



Aqua Master

USMS 2004 Newsletter of the Year

Volume 33, Number 5 Published Monthly by OMS, Inc. May/June 2006

“Swimming for Life”

COMA Swims to Large Team Title



Teri Hendryx, Peggie Hodge, Deidre Straley, and Connie Peterson are all smiles as COMA wins Large Team Title at the Association Meet in Corvallis. COMA came, swam and conquered with great depth and spirit.

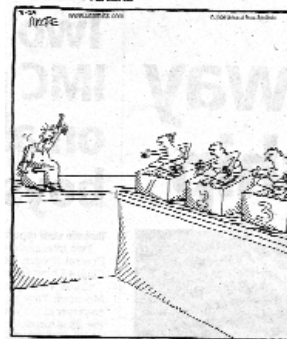
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Wait - You Forgot the Water

The JSFC 50-meter Pool By Bob Bruce

IN THE BLEACHERS



“... Got set ... Wait! We forgot the water!”

Central Oregon will be soon blessed with the opening of the new 50-meter swimming pool at the Juniper Swim and Fitness Center in Bend. We have been waiting a long time for this momentous event!

The new pool itself is a true Olympic-size pool (not a hotel “Olympic-size” fudging of the truth), measuring 50 meters long and 20 meters wide. The 25-meter long deep end—the standard short course racing end—measures 7 to 7½ feet deep—insuring fast swimming—while the shallow end measures 4 to 4½ feet deep—allowing multi-purpose use while still being deep enough for long course racing and starting. There are eight lanes running lengthwise, each of which is 8-feet wide (in contrast the usual 7-feet) with extra space, inset ladders, and deck-level overflow outside the end lanes. *Continued on page 3*

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**Connie Wilson and
Earl Walter - Historian**

Chair's Corner by Jody Welborn

Hi Everyone:

Another OMS Association Championship has been completed and what a great swim meet it was. The swimming was fast, as was the socializing, and a fun time was had by all.

If you didn't go, here are some highlights:

Team championships won by Central Oregon Masters Aquatics (large team), Multnomah Athletic Club (medium team), and Emerald Aquatics (small team).

Multiple records local and national.

The truly outstanding meet run by Corvallis Aquatics with meet director, Mark Worden.

The great pool at Osborne Aquatic Center.

The terrific and apparently tireless officiating crew and timers manned by Jackie Allender, OMS officials chair.

The great job done by the Hy-Tek and Colorado timing crew who made the meet seem flawless.

Lots and lots of enthusiastic swimmers socializing like teenagers.

An awards banquet that will likely not be matched in the near future thanks to the superb guest speaker, Dave Radcliff.

And those are just the highlights.

Thank you so much to all who contributed their time and energy to make this meet successful. And thank you to all the swimmers who contributed their weekend and their weeks of training to make the competition and socializing memorable.

Now it is time to get ready for Worlds! Mulipty the fun we had by at least 10 and head down to Palo Alto.



Chair Jody, Steve Johnson and Mary Sweat "socializing like teenagers" at the Association Meet.

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.

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CAT -Greg, Doug, Deborah, Anicia, Donna



Robbert - Ol'Barn Winner



Pat - Spirit Award



Wes and Jon



Mark - Meet Director

50 Meter Pool continued from page 1 The floating lane markers will be the large wave-reducing variety, while the bottom lane lines and wall target markers are set in tile, beautifully finished and highly visible. There is a shelf inset 4-feet deep on the deep end wall for resting [but don't expect a lot of that!]. Water temperature will be set normally at a comfortable 81 degrees Fahrenheit.

The pool can be divided by a moving bulkhead. Pool distances can be set easily and quickly to the three competitive pool lengths—25 yards, 25 meters, and 50 meters. Due to varied program needs during the school year, this bulkhead will usually be set at half pool, creating two 25-meter courses (and 16 lanes!). Our standard training distance then will be 25 meters, although we should be able to swim long course periodically particularly on spring and fall weekends. During the summer, the bulkhead will be moved daily to provide long course swimming from early morning through mid-day, short course swimming from early afternoon through evening, and even cross pool programming as needed.

Of course, by popular demand, we have retained the old pools indoor/outdoor capability. We will train indoors during the cold part of the year and outdoors during the beautiful Central Oregon summer. Since the expanded and improved structure now meets fire-suppression standards, we will no longer be tied to a six-month occupancy permit, but will be able to change from indoor to outdoor (and vice versa) as the true seasons dictate.

Opportunity abounds. Come swim with us!



- Allen & Carol Stark
- Wes Edwards
- Mike Tennant
- Robert Smith
- Lavelle Stoinoff
- Kermit Yensen
- Arlene Delmage
- Elke Asleson
- Chris Gaarder
- Bill Volckening
- Jody Welborn

- Rich Juhala
- Keith Dow
- Gil Young
- Roy Lambert
- Jon Palanuk
- Curt Simkins
- Jeffrey Anspach
- Robin Parisi
- Earl Walter
- James Coakley

F i t n e s s



Jani Sutherland
Fitness Chair



Sports Drinks and Tooth Decay

Recently there has been news that sports drinks are bad for your teeth and can cause the tooth enamel to wear away over time.

There are 2 concerns with the consumption of sports drinks and dental health. First is dental decay (cavities) and second is dental erosion (wearing away of enamel). Obviously it is best for your dental health to limit sugar in your diet. Ounce for ounce sports drinks have about half the sugar content of soda and fruit juices. On the basis of sugar content alone, sports drinks are not as likely to contribute to tooth decay as soda or fruit juices.

There have been 2 studies over the past 5 years that have resulted in conflicting findings. A study at the University of Maryland received a lot of media attention and sports drinks got some negative

press from it. The study placed bits of enamel taken from human extracted teeth into 13 different drinks, including sports drinks and lemonade. After 14 days of sitting in these drinks the enamel was weighed to determine how much had been lost. Some of the drinks were found to erode tooth enamel more than black tea or cola. However, even an endurance athlete is unlikely to consume a sports drink continually for 14 days so this study did not re-create conditions under which athletes typically consume sports drinks during training or competition. Keeping tooth enamel in drinks for 14 days is roughly equivalent to 13 years of normal beverage consumption. Researchers cautioned against all day use of these drinks at work and encouraged rinsing your mouth out with water after use.

Another study at Ohio State University compared the level of dental erosion among athletes who were regular sports drink users vs. those who were not. Three hundred and four athletes were questioned and evaluated. Thirty-six percent of the sports drink users had dental erosion. Forty percent of the non- users had dental erosion.



Researchers concluded there was no connection between sports drinks and dental erosion.

This research also had the subjects compete a lifestyle questionnaire. The researchers found significant predictors of dental erosion were beer drinking and snacking between meals!!

So enjoy your sports drink during training or competition and remember to practice proper dental care such as brushing, flossing and getting regular dental check ups.



Gina and Jennifer



Pam and Lee



Diane



Action at the Association Meet



Fred and Gil

Long Distance Swimming



**Bob Bruce
Long Distance
Chair**



Our beautiful spring has reminded us that summer is not far away, and with it our Oregon open water season. Here is a description of each venue's open water offerings this summer, along with the camping and parking information, so that you can plan ahead and reserve your campsites early!

1. Hagg Lake (Sunday, June 18): The Gecko Tri Club (with assistance from OMS liaison Jim Teisher) will host their annual swims at Hagg Lake one week later than previously. There are three swims, 800, 2000, and 4000-meters, with the 2000 & 4000-meters swims to be run simultaneously and the 800-meter to follow. Look for water temperatures in the mid 60s, so there will be no wetsuit deduction for the Oregon Series and swimmers are encouraged to bring extra or old wetsuits for loan to those who may need them. Meet information and entry is available online at www.geckotriclub.com. This has been a fine way to kick off the summer season.

Alas, there is no camping available at or near Hagg Lake, a situation that is ameliorated somewhat by the Lake's proximity to the Portland Metro area.

2. Foster Lake (Saturday, June 24): Meet Director Pam Himstreet and host team Central Oregon Masters, with help from the swim community in Sweet Home, will return to this venue for the second year. Foster Lake warms early, but we have been warned that the heavy snowpack this winter means a late runoff and cooler water (probably low to mid 60s). There will be no wetsuit deduction for the Oregon Series, and swimmers are encouraged to bring extra or old wetsuits for loan to those who may need them. Swimmers will choose between a 1000-meter swim (ideal for first-timers) and a more typical 2000-meter swim, both to be run simultaneously. The special treat will be the 4 x 400-meter Pursuit Relay—planned as a mixer as well as a swim, relay teams will be decided by random draw, handicapped according to performance in the 1000 or 2000-

meter swim, and staggered at the start by the handicap. It was superb last year!

Foster Lake is within two hours of most Oregon lake swimmers and the registration begins at 9:00 am, allowing many swimmers to travel to the venue on the day of the event. However, for those with camping in mind, Sunnyside Park is a fully equipped Linn County campground 1.2 miles from the race site. Tent sites are \$13/night and hold up to 8 people. Hookup sites are \$18/night plus \$11 reservation fee/site. Call 541-967-3917. Note: The race venue at Lewis Creek County Park has a \$3 parking fee.

3. Applegate Lake (Saturday, July 15): Meet Director Greg Frownfelder and host team Rogue Valley Masters is celebrating the 21st anniversary of the first Southern Oregon open water swim (the theme is growing into adulthood) with a simple one-day format featuring traditional 1500 & 3000-meter swims in this gorgeous venue. Last year, Applegate Lake was a delight, with balmy 76 degree water—the warmest for any Oregon race venue in recent memory—that was very clear. Look forward to hot weather, fine camping and other recreational opportunities, and the ever-bountiful RVM cookout and hospitality.

Rogue Valley Masters has reserved Beaver Sulfur Campground—located 3 miles up Road #20 off Upper Applegate Road, 11 miles from the Lake—a scenic and secluded campground with vault toilets, well water, tables, and a beautiful creek. This is a group campground with 10 individual sites, each of which can accommodate several tents, making it a great team campsite. Camping at Beaver Sulfer is \$4/adult/night and must be reserved in advance on a first-come/first-served pre-paid basis (this fee does not include the \$5 Day Use Pass for the race site; smart swimmers may choose to carpool to the races and back). There will be a camp host to check for campers who have registered. At Hart-Tish Park (the race site) there will also be 2-3 small sites (each site holds 2 tents only) that may be reserved in advance at a cost of \$15 per night with day-use parking included. Self-contained RV camping at Hart-Tish Park is \$10/site/night, payable to the park concessionaire (includes the day-use fee); there are no hookups. To check availability, call 541-899-9912. Note: The race venue at Hart-Tish Park has a \$5 day use fee; please bring exact change.

4. Cascade Lakes Swim Series & Festival at Elk Lake (Friday-Sunday, July 28-30): Meet Director Pam

Himstreet and host team Central Oregon Masters have been working hard on the twelfth edition of this major event, which will retain a five-swim format and feature the Oregon Association Individual and Team Championships. The festival will begin late Friday afternoon with a 3000-meter swim and a snack buffet. Saturday will feature the traditional individual-start 500-meter sprint and the Championship 1500-meter race. Sunday will open with a 5000-meter swim and conclude with the tactically-challenging 1000-meter swim with small group send-offs. There are three-swim short and long series awards, as well as new survivor awards for those who complete all five swims. COMA promises a festival atmosphere with fun family-oriented events and the usual groaning hospitality table.

COMA has again reserved the Little Fawn Group Site, and you may pay for Friday & Saturday night camping with your entry at \$4/adult/day. If you wish other days, buy them at the Lake from the Camp Host. The Group Camp is a large area designed to hold 50 campers & 30 cars (small & medium motor homes too). COMA will have a Camp Host on site to help you get settled in. Dogs are allowed in the campground—always on a leash of 6 feet or less—but not at the race site. Parking will be limited to a pullout off the Cascade Lakes Highway or in the Little Fawn campground, and there will be no parking at the race site until all event activities have been concluded, so please plan to park at the campground even if you are not camping. A shuttle bus will run between the campground and the race site during registration hours and after the lunch & awards.

5. Dorena Lake (Sunday, August 20): We'll start our day at Dorena Lake with the classic 1500-meter swim. After the younger swimmers have their turn—host team Emerald Aquatics is also running the Oregon youth open water

championships—we'll move to the eye-opening all-equipment-legal 1000-meter and the always amusing kicking-only 500-meter races. This meeting will finish with lunch and the annual Oregon Open Water Series and Mike Morehouse Awards.

There are many individual sites available at Schwarz Park, just below the dam that creates the lake, and they should be reserved soon by calling 877-444-6777. The rules require a minimum two night stay, and you can have 3 vehicles and 3 tents with up to 8 people, or one camper/trailer/RV and 2 tents for each site, at \$12/night. The campground has flush toilets & showers, and is only four miles from Cottage Grove & two miles from the race site. Dogs are allowed in the campground—always on a leash of 6 feet or less—but not at the race site. There is an additional campground at Baker Bay directly across the lake from the race site that has single camp sites, is on the lake, and has a boat ramp. Call 541-942-7669 for reservations there.

Once again, we offer a season of variety. We have a variety of attractive venues—mountain lakes and reservoirs of many sizes. We have a variety of courses—cable to out-and-back to triangular to free-form. We have a variety of formats—individual-start to small group to traditional mass start. We have a variety of novelty events—equipment to kicking to pursuit relay. We have a variety of race distances—15 total swims ranging from 500 to 5000-meter. And we have a variety of expected water temperatures, from low 60s to mid 70s. In short, we have an active, challenging, and fun great Oregon open water season planned for you. Please join us!

Look for entry information in the OMS newsletter Aqua Master or on the OMS website www.swimoregon.org.

Good luck and good swimming!

The Oregon Postal Challenge

Having won the Large Team Category of the One-Hour swim already and enjoying the opening of the new 50-meter pool in Bend, the Oregon Club is presented with a unique opportunity this year—the chance to sweep the National Team Overall Titles in all five USMS Postal Championships. This has never been done before! As OMS Long Distance Chair, I challenge our Club to go for this remarkable goal.

Strategy: Oregon has a very strong record of participation and achievement in the National Postal events (see the OMS Long Distance History at www.swimoregon.org for

the remarkable details), but winning all five national titles will take a particularly strong commitment to participation and excel. Our strategy must include individual committing to and preparing for the swims, involving local team groups (particularly those with 50 meter pools), providing access to those pools by others, and developing and maintaining a strong sense of Club spirit and togetherness in this project. Let's get to work locally with your local teammates to commit to these swims.

5-km Postal: You can swim anytime between May 15 & September 15 in a 50-meter pool only. Some swimmers like this swim early to prepare for open water swims, some

like it in the middle as an open water alternative, and some like it at the end as a reward for a summer well spent. I will work with coaches to arrange facility times during all three phases. Your first scheduled group opportunity is immediately after the pool meet in Beaverton on Saturday, June 3—let's make sure to pack the 20 spaces available!

10-km Postal: The time and pool requirements are identical to the 5-km swim. This swim is the metabolic equivalent of a marathon run, and is the most challenging swim among the postals. All distance swimmers should aspire to this challenge several times during their career; let's make this your year! We have had a small core group of swimmers enter this event frequently, but we will need to have others join us.

3000-yard Postal: You can swim anytime between September 15 & November 15 in a 25-yard pool only. This swim is a great measurement tool during the early season when we all are building our aerobic base. Oregon has owned this event recently, riding a four-year winning streak dating back to 2002.

6000-yard Postal: The time and pool requirements are identical to the 3000-yard swim. This is the base-building and pacing exercise for distance swimmers. Like the 10-km swim, we have had a small core group of swimmers enter this event frequently, but we will need to have others join us. Oregon has a frustrating five year streak of second-place national team finishes dating back to 2001; this could be our breakout year!

Club Scoring: To add to the interest and challenge, all four

of the above postal swims will be scored using a new system, of which I was the biggest proponent on the USMS Long Distance Committee. Club point scoring will be calculated based on Quality Points, which are ratios of each individual time to the corresponding USMS Record for the gender & age group. The faster the swim the more Quality Points a swimmer earns. For example, a national record-tying performance will earn 1000 points; a swim 10% slower will earn 900 points; etc. Club totals will be the sum of the quality points of its swimmers. Since every swimmer will receive quality points, every swimmer counts! Club scoring will no longer be limited to the top ten swimmers in the land—it will involve all participants. This will be very good for us.

Entry: Once you have completed the swim, you need to submit your entry to the meet host. Do it right away (I have heard sad stories about lost split sheet entry forms), do it legibly (having been a meet director for one of these postals, I know how much they appreciate it), and list the proper Club—Oregon. That's O-R-E-G-O-N! Not your local team (Oregon lost a national postal team championship several years ago on this technicality!). But you're not done. You also need to contact me (Bob Bruce, coach-bob@bendbroadband.com) to tell me your name, age, and exact time and that you have entered the national event. I will enter the relays, and little sidelight to the postal swims at which we have had great success (Oregon currently holds 16 National Postal Relay Records, all set within the past five years).

Five-for-five sounds very good indeed. Let's go for it!

