



# Aqua Master

USMS 2004 Newsletter of the Year

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"Swimming for Life"

## Gail and Ginger - Record Holders



Gail Roper and Ginger Pierson have a few moments to relax at the Bellevue Meet. Gail is a multi World Record holder and is in the International Swimming Hall of Fame. Ginger also holds many Oregon, Zone, National and World Records. At Bellevue she set a new National Record in the 50 yard Breast Stroke. *Full results on page*

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### Thanks and Goodbye

Rich Minter, OMS Secretary, has stepped down from this position. Alison Moore, OMS Vice Chair, is moving to Virginia. These two hard working Board Members will be greatly missed. Thanks for all you have done for OMS!



Rich



Alison

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Earl Walter - Historian**

## Chair's Corner by Jody Welborn

Hi everyone:

Can you believe it? The Oregon Masters Swimming Association Championships are just around the corner. If you haven't entered yet, please join us in Corvallis. The pool is great and the swimming will be fast and fun. Not only is this a chance to swim that 200 fly you have been looking forward to, but it is great opportunity to celebrate, with your friends and teammates, the great sport of swimming.

And when you are filling out the entry form, don't forget to join us at the awards banquet. The highlight will be the speaker, Dave Radcliff, editor of the AquaMaster and one of the most consistently outstanding swimmers in our LMSC (not to mention the country). Dave has a lot of wonderful experiences to share, especially this year, the 50th anniversary of his participation in the Olympics. It has been an honor and pleasure to get to know Dave and we are thrilled that he has agreed to be our speaker. This is an opportunity not to be missed.

I hope your training going well. And there is still time to get ready. So get in the pool, fill out the entry form, sign up for the banquet and come to Corvallis. You will be glad you did!

And remember

Swimming is for life

And

Remember,

swimming is for life  
and life matters.



### Welcome Joelle and Welcome Back Jeanne

On the Front Cover page we said goodbye to Rich and Alison. Taking their places will be Joelle Cowan as Secretary. Jeanne Teisher, former Treasurer and Chair of OMS is returning to serve as the Vice Chair. Thanks to both of you for stepping up and filling these two important positions. OMS will continue without missing a "stroke".

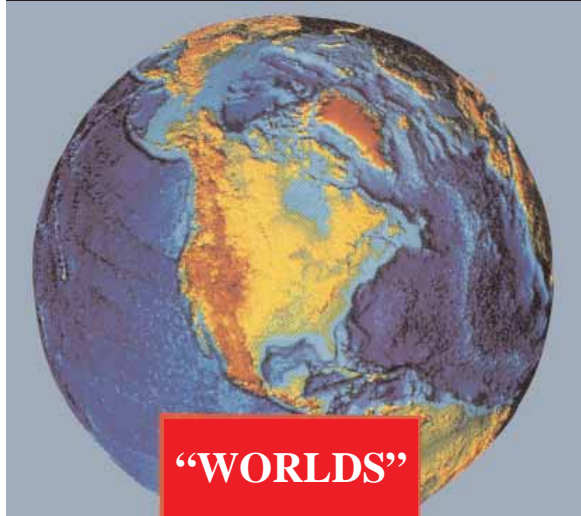
OMS is always looking for Volunteers to help. Do yourself and OMS a favor and get involved. To keep OMS functioning at a high level we need all of you. Attend the General Board Meeting at the Association Meet. Give your input. Volunteer your services. Let's all work together for swimming in Oregon and SW Washington.

A special thanks to our Gold Medal Sponsors on the next page. Your generosity enables OMS to do some of those little extra things that makes it better for all of us.

*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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Stanford's Avery Aquatic Center is the largest competitive swimming facility in the nation, and one of the fastest and finest facilities in the World. The newly renovated facility has four pools (Belardi, Baker, Avery and Maas) and over 8.3 million liters of water. The Avery Aquatic Center is home to Stanford University's men's and women's swimming and diving, men's and women's water polo, and synchronized swimming teams.



## Swimming Quotes to Inspire You for the Association Meet and Worlds

*"If you have a lane, you have a chance"*

*"In the end, swimming is not about what you achieve, it is about who you become."*

*"Swimmers ... Push Back The Pain To Find The Glory"*

*"I lost 30 seconds on the Swim Fast Plan"*

*"Swimming the extra mile puts you miles ahead of your competition"*

*"In Swimming you don't get what you wish for, you get what you WORK for!"*

*"Swimming is fun, and today we're going to have lots a fun"* (Which is exactly why you want to go to Associations and Worlds)

*"There is water in every lane, so it is OK."*



**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**

# F i t n e s s



**Jani  
Sutherland  
Fitness  
Chair**



## Want to lose weight? Then swim . . . fast.

**By Shari Harden (Reprinted from the Missouri Valley Masters Swimming Newsletter)**

According to those 'calories burned during exercise' charts, all swimmers swim at the same pace, 20 yards/minute. No wonder people who were not raised in the realm of age group swimming would believe that swimming is not a good way to lose weight. You would think with our infatuation with diets, calories and carbs that new charts would be available with research on actual swimmers working out

per hour) to digging worms (272 Calories per hour). As for vigorous swimming, it has been upgraded to 45 - 60 yards per minute burning 630 - 704 Calories per hour.

Approximately equivalent to running 10 minute miles. The most vigorous swimming I found was 75 yards per minute burning 748 Calories per hour close to the 782 Calories per hour for running 7 miles per hour or 704 for water polo.

Even with the more conservative estimates of 630 - 700 Calories per hour, swimming burns far more Calories than high impact aerobics (476), water aerobics (287) or basketball (563). Cycling 14 - 16 miles per hour comes in at 704 Calories per hour while golfing (carrying clubs) is a mere 387 Calories per hour. If you are really serious about burning as many Calories as possible during a one hour swim, butterfly is the answer. While vigorous freestyle or breaststroke burn 704 Calories, butterfly burns 774, backstroke only 563.

The estimates used in this article are based upon a 150-155 lbs. person and the sources include; www.nutristrategy.com who state their information comes from the Official Journal of the American College of Sports and Medicine, www.caloriesperhour.com had the most extensive list and

**caloriesperhour.com**

vigorously. I was able to locate several web sites with a bevy of information on calories burned doing just about anything, from Anishinaabe Jingle Dancing (374 Calories

you can look up your own weight, www.ces.ncsu.edu had information broken down by yards/minute pace, bring a calculator.

## Andy and Gil in a Classic Duel

Andy Holden and Gil Young, two of the great old men of OMS swimming, put on a thrilling show and race in the 50 yard Backstroke at the Pentathlon Meet. Head to head the whole way and at the finish Andy touched 13 hundredths of a second in front of Gil. It was a new Zone Record for Andy and that's what it took to win this race.





# Long Distance Swimming



**Bob Bruce**  
**Long Distance**  
**Chair**



The highest distinction for a Masters long distance swimmer is to be named to the USMS Long Distance All-Star Team. To be considered for this honor, swimmers must participate in at least three of the ten National Long Distance Championship events, including at least one open water and one postal event. Points are tabulated on their placement in each event, much like our system of scoring the Oregon Open Water or Postal Series. The top point-scorer in the nation in each age group—and only one from each age group—is named to the All-Star Team. Two Oregonians, Mary Sweat and Steve Johnson, join 18 other outstanding swimmers in the nation in earning that honor in 2005!

Mary Sweat (Central Oregon Masters, Women's 45-49 age group) returns to the All-Star team that she made in 2003. Since her arrival from Alaska in late 2001, Mary has made a profound impact on swimming in Oregon. Not only has she dominated open water swimming in her age group, she is consistently among the leaders regardless of age group. In 2005, Mary won four USMS long distance championships—the One-Mile Open Water at Elk Lake, the 5-km Postal (OR Record), the 3000-yd Postal, and the 6000-yd

Postal (OR Record). She now holds every Oregon Long Distance Record in her age group. Mary's contribution to swimming extends far beyond her skills in the water, as she serves on the OMS Board and moderates the OMS e-mail group. She has also been the driving force behind the COMA training group in Redmond and was as Co-Meet Director for the pool meet held there last October.

Steve Johnson (Emerald Aquatics, Men's 55-59 age group) returns to the All-Star team for the third time (also in 2001 and 2004). He has been a driving force in local long distance swimming for a long time, having served as organizer for numerous open water swims and triathlons in the Eugene area, most recently the string of events at Dorena Lake. Duplicating his exact event placings in 2004, Steve swam in six long distance national championship events in 2005, winning the One-Mile open water swim at Elk Lake and every postal swim except the one-hour, where he placed second. However, Steve enjoyed his finest performance year in a long time in 2005, breaking his own OR Records in four postal swims (and the other this January in the One-Hour Swim) and setting new National Records in the 5-km and 3000-yd swims! Like Mary, Steve holds every Oregon Long Distance Record in his age group.

Mary and Steve join a distinguished group of Oregonians who have been named previously to the USMS Long Distance All-Star Team, an elite list that includes Lavelle Stoinoff (1995), Pam Himstreet (2001), Sara Quan (2001), Gina Dhom (2002), and Ray Allen (2005). Congratulations to Mary and Steve for their outstanding achievement!

Good luck and good swimming!

---

## Rottnest Channel Swim, Australia

Perth, Australia: Rachel Skoss of the Tualatin Hills Barracudas (now home in Australia) completed the Rottnest Channel Swim as part of a mixed duo team. The 20 Kilometer swim is one of the largest open water swims in the World. This year 3,900 swimmers applied for the swim. The swim is done as solo, duo or teams of four. A lottery system narrowed it down to 2,300 swimmers. Rachel and her partner were one of the lucky ones selected. There was beautiful training weather and conditions on the days before the channel swim but on the day of the swim it was a different story. A cold swell came in and dropped the temperature of the water and caused a heavy washing machine type chop to the water. The times averaged over an hour slower than the year before. Hypothermia was also a problem.

The quality of competitors at this swim is outstanding. To equal the time of the current solo record holder you would have to swim this fast: 20 km in 4 hours or 5 km per hour or 1 km every 12 minutes or 100 meters every 1 minute and 12 seconds. Rachel and her partner swam in 10 minute shifts for the whole race. They placed 204th overall and were third in their 75 + age division (combined ages of both swimmers). Their total time for the swim was 7:14:08 (that's hours). Rachel is returning to Oregon for the Association Meet, so look her up and get some information about this World class event.



## Meet Your Oregon Worlds Coach

Bob Bruce is the head coach of COMA, Central Oregon Masters Aquatics. Bob has been very active in Masters Swimming in Oregon. He is the Long Distance Chair for Oregon and has also served as the Oregon Coaches Rep. For years he has written monthly articles for the Aqua Master, which have greatly helped all of us. Bob served as head coach of the U.S. Team at the last

two FINA Masters World Championships. Carefully read his article below. He really knows what he is talking about. In 2005 he was head coach at the USMS Olympic Training Center Camp. In 2003 he was honored as the USMS Coach of the Year. He currently serves as the Chair of the USMS Coaches Committee. His favorite saying as you see above is, "Perfect Practice Makes Perfect".

## The FINA World Masters Championships: Logistics & Expectations

by Bob Bruce, Oregon's World Coach

Attending the FINA World Masters Championship Meet this summer at Stanford University will be a unique event in our swimming lives. The meet will be very large, very fast, and very exciting. But beyond that, it is much more than just a swimming meet—it is an EVENT. We have a special opportunity to participate in the broad world community of our sport, and meet swimmers from dozens of other countries.

I have been fortunate to participate as an athlete in the last two meets, held in Christchurch, New Zealand, in 2002 and Riccione, Italy, in 2004. I was also privileged and honored to serve as the Head Coach of the U.S. Team at both of these previous championships. Based upon these experiences, here are some of my observations and suggestions about this meet.

