



# Aqua Master

USMS 2004 Newsletter of the Year

Volume 33, Number 7 Published Monthly by OMS, Inc. August 2006

“Swimming for Life”

## Foster's Victors



The Winners at Foster Lake: Steve Johnshon (2000), Mary Sweat (2000), Joni Young (1000), Mike Carew (1000)  
Full results of the Foster Lake Open Water Swim are on pages 7 - 8

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### Jani is Moving

Jani Sutherland, our outstanding Fitness Chair, is moving to Idaho. Jani will be running the Children's Ski School in Sun Valley. In her email she said: *"I am stepping down as Fitness Chair in October. I will be moving to Idaho the end of September. There are articles written through October. This will allow the board to start advertising the position."*

*I am returning to the ski industry and will be the children's ski school supervisor in Sun Valley. This is what I have done for 26 years, with a slight break the past few years, due to a back injury. I am very excited about getting back into things. I will continue to be active in Masters swimming, just not in Oregon. I will miss you all. I have really enjoyed writing the fitness articles."*



Jani, thank you for all you have done to help keep us fit. You will be greatly missed. Anyone interested in the Fitness position should contact Jody Welborn.

The people behind O.M.S. Inc.

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## Chair's Corner by Jody Welborn

*Hi everyone:*

*It's time!*

*The FINA Master's World Championships are just around the corner and a large contingent of Oregon swimmers are making the trip. Along with the opportunity to swim fast at one of the best facilities in the nation, Oregon swimmers will get to meet up with old friends and make new ones from across the nation and around the world. Research has shown that a strong social network contributes to health and longevity. And I know the strong socializing I do as part of this great sport is keeping me young and healthy.*

*To promote the twin activities of fitness and socialization, OMS will be giving each swimmer going to the World Championships a swim cap commemorating the event. More importantly, additional swim caps will be available to purchase (2 for \$5). Trade a swim cap with a competitor. Make a new friend. Extend your social network. Stay healthy and young. I know I will.*

