbob@bendbroadband.com by February 10th. If you are a Multnomah Club member, please contact the MACO coaches. Relays are free to OMS participants.

OMS Top Twelve: Check the Oregon All-time Top 12 in the One-Hour Swim at www.swimoregon.org in the Long Distance section. Perhaps you too can make some Oregon history in this event, but you have to swim the hour and enter the National event to be eligible.

So organize your group, swim well, and have fun! I would love to see 100 OMS-registered swimmers participate

this year.

Good Luck and good swimming!

10 Reasons to do the One-Hour Swim

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



Mark Wren and daughter



Colette Crabbe

NW Zone SCM Championships - Nov. 19-20

N = Breaks listed National Record
Z = Zone Record
O = Oregon Record
Women 25-29

50 SC Meter Freestyle			
1	Upshaw, Meg	28 OREG	31.55
2	Botha, Adele	25 PNA	32.01
100 SC Meter Freestyle			
1	Thies, Lauren	26 MACO	58.35 Z
2	Botha, Adele	25 PNA	1:11.08
3	Crandell, Kelly	25 PNA	1:12.27
200 SC Meter Freestyle			
1	Thies, Lauren	26 MACO	2:06.98 Z
2	Upshaw, Meg	28 OREG	2:37.35
3	Botha, Adele	25 PNA	2:40.36
400 SC Meter Freestyle			
1	Upshaw, Meg	28 OREG	5:46.07
50 SC Meter Backstroke			
1	Crandell, Kelly	25 PNA	41.84
100 SC Meter Backstroke			
1	Crandell, Kelly	25 PNA	1:29.72
200 SC Meter Backstroke			
1	Crandell, Kelly	25 PNA	3:10.48
50 SC Meter Breaststroke			
1	Upshaw, Meg	28 OREG	42.91
100 SC Meter Breaststroke			
1	Crandell, Kelly	25 PNA	1:31.98
50 SC Meter Butterfly			
1	Thies, Lauren	26 MACO	29.53 Z
2	Crandell, Kelly	25 PNA	37.85
100 SC Meter Butterfly			
1	Thies, Lauren	26 MACO	1:05.72 Z
100 SC Meter IM			
1	Thies, Lauren	26 MACO	1:08.01 Z
2	Crandell, Kelly	25 PNA	1:24.80

Women 30-34

50 SC Meter Freestyle			
1	Weeks, Nicole	33 OREG	28.87
100 SC Meter Freestyle			
1	Weeks, Nicole	33 OREG	1:03.32
2	Cohen, Elise	31 OREG	1:14.30
800 SC Meter Freestyle			
1	Simpson, Shauna	34 OREG	11:29.87
50 SC Meter Breaststroke			
1	Weeks, Nicole	33 OREG	37.73 O
2	Cohen, Elise	31 OREG	45.53
100 SC Meter Breaststroke			
1	Maccollum, J.	30 OREG	1:33.99
50 SC Meter Butterfly			
1	Weeks, Nicole	33 OREG	31.66 O
2	Simpson, Shauna	34 OREG	35.49
100 SC Meter Butterfly			
1	Simpson, Shauna	34 OREG	1:19.71
100 SC Meter IM			
1	Weeks, Nicole	33 OREG	1:13.78

Women 35-39

50 SC Meter Freestyle			
1	Tyrrell, Laura	38 MACO	30.26
2	Schultz, Stephanie	39 OREG	31.72
3	Singer, Shannon	35 PNA	37.48
4	Simmons, S	39 OREG	38.83
100 SC Meter Freestyle			
1	Schultz, Stephanie	39 OREG	1:08.21
2	Marsh, Kathy	38 OREG	1:16.95

3	Shaw, Susan	38 OREG	1:19.54
4	Alvord, Linnea	38 MACO	1:22.90
5	Singer, Shannon	35 PNA	1:25.11
200 SC Meter Freestyle			
1	Schultz, Stephanie	39 OREG	2:26.66
2	Tyrrell, Laura	38 MACO	2:27.38
3	Shaw, Susan	38 OREG	2:50.58
4	Singer, Shannon	35 PNA	3:02.04
5	Alvord, Linnea	38 MACO	3:02.92
400 SC Meter Freestyle			
1	Shaw, Susan	38 OREG	6:00.64
2	Alvord, Linnea	38 MACO	6:26.63
3	Singer, Shannon	35 PNA	6:48.60
800 SC Meter Freestyle			
1	Tyrrell, Laura	38 MACO	10:15.49 O
2	Alvord, Linnea	38 MACO	13:27.11
3	Singer, Shannon	35 PNA	14:11.71
1500 SC Meter Freestyle			
1	Alvord, Linnea	38 MACO	25:20.24
2	Singer, Shannon	35 PNA	26:27.70
50 SC Meter Backstroke			
1	Singer, Shannon	35 PNA	44.55
100 SC Meter Backstroke			
1	Marsh, Kathy	38 OREG	1:32.26
2	Simmons, S	39 OREG	1:37.96
3	Shaw, Susan	38 OREG	1:39.47
200 SC Meter Backstroke			
1	Shaw, Susan	38 OREG	3:31.04
2	Singer, Shannon	35 PNA	3:33.21
100 SC Meter Breaststroke			
1	Tyrrell, Laura	38 MACO	1:30.49
2	Marsh, Kathy	38 OREG	1:34.47
50 SC Meter Butterfly			
1	Schultz, Stephanie	39 OREG	35.93
100 SC Meter Butterfly			
1	Marsh, Kathy	38 OREG	1:35.48
100 SC Meter IM			
1	Schultz, Stephanie	39 OREG	1:23.50
200 SC Meter IM			
1	Marsh, Kathy	38 OREG	3:10.57

Women 40-44

50 SC Meter Freestyle			
1	Snider, Pam	44 OREG	36.72
2	Baldwin, Lori	43 PNA	50.60
100 SC Meter Freestyle			
1	Jenkins, Valerie	42 OREG	1:06.56
2	Baldwin, Lori	43 PNA	2:02.84
200 SC Meter Freestyle			
1	Jenkins, Valerie	42 OREG	2:24.80
2	Baldwin, Lori	43 PNA	4:30.65
400 SC Meter Freestyle			
1	Baldwin, Lori	43 PNA	10:26.12
800 SC Meter Freestyle			
1	Baldwin, Lori	43 PNA	20:04.72
1500 SC Meter Freestyle			
1	Baldwin, Lori	43 PNA	39:20.25
50 SC Meter Breaststroke			
1	Snider, Pam	44 OREG	47.58
100 SC Meter Breaststroke			
1	Snider, Pam	44 OREG	1:35.86
200 SC Meter Breaststroke			

1	Snider, Pam	44 OREG	3:25.55
50 SC Meter Butterfly			
1	Jenkins, Valerie	42 OREG	32.99
100 SC Meter IM			
1	Snider, Pam	44 OREG	1:27.98
200 SC Meter IM			
1	Snider, Pam	44 OREG	3:06.22