**PRE-MEET LOGISTICS:** The key to your enjoyment of this event is taking care of these issues early!

1. **Entry Information & Forms:** Obtain the entry packet. The easiest way to do this is to download it in .pdf format from the World Masters Championships website ([www.2006finamasters.org](http://www.2006finamasters.org)). You do not need to download the whole thing, but browse through the fat document to see what you need and what also may interest you. Required forms: General entry (pp.31-2), Swim entry (pp.35-6), and Open Water entry (p. 38)

2. **Individual Entry:** Decide what days you will attend the meet and select your events (note the entry limitations). Complete your entry form accurately and legibly. Include a photo for your credential. Mail it promptly. I predict that

the meet host will be processing between 6000 and 9000 entries; please help them by sending them your perfect entry. Apparently the on-line registration system is still in the last stages of testing as I write—this will be an excellent entry option shortly.

3. **Relay Entry: DO NOT ENTER RELAYS!** Let your club coaches do it for you. Please communicate with them if you have particular relay plans in mind. Repeat: DO NOT ENTER RELAYS!

4. **Lodging Options:** You have many possibilities...

- First option: Use the meet information to locate and reserve your room.
- Second option: Use other search methods to find lodging not listed in the meet information.
- Third option: Find family or friends who live in the Bay area and are willing to put up with you.

5. **Lodging Considerations:**

- Find lodging reasonably close to the pool, "reasonably" being defined as proportional to your tolerance for Bay area traffic.
- Find lodging that will be connected to the pool by public transport for convenience
- Find and reserve your lodging as soon as possible! Your options dwindle with time.

6. **Travel:**

- Getting to the Bay area: I suspect that most of us will drive. If you choose to fly, make sure that your ground

transportation is covered by either public transport or car rental. Get maps early.

- Getting around the Bay area: Be prepared for variable traffic.
- Meet Parking: I predict a daily challenge. Be prepared to use local public transport or to carpool.

7. Special Events: Remember again that the World Masters Championship Meet is much more than a swimming meet. It is an EVENT. Remember to check out and participate in some of the other events held in conjunction with the meet, and enjoy the gathering of fellow swimmers from around the world.

MEET EXPECTATIONS: Know what you're getting into, but expect the unexpected anyway.

1. Meet quality: Knowing and having worked with the meet organizers, I predict that this will be the finest Masters World Championship Meet ever held. It will resemble our excellent National Championships, only it will be much bigger. Be prepared to deal with large crowds.

2. Qualifying times: Since participation is a major goal of the meet (and for masters swimming in general), the entry times are substantially softer than the usual entry times for our National Championships. However, there is no provision for swimming events without having achieved the qualifying time as we do at our Nationals. Even though the meet host has no reliable means or intention of checking whether or not you have met the qualifying times—except in blatant cases—please respect the event by making them in each event that you enter. Our main problem in Oregon is the scarcity of long course meets for qualifying, but I consider it to be within the spirit of the rules to convert times from other courses. I recommend multiplying short course yard times by 1.14 (the 800-meter freestyle excepted) and short course meter times by 1.03 for a simple conversion for entry purposes. If you fail to meet the qualifying time in an event at the meet, your time will appear on the electronic scoreboard for a tantalizing few seconds, then disappear forever—it will not be reported in the results and your swim will not be eligible for placing!

3. Language: French and English are the two official languages of FINA, and the meet will be conducted in English. This is dandy for us, but challenging for many folks from other countries. In the spirit of international sport, be prepared to help those who don't speak our tongue.

4. Rules of Competition: FINA Rules apply. Don't worry,

USMS Rules are based on FINA Rules, so if you follow USMS rules you should be fine. However, disqualification is handled much differently at these meets. Rather than a friendly official tracking you down with a pink DQ slip and patiently explaining the infraction, your first indication of disqualification will come with in tiny footnote in the posted results, usually available several hours after you swim. And based on my previous experience, there is no effective means of protest, and even the chance to speak with the official who made the call. Harsh but real.

5. Warm-up & Warm-down: This will be the first World Championship Meet in which there may be adequate warm-up and warm-down space during the meet. In response to spectacular overcrowding, lack of safety standards & supervision, and near anarchy at previous championships, expect the stringent USMS standards of conduct during warm-up and warm-down. Even though up to 20 lanes will be provided at all times, expect these lanes to be heavily used.

6. Ready Room: Due to the meet size, you will not be allowed to stroll to your lane when your heat is due. Instead, you will be called well in advance to the Clerk of Course, where you will check in and gradually progress towards the blocks with the rest of your heat (much the same way most meets for kids are run). You will spend a lot of time waiting there, so take the time to meet and chat with your competitors.

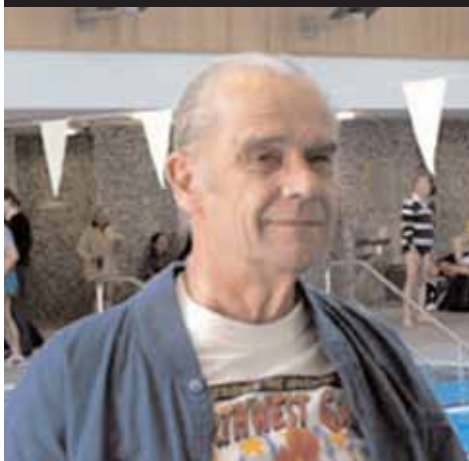
7. Relay Day: Scheduling all of the relays on the same day was a stroke of genius by the meet host, but will provide a fascinating exercise in crowd and parking control. Expect your coaches to work very hard on that day. We will be planning Oregon Relay participation far in advance, but we need your help. Please tell us if you would like to swim on relays.

8. Open Water: This will be run in flights, which was terrific in Italy two years ago. The course looks interesting. The expected water temperature of 19-22 degrees Celsius means 66-72 degrees Fahrenheit, about the range of Elk Lake temperatures in the past five years.

In closing, allow me to remind you that if you are planning to attend this meet, please join the OMS e-mail group by contacting Mary Sweat at ***omsemail@swimoregon.org*** And let us know when you have officially registered for the meet so that the coaches can contact you directly.

Good Luck and Good Swimming





## **OMS Swimmers at the Bellevue Club**

**(L - R) Bill King, Ginger Pierson  
(National Record for Ginger),  
Stephanie Simmons, Sara and Tim  
Nelson, Joy Ward, Dave Radcliff,  
Robyn Richards, Wes Edwards,  
Shauna Simpson and Jody Welborn**





# Bellevue Club - SCM - February 19, 2006

N = Breaks listed National Record

Z = Zone Record

O = Oregon Record

Results of the Oregon and MAC swimmers at the Bellevue Club Meet in Bellevue, Washington