*See you soon*

*Jody*

*PS:*

*And*

*Remember,*

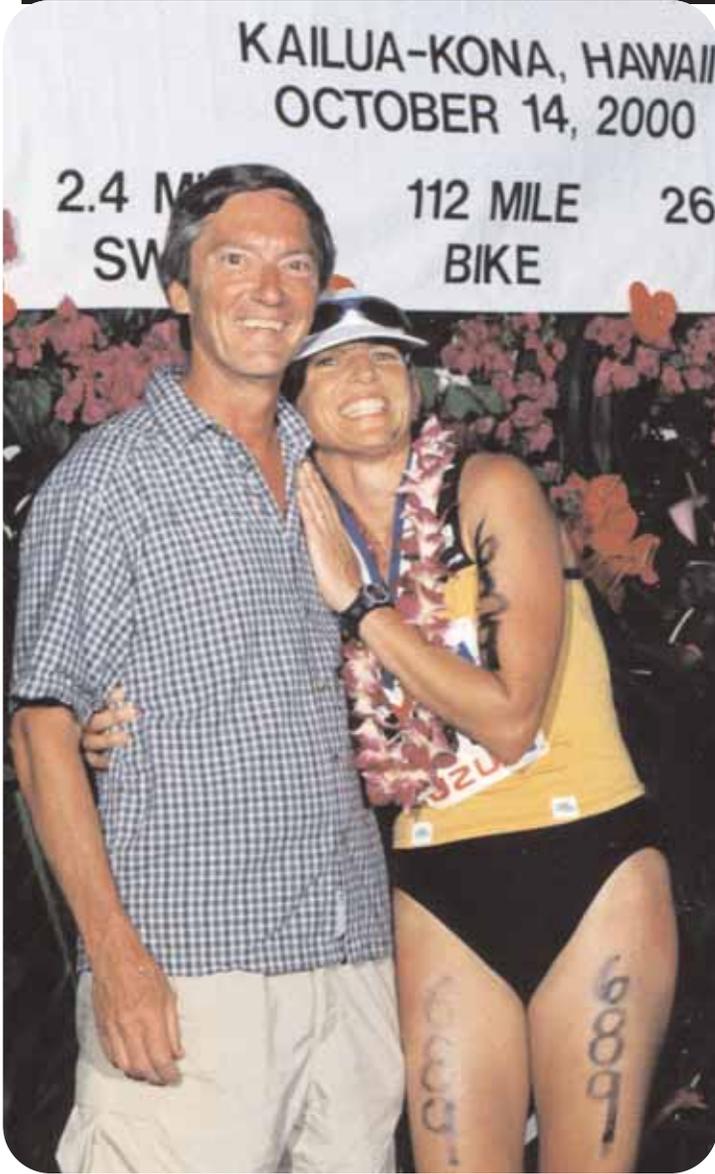
*swimming is for life*

*and life matters.*



*United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc. or Oregon Masters Swimming.*

*Aqua-Master is the official publication of Oregon Masters Swimming, Inc. 1211 SW Fifth Ave. Portland, OR 97204-3795. It is the source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact Darlene Staley or Tia Sitton for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$12.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc. Information is also available on line at www.swimoregon.org*



*Jane Higdon*  
*1958 - 2006*  
*Master*  
*Swimmer,*  
*Tri Athlete,*  
*Iron Man*  
*(Woman)*



# F i t n e s s



**Jani  
Sutherland  
Fitness  
Chair**



For the next two issues of the Aqua Master, the Fitness section will feature an article by Jane Higdon. On May 31st, Jane was tragically killed while biking. Jane worked as a scientist at the Linus Pauling Institute, where she studied the effects of nutrition on disease.

## **What to Look for in a Multivitamin Supplement**

**Jane Higdon, Ph.D. LPI Research Associate**

### **Why take a multivitamin supplement?**

Although it hasn't been proven that a daily multivitamin supplement containing 100% of the Daily Value of most vitamins and essential minerals will lead to better health for well-nourished people, recent research indicates that several of the nutrients found in standard multivitamin supplements play important roles in preventing chronic diseases like heart disease, cancer, and osteoporosis. A daily multivitamin supplement ensures an adequate intake of several micronutrients that are not always present in the diet in optimal amounts:

#### **Folic acid**

Birth defects like spina bifida are less common in the infants of women who start taking folic acid supplements prior to conception.

Increased folic acid intakes can lower homocysteine levels, and high homocysteine levels are associated with increased risk of cardiovascular diseases and Alzheimer's disease.

Increased folic acid intake may decrease the risk of some types of cancer, especially in those who drink alcoholic beverages.

#### **Vitamin B12**

In many people, the ability to absorb vitamin B12 from food but not from supplements declines with age. For this reason, the Institute of Medicine recommends that adults over the age of 50 obtain the RDA for vitamin B12 from supplements or fortified foods.

Since it is only found in animal products, strict vegetarians also need to get vitamin B12 from a supplement or fortified foods.

#### **Vitamin D**

In many parts of the world, there is insufficient ultraviolet light for vitamin D synthesis in the skin during winter.

Using sunscreen and avoiding sun exposure to prevent skin damage also prevents vitamin D synthesis.

Vitamin D synthesis in the skin declines with age.

#### **Iron**

Iron deficiency is the most common micronutrient deficiency worldwide and is a significant problem in the U.S. Although uncommon in men and postmenopausal women, iron deficiency is still common in children, adolescents, and premenopausal women.

#### **Reading supplement labels**

Although one would expect the Daily Values (DV) listed on supplement labels to reflect the latest intake recommendations from the U.S. Institute of Medicine, most of them are actually based on outdated recommendations made in 1968.