One Hour Postal - January 2006

Place numbers are national places		129 Maureen Bell	40 UVM	3375	118 Tish Harlow	53 RVM	2275	
O = Oregon Record; N = Nat. Record		159 Kay Tracy	43 OWET	3005	Women 55-59			
Women 18-24		164 Susan Gorman	40 COMA	2950	8 Geri Mathewson	57 RVM	3920	
28 Hillary Madson	22 COMA	3930	41 CGM	2370	30 Tam Jenkins	57 OWET	3360	
Women 25-29		Women 45-49			59 Carolyn Layton	57 RVM	2600	
44 Nell Orshein	26 CAT	4050	3 Mary Sweat	48 COMA	4750 O	Women 60-64		
60 Stephanie Falz	27 CGM	3625	24 Marlys Cappaert	47 CBAT	4300	4 Sue Calnek-Morris	62 OWET	3770
Women 30-34			44 Ann Goodman	46 CGM	3975	25 Lynn Sacks	60 RVM	2980
14 Erin Ford	30 CGM	4620	154 Jan Callow	47 CGM	2430	26 Peggy Whiter	62 COMA	2955
50 Tara Godlove	32 COMA	3730	Women 50-54			46 Sandra Haynie	60 RVM	1995
Women 35-39			52 Susan Collins	53 THB	3510	Women 65-69		
14 Stephanie Schultz	39 COMA	4445	62 Robyn Richards	51 OWET	3335	12 Peggge Hodge	65 COMA	3020
49 Marisa Frieder	36 Unat	3800	68 Toni Brown	50 COMA	3245	Women 90-94		
53 Cynthia Smidt	36 COMA	3725	72 Calli Roberts	51 COMA	3195	3 Hilda Buel	91 Unat	975
Women 40-44			73 Connie Peterson	50 COMA	3175	Men 35-39		
10 Arlene Delmage	43 GVAM	4800 O	75 Dianne Sherwood	52 CGM	3155	5 Greg Jablonski	39 THB	5245
15 Karen Matson	42 COMA	4660	80 Maureen Stadter	50 UVM	3100	75 Barry Branaugh	37 COMA	3755
51 Jocelyn Sanford	40 RVM	4175	89 Diane Cardwell	54 COMA	2990	79 Ken Porter	35 OWET	3690
53 Joni Young	44 SCC	4150	95 Maggie Young	50 OWET	2840	81 Nathan Sanford	36 RVM	3675
56 Joanie Krehbiel	44 COMA	4065	99Jane Gray	54 CGM	2785	102 Shirad Mishra	38 THB	2950
126 Kristy Aalberg	41 OWET	3445	117 Shelly Anderson	51 OWET	2405	<i>continued on page 8</i>		

Men 40-44

10 Hardy Lussier	40 COMA	5065
21 Keith Peters	40 OWET	4785
43 Chris Gaarder	41 OWET	4485
65 David VanDerZwan	43 SOM	4250
93 Chris Cox	44 THB	3970
143 Sam Schonstal	42 THB	3380

Men 45-49

41 Mark Wren	47 OWET	4400
74 Bill Sumerfield	45 CGM	4070
131 Shawn Gerdes	45 COMA	3535

Men 50-54

25 Scott McAllister	51 CGM	4455
50 Wes Edwards	52 GVAM	4155
76 Jimmy Unger	51 EA	3890
96 Daniel Greenblatt	50 RVM	3650
104 Reggie Sherwood	54 CGM	3530
110 John Collins	54 THB	3395
119 Cliff Aalberg	54 OWET	3280
121 Tom Shuman	52 COMA	3265
130 James Butler	53 THB	3015

Men 55-59

3 Steve Johnson	57 EA	5025 O
14 Jed Cronin	57 THB	4525
17 Bob Bruce	57 COMA	4405
94 Amin Chisti	55 THB	2780

Men 60-64

7 Tom Landis	63 COMA	4425
16 Frank Phillips	63 RVM	3970
16 Ralph Mohr	64 COMA	3970
45 Bill Mellow	64 CGM	3190
64 William Marvel	60 THB	2560

Men 65-69

7 Brent Lake	68 COMA	3815
23 George Thayer	69 COMA	3280

31 Jon Schieltz	67 THB	3000
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Men 75-79

16 Ray Allen	79 SOM	2530
18 George Weber	75 COMA	2375

Men 80-84

7 Charles Bushey	84 Unat	2335
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Women 35+: 3 x One-hour 13,905 OR
3 OREG (Schultz, Matson, Delmage)

Women 45+: 3 x One-hour 13,025 OR
2 OREG (Goodman, Cappaert, Sweat)

Women 55+: 3 x One-hour 11,050 OR
4 OREG (Jenkins, Calnek-Morris, Mathewson)

Men 35+: 3 x One-hour 15,095 OR
1 OREG (Peters, Lussier, Jablonski)

Men 45+: 3 x One-hour 13,260

6 OREG (Wren, Bruce, McAllister)

Men 55+: 3 x One-hour 13,975

2 OREG (Landis, Cronin, Johnson)

Men 65+: 3 x One-hour 10,095

3 OREG (Schieltz, Thayer, Lake)

Men 75+: 3 x One-hour 7,240 OR
4 OREG (Bushey, Weber, Allen)

Mixed 35+: 4 x One-hour 19,770 OR
3 OREG (Matson, Delmage, Lussier, Jablonski)

Mixed 45+: 4 x One-hour 17,930

5 OREG (Cappaert, Landis, McAllister, Sweat)

Mixed 55+: 4 x One-hour 17,240 OR
3 OREG (Calnek-Morris, Mathewson, Cronin, Johnson)

Mixed 65+: 4 x One-hour 10,865 OR
7 OREG (Buel, Hodge, Thayer, Lake)

National Team Placement:
1 (Large Teams) OREGON
283,985 yds

Congratulations to...

• The 81 Oregon Club swimmers (43 women & 38 men, representing 12 local teams) who swam and entered the National One-Hour Swim. This was our best turnout in several years. And a pat on the back to the many other swimmers who swam the event for fun and fitness but chose not to enter.

• Oregon's top individual finishers, Mary Sweat and Steve Johnson, both third in their respective age groups.

• Oregon's top relay finishers, Keith Peter, Hardy Lussier, and Greg Jablonski, who won the Men's 35+ relay.

• The Oregon Team, who placed first in the team standings in the Large Team Category!

• Arlene Delmage, Mary Sweat, and Steve Johnson, who broke Oregon One-Hour Individual Records.

• The eight (!) relay teams that smashed Oregon One-Hour Relay Records.

• Arlene Delmage (4800 yds) and Greg Jablonski (5245 yds), who topped the Oregon women's and men's categories respectively.

• These five local teams—RVM, CGM, THB, OWET, & COMA—who have established an annual tradition of gathering the group to swim the Hour on a January weekend.



MAC wins Medium Team Title



Kermit

Preparing for Worlds

Picking your Event by Coach Dennis Baker

Greetings to all and I'm happy to be able to contribute to my favorite group of people, the "Masters Swimmer. I will be going over how to pick your events for Worlds or any meet for that matter. Also, I will go over how to get ready for the "big meet" as a masters swimmer.

The first question you have to ask yourself is what do I want out of the meet I'm swimming in? Do you want best times, or for the Masters Swimmer, that certain goal time?

Do you want to train through this meet and use it to get in shape?

If your shooting for those great times I have one thing to say, DON'T SWIM TOO MANY RACES!! I feel this is the most important in having a great meet. Every year I have so many swimmers come to me and they just can't understand



Dennis at the Association Meet in Corvallis

why they are swimming poorly. Then I look at their event schedule and quickly know why they aren't doing well. You only have so much fuel in the tank for one day gang. The response I hear most is "my events are all bunched together". You must sacrifice some of those events and just go for one or two a day. I know its a hard thing to do.

Also, don't enter too many relays. You must be smart about that as well or before you know it you are swimming five races a day. If you get involved in four or five races a day you may never recover for the whole meet!! Many people ask me why I only swim one or two events a day at Masters Nationals. I can't recover fast enough to crank it out the next day if I swim more. I also don't enjoy the trip as much because of exhaustion. Now bear in mind that I train 50,000 to 60,000 a week. Give yourself a chance folks and just say NO to over racing. If your using the meet to get in shape or as a social vacation then by all means go for it and swim as much or whatever you want!!

Getting ready for those special events is a tricky thing. We are talking about the "Taper" here. The first thing to do is trust your coach. He or she has watched you swim the most and they know best. If you are on your own here are a few tips. On the mental side, a few weeks before the meet visualize your race and pick one thing to work on during the race. Go over it in your head for a day and say to yourself "no matter what happens in the race I WILL do this

one thing". It may be good streamlines, or kicking hard at a certain point in the race, or my favorite, hold a certain breathing pattern for the whole swim. Whatever it is, you have to stick to it. After you have gone over it in your head

be done thinking about it until you step up on

the blocks. I find this really helps with pre-meet jitters.

On the swimming side you have to determine if your swimming enough to do a "real taper". If your swimming four or five times a week then yes you should come down in yardage and intensity in your workouts. If your only swimming one, two or three times a week then I would encourage you to stay in your current cycle and just sharpen skills before the meet. By sharpen I mean work on your starts and turns and breakouts a little extra. Some of my best swimmers, that can't workout a lot, have swam great in a meet after a normal difficult workout the day before. Lastly, don't sprint too much during your taper. Get to a speed that is just below maximum that is comfortable but still fast. I hope these words have helped. Good luck to all and

if you have questions or need specific advice please e-mail me at bakeswim@yahoo.com and I will be happy to help.

See ya at the pool, Dennis

Association Meet - Corvallis - April 21 - 23

N = Breaks listed National Record				Z = Zone Record				O = Oregon Record						
Women 18-24				3	Tackett, Kc	29	COMA	17:01.24	1	Barber, Tori	33	COMA	30.85	
50 Yard Freestyle				1650 Yard Freestyle				100 Yard Backstroke						
1	Husk, Lindsey	22	COMA	32.56	1	Tackett, Kc	29	COMA	29:20.13	1	Barber, Tori	33	COMA	1:05.60
2	Whiter, Stephanie	19	COMA	33.17	50 Yard Backstroke			2	Gilman, Sharon	33	COMA	1:37.49		
100 Yard Freestyle				1	Alden, Jennifer	27	THB	29.78	3	Wong, Linda	34	NCMS	1:45.18	
1	Husk, Lindsey	22	COMA	1:14.47	100 Yard Backstroke			200 Yard Backstroke						
200 Yard Freestyle				1	Alden, Jennifer	27	THB	1:04.35	1	Barber, Tori	33	COMA	2:20.43	
1	Husk, Lindsey	22	COMA	2:40.35	2	SWISH	26	1:09.32	2	Criscione, Anicia	32	CAT	2:39.67	
2	Takalo, Cherianne	21	CAT	3:06.58	3	Higgins, Laurie	26	RVM	1:10.90	50 Yard Breaststroke				
50 Yard Backstroke				4	Schmilt, Sara	25	MYM	1:15.69	1	Godlove, Tara	33	COMA	34.45	
1	Lawson, Laura	20	UNAT	34.52	50 Yard Breaststroke			2	Snapp, Jenell	34	COMA	42.84		
100 Yard Backstroke				1	Alden, Jennifer	27	THB	35.08	100 Yard Breaststroke					
1	Fults, Angela	22	COMA	1:08.05	2	Upshaw, Meg	29	OWET	38.58	1	Godlove, Tara	33	COMA	1:15.43
2	Lawson, Laura	20	UNAT	1:15.03	3	Munch, Nina	26	THB	39.31	2	Weeks, Nicole	33	CGM	1:15.48
3	Husk, Lindsey	22	COMA	1:26.76	4	Falz, Stephanie	27	CGM	40.76	3	Nelson, Sara	33	COMA	1:20.25
4	Takalo, Cherianne	21	CAT	1:35.99	100 Yard Breaststroke			100 Yard Breaststroke						
200 Yard Backstroke				1	Falz, Stephanie	27	CGM	1:27.09	5	Wong, Linda	34	NCMS	1:47.07	
1	Fults, Angela	22	COMA	2:25.21	2	Tackett, Kc	29	COMA	1:37.99	200 Yard Breaststroke				
2	Madson, Hillary	22	COMA	2:29.74	3	Casey, Anna	29	THB	1:39.10	1	Godlove, Tara	33	COMA	2:45.13
3	Lawson, Laura	20	UNAT	2:37.57	200 Yard Breaststroke			2	Criscione, Anicia	32	CAT	2:59.23		
50 Yard Breaststroke				1	Tackett, Kc	29	COMA	3:25.05	50 Yard Butterfly					
1	Whiter, Stephanie	19	COMA	39.62	50 Yard Butterfly			1	Weeks, Nicole	33	CGM	28.48		
100 Yard Breaststroke				1 Thies, Lauren	26	MACO	26.65 O	2	Simpson, Shauna	34	OWET	29.33		
1	Fults, Angela	22	COMA	1:17.08	2	Alden, Jennifer	27	THB	28.50	3	Godlove, Tara	33	COMA	31.83
2	Whiter, Stephanie	19	COMA	1:35.10	3	Houston, Tamara	29	COMA	28.56	4	Peterson, Julie	31	THB	31.95
200 Yard Breaststroke				4	Tyler, Rachel	26	SWISH	29.72	100 Yard Butterfly					
1	Fults, Angela	22	COMA	2:48.95	5	Munch, Nina	26	THB	32.24	1	Simpson, Shauna	34	OWET	1:02.77
50 Yard Butterfly				6	Orscheln, Nell	26	CBAT	32.39	200 Yard Butterfly					
1	Lawson, Laura	20	UNAT	33.42	7	Wald, Sarah	26	THB	37.41	1 Simpson, Shauna	34	OWET	2:16.29 O	
2	Whiter, Stephanie	19	COMA	40.26	100 Yard Butterfly			2	Godlove, Tara	33	COMA	3:06.30		
100 Yard Butterfly				1 Thies, Lauren	26	MACO	57.17 Z	100 Yard IM						
1	Husk, Lindsey	22	COMA	1:24.53	2	Houston, Tamara	29	COMA	1:04.03	1	Barber, Tori	33	COMA	1:10.29
200 Yard Butterfly				3	Orscheln, Nell	26	CBAT	1:15.27	2	Godlove, Tara	33	COMA	1:11.84	
1	Madson, Hillary	22	COMA	2:35.10	4	Wald, Sarah	26	THB	1:25.82	3	Criscione, Anicia	32	CAT	1:16.30
100 Yard IM				200 Yard Butterfly				4	Snapp, Jenell	34	COMA	1:26.92		
1	Fults, Angela	22	COMA	1:09.21	1	Houston, Tamara	29	COMA	2:25.04	200 Yard IM				
2	Madson, Hillary	22	COMA	1:11.43	2	Orscheln, Nell	26	CBAT	2:46.05	1	Barber, Tori	33	COMA	2:30.87
3	Lawson, Laura	20	UNAT	1:17.32	3	Casey, Anna	29	THB	3:21.05	2	Rudge, Christine	30	COMA	2:40.22
4	Husk, Lindsey	22	COMA	1:26.44	100 Yard IM			3	Peterson, Julie	31	THB	2:43.23		
200 Yard IM				1	Alden, Jennifer	27	THB	1:07.05	4	Gilman, Sharon	33	COMA	3:19.11	
1	Fults, Angela	22	COMA	2:28.00	2	Munch, Nina	26	THB	1:11.84	400 Yard IM				
2	Madson, Hillary	22	COMA	2:32.81	3	Higgins, Laurie	26	RVM	1:13.01	1	Criscione, Anicia	32	CAT	5:40.96
3	Lawson, Laura	20	UNAT	2:45.76	4	Wald, Sarah	26	THB	1:24.17	2	Rudge, Christine	30	COMA	5:42.96
400 Yard IM				200 Yard IM				3	Gilman, Sharon	33	COMA	7:04.47		
1	Madson, Hillary	22	COMA	5:25.13	1	Higgins, Laurie	26	RVM	2:35.71	Women 35-39				
Women 25-29				2	Schmilt, Sara	25	MYM	2:42.48	50 Yard Freestyle					
50 Yard Freestyle				3	Orscheln, Nell	26	CBAT	2:42.50	1	Titzel, Shannon	35	SWAM	27.08	
1	Munch, Nina	26	THB	28.04	4	Wald, Sarah	26	THB	2:48.43	2	Thompson, Jennifer	38	EA	27.77
2	Tyler, Rachel	26	SWISH	28.17	5	Casey, Anna	29	THB	3:08.19	3	Law, Cathy	38	CBAT	28.91
3	Upshaw, Meg	29	OWET	28.52	400 Yard IM			4	Raymond, Donna	37	COMA	29.39		
4	Falz, Stephanie	27	CGM	34.55	1	Houston, Tamara	29	COMA	5:06.20	5	Topp, Deborah	36	CAT	29.86
100 Yard Freestyle				2	Orscheln, Nell	26	CBAT	5:37.55	6	Marsh, Kathy	38	GVAM	30.47	
1	Thies, Lauren	26	MACO	52.43	Women 30-34			7	Simmons, Stephanie	39	OWET	31.33		
2	Higgins, Laurie	26	RVM	1:02.03	50 Yard Freestyle			100 Yard Freestyle						
3	Upshaw, Meg	29	OWET	1:02.16	1	Weeks, Nicole	33	CGM	25.81	1	Titzel, Shannon	35	SWAM	1:00.15
4	Falz, Stephanie	27	CGM	1:12.83	2	Peterson, Julie	31	THB	28.72	2	Schultz, Stephanie	39	COMA	1:00.84
200 Yard Freestyle				3	Snapp, Jenell	34	COMA	32.68	3	Morgen, Cheryl	36	COMA	1:01.39	
1 Thies, Lauren	26	MACO	1:52.43 O	4	Wong, Linda	34	NCMS	35.16	4	Thompson, Jennifer	38	EA	1:01.74	
2	Houston, Tamara	29	COMA	2:08.09	100 Yard Freestyle			5	Braune, Maxine	35	COMA	1:03.13		
3	Higgins, Laurie	26	RVM	2:15.53	1	Snapp, Jenell	34	COMA	1:13.98	6	Raymond, Donna	37	COMA	1:04.87
4	Upshaw, Meg	29	OWET	2:20.61	200 Yard Freestyle			7	Law, Cathy	38	CBAT	1:05.89		
5	Schmilt, Sara	25	MYM	2:22.22	1	Weeks, Nicole	33	CGM	2:10.85	8	Hyde, Sandra	37	MHM	1:07.68
6	Wald, Sarah	26	THB	2:31.12	2	Rudge, Christine	30	COMA	2:21.68	9	Topp, Deborah	36	CAT	1:07.79
7	Casey, Anna	29	THB	2:42.17	3	Snapp, Jenell	34	COMA	2:52.31	10	Shreeve, Kristin	39	CAT	1:26.41
500 Yard Freestyle				4	Gilman, Sharon	33	COMA	2:58.96	200 Yard Freestyle					
1	Houston, Tamara	29	COMA	5:42.89	5	Wong, Linda	34	NCMS	3:06.16	1	Tyrrell, Laura	38	MACO	2:06.95
2	Higgins, Laurie	26	RVM	6:06.99	1000 Yard Freestyle			2	Schultz, Stephanie	39	COMA	2:12.08		
3	Orscheln, Nell	26	CBAT	6:19.26	1	Simpson, Shauna	34	OWET	11:38.47	3	Braune, Maxine	35	COMA	2:19.27
4	Falz, Stephanie	27	CGM	7:12.03	2	Nelson, Sara	33	COMA	12:23.97	4	Guenther, Kelly	35	CAT	2:24.05
1000 Yard Freestyle				1650 Yard Freestyle				5	Kramer, Laura	36	CAT	2:24.55		
1	Schmilt, Sara	25	MYM	13:15.51	1	Nelson, Sara	33	COMA	21:01.85	6	Lewis, Robin	39	COMA	2:27.47
2	Falz, Stephanie	27	CGM	15:02.55	50 Yard Backstroke			7	Young, Kim	38	COMA	2:36.12		