**WOMEN 35-39**

400 M. FREE

SHAUNA SIMPSON 35 OWET 5:22.35

100 M. FLY

SHAUNA SIMPSON 35 OWET 1:12.47 O

200 M. FLY

SHAUNA SIMPSON 35 OWET 2:37.72 Z

**WOMEN 40-44**

50 M. FREE

STEPHANIE SIMMONS 40 OWET 36.61

50 M. BACK

STEPHANIE SIMMONS 40 OWET 43.92

**WOMEN 50-54**

50 M. FREE

ROBYN RICHARDS 52 OWET 32.96

200 M. FREE

JODY WELBORN 51 MACO 3:02.80

400 M. FREE

JODY WELBORN 51 MACO 6:19.63

50 M. FLY

ROBYN RICHARDS 52 OWET 37.73

100 M. I.M.

ROBYN RICHARDS 52 OWET 1:30.03

**WOMEN 60-64**

50 M. BACK

JOY WARD 64 OWET 42.06

100 M. BACK

JOY WARD 64 OWET 1:27.97 Z

200 M. BACK

JOY WARD 64 OWET 3:09.16 Z

50 M. BRST

GINGER PIERSON 60 MACO 41.40 N

100 M. BRST

GINGER PIERSON 60 MACO 1:31.17 Z

200 M. BRST

GINGER PIERSON 60 MACO 3:27.58 Z

100 M. I.M.

GINGER PIERSON 60 MACO 1:29.96

200 M. I.M.

GINGER PIERSON 60 MACO 3:25.28

**M E N 40-44**

400 M. FREE

TIMOTHY NELSON 41 COMA 4:36.15

**M E N 50-54**

50 M. BACK

WES EDWARDS 53 GVAM 31.78

50 M. BRST

WES EDWARDS 53 GVAM 40.61

50 M. FLY

WES EDWARDS 53 GVAM 32.49

**M E N 70-74**

100 M. FREE

DAVID RADCLIFF 72 THB 1:07.48

BILL KING

73 THB 1:19.97

200 M. FREE

BILL KING 73 THB 3:01.11

400 M. FREE

DAVID RADCLIFF 72 THB 5:20.65 Z

BILL KING 73 THB 6:36.35

800 M. FREE

DAVID RADCLIFF 72 THB 11:07.97 Z

## Pentathlon - SCY - March 11, 2006

**Women 25-29**

50 Yard Freestyle

1 Black, Kathleen 27 PNA 31.74

2 Lane, Abigail 27 OREG 31.76

100 Yard Freestyle

1 Thies, Lauren 26 MACO 51.68 O

2 Black, Kathleen 27 PNA 1:10.75

3 Lane, Abigail 27 OREG 1:12.68

100 Yard Backstroke

1 Thies, Lauren 26 MACO 59.46 Z

2 Black, Kathleen 27 PNA 1:24.43

50 Yard Breaststroke

1 Lane, Abigail 27 OREG 44.18

100 Yard Breaststroke

1 Thies, Lauren 26 MACO 1:08.33 O

2 Lane, Abigail 27 OREG 1:35.79

50 Yard Butterfly

1 Black, Kathleen 27 PNA 35.10

100 Yard Butterfly

1 Thies, Lauren 26 MACO 57.26 Z

100 Yard IM

1 Black, Kathleen

2 Lane, Abigail

200 Yard IM

1 Thies, Lauren

**Women 30-34**

50 Yard Freestyle

1 Weeks, Nicole

2 Maccollum, Jennifer

3 Wong, Linda

50 Yard Backstroke

1 Weeks, Nicole

2 Wong, Linda

50 Yard Breaststroke

1 Weeks, Nicole

2 Maccollum, Jennifer

3 Wong, Linda

50 Yard Butterfly

1 Weeks, Nicole

2 Simpson, Shauna

3 Maccollum, Jennifer

4 Wong, Linda

27 PNA 1:22.17

27 OREG 1:27.24

26 MACO 2:11.35 Z

33 OREG 26.38

30 OREG 31.15

33 OREG 36.05

33 OREG 32.36

33 OREG 46.51

33 OREG 34.31

30 OREG 37.81

33 OREG 48.93

33 OREG 28.69

34 OREG 29.34

30 OREG 34.58

33 OREG 45.90

100 Yard Butterfly

1 Simpson, Shauna 34 OREG 1:04.63

100 Yard IM

1 Weeks, Nicole 33 OREG 1:07.66

2 Wong, Linda 33 OREG 1:34.34

**Women 35-39**

50 Yard Freestyle

1 Mcneil, Katie 38 OREG 30.79

2 Moore, Alison 35 OREG 31.41

3 Young, Susie 36 OREG 31.80

4 Hyde, Sandra 37 OREG 32.20

5 Simmons, Stephanie 39 OREG 32.78

100 Yard Freestyle

1 Marsh, Kathy 38 OREG 1:09.23

2 Shaw, Susan 39 OREG 1:12.44

50 Yard Backstroke

1 Mcneil, Katie 38 OREG 35.57

2 Young, Susie 36 OREG 38.28

3 Moore, Alison 35 OREG 38.32

4 Simmons, Stephanie 39 OREG 39.00

5 Hyde, Sandra 37 OREG 39.64

100 Yard Backstroke			1 Andrus-Hughes, K	48 OREG	30.45	50 Yard Backstroke		
1 Marsh, Kathy	38 OREG	1:23.40	2 Buck, Donna	47 OREG	34.74	1 Ward, Joy	63 OREG	37.51
2 Shaw, Susan	39 OREG	1:26.53	3 Foley, Sharon	45 MACO	38.55	2 Frid, Barbara	63 OREG	38.58
50 Yard Breaststroke			4 Lamoureux, Lori	46 MVN	41.54	3 Sitter, Darby	62 OREG	1:11.72
1 Moore, Alison	35 OREG	38.67	5 Mann, Charlene	48 OREG	47.83	100 Yard Backstroke		
2 Mcneil, Katie	38 OREG	40.74	100 Yard Backstroke			1 Pierson, Ginger	60 MACO	1:28.01
3 Young, Susie	36 OREG	42.80	1 Goodman, Ann	46 OREG	1:14.15	50 Yard Breaststroke		
4 Hyde, Sandra	37 OREG	45.33	2 Lundberg, Ann-Marie	46 OREG	1:14.42	1 Frid, Barbara	63 OREG	41.99
100 Yard Breaststroke			3 Fox, Christina	45 OREG	1:20.91	2 Ward, Joy	63 OREG	46.15
1 Marsh, Kathy	38 OREG	1:25.65	4 Vincent, Nancy	46 OREG	1:31.25	3 Sitter, Darby	62 OREG	1:18.66
2 Shaw, Susan	39 OREG	1:32.08	50 Yard Breaststroke			100 Yard Breaststroke		
50 Yard Butterfly			1 Buck, Donna	47 OREG	36.96	<b>1 Pierson, Ginger</b>	<b>60 MACO</b>	<b>1:22.66 Z</b>
1 Mcneil, Katie	38 OREG	32.59	2 Foley, Sharon	45 MACO	37.27	50 Yard Butterfly		
2 Moore, Alison	35 OREG	33.33	3 Andrus-Hughes, K	48 OREG	38.81	1 Ward, Joy	63 OREG	33.14
3 Young, Susie	36 OREG	33.87	4 Lamoureux, Lori	46 MVN	40.68	2 Frid, Barbara	63 OREG	35.06
4 Hyde, Sandra	37 OREG	37.22	5 Mann, Charlene	48 OREG	45.64	3 Sitter, Darby	62 OREG	1:10.04
100 Yard Butterfly			100 Yard Breaststroke			100 Yard Butterfly		
1 Marsh, Kathy	38 OREG	1:22.12	1 Vincent, Nancy	46 OREG	1:22.08	1 Pierson, Ginger	60 MACO	1:23.24
2 Shaw, Susan	39 OREG	1:33.03	2 Lundberg, Ann-Marie	46 OREG	1:26.77	100 Yard IM		
100 Yard IM			3 Goodman, Ann	46 OREG	1:31.02	1 Frid, Barbara	63 OREG	1:21.00
1 Moore, Alison	35 OREG	1:14.89	4 Fox, Christina	45 OREG	1:31.80	2 Ward, Joy	63 OREG	1:21.47
2 Young, Susie	36 OREG	1:18.69	50 Yard Butterfly			3 Sitter, Darby	62 OREG	2:27.29
3 Mcneil, Katie	38 OREG	1:19.30	1 Andrus-Hughes, K	48 OREG	30.04	200 Yard IM		
4 Hyde, Sandra	37 OREG	1:22.73	2 Foley, Sharon	45 MACO	30.49	<b>1 Pierson, Ginger</b>	<b>60 MACO</b>	<b>2:59.78 Z</b>
200 Yard IM			3 Buck, Donna	47 OREG	31.81	<b>Women 65-69</b>		
1 Marsh, Kathy	38 OREG	2:53.60	4 Lamoureux, Lori	46 MVN	34.86	100 Yard Freestyle		
2 Shaw, Susan	39 OREG	3:04.61	5 Mann, Charlene	48 OREG	44.37	1 Hodge, Peggie	65 OREG	1:37.55
<b>Women 40-44</b>			100 Yard Butterfly			100 Yard Backstroke		
50 Yard Freestyle			1 Lundberg, Ann-Marie	46 OREG	1:18.02	1 Hodge, Peggie	65 OREG	1:52.15
1 Viales, Dianne	44 OREG	28.14	2 Vincent, Nancy	46 OREG	1:20.12	100 Yard Breaststroke		
2 Snider, Pam	44 OREG	33.30	3 Goodman, Ann	46 OREG	1:23.25	1 Hodge, Peggie	65 OREG	1:46.68
50 Yard Backstroke			4 Fox, Christina	45 OREG	1:39.35	100 Yard Butterfly		
1 Viales, Dianne	44 OREG	34.73	100 Yard IM			1 Hodge, Peggie	65 OREG	1:45.42
2 Snider, Pam	44 OREG	39.02	1 Andrus-Hughes, K	48 OREG	1:07.91	200 Yard IM		
3 Dansby, Ami	44 OREG	44.20	2 Foley, Sharon	45 MACO	1:14.45	1 Hodge, Peggie	65 OREG	3:47.50
4 Burkard, Anita	42 OREG	47.52	3 Lamoureux, Lori	46 MVN	1:21.69	<b>Women 70-74</b>		
50 Yard Breaststroke			200 Yard IM			50 Yard Freestyle		
1 Viales, Dianne	44 OREG	38.77	1 Lundberg, Ann-Marie	46 OREG	2:43.05	1 Kawabata, Geraldine	71 OREG	47.46
2 Snider, Pam	44 OREG	41.30	2 Goodman, Ann	46 OREG	2:49.23	50 Yard Backstroke		
3 Dansby, Ami	44 OREG	45.03	3 Vincent, Nancy	46 OREG	2:49.52	1 Kawabata, Geraldine	71 OREG	1:01.80
4 Burkard, Anita	42 OREG	47.59	4 Fox, Christina	45 OREG	3:02.74	50 Yard Breaststroke		
50 Yard Butterfly			<b>Women 50-54</b>			1 Kawabata, Geraldine	71 OREG	1:09.49
1 Viales, Dianne	44 OREG	31.27	50 Yard Freestyle			50 Yard Butterfly		
2 Snider, Pam	44 OREG	36.36	1 Parisi, Robin	51 MACO	27.23	1 Kawabata, Geraldine	71 OREG	1:02.89
3 Dansby, Ami	44 OREG	42.35	2 Milner, Nancy	54 OREG	38.32	100 Yard IM		
4 Burkard, Anita	42 OREG	47.57	50 Yard Backstroke			1 Kawabata, Geraldine	71 OREG	2:11.40
100 Yard IM			<b>1 Parisi, Robin</b>	<b>51 MACO</b>	<b>32.53 O</b>	<b>Women 75-79</b>		
1 Viales, Dianne	44 OREG	1:11.82	2 Milner, Nancy	54 OREG	51.22	50 Yard Freestyle		
2 Snider, Pam	44 OREG	1:19.21	50 Yard Breaststroke			1 Wells, Margaret	79 OREG	1:09.59
3 Dansby, Ami	44 OREG	1:30.11	1 Parisi, Robin	51 MACO	36.18	50 Yard Backstroke		
4 Burkard, Anita	42 OREG	1:39.09	2 Milner, Nancy	54 OREG	46.87	1 Wells, Margaret	79 OREG	1:11.72
<b>Women 45-49</b>			50 Yard Butterfly			50 Yard Breaststroke		
50 Yard Freestyle			1 Parisi, Robin	51 MACO	29.11	1 Wells, Margaret	79 OREG	1:39.53
1 Andrus-Hughes, K	48 OREG	27.34	2 Milner, Nancy	54 OREG	42.12	50 Yard Butterfly		
2 Foley, Sharon	45 MACO	27.63	100 Yard IM			1 Wells, Margaret	79 OREG	1:33.50
3 Buck, Donna	47 OREG	27.83	1 Parisi, Robin	51 MACO	1:08.08	100 Yard IM		
4 Lamoureux, Lori	46 MVN	31.14	2 Milner, Nancy	54 OREG	1:36.59	1 Wells, Margaret	79 OREG	2:50.05
5 Mann, Charlene	48 OREG	35.71	<b>Women 60-64</b>			<b>Women 80-84</b>		
100 Yard Freestyle			50 Yard Freestyle			100 Yard Freestyle		
1 Vincent, Nancy	46 OREG	1:04.63	1 Ward, Joy	63 OREG	31.71	1 Stevenin, Elfie	84 OREG	3:27.87
2 Goodman, Ann	46 OREG	1:06.29	2 Frid, Barbara	63 OREG	32.13	100 Yard Backstroke		
3 Lundberg, Ann-Marie	46 OREG	1:08.28	3 Sitter, Darby	62 OREG	56.21	1 Stevenin, Elfie	84 OREG	3:13.61
4 Fox, Christina	45 OREG	1:15.20	100 Yard Freestyle			100 Yard Breaststroke		
50 Yard Backstroke			1 Pierson, Ginger	60 MACO	1:15.21	1 Stevenin, Elfie	84 OREG	5:05.74



100 Yard Butterfly  
1 Stevenin, Elfie 84 OREG 4:55.38  
200 Yard IM  
1 Stevenin, Elfie 84 OREG 8:24.26

**Women 90-94**

50 Yard Freestyle  
**1 Buel, Hilda 92 OREG 1:55.40 Z**  
50 Yard Backstroke  
1 Buel, Hilda 92 OREG 2:10.22  
50 Yard Breaststroke  
1 Buel, Hilda 92 OREG 2:52.94  
50 Yard Butterfly  
1 Buel, Hilda 92 OREG 4:22.56

**Men 18-24**

50 Yard Freestyle  
1 Cleary, Kevin 22 OREG 25.96  
2 Blackwell, Blake 24 OREG 26.96  
50 Yard Backstroke  
1 Cleary, Kevin 22 OREG 32.59  
2 Blackwell, Blake 24 OREG 34.08  
50 Yard Breaststroke  
1 Blackwell, Blake 24 OREG 33.01  
2 Cleary, Kevin 22 OREG 33.27  
50 Yard Butterfly  
1 Cleary, Kevin 22 OREG 28.28  
2 Blackwell, Blake 24 OREG 29.58  
100 Yard IM  
1 Cleary, Kevin 22 OREG 1:05.98  
2 Blackwell, Blake 24 OREG 1:07.99

**Men 30-34**

50 Yard Freestyle  
1 Darby, Brian 32 OREG 27.12  
100 Yard Freestyle  
1 Yee, Justin 34 OREG 55.61  
2 Price, Kennedy 33 OREG 58.69  
50 Yard Backstroke  
1 Darby, Brian 32 OREG 34.54  
100 Yard Backstroke  
1 Yee, Justin 34 OREG 1:06.28  
2 Price, Kennedy 33 OREG 1:10.77  
50 Yard Breaststroke  
1 Darby, Brian 32 OREG 34.35  
100 Yard Breaststroke  
1 Yee, Justin 34 OREG 1:08.65  
2 Price, Kennedy 33 OREG 1:17.81  
50 Yard Butterfly  
1 Darby, Brian 32 OREG 28.49  
100 Yard Butterfly  
1 Yee, Justin 34 OREG 1:00.34  
2 Price, Kennedy 33 OREG 1:11.81  
100 Yard IM  
1 Darby, Brian 32 OREG 1:09.18  
200 Yard IM  
1 Yee, Justin 34 OREG 2:19.20  
2 Price, Kennedy 33 OREG 2:32.48