The latest nutrient intake recommendations from the Institute of Medicine are called Dietary Reference Intakes (DRIs), which have been set for males and females throughout the lifespan. They include the Recommended Dietary Allowance (RDA) as well as the Adequate Intake (AI), which is established for a nutrient when there is insufficient data to calculate an RDA. Supplement labels continue to display the outdated DV. A comparison of the DVs and the DRIs for adults is shown in the table below.

#### **Choosing multivitamin supplements**

Most multivitamin supplements contain at least the RDA for folic acid, niacin, pantothenic acid, thiamin, riboflavin, vitamin B6, vitamin B12, chromium, copper, iodine, manganese, molybdenum, and zinc. Supplements that contain more than 100% of the DV for these micronutrients are not necessary for most people.

Don't worry about the relatively small amounts of chloride, phosphorus, and potassium in multivitamin supplements. Most people get plenty of chloride from salt, and phosphorus and potassium are best obtained from diets rich in fruits, vegetables, and whole grains.

Trace elements like boron, nickel, silicon, tin, and vanadium are not necessary since they may not even be required by humans.

**Vitamin A:** Vitamin A in supplements may come from retinol, beta-carotene, or both. Recent research suggests there may be an association between higher retinol intakes (5,000 IU/day) and an increased risk of osteoporosis in older men and women. However, vitamin A intakes from beta-carotene have not been associated with an increased risk of osteoporosis. Look for supplements containing no more than 2,500 IU of vitamin A or, if unavailable, supplements containing 5,000 IU, of which at least 50% comes from beta-carotene.

**Vitamin C:** Although the current RDA for vitamin C is 75-90 mg/day, most multivitamin supplements contain only 60 mg (the DV for vitamin C). Five servings of fruits and vegetables may provide about 200 mg. Aim for a total daily

intake of at least 400 mg, which is associated with the saturation of plasma and circulating cells.

**Vitamin D:** People over the age of 65 may need an additional 200-400 IU/day.

**Vitamin E:** Few multivitamin supplements contain more than 30 IU, which is close to the RDA of 22 IU/day. LPI recommends an extra supplement of 200 IU natural d-alpha-tocopherol daily.

**Vitamin K:** The current intake recommendation for vitamin K is 90-120 mcg/day, but few multivitamin supplements contain even as much as the DV (80 mcg). Broccoli and dark green leafy vegetables are excellent sources of vitamin K. Individuals on anticoagulant medicine like warfarin (Coumadin) should avoid sudden changes in their vitamin K intake from supplements or foods.

**Biotin:** Although the DV is 300 mcg, the most recent recommended intake for biotin is 30 mcg/day.

**Calcium:** No multivitamin supplement contains the RDA for calcium (1,000-1,200 mg/day) because the resulting pill would be too large to swallow. People who don't consume the RDA for calcium from their diet will need an extra calcium supplement to make up the difference.

**Iron:** Premenopausal women should look for a multivitamin supplement that provides 18 mg. Men and postmenopausal women should generally look for a supplement without iron.

**Magnesium:** Few multivitamin supplements contain more than 100 mg. Because magnesium is plentiful in foods, eating a varied diet that provides green vegetables and whole

grains daily should provide the rest of the RDA for magnesium (310-420 mg/day).

**Selenium:** The RDA for selenium is 55 mcg/day, while the DV for selenium is 70 mcg. One study of people with a history of skin cancer found that selenium supplementation at a dose of 200 mcg/day decreased the incidence of prostate cancer by 50%, but increased the risk of one type of skin cancer (squamous cell carcinoma) by 25%. A much larger clinical trial designed to test the effect of selenium supplementation on the risk of prostate cancer is under way, but final results are not expected for another ten years.

**Quality and cost**

In March 2003, the U.S. Food and Drug Administration proposed new regulations that would, for the first time, establish standards to ensure that dietary supplements are not adulterated with contaminants or impurities and are labeled accurately. However, these regulations are not yet finalized or implemented.