8 Story, Ann	36	COMA	2:45.39	100 Yard IM				1 Snider, Pam	44	CAT	1:26.17
500 Yard Freestyle				1 Morgen, Cheryl	36	COMA	1:11.33	2 Hotchkiss, Martha	40	CAT	1:41.48
1 Schultz, Stephanie	39	COMA	5:56.79	2 Kramer, Laura	36	CAT	1:14.38	200 Yard Breaststroke			
2 Young, Susie	36	THB	6:07.71	3 Law, Cathy	38	CBAT	1:17.60	1 Snider, Pam	44	CAT	3:00.94
3 Braune, Maxine	35	COMA	6:17.75	4 Young, Kim	38	COMA	1:18.42	50 Yard Butterfly			
4 Austin, Connie	38	COMA	6:27.25	5 Marsh, Kathy	38	GVAM	1:18.86	1 Delmage, Arlene	43	GVAM	28.23
5 Hyde, Sandra	37	MHM	6:39.56	6 Kilbourn, Laurie	39	THB	1:22.39	2 Dahl, Lisa	44	PNA	28.32
6 Lewis, Robin	39	COMA	6:41.60	7 Gaskin, Dara	36	COMA	1:37.15	3 Tait, Christine	41	SWAM	30.76
7 Skoss, Rachel	37	THB	6:57.53	8 Shreeve, Kristin	39	CAT	1:43.70	4 Viales, Dianne	44	MHM	31.38
8 Kilbourn, Laurie	39	THB	7:03.29	200 Yard IM				5 Hotchkiss, Martha	40	CAT	38.34
9 Young, Kim	38	COMA	7:04.36	1 Morgen, Cheryl	36	COMA	2:33.67	6 Burres, Kim	43	SYM	43.17
10 Gaskin, Dara	36	COMA	7:38.59	2 Young, Susie	36	THB	2:39.09	100 Yard Butterfly			
11 Shreeve, Kristin	39	CAT	8:35.04	3 Guenther, Kelly	35	CAT	2:39.80	1 Delmage, Arlene	43	GVAM	1:06.28
1000 Yard Freestyle				4 Braune, Maxine	35	COMA	2:40.35	2 Viales, Dianne	44	MHM	1:10.09
1 Young, Susie	36	THB	12:38.00	5 Austin, Connie	38	COMA	2:44.25	3 Krehbiel, Joanie	44	COMA	1:13.48
2 Braune, Maxine	35	COMA	13:00.99	6 Kramer, Laura	36	CAT	2:45.70	4 Briar, Jc	40	CAT	1:26.51
3 Austin, Connie	38	COMA	13:20.62	7 Lewis, Robin	39	COMA	2:53.49	200 Yard Butterfly			
4 Skoss, Rachel	37	THB	14:22.10	8 Marsh, Kathy	38	GVAM	2:55.39	1 Delmage, Arlene	43	GVAM	2:18.48 O
5 Gaskin, Dara	36	COMA	15:50.64	9 Topp, Deborah	36	CAT	2:58.56	2 Krehbiel, Joanie	44	COMA	2:51.91
1650 Yard Freestyle				10 Story, Ann	36	COMA	3:06.30	100 Yard IM			
1 Tyrrell, Laura	38	MACO	20:05.02	400 Yard IM				1 Dahl, Lisa	44	PNA	1:05.35
2 Young, Susie	36	THB	20:44.85	1 Titzel, Shannon	35	SWAM	5:24.93	2 Delmage, Arlene	43	GVAM	1:07.56
3 Skoss, Rachel	37	THB	24:05.04	2 Guenther, Kelly	35	CAT	5:42.66	3 Tait, Christine	41	SWAM	1:11.71
4 Alvord, Linnea	36	MACO	24:37.61	3 Hyde, Sandra	37	MHM	6:17.78	4 Gitelman, Alix	41	CBAT	1:15.28
5 Gaskin, Dara	36	COMA	26:23.53	Women 40-44				5 Snider, Pam	44	CAT	1:17.85
50 Yard Backstroke				50 Yard Freestyle				6 Krehbiel, Joanie	44	COMA	1:18.05
1 Thompson, Jennifer	38	EA	33.73	1 Dahl, Lisa	44	PNA	25.50	7 Briar, Jc	40	CAT	1:22.84
2 Simmons, Stephanie	39	OWET	36.90	2 Jenkins, Valerie	42	OWET	27.02	8 Sitton, Tia	43	SWISH	1:24.78
3 Marsh, Kathy	38	GVAM	39.14	3 Sitton, Tia	43	SWISH	31.78	9 Orner, Gayle	43	CBAT	1:28.81
100 Yard Backstroke				4 Burres, Kim	43	SYM	38.64	200 Yard IM			
1 Thompson, Jennifer	38	EA	1:12.19	100 Yard Freestyle				1 Viales, Dianne	44	MHM	2:33.84
2 Guenther, Kelly	35	CAT	1:14.57	1 Viales, Dianne	44	MHM	59.56	2 Tait, Christine	41	SWAM	2:36.04
3 Kramer, Laura	36	CAT	1:17.21	2 Watkins, Betsy	40	UTAH	1:02.10	3 Snider, Pam	44	CAT	2:47.05
4 Lewis, Robin	39	COMA	1:20.96	3 Chesler, Laurie	42	THB	1:06.53	400 Yard IM			
5 Austin, Connie	38	COMA	1:21.17	4 Sitton, Tia	43	SWISH	1:11.19	1 Snider, Pam	44	CAT	5:59.12
6 Marsh, Kathy	38	GVAM	1:23.29	200 Yard Freestyle				2 Gitelman, Alix	41	CBAT	6:03.14
7 Topp, Deborah	36	CAT	1:27.08	1 Delmage, Arlene	43	GVAM	2:04.94 O	3 Orner, Gayle	43	CBAT	6:42.99
200 Yard Backstroke				2 Jenkins, Valerie	42	OWET	2:09.22	Women 45-49			
1 Marsh, Kathy	38	GVAM	2:52.61	3 Watkins, Betsy	40	UTAH	2:15.37	50 Yard Freestyle			
2 Kramer, Laura	36	CAT	2:52.72	4 Gitelman, Alix	41	CBAT	2:22.02	1 Andrus-Hughes, K	48	OWET	26.31
3 Hyde, Sandra	37	MHM	3:02.65	5 Krehbiel, Joanie	44	COMA	2:24.25	2 Foley, Sharon	45	MACO	27.10
50 Yard Breaststroke				6 Chesler, Laurie	42	THB	2:24.35	3 Buck, Donna	47	CAT	27.30
1 Law, Cathy	38	CBAT	37.73	7 Sitton, Tia	43	SWISH	2:48.42	4 Harsey, Laura	47	OREG	27.62
2 Lewis, Robin	39	COMA	40.00	500 Yard Freestyle				5 Zigler, Pamela	46	COMA	29.32
3 Kilbourn, Laurie	39	THB	43.14	1 Jenkins, Valerie	42	OWET	5:46.43	6 Park, Melora	46	CBAT	29.72
4 Shreeve, Kristin	39	CAT	45.11	2 Watkins, Betsy	40	UTAH	5:55.89	7 Duntun, Nancy	47	CAT	30.41
100 Yard Breaststroke				3 Krehbiel, Joanie	44	COMA	6:24.17	8 Cappaert, Marlys	47	CBAT	31.70
1 Law, Cathy	38	CBAT	1:21.78	4 Gitelman, Alix	41	CBAT	6:31.75	9 Snyder, Lynn	49	MYM	32.44
2 Young, Kim	38	COMA	1:26.00	5 Snider, Pam	44	CAT	6:42.45	10 Eckert-Mason, K.	48	CAT	32.81
3 Story, Ann	36	COMA	1:32.95	1000 Yard Freestyle				11 Hosty, Maureen	46	MYM	33.34
4 Shreeve, Kristin	39	CAT	1:35.54	1 Watkins, Betsy	40	UTAH	12:16.39	12 Miles, Jill	45	CGM	34.75
5 Gaskin, Dara	36	COMA	1:40.61	2 Chesler, Laurie	42	THB	13:32.90	100 Yard Freestyle			
200 Yard Breaststroke				1650 Yard Freestyle				1 Andrus-Hughes, K	48	OWET	56.88
1 Austin, Connie	38	COMA	3:04.99	1 Delmage, Arlene	43	GVAM	19:35.67 O	2 Foley, Sharon	45	MACO	1:00.84
2 Young, Kim	38	COMA	3:05.57	2 Viales, Dianne	44	MHM	20:55.31	3 Roussain, Kerri	47	GVAM	1:01.45
3 Law, Cathy	38	CBAT	3:08.25	3 Chesler, Laurie	42	THB	22:31.58	4 Buck, Donna	47	CAT	1:02.01
4 Lewis, Robin	39	COMA	3:10.85	4 Hotchkiss, Martha	40	CAT	28:03.48	5 Sweat, Mary	48	OREG	1:02.73
5 Hyde, Sandra	37	MHM	3:21.81	50 Yard Backstroke				6 Vincent, Nancy	46	GVAM	1:04.54
50 Yard Butterfly				1 Jenkins, Valerie	42	OWET	29.73	7 Cappaert, Marlys	47	CBAT	1:07.91
1 Morgen, Cheryl	36	COMA	29.46	2 Tait, Christine	41	SWAM	32.85	8 Fitzpatrick, Clare	45	CGM	1:16.43
2 Titzel, Shannon	35	SWAM	29.64	100 Yard Backstroke				9 Rogers, Patricia	46	NCMS	1:19.43
3 Tyrrell, Laura	38	MACO	30.24	1 Jenkins, Valerie	42	OWET	1:04.37	200 Yard Freestyle			
4 Thompson, Jennifer	38	EA	30.71	2 Tait, Christine	41	SWAM	1:09.37	1 Sweat, Mary	48	OREG	2:13.88
5 Schultz, Stephanie	39	COMA	32.09	3 Viales, Dianne	44	MHM	1:13.16	2 Roussain, Kerri	47	GVAM	2:14.45
6 Topp, Deborah	36	CAT	32.34	4 Gitelman, Alix	41	CBAT	1:13.66	3 Duntun, Nancy	47	CAT	2:24.52
7 Guenther, Kelly	35	CAT	32.47	5 Burres, Kim	43	SYM	1:33.02	4 Hosty, Maureen	46	MYM	2:33.63
8 Shreeve, Kristin	39	CAT	45.17	200 Yard Backstroke				5 Miles, Jill	45	CGM	2:48.13
100 Yard Butterfly				1 Tait, Christine	41	SWAM	2:28.40	6 Rogers, Patricia	46	NCMS	2:59.28
1 Titzel, Shannon	35	SWAM	1:06.19	2 Gitelman, Alix	41	CBAT	2:37.48	500 Yard Freestyle			
2 Morgen, Cheryl	36	COMA	1:08.89	3 Orner, Gayle	43	CBAT	3:08.98	1 Sweat, Mary	48	OREG	5:44.18 O
3 Kramer, Laura	36	CAT	1:12.36	50 Yard Breaststroke				2 Roussain, Kerri	47	GVAM	5:57.10
4 Young, Susie	36	THB	1:12.72	1 Jenkins, Valerie	42	OWET	35.25	3 Vincent, Nancy	46	GVAM	6:28.32
5 Schultz, Stephanie	39	COMA	1:13.94	2 Dahl, Lisa	44	PNA	36.15	4 Cappaert, Marlys	47	CBAT	6:36.52
6 Topp, Deborah	36	CAT	1:15.55	3 Watkins, Betsy	40	UTAH	36.24	5 Worden, Laura	48	CAT	6:45.37
200 Yard Butterfly				4 Chesler, Laurie	42	THB	40.27	6 Fox, Christina	45	CAT	7:08.60
1 Titzel, Shannon	35	SWAM	2:27.41	5 Briar, Jc	40	CAT	41.66	7 Fitzpatrick, Clare	45	CGM	7:37.12
2 Morgen, Cheryl	36	COMA	2:40.66	6 Sitton, Tia	43	SWISH	42.49	8 Rogers, Patricia	46	NCMS	7:39.95
3 Young, Susie	36	THB	2:43.46	100 Yard Breaststroke				1000 Yard Freestyle			

1	Sweat, Mary	48	OREG	11:45.91	1	Parisi, Robin	51	MACO	26.96	5	Welborn, Jody	50	MACO	39.51
2	Roussain, Kerri	47	GVAM	12:21.74	2	Smith, Paula	51	SWAM	30.22	6	Winton, Leslie	51	THB	41.60
3	Hosty, Maureen	46	MYM	13:48.86	3	Teisher, Jeanne	54	THB	30.52	7	Milner, Nancy	54	MHM	41.67
4	Rogers, Patricia	46	NCMS	15:56.93	4	Royle, Mary Anne	53	GVAM	32.37	8	Roberts, Calli	51	COMA	44.79
1650 Yard Freestyle														
1	Sweat, Mary	48	OREG19:15.01 O		5	Winton, Leslie	51	THB	38.27	9	Toole, Peggy	53	THB	45.11
2	Roussain, Kerri	47	GVAM	20:09.95	6	Sanders, Susan	51	NCMS	39.94	100 Yard Butterfly				
3	Foley, Sharon	45	MACO	23:18.33	7	Husk, Lee	54	COMA	43.80	1	Parisi, Robin	51	MACO	1:03.74
4	Eckert-Mason, K.	48	CAT	24:25.26	8	Coffeen, Linda	54	OWET	50.11	2	Peterson, Connie	51	COMA	1:57.38
5	Rogers, Patricia	46	NCMS	26:21.10	100 Yard Freestyle				200 Yard Butterfly					
50 Yard Backstroke														
1	Andrus-Hughes, K	48	OWET	29.91	1	Parisi, Robin	51	MACO	57.48 Z	1	Asleson, Elke	54	CAT	3:16.37
2	Buck, Donna	47	CAT	34.32	2	Teisher, Jeanne	54	THB	1:08.55	2	Roberts, Calli	51	COMA	3:54.76
3	Straley, Deidre	49	COMA	35.87	3	Royle, Mary Anne	53	GVAM	1:12.41	3	Peterson, Connie	51	COMA	4:10.94
100 Yard Backstroke														
1	Andrus-Hughes, K	48	OWET	1:05.26	4	Winton, Leslie	51	THB	1:24.19	100 Yard IM				
2	Harsey, Laura	47	OREG	1:09.13	5	Sherwood, Dianne	52	CGM	1:27.96	1	Parisi, Robin	51	MACO	1:06.61
3	Roussain, Kerri	47	GVAM	1:14.25	200 Yard Freestyle				2	Budd, Elizabeth	52	CAT	1:21.87	
4	Harris, Barb	46	COMA	1:14.77	1	Teisher, Jeanne	54	THB	2:35.75	3	Milner, Nancy	54	MHM	1:33.78
5	Park, Melora	46	CBAT	1:16.05	2	Royle, Mary Anne	53	GVAM	2:40.10	4	Winton, Leslie	51	THB	1:36.03
6	Fox, Christina	45	CAT	1:19.39	3	Toole, Peggy	53	THB	2:57.07	200 Yard IM				
7	Snyder, Lynn	49	MYM	1:23.73	4	Mather, June	53	RVM	3:05.42	1	Parisi, Robin	51	MACO	2:24.22 Z
200 Yard Backstroke														
1	Andrus-Hughes, K	48	OWET	2:23.85	5	Sanders, Susan	51	NCMS	3:06.61	2	Budd, Elizabeth	52	CAT	2:51.66
2	Fox, Christina	45	CAT	2:51.91	500 Yard Freestyle				3	Asleson, Elke	54	CAT	3:08.02	
50 Yard Breaststroke														
1	Harsey, Laura	47	OREG	36.08	1	Budd, Elizabeth	52	CAT	6:42.86	4	Welborn, Jody	50	MACO	3:16.71
2	Vincent, Nancy	46	GVAM	37.24	2	Welborn, Jody	50	MACO	7:05.60	5	Roberts, Calli	51	COMA	3:27.70
3	Zigler, Pamela	46	COMA	41.12	3	Teisher, Jeanne	54	THB	7:06.20	6	Ringstad, Barbara	50	COMA	3:27.94
4	Fitzpatrick, Clare	45	CGM	41.65	4	Milner, Nancy	54	MHM	7:27.74	7	Peterson, Connie	51	COMA	3:42.41
5	Markus, Laurie	48	CAT	46.17	6	Peterson, Connie	51	COMA	8:22.82	400 Yard IM				
100 Yard Breaststroke														
1	Park, Melora	46	CBAT	1:21.59	1000 Yard Freestyle				1	Asleson, Elke	54	CAT	6:34.30	
2	Cappaert, Marlys	47	CBAT	1:26.93	1	Budd, Elizabeth	52	CAT	13:52.78	2	Peterson, Connie	51	COMA	7:48.65
3	Snyder, Lynn	49	MYM	1:33.03	2	Teisher, Jeanne	54	THB	14:40.93	Women 55-59				
4	Miles, Jill	45	CGM	1:34.96	3	Peterson, Connie	51	COMA	16:54.62	50 Yard Freestyle				
5	Markus, Laurie	48	CAT	1:42.00	4	Mather, June	53	RVM	16:55.54	1	Degree, Kathy	56	COMA	39.39
100 Yard Breaststroke														
1	Park, Melora	46	CBAT	1:21.59	5	Sanders, Susan	51	NCMS	17:05.00	100 Yard Freestyle				
2	Cappaert, Marlys	47	CBAT	1:26.93	6	Sherwood, Dianne	52	CGM	18:44.53	1	De Szoeko, Judith	58	CAT	1:41.44
3	Snyder, Lynn	49	MYM	1:33.03	1650 Yard Freestyle				200 Yard Freestyle					
4	Miles, Jill	45	CGM	1:34.96	1	Budd, Elizabeth	52	CAT	22:52.36	1	Imwalle, Catherine	56	COMA	2:19.53 O
5	Markus, Laurie	48	CAT	1:42.00	2	Welborn, Jody	50	MACO	24:04.28	2	Staley, Darlene	56	THB	2:49.10
200 Yard Breaststroke														
1	Vincent, Nancy	46	GVAM	2:55.52	3	Milner, Nancy	54	MHM	25:40.94	500 Yard Freestyle				
2	Fox, Christina	45	CAT	3:15.16	50 Yard Backstroke				1	Mathewson, Geri	57	RVM	7:12.45	
50 Yard Butterfly														
1	Foley, Sharon	45	MACO	30.20	1	Royle, Mary Anne	53	GVAM	37.30	2	Motley, Kathy	56	CBAT	9:40.12
2	Worden, Laura	48	CAT	30.78	2	Smith, Paula	51	SWAM	37.72	1000 Yard Freestyle				
3	Harsey, Laura	47	OREG	31.43	3	Sherwood, Dianne	52	CGM	49.51	1	Imwalle, Catherine	56	COMA	13:06.09
4	Buck, Donna	47	CAT	31.57	4	Winton, Leslie	51	THB	50.18	2	Mathewson, Geri	57	RVM	14:48.47
5	Straley, Deidre	49	COMA	32.21	5	Coffeen, Linda	54	OWET	51.77	3	Staley, Darlene	56	THB	15:19.23
6	Zigler, Pamela	46	COMA	34.56	100 Yard Backstroke				4	Motley, Kathy	56	CBAT	20:09.32	
7	Markus, Laurie	48	CAT	45.37	1	Parisi, Robin	51	MACO	1:09.00 O	1650 Yard Freestyle				
100 Yard Butterfly														
1	Worden, Laura	48	CAT	1:08.98	2	Hendryx, Teri	52	COMA	1:16.38	1	Motley, Kathy	56	CBAT	34:01.24
2	Foley, Sharon	45	MACO	1:10.33	3	Royle, Mary Anne	53	GVAM	1:19.88	50 Yard Backstroke				
3	Straley, Deidre	49	COMA	1:12.61	4	Ringstad, Barbara	50	COMA	1:39.32	1	Stark, Carol	57	FISH	48.81
200 Yard Butterfly														
1	Straley, Deidre	49	COMA	2:48.09	5	Coffeen, Linda	54	OWET	1:48.32	100 Yard Backstroke				
100 Yard IM														
1	Harsey, Laura	47	OREG	1:10.05	200 Yard Backstroke				1	Imwalle, Catherine	56	COMA	1:17.14	
2	Worden, Laura	48	CAT	1:13.19	1	Hendryx, Teri	52	COMA	2:43.19 O	2	Stark, Carol	57	FISH	1:55.35
3	Straley, Deidre	49	COMA	1:14.34	2	Royle, Mary Anne	53	GVAM	2:52.44	200 Yard Backstroke				
4	Park, Melora	46	CBAT	1:15.53	3	Coffeen, Linda	54	OWET	3:52.53	1	De Szoeko, Judith	58	CAT	4:12.12
5	Zigler, Pamela	46	COMA	1:15.61	50 Yard Breaststroke				50 Yard Breaststroke					
6	Vincent, Nancy	46	GVAM	1:16.34	1	Smith, Paula	51	SWAM	36.01	1	Imwalle, Catherine	56	COMA	37.02
7	Fitzpatrick, Clare	45	CGM	1:30.91	2	Sherwood, Dianne	52	CGM	45.07	2	Degree, Kathy	56	COMA	45.34
8	Markus, Laurie	48	CAT	1:41.49	3	Winton, Leslie	51	THB	47.25	100 Yard Breaststroke				
200 Yard IM														
1	Andrus-Hughes, K	48	OWET	2:25.29	4	Husk, Lee	54	COMA	51.01	1	Degree, Kathy	56	COMA	1:41.57
2	Worden, Laura	48	CAT	2:39.44	5	Coffeen, Linda	54	OWET	58.60	200 Yard Breaststroke				
3	Straley, Deidre	49	COMA	2:43.06	100 Yard Breaststroke				1	Imwalle, Catherine	56	COMA	2:56.89	
4	Goodman, Ann	46	CGM	2:49.18	1	Smith, Paula	51	SWAM	1:21.88	2	Degree, Kathy	56	COMA	3:44.85
5	Fox, Christina	45	CAT	2:58.74	2	Hendryx, Teri	52	COMA	1:26.76	50 Yard Butterfly				
400 Yard IM														
1	Worden, Laura	48	CAT	5:40.23	3	Ringstad, Barbara	50	COMA	1:39.51	1	Degree, Kathy	56	COMA	54.00
2	Goodman, Ann	46	CGM	5:51.09	4	Milner, Nancy	54	MHM	1:43.22	200 Yard Butterfly				
3	Cappaert, Marlys	47	CBAT	5:57.36	5	Husk, Lee	54	COMA	1:53.01	1	Staley, Darlene	56	THB	3:16.41
4	Park, Melora	46	CBAT	6:08.35	200 Yard Breaststroke				100 Yard IM					
5	Fox, Christina	45	CAT	6:16.96	1	Hendryx, Teri	52	COMA	3:09.86	1	Imwalle, Catherine	56	COMA	1:13.73
Women 50-54														
50 Yard Freestyle														
1	Ward, Joy	63	OWET	31.35	2	Milner, Nancy	54	MHM	3:32.08	2	Degree, Kathy	56	COMA	1:47.30
2	Frid, Barbara	64	THB	31.42	3	Welborn, Jody	50	MACO	3:34.47	200 Yard IM				
3	Calnek-Morris, Sue	62	OWET	33.65	4	Sherwood, Dianne	52	CGM	3:35.52	1	Staley, Darlene	56	THB	3:13.62
4	Sacks, Lynn	60	RVM	47.15	5	Husk, Lee	54	COMA	4:04.41	Women 60-64				
100 Yard Freestyle														
1	Ward, Joy	63	OWET	31.35	1	Hendryx, Teri	52	COMA	36.22	50 Yard Freestyle				
2	Frid, Barbara	64	THB	31.42	2	Smith, Paula	51	SWAM	36.63	1	Ward, Joy	63	OWET	31.35
3	Calnek-Morris, Sue	62	OWET	33.65	3	Budd, Elizabeth	52	CAT	36.73	2	Frid, Barbara	64	THB	31.42
4	Sacks, Lynn	60	RVM	47.15	4	Asleson, Elke	54	CAT	39.28	3	Calnek-Morris, Sue	62	OWET	33.65