**Men 35-39**

50 Yard Freestyle  
1 Polukeev, Vladimir 35 OREG 22.06  
2 Larsen, Jon-Erik 38 OREG 24.03  
3 Witzke, Doug 37 OREG 26.29  
4 Dressel, Edward 38 OREG 27.12  
5 Carroll, Scott 36 OREG 27.55  
6 Blouin, Pierre 39 OREG 28.72  
100 Yard Freestyle

**1 Polukeev, Vladimir 35 OREG 48.87 O**



Vlad

2 Hackley, Jeff 37 OREG 54.06  
50 Yard Backstroke  
1 Polukeev, Vladimir 35 OREG 25.53  
2 Cooper, Greg 38 MACO 28.98  
3 Larsen, Jon-Erik 38 OREG 33.10  
4 Witzke, Doug 37 OREG 33.68  
5 Dressel, Edward 38 OREG 33.76  
6 Blouin, Pierre 39 OREG 35.00  
100 Yard Backstroke  
1 Polukeev, Vladimir 35 OREG 56.56  
2 Hackley, Jeff 37 OREG 1:03.36  
50 Yard Breaststroke  
1 Larsen, Jon-Erik 38 OREG 30.60  
2 Witzke, Doug 37 OREG 35.37  
3 Blouin, Pierre 39 OREG 36.07  
4 Carroll, Scott 36 OREG 36.27  
5 Dressel, Edward 38 OREG 37.58  
100 Yard Breaststroke  
1 Hackley, Jeff 37 OREG 1:09.26  
50 Yard Butterfly  
1 Polukeev, Vladimir 35 OREG 24.33  
2 Cooper, Greg 38 MACO 26.34  
3 Larsen, Jon-Erik 38 OREG 26.93  
4 Witzke, Doug 37 OREG 28.14  
5 Carroll, Scott 36 OREG 30.02  
6 Dressel, Edward 38 OREG 31.56  
7 Blouin, Pierre 39 OREG 33.66  
100 Yard Butterfly  
1 Hackley, Jeff 37 OREG 57.22  
100 Yard IM  
1 Larsen, Jon-Erik 38 OREG 1:03.75  
2 Witzke, Doug 37 OREG 1:08.13  
3 Blouin, Pierre 39 OREG 1:13.12  
4 Dressel, Edward 38 OREG 1:13.79  
200 Yard IM  
1 Hackley, Jeff 37 OREG 2:14.51  
**Men 40-44**  
50 Yard Freestyle  
1 Oliva, Tomas 43 MACO 24.00  
2 Butcher, Gano 42 OREG 24.49  
3 Washburne, Brent 44 OREG 24.82  
4 Henneford, Craig 44 OREG 24.91

5 Volckening, Bill 40 MACO 25.18  
6 Schonstal, Sam 42 OREG 33.43  
100 Yard Freestyle  
1 Curran, Patrick 44 OREG 1:00.70  
2 Karyukin, Andrei 40 OREG 1:03.36  
50 Yard Backstroke  
1 Butcher, Gano 42 OREG 28.94  
2 Oliva, Tomas 43 MACO 29.94  
3 Washburne, Brent 44 OREG 30.55  
4 Volckening, Bill 40 MACO 30.81  
5 Henneford, Craig 44 OREG 31.10  
6 Schonstal, Sam 42 OREG 47.63  
100 Yard Backstroke  
1 Mccarthy, Darren 40 OREG 1:03.29  
2 Curran, Patrick 44 OREG 1:13.17  
3 Karyukin, Andrei 40 OREG 1:19.30  
50 Yard Breaststroke  
1 Oliva, Tomas 43 MACO 29.98  
2 Mccarthy, Darren 40 OREG 31.42  
3 Butcher, Gano 42 OREG 32.72  
4 Volckening, Bill 40 MACO 33.47  
5 Washburne, Brent 44 OREG 33.66  
6 Henneford, Craig 44 OREG 33.80  
7 Schonstal, Sam 42 OREG 43.99  
100 Yard Breaststroke  
1 Mccarthy, Darren 40 OREG 1:07.60  
2 Gaarder, Chris 41 OREG 1:08.16  
3 Karyukin, Andrei 40 OREG 1:19.62  
4 Curran, Patrick 44 OREG 1:21.49  
50 Yard Butterfly  
1 Kabel, Douglas 40 OREG 26.29  
2 Butcher, Gano 42 OREG 26.60  
3 Oliva, Tomas 43 MACO 26.73  
4 Washburne, Brent 44 OREG 27.06  
5 Volckening, Bill 40 MACO 28.42  
6 Henneford, Craig 44 OREG 28.48  
7 Schonstal, Sam 42 OREG 48.96  
100 Yard Butterfly  
1 Karyukin, Andrei 40 OREG 1:10.07  
2 Curran, Patrick 44 OREG 1:15.21  
100 Yard IM  
1 Oliva, Tomas 43 MACO 59.98  
2 Butcher, Gano 42 OREG 1:01.09  
3 Washburne, Brent 44 OREG 1:02.56  
4 Henneford, Craig 44 OREG 1:04.83  
5 Schonstal, Sam 42 OREG 1:29.16  
200 Yard IM  
1 Mccarthy, Darren 40 OREG 2:17.60  
2 Curran, Patrick 44 OREG 2:37.49  
3 Karyukin, Andrei 40 OREG 2:40.55  
**Men 45-49**  
50 Yard Freestyle  
1 Mann, Edward 48 OREG 25.57  
2 Sumerfield, Bill 45 OREG 26.10  
3 Bergstrom, Robert 49 OREG 28.15  
100 Yard Freestyle  
1 Otto, Douglas 46 MACO 54.25  
2 Scoville, Brent 48 OREG 1:00.80  
3 Fairhurst, Jon 47 OREG 1:01.42  
4 Munro, Stuart 48 MACO 1:05.06  
50 Yard Backstroke  
1 Mann, Edward 48 OREG 31.75  
2 Bergstrom, Robert 49 OREG 37.06  
3 Sumerfield, Bill 45 OREG 38.85

## 100 Yard Backstroke

1 Otto, Douglas	46 MACO	1:02.74
2 Scoville, Brent	48 OREG	1:11.79
3 Fairhurst, Jon	47 OREG	1:19.17
4 Munro, Stuart	48 MACO	1:35.29

## 50 Yard Breaststroke

1 Sumerfield, Bill	45 OREG	34.08
2 Mann, Edward	48 OREG	35.23
3 Bergstrom, Robert	49 OREG	38.64

## 100 Yard Breaststroke

1 Otto, Douglas	46 MACO	1:07.87
2 Fairhurst, Jon	47 OREG	1:18.51
3 Munro, Stuart	48 MACO	1:21.46
4 Scoville, Brent	48 OREG	1:25.23

## 50 Yard Butterfly

1 Mann, Edward	48 OREG	29.88
2 Bergstrom, Robert	49 OREG	31.31
3 Sumerfield, Bill	45 OREG	34.56

## 100 Yard Butterfly

1 Otto, Douglas	46 MACO	1:02.51
2 Munro, Stuart	48 MACO	1:13.68
3 Scoville, Brent	48 OREG	1:13.96
4 Fairhurst, Jon	47 OREG	1:20.21

## 100 Yard IM

1 Mann, Edward	48 OREG	1:07.90
2 Sumerfield, Bill	45 OREG	1:12.86
3 Bergstrom, Robert	49 OREG	1:15.22

## 200 Yard IM

1 Otto, Douglas	46 MACO	2:14.65
2 Scoville, Brent	48 OREG	2:36.48
3 Fairhurst, Jon	47 OREG	2:46.62
4 Munro, Stuart	48 MACO	2:48.09

**Men 50-54**

## 50 Yard Freestyle

1 Philbrick, Larry	53 OREG	24.37
2 Metzger, Peter	50 OREG	25.00
3 Brockbank, Doug	52 OREG	25.92
4 Peyton, Michael	50 MACO	26.20
5 Taylor, Charles	50 OREG	27.44
6 Darnell, Stephen	51 OREG	30.60

## 100 Yard Freestyle

1 Yensen, Kermit	52 OREG	59.85
2 Jacks, Edwin	52 OREG	1:03.08
3 Davis, Michael	51 OREG	1:05.19

## 50 Yard Backstroke

1 Metzger, Peter	50 OREG	27.98
2 Philbrick, Larry	53 OREG	29.45
3 Brockbank, Doug	52 OREG	29.99
4 Taylor, Charles	50 OREG	33.71
5 Peyton, Michael	50 MACO	34.34
6 Darnell, Stephen	51 OREG	39.07

## 100 Yard Backstroke

1 Edwards, Wes	52 OREG	1:01.90
2 Jacks, Edwin	52 OREG	1:13.77
3 Yensen, Kermit	52 OREG	1:14.24
4 Davis, Michael	51 OREG	1:19.35

## 50 Yard Breaststroke

1 Philbrick, Larry	53 OREG	31.34
2 Taylor, Charles	50 OREG	33.21
3 Metzger, Peter	50 OREG	34.43
4 Brockbank, Doug	52 OREG	34.65
5 Peyton, Michael	50 MACO	37.53
6 Darnell, Stephen	51 OREG	43.06

## 100 Yard Breaststroke

1 Edwards, Wes	52 OREG	1:18.06
2 Yensen, Kermit	52 OREG	1:21.91
3 Davis, Michael	51 OREG	1:26.45
4 Jacks, Edwin	52 OREG	1:29.51

## 50 Yard Butterfly

1 Metzger, Peter	50 OREG	26.81
2 Philbrick, Larry	53 OREG	27.76
3 Taylor, Charles	50 OREG	29.75
4 Peyton, Michael	50 MACO	29.90
5 Brockbank, Doug	52 OREG	30.00
6 Darnell, Stephen	51 OREG	36.44

## 100 Yard Butterfly

1 Yensen, Kermit	52 OREG	1:06.73
2 Davis, Michael	51 OREG	1:11.18
3 Jacks, Edwin	52 OREG	1:18.37

## 100 Yard IM

1 Philbrick, Larry	53 OREG	1:02.82
2 Metzger, Peter	50 OREG	1:04.26
3 Taylor, Charles	50 OREG	1:09.97
4 Peyton, Michael	50 MACO	1:10.50
5 Darnell, Stephen	51 OREG	1:23.73

## 200 Yard IM

1 Edwards, Wes	52 OREG	2:27.72
2 Yensen, Kermit	52 OREG	2:36.77
3 Davis, Michael	51 OREG	2:45.10
4 Jacks, Edwin	52 OREG	2:48.96

**Men 55-59**

## 50 Yard Freestyle

1 Stout, Jon	59 OREG	26.48
2 Cronin, Jed	57 OREG	27.10
3 Carriker, Buz	58 OREG	30.39
4 Zell, Ken	58 OREG	30.55

## 100 Yard Freestyle

1 Ellis, John	59 OREG	1:17.01
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## 50 Yard Backstroke

1 Stout, Jon	59 OREG	31.88
2 Cronin, Jed	57 OREG	34.17
3 Zell, Ken	58 OREG	37.18
4 Carriker, Buz	58 OREG	42.24
5 Lambert, Roy	59 OREG	42.54

## 100 Yard Backstroke

1 Ellis, John	59 OREG	1:43.35
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## 50 Yard Breaststroke

1 Stout, Jon	59 OREG	35.90
2 Lambert, Roy	59 OREG	38.07
3 Carriker, Buz	58 OREG	39.26
4 Zell, Ken	58 OREG	39.27
5 Cronin, Jed	57 OREG	42.06