The United States Pharmacopeia (USP) has a voluntary testing program called the Dietary Supplement Verification Program. The USP Dietary Supplement Verification mark shows that the supplement has passed USP tests to ensure that it contains the ingredients listed on the label, contains the amount of each ingredient listed on the label, dissolves effectively, does not contain harmful contaminants, and was manufactured using safe and sanitary procedures.

Higher costs of particular brands don't necessarily mean higher quality. Generic brands are often indistinguishable from brand name supplements, but have lower prices. A year's supply may cost as little as \$30.

Nutrient	Daily Value (DV)	Dietary Reference Intake (DRI) for Adult Male*	Dietary Reference Intake (DRI) for Adult Woman*
Vitamin A	5,000 IU	3,000 IU	2,300 IU
Vitamin C	60 mg	90 mg	75 mg
Vitamin D	400 IU	200-600 IU (AI)	200-600 IU (AI)
Vitamin E	30 IU	22-33 IU**	22-33 IU**
Vitamin K	80 mcg	120 mcg (AI)	90 mcg (AI)
Thiamin	1.5 mg	1.2 mg	1.1 mg
Riboflavin	1.7 mg	1.3 mg	1.1 mg
Niacin	20 mg	16 mg	14 mg
Vitamin B6	2 mg	1.3-1.7 mg	1.3-1.5 mg
Folic acid	400 mcg	400 mcg	400 mcg
Vitamin B12	6 mcg	2.4 mcg	2.4 mcg
Biotin	300 mcg	30 mcg (AI)	30 mcg (AI)
Pantothenic acid	10 mg	5 mg (AI)	5 mg (AI)
Choline	None est.	550 mg (AI)	425 mg (AI)
Calcium	1,000 mg	1,000-1,200 mg	1,000-1,200 mg
Iron	18 mg	8 mg	8-18 mg
Phosphorus	1,000 mg	700 mg	700 mg
Iodine	150 mcg	150 mcg	150 mcg
Magnesium	400 mg	400-420 mg†	310-320 mg
Zinc	15 mg	11 mg	8 mg
Selenium	70 mcg	55 mcg	55 mcg
Copper	2 mg	0.9 mg	0.9 mg
Manganese	2 mg	2.3 mg (AI)	1.8 mg (AI)
Chromium	120 mcg	30-35 mcg (AI)	20-25 mcg (AI)
Molybdenum	75 mcg	45 mcg	45 mcg
Potassium	4,000 mg	4,700 mg (AI)	4,700 mg (AI)

\*The RDA is given unless no RDA has been established, in which case the Adequate Intake (AI) is indicated.

\*\*22 IU natural or d-alpha-tocopherol; 33 IU synthetic d,l-alpha-tocopherol.

†More than 350 mg/day from supplements may cause diarrhea.

# Long Distance Swimming



**Bob Bruce**  
Long Distance  
Chair



My, does our swimming plate seem full this summer. We've just finished our local pool meet season with the June Long Course Meet in Beaverton and an excellent though lightly attended State Games in Gresham. For the first time, we have had two open water swims in June, the Gecko tri Club's swims in Hagg Lake and COMA's swims in Foster Lake. And some of us have even done the first leg of the summer postals.

But we have a lot more opportunities for you! As I write, the annual Southern Oregon swims at Applegate Lake loom this weekend. Although it is a fair bit of traveling for most of us, I think that we'll be rewarded with fine water conditions, outstanding RVM hospitality, and whatever they'll come up with to celebrate "coming of age" (this is the 21st anniversary of their first swim). I can't wait!

Next on the agenda are the three days of the Cascade Lakes Swim Series and Festival at Elk Lake, featuring the Oregon Association Team and Individual and Long Distance Championships. As always, COMA is waiting to host with flair, including excellent water (higher and warmer than normal this year), the five-swim series options with special new 'Survivor' award, family-oriented events, and the usual groaning table of goodies.