1	Frid, Barbara	64	THB	1:09.83	200 Yard Breaststroke				1	Cleary, Kevin	22	CAT	26.90
2	Calnek-Morris, Sue	62	OWET	1:17.19	1 Hodge, Peggie	66	COMA	3:44.14	100 Yard IM				
3	Sacks, Lynn	60	RVM	1:37.59	100 Yard Butterfly				1	Cleary, Kevin	22	CAT	1:03.94
4	Haynie, Sandra	61	CGM	2:17.09	1 Hodge, Peggie	66	COMA	1:44.37	Men 25-29				
	200 Yard Freestyle				200 Yard Butterfly				50 Yard Freestyle				
1	Calnek-Morris, Sue	62	OWET	2:51.86	1 Hodge, Peggie	66	COMA	4:03.64	1 Boal, Nathan	28	CAT	24.80	
2	Himstreet, Pam	62	COMA	3:17.21	400 Yard IM				2	Wanger, Mike	25	COMA	25.81
3	Sacks, Lynn	60	RVM	3:39.72	1 Hodge, Peggie	66	COMA	7:37.55 Z	100 Yard Freestyle				
	500 Yard Freestyle				Women 70-74				1	Boal, Nathan	28	CAT	53.72
1	Calnek-Morris, Sue	62	OWET	7:25.12	50 Yard Freestyle				1000 Yard Freestyle				
2	Whiter, Peggy	62	COMA	8:58.32	1 Kawabata, Geraldine	71	THB	44.92	1	Tackett, Allen	29	COMA	17:20.52
3	Sacks, Lynn	60	RVM	9:31.68	2 Rosik, Cynthia	73	OREG	53.26	1650 Yard Freestyle				
	1000 Yard Freestyle				100 Yard Freestyle				1	Tackett, Allen	29	COMA	29:29.97
1	Calnek-Morris, Sue	62	OWET	15:19.76	1 Kawabata, Geraldine	71	THB	1:41.07	50 Yard Backstroke				
2	Himstreet, Pam	62	COMA	17:55.59	100 Yard Backstroke				1	Wanger, Mike	25	COMA	33.34
3	Sacks, Lynn	60	RVM	20:02.44	1 Kawabata, Geraldine	71	THB	2:02.93	100 Yard Breaststroke				
	1650 Yard Freestyle				50 Yard Breaststroke				1	Boal, Nathan	28	CAT	1:07.65
1	Calnek-Morris, Sue	62	OWET	24:50.60	1 Kawabata, Geraldine	71	THB	1:05.67	50 Yard Butterfly				
2	Whiter, Peggy	62	COMA	31:26.62	100 Yard Breaststroke				1	Boal, Nathan	28	CAT	26.70
3	Sacks, Lynn	60	RVM	32:51.32	1 Rosik, Cynthia	73	OREG	2:15.48	2	Wanger, Mike	25	COMA	30.13
	50 Yard Backstroke				50 Yard Butterfly				100 Yard Butterfly				
1	Ward, Joy	63	OWET	36.29	1 Kawabata, Geraldine	71	THB	57.94	1	Boal, Nathan	28	CAT	1:00.27
2	Frid, Barbara	64	THB	37.73	2 Rosik, Cynthia	73	OREG	1:02.52	100 Yard IM				
3	Whiter, Peggy	62	COMA	52.93	100 Yard IM				1	Boal, Nathan	28	CAT	1:01.55
4	Haynie, Sandra	61	CGM	1:10.40	1 Kawabata, Geraldine	71	THB	2:03.54	2	Wanger, Mike	25	COMA	1:10.39
	100 Yard Backstroke				Women 75-79				Men 30-34				
1	Ward, Joy	63	OWET	1:19.63	50 Yard Freestyle				50 Yard Freestyle				
2	Frid, Barbara	64	THB	1:26.17	1 Hughes, Kathleen	79	THB	59.30	1	Berebitsky, Jeff	30	MYM	25.42
3	Whiter, Peggy	62	COMA	1:48.38	100 Yard Freestyle				2	Daniels, Joseph	32	COMA	26.22
	200 Yard Backstroke				1 Hughes, Kathleen	79	THB	2:13.89	100 Yard Freestyle				
1 Ward, Joy	63	OWET	2:50.94 Z		50 Yard Backstroke				1	Lantry, Todd	30	RVM	54.54
2	Whiter, Peggy	62	COMA	3:57.00	1 Hughes, Kathleen	79	THB	1:21.48	2	Berebitsky, Jeff	30	MYM	56.71
	50 Yard Breaststroke				Women 80-84				200 Yard Freestyle				
1	Pierson, Ginger	60	MACO	36.89	50 Yard Freestyle				1	Van An del, Robbert	31	SCC	1:57.13
2	Himstreet, Pam	62	COMA	52.51	1 Stangel, Pauline	84	CAT	57.08	2	Lantry, Todd	30	RVM	2:03.33
3	Haynie, Sandra	61	CGM	1:06.19	100 Yard Freestyle				3	Nishimura, Takeo	33	EA	2:11.06
	100 Yard Breaststroke				1 Stangel, Pauline	84	CAT	2:10.78	500 Yard Freestyle				
1 Pierson, Ginger	60	MACO	1:21.62 Z		200 Yard Freestyle				1	Van An del, Robbert	31	SCC	5:13.68
2	Frid, Barbara	64	THB	1:30.42	1 Stangel, Pauline	84	CAT	4:50.53	1000 Yard Freestyle				
	200 Yard Breaststroke				500 Yard Freestyle				1	Elliott, Scot	31	COMA	10:54.35
1	Pierson, Ginger	60	MACO	3:04.52	1 Stangel, Pauline	84	CAT	13:16.09	2	Lantry, Todd	30	RVM	11:41.32
2	Himstreet, Pam	62	COMA	4:02.39	1000 Yard Freestyle				3	Nishimura, Takeo	33	EA	13:07.93
	50 Yard Butterfly				1 Stevenin, Elfie	84	THB	39:41.00	1650 Yard Freestyle				
1	Frid, Barbara	64	THB	33.86	50 Yard Backstroke				1	Elliott, Scot	31	COMA	18:43.15
2	Whiter, Peggy	62	COMA	50.09	1 Stevenin, Elfie	84	THB	1:30.93	2	Nishimura, Takeo	33	EA	22:05.67
	100 Yard Butterfly				100 Yard Backstroke				100 Yard Backstroke				
1	Pierson, Ginger	60	MACO	1:23.64	1 Wells, Margaret	80	SCC	2:28.89	1	Van An del, Robbert	31	SCC	1:01.57
	200 Yard Butterfly				200 Yard Backstroke				200 Yard Backstroke				
1	Pierson, Ginger	60	MACO	3:02.25	1 Wells, Margaret	80	SCC	5:05.51	1	Cohen, Joshua	34	OWET	2:27.40
	200 Yard IM				50 Yard Breaststroke				50 Yard Breaststroke				
1	Himstreet, Pam	62	COMA	3:50.96	1 Stangel, Pauline	84	CAT	1:14.80	1	Daniels, Joseph	32	COMA	30.81
	400 Yard IM				100 Yard Butterfly				2	Van An del, Robbert	31	SCC	32.22
1	Pierson, Ginger	60	MACO	6:34.74	1 Stevenin, Elfie	84	THB	5:27.92	100 Yard Breaststroke				
2	Himstreet, Pam	62	COMA	8:12.19	200 Yard Butterfly				1	Elliott, Scot	31	COMA	1:06.95
	Women 65-69				1 Stevenin, Elfie	84	THB	12:10.54	2	Lantry, Todd	30	RVM	1:09.15
	50 Yard Freestyle				100 Yard IM				3	Daniels, Joseph	32	COMA	1:09.38
1	Schumann, Susanne	68	MACO	37.12	1 Wells, Margaret	80	SCC	2:48.99	200 Yard Breaststroke				
	100 Yard Freestyle				200 Yard IM				1	Elliott, Scot	31	COMA	2:25.37
1	Schumann, Susanne	68	MACO	1:32.46	1 Wells, Margaret	80	SCC	6:07.32	2	Cohen, Joshua	34	OWET	2:32.56
2	Schroder, Kaleo	69	COMA	1:48.49	400 Yard IM				50 Yard Butterfly				
	200 Yard Freestyle				1 Wells, Margaret	80	SCC	13:05.98	1	Daniels, Joseph	32	COMA	28.32
1	Schumann, Susanne	68	MACO	3:04.37	Women 90-94				2	Berebitsky, Jeff	30	MYM	28.37
2	Schroder, Kaleo	69	COMA	4:04.78	50 Yard Freestyle				100 Yard Butterfly				
	500 Yard Freestyle				1 Buel, Hilda	92	OREG	1:46.14 Z	1	Elliott, Scot	31	COMA	58.06
1	Schumann, Susanne	68	MACO	7:50.09	100 Yard Backstroke				2	Berebitsky, Jeff	30	MYM	1:03.52
	1000 Yard Freestyle				1 Buel, Hilda	92	OREG	4:33.67	100 Yard IM				
1	Hodge, Peggie	66	COMA	18:37.16	100 Yard Breaststroke				1	Lantry, Todd	30	RVM	1:01.13
	1650 Yard Freestyle				1 Buel, Hilda	92	OREG	7:16.45	2	Daniels, Joseph	32	COMA	1:04.84
1	Schumann, Susanne	68	MACO	27:38.89	50 Yard Butterfly				3	Berebitsky, Jeff	30	MYM	1:05.85
	50 Yard Backstroke				1 Buel, Hilda	92	OREG	5:04.85	4	Cohen, Joshua	34	OWET	1:07.24
1	Schroder, Kaleo	69	COMA	59.35	Men 18-24				5	Nishimura, Takeo	33	EA	1:10.41
	100 Yard Backstroke				50 Yard Freestyle				200 Yard IM				
1	Schroder, Kaleo	69	COMA	2:12.39	1 Cleary, Kevin	22	CAT	25.12	1	Berebitsky, Jeff	30	MYM	2:29.78
	200 Yard Backstroke				50 Yard Breaststroke				400 Yard IM				
1	Schroder, Kaleo	69	COMA	4:57.52	1 Cleary, Kevin	22	CAT	31.63	1	Elliott, Scot	31	COMA	4:34.13
	100 Yard Breaststroke				100 Yard Breaststroke				2	Van An del, Robbert	31	SCC	4:34.77
1	Hodge, Peggie	66	COMA	1:44.59	1 Cleary, Kevin	22	CAT	1:09.50	3	Daniels, Joseph	32	COMA	5:36.96
2	Schroder, Kaleo	69	COMA	2:21.20	50 Yard Butterfly				Men 35-39				