Women 45-49

50 SC Meter Freestyle			
1	Crabbe, Colette	49 OREG	30.71
2	Foley, Sharon	45 MACO	31.49
3	Burkholder, Jody	47 OREG	34.12
4	Lamoureux, Lori	46 MVM	34.37
5	Fitzpatrick, Clare	45 OREG	38.23
6	Mann, Charlene	48 UNAT	38.81
7	Redwine, Roxanne	46 OREG	43.66
100 SC Meter Freestyle			
1	Foley, Sharon	45 MACO	1:12.66
1	Vincent, Nancy	46 OREG	1:12.66
3	Burkholder, Jody	47 OREG	1:14.54
4	Fox, Christina	45 OREG	1:22.97
200 SC Meter Freestyle			
1	Andrus-Hughes, K	48 OREG	2:23.32
2	Fox, Christina	45 OREG	2:57.77
400 SC Meter Freestyle			
1	Goodman, Ann	46 OREG	5:51.28
2	Fox, Christina	45 OREG	6:19.31
800 SC Meter Freestyle			
1	Crabbe, Colette	49 OREG	10:26.55 O
50 SC Meter Backstroke			
1	Andrus-Hughes, K	48 OREG	32.80
2	Goodman, Ann	46 OREG	39.60
3	Foley, Sharon	45 MACO	43.53
100 SC Meter Backstroke			
1	Andrus-Hughes, K	48 OREG	1:12.82
2	Goodman, Ann	46 OREG	1:23.33
3	Fox, Christina	45 OREG	1:29.08
4	Foley, Sharon	45 MACO	1:33.02
200 SC Meter Backstroke			
1	Andrus-Hughes, K	48 OREG	2:43.14
2	Goodman, Ann	46 OREG	3:01.67
3	Fox, Christina	45 OREG	3:13.53
50 SC Meter Breaststroke			
1	Crabbe, Colette	49 OREG	38.23
2	Vincent, Nancy	46 OREG	43.22
3	Burkholder, Jody	47 OREG	43.23
4	Fitzpatrick, Clare	45 OREG	46.31
5	Redwine, Roxanne	46 OREG	49.74
100 SC Meter Breaststroke			
1	Crabbe, Colette	49 OREG	1:20.84 Z
2	Burkholder, Jody	47 OREG	1:34.78
3	Lamoureux, Lori	46 MVM	1:38.46
4	Fox, Christina	45 OREG	1:39.91
5	Fitzpatrick, Clare	45 OREG	1:43.20
6	Mann, Charlene	48 UNAT	1:47.26
200 SC Meter Breaststroke			
1	Vincent, Nancy	46 OREG	3:17.18
50 SC Meter Butterfly			
1	Worden, Laura	48 OREG	34.57
2	Foley, Sharon	45 MACO	35.46
3	Straley, Deidre	49 OREG	36.43

4 Lamoureux, Lori 46 MVM 39.31
 5 Mann, Charlene 48 UNAT 47.37
 100 SC Meter Butterfly
 1 Worden, Laura 48 OREG 1:19.36
 2 Foley, Sharon 45 MACO 1:29.18
 100 SC Meter IM
 1 Crabbe, Colette 49 OREG 1:13.91
 2 Fitzpatrick, Clare 45 OREG 1:41.47
 200 SC Meter IM
 1 Fox, Christina 45 OREG 3:20.55
 400 SC Meter IM
 1 Worden, Laura 48 OREG 6:26.00
 2 Goodman, Ann 46 OREG 6:50.91

Women 50-54

50 SC Meter Freestyle
1 Richards, Robyn 51 OREG 31.97 O
 2 Budd, Elizabeth 51 OREG 36.27
 3 Royle, Mary Anne 53 OREG 36.71
 4 Young, Maggi 50 OREG 47.88
 5 Anderson, Shelley 51 OREG 48.28
 100 SC Meter Freestyle
1 Richards, Robyn 51 OREG 1:15.02 O
 2 Young, Maggi 50 OREG 1:44.33
 3 Anderson, Shelley 51 OREG 1:49.02
 200 SC Meter Freestyle
 1 Budd, Elizabeth 51 OREG 2:51.28
 400 SC Meter Freestyle
 1 Budd, Elizabeth 51 OREG 5:57.52
 800 SC Meter Freestyle
 1 Budd, Elizabeth 51 OREG 12:15.18
 1500 SC Meter Freestyle
 1 Budd, Elizabeth 51 OREG 23:33.08
 50 SC Meter Backstroke
 1 Royle, Mary Anne 53 OREG 42.56
 2 Coffeen, Linda 54 OREG 1:01.04
 100 SC Meter Backstroke
 1 Royle, Mary Anne 53 OREG 1:32.73
 2 Coffeen, Linda 54 OREG 2:05.62
 200 SC Meter Backstroke
 1 Royle, Mary Anne 53 OREG 3:25.31
 50 SC Meter Butterfly
1 Parisi, Robin 51 MACO 31.97 Z
 2 Richards, Robyn 51 OREG 36.20
 3 Budd, Elizabeth 51 OREG 41.12
 100 SC Meter IM
1 Parisi, Robin 51 MACO 1:15.75 Z
 2 Richards, Robyn 51 OREG 1:27.96
 3 Budd, Elizabeth 51 OREG 1:29.76
 200 SC Meter IM
 1 Budd, Elizabeth 51 OREG 3:16.09
Women 55-59
 50 SC Meter Freestyle
 1 Rousseau, Sandi 58 OREG 36.33
 100 SC Meter Freestyle
 1 Rousseau, Sandi 58 OREG 1:22.01
 200 SC Meter Freestyle
 1 Rousseau, Sandi 58 OREG 3:03.54
 2 Moore, Jane 55 PNA 3:30.45
 400 SC Meter Freestyle
 1 Moore, Jane 55 PNA 7:26.54
 800 SC Meter Freestyle
 1 Staley, Darlene 55 OREG 12:58.60
 2 Casey, Kathrine 57 PNA 13:08.68
 3 Moore, Jane 55 PNA 15:20.94
 1500 SC Meter Freestyle
 1 Staley, Darlene 55 OREG 24:58.60