## 100 Yard Breaststroke

1 Ellis, John	59 OREG	1:28.96
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## 50 Yard Butterfly

1 Cronin, Jed	57 OREG	30.32
2 Zell, Ken	58 OREG	32.99
3 Carriker, Buz	58 OREG	34.84
4 Lambert, Roy	59 OREG	38.85

## 100 Yard Butterfly

1 Ellis, John	59 OREG	1:39.15
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## 100 Yard IM

1 Stout, Jon	59 OREG	1:07.49
2 Cronin, Jed	57 OREG	1:13.16
3 Zell, Ken	58 OREG	1:18.71
4 Carriker, Buz	58 OREG	1:23.15

## 200 Yard IM

1 Ellis, John	59 OREG	3:14.07
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**Men 60-64**

## 50 Yard Freestyle

1 Silvey, Michael	60 MACO	28.90
2 Philipps, Frank	63 OREG	29.10

## 100 Yard Freestyle

1 Smith, William	60 OREG	1:20.73
2 Juhala, Richard	62 OREG	1:26.20

## 50 Yard Backstroke

1 Silvey, Michael	60 MACO	37.13
2 Philipps, Frank	63 OREG	39.33
3 Smith, William	60 OREG	51.80

## 100 Yard Backstroke

1 Juhala, Richard	62 OREG	1:37.73
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## 50 Yard Breaststroke

1 Philipps, Frank	63 OREG	38.03
2 Silvey, Michael	60 MACO	44.02

## 100 Yard Breaststroke

1 Juhala, Richard	62 OREG	1:33.13
2 Smith, William	60 OREG	1:40.90

## 50 Yard Butterfly

1 Silvey, Michael	60 MACO	31.41
2 Philipps, Frank	63 OREG	33.95
3 Smith, William	60 OREG	43.57

## 100 Yard Butterfly

1 Juhala, Richard	62 OREG	1:38.65
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## 100 Yard IM

1 Philipps, Frank	63 OREG	1:16.05
2 Silvey, Michael	60 MACO	1:18.23

## 200 Yard IM

1 Juhala, Richard	62 OREG	3:32.25
2 Smith, William	60 OREG	3:38.38

**Men 65-69**

## 50 Yard Freestyle

1 Hiatt, Chris	65 OREG	28.75
2 Lake, Brent	67 OREG	35.42
3 Schieltz, Jon	67 OREG	41.16
4 Kawabata, Fred	67 OREG	49.97

## 100 Yard Freestyle

1 Lake, Brent	67 OREG	1:15.63
2 Kawabata, Fred	67 OREG	1:52.14

## 50 Yard Backstroke

1 Hiatt, Chris	65 OREG	33.62
2 Lake, Brent	67 OREG	36.38
3 Schieltz, Jon	67 OREG	1:04.74

## 100 Yard Backstroke

1 Lake, Brent	67 OREG	1:20.47
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## 50 Yard Breaststroke

1 Hiatt, Chris	65 OREG	37.32
2 Schieltz, Jon	67 OREG	57.85

## 50 Yard Butterfly

1 Hiatt, Chris	65 OREG	32.01
2 Schieltz, Jon	67 OREG	51.37

## 100 Yard IM

1 Hiatt, Chris	65 OREG	1:12.71
2 Lake, Brent	67 OREG	1:28.63
3 Schieltz, Jon	67 OREG	1:59.40

**Men 70-74**

## 50 Yard Freestyle

1 Thayer, George	70 OREG	30.26
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## 50 Yard Backstroke

1 Thayer, George	70 OREG	37.55
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## 50 Yard Breaststroke

1 Thayer, George	70 OREG	41.97
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## 50 Yard Butterfly



1 Radcliff, David	71 OREG	32.23	100 Yard IM			2 Lamb, Willard	83 OREG	59.39
2 Thayer, George	70 OREG	42.97	1 Marks, Milton	75 OREG	1:28.62	50 Yard Butterfly		
100 Yard IM			2 Miesen, Lee	78 MACO	1:55.23	1 Fixott, Rupert	84 OREG	1:21.57
1 Radcliff, David	71 OREG	1:15.86	<b>Men 80-84</b>			100 Yard IM		
2 Thayer, George	70 OREG	1:24.66	50 Yard Freestyle			1 Lamb, Willard	83 OREG	1:53.41
<b>Men 75-79</b>			1 Lamb, Willard	83 OREG	35.47	2 Fixott, Rupert	84 OREG	2:19.60
50 Yard Freestyle			2 Young, Gilbert	83 OREG	39.55	<b>Men 85-89</b>		
1 Marks, Milton	75 OREG	31.34	3 Fixott, Rupert	84 OREG	48.39	50 Yard Freestyle		
2 Miesen, Lee	78 MACO	45.78	100 Yard Freestyle			1 Holden, Andrew	86 OREG	36.74
50 Yard Backstroke			1 Young, Gilbert	83 OREG	1:28.76	50 Yard Backstroke		
1 Marks, Milton	75 OREG	40.89	50 Yard Backstroke			<b>1 Holden, Andrew</b>	<b>86 OREG</b>	<b>48.56 Z</b>
2 Miesen, Lee	78 MACO	50.14	1 Lamb, Willard	83 OREG	44.98	50 Yard Breaststroke		
50 Yard Breaststroke			2 Young, Gilbert	83 OREG	48.69	<b>1 Holden, Andrew</b>	<b>86 OREG</b>	<b>56.15 O</b>
<b>1 Marks, Milton</b>	<b>75 OREG</b>	<b>39.35 Z</b>	3 Fixott, Rupert	84 OREG	56.96	50 Yard Butterfly		
2 Miesen, Lee	78 MACO	47.83	100 Yard Backstroke			1 Holden, Andrew	86 OREG	46.82
50 Yard Butterfly			1 Young, Gilbert	83 OREG	1:55.42	100 Yard IM		
1 Marks, Milton	75 OREG	41.73	50 Yard Breaststroke			<b>1 Holden, Andrew</b>	<b>86 OREG</b>	<b>1:55.27 Z</b>
2 Miesen, Lee	78 MACO	57.09	1 Fixott, Rupert	84 OREG	58.82			

## Total Pentathlon Results

### P = Overall Pentathlon Record

#### Sprint Pentathlon

**Pl Name Total**

#### Women 30-34

1 Weeks, Nicole	3:09.40
2 Wong, Linda	4:31.73

#### Women 35-39

1 Moore, Alison	3:36.62
2 McNeil, Katie	3:38.99
3 Young, Susie	3:45.44
4 Hyde, Sandra	3:57.12

#### Women 40-44

1 Viales, Dianne	3:24.73
2 Snider, Pam	3:49.19

#### Women 45-49

1 Andrus-Hughes, K	3:14.55
2 Foley, Sharon	3:28.39
3 Lamoureux, Lori	3:49.91
4 Mann, Charlene	4:39.34

#### Women 50-54

<b>1 Parisi, Robin</b>	<b>3:13.13 P</b>
<b>(Old Record Ginger Pierson 1997)</b>	

2 Milner, Nancy	4:35.12
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#### Women 60-64

1 Frid, Barbara	3:48.76
2 Ward, Joy	3:49.98
3 Sitter, Darby	7:03.92

#### Women 70-74

1 Kawabata, Geraldine	6:13.04
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#### Women 75-79

1 Wells, Margaret	8:24.39
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#### Women 90-94

1 Buel, Hilda	17:20.23
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#### Men 19-24

1 Cleary, Kevin	3:06.08
2 Blackwell, Blake	3:11.62

#### Men 30-34

1 Darby, Brian	3:13.68
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#### Men 35-39

1 Larsen, Jon-Erik	2:58.41
2 Witzke, Doug	3:11.61
3 Dressel, Edward	3:23.81

4 Blouin, Pierre	3:26.57
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5 Carroll, Scott	3:39.26
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#### Men 40-44

1 Oliva, Tomas	2:50.63
2 Butcher, Gano	2:53.84
3 Washburne, Brent	2:58.65
4 Henneford, Craig	3:03.12
5 Schonstal, Sam	4:23.17

#### Men 45-49

1 Mann, Edward	3:10.33
2 Sumerfield, Bill	3:26.45
3 Bergstrom, Robert	3:30.38

#### Men 50-54

1 Philbrick, Larry	2:55.74
2 Metzger, Peter	2:58.48
3 Taylor, Charles	3:14.08
4 Peyton, Michael	3:18.47
5 Darnell, Stephen	3:52.90

#### Men 55-59

1 Cronin, Jed	3:26.81
2 Stout, Jon	3:29.69
3 Zell, Ken	3:38.70
4 Carriker, Buz	3:49.88

#### Men 60-64

1 Philipps, Frank	3:36.46
2 Silvey, Michael	3:39.69

#### Men 65-69

1 Hiatt, Chris	3:24.41
2 Schieltz, Jon	5:34.52

#### Men 70-74

1 Thayer, George	3:57.41
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#### Men 75-79

1 Marks, Milton	4:01.93
2 Miesen, Lee	5:16.07

#### Men 80-84

1 Lamb, Willard	5:22.80
2 Fixott, Rupert	6:25.34

#### Men 85-89

<b>1 Holden, Andrew</b>	<b>5:03.54 P</b>
<b>(old record Herb Eisenschmidt 1992)</b>	

#### Distance Pentathlon

#### Women 25-29

<b>1 Thies, Lauren</b>	<b>6:08.08 P</b>
<b>(old record Sara Quan 2000)</b>	

#### Women 35-39

1 Marsh, Kathy	8:14.00
2 Shaw, Susan	8:48.69

#### Women 45-49

1 Lundberg, Ann-Marie	7:50.54
2 Goodman, Ann	8:03.94
3 Vincent, Nancy	8:07.60
4 Fox, Christina	8:50.00

#### Women 60-64

<b>1 Pierson, Ginger</b>	<b>8:28.90 P</b>
<b>(old record Pegg Hodge 2004)</b>	

#### Women 65-69

<b>1 Hodge, Pegg</b>	<b>10:49.30 P</b>
<b>(old record - open)</b>	

#### Women 80-84

1 Stevenin, Elfie	25:06.86
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#### Men 30-34

1 Yee, Justin	6:30.08
2 Price, Kennedy	7:11.56

#### Men 35-39

1 Hackley, Jeff	6:18.41
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#### Men 40-44

1 Curran, Patrick	7:28.06
2 Karyukin, Andrei	7:32.90

#### Men 45-49

<b>1 Otto, Douglas</b>	<b>6:22.02 P</b>
<b>(old record Larry Philbrick 2000)</b>	

2 Scoville, Brent	7:28.26
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3 Fairhurst, Jon	7:45.93
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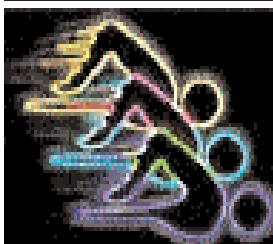
4 Munro, Stuart	8:03.58
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#### Men 50-54