200 Yard Freestyle			2 Scoville, Brent	48	GVAM	5:34.99	3 Mann, Steve	53	COMA	28.28
1 Otto, Douglas	47	MACO	3 Munro, Stuart	48	MACO	5:48.74	4 Edwards, Wes	52	GVAM	28.41
2 Redding, Tom	45	NIKE	Men 50-54							
3 Steinhauft, Eric	46	COMA	50 Yard Freestyle							
4 Sumerfield, Bill	45	CGM	1 Tennant, Mike	52	COMA	23.73	6 Cecil, Patrick	51	THB	38.26
5 Wren, Mark	47	OWET	2 Mann, Steve	53	COMA	24.81	7 Darnell, Stephen	52	GVAM	38.30
6 Andersen, Christian	48	CAT	3 Brockbank, Doug	52	OWET	25.46	8 Toole, Chris	54	THB	38.75
7 Downing, Greg	47	CBAT	4 Degiulio, Jules	53	OREG	26.04	9 Mather, Craig	54	RVM	39.66
8 Bergstrom, Robert	49	MHM	5 Sherwood, Reggie	54	CGM	29.48	100 Yard Butterfly			
9 Munro, Stuart	48	MACO	6 Cecil, Patrick	51	THB	30.39	1 Metzger, Peter	50	OWET	1:01.44
10 White, James	47	THB	7 Darnell, Stephen	52	GVAM	30.53	2 Yensen, Kermit	52	THB	1:02.99
11 Gilberg, Jay	48	MYM	8 Toole, Chris	54	THB	32.46	3 Kevan, Stephen	51	EA	1:04.32
500 Yard Freestyle			9 Butler, James	53	THB	34.63	200 Yard Butterfly			
1 Redding, Tom	45	NIKE	100 Yard Freestyle				1 Yensen, Kermit	52	THB	2:40.18
2 Bergstrom, Robert	49	MHM	1 Tennant, Mike	52	COMA	53.12	2 Cecil, Patrick	51	THB	3:21.38
3 Fairhurst, Jon	47	GVAM	2 Yensen, Kermit	52	THB	56.89	100 Yard IM			
1000 Yard Freestyle			3 Degiulio, Jules	53	OREG	57.59	1 Mann, Steve	53	COMA	1:02.78
1 Steinhauft, Eric	46	COMA	4 Sherwood, Reggie	54	CGM	1:08.95	2 Tennant, Mike	52	COMA	1:03.96
2 Andersen, Christian	48	CAT	5 Butler, James	53	THB	1:17.58	3 Yensen, Kermit	52	THB	1:07.73
3 Gilberg, Jay	48	MYM	200 Yard Freestyle				4 Darnell, Stephen	52	GVAM	1:25.41
1650 Yard Freestyle			1 Kevan, Stephen	51	EA	2:00.15	200 Yard IM			
1 Munro, Stuart	48	MACO	2 Yensen, Kermit	52	THB	2:07.93	1 Kevan, Stephen	51	EA	2:16.06 O
2 Scoville, Brent	48	GVAM	3 Cecil, Patrick	51	THB	2:39.03	2 Brockbank, Doug	52	OWET	2:29.66
3 Bergstrom, Robert	49	MHM	4 Shuman, Thomas	52	COMA	2:54.39	3 Edwards, Wes	52	GVAM	2:32.68
50 Yard Backstroke			5 Butler, James	53	THB	3:04.42	4 Degiulio, Jules	53	OREG	2:34.03
1 George, Steve	46	CBAT	500 Yard Freestyle				400 Yard IM			
2 Gilberg, Jay	48	MYM	1 Kevan, Stephen	51	EA	5:33.82	1 Kevan, Stephen	51	EA	4:58.10 O
3 White, James	47	THB	2 Istok, Jonathan	50	CBAT	6:26.19	2 Degiulio, Jules	53	OREG	5:34.69
4 Stelzer, Keith	46	CGM	3 Mather, Craig	54	RVM	7:03.42	3 Edwards, Wes	52	GVAM	5:50.86
100 Yard Backstroke			4 Shuman, Thomas	52	COMA	8:11.59	Men 55-59			
1 George, Steve	46	CBAT	5 Butler, James	53	THB	8:32.40	50 Yard Freestyle			
2 Otto, Douglas	47	MACO	1000 Yard Freestyle				1 Andersen, Tom	55	DAC	27.21
3 Downing, Greg	47	CBAT	1 Tennant, Mike	52	COMA	12:06.33	2 Tremblay, Vic	55	CBAT	28.33
200 Yard Backstroke			2 Dow, Keith	50	NCMS	13:04.65	3 Hewes, Thomas	59	CBAT	28.90
1 George, Steve	46	CBAT	3 Istok, Jonathan	50	CBAT	13:32.47	4 Macaulay, Thomas	56	OWET	29.55
2 Otto, Douglas	47	MACO	4 Toole, Chris	54	THB	14:19.07	5 Carriker, Buz	58	MHM	29.83
3 Fairhurst, Jon	47	GVAM	5 Mather, Craig	54	RVM	14:20.97	6 Brooks, Raymond	55	CBAT	30.42
50 Yard Breaststroke			6 Shuman, Thomas	52	COMA	17:17.61	7 Carroll, Tom	56	OWET	38.40
1 Allender, Pat	47	CAT	1650 Yard Freestyle				8 Jenkins, James	58	OWET	38.73
2 Sumerfield, Bill	45	CGM	1 Istok, Jonathan	50	CBAT	22:11.63	100 Yard Freestyle			
3 Kelleher, Bill	45	COMA	2 Dow, Keith	50	NCMS	22:32.99	1 Andersen, Tom	55	DAC	58.68
4 Stelzer, Keith	46	CGM	3 Cecil, Patrick	51	THB	25:11.15	2 Cronin, Jed	57	THB	59.56
100 Yard Breaststroke			4 Shuman, Thomas	52	COMA	28:41.81	3 Hewes, Thomas	59	CBAT	1:05.03
1 Allender, Pat	47	CAT	50 Yard Backstroke				4 Coakley, Jim	59	CBAT	1:07.97
2 Otto, Douglas	47	MACO	1 Metzger, Peter	50	OWET	28.33	5 Brooks, Raymond	55	CBAT	1:12.06
3 Sumerfield, Bill	45	CGM	2 Edwards, Wes	52	GVAM	28.37	6 Jenkins, James	58	OWET	1:26.63
4 Downing, Greg	47	CBAT	3 Mann, Steve	53	COMA	28.51	7 Carroll, Tom	56	OWET	1:32.79
5 Kopp, Kurt	46	THB	4 Darnell, Stephen	52	GVAM	37.96	200 Yard Freestyle			
6 Kelleher, Bill	45	COMA	5 Sherwood, Reggie	54	CGM	38.82	1 Johnson, Steve	58	EA	2:02.98
200 Yard Breaststroke			6 Butler, James	53	THB	46.87	2 Macaulay, Thomas	56	OWET	2:20.68
1 Allender, Pat	47	CAT	100 Yard Backstroke				3 Ellis, John	59	GVAM	2:46.49
2 Sumerfield, Bill	45	CGM	1 Edwards, Wes	52	GVAM	1:01.93	4 Mierjeski, Edward	55	COMA	3:02.88
3 Fairhurst, Jon	47	GVAM	2 Metzger, Peter	50	OWET	1:02.38	5 Jenkins, James	58	OWET	3:19.64
4 Steinhauft, Eric	46	COMA	3 Mann, Steve	53	COMA	1:05.34	6 Carroll, Tom	56	OWET	3:44.29
5 Kelleher, Bill	45	COMA	4 Darnell, Stephen	52	GVAM	1:25.50	500 Yard Freestyle			
50 Yard Butterfly			5 Mather, Craig	54	RVM	1:36.85	1 Johnson, Steve	58	EA	5:30.24
1 Kopp, Kurt	46	THB	6 Butler, James	53	THB	1:44.37	2 Cronin, Jed	57	THB	6:19.44
2 Bergstrom, Robert	49	MHM	200 Yard Backstroke				3 Carriker, Buz	58	MHM	6:45.14
100 Yard Butterfly			1 Edwards, Wes	52	GVAM	2:13.92 O	4 Coakley, Jim	59	CBAT	7:04.88
1 Allender, Pat	47	CAT	2 Mann, Steve	53	COMA	2:22.30	5 Jenkins, James	58	OWET	9:29.63
2 Redding, Tom	45	NIKE	3 Darnell, Stephen	52	GVAM	3:12.87	1000 Yard Freestyle			
3 Steinhauft, Eric	46	COMA	50 Yard Breaststroke				1 Johnson, Steve	58	EA	11:16.74 Z
4 Stelzer, Keith	46	CGM	1 Metzger, Peter	50	OWET	32.47	2 Andersen, Tom	55	DAC	12:21.51
200 Yard Butterfly			2 Taylor, Charles	50	GVAM	32.79	3 Ellis, John	59	GVAM	15:23.67
1 Munro, Stuart	48	MACO	3 Degiulio, Jules	53	OREG	33.10	1650 Yard Freestyle			
100 Yard IM			4 Istok, Jonathan	50	CBAT	34.96	1 Andersen, Tom	55	DAC	20:41.14
1 Otto, Douglas	47	MACO	5 Sherwood, Reggie	54	CGM	36.59	2 Bruce, Bob	58	COMA	21:04.29
2 Fairhurst, Jon	47	GVAM	100 Yard Breaststroke				3 Cronin, Jed	57	THB	21:32.42
3 Stelzer, Keith	46	CGM	1 Degiulio, Jules	53	OREG	1:13.53	4 Carriker, Buz	58	MHM	23:18.06
200 Yard IM			2 Istok, Jonathan	50	CBAT	1:18.17	5 Coakley, Jim	59	CBAT	25:16.43
1 Allender, Pat	47	CAT	3 Sherwood, Reggie	54	CGM	1:21.92	6 Ellis, John	59	GVAM	26:35.48
2 George, Steve	46	CBAT	4 Toole, Chris	54	THB	1:25.36	50 Yard Backstroke			
3 Steinhauft, Eric	46	COMA	200 Yard Breaststroke				1 Tremblay, Vic	55	CBAT	34.45
4 Downing, Greg	47	CBAT	1 Taylor, Charles	50	GVAM	2:40.39	2 Jenkins, James	58	OWET	51.44
5 Kopp, Kurt	46	THB	2 Istok, Jonathan	50	CBAT	2:55.15	100 Yard Backstroke			
6 Munro, Stuart	48	MACO	50 Yard Butterfly				1 Bruce, Bob	58	COMA	1:09.19
400 Yard IM			1 Metzger, Peter	50	OWET	26.91	2 Andersen, Tom	55	DAC	1:11.67
1 Downing, Greg	47	CBAT	2 Kevan, Stephen	51	EA	27.39	3 Mierjeski, Edward	55	COMA	1:38.18
							4 Jenkins, James	58	OWET	2:02.13

200 Yard Backstroke	1 Johnson, Steve	58 EA	2:28.39 O	1 Mellow, Bill	64 CGM	3:36.84	100 Yard Backstroke	1 Thayer, George	70 COMA	1:23.36					
2 Andersen, Tom	55 DAC	2:35.61	50 Yard Butterfly	2 Gray, Daniel	60 RVM	4:08.53	200 Yard Backstroke	1 Thayer, George	70 COMA	3:01.56					
50 Yard Breaststroke	1 Stark, Allen	57 FISH	30.65	1 Silvey, Michael	61 MACO	31.58	50 Yard Breaststroke	1 Thayer, George	70 COMA	40.22					
1 Stark, Allen	57 FISH	30.65	2 Rudolph, Roger	62 COMA	38.12	100 Yard Breaststroke	1 Thayer, George	70 COMA	1:34.01						
2 Weinbrecht, John	58 MYM	33.96	1 Silvey, Michael	61 MACO	1:16.35	200 Yard Breaststroke	1 Thayer, George	70 COMA	3:36.98						
3 Carriker, Buz	58 MHM	38.27	2 Mohr, Ralph	64 COMA	1:23.07	Men 75-79									
4 Hewes, Thomas	59 CBAT	39.12	200 Yard Butterfly	1 Mohr, Ralph	64 COMA	3:10.95	50 Yard Freestyle	1 White, Gerald	75 UNAT	42.44					
5 Brooks, Raymond	55 CBAT	41.02	100 Yard IM	1 Rudolph, Roger	62 COMA	1:36.67	2 Holman, William	75 MYM	44.02						
1 Stark, Allen	57 FISH	1:07.76	Men 65-69				200 Yard Freestyle	1 Sprenger, Fred	75 MHM	3:20.22					
2 Weinbrecht, John	58 MYM	1:17.24	50 Yard Freestyle	1 Nakata, Ronald	66 MHM	27.87	2 Holman, William	75 MYM	3:42.89						
3 Carriker, Buz	58 MHM	1:25.16	1 Christoff, Emerson	66 MYM	35.73	200 Yard Freestyle	1 Sprenger, Fred	75 MHM	8:56.47						
4 Ellis, John	59 GVAM	1:30.17	2 Schieltz, Jon	67 THB	40.35	1000 Yard Freestyle	2 Holman, William	75 MYM	9:40.11						
5 Brooks, Raymond	55 CBAT	1:33.49	100 Yard Freestyle	1 Nakata, Ronald	66 MHM	1:03.67	1 Sprenger, Fred	75 MHM	18:34.68						
200 Yard Breaststroke	1 Stark, Allen	57 FISH	2:32.11	2 Petersen, Bert	67 GVAM	1:07.17	2 Holman, William	75 MYM	20:15.25						
50 Yard Butterfly	1 Cronin, Jed	57 THB	29.88	200 Yard Freestyle	1 Petersen, Bert	67 GVAM	2:45.64	100 Yard Backstroke	1 Sprenger, Fred	75 MHM					
1 Cronin, Jed	57 THB	29.88	2 Tremblay, Vic	55 CBAT	31.93	500 Yard Freestyle	1 Petersen, Bert	67 GVAM	6:58.29						
2 Tremblay, Vic	55 CBAT	31.93	3 Macaulay, Thomas	56 OWET	33.50	1000 Yard Freestyle	2 Christoff, Emerson	66 MYM	8:29.28						
3 Macaulay, Thomas	56 OWET	33.50	4 Hewes, Thomas	59 CBAT	33.61	100 Yard Backstroke	1 Petersen, Bert	67 GVAM	15:02.51						
4 Hewes, Thomas	59 CBAT	33.61	5 Brooks, Raymond	55 CBAT	37.37	50 Yard Backstroke	50 Yard Backstroke	1 Hiatt, Chris	66 EA	33.66					
5 Brooks, Raymond	55 CBAT	37.37	100 Yard Butterfly	1 Cronin, Jed	57 THB	1:13.48	200 Yard Backstroke	2 Christoff, Emerson	66 MYM	41.33					
100 Yard Butterfly	1 Cronin, Jed	57 THB	1:13.48	200 Yard Butterfly	1 Ellis, John	59 GVAM	3:44.67	100 Yard Backstroke	1 Christoff, Emerson	66 MYM	1:33.24				
200 Yard Butterfly	1 Ellis, John	59 GVAM	3:44.67	100 Yard IM	1 Stark, Allen	57 FISH	1:07.70	200 Yard Backstroke	1 Hiatt, Chris	66 EA	2:40.19 O				
100 Yard IM	1 Stark, Allen	57 FISH	1:07.70	1 Bruce, Bob	58 COMA	2:30.20	2 Weinbrecht, John	58 MYM	1:14.92	66 MYM	3:31.03				
1 Stark, Allen	57 FISH	1:07.70	2 Bruce, Bob	58 COMA	2:30.20	3 Macaulay, Thomas	56 OWET	1:20.61	50 Yard Breaststroke	1 Nakata, Ronald	66 MHM	36.12			
2 Weinbrecht, John	58 MYM	1:14.92	3 Macaulay, Thomas	56 OWET	2:39.98	3 Ellis, John	59 GVAM	1:20.72	100 Yard Breaststroke	2 Schieltz, Jon	67 THB	52.61			
3 Carriker, Buz	58 MHM	1:20.72	3 Ellis, John	59 GVAM	3:11.96	400 Yard IM	1 Bruce, Bob	58 COMA	5:32.10	100 Yard Breaststroke	1 Schieltz, Jon	67 THB	2:02.29		
4 Carriker, Buz	58 MHM	1:20.72	Men 60-64			1 Bruce, Bob	58 COMA	5:32.10	50 Yard Freestyle	1 Silvey, Michael	61 MACO	28.22			
5 Brooks, Raymond	55 CBAT	1:26.44	50 Yard Freestyle	1 Silvey, Michael	61 MACO	28.22	Men 60-64			2 Peterson, Gary	60 CBAT	29.54			
200 Yard IM	1 Bruce, Bob	58 COMA	2 Peterson, Gary	60 CBAT	29.54	1 Peterson, Gary	60 CBAT	2:27.37	50 Yard Breaststroke	3 Rudolph, Roger	62 COMA	32.25			
1 Bruce, Bob	58 COMA	2:30.20	3 Rudolph, Roger	62 COMA	32.25	2 Mohr, Ralph	64 COMA	2:47.58	100 Yard Freestyle	1 Silvey, Michael	61 MACO	1:04.99			
2 Macaulay, Thomas	56 OWET	2:39.98	100 Yard Breaststroke	1 Schieltz, Jon	67 THB	2:02.29	3 Gray, Daniel	60 RVM	3:01.78	2 Peterson, Gary	60 CBAT	1:05.76			
3 Ellis, John	59 GVAM	3:11.96	200 Yard Breaststroke	1 Schieltz, Jon	67 THB	4:25.40	Men 70-74			3 Rudolph, Roger	62 COMA	1:15.64			
400 Yard IM	1 Bruce, Bob	58 COMA	50 Yard Butterfly	1 Peterson, Bert	67 GVAM	29.33	50 Yard Freestyle	1 Radcliff, David	71 THB	27.57	4 Peterson, Gary	60 CBAT	1:05.76		
1 Bruce, Bob	58 COMA	5:32.10	100 Yard Breaststroke	2 Schieltz, Jon	67 THB	51.47	100 Yard Freestyle	2 Bigler, Jim	70 MACO	34.11	3 Rudolph, Roger	62 COMA	1:15.64		
Men 60-64			100 Yard Breaststroke	100 Yard IM	1 Nakata, Ronald	66 MHM	1:11.98	100 Yard Freestyle	1 Radcliff, David	71 THB	59.91	4 Mellow, Bill	64 CGM	1:22.41	
50 Yard Freestyle	1 Silvey, Michael	61 MACO	28.22	200 Yard IM	2 Christoff, Emerson	66 MYM	1:35.98	200 Yard Freestyle	2 Weaver, Roger	71 CAT	3:08.62	5 Mellow, Bill	64 CGM	1:22.41	
2 Peterson, Gary	60 CBAT	29.54	50 Yard Butterfly	1 Nakata, Ronald	66 MHM	2:42.84	200 Yard Freestyle	1 Radcliff, David	71 THB	12:45.29	200 Yard Freestyle	1 Radcliff, David	71 THB	2:11.67 Z	
3 Rudolph, Roger	62 COMA	32.25	1 Peterson, Bert	67 GVAM	29.33	400 Yard IM	1 Radcliff, David	71 THB	16:32.83	200 Yard Freestyle	2 Bigler, Jim	70 MACO	2:49.61		
100 Yard Freestyle	1 Silvey, Michael	61 MACO	1:04.99	2 Schieltz, Jon	67 THB	51.47	500 Yard Freestyle	1 Radcliff, David	71 THB	6:04.81	500 Yard Freestyle	1 Radcliff, David	71 THB	6:04.81	
2 Peterson, Gary	60 CBAT	1:05.76	100 Yard IM	1 Nakata, Ronald	66 MHM	2:42.84	1000 Yard Freestyle	1 Radcliff, David	71 THB	12:45.29	1000 Yard Freestyle	1 Radcliff, David	71 THB	12:45.29	
3 Rudolph, Roger	62 COMA	1:15.64	1 Nakata, Ronald	66 MHM	2:42.84	Men 75-79				1000 Yard Freestyle	2 Bigler, Jim	70 MACO	16:32.83		
4 Mellow, Bill	64 CGM	1:22.41	2 Christoff, Emerson	66 MYM	1:35.98	50 Yard Backstroke	1 Lamb, Willard	83 OREG	43.83	1000 Yard Freestyle	1 Young, Gilbert	84 MHM	8:55.42		
200 Yard Freestyle	1 Peterson, Gary	60 CBAT	2:27.37	3 Schieltz, Jon	67 THB	1:58.55	50 Yard Breaststroke	1 Lamb, Willard	83 OREG	58.74	1000 Yard Freestyle	2 Allen, Raymond	80 RVM	11:36.66	
1 Peterson, Gary	60 CBAT	2:27.37	400 Yard IM	1 Nakata, Ronald	66 MHM	6:01.43	1000 Yard Freestyle	1 Allen, Raymond	80 RVM	23:39.85	1000 Yard Freestyle	1 Young, Gilbert	84 MHM	31:30.88	
2 Mohr, Ralph	64 COMA	2:47.58	Men 70-74				1650 Yard Freestyle	1 Young, Gilbert	84 MHM	31:30.88	1650 Yard Freestyle	2 Allen, Raymond	80 RVM	41:49.56	
3 Gray, Daniel	60 RVM	3:01.78	50 Yard Freestyle	1 Radcliff, David	71 THB	27.57	50 Yard Backstroke	1 Lamb, Willard	83 OREG	43.83	50 Yard Backstroke	1 Lamb, Willard	83 OREG	43.83	
500 Yard Freestyle	1 Mohr, Ralph	64 COMA	7:03.49	2 Bigler, Jim	70 MACO	34.11	50 Yard Breaststroke	1 Lamb, Willard	83 OREG	58.74	50 Yard Breaststroke	1 Lamb, Willard	83 OREG	58.74	
1 Mohr, Ralph	64 COMA	7:03.49	1 Rudolph, Roger	62 COMA	7:44.44	100 Yard Freestyle	1 Holden, Andrew	86 OREG	1:41.96	Men 85-89					
2 Rudolph, Roger	62 COMA	7:44.44	2 Gray, Daniel	60 RVM	7:47.55	100 Yard IM	1 Holden, Andrew	86 OREG	1:00.55	100 Yard Freestyle	1 Holden, Andrew	86 OREG	1:41.96		
3 Gray, Daniel	60 RVM	7:47.55	4 Mellow, Bill	64 CGM	8:15.37	50 Yard Breaststroke	1 Holden, Andrew	86 OREG	2:03.30	50 Yard Breaststroke	1 Holden, Andrew	86 OREG	2:03.30		
4 Mellow, Bill	64 CGM	8:15.37	1000 Yard Freestyle	1 Mohr, Ralph	64 COMA	14:42.44	Official Splits			50 Yard Breaststroke	1 Holden, Andrew	86 OREG	2:03.30		
1000 Yard Freestyle	1 Mohr, Ralph	64 COMA	14:42.44	2 Gray, Daniel	60 RVM	15:44.50	Dennis Baker, 1000 Free split from 1650, Men 40-44, 9:59.75 Z			100 Yard IM	1 Holden, Andrew	86 OREG	2:03.30		
1 Mohr, Ralph	64 COMA	14:42.44	2 Gray, Daniel	60 RVM	15:44.50	3 Mellow, Bill	64 CGM	17:07.69	Doug Stewart, 1000 Free split from 1650, Men 40-44, 10:36.57	200 Yard Backstroke	1 Gray, Daniel	60 RVM	3:45.58		
2 Gray, Daniel	60 RVM	15:44.50	3 Mellow, Bill	64 CGM	17:07.69	1650 Yard Freestyle	1 Mohr, Ralph	64 COMA	24:23.58	200 Yard Backstroke	2 Gray, Daniel	60 RVM	26:54.43		
3 Mellow, Bill	64 CGM	17:07.69	1650 Yard Freestyle	1 Mohr, Ralph	64 COMA	24:23.58	50 Yard Backstroke	1 Rudolph, Roger	62 COMA	48.43	50 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	
1 Mohr, Ralph	64 COMA	24:23.58	2 Gray, Daniel	60 RVM	26:54.43	200 Yard Backstroke	1 Rudolph, Roger	62 COMA	48.43	200 Yard Backstroke	1 Mellow, Bill	64 CGM	42.80		
2 Gray, Daniel	60 RVM	26:54.43	50 Yard Backstroke	1 Rudolph, Roger	62 COMA	48.43	200 Yard Backstroke	1 Gray, Daniel	60 RVM	3:45.58	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	
50 Yard Backstroke	1 Rudolph, Roger	62 COMA	48.43	200 Yard Backstroke	1 Gray, Daniel	60 RVM	3:45.58	50 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80
1 Rudolph, Roger	62 COMA	48.43	50 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	
200 Yard Backstroke	1 Gray, Daniel	60 RVM	3:45.58	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80
1 Gray, Daniel	60 RVM	3:45.58	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	
50 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80
1 Mellow, Bill	64 CGM	42.80	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	
200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80	200 Yard Breaststroke	1 Mellow, Bill	64 CGM	42.80