2 Casey, Kathrine 57 PNA 25:45.19
 3 Moore, Jane 55 PNA 29:39.12
 100 SC Meter Backstroke
 1 Rousseau, Sandi 58 OREG 1:42.02
 2 Moore, Jane 55 PNA 2:12.44
 200 SC Meter Backstroke
 1 Casey, Kathrine 57 PNA 3:18.85
 2 Staley, Darlene 55 OREG 3:24.15
 3 Moore, Jane 55 PNA 4:21.51
 50 SC Meter Breaststroke
 1 Pierson, Ginger 59 MACO 41.69
 100 SC Meter Breaststroke
 1 Pierson, Ginger 59 MACO 1:32.53
 200 SC Meter Breaststroke
 1 Pierson, Ginger 59 MACO 3:24.62
 2 Casey, Kathrine 57 PNA 3:56.39
 3 Staley, Darlene 55 OREG 4:03.79
 50 SC Meter Butterfly
 1 Rousseau, Sandi 58 OREG 40.04
 2 Pierson, Ginger 59 MACO 41.96
 100 SC Meter Butterfly
 1 Pierson, Ginger 59 MACO 1:33.28
 200 SC Meter Butterfly
 1 Pierson, Ginger 59 MACO 3:21.53
 2 Staley, Darlene 55 OREG 3:38.90
 3 Casey, Kathrine 57 PNA 3:46.48
 100 SC Meter IM
 1 Pierson, Ginger 59 MACO 1:29.90
 2 Rousseau, Sandi 58 OREG 1:37.72
 200 SC Meter IM
 1 Pierson, Ginger 59 MACO 3:24.71
 400 SC Meter IM
 1 Staley, Darlene 55 OREG 7:08.22
 2 Casey, Kathrine 57 PNA 7:27.74
Women 60-64
 50 SC Meter Freestyle
 1 Pronk, Bonnie 63 MSBC 34.68
 2 Calnek-Morris, S 62 ARIZ 37.97
 100 SC Meter Freestyle
 1 Ward, Joy 63 OREG 1:23.03
 2 Calnek-Morris, S 62 ARIZ 1:25.56
 200 SC Meter Freestyle
 1 Calnek-Morris, S 62 ARIZ 3:14.15
 400 SC Meter Freestyle
 1 Calnek-Morris, S 62 ARIZ 6:33.43
 2 Whiter, Peggy 62 OREG 7:23.27
 3 Johnson, Annette 62 UNAT 8:00.69
 800 SC Meter Freestyle
 1 Calnek-Morris, S 62 ARIZ 13:17.93
 2 Whiter, Peggy 62 OREG 15:36.45
 1500 SC Meter Freestyle
 1 Calnek-Morris, S 62 ARIZ 25:19.93
 100 SC Meter Backstroke
 1 Ward, Joy 63 OREG 1:29.82
 2 Whiter, Peggy 62 OREG 2:01.74
 200 SC Meter Backstroke
 1 Ward, Joy 63 OREG 3:12.67
 50 SC Meter Breaststroke
 1 Pronk, Bonnie 63 MSBC 42.70
 2 Whiter, Peggy 62 OREG 1:01.49
 200 SC Meter Breaststroke
 1 Pronk, Bonnie 63 MSBC 3:20.60
 100 SC Meter IM
 1 Pronk, Bonnie 63 MSBC 1:28.35
 400 SC Meter IM
 1 Pronk, Bonnie 63 MSBC 6:46.21

Women 65-69

50 SC Meter Freestyle
 1 Schroder, Kaleo 69 OREG 54.41
 100 SC Meter Freestyle
 1 Schroder, Kaleo 69 OREG 2:02.54
 200 SC Meter Freestyle
 1 Schroder, Kaleo 69 OREG 4:31.83
 50 SC Meter Backstroke
 1 Schroder, Kaleo 69 OREG 1:05.96
 100 SC Meter Backstroke
 1 Schroder, Kaleo 69 OREG 2:21.30
 200 SC Meter Backstroke
 1 Schroder, Kaleo 69 OREG 5:20.52
 100 SC Meter Breaststroke
 1 Schroder, Kaleo 69 OREG 2:35.15
 200 SC Meter Breaststroke
1 Hodge, Peggie 65 OREG 4:16.99 O
 200 SC Meter Butterfly
1 Hodge, Peggie 65 OREG 4:27.58 Z
 200 SC Meter IM
 1 Hodge, Peggie 65 OREG 4:08.02
Women 70-74
 50 SC Meter Freestyle
 1 Kawabata, G 71 OREG 52.34
 100 SC Meter Freestyle
 1 Kawabata, G 71 OREG 2:01.80
 200 SC Meter Freestyle
 1 Kawabata, G 71 OREG 4:19.94
 50 SC Meter Backstroke
1 Kawabata, G 71 OREG 1:04.70 O
 100 SC Meter Backstroke
1 Kawabata, G 71 OREG 2:24.27 O
 50 SC Meter Breaststroke
 1 Kawabata, G 71 OREG 1:21.61
 50 SC Meter Butterfly
 1 Kawabata, G 71 OREG 1:16.59
Women 75-79
 50 SC Meter Freestyle
 1 Austen, Betsy 78 MACO 1:14.76
 100 SC Meter Freestyle
 1 Austen, Betsy 78 MACO 2:27.92
 200 SC Meter Freestyle
1 Roper, Gail 76 ARIZ 3:07.58 W
 2 Austen, Betsy 78 MACO 5:12.50
 400 SC Meter Freestyle
 1 Austen, Betsy 78 MACO 11:15.54
 1500 SC Meter Freestyle
1 Austen, Betsy 78 MACO 42:33.18 Z
 200 SC Meter Breaststroke
 1 Roper, Gail 76 ARIZ 4:09.28
 50 SC Meter Butterfly
 1 Roper, Gail 76 ARIZ 44.84
 100 SC Meter Butterfly
 1 Roper, Gail 76 ARIZ 1:50.76
Women 80-84
 50 SC Meter Freestyle
1 Stangel, Pauline 84 OREG 1:05.66 O
 200 SC Meter Freestyle
1 Stangel, Pauline 84 OREG 5:20.52 O
 200 SC Meter Backstroke
 1 Stevenin, Elfie 84 OREG 7:26.34
 100 SC Meter Breaststroke
1 Stangel, Pauline 84 OREG 3:03.30 O
 50 SC Meter Butterfly
 1 Stevenin, Elfie 84 OREG 2:24.98