## *Olympic Training Camp continued from page 15*

The last day we got individual results of our testing and advice on what we should do regarding diet, strength training, pool training, etc.

We had our videotape reviewed by John Walker who is the OTC's stroke guru. Using the DartSwim system, he was able to show us frame by frame how we compared to Olympians. He compared my stroke frame by frame with Brendan Hansen's and it was obvious what I needed to work on.

The camp was over too soon. It was intense and there was an information overload, but the people were great and it really reawakened my passion for swimming. After return-

Then we swing right into the eight days of the FINA World Masters Championships at Stanford University. Judging from the entry lists, this will be the finest and fastest masters swimming meet in history. I am proud to take part in an event of this magnitude, and equally proud to have been chosen to help coach and lead our 91 Oregon-registered athletes there. The open water swim at these championships, held after the pool events have been concluded, promises an interesting course and great competition. I'll bet that the heats in this event will be built by age group so that you'll start side-by-side with everyone your age—interesting and intense!

The Dorena Lake open water swims will conclude our summer. Let's join host team Emerald Aquatics for their conventional 1500-meter swim, their zany 1000-meter "all equipment legal" swim, and their 500-meter kicking derby, and join our OMS open water diehards in concluding our season open water series.

But wait! You long distance folks are not off the hook yet. Although we have had a good start in the 5 & 10-km postal swims, we need more of you to do one or both of these swims to reach our Oregon Club goal of winning the national team titles. I will host a special 5 & 10-km opportunity in Bend on Sunday, August 27, for those who might be interested—please contact me ([coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com)) if you would like to swim then. Or see if you can find the time at one of your local 50-meter pools—Amazon (Eugene), Osborn (Corvallis), Tualatin Hills (Beaverton), MAC (Portland), Mt Hood Community College (Gresham), or Pendleton. Remember to let me know when you have completed one or both of these great events.

Good luck and good swimming!

ing I gave two seminars to Oregon Master's swimmers on what I had learned.

I started trying to implement the changes in my breaststroke that I had learned. At first it was strange and uncomfortable and at our Association Meet in April my times were slow. Bob Bruce (USMS coach of the year 2004) told me I looked like I was thinking instead of swimming.

By June, my "new stroke" was beginning to feel more natural and in August at the State Games of America, I went my fastest times in nearly a decade. Then at the 2004 USMS LCM Nationals I won the three breaststrokes in the 55-59 age group. Would I do it again? Absolutely!!!!

## Hagg Lake Open Water Swim - June 18, 2006

Pl.	Name	Age	Age Gp.	Time	Men				
<b>800 Meter Results</b>					1	Nishimura Takeo	33	M30-34	1:00:10
<b>Men</b>					1	Jablonski Greg	39	M35-39	0:45:27
1	Hackley Jeff	37	M35-39	0:11:23	1	Culbertson Scott	43	M40-44	0:55:43
1	Proffitt Jamie	41	M40-44	0:13:05	2	Proffitt Jamie	41	M40-44	0:58:23
1	Moneta Michael	50	M50-54	0:15:16	1	Dow Keith	50	M50-54	0:57:03
<b>2000 Meter Results</b>					2	Moneta Michael	50	M50-54	1:10:46
<b>Women</b>					3	Aalberg Cliff	54	M50-54	1:11:54
1	Young Susie	36	F35-39	0:29:16	1	Teisher Jim	56	M55-59	1:04:01
2	Alvord Linnea	36	F35-39	0:30:26	2	Carew Michael	56	M55-59	1:09:14
3	Merk Meredith	35	F35-39	0:36:50	3	Ellis John	59	M55-59	1:09:32
1	Chesler Laurie	42	F40-44	0:27:59	1	Mohr Ralph	64	M60-64	1:10:03
2	Raach Bridget	42	F40-44	0:33:42	1	Radcliff Dave	72	M70-74	0:56:40
3	Orner Gayle	43	F40-44	0:35:15					
1	Young Joni	45	F45-49	0:29:19					
2	Schob Laura	47	F45-49	0:31:18					
3	Rogers Patricia	46	F45-49	0:33:15					