1 Yensen, Kermit	7:19.50
2 Davis, Michael	7:47.27

#### Men 55-59

3 Jacks, Edwin	7:53.69
1 Ellis, John	9:22.54



# Top Ten Results S C M

# Mary Sweat Top Ten Chair



## Men 120-129

4 SCM 200 Medley MACO 1:59.75  
Douglas Otto (46) Noel Berlin (26) Troy Drawz (37)  
Tomas Oliva (43)

## Men 160-199

8 SCM 200 Free MACO 1:48.49  
Troy Drawz (37) Tomas Oliva (43) Mike Peyton (50)  
Douglas Otto (46)

## Men 240-279

1 SCM 200 Medley OREG 2:07.11  
Robert Smith (62) Allen Stark (56) Bert Petersen (67)  
Jon Stout (59)

1 SCM 800 Free OREG 9:57.34  
Jed Cronin (57) Robert Smith (62) Kermit Yensen (52)  
David Radcliff (71)

## Men 280-319

5 SCM 200 Free OREG 2:46.43  
George Weber (75) Eric Guest (76) Nick Norton (71)  
George Thayer (69)

## Women 120-159

8 SCM 200 Free OREG 2:16.39  
Stephanie Simmons (39) Jody Burkholder (47) Elise  
Cohen (31) Meg Upshaw (28)

5 SCM 400 Free OREG 5:02.81  
Robin Lewis (38) Pamela Zigler (45) Joanie Krehbiel  
(44) Jenny Marine (30)

## Women 160-199

1 SCM 200 Free MACO 1:58.02  
Lauren Thies (26) Sharon Foley (45) Robin Parisi (51)  
Laura Tyrrell (38)

9 SCM 200 Free OREG 2:20.46  
Susan Shaw (38) Mary Anne Royle (53) Kathy  
Marsh (38) Nancy Vincent (46)

1 SCM 200 Medley MACO 2:18.89  
Laura Tyrrell (38) Lauren Thies (26) Robin Parisi (51)  
Sharon Foley (45)

9 SCM 200 Medley OREG 2:37.81  
Christina Fox (45) Pam Snider (44) Laura Worden (48)  
Elizabeth Budd (51)

4 SCM 400 Medley OREG 5:44.40  
Ann Goodman (46) Clare Fitzpatrick (45) Nicole  
Weeks (33) Sandi Rousseau (58)

## Women 200-239

10 SCM 200 Free OREG 3:03.39  
Dara Gaskin (36) Connie Peterson (50) Peggie  
Hodge (65) Peggy Whiter (62)  
1 SCM 200 Medley OREG 2:16.23  
Valerie Jenkins (42) Colette Crabbe (49) Joy Ward  
(63) Karen Andrus-Hughes (48)

## Mixed 120-159

6 SCM 200 Free MACO 1:55.39  
Noel Berlin (26) Tomas Oliva (43) Laura Tyrrell (38)  
Sharon Foley (45)

## Mixed 160-199

1 SCM 200 Free MACO 1:50.61  
Lauren Thies (26) Robin Parisi (51) Douglas Otto (46)  
Troy Drawz (37)

10 SCM 200 Free OREG 2:10.80  
Jim Ivelich (43) Robin Lewis (38) Pamela Zigler (45)  
Steve Wursta (40)

## Mixed 200-239

8 SCM 200 Free OREG 2:04.71  
Mark Worden (54) Elizabeth Budd (51) Laura  
Worden (48) Pat Allender (47)

1 SCM 200 Medley OREG 2:05.92  
Karen Andrus-Hughes (48) Allen Stark (56) Colette  
Crabbe (49) Mike Tennant (52)

## Mixed 240-279

4 SCM 400 Free OREG 6:16.68  
Brent Lake (67) Peggie Hodge (65) Peggy Whiter (62)  
Tom Landis (63)

## Women 25-29

1 SCM 100 Free Lauren Thies MACO 58.35  
1 SCM 200 Free Lauren Thies MACO 2:06.98  
3 SCM 50 Fly Lauren Thies MACO 29.53  
3 SCM 100 Fly Lauren Thies MACO 1:05.72  
2 SCM 100 IM Lauren Thies MACO 1:08.01

## Women 30-34

7 SCM 800 Free Jenny Marine OREG 11:10.49  
7 SCM 100 Back Sara Quan OREG 1:20.43  
2 SCM 100 Breast Sara Quan OREG 1:22.10  
7 SCM 100 Fly Sara Quan OREG 1:15.84  
9 SCM 800 Free Shauna Simpson OREG 11:29.87  
2 SCM 50 Free Nicole Weeks OREG 28.79  
2 SCM 100 Free Nicole Weeks OREG 1:03.32  
7 SCM 50 Back Nicole Weeks OREG 36.69



2	SCM 50 Breast	Nicole Weeks	OREG	37.73	4	SCM 100 Free	Joy Ward	OREG	1:23.03
3	SCM 50 Fly	Nicole Weeks	OREG	31.66	3	SCM 50 Back	Joy Ward	OREG	41.95
2	SCM 100 IM	Nicole Weeks	OREG	1:13.78	2	SCM 100 Back	Joy Ward	OREG	1:29.82
Women 35-39					2	SCM 200 Back	Joy Ward	OREG	3:12.67
4	SCM 800 Free	Laura Tyrrell	MACO	10:15.49	10	SCM 50 Breast	Joy Ward	OREG	52.10
Women 45-49					2	SCM 50 Fly	Joy Ward	OREG	38.10
3	SCM 100 Free	K. Andrus-Hughes	OREG	1:04.77	2	SCM 100 Fly	Joy Ward	OREG	1:35.82
4	SCM 200 Free	K. Andrus-Hughes	OREG	2:23.32	1	SCM 200 Fly	Joy Ward	OREG	3:37.55
1	SCM 50 Back	K. Andrus-Hughes	OREG	32.80	5	SCM 100 IM	Joy Ward	OREG	1:33.08
3	SCM 100 Back	K. Andrus-Hughes	OREG	1:12.82	1	SCM 200 IM	Joy Ward	OREG	3:24.91
3	SCM 200 Back	K. Andrus-Hughes	OREG	2:43.14	Women 65-69				
5	SCM 100 Fly	K. Andrus-Hughes	OREG	1:16.98	8	SCM 400 Free	Peggie Hodge	OREG	7:53.33
4	SCM 200 IM	K. Andrus-Hughes	OREG	2:45.66	9	SCM 50 Breast	Peggie Hodge	OREG	58.84
					6	SCM 100 Breast	Peggie Hodge	OREG	2:03.72
8	SCM 50 Free	Colette Crabbe	OREG	30.71	2	SCM 200 Breast	Peggie Hodge	OREG	4:16.99
6	SCM 400 Free	Colette Crabbe	OREG	5:11.72	5	SCM 100 Fly	Peggie Hodge	OREG	1:58.33
5	SCM 800 Free	Colette Crabbe	OREG	10:26.55	6	SCM 200 Fly	Peggie Hodge	OREG	4:27.58
4	SCM 50 Breast	Colette Crabbe	OREG	38.23	8	SCM 200 IM	Peggie Hodge	OREG	4:08.02
1	SCM 100 Breast	Colette Crabbe	OREG	1:20.84	Women 70-74				
1	SCM 200 Breast	Colette Crabbe	OREG	2:58.58	10	SCM 200 Free	G Kawabata	OREG	4:19.94
2	SCM 100 IM	Colette Crabbe	OREG	1:13.91	10	SCM 50 Fly	G Kawabata	OREG	1:16.59
3	SCM 200 IM	Colette Crabbe	OREG	2:41.51	10	SCM 400 Free	Bev L'Esperance	OREG	9:46.56
10	SCM 400 IM	Ann Goodman	OREG	6:50.91	Women 75-79				
7	SCM 400 Free	Mary Sweat	OREG	5:12.89	7	SCM 1500 Free	Betsy Austen	MACO	42:33.18
6	SCM 800 Free	Mary Sweat	OREG	10:32.95	5	SCM 50 Breast	Bert Taylor	OREG	1:08.39
9	SCM 200 Breast	Nancy Vincent	OREG	3:17.18	10	SCM 100 Breast	Margaret Wells	OREG	3:39.81
7	SCM 400 IM	Laura Worden	OREG	6:26.00	9	SCM 50 Fly	Margaret Wells	OREG	1:24.07
Women 50-54					6	SCM 100 Fly	Margaret Wells	OREG	3:56.37
2	SCM 50 Fly	Robin Parisi	MACO	31.97	9	SCM 200 IM	Margaret Wells	OREG	6:58.68
2	SCM 100 IM	Robin Parisi	MACO	1:15.75	Women 80-84				
Women 55-59					10	SCM 100 Free	Pauline Stangel	OREG	2:34.28
1	SCM 50 Breast	Ginger Pierson	MACO	41.69	7	SCM 200 Free	Pauline Stangel	OREG	5:20.52
1	SCM 100 Breast	Ginger Pierson	MACO	1:32.53	9	SCM 50 Breast	Pauline Stangel	OREG	1:18.54
1	SCM 200 Breast	Ginger Pierson	MACO	3:24.62	7	SCM 100 Breast	Pauline Stangel	OREG	3:03.30
7	SCM 100 Fly	Ginger Pierson	MACO	1:33.28	4	SCM 200 Breast	Pauline Stangel	OREG	6:37.52
2	SCM 200 Fly	Ginger Pierson	MACO	3:21.53	10	SCM 50 Back	Elfie Stevenin	OREG	1:41.44
5	SCM 100 IM	Ginger Pierson	MACO	1:29.90	10	SCM 200 Back	Elfie Stevenin	OREG	7:26.34
6	SCM 200 IM	Ginger Pierson	MACO	3:20.47	7	SCM 50 Fly	Elfie Stevenin	OREG	2:24.98
7	SCM 50 Fly	Sandi Rousseau	OREG	40.04	3	SCM 100 Fly	Elfie Stevenin	OREG	6:18.40
6	SCM 1500 Free	Darlene Staley	OREG	24:58.60	2	SCM 400 IM	Elfie Stevenin	OREG	19:13.56
10	SCM 200 Back	Darlene Staley	OREG	3:24.15	Women 90-94				
6	SCM 200 Fly	Darlene Staley	OREG	3:38.90	3	SCM 50 Free	Hilda Buel	OREG	1:53.37
5	SCM 400 IM	Darlene Staley	OREG	7:08.22	3	SCM 200 Free	Hilda Buel	OREG	11:16.96
Women 60-64					4	SCM 50 Back	Hilda Buel	OREG	2:27.89
3	SCM 50 Free	Barbara Frid	OREG	35.98	2	SCM 200 Back	Hilda Buel	OREG	10:16.22
4	SCM 50 Back	Barbara Frid	OREG	43.51	1	SCM 50 Breast	Hilda Buel	OREG	2:40.64
4	SCM 50 Breast	Barbara Frid	OREG	46.69	1	SCM 100 Breast	Hilda Buel	OREG	6:29.78
3	SCM 50 Fly	Barbara Frid	OREG	38.92	1	SCM 50 Fly	Hilda Buel	OREG	4:04.99
3	SCM 100 IM	Barbara Frid	OREG	1:30.79	3	SCM 100 IM	Hilda Buel	OREG	5:58.92
4	SCM 50 Free	Joy Ward	OREG	36.20					

## Men 25-29

7	SCM 50 Breast	Noel Berlin	OREG	32.43
6	SCM 100 Breast	Noel Berlin	OREG	1:10.60
3	SCM 200 Breast	Noel Berlin	OREG	2:34.65
7	SCM 50 Fly	Chris McGrath	OREG	27.43
5	SCM 100 IM	Chris McGrath	OREG	1:01.89

## Men 30-34

10	SCM 200 Breast	Joshua Cohen	OREG	2:50.88
5	SCM 400 IM	Sean Swain	OREG	5:02.07
6	SCM 800 Free	Robbert Van Andel	OREG	9:43.32
9	SCM 200 Breast	Robbert Van Andel	OREG	2:48.72
9	SCM 400 IM	Robbert Van Andel	OREG	5:17.55