100 SC Meter Butterfly	1 Stevenin, Elfie 84 OREG 6:18.40	1 Drawz, Troy 37 MACO 4:38.87	100 SC Meter Butterfly	1 Ruitter, Steven 40 PNA 1:03.41
400 SC Meter IM	1 Stevenin, Elfie 84 OREG 19:13.56	800 SC Meter Freestyle	2 Butcher, Gano 41 OREG 1:08.60	
Women 90-94		1 Kays, David 38 PNA 9:51.89	200 SC Meter Butterfly	
50 SC Meter Freestyle		1500 SC Meter Freestyle	1 Baker, Dennis 44 OREG 2:06.48 Z	
1 Buel, Hilda 91 OREG 2:12.79		1 Kays, David 38 PNA 18:39.69	2 Ruitter, Steven 40 PNA 2:22.51	
200 SC Meter Freestyle		50 SC Meter Breaststroke	100 SC Meter IM	
1 Buel, Hilda 91 OREG 11:16.96 Z		1 Larsen, Jon-Erik 38 OREG 33.71	1 Peters, Keith 40 OREG 1:05.71	
200 SC Meter Backstroke		2 Ness, Kerry 36 PNA 42.80	2 Oliva, Tomas 43 MACO 1:08.07	
1 Buel, Hilda 91 OREG 10:16.22 Z		100 SC Meter Breaststroke	200 SC Meter IM	
50 SC Meter Butterfly		1 Kays, David 38 PNA 1:15.05	1 Ruitter, Steven 40 PNA 2:22.87	
1 Buel, Hilda 91 OREG 4:40.30		2 Ness, Kerry 36 PNA 1:37.65	2 Butcher, Gano 41 OREG 2:40.59	
Men 18-24		200 SC Meter Breaststroke	400 SC Meter IM	
200 SC Meter Freestyle		1 Kays, David 38 PNA 2:46.99	1 Baker, Dennis 44 OREG 4:44.38 Z	
1 Cleary, Kevin 22 OREG 2:20.05		2 Ness, Kerry 36 PNA 3:39.80	2 Ruitter, Steven 40 PNA 5:04.92	
2 Bartley, Ryan 22 OREG 2:34.09		50 SC Meter Butterfly	Men 45-49	
400 SC Meter Freestyle		1 Drawz, Troy 37 MACO 28.45	50 SC Meter Freestyle	
1 Cleary, Kevin 22 OREG 5:14.12 O		2 Larsen, Jon-Erik 38 OREG 30.32	1 Spencer, Don 48 PNA 28.25	
2 Bartley, Ryan 22 OREG 5:31.85		100 SC Meter Butterfly	2 Stelzer, Keith 46 OREG 29.02	
50 SC Meter Butterfly		1 Drawz, Troy 37 MACO 1:05.61	3 Mann, Edward 48 UNAT 29.50	
1 Cleary, Kevin 22 OREG 31.41		100 SC Meter IM	4 Sumerfield, Bill 45 OREG 29.83	
100 SC Meter IM		1 Larsen, Jon-Erik 38 OREG 1:11.28	5 Koch, Steve 48 OREG 29.98	
1 Cleary, Kevin 22 OREG 1:13.62		2 Ness, Kerry 36 PNA 1:34.56	6 Eichner, Doug 47 OREG 33.46	
Men 25-29		400 SC Meter IM	100 SC Meter Freestyle	
50 SC Meter Breaststroke		1 Kays, David 38 PNA 5:22.28	1 Spencer, Don 48 PNA 1:01.89	
1 Berlin, Noel 26 MACO 32.43 Z		Men 40-44	2 Eichner, Doug 47 OREG 1:10.61	
100 SC Meter Breaststroke		50 SC Meter Freestyle	200 SC Meter Freestyle	
1 Berlin, Noel 26 MACO 1:10.60 O		1 Parmentier, Steve 40 OREG 27.99	1 Otto, Douglas 46 MACO 2:14.57	
200 SC Meter Breaststroke		2 Gaarder, Chris 40 OREG 28.58	2 Spencer, Don 48 PNA 2:17.68	
1 Berlin, Noel 26 MACO 2:34.65 O		3 Turcott, Michael 42 PNA 31.42	3 Wren, Mark 47 OREG 2:28.84	
Men 30-34		100 SC Meter Freestyle	4 Mann, Edward 48 UNAT 2:36.61	
100 SC Meter Freestyle		1 Butcher, Gano 41 OREG 1:00.41	5 Eichner, Doug 47 OREG 2:47.62	
1 Rosaria, Steven 31 PNA 1:02.48		2 Mirho, Charles 41 OREG 1:01.48	400 SC Meter Freestyle	
2 Effgen, Maximilian33 UNAT 1:12.13		3 Kline, William 44 OREG 1:05.69	1 Munro, Stuart 48 MACO 5:23.32	
400 SC Meter Freestyle		200 SC Meter Freestyle	2 Fairhurst, Jon 47 OREG 5:37.82	
1 Van Andel, R 31 OREG 4:43.37		1 Peters, Keith 40 OREG 2:12.54	3 Eichner, Doug 47 OREG 6:11.65	
2 Effgen, Maximilian33 UNAT 5:52.97		2 Kline, William 44 OREG 2:31.75	800 SC Meter Freestyle	
800 SC Meter Freestyle		3 Turcott, Michael 42 PNA 2:51.24	1 Ramsey, Ed 49 OREG 10:49.32	
1 Van Andel, R 31 OREG 9:43.32		400 SC Meter Freestyle	1500 SC Meter Freestyle	
100 SC Meter Backstroke		1 Gaarder, Chris 40 OREG 5:10.79	1 Fairhurst, Jon 47 OREG 22:57.08	
1 Cohen, Joshua 34 OREG 1:18.05		800 SC Meter Freestyle	2 Eichner, Doug 47 OREG 24:59.24	
50 SC Meter Breaststroke		1 Mirho, Charles 41 OREG 11:02.21	50 SC Meter Backstroke	
1 Rosaria, Steven 31 PNA 36.66		1500 SC Meter Freestyle	1 Crist, Bruce 49 PNA 33.59	
2 Effgen, Maximilian33 UNAT 40.27		1 Turcott, Michael 42 PNA 26:35.82	100 SC Meter Backstroke	
100 SC Meter Breaststroke		50 SC Meter Breaststroke	1 Otto, Douglas 46 MACO 1:10.69	
1 Van Andel, R 31 OREG 1:15.95		1 Parmentier, Steve 40 OREG 31.73	2 Crist, Bruce 49 PNA 1:12.72	
200 SC Meter Breaststroke		100 SC Meter Backstroke	3 Ramsey, Ed 49 OREG 1:16.81	
1 Van Andel, R 31 OREG 2:48.72		1 Peters, Keith 40 OREG 1:07.35	200 SC Meter Backstroke	
2 Cohen, Joshua 34 OREG 2:50.88		2 Butcher, Gano 41 OREG 1:11.09	1 Otto, Douglas 46 MACO 2:32.30	
100 SC Meter Butterfly		3 Kline, William 44 OREG 1:21.72	2 Allender, Pat 47 OREG 2:35.83	
1 Van Andel, R 31 OREG 1:07.09		200 SC Meter Backstroke	3 Mann, Edward 48 UNAT 2:51.94	
100 SC Meter IM		1 Ruitter, Steven 40 PNA 2:24.86	4 Fairhurst, Jon 47 OREG 3:12.53	
1 Cohen, Joshua 34 OREG 1:13.85		50 SC Meter Breaststroke	5 Dowd, Mike 47 MACO 3:19.20	
400 SC Meter IM		1 Gaarder, Chris 40 OREG 34.45	50 SC Meter Breaststroke	
1 Van Andel, R 31 OREG 5:17.55		2 Oliva, Tomas 43 MACO 34.59	1 Taylor, Charles 49 UNAT 36.16	
Men 35-39		3 Mirho, Charles 41 OREG 35.63	2 Sumerfield, Bill 45 OREG 37.86	
50 SC Meter Freestyle		100 SC Meter Breaststroke	3 Dowd, Mike 47 MACO 39.40	
1 Drawz, Troy 37 MACO 26.38		1 Oliva, Tomas 43 MACO 1:15.43	4 Eichner, Doug 47 OREG 46.07	
2 Larsen, Jon-Erik 38 OREG 26.53		2 Gaarder, Chris 40 OREG 1:15.82	100 SC Meter Breaststroke	
3 Ness, Kerry 36 PNA 35.74		3 Butcher, Gano 41 OREG 1:19.62	1 Allender, Pat 47 OREG 1:12.06	
100 SC Meter Freestyle		200 SC Meter Breaststroke	2 Djang, Lincoln 46 MVM 1:12.34	
1 Drawz, Troy 37 MACO 58.68		1 Ruitter, Steven 40 PNA 2:45.45	3 Taylor, Charles 49 UNAT 1:19.49	
200 SC Meter Freestyle		2 Gaarder, Chris 40 OREG 2:52.84	4 Sumerfield, Bill 45 OREG 1:21.89	
1 Drawz, Troy 37 MACO 2:10.24		50 SC Meter Butterfly	5 Fairhurst, Jon 47 OREG 1:25.74	
400 SC Meter Freestyle		1 Ruitter, Steven 40 PNA 29.04	6 Dowd, Mike 47 MACO 1:25.88	
		2 Parmentier, Steve 40 OREG 29.40	7 Munro, Stuart 48 MACO 1:28.40	
		3 Turcott, Michael 42 PNA 38.59		