Relays	2 COMA	2:21.51	3) Whiter, P. 624) Whiter, S. 19	2 COMA	2:38.87
Women 18+ 200 Yard Free Relay	1) Madson, H. 222) Gilman, S. 33		Women 18+ 200 Yard Medley Relay	1) Lewis, R. 392) Whiter, S. 19	
1 COMA	2:01.82	3) Tackett, K. 294) Story, A. 36	1 COMA	2:11.49	3) Braune, M. 354) Gaskin, D. 36
1) Raymond, D. 372) Snapp, J. 34		3) COMA	2:29.47	1) Fults, A. 222) Mowry, S. 30	3) COMA
3) Young, K. 384) Fults, A. 22		1) Husk, L. 22 2) Husk, L. 54		3) Madson, H. 224) Raymond, D. 37	1) Husk, L. 54 2) Snapp, J. 34

- 3) Krehbiel, J. 444) Schroder, K. 69
Women 25+ 200 Yard Free Relay
1 MACO 1:43.17 O
1) Foley, S. 452) Tyrrell, L. 38
3) Parisi, R. 514) Thies, L. 26
 2 COMA 1:52.34
 1) Godlove, T. 332) Barber, T. 33
 3) Rudge, C. 304) Houston, T. 29
 3 OWET 1:53.91
 1) Upshaw, M. 292) Simpson, S. 34
 3) Simmons, S. 394) Andrus-Hughes, K. 48
 4 THB 1:55.39
 1) Munch, N. 262) Peterson, J. 31
 3) Wald, S. 26 4) Alden, J. 27
 5 CBAT 1:58.86
 1) Cappaert, M. 472) Gitelman, A. 41
 3) Park, M. 464) Orscheln, N. 26
 6 CGM 2:01.29
 1) Goodman, A. 462) Falz, S. 27
 3) Miles, J. 454) Weeks, N. 33
 7 RVM 2:22.42
 1) Sacks, L. 602) Higgins, L. 26
 3) Mather, J. 534) Mathewson, G. 57
Women 25+ 200 Yard Medley Relay
 1 MACO 1:59.59
 1) Thies, L. 262) Pierson, G. 60
 3) Parisi, R. 51 4) Foley, S. 45
 2 COMA 2:01.63
 1) Barber, T. 332) Godlove, T. 33
 3) Houston, T. 294) Rudge, C. 30
 3 THB 2:13.22
 1) Alden, J. 27 2) Casey, A. 29
 3) Munch, N. 264) Wald, S. 26
 4 CAT 2:58.76
 1) De Szoeko, J. 582) Shreeve, K. 39
 3) Criscione, A. 324) Markus, L. 48
 5 CGM 3:07.72
 1) Sherwood, D. 522) Haynie, S. 61
 3) Fitzpatrick, C. 454) Falz, S. 27
Women 35+ 200 Yard Free Relay
 1 COMA 1:53.92
 1) Morgen, C. 362) Braune, M. 35
 3) Austin, C. 384) Schultz, S. 39
 2 GVAM 1:57.03
 1) Marsh, K. 382) Royle, M. 53
 3) Delmage, A. 434) Roussain, K. 47
 3 THB 2:03.55
 1) Skoss, R. 372) Teisher, J. 54
 3) Chesler, L. 424) Young, S. 36
 4 CAT 2:04.56
 1) Topp, D. 362) Hotchkiss, M. 40
 3) Kramer, L. 364) Guenther, K. 35
 5 COMA 2:06.19
 1) Krehbiel, J. 442) Nirell, L. 44
 3) Lewis, R. 394) Gaskin, D. 36
Women 35+ 200 Yard Medley Relay
 1 GVAM 2:10.83
 1) Royle, M. 532) Vincent, N. 46
 3) Delmage, A. 434) Roussain, K. 47
 2 COMA 2:13.74
 1) Schultz, S. 392) Young, K. 38
 3) Morgen, C. 364) Austin, C. 38
 3 CBAT 2:16.16
 1) Gitelman, A. 412) Park, M. 46
 3) Cappaert, M. 474) Law, C. 38
 4 CAT 2:20.09
 1) Kramer, L. 362) Snider, P. 44
 3) Briar, J. 40 4) Topp, D. 36
 5 THB 2:27.08
 1) Skoss, R. 37 2) Frid, B. 64
 3) Young, S. 364) Kilbourn, L. 39
Women 45+ 200 Yard Free Relay
 1 COMA 1:59.83
 1) Hendryx, T. 522) Straley, D. 49
 3) Harris, B. 464) Zigler, P. 46
 2 CAT 2:07.59
 1) Fox, C. 45 2) Budd, E. 52
 3) Dunton, N. 474) Worden, L. 48
 3 THB 2:22.33
 1) Staley, D. 562) Toole, P. 53
 3) Winton, L. 51 4) Frid, B. 64
 4 COMA 2:37.12
 1) Ringstad, B. 502) Roberts, C. 51
 3) Peterson, C. 514) Degree, K. 56
Women 45+ 200 Yard Medley Relay
 1 COMA 2:13.98
 1) Hendryx, T. 522) Harris, B. 46
 3) Straley, D. 494) Zigler, P. 46
 2 CAT 2:19.48
 1) Fox, C. 45 2) Budd, E. 52
 3) Worden, L. 484) Buck, D. 47
Women 55+ 200 Yard Free Relay
1 COMA 2:38.11 O
1) Schroder, K. 692) Himstreet, P. 62
3) Hodge, P. 664) Imwalle, C. 56
Women 55+ 200 Yard Medley Relay
1 COMA 2:47.06 O
1) Imwalle, C. 562) Degree, K. 56
3) Hodge, P. 664) Himstreet, P. 62
Men 18+ 200 Yard Free Relay
 1 CAT 1:48.24
 1) Cleary, K. 222) Flanagan, S. 43
 3) Andersen, C. 484) Boal, N. 28
Men 25+ 200 Yard Free Relay
 1 COMA 1:40.66
 1) Daniels, J. 322) Lunney, T. 40
 3) Nelson, T. 404) Elliott, S. 31
 2 MYM 1:47.10
 1) Lockey, K. 352) Mcnamara, J. 38
 3) Gilberg, J. 484) Berebitsky, J. 30
 3 RVM 1:50.41
 1) Mather, C. 542) Kohlmeier, S. 39
 3) Powell, J. 424) Lantry, T. 30
Men 25+ 200 Yard Medley Relay
 1 CAT 1:44.09
 1) Stewart, D. 412) Allender, P. 47
 3) Latta, G. 36 4) Boal, N. 28
 2 COMA 1:55.61
 1) Giller, R. 422) Daniels, J. 32
 3) Elliott, S. 314) Wursta, S. 40
 3 MYM 2:04.21
 1) Gilberg, J. 482) Weinbrecht, J. 58
 3) Mcnamara, J. 384) Berebitsky, J. 30
 4 RVM 2:04.85
 1) Kohlmeier, S. 392) Powell, J. 42
 3) Lantry, T. 30 4) Gray, D. 60
 5 COMA 2:10.69
 1) Wanger, M. 252) Sloop, S. 40
 3) Lunney, T. 404) Shuman, T. 52
Men 35+ 200 Yard Free Relay
 1 THB 1:35.16
 1) Hackley, J. 372) Christensen, D. 43
 3) Karyukin, A. 404) Polukeev, V. 35
 2 COMA 1:35.56
 1) Ferreira, K. 362) Gessner, J. 40
 3) Williams, S. 394) Lussier, H. 40
 3 GVAM 1:40.98
 1) Kabel, D. 402) Fairhurst, J. 47
 3) Edwards, W. 524) Culbertson, S. 43
 4 MACO 1:42.17
 1) Volckening, B. 402) Oliva, T. 43
 3) Otto, D. 47 4) Munro, S. 48
 5 OWET 1:42.19
 1) Peters, K. 402) Butcher, G. 42
 3) Porter, K. 35 4) Rice, D. 39
 6 CBAT 1:42.26
 1) Witzke, D. 372) Downing, G. 47
 3) Shellhammer, T. 424) George, S. 46
 7 COMA 1:52.23
 1) Gilman, R. 362) Kelleher, B. 45
 3) Wursta, S. 404) Giller, R. 42
 8 THB 1:59.96
 1) Cox, C. 44 2) Cecil, P. 51
 3) White, J. 47 4) Toole, C. 54
Men 35+ 200 Yard Medley Relay
 1 THB 1:42.82
 1) Polukeev, V. 352) McCarthy, D. 40
 3) Hackley, J. 374) Christensen, D. 43
 2 OWET 1:44.20
 1) Peters, K. 402) Butcher, G. 42
 3) Baker, D. 44 4) Rice, D. 39
 3 COMA 1:44.93
 1) Ferreira, K. 362) Williams, S. 39
 3) Gessner, J. 404) Lussier, H. 40
 4 MACO 1:53.06
 1) Otto, D. 47 2) Oliva, T. 43
 3) Silvey, M. 614) Volckening, B. 40
 5 CBAT 1:58.09
 1) George, S. 462) Shellhammer, T. 42
 3) Witzke, D. 374) Coakley, J. 59
Men 45+ 200 Yard Free Relay
 1 COMA 1:39.20
 1) Mann, S. 53 2) Bruce, B. 58
 3) Steinhauff, E. 464) Tennant, M. 52
 2 THB 1:44.76
 1) Radcliff, D. 712) Cronin, J. 57
 3) Yensen, K. 524) Kopp, K. 46
 3 OWET 1:57.75
 1) Wren, M. 472) Brockbank, D. 52
 3) Macaulay, T. 564) Jenkins, J. 58
 4 MHM 2:03.79
 1) Carrier, B. 582) Bergstrom, R. 49
 3) Sprenger, F. 754) Nakata, R. 66
Men 45+ 200 Yard Medley Relay
 1 COMA 1:55.83
 1) Mann, S. 532) Kelleher, B. 45
 3) Steinhauff, E. 464) Tennant, M. 52
 2 GVAM 1:57.27
 1) Edwards, W. 522) Taylor, C. 50
 3) Petersen, B. 674) Fairhurst, J. 47
 3 THB 2:08.24
 1) Cronin, J. 572) Kopp, K. 46
 3) Yensen, K. 524) Radcliff, D. 71
 4 CBAT 2:11.29
 1) Tremblay, V. 552) Istok, J. 50
 3) Peterson, G. 604) Hewes, T. 59
 5 CGM 2:21.04
 1) Sherwood, R. 542) Mellow, B. 64
 3) Stelzer, K. 464) Sumerfield, B. 45
Men 55+ 200 Yard Free Relay
 1 CBAT 1:59.75
 1) Brooks, R. 552) Hewes, T. 59
 3) Tremblay, V. 554) Peterson, G. 60
 2 COMA 2:08.80
 1) Rudolph, R. 622) Mierjeski, E. 55
 3) Mohr, R. 644) Thayer, G. 70
Men 55+ 200 Yard Medley Relay
 1 COMA 2:19.22
 1) Thayer, G. 702) Bruce, B. 58
 3) Mohr, R. 644) Rudolph, R. 62
Mixed 18+ 200 Yard Free Relay
 1 CAT 1:49.95
 1) Cleary, K. 222) Criscione, A. 32
 3) Topp, D. 36 4) Boal, N. 28
Mixed 18+ 200 Yard Medley Relay
 1 COMA 1:57.46
 1) Fults, A. 222) Lussier, H. 40
 3) Gessner, J. 404) Madson, H. 22
 2 CAT 2:03.43
 1) Guenther, K. 352) Cleary, K. 22
 3) Kramer, L. 364) Boal, N. 28
 3 COMA 2:14.22
 1) Giller, R. 422) Whiter, S. 19
 3) Husk, L. 224) Wanger, M. 25
Mixed 25+ 200 Yard Free Relay
 1 MACO 1:38.20
 1) Thies, L. 26 2) Oliva, T. 43
 3) Parisi, R. 514) Volckening, B. 40
 2 THB 1:38.61
 1) Hackley, J. 372) Alden, J. 27
 3) Munch, N. 264) Polukeev, V. 35
 3 OWET 1:52.15
 1) Simpson, S. 342) Cohen, J. 34
 3) Butcher, G. 424) Simmons, S. 39

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|--|---------------------------------------|--------------------------------------|--------------------------------------|
| 3) Worden, L. 484) Buck, D. 47 | 1) Brooks, R. 552) Motley, K. 56 | 3) Cronin, J. 574) Kopp, K. 46 | 2) MACO 2:29.72 |
| 2) MACO 1:51.52 | 3) Coakley, J. 594) Cappaert, M. 47 | 5) MYM 2:17.63 | 1) Bigler, J. 702) Pierson, G. 60 |
| 1) Foley, S. 452) Welborn, J. 50 | Mixed 45+ 200 Yard Medley Relay | 1) Snyder, L. 492) Weinbrecht, J. 58 | 3) Silvey, M. 614) Schumann, S. 68 |
| 3) Silvey, M. 61 4) Otto, D. 47 | 1) COMA 2:02.55 | 3) Gilberg, J. 484) Hosty, M. 46 | Mixed 65+ 200 Yard Free Relay |
| 3) GVAM 1:54.02 | 1) Mann, S. 532) Tennant, M. 52 | 6) THB 2:19.67 | 1) THB 2:55.22 |
| 1) Vincent, N. 462) Roussain, K. 47 | 3) Straley, D. 494) Harris, B. 46 | 1) Staley, D. 562) Toole, C. 54 | 1) Hughes, K. 792) Kawabata, G. 71 |
| 3) Fairhurst, J. 474) Darnell, S. 52 | 2) GVAM 2:07.23 | 3) Yensen, K. 524) Teisher, J. 54 | 3) Schieltz, J. 674) Radcliff, D. 71 |
| 4) THB 2:04.74 | 1) Royle, M. 532) Fairhurst, J. 47 | 7) RVM 3:19.54 | Mixed 65+ 200 Yard Medley Relay |
| 1) Yensen, K. 522) Winton, L. 51 | 3) Edwards, W. 524) Roussain, K. 47 | 1) Mather, J. 53 2) Gray, D. 60 | 1) THB 3:37.72 |
| 3) Frid, B. 64 4) Cronin, J. 57 | 3) COMA 2:09.67 | 3) Mathewson, G. 574) Allen, R. 80 | 1) Kawabata, G. 712) Schieltz, J. 67 |
| 5) CGM 2:04.87 | 1) Hendryx, T. 522) Kelleher, B. 45 | Mixed 55+ 200 Yard Medley Relay | 3) Radcliff, D. 714) Hughes, K. 79 |
| 1) Sumerfield, B. 452) Sherwood, D. 52 | 3) Steinhauuff, E. 464) Zigler, P. 46 | 1) COMA 2:20.82 | |
| 3) Fitzpatrick, C. 454) Stelzer, K. 46 | 4) THB 2:16.53 | 1) Imwalle, C. 562) Degree, K. 56 | |
| 6) CBAT 2:16.57 | 1) Frid, B. 64 2) Winton, L. 51 | 3) Bruce, B. 584) Thayer, G. 70 | |

PNA CHAMPS

WOMEN 60-64

100 YD. BACK

JOY WARD 63 OREG 1:19.07 Zone

50 YD. BREAST

GINGER PIERSON 60 MAC 36.70 National

100 YD. BREAST

GINGER PIERSON 60 MAC 1:21.99 ZONE

200 YD. BREAST

GINGER PIERSON 60 MAC 3:01.98 ZONE

200 YD. FLY

GINGER PIERSON 60 MAC 3:00.87 NATIONAL

MEN 70-74

200 YD. FREE

DAVID RADCLIFF 71 OREG 2:12.45 ZONE

1000 YD. FREE

DAVID RADCLIFF 71 OREG 12:35.64 Zone



Top Ten

FINA

SCM/LCM

Mary Sweat

Top Ten Chair



FINA USMS Event	Swimmer	Club	Time
40-44			
4 3 LCM 100 Fly	Dennis G. Baker	OREG	59.97
1 1 LCM 400 Free	Dennis G. Baker	OREG	04:12.3
1 1 LCM 400 IM	Dennis G. Baker	OREG	04:49.4
1 1 SCM 200 Fly	Dennis G. Baker	OREG	02:06.5
1 1 SCM 400 IM	Dennis G. Baker	OREG	04:44.4
7 4 LCM 1500 Free	Douglas Stewart	OREG	8:25.5
Men 45-49			
6 3 LCM 200 Breast	Pat Allender	OREG	02:39.6
5 3 SCM 200 Breast	Pat Allender	OREG	02:37.6
10 5 SCM 400 IM	Pat Allender	OREG	05:10.8
Men 50-54			
9 6 SCM 100 Back	Wes Edwards	OREG	01:08.3
4 3 SCM 200 Back	Wes Edwards	OREG	02:30.9
Men 55-59			
5 4 SCM 1500 Free	Bob Bruce	OREG	20:20.0
8 5 LCM 800 Free	Steve Johnson	OREG	10:32.8
6 4 LCM 100 Breast	Allen Stark	OREG	01:19.9
2 2 LCM 200 Breast	Allen Stark	OREG	02:54.8
3 1 LCM 50 Breast	Allen Stark	OREG	34.66
5 2 SCM 100 Breast	Allen Stark	OREG	01:16.1
6 3 SCM 200 Breast	Allen Stark	OREG	02:50.3
5 2 SCM 50 Breast	Allen Stark	OREG	34.57
Men 60-64			
6 4 LCM 100 Free	Tom Landis	OREG	01:04.2
2 1 LCM 1500 Free	Tom Landis	OREG	20:26.3
7 5 LCM 200 Free	Tom Landis	OREG	02:25.4
3 2 LCM 400 Free	Tom Landis	OREG	05:10.2
8 4 LCM 400 IM	Tom Landis	OREG	06:24.4