## Men 40-44

1	SCM 200 Fly	Dennis Baker	OREG	2:06.48
1	SCM 400 IM	Dennis Baker	OREG	4:44.38
10	SCM 100 Breast	Chris Gaarder	OREG	1:15.82
8	SCM 100 Breast	Tomas Oliva	MACO	1:15.43
8	SCM 100 IM	Keith Peters	OREG	1:05.71

## Men 45-49

7	SCM 100 Breast	Pat Allender	OREG	1:12.06
3	SCM 200 Breast	Pat Allender	OREG	2:37.56
3	SCM 200 IM	Pat Allender	OREG	2:24.37
5	SCM 400 IM	Pat Allender	OREG	5:10.77
6	SCM 200 Back	Douglas Otto	MACO	2:32.30

## Men 50-54

6	SCM 50 Back	Wes Edwards	OREG	31.73
6	SCM 100 Back	Wes Edwards	OREG	1:08.35
3	SCM 200 Back	Wes Edwards	OREG	2:30.93
10	SCM 50 Free	Mike Tennant	OREG	26.30

## Men 55-59

4	SCM 1500 Free	Bob Bruce	OREG	20:19.96
10	SCM 200 Fly	Bob Bruce	OREG	3:08.38
6	SCM 200 Back	Steve Johnson	OREG	2:43.05
10	SCM 400 IM	Daniel Rueff	OREG	6:25.44
2	SCM 50 Breast	Allen Stark	OREG	34.57
2	SCM 100 Breast	Allen Stark	OREG	1:16.06
3	SCM 200 Breast	Allen Stark	OREG	2:50.30

## Men 60-64

10	SCM 100 Free	Tom Landis	OREG	1:05.91
3	SCM 200 Free	Tom Landis	OREG	2:20.10
5	SCM 400 Free	Tom Landis	OREG	5:10.25
2	SCM 800 Free	Tom Landis	OREG	10:42.84
4	SCM 50 Free	Robert S. Smith	OREG	28.26
8	SCM 100 Free	Robert S. Smith	OREG	1:05.09
7	SCM 50 Fly	Robert S. Smith	OREG	31.16
7	SCM 200 IM	Robert S. Smith	OREG	2:50.72
1	SCM 50 Back	Robert S. Smith	OREG	32.23
1	SCM 100 Back	Robert S. Smith	OREG	1:12.35
5	SCM 50 Breast	Robert S. Smith	OREG	37.93

## 3 SCM 100 IM

Robert S. Smith OREG 1:14.51

## Men 65-69

10	SCM 200 Free	Brent Lake	OREG	3:00.28
7	SCM 400 Free	Brent Lake	OREG	6:16.32
5	SCM 800 Free	Brent Lake	OREG	12:43.7
8	SCM 50 Free	Bert Petersen	OREG	32.33
9	SCM 50 Back	Bert Petersen	OREG	43.05
1	SCM 50 Fly	Bert Petersen	OREG	32.06
5	SCM 100 IM	Bert Petersen	OREG	1:27.98
4	SCM 50 Back	George Thayer	OREG	40.94
2	SCM 100 Back	George Thayer	OREG	1:31.86
2	SCM 200 Back	George Thayer	OREG	3:26.44

## Men 70-74

8	SCM 200 Free	Bill King	OREG	2:56.46
6	SCM 400 Free	Bill King	OREG	6:17.42
5	SCM 800 Free	Bill King	OREG	13:29.40
4	SCM 1500 Free	Bill King	OREG	25:58.71
9	SCM 800 Free	Nick Norton	OREG	14:38.38
2	SCM 50 Free	David Radcliff	OREG	30.64
2	SCM 100 Free	David Radcliff	OREG	1:07.06
2	SCM 200 Free	David Radcliff	OREG	2:34.81
2	SCM 400 Free	David Radcliff	OREG	5:32.76
1	SCM 800 Free	David Radcliff	OREG	11:27.62
9	SCM 100 Back	David Radcliff	OREG	1:36.75
5	SCM 100 Breast	David Radcliff	OREG	1:37.90
2	SCM 100 Fly	David Radcliff	OREG	1:34.50
1	SCM 200 IM	David Radcliff	OREG	3:08.80

## Men 75-79

6	SCM 50 Free	Milton Marks	OREG	35.61
4	SCM 50 Back	Milton Marks	OREG	45.46
3	SCM 50 Breast	Milton Marks	OREG	44.05
3	SCM 100 Breast	Milton Marks	OREG	1:41.92
2	SCM 200 Breast	Milton Marks	OREG	3:56.59
2	SCM 400 IM	Milton Marks	OREG	8:27.97

## Men 80-84

8	SCM 50 Back	Rupert Fixott	OREG	1:00.95
10	SCM 50 Breast	Rupert Fixott	OREG	1:04.50
7	SCM 50 Fly	Rupert Fixott	OREG	1:24.07
6	SCM 100 IM	Rupert Fixott	OREG	2:38.92
9	SCM 800 Free	Joseph Mallon	OREG	25:50.58
9	SCM 1500 Free	Joseph Mallon	OREG	47:43.89
3	SCM 50 Free	Gilbert Young	OREG	43.60
5	SCM 100 Free	Gilbert Young	OREG	1:40.91
6	SCM 200 Free	Gilbert Young	OREG	3:37.77
3	SCM 1500 Free	Gilbert Young	OREG	31:07.50
6	SCM 100 Back	Gilbert Young	OREG	2:10.66

# 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 the 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



# OREGON MASTERS SWIMMING ASSOCIATION SHORT COURSE YARDS CHAMPIONSHIPS

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #376-03

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit a 2006 registration form and fee with this form.

Location: Osborn Aquatic Center

1940 NW Highland Dr

Corvallis, OR 97330

8 lanes competition-electronic timing

Seperate continuous warm-up/down area

**DATE: Fri., Sat. & Sun.-April 21-23, 2006**

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

Hosted by: Corvallis Aquatic Team

Meet director: Mark Worden • 541-766-6300 • mark.worden@ci.corvallis.or.us

Directions to the pool: From I-5, take the Corvallis/Lebanon exit. Travel west on Hwy 34 about 10 miles to Corvallis. Hwy 34 takes you over the Willamette River into Corvallis. Once you cross the river, the road is called Harrison, keep on this road until you reach 9th Street. Turn right on 9th Street. Go about 1.5 miles and turn left on Circle. Go one long block to Highland Dr. and turn left. The pool will be on your right.

OMS souvenir/participation award for all entrants

**ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 31, 2006**

Fill in lower portion completely

RETURN LOWER PORTION

Fill in lower portion completely

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

2006 USMS # \_\_\_\_\_

LOCAL TEAM (SEE LISTINGS ON 2006 GUIDELINES FORM) \_\_\_\_\_

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 AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+ AND 75+. YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS 4 RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY. ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE CONTESTED AND COUNTED FOR TEAM POINTS. THE 400IM, 500, 1000 & 1650 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE REGARDING CHECK-IN CLOSING TIMES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDED SLOW TO FAST. SEE GUIDELINES PAGE FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2006 IN ORDER TO SCORE POINTS.

## Friday, April 21, 2006

400 IM (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

1650 FREE (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

## Saturday, April 22, 2006

200 IM (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100 BREAST (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

200 FREE (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50 FLY (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

200 FREE RELAYS (7-8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100 BACK (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

200 FLY (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50 FREE (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

200 MIXED MEDLEY RELAYS (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

1000 FREE (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**ASSOCIATION/AWARDS BANQUET - 6PM, LINUS PAULING  
MIDDLE SCHOOL (ACROSS PARKING LOT FROM THE POOL). COME TO  
HEAR OUR OWN DAVE RADCLIFF SPEAK.**

## Sunday, April 23, 2006

500 FREE (14) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

Break- 20 minute warm-up, event 15 will not start before 10 am

100 FLY (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

200 BACK (16) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50 BREAST (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

200 MEDLEY RELAYS (18-19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100 FREE (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

200 BREAST (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50 BACK (22) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100 IM (23) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

200 MIXED FREE RELAYS (24) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

Please plan  
to attend the OMS Annual Meeting on Saturday at  
5pm at the pool conference room and be a part of  
this great organization!

"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, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

Association/Awards Banquet • Saturday Evening \$15.00 (all ages) \_\_\_\_\_ each @ \$15.00

Short sleeve T-Shirts \$14.00 ea. (circle size) S M L XL

Long sleeve T-Shirts \$19.00 ea. (circle size) S M L XL

Hooded sweatshirts \$29.00 ea. (circle size) S M L XL

AWARDS BANQUET \_\_\_\_\_

T-SHIRTS \_\_\_\_\_ X \$ = \_\_\_\_\_

MEET ENTRY FEE 22.00

TOTAL ENCLOSED \_\_\_\_\_

MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072

# OMS Association Championship

April 21-23, 2006

## OFFICIAL RULES AND GUIDELINES

### DISTANCE EVENTS CHECK- IN DEADLINES/TIME PERIODS

Friday, April 21, 400 IM – 3:30 p.m., 1650 Free – 4:30 p.m.

Saturday, April 22, 1000 FREE – Between the start of the 100 back and the start of the 200 Fly

Sunday, April 23, 500 Free - 8:30 a.m.

### RELAY ENTRIES DEADLINES

Saturday, April 22, Free Relay – 10:00 a.m.

Mixed Medley Relay - By the end of the 100 Back

Sunday, April 23, Medley Relay – By the end of the 100 Fly

Mixed Free Relay - By the end of the 100 Free

SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY.

AT THE TIMES LISTED ABOVE, THE EVENT WILL BE OFFICIALLY CLOSED.

THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.

**TEAM SCORING:** There will be three team categories (Small, Medium, and Large) based on the number of "entered" swimmers from a team. Only teams registered by March 31, 2006, will be able to score points. There will be a meeting of all the team representatives on Saturday morning at 8:45 a.m. to vote on the breakdown of the teams into three categories. At this meeting we announce the number of swimmers entered per team and look for the "natural breaks" in those numbers. For example, in the past we have used as a guideline the groupings of 1-9, 10-19, and 20 or more swimmers, but this can vary from year to year. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. Team names and abbreviations are listed on the 2006 OMS registration form in this issue of the Aquamaster. Someone from your team must register the team for 2006.

### **As of March 13, 2006 the following teams are registered:**

Central Oregon Masters	COMA	North Clackamas Masters	NCMS
Circumnavigating Beavers	CBAT	Oregon Wetmasters	OWET
Columbia Gorge Masters	CGM	Pendleton Masters	PEND
Corvallis Aquatic Masters	CAT	Rogue Valley Masters	RVM
Emerald Aquatics	EA	Salem Courthouse Crew	SCC
Fishsticks	FISH	Salem YMCA Masters	SYM
Grass Valley Masters	GVAM	Southern Oregon Masters	SOM
Mt. Hood Masters	MHM	Sweet Home Masters	SWISH
Multnomah Athletic Club	MACO	Tualatin Hills Barracudas	THB
Nike Masters	NIKE		

What you write down on your entry form is your team designation for the meet and no exceptions will be allowed. If you leave this Local Team space blank you will be entered as the team listed on your 2006 USMS card for scoring purposes.