200 SC Meter Breaststroke

1	Allender, Pat	47 OREG	2:37.56
2	Taylor, Charles	49 UNAT	3:01.86
3	Dowd, Mike	47 MACO	3:08.31
4	Sumerfield, Bill	45 OREG	3:09.03
5	Munro, Stuart	48 MACO	3:14.00

50 SC Meter Butterfly

1	Spencer, Don	48 PNA	31.80
2	Mann, Edward	48 UNAT	34.59
3	Stelzer, Keith	46 OREG	34.79
4	Dowd, Mike	47 MACO	36.09
5	Koch, Steve	48 OREG	36.52

100 SC Meter Butterfly

1	Munro, Stuart	48 MACO	1:22.35
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200 SC Meter Butterfly

1	Robinson, Dan	48 PNA	2:33.62
2	Munro, Stuart	48 MACO	2:59.61

100 SC Meter IM

1	Allender, Pat	47 OREG	1:07.11
2	Otto, Douglas	46 MACO	1:08.10
3	Spencer, Don	48 PNA	1:13.10
4	Ramsey, Ed	49 OREG	1:16.28
5	Dowd, Mike	47 MACO	1:22.72

200 SC Meter IM

1	Allender, Pat	47 OREG	2:24.37
2	Crist, Bruce	49 PNA	2:44.88
3	Fairhurst, Jon	47 OREG	2:56.71
4	Taylor, Charles	49 UNAT	2:57.75
5	Dowd, Mike	47 MACO	3:00.32

400 SC Meter IM

1	Djang, Lincoln	46 MVM	4:52.80
2	Allender, Pat	47 OREG	5:10.77 O
3	Dowd, Mike	47 MACO	6:19.09
4	Munro, Stuart	48 MACO	6:25.76

Men 50-54

50 SC Meter Freestyle

1	Krauser, Larry	52 INWM	25.43
2	Bannon, Charles	53 SCSC	29.37
3	Yensen, Kermit	52 OREG	30.05
4	Schwetz, James	54 OREG	34.85

100 SC Meter Freestyle

1	Krauser, Larry	52 INWM	56.85
2	Tennant, Mike	52 OREG	59.93
3	Peyton, Mike	50 MACO	1:06.00

200 SC Meter Freestyle

1	Kevan, Stephen	51 OREG	2:16.37
2	Peyton, Mike	50 MACO	2:33.81
3	Worden, Mark	54 OREG	2:36.23
4	Schwetz, James	54 OREG	2:54.79

400 SC Meter Freestyle

1	Krauser, Larry	52 INWM	4:32.63
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800 SC Meter Freestyle

1	Krauser, Larry	52 INWM	9:31.93
2	Yensen, Kermit	52 OREG	11:20.21

1500 SC Meter Freestyle

1	Krauser, Larry	52 INWM	18:13.30
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50 SC Meter Backstroke

1	Edwards, Wes	52 OREG	31.73
2	Darnell, Stephen	51 OREG	43.23

100 SC Meter Backstroke

1	Edwards, Wes	52 OREG	1:08.35
2	Darnell, Stephen	51 OREG	1:38.08

200 SC Meter Backstroke

1	Edwards, Wes	52 OREG	2:30.93 O
2	Yensen, Kermit	52 OREG	3:01.03
3	Darnell, Stephen	51 OREG	3:38.74



Photo by Pete Metzger

All Americans Dennis Baker (top) and Lincoln Djang going head to head in the IM

50 SC Meter Breaststroke

1	Darnell, Stephen	51 OREG	49.19
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100 SC Meter Breaststroke

1	Worden, Mark	54 OREG	1:26.59
2	Darnell, Stephen	51 OREG	1:48.08

200 SC Meter Breaststroke

1	Darnell, Stephen	51 OREG	4:00.80
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50 SC Meter Butterfly

1	Kevan, Stephen	51 OREG	30.72
2	Bannon, Charles	53 SCSC	31.24
3	Moore, Hugh	51 PNA	32.78
4	Peyton, Mike	50 MACO	34.77
5	Schwetz, James	54 OREG	44.92

100 SC Meter Butterfly

1	Lautman, Scott	53 PNA	1:03.34
2	Worden, Mark	54 OREG	1:14.29
3	Moore, Hugh	51 PNA	1:15.02

200 SC Meter Butterfly

1	Lautman, Scott	53 PNA	2:27.47
2	Tennant, Mike	52 OREG	2:51.70 O
3	Moore, Hugh	51 PNA	2:54.14
4	Yensen, Kermit	52 OREG	2:56.17

100 SC Meter IM

1	Kevan, Stephen	51 OREG	1:10.32
2	Peyton, Mike	50 MACO	1:18.24
3	Moore, Hugh	51 PNA	1:20.39
4	Darnell, Stephen	51 OREG	1:36.31

200 SC Meter IM

1	Kevan, Stephen	51 OREG	2:35.52 O
2	Edwards, Wes	52 OREG	2:46.77
3	Moore, Hugh	51 PNA	2:53.94

400 SC Meter IM

1	Yensen, Kermit	52 OREG	6:10.61
2	Moore, Hugh	51 PNA	6:11.43

Men 55-59

50 SC Meter Freestyle

1	Stout, Jon	59 OREG	30.06
2	Peterson, Steve	59 PNA	31.91
3	Carroll, Tom	55 OREG	41.72
4	Jenkins, James	58 OREG	42.11

100 SC Meter Freestyle

1	Warner, Frank	56 TYR	1:02.58
2	Carroll, Tom	55 OREG	1:45.94

200 SC Meter Freestyle

1	Stout, Jon	59 OREG	2:40.84
2	Jenkins, James	58 OREG	3:36.34

800 SC Meter Freestyle

1	Norris, Jim	58 PNA	11:20.59
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1500 SC Meter Freestyle

1	Bruce, Bob	57 OREG	20:19.96
2	Norris, Jim	58 PNA	21:17.04
3	Cronin, Jed	57 OREG	21:52.47

50 SC Meter Backstroke

1	Warner, Frank	56 TYR	33.32
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100 SC Meter Backstroke

1	Warner, Frank	56 TYR	1:13.48
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200 SC Meter Backstroke

1	Warner, Frank	56 TYR	2:37.85
2	Johnson, Steve	57 OREG	2:43.05 O
3	Rueff, Daniel	58 OREG	3:05.71

50 SC Meter Breaststroke

1	Stark, Allen	56 OREG	34.58
2	Peterson, Steve	59 PNA	37.92

100 SC Meter Breaststroke

1	Stark, Allen	56 OREG	1:16.71
2	Peterson, Steve	59 PNA	1:23.30
3	Bruce, Bob	57 OREG	1:25.21
4	Ellis, John	59 OREG	1:39.90