4 2 LCM 800 Free	Tom Landis	OREG	10:52.3
5 3 SCM 200 Free	Tom Landis	OREG	02:20.1
8 2 SCM 800 Free	Tom Landis	OREG	10:42.8
5 4 LCM 50 Back	Robert S. Smith	OREG	34.52
1 1 SCM 100 Back	Robert S. Smith	OREG	01:12.3
10 3 SCM 100 IM	Robert S. Smith	OREG	01:14.5
1 1 SCM 50 Back	Robert S. Smith	OREG	32.23
8 4 SCM 50 Free	Robert S. Smith	OREG	28.26
Men 65-69			
5 2 LCM 50 Fly	Bert Petersen	OREG	32.8
2 1 SCM 50 Fly	Bert Petersen	OREG	32.06
Men 70-74			
10 5 SCM 800 Free	Bill King	OREG	13:29.4
2 2 LCM 100 Free	David Radcliff	OREG	01:06.5
2 2 LCM 1500 Free	David Radcliff	OREG	21:54.3
2 2 LCM 200 Free	David Radcliff	OREG	02:28.5
1 1 LCM 400 Free	David Radcliff	OREG	05:21.0
4 3 LCM 50 Free	David Radcliff	OREG	30.96
3 2 LCM 800 Free	David Radcliff	OREG	11:23.2
7 2 SCM 100 Fly	David Radcliff	OREG	01:34.5
2 2 SCM 100 Free	David Radcliff	OREG	01:07.1
3 2 SCM 200 Free	David Radcliff	OREG	02:34.8
2 1 SCM 200 IM	David Radcliff	OREG	03:08.8
3 2 SCM 400 Free	David Radcliff	OREG	05:32.8
2 2 SCM 50 Free	David Radcliff	OREG	30.64
2 1 SCM 800 Free	David Radcliff	OREG	11:27.6
Men 75-79			
5 2 LCM 200 Breast	Milton Marks	OREG	03:57.1
8 5 LCM 200 IM	Milton Marks	OREG	03:54.7
5 3 LCM 400 IM	Milton Marks	OREG	08:37.3

7	3	SCM 100 Breast	Milton Marks	OREG	01:41.9	4	2	SCM 200 Fly	Ginger L. Pierson	MACO	03:21.5
5	2	SCM 200 Breast	Milton Marks	OREG	03:56.6	4	1	SCM 50 Breast	Ginger L. Pierson	MACO	41.69
3	2	SCM 400 IM	Milton Marks	OREG	08:28.0	Women 60-64					
7	3	SCM 50 Breast	Milton Marks	OREG	44.05	7	7	LCM 50 Fly	Barbara Frid	OREG	40.52
Men 80-84						5	3	SCM 100 IM	Barbara Frid	OREG	01:30.8
8	5	LCM 1500 Free	Gilbert Young	OREG	32:50.1	7	3	SCM 50 Fly	Barbara Frid	OREG	38.92
8	4	LCM 800 Free	Gilbert Young	OREG	16:31.4	9	2	LCM 100 Back	Joy Ward	OREG	01:31.2
5	3	SCM 1500 Free	Gilbert Young	OREG	31:07.5	4	2	LCM 100 Fly	Joy Ward	OREG	01:34.1
Men 85-89						6	2	LCM 200 Back	Joy Ward	OREG	03:17.3
4	2	LCM 50 Breast	Andrew Holden	OREG	59.39	5	4	LCM 200 Fly	Joy Ward	OREG	03:45.0
1	1	LCM 50 Fly	Andrew Holden	OREG	49.33	9	2	LCM 200 IM	Joy Ward	OREG	03:27.8
1	1	LCM 50 Free	Andrew Holden	OREG	38.43	3	1	LCM 50 Fly	Joy Ward	OREG	38.19
Women 25-29						5	2	SCM 100 Back	Joy Ward	OREG	01:29.8
7	3	SCM 100 Fly	Lauren Thies	MACO	01:05.7	8	2	SCM 100 Fly	Joy Ward	OREG	01:35.8
3	1	SCM 100 Free	Lauren Thies	MACO	58.35	10	5	SCM 100 IM	Joy Ward	OREG	01:33.1
3	2	SCM 100 IM	Lauren Thies	MACO	01:08.0	4	2	SCM 200 Back	Joy Ward	OREG	03:12.7
3	1	SCM 200 Free	Lauren Thies	MACO	02:07.0	2	1	SCM 200 Fly	Joy Ward	OREG	03:37.5
5	3	SCM 50 Fly	Lauren Thies	MACO	29.53	7	1	SCM 200 IM	Joy Ward	OREG	03:24.9
Women 40-44						6	2	SCM 50 Fly	Joy Ward	OREG	38.1
3	2	LCM 100 Fly	Arlene Delmage	OREG	01:09.0	Women 80-84					
6	3	LCM 200 Fly	Arlene Delmage	OREG	02:39.0	8	4	SCM 200 Breast	Pauline Stangel	OREG	06:37.5
Women 45-49						6	3	LCM 100 Fly	Elfie Stevenin	OREG	06:15.3
3	1	LCM 100 Back	K Andrus-Hughes	OREG	01:14.9	7	3	LCM 400 IM	Elfie Stevenin	OREG	21:17.2
9	4	LCM 100 Free	K Andrus-Hughes	OREG	01:04.8	5	3	SCM 100 Fly	Elfie Stevenin	OREG	06:18.4
4	1	LCM 200 Back	K Andrus-Hughes	OREG	02:45.6	3	2	SCM 400 IM	Elfie Stevenin	OREG	19:13.6
2	1	LCM 50 Back	K Andrus-Hughes	OREG	33.78	Women 90-94					
7	5	LCM 50 Free	K Andrus-Hughes	OREG	29.58	1	1	LCM 200 IM	Hilda Buel	OREG	14:32.2
4	3	SCM 100 Back	K Andrus-Hughes	OREG	01:12.8	6	3	LCM 50 Back	Hilda Buel	OREG	02:48.3
5	3	SCM 100 Free	K Andrus-Hughes	OREG	01:04.8	2	1	LCM 50 Breast	Hilda Buel	OREG	02:58.6
6	3	SCM 200 Back	K Andrus-Hughes	OREG	02:43.1	1	1	LCM 50 Fly	Hilda Buel	OREG	05:12.0
5	4	SCM 200 Free	K Andrus-Hughes	OREG	02:23.3	5	3	LCM 50 Free	Hilda Buel	OREG	02:21.9
10	4	SCM 200 IM	K Andrus-Hughes	OREG	02:45.7	2	1	SCM 100 Breast	Hilda Buel	OREG	06:29.8
1	1	SCM 50 Back	K Andrus-Hughes	OREG	32.8	3	3	SCM 100 IM	Hilda Buel	OREG	05:58.9
2	1	LCM 100 Breast	Colette M. Crabbe	OREG	01:23.9	2	2	SCM 200 Back	Hilda Buel	OREG	10:16.2
6	4	LCM 100 Fly	Colette M. Crabbe	OREG	01:11.6	5	3	SCM 200 Free	Hilda Buel	OREG	11:17.0
2	2	LCM 200 Fly	Colette M. Crabbe	OREG	02:37.8	8	4	SCM 50 Back	Hilda Buel	OREG	02:27.9
5	3	LCM 200 IM	Colette M. Crabbe	OREG	02:44.7	4	1	SCM 50 Breast	Hilda Buel	OREG	02:40.6
2	2	LCM 400 IM	Colette M. Crabbe	OREG	05:41.0	1	1	SCM 50 Fly	Hilda Buel	OREG	04:05.0
1	1	SCM 100 Breast	Colette M. Crabbe	OREG	01:20.8	5	3	SCM 50 Free	Hilda Buel	OREG	01:53.4
7	2	SCM 100 IM	Colette M. Crabbe	OREG	01:13.9	FINA Place Age Group Relay Club Time					
3	1	SCM 200 Breast	Colette M. Crabbe	OREG	02:58.6	1	Men 240 - 279 SCM 200 Medley			OREG	2:07.11
5	3	SCM 200 IM	Colette M. Crabbe	OREG	02:41.5	Robert Smith (62) Allen Stark (56) Bert Petersen (67)					
8	5	SCM 800 Free	Colette M. Crabbe	OREG	10:26.6	Jon Stout (59)					
10	6	SCM 800 Free	Mary Sweat	OREG	10:33.0	2	Women 160-199 SCM 200 Free			MACO	1:58.02
Women 50-54						Lauren Thies (26) Sharon Foley (45) Robin Parisi (51)					
2	2	LCM 100 Free	Robin B. Parisi	MACO	01:06.0	Laura Tyrrell (38)					
2	1	LCM 200 IM	Robin B. Parisi	MACO	02:50.1	10	Women 160-199 SCM 200 Medley			MACO	2:18.89
6	4	LCM 400 Free	Robin B. Parisi	MACO	05:24.0	Laura Tyrrell (38) Lauren Thies (26) Robin Parisi (51)					
1	1	LCM 400 IM	Robin B. Parisi	MACO	06:03.9	Sharon Foley (45)					
2	2	SCM 100 IM	Robin B. Parisi	MACO	01:15.8	1	Women 200-239 SCM 200 Medley			OREG	2:16.23
3	2	SCM 50 Fly	Robin B. Parisi	MACO	31.97	Valerie Jenkins (42) Colette Crabbe (49) Joy Ward (63)					
Women 55-59						Karen Andrus-Hughes (48)					
3	1	LCM 100 Breast	Ginger L. Pierson	MACO	01:34.4	7	Mixed 160-199 SCM 200 Free			MACO	1:50.61
7	4	LCM 200 Fly	Ginger L. Pierson	MACO	03:26.9	Lauren Thies (26) Robin Parisi (51) Douglas Otto (46)					
7	2	LCM 50 Breast	Ginger L. Pierson	MACO	42.15	Troy Drawz (37)					
3	1	SCM 100 Breast	Ginger L. Pierson	MACO	01:32.5	1	Mixed 200-239 SCM 200 Medley			OREG	2:05.92
5	1	SCM 200 Breast	Ginger L. Pierson	MACO	03:24.6	Karen Andrus-Hughes (48) Allen Stark (56) Colette Crabbe (49) Mike Tennant (52)					

TUALATIN HILLS "SIZZLING SUMMER" LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #376-04

Eligibility: Currently registered USMS swimmers, 18 years and older.

Place: Tualatin Hills Aquatic Center Pool
15707 SW Walker Rd.
Beaverton, Oregon
50 meters - 8-9 lanes competition-electronic timing
Continuous warm-up/down in 1-2 lanes

DATE: Saturday, June 3, 2006

See below
how you can swim the 5K
after the meet!

WARM-UPS: 8AM
MEET STARTS: 9AM

Meet director: Jeanne Teisher • (503) 574-4557 • jteisher97007@yahoo.com

Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

Submit a 2006 registration card or 2006 registration form and fee with this form.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY MAY 19, 2006

 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 12-31-06) _____ SEX _____
2006 USMS # _____
USMS CLUB (OREG, MACO, PNA, ETC) _____
IS THIS YOUR FIRST MASTERS MEET? YES NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC. 31ST, 2006. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET. 200, 400 AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400 IM AND 800 FREESTYLE WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS ARE TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Saturday, June 3, 2006

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

MEDLEY RELAYS (15-18)
50 FREE (19) _____ : _____ . _____
200 BREAST (20) _____ : _____ . _____
100 FLY (21) _____ : _____ . _____
MIXED FREE RELAYS (22-24)
50 BREAST (25) _____ : _____ . _____
200 FREE (26) _____ : _____ . _____
100 BACK (27) _____ : _____ . _____
MIXED MEDLEY RELAYS (28-29)
800 FREE (30) _____ : _____ . _____

Stay after the meet and swim the 5K Postal Swim!! The pool will be open for the first 20 people to sign up at te meet to swim the 5K. Fee is \$5 if you are swimming in the meet and \$10 if you are not and will be collected at the meet (please do not add it to your meet entry - pay at the pool on June 3, 2006). Bring your own person to count your swim.

"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.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072

2006 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS

Recognized by Oregon LMSC for USMS, Inc. #376-05R

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

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

DATE: Saturday & Sunday, July 8 & 9, 2006

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

Opening Ceremony: Friday, July 7, 2006, Tualatin Hills Recreation Center, 5-9PM. Food, music, raffles, and fun! Parade of Athletes at 7 PM.

Meet Director: Colette Crabbe • Phone 503-762-2429 • E-mail: colettecrabbe@hotmail.com

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

AWARDS: T-SHIRTS FOR ALL ENTRANTS • MEDALS FOR 1ST 2ND & 3RD PLACES (EXTRA CHARGE FOR RELAY AWARDS, \$1.50)
ALL REGISTERED MASTERS SWIMMERS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.

ENTRY DEADLINE: RECEIVED BY FRIDAY, JUNE 23, 2006



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

Use this entry form or register on-line at www.stategamesoforegon.org

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

BIRTHDATE _____ AGE _____ SEX _____
2006 USMS # (IF A MEMBER) _____
USMS CLUB (OREG OR MACO) _____
IS THIS YOUR FIRST MASTERS MEET? YES NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 95+. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE BY DEC. 31ST, 2006. DISABLED SWIMMERS MAY ENTER AS "DISABLED" AND BE TREATED AS A SEPARATE AGE GROUP CATEGORY FOR AWARDS. ENTER RELAYS AT THE MEET. 200, 400, AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400, 800 AND 1500 FREESTYLES & 400 IM WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS IS TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Saturday, July 8, 2006

- 400 FREE (1)** _____ : _____ . _____
- ***break***
- 200 IM (2)** _____ : _____ . _____
- 100 FLY (3)** _____ : _____ . _____
- 200 FREE (4)** _____ : _____ . _____
- 50 BREAST (5)** _____ : _____ . _____
- ***break***
- MIXED FREE RELAYS (6-8)**
- 100 BACK (9)** _____ : _____ . _____
- 200 BREAST (10)** _____ : _____ . _____
- 50 FREE (11)** _____ : _____ . _____
- MEDLEY RELAYS (12-15)**
- ***break***
- 800 FREE (16)** _____ : _____ . _____

Sunday, July 9, 2006

- 400 IM (17)** _____ : _____ . _____
- 100 BREAST (18)** _____ : _____ . _____
- 200 BACK (19)** _____ : _____ . _____
- 50 FLY (20)** _____ : _____ . _____
- ***break***
- FREE RELAYS (21-26)**
- 100 FREE (27)** _____ : _____ . _____
- 200 FLY (28)** _____ : _____ . _____
- 50 BACK (29)** _____ : _____ . _____
- ***break***
- MIXED MEDLEY RELAYS (30-31)**
- 1500 FREE (32)** _____ : _____ . _____

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

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

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

Meet Entry (\$18 for first 2 events) \$18.00
\$5 for each additional event _____
(limit of 6 individual events and no more than 5 events in one day)
Total enclosed _____

SIGNATURE _____ DATE _____

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

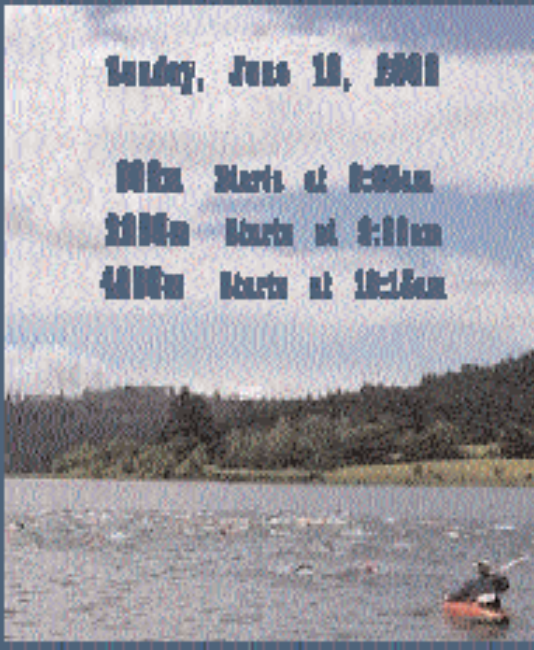
Hagg Lake Open Water Swim
Sunday June 18, 2006
800 Meter Swim - 9:00 AM
2000 Meter Swim - 9:00 AM
4000 Meter Swim - 10:15 AM



**The 3rd Annual
Hagg Lake
Open Water
Swim**

Sunday, June 18, 2006

800m Starts at 9:00am
2000m Starts at 9:00am
4000m Starts at 10:15am



REGISTRATION INFO

Register on-line at:

**M3.net/m3page.com
Deadline for on-line registration is 9:00 June 16th**

Register at local retailer:

**Tri Square[®]
12019 1/2 Malbay St
Pleasant, OR
(503) 634-4200
*Payments available for next
Deadline for on-line registration is 9:00 June 16th**

Register by mail:

**602 430 Tri Club
701 W 227th
Pleasant, OR 97129-2
Please mail your registration early. We need to receive your
registration at the address no later than 9:00 June 16th**

Register Day of Swim:

Additional \$10 Fee
**Day of swim registration and packet pickup will be located at
the picnic area at 3rd and Jump "O".**

800m	9:00-9:15am
2000m	9:00-9:15am
4000m	9:00-10:00am



Hagg Lake Open Water Swim

Register on line at

Athleteslounge.com (deadline for Registration is Wed. June 14th on line)

Register by mail - Use this form and mail it to PO Box 33747

Portland, OR 97292 (Registration must be at PO Box by Fri. June 16)

SWIM INFO

WHY DO THE HAGG LAKE SWIM?

This open water swim (race) is a great test for Hagg Lake or All Women's Triathlon. It can also be a good taper swim and final equipment check for Pacific Crest or Ironman-CDA. We moved the swim one week later because Blue Lake is one week later.

The paved road around the lake is 10.5 miles long. Each year, we notice more athletes are bringing their bikes and running shoes for a fun brick training day.

RACE DESCRIPTION:

Hagg Lake is a calm, swimmer friendly location. A wetsuit is strongly recommended, but not required.

The events will begin on the shore near Boat Ramp "C" (see map on back). This area will be closed to recreational boats during the races. All courses will be monitored by boats and kayaks. The courses will be triangular, and marked by large orange floating buoys.

All athletes in the 800m and 2000m will begin in a mass start at 9:00am. The 4000m will begin approximately at 10:15am. The races will be manually timed.

FOOD and AWARDS:

A BBQ (grilled burgers, hot dogs, etc.) will be served for participants following the race. We're bringing more burgers this year. ☺

Awards will begin at noon. We will be recognizing the top 3 male and top 3 female swimmers in each distance.

WETSUIT RENTAL:

A wetsuit is strongly recommended, but not required. Full or sleeveless wetsuits are available for rent at TriSport, 11919 NE Halsey St. Portland, OR (503)408-8303. Please visit TriSport for an expert fitting and to reserve your size. The rental fee is \$35 for the weekend (pickup on Wed - return on Mon).