TEAM AWARDS: Awards for First, Second, and Third Place will be awarded for each team category

IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET  
PLEASE CONTACT Alison Moore, [swimshark@earthlink.net](mailto:swimshark@earthlink.net), 503-848-0898

Mail entry & fees to:

Northwest Zone Meet  
Dee Turner  
2279 UA Ave.  
Emmett, ID 83617

**2006 Northwest Zone Short Course Meet**  
**Official Entry Form**  
**YMCA & Boise Aquatic Center**  
**Boise, ID April 28-30, 2006**

Sanctioned by the Snake River LMSC for USMS, Inc. – Sanction number 596-001



Name \_\_\_\_\_ Print name as it appears on USMS registration card.  
Last First Middle Initial  
Address \_\_\_\_\_  
Street City State ZIP Country  
E-Mail \_\_\_\_\_ Day Phone \_\_\_\_\_ Eve..Phone \_\_\_\_\_  
A/C A/C  
Emergency \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_ Sex \_\_\_\_\_  
Name Phone (on 4/30/06) (Month/Day/Year) M/F  
Club Name or Unattached \_\_\_\_\_ USMS or International Reg. # \_\_\_\_\_

**MEET DIRECTOR:** Dee Turner 208/365-1166  
or dee@bigskytel.com

**FACILITY:** The Boise Aquatic Center pool provides 8 competition lanes and 4 warm-up lanes.

**RULES:** Current USMS Rules will govern the meet.

**ELIGIBILITY:** Open to all year 2006 USMS registered swimmers age 18 and above on the day of competition. Age groups will be based on the swimmer's age as of April 30, 2006.

**ORDER OF EVENTS:** (Seeding will be slow to fast/Deck enter relays at the meet.)

Event #	Event	Seed Time
Friday April 28: 4PM Warmup, Start at 5PM		
1	1000 Freestyle*	_____
2	1650 Freestyle*	_____
3	400 Individual Medley	_____

Saturday April 29: 7:45-8:45AM Warmup, Start at 9AM		
4	500 Freestyle	_____
5	50 Freestyle	_____
6	200 Butterfly	_____
7	100 Backstroke	_____
break		
8	200 Individual Medley	_____
9-11	Mixed Freestyle Relay	Deck Seeded
12	100 Freestyle	_____
13	50 Backstroke	_____
14	200 Breaststroke	_____
15-16	Medley Relay	Deck Seeded

Sunday April 30: 7:45-8:45AM Warmup, Start at 9AM		
17	200 Backstroke	_____
18	50 Breaststroke	_____
19	100 Butterfly	_____
break		
20-22	Free Relay	Deck Seeded
23	100 Individual Medley	_____
24	200 Freestyle	_____
25	100 Breaststroke	_____
26	50 Butterfly	_____
27-28	Mixed Medley Relay	Deck Seeded

**INDIVIDUAL ENTRY LIMITS:** A swimmer may enter no more than 6 individual events for the entire meet and no more than 5 individual events on one day. \*A swimmer can enter either the 1000 or 1650, not both.

**RELAY ENTRY LIMITS:** A swimmer may enter only one Freestyle Relay, one Mixed Freestyle Relay, one Medley Relay, and one Mixed Medley Relay.

**CHECK-IN:** Check-in required for all events. On Friday by 4:30PM, Saturday and Sunday by 8:30AM for that days events.

**SAFETY FIRST:** NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

**ENTRY FEE:** \$14.00 Surcharge (includes NW Zone surcharge)  
Individual events + \_\_\_\_\_ \$4 per event. No charge for relays

**TOTAL:** \$\_\_\_\_\_ Make checks payable to "YMCA Sawtooth Masters"

**A COPY OF SWIMMER'S USMS REGISTRATION CARD MUST BE ATTACHED.**

Entries must be Postmarked by April 10, 2006 or received by April 14, 2006.

**Mail entry form, copy of USMS card, and fees to:**  
Northwest Zone Meet  
Dee Turner  
2279 UA Ave.  
Emmett, ID 83617

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

**SIGNED:** \_\_\_\_\_ **DATE** \_\_\_\_\_



# N W Zone SCY Championships Information

The YMCA Sawtooth Masters welcome you to beautiful Boise, ID. It sits at the base of the foothills of the Boise Mountains. Enjoy your stay and plan to see the many attractions that Boise offers. There is a string of parks along the Boise River, featuring playgrounds, nature walks, gardens, a zoo, an art museum, a black history museum, and the Ann Frank Memorial. There is also the twenty-seven mile River to Ridge paved off-road path used for biking, running, roller-blading and strolling. Boise also has a charming downtown area with multiple outdoor cafes and small shops. The average temperature in April is in the mid sixties during the day, but nights are cool, dipping into the forties. Please read the following information carefully. All times listed are Mountain Daylight Savings Time.

**Sanctioned By:** YMCA Sawtooth Masters Swim Club for United States Masters Swimming, Inc.

**Sanction #:** 596001

**Hosted By:** YMCA Sawtooth Masters

**Location:** West Family YMCA and Boise City Aquatic Center; 5959 N. Discovery Place, Boise, ID 83713; (208) 377-9622. From I-84, take Eagle Road exit (Exit 46) and follow Eagle Road 4-1/2 miles north to Chinden Blvd. Turn right on Chinden. Go approximately 3/4 mile to Discovery Place, and turn right. Follow Discovery to West Family YMCA and Boise City Aquatic Center. From Highway 55, turn right on Highway 44 (State Street) and travel west through the town of Eagle. Turn left on Eagle Road, traveling south to Chinden Blvd. Turn left on Chinden and follow directions as above to Discovery Place.

**Facilities:** 25-yard x 50-meter indoor pool with depth not less than six feet nor more than 13 feet; 8 eight-foot lanes; paragon-style blocks; 6 anti-wave lane lines; spectator seating for 800 people. 4 additional lanes will be available for warm-up and cool down throughout the meet.

**Timing:** Daktronics Omnisport 6000 Timing System with ten lane scoreboard; Hy-Tek Meet Manager for Windows software with Timing Console Interface.

**Meet Referee:** Jim Everett

**Meet Director:** Dee Turner  
2279 UA Ave  
Emmett, ID 83617 Tel: 208-365-1166 E-mail: dee@bigskytel.com

**Eligibility:** Open to all year 2006 USMS Registered swimmers age 18 and above on the day of competition. Age groups will be based on the swimmer's age as of April 30, 2006.

**Entries:** A swimmer may enter no more than 6 individual events for the entire meet and no more than 5 individual events on one day. \* A swimmer can enter either the 1650 or 1000, but not both.

Relay: A swimmer may enter only one Freestyle Relay, one Mixed Freestyle Relay, and one Medley Relay.

**Meetings:** OFFICIALS: There will be an official's meeting 45 minutes prior to the start of the meet each day Friday afternoon at 4:15pm and mornings at 7:30am.



# Local Team Registration

This form must be postmarked by the entry deadlines of the 2006 OMS Association Championship and the 2006 OMS Open Water Championships, in order for a team to compete as a "local team" at those events.

**TEAM NAME** \_\_\_\_\_ **ABBREVIATION** \_\_\_\_\_

## TEAM REPRESENTATIVE INFORMATION (must be an OMS member)

**Rep. Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone 1** \_\_\_\_\_ **Phone 2** \_\_\_\_\_

**Email** \_\_\_\_\_

## TEAM INFORMATION

**Approximate Number of swimmers on team** \_\_\_\_\_

**Practice Schedule** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## COACH INFORMATION

**Coach Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone 1** \_\_\_\_\_ **Phone 2** \_\_\_\_\_

**Email** \_\_\_\_\_

## POOL INFORMATION

**Pool Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_

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



# OREGON MASTERS SWIMMING

## UNITED STATES MASTERS SWIMMING

### YEAR 2006 REGISTRATION

☐

Renewal - 2005 USMS # \_\_\_\_\_

☐

New Member

Last Name:

First Name:

M.I.:

(Please register with the name you will use for competition.)

Address:

City:

State:

Zip:

Phone:

Date of Birth:

Age:

Sex:

☐ M

☐ F

E-mail Address: \_\_\_\_\_

☐ Electronic Delivery (I prefer to receive the Aqua Master electronically)

Do you coach a

Yes ☐

Masters Team

No ☐

Club: OMS is comprised of two clubs or you may register unattached.

☐ OREG

☐ MACO

☐ \*UNATTACHED

\*(Unattached members cannot swim in relays or compete in the FINA World Championships)

Local Team: Choose name and abbreviation from list below (Name) \_\_\_\_\_

(Abbreviation) \_\_\_\_\_

**REGISTERED FOR 2006**

Central Oregon Masters  
Circumnavigating Beavers  
Columbia Gorge Masters  
Corvallis Aquatic Masters  
Emerald Aquatics  
Fishsticks  
Grass Valley Masters  
Mt. Hood Masters

COMA  
CBAT  
CGM  
CAT  
EA  
FISH  
GVAM  
MHM

Multnomah Athletic Club  
Nike Masters  
North Clackamas Masters  
Oregon Wetmasters  
Pendleton Masters  
Rogue Valley Masters  
Salem Courthouse Crew  
Salem YMCA Masters  
Southern Oregon Masters

MACO  
NIKE  
NCMS  
OWET  
PEND  
RVM  
SCC  
SYM  
SOM

Sweet Home Masters  
Tualatin Hills Barracudas  
NOT REGISTERED FOR 2006  
Albany Aquatics  
Amphibians  
Fast  
Mountain Park Masters  
Roseburg Masters  
Salem YMCA

SWISH  
THB  
AAA  
AMP  
FAST  
MPM  
RMST  
SYM

**\$38.00 Single Registration: Valid November 1, 2005 to December 31, 2006. Make checks payable to OMS, Inc.**

(Fee breakdown: USMS = \$20.00, (Includes \$8.00 for USMS Swimmer Magazine), OMS = \$18.00)

**\$66.00 Joint registration: Two members at one address/One Aqua-Master. One Registration Form per member please.****\$28.00 Senior Registration (65 Years or older): Valid November 1, 2005 to December 31, 2006.****\$46.00 Two Seniors (65 years or older) at one address/One Aqua-Master. One Registration Form per member please.**

Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

☐ I have added a contribution of \$\_\_\_\_\_ for Oregon Masters Swimming. We value your support!

☐ I have added a contribution of \$50 as a Gold Medal Sponsor of Oregon Masters Swimming.

☐ I have added a contribution of \$1.00 (or \$\_\_\_\_\_) to the United States Masters Swimming Foundation.

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

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

MAIL TO: DARLENE STALEY, OMS REGISTRAR, 16903 SW Whitley Way, Beaverton, OR 97006

This form is available on the OMS website: www.swimoregon.org



# 2006 Meet SCHEDULE

Date	Event	Location	Contact
<b>Pool Meets</b>			
*April 21-23	SCY Association	Corvallis, OR	Mark Worden marklauraworden @comcast.net
*April 28-30	Zone SCY	Boise, ID	Dee Turner (208 365-1166) dee@bigskytel.com
*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
<b>Open Water</b>			
June 11	2k & 4 K	Hagg Lake	Jim Teisher
June 24	1k, 2k and pursuit relay	Foster Lake	
July 15-16	TBA	Applegate Lake	
July 28-30	Fri. - 3000 Sat. - 500 and 1500 Association Champs Sun. - 5000 and 1000	Elk Lake	
Aug. 20	1500, 1000 anything goes 500 kicking	Dorena Lake	
<b>National Championships</b>			
May 11-14	USMS - SCY	Coral Springs, Florida	www.usms.org
<b>Postal Championships 2006</b>			
<b>International Championships</b>			
FINA World Masters Championship - August 4 - 11, 2006		Stanford, California	<a href="http://www.2006finamasters.org/">http://www.2006finamasters.org/</a>

<b>Board Meetings</b> All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details April 22 General Membership. Meet Corvallis May 24 7 PM Rivermark - Beaverton		July 9 10 AM Aug. 23 7 PM Sept. 29-30 Board Retreat	Mt. Hood CC - Gresham NIKE - Beaverton TBA
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**Aqua Master**  
April 2006

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

**Nonprofit  
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**Inside: Results - Bellevue & Pentathlon**