200 SC Meter Breaststroke

1	Peterson, Steve	59 PNA	3:04.88
2	Bruce, Bob	57 OREG	3:09.91

50 SC Meter Butterfly

1	Cronin, Jed	57 OREG	33.48
2	Rueff, Daniel	58 OREG	34.85

100 SC Meter Butterfly

1	Cronin, Jed	57 OREG	1:20.25
2	Rueff, Daniel	58 OREG	1:26.29
3	Ellis, John	59 OREG	1:52.47

200 SC Meter Butterfly

1	Bruce, Bob	57 OREG	3:08.38 O
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100 SC Meter IM

1	Peterson, Steve	59 PNA	1:19.92
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400 SC Meter IM			
1 Rueff, Daniel	58 OREG	6:25.44	
Men 60-64			
50 SC Meter Freestyle			
1 Smith, Robert	62 OREG	28.26	
2 Juhala, Richard	62 OREG	41.19	
100 SC Meter Freestyle			
1 Smith, Robert	62 OREG	1:05.09	
2 Landis, Tom	63 OREG	1:05.91	
200 SC Meter Freestyle			
1 Landis, Tom	63 OREG	2:20.10	
400 SC Meter Freestyle			
1 Landis, Tom	63 OREG	5:13.70	
2 Mohr, Ralph	64 OREG	6:15.23	
800 SC Meter Freestyle			
1 Landis, Tom	63 OREG	10:42.84	
2 Mohr, Ralph	64 OREG	12:53.78	
50 SC Meter Backstroke			
1 Juhala, Richard	62 OREG	48.65	
100 SC Meter Backstroke			
1 Juhala, Richard	62 OREG	1:49.77	
200 SC Meter Backstroke			
1 Juhala, Richard	62 OREG	3:57.96	
50 SC Meter Breaststroke			
1 Smith, Robert	62 OREG	38.82	
100 SC Meter Breaststroke			
1 Juhala, Richard	62 OREG	1:44.12	
200 SC Meter Breaststroke			
1 Juhala, Richard	62 OREG	3:50.78	
50 SC Meter Butterfly			
1 Smith, Robert	62 OREG	31.16	
2 Landis, Tom	63 OREG	33.64	
3 Juhala, Richard	62 OREG	47.54	
100 SC Meter IM			
1 Smith, Robert	62 OREG	1:14.77	
2 Mohr, Ralph	64 OREG	1:34.80	
200 SC Meter IM			
1 Smith, Robert	62 OREG	2:50.72	O
400 SC Meter IM			
1 Juhala, Richard	62 OREG	8:07.99	
Men 65-69			
50 SC Meter Freestyle			
1 Petersen, Bert	67 OREG	32.76	
2 Thayer, George	69 OREG	34.17	
200 SC Meter Freestyle			
1 Thayer, George	69 OREG	3:13.44	
50 SC Meter Backstroke			
1 Thayer, George	69 OREG	40.94	
100 SC Meter Backstroke			
1 Thayer, George	69 OREG	1:31.86	
200 SC Meter Backstroke			
1 Thayer, George	69 OREG	3:26.44	
50 SC Meter Butterfly			
1 Petersen, Bert	67 OREG	32.32	
Men 70-74			
100 SC Meter Freestyle			
1 King, Bill	72 OREG	1:20.01	
200 SC Meter Freestyle			
1 King, Bill	72 OREG	2:57.51	
800 SC Meter Freestyle			
1 King, Bill	72 OREG	13:29.40	
50 SC Meter Backstroke			
1 English, John	72 MACO	47.28	
50 SC Meter Breaststroke			
1 English, John	72 MACO	50.45	
Men 75-79			

50 SC Meter Freestyle			
1 Marks, Milton	75 OREG	35.61	
2 Austen, Clark	78 MACO	55.82	
100 SC Meter Freestyle			
1 Austen, Clark	78 MACO	2:09.37	
200 SC Meter Freestyle			
1 Austen, Clark	78 MACO	4:46.84	
400 SC Meter Freestyle			
1 Austen, Clark	78 MACO	9:58.09	
1500 SC Meter Freestyle			
1 Austen, Clark	78 MACO	39:34.79	
50 SC Meter Backstroke			
1 Marks, Milton	75 OREG	45.46	
100 SC Meter Backstroke			
1 Austen, Clark	78 MACO	3:12.16	
50 SC Meter Breaststroke			
1 Marks, Milton	75 OREG	44.05	Z
2 Miesen, Lee	78 MACO	52.57	
100 SC Meter Breaststroke			
1 Marks, Milton	75 OREG	1:41.92	Z
2 Miesen, Lee	78 MACO	1:59.07	
200 SC Meter Breaststroke			
1 Marks, Milton	75 OREG	3:56.59	Z
100 SC Meter IM			
1 Miesen, Lee	78 MACO	2:07.15	
400 SC Meter IM			
1 Marks, Milton	75 OREG	8:27.97	
Men 80-84			
50 SC Meter Freestyle			
1 Young, Gilbert	83 OREG	43.60	
2 Bushey, Charles	84 OREG	58.75	
100 SC Meter Freestyle			
1 Young, Gilbert	83 OREG	1:40.91	
2 Fixott, Rupert	84 OREG	2:08.24	
3 Bushey, Charles	84 OREG	2:11.97	
200 SC Meter Freestyle			
1 Young, Gilbert	83 OREG	3:37.77	
2 Bushey, Charles	84 OREG	4:46.75	
3 Mallon, Joseph	84 OREG	5:57.78	
800 SC Meter Freestyle			
1 Mallon, Joseph	84 OREG	25:50.58	
1500 SC Meter Freestyle			
1 Young, Gilbert	83 OREG	31:07.50	
2 Mallon, Joseph	84 OREG	47:43.89	
50 SC Meter Backstroke			
1 Fixott, Rupert	84 OREG	1:00.95	
2 Bushey, Charles	84 OREG	1:14.98	
100 SC Meter Backstroke			
1 Young, Gilbert	83 OREG	2:10.66	
2 Fixott, Rupert	84 OREG	2:30.84	
Relays			
Women 120-159 200 SC Meter Free Relay			
1 OREG	2:16.39		
1) Simmons, S. 39	2) Burkholder, J. 47		
3) Cohen, E. 31	4) Upshaw, M. 28		
2 PNA	2:47.86		
1) Baldwin, L. 43	2) Singer, S. 35		
3) Moore, J. 55	4) Crandell, K. 25		
Women 120-159 200 SC Meter Medley Relay			
1 OREG	2:42.15		
1) Royle, M. 53	2) Upshaw, M. 28		
3) Marsh, K. 38	4) Shaw, S. 38		
Women 160-199 200 SC Meter Free Relay			
1 MACO	1:58.02	Z	
1) Thies, L. 26	2) Foley, S. 45		
3) Parisi, R. 51	4) Tyrrell, L. 38		