<b>Men</b>				
1	Skoglund Scott	34	M30-34	0:26:35
1	Jablonski Greg	39	M35-39	0:22:01
2	Skoglund Paul	38	M35-39	0:24:09
1	Yensen Kermit	53	M50-54	0:29:26
1	Cronin Jed	57	M55-59	0:29:06
2	Toole Chris	55	M55-59	0:32:49
3	Teisher Jim	56	M55-59	0:34:35
1	Mohr Ralph	64	M60-64	0:32:32
1	Radcliff Dave	72	M70-74	0:27:14

<b>4000 Meter Results</b>				
<b>Women</b>				
1	Aalberg Kristy	41	F40-44	1:12:57
2	Orner Gayle	43	F40-44	1:21:17
1	Young Joni	45	F45-49	1:02:30
2	Schob Laura	47	F45-49	1:06:54
3	Rogers Patricia	46	F45-49	1:12:15



Greg Jablonski - First Place Overall in 2000 & 4000

## Foster Lake Open Water Swim - June 24, 2006

Pl	Name	Age	Club/Team	Time	Ov'all	30-34					
<b>1000-meter Results</b>											
<b>Women</b>											
<b>18-24</b>											
1	Orschein, Abby	23	OR-cbat	18:44	4	1	Masterson, Mary	34	OR-coma	18:08	3
<b>25-29</b>											
1	Tyler, Rachel	26	OR-swish	17:44	2		Tackett, KC	30	OR-coma	18:31	4
<b>45-49</b>											
1	Young, Joni	45	OR-scc	16:05	1	1	Cappaert, Marlys	47	OR-cbat	16:54	1
<b>60-64</b>											
1	Whiter, Peggy	62	OR-coma	25:01	5	1	LeBoeuf, Chris	54	OR-cbat	17:46	2
<b>Men</b>											
<b>55-59</b>											
1	Carew, Mike	56	OR-coma	17:59	3	1	Himstreet, Pam	62	OR-coma	21:34	5
<b>1000-meter Results (Wetsuit)</b>											
<b>Women</b>											
<b>25-29</b>											
1	Orschein, Nell	27	OR-cbat	32:01	3	<b>Men</b>					
<b>30-34</b>											
<b>2000-meter Results</b>											
<b>Women</b>											
<b>25-29</b>											
<b>30-34</b>											



3 Shaw, Susan 39 OREG12:53.72  
1500 LC Meter Freestyle  
1 Shaw, Susan 39 OREG24:52.16  
50 LC Meter Backstroke  
1 Rublein, Susanne 36 UNAT 37.20  
100 LC Meter Backstroke  
1 Rublein, Susanne 36 UNAT 1:24.59  
200 LC Meter Backstroke  
1 Hyde, Sandra 38 OREG 3:40.03  
50 LC Meter Breaststroke  
**1 Rublein, Susanne 36 UNAT 40.83 S**  
2 Marsh, Kathy 39 OREG 44.24  
3 Walters, Melinda 36 OREG 52.38  
100 LC Meter Breaststroke  
1 Rublein, Susanne 36 UNAT 1:31.91  
2 Marsh, Kathy 39 OREG 1:41.66  
200 LC Meter Breaststroke  
1 Marsh, Kathy 39 OREG 3:38.64  
2 Lewis, Robin 39 OREG 3:43.42  
50 LC Meter Butterfly  
1 Young, Susie 37 OREG 37.32  
100 LC Meter Butterfly  
**1 Simpson, Shauna 35 OREG1:18.93 S**  
2 Young, Susie 37 OREG 1:24.48  
200 LC Meter IM  
1 Lewis, Robin 39 OREG 3:12.19  
400 LC Meter IM  
1 Marsh, Kathy 39