REGISTRATION FORM

EVENT	START	Price	Day of Swim Price
<input type="checkbox"/> 800m	9am	\$20	\$30
<input type="checkbox"/> 2000m	9am	\$20	\$30
<input type="checkbox"/> 4000m	10:15am	\$20	\$30
<input type="checkbox"/> 800m & 4000m	see above	\$25	\$35
<input type="checkbox"/> 2000m & 4000m	see above	\$25	\$35

Total \$ _____

Paid: Cash Check
 Credit Cards only accepted through
 on-line registration

Please make check payable to:
GECKO Tri Club

Name: _____
 Male Female
 Age on Race Day _____

Address: _____

City: _____

State: _____

Zip: _____

Email: _____

Phone: _____

Is this work, home, or cell? _____

USMS _____

Not required: only provide if USMS active member

Foster Lake Masters Open Water Swim

Saturday, June 24, 2006

1000 or 2000 meter Swim and 4 X 400 Relay

Hosted by Central Oregon Masters Aquatics

Sanctioned by Oregon Masters Swimming #375-OW2

Operating under Special Permit from the Linn County Parks & Recreation Commission and the US Army Corps of Engineers

1000 & 2000 METER SWIMS: Both swims will be held simultaneously on a 1000-meter course. Swims will start in-water with a mass start and finish on land. Great for first time racers and experienced competitors alike! **Due to the early season, these swims are "wetsuits encouraged"**.

4 x 400 PURSUIT RELAY: All swimmers who complete either the 1000 or 2000-meter swim are eligible for and strongly encouraged to swim in the 4 x 400 Pursuit Relay. Relay teams will be decided by random draw, handicapped according to performance in the 1000 or 2000-meter swim, and staggered at the start by the handicap. The first team across the line wins! Relay will start and finish on land.

SCHEDULE: Saturday, June 24 2006

9:00am Check-I for 1000 & 200-meter Swims
9:50am Pre-race meeting
10:00am 1000& 2000-meter Swims
11:00am Check-in deadline for relays
11:20am Pre-race meeting
11:30am 4 x 400 Pursuit Relay
12:15am Awards

SITE: Lewis Creek Recreation Area, a beautiful Linn County Park featuring swimming & picnicking areas. Take US Highway 20, 2.2 miles east of the Weyerhauser Mill in Sweet Home. Drive 1.2 miles north on Quartzville Scenic Highway, turn left on N. River Rd, and drive .8 miles to the Recreation Area. Turn left at the entrance and park in the lower lot. **Day parking costs \$3 per car. Please pay fee on site. Dogs must be on at leash at all times and owners must pick up after them.**

TEMPERATURE: Foster Lake expected water temperature is colder than usual, probably in the low to mid 60's.

REGISTRATION & FEES: Fees include swims and pre and post-swim snacks and drinks. Lunch will not be provided. There are restaurants in the area.

1000 or 2000-meter Swim \$20
Late or day-of-swim registration \$10 extra
4 x 400 Pursuit Relay Free
Cheap Entry Deadline: Mailed by June 12, 2006

RULES: Current United States Masters Swimming rules apply. Swimmers must be registered members of USMS. One Event or Full Memberships may be purchased with your entry for \$15 or \$38 respectively. There will be no separate awards category for wetsuits. Propulsive devices, such as fins & paddles, and flotation aids, such as pull-buoys, are not allowed. **All swimmers must bring and wear their own brightly colored swim cap** and have their race number written on their arms or hands.

AWARDS: All finishers placing 1st to 3rd will receive commemorative race ribbons. Relay winners will win bragging rights.

OREGON SERIES: The 1000 or 2000-meter swims are qualifying swims for the Oregon Open Water Series. **There will be NO SERIES DEDUCTIONS or penalties for wearing a wetsuit in these two swims.**

CAMPING: Sunnyside Park is a fully equipped Linn County campground 1.2 miles from the race site. Tent sites: \$13 and hookup sites: \$18 per night plus, \$11 reservation fee per site. Tent sites hold up to 8 people. Call 541-967-3917.

INFO: Event questions: Pam Himstreet, himstreet@bendcable.com or 541-385-7770.
Race questions: Bob Bruce, coachbob@comaswim.org or 541-317-4851.

Complete entry form legibly, sign liability waiver, and send with photocopy form USMS registration card

Swims (check one only):

2000-meter swim
 1000-meter swim
X Relay

Fees:

1000 or 2000-meter Swim \$20.00 _____
Late or Day-of-Swim \$10.00 extra _____
4 x 400 Pursuit Relay Free ---FREE---

One Event Registration (required if not a 2006 USMS Swimming Member) Add \$15.00 now, sign form at lake _____
Full membership is \$38.00 which can be added to your entry now also.

TOTAL _____

Name: _____

2006 USMS Number: _____

Address: _____

Phone: (____) _____

City: _____ State: _____ Zip: _____

Birthdate: _____ Age: _____ Sex: _____

E-mail: _____

USMS Club: _____ Local Team: _____

WAIVER: , 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 the possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MATSTERS SWIMMING PROGRAM OR ANY ACTIVITIES THERETO, I HEARBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAMGE, INCLUDING ALL CLAIMS FOR LOSS OR DAMAMGES 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 ACTIVIITES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Signature: _____ Date: _____

CHECKS payable to COMA. MAIL by June 15 to Calli Roberts, 254 SW James Dr, Bend, OR 97702



ROGUE VALLEY MASTERS
2006 SOUTHERN OREGON OPEN WATER CHALLENGE
SATURDAY, JULY 15--APPLEGATE LAKE

Event #1 3K: The course distance is 3 kilometers (approximately 2 miles) and will be triangular in shape. Start and finish will be in the water. Expected water temperature is 72-75 degrees.

Schedule: Registration: 8:00-9:30am **Registration closes at 9:30am. No entries will be accepted after 9:30am.**

Pre-race instructions: 9:45am

Race begins: 10:00am

Eligibility: This event is open to all USMS registered swimmers 19 years of age as of July 15, 2006. All entrants must submit a copy of their registration card with their entry. One event USMS registration will be available for \$15.00 on race day.

Entry Fees: \$22.00 if postmarked by July 1st

\$42.00 for both events

\$35.00/\$45.00 if postmarked after July 1st

\$40.00 for race-day entries **Please do not mail any entries after July 8th.**

Entry fees include cap, t-shirt and lunch. Additional lunches are available for \$7.00 per person. Race-day entrants are not guaranteed a shirt on race day but orders may be taken and shirts sent promptly after the event. There will be a limited number of sweatshirts for sale on race day at a cost of \$15.00. Fifty percent of all fees are refundable with at least 7 days prior notice via phone or in person to the Race Director. Cancellations will not be accepted via e-mail.

Awards: 1st through 3rd place in each male & female age group (i.e. 19-24, 25-29, etc.) will receive awards. The fastest overall male and female swimmers will receive special awards.

Event #2 1.5K: Swimmers will compete in a 1500-meter mass start open water swim. The course will be out and back with a turnaround at the 750-meter mark. All swims will start and finish in the water.

Schedule: Registration: 11:00-12:00noon

Pre-race instructions: 12:15am

Race begins: 12:30pm

Deli-style lunch and awards presentation will take place following the 1.5K race.

Fees: \$22.00 if postmarked by July 1st

\$42.00 for both events

\$35.00/\$45.00 for late or race-day entries

\$40.00 for race-day entries **Please do not mail any entries after July 8th.**

Fees include cap and post-race lunch. Additional lunches are available for \$7.00/person as are sweatshirts for \$15.00 each.

Awards: ALL swimmers in the 1.5K event will receive special "adult" awards. **(This is the 21st anniversary of the 1st open water swim in Southern Oregon, we have earned our adulthood – come help us celebrate!)** The fastest overall male and female swimmers will receive special awards.

Race Director: Greg Frownfelter: 541-535-3633 or, Mon-Fri 541-842-2531/GREGF@JobCouncil.org

Sanctions & Rules: These events are sanctioned by OMS, Inc for USMS #376-0W3. In addition, both swims are part of the Oregon Open Water Swim Series. Current USMS rules will cover all swims. The use of pull buoys, hand paddles and fins are prohibited. All participants must wear the caps provided for each race.

Safety: Lifeguards & safety personnel will monitor the course for both events. In addition, lifeguards will be present before and after each for warm-ups and cool-downs. Local EMT's will be on site near the start/finish area.

Parking: There is a day use parking fee of \$5.00 payable to the park concessionaire at Hart-Tish Park (free with a Northwest Pass.)

Camping: Rogue Valley Masters has reserved Beaver Sulfur Campground located 11 miles northeast of Applegate Lake. This is a very scenic and secluded campground with vault toilets and well water. Beaver Sulfur is a group campground with 10 individual sites and each site can accommodate several tents. Camping at Beaver Sulfur is \$4/adult/night and must be reserved in advance on a first-come/first-served pre-paid basis. At Hart-Tish Park, there will also be 2-3 small sites (each site holds 2 tents only) that may be reserved in advance at a cost of \$30.00 for 2 nights with day-use parking included. Self-contained RV camping at Hart-Tish Park is \$10/site/night, payable to the park concessionaire (includes the day-use fee). There are no hookups.

Directions: From either north or south on I-5 take exit #27, Barnett Rd, in Medford. Go west to Riverside Av. and turn right (north.) Proceed to East Main St, Hwy 238, turning left (west.) Continue on this highway through Medford and Jacksonville, turning right in Jacksonville. Highway 238 continues to the town of Ruch at which point the road will fork. Go left, following the signs to Applegate Lake. Proceed past the dam for another .7 miles until you reach Hart-Tish Park on the left. There will be signs posted along the way directing you to the park. It is a 45-minute drive from Medford to Hart-Tish Park. Please allow plenty of time to drive and park. This event is under special use authorization with the Rogue River National Forest. **U.S. Forest Service rules: No pets are allowed at Hart-Tish Park.**



OMS 1500 Meter Open Water Championship CASCADE LAKES SWIM SERIES & FESTIVAL

July 28, 29 & 30th 2006 500, 1000, 1500, 3000, & 5000-Meter swims at Elk Lake
Hosted by Central Oregon Masters Aquatics and Bend Metro Park and Recreation District
Sanctioned by Oregon Masters Swimming Inc. for USMS #375-OW4, USA Sanction pending.
Operating under Special Permit from the U.S. Forest Service

RACES: The Cascade Lakes Swim Series features five open water swims over three days! Participants may enter any or all of the five swims. Friday's swim is a **3000-meter** swim in a triangular course. Saturday's swims begin with a **500-meter** swim in a "time-trial" style with swimmers starting individually at intervals and following a straight out & back course marked by a continuous floating line. The Oregon Association **1500-meter Championship** will be the second swim on Saturday. The first swim on Sunday, the **5000-meter**, will consist of three loops of a triangular course. The final event, the **1000-meter**, will follow a short irregular course, skirting the shoreline.

SERIES: The Cascade Lakes Swim Series includes a **Short Series** (three swims: 500, 1000, & 1500-meter) and a **Long Series** (three swims: 1500, 3000, & 5000-meter). A swimmer may enter only one series and must complete all the designated series swims to be eligible for Series awards. Swimmers who complete all FIVE swims will be eligible for special Survivor awards.

FESTIVAL: Elk Lake is a great place to bring your family for an outdoors extravaganza. Fun events for the whole family are being planned for Saturday.

LOCATION: All swims take place at Elk Lake, a beautiful, clear mountain lake nestled in the sunny Central Oregon Cascades 32 miles from Bend. Water temperature can vary from 66-72 degrees Fahrenheit and will be posted at registration.

ELIGIBILITY: This event is open to all USMS registered swimmers 18 years or older as of July 30, 2006. USA Swimming registered swimmers 13 years or older may enter any of the swims. USA swimmers 10 years and older may enter only the 500 & 1000-meter swims. A photocopy of your 2006 USMS or USA Swimming registration card or foreign equivalent must accompany your entry. "Single event" USMS registration, covering all races, is available for adults 18 and over for \$15. A parent or guardian must sign the liability waiver for all swimmers under 18.

ENTRY FEES: One Race is \$30. Add just \$5 for each additional race, up to four (the fifth race is free). Entry fee includes reduced price shirts, a swim cap, and the post race lunch. Entries must be **postmarked by July 18th** or pay an additional \$10 late fee. A donation of \$5 per person for Saturday and Sunday is necessary for spectator lunches (please pay with your entry).

RULES: Current USMS rules will govern this event. The use of neoprene wetsuits or other nonporous attire is allowed in all five swims. OMS Championship rules regarding temperature will apply to wetsuits in the 1500. The five swim Series will use a scoring system that deducts points from the swimmer's place in each swim where a wetsuit is worn. USA swimmers may participate in all five swims as noted under Eligibility. **This event DOES NOT allow dogs at the lake but they may be in the campground on a leash.** Do not leave your dog unattended in a car in the parking areas as temperatures can be hot.

SAFETY: Lifeguards and safety boats will monitor the entire course. Swimmers must wear a brightly colored swim cap and have a race number on their arms. Medical personnel will be at the site.

SEEDING: The 1500, 3000 & 5000-meter swims will use a mass start. Wetsuit swimmers will start later in a separate heat in these events. The 500 & 1000-meter swims will be seeded fastest-to-slowest based on the swimmer's entered estimated 500 yard time. Day-of-Race entries or

those not submitting a seed time will not be seeded in advance and will swim last. *No changes allowed in 500-meter seeding times at the race.*

SCHEDULE:

Friday, July 28, 2006

4:30—5:30 pm Registration/Check-In for 3000-meter
6:00 pm Start of 3000-meter race

Saturday, July 29, 2006

8:00—9:00am Registration/Check-In for 500 & 1500-meter
9:45—10:30am Start of 500-meter race – Interval Starts
10:30—11:30 am Check-in for the 1500-meter
12:00 noon Start of the 1500-meter Championship race

Sunday, July 30, 2006

7:30 am—8:30am Check-In for 5000 & 1000-meter
9:00 am Start of the 5000-meter race
10:30—11:15am Check-In for the 1000-meter
12:00 noon Start of 1000-meter race – Interval Starts

Pre-race instructions will be given 15 minutes before the start time of each swim. A picnic lunch and awards ceremony will follow the finish of races each day. Festival activities will occur on Saturday after the swims.

AWARDS: Age groups are 18-24, 25-29, 30-34, and so on in five-year increments as high as necessary for both men and women. Ribbons will go to the top three finishers in each age group in each race in both wetsuit and non-wetsuit categories. For the series awards, points will be based on the age group finish order in each race, with deductions for wearing wetsuits. Handmade ceramic coasters will be awarded to the top 3 finishers in each age group. There will be a plate awarded the top male and female in each series. A special Survivor glass coffee mug will go to everyone completing all five swims.

RESULTS: To be posted on www.swimoregon.org and in *Aqua Master*.

DIRECTIONS/PARKING: Elk Lake is located on the Cascade Lakes Scenic Byway. From Century Drive in Bend, take the Cascade Lakes Highway to Mt Bachelor Ski Area, then continue approximately 10 miles past the Ski Area to Elk Lake. The start/finish area for all swims is located at the Beach Picnic Area—the last Elk Lake exit—if coming from Bend. Signs will be posted for parking and all important sites. Parking will be limited to two large pullouts off Cascades Lakes Highway and Little Fawn Group Campground. There will be no parking at the race site until after all event activities have concluded. A shuttle bus will run Saturday and Sunday between the campground and the race site during registration and after races are completed. **A 2006 NW Forest Pass is required if you park anywhere other than along the highway pullouts or at the campground.**

CAMPING/LODGING: Swimmers and spectators may camp on the lake at Little Fawn Group Campground, reserved for the swim. Tents or small and medium sized motor homes only. Camping fee is \$4 per adult per day. Include fee with your entry form for Friday and Saturday night camping to secure your spot. If you wish other days, purchase them from the Camp Host. For cabins at the lake, go to www.elklakesort.com. The Bend and Sunriver areas offer many lodging choices at various price levels.

EVENT ADMINISTRATORS:

Admin: Pam Himstreet, himstreet@bendcable.com. 541-385-7770
Operations: Bob Bruce, coachbob@bendbroadband.com. 541-317-4851
Data Entry: Calli Roberts, calli@bendbroadband.com. Phone: 541-382-3598



Entry Form
Oregon Masters 1500 M Open
Water Championship



Cascade Lakes Swim Series and
Festival
 Elk Lake near Bend, Oregon
 5 races, 500 meters to 5000 meters
 July 28, 29 and 30th, 2006

Swimmer Information				
Name: First:		Last:		
Address:				
City:				
State:		Zip:	E-mail Address:	
Phone: Home:		Work:		
Emergency Contact:				
USMS / USA-S Information (include copy of card)				
Age on Race Day:				
USMS / USA-S ID number				
Club:		Local Oregon Team:		Tally Here
Swims	Select your events (√)	Cost/Swim	Total	
Race Entry		\$30		
Friday: 3000-meter				
Saturday: 500-meter	Pool time for 500 yards			
Saturday: 1500-meter				
Sunday: 5000-meter				
Sunday: 1000-meter	Pool time for 500 yards			
Enter Total Cost Swims:				
\$30 first swim, \$5 for each additional swim. 5th Race free! Maximum \$45!				
Swim Series Option (select only one series; please circle your choice):			S or L	
Short Series (500, 1000, & 1500-meter) OR Long Series (1500, 3000, & 5000-meter)				
Spectator Meals <i>(not including race participant)</i>	Number	Cost/meal	Sub-Total	
Friday		FREE	\$0	
Saturday		x \$5.00		
Sunday		x \$5.00		
Enter Total Spectator Meals:				
Camping	Number of adults	Cost/night	Sub-Total	
Friday		x \$4.00		
Saturday		x \$4.00		
Enter Total Cost for Camping:				
T-Shirts	Number	Cost/item or size	Sub-Total	
Size (S, M, L, XL) XXL – add \$2.00				
T-shirt – short sleeve		\$5.00		
T-shirt – long sleeve		\$10.00		
Crew Neck Sweatshirt		\$12.00		
Enter Total Cost for Souvenirs:				
Miscellaneous Fees			Sub-Total	
Late Fee		\$10.00		
One Event Registration Fee		\$15.00		
USMS Full Registration Fee		\$38.00		
Enter Total Miscellaneous Fees:				
Enter Total Cost :				
(swims + meals + camping + souvenirs + miscellaneous fees)				

2006 Meet SCHEDULE

Date	Event	Location	Contact
Pool Meets			
*June 3	LCM	Beaverton - T Hills	Jeanne Teisher jteisher97007@yahoo.com
*July 8-9	LCM State Games	Mt. Hood Com. College	
Sept. 9	SCM Patriot Games	Camas, WA	Bert Petersen petersen@exchangenet.net
Open Water			
*June 18	2k & 4 K	Hagg Lake	Jim Teisher jteisher97007@yahoo.com
*June 24	1k, 2k and pursuit relay	Foster Lake	
*July 15	3K & 1.5K	Applegate Lake	Greg Frownfelter GREGF@JobCouncil.org
*July 28-30	Fri. - 3000 Sat. - 500 and 1500 Association Champs Sun. - 5000 and 1000	Elk Lake	Bob Bruce coachbob@bendbroadband.com
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 2006			
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

May 24 7 PM Rivermark - Beaverton

July 9 10 AM Mt. Hood CC - Gresham
 Aug. 23 7 PM NIKE - Beaverton
 Sept. 29-30 Board Retreat TBA

Aqua Master
 May / June 2006

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

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Inside: Results - Association & FINA Top Ten