2 OREG	2:20.60		
1) Marsh, K. 38	2) Shaw, S. 38		
3) Royle, M. 53	4) Vincent, N. 46		
3 OREG	2:53.11		
1) Redwine, R. 46	2) Young, M. 50		
3) Anderson, S. 51	4) Richards, R. 51		
Women 160-199 200 SC Meter Medley Relay			
1 MACO	2:18.89	Z	
1) Tyrrell, L. 38	2) Thies, L. 26		
3) Parisi, R. 51	4) Foley, S. 45		
2 OREG	2:37.81		
1) Fox, C. 45	2) Snider, P. 44		
3) Worden, L. 48	4) Budd, E. 51		
Women 160-199 400 SC Meter Medley Relay			
1 OREG	5:44.40		
1) Goodman, A. 46	2) Fitzpatrick, C. 45		
3) Weeks, N. 33	4) Rousseau, S. 58		
Women 200-239 200 SC Meter Medley Relay			
1 OREG	2:16.23	W	
1) Jenkins, V. 42	2) Crabbe, C. 49		
3) Ward, J. 63	4) Andrus-Hughes, K. 48		
Men 120-159 200 SC Meter Medley Relay			
1 MACO	1:59.75		
1) Otto, D. 46	2) Berlin, N. 26		
3) Drawz, T. 37	4) Oliva, T. 43		
Men 160-199 200 SC Meter Free Relay			
1 MACO	1:48.49		
1) Drawz, T. 37	2) Oliva, T. 43		
3) Peyton, M. 50	4) Otto, D. 46		
Men 160-199 200 SC Meter Medley Relay			
1 OREG	2:16.44		
1) Edwards, W. 52	2) Fairhurst, J. 47		
3) Koch, S. 48	4) Kline, W. 44		
Men 240-279 200 SC Meter Medley Relay			
1 OREG	2:07.11		
1) Smith, R. 62	2) Stark, A. 56		
3) Petersen, B. 67	4) Stout, J. 59		
Mixed 120-159 200 SC Meter Free Relay			
1 MACO	1:55.39	O	
1) Berlin, N. 26	2) Oliva, T. 43		
3) Tyrrell, L. 38	4) Foley, S. 45		
Mixed 160-199 200 SC Meter Free Relay			
1 MACO	1:50.61	Z	
1) Thies, L. 26	2) Parisi, R. 51		
3) Otto, D. 46	4) Drawz, T. 37		
2 MACO	2:15.98		
1) Peyton, M. 50	2) Dowd, M. 47		
3) Alvord, L. 38	4) Pierson, G. 59		
Mixed 160-199 200 SC Meter Medley Relay			
1 OREG	2:37.81		
1) Darnell, S. 51	2) Vincent, N. 46		
3) Marsh, K. 38	4) Kline, W. 44		
2 PNA	2:55.36		
1) Moore, J. 55	2) Ness, K. 36		
3) Peterson, S. 59	4) Singer, S. 35		
Mixed 200-239 200 SC Meter Free Relay			
1 OREG	2:04.71		
1) Worden, M. 54	2) Budd, E. 51		
3) Worden, L. 48	4) Allender, P. 47		
Mixed 200-239 200 SC Meter Medley Relay			
1 OREG	2:05.92	Z	
1) Andrus-Hughes, K. 48	2) Stark, A. 56		
3) Crabbe, C. 49	4) Tennant, M. 52		

SWIM CENTER
1150 South Ivy Street
Canby OR
503-266-2761

4 Annual
CANBY GOLD SWIM CLINIC
AT THE **CANBY OPEN and CANBY ANIMAL MEET MASTERS**
SATURDAY JANUARY 21, 2006

KEN SCHUH
Canby Swim Club President
503-266-1345
kdschuhmeister@aol.com

Hosted by the Canby Swim Club



Tom Jager:

Tom Jager is a five-time Olympic gold medalist in the sprint freestyle events and held the 50m freestyle World Record of 21.81 for over a decade. The first swimmer to break the five miles an hour barrier, they were calling Tom Jager the "fastest human in the water." Tom's trademark racing starts, in which he was first off the blocks using clean powerful strokes, catapulted him into the international spotlight. He is one of four swimmers to win gold medals in three Olympic Games (1984, 1988, 1992). Tom's first World Record came in 1985, swimming a 22.40 for 50 meters. Between 1987 and 1990, he lowered the record another five times to his best of 21.81, lasting an unprecedented ten years. He was national team captain for ten years. Records may fall, but Tom Jager's accomplishments and records will never be forgotten. Jager's induction into the International Swimming Hall of Fame immortalizes him as one of our sport's great heroes.



CLINIC REGISTRATION FORM

for USA-SWIMMING ATHLETES and US MASTERS SWIMMING Participants

This Clinic is a USA Swimming Approved Event (Approved by Oregon LSC for USA-S, Approval PENDING) and a US Masters Swimming Recognized Event (Recognized by Oregon LMSC for USMS, Inc. Recognition PENDING). USA Swimming or US Masters insurance will cover all participants with active USA-S or USMS Registration. All Participants agree by signing below to waive any and all rights to claims for loss, damage, or injury against all parties associated with running this event. Non USA-S and USMS participants must have their own insurance. A maximum of 54 Swimmers will be allowed to register for the In-Water portion of the Clinic. Full Clinic includes one talk time and the in-water session. Talk time includes an autograph and personal moment with Tom. He will have his Olympic medals for you to view. Autographed professional 8X10 Photo (taken and printed during talk time) available at additional cost. Please check the appropriate boxes and fill out the blanks below. Payment must accompany the completed registration form. Teams may pay for their swimmers with one check (separate from the meet entries) but an individual registration form must be received for each clinic participant.

Non-prepaid 8X10's will be available for clinic participants to purchase during the talk time.

SCHEDULE: AM Talk 10:30-12:00 PM, In-Water 12:40-2:40 PM, PM Talk 3:00-4:30 PM

___ (\$20) SIGN ME UP FOR THE **MEET TALK and SWIM** (FULL CLINIC-REGISTERED SWIMMER IN CANBY OPEN or ANIMAL MASTERS) (USA-S swimmers will be in PM Talk—USMS swimmers will be in AM Talk)

OR

___ (\$30) SIGN ME UP FOR THE **TALK and SWIM** (FULL CLINIC-NOT REGISTERED IN SWIM MEET)
PICK ONE TALK TIME: AM ___ PM ___

OR

___ (\$10) SIGN ME UP FOR JUST A **TALK TIME**-----PICK ONE TALK TIME: AM ___ PM ___

AND

I WANT TO BUY (QTY) ___ **8 x 10 AUTOGRAPHED PHOTO'S** with TOM @ \$20 each. (\$25 at the clinic)

Please make your **CHECK** for the total payable to the **CANBY SWIM CLUB** and mail it with the completed form to: **Entry must be received by January 16th, 2006.**

**CANBY GOLD CLINIC
CANBY SWIM CLUB
PO BOX 21
CANBY OR 97013**

Entry confirmation will be made by e-mail or telephone. Maps and directions available on request. Talk times will be held at the Canby Adult Center adjacent to the Canby Swim Center. Please check in with the Clerk Of Course on the Pool Deck prior to your first session (AM Talk, In-Water, or PM Talk depending on what you have signed up for). Questions? Call 503-266-1345!

Name: _____ Phone: _____ E-Mail: _____
Address _____ Signature (Parent or Guardian if under 18) _____

Fourth Annual Animal Masters Meet
OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
 Eligibility: Currently registered USMS swimmers, 18 years and older.
 Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #376-01



Location: Canby Municipal Pool
 1150 S Ivy
 Canby, Oregon 97013
 5 lanes competition-electronic timing
 1 lane continuous warm-up/down lane

Date: Saturday, January 21, 2006

Positive Check-in at Clerk of Course: 3PM
 Warm-ups: 2:45PM-3:35PM
 Meet Starts: 3:45PM

Hosted by: Canby Swim Club "The GATORS"

Meet director: Kenneth Schuh • Phone: 503-266-1345 • E-mail kdschuhmeister@aol.com

Directions to the pool: **Southbound-** I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto HWY 99E (Oregon City, Canby). continue south on 99E, turn left on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center • **Northbound-** I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn right on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center

Lodging: Holiday Inn Wilsonville, 24525 SW 95th Ave, Wilsonville (North Wilsonville exit off I-5) 503-682-2211

Ask for the Canby Swim Club preferred rate

Swimmers will receive one basic Heat Sheet upon completion of final seeding. Commemorative Heat Sheets with color logo will be available for purchase. An ample assortment of refreshments, including espresso will be available for purchase throughout the meet.

J.D. Pence will be on-site to fill your swimwear and swim gear needs.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2006 USMS REGISTRATION CARD OR 2006 REGISTRATION FORM WITH THIS ENTRY
ENTRY DEADLINE: POSTMARK NO LATER THAN Tuesday, January 10, 2006

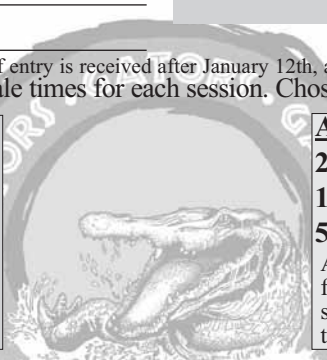
✂ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY ✂

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

BIRTHDATE _____ AGE _____ SEX _____
 2006 USMS # _____
 USMS CLUB (OREG, MACO, PNA, ETC) _____
 IS THIS YOUR FIRST OREGON MASTERS MEET? _____ Yes _____ No

Entry includes a **cool t-shirt** (if entry is received after January 12th, a commemorative t-shirt is not guaranteed).
 Trophy for lowest cumulative Male and Female times for each session. Chose **only one**: Sprint, Animal or Animal Grand

Animal Sprint Masters
100 I.M. (1-2) _____ : _____ . _____
50 FLY (7-8) _____ : _____ . _____
200 FREE (13-14) _____ : _____ . _____
 All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 5 seconds for Disqualifications, Slowest time of all swimmers plus 20 seconds for no show



Animal Masters
200 I.M. (3-4) _____ : _____ . _____
100 FLY (9-10) _____ : _____ . _____
500 FREE (15-16) _____ : _____ . _____
 All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 15 seconds for Disqualifications, Slowest time of all swimmers plus 60 seconds for no show

Animal Grand Masters
400 I.M. (5-6) _____ : _____ . _____
200 FLY (11-12) _____ : _____ . _____
1000 FREE (17-18) _____ : _____ . _____
 All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 30 seconds for Disqualifications, Slowest time of all swimmers plus 2 minutes for no show

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

SIGNATURE _____ DATE _____

Shirt size (circle) S M L XL 2XL

MEET ENTRY FEE: \$26.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
 MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072



Local Team Registration

This form must be postmarked by the entry deadlines of the 2006 OMS Association Championship and the 2006 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 _____

TEAM INFORMATION

Approximate Number of swimmers on team _____

Practice Schedule _____

COACH INFORMATION

Coach Name _____

Address _____

Phone 1 _____ Phone 2 _____

Email _____

POOL INFORMATION

Pool Name _____

Address _____

Phone _____

Mail to: Tia Sitton, Membership Chair, 42455 N River Dr. Sweet Home, OR 97386
email - sweethomebuilders@centurytel.net



OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING YEAR 2006 REGISTRATION

Renewal - 2005 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: _____
 Electronic Delivery (*I prefer to receive the Aqua Master electronically*)

Do you coach a Masters Team Yes No

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

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

REGISTERED FOR 2005	Fast	FAST	Oregon Wetmasters	OWET
Albany Aquatics	AAA Fishsticks	FISH	Pendleton Masters	PEND
Amphibians	AMP Grass Valley Masters	GVAM	Rogue Valley Masters	RVM
Central Oregon Masters	COMA Mountain Park Masters	MPM	Salem Courthouse Crew	SCC
Circumnavigating Beavers	CBAT Mt. Hood Masters	MHM	Salem YMCA Masters	SYM
Columbia Gorge Masters	CGM Multnomah Athletic Club	MACO	Southern Oregon Masters	SOM
Corvallis Aquatic Masters	CAT Nike Masters	NIKE	Tualatin Hills Barracudas	THB
Emerald Aquatics	EA North Clackamas Masters	NCMS		

\$38.00 Single Registration: Valid November 1, 2005 to December 31, 2006. Make checks payable to OMS, Inc.
(Fee breakdown: USMS = \$20.00, (Includes \$8.00 for USMS Swimmer Magazine), OMS = \$18.00)

\$66.00 Joint registration: Two members at one address/One Aqua-Master. One Registration Form per member please.

\$28.00 Senior Registration (65 Years or older): Valid November 1, 2005 to December 31, 2006.

\$46.00 Two Seniors (65 years or older) 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, 16903 SW Whitley Way, Beaverton, OR 97006
This form is available on the OMS website: www.swimmoregon.org

2006 Meet SCHEDULE

Date	Event	Location	Contact
Pool Meets			
*Jan. 21	Animal Meet	Canby, OR	Ken Schun kdschhuhmeister@aol.com
*March 11	Pentathlon	THB - Beaverton	Jeanne Teisher
April 21-23	SCY Association	Corvallis, OR	Mark Worden marklauraworden @comcast.net
July TBA	State Games	Mt. Hood Com. College	
Sept. 9	Patriot Games	Camas, WA	Bert Petersen petersen@exchangenet.net
Open Water			
June 11	2k & 4 K	Hagg Lake	Jim Teisher
June 24	1k, 2k and pursuit relay	Foster Lake	
July 15-16	TBA	Applegate Lake	
July 29-31	Fri. - 3000 Sat. - 500 and 1500 Association Champs Sun. - 5000 and 1000	Elk Lake	
Aug. 20	1500, 1000 anything goes 500 kicking	Dorena Lake	
National Championships			
May 11-14	USMS - SCY	Coral Springs, Florida	www.usms.org
Postal Championships 2005			
January 1-31, 2006	One Hour Postal		Laura Kessler swimlaura@ameritech.net
International Championships			
FINA World Masters Championship - August 4 - 11, 2006		Stanford, California	http://www.2006finamasters.org/
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

Board Meetings All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details			April 22	General Membership. Meet	Corvallis
Jan. 25	7 PM	Rivermark - Beaverton	May 24	7 PM	Rivermark - Beaverton
March 11	After Meet	THB - Beaverton	July 9	10 AM	Mt. Hood CC - Gresham
			Aug. 23	7 PM	NIKE - Beaverton
			Sept. 29-30	Board Retreat	TBA

Aqua Master
January 2006

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

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Inside: Results - NW Zone SCM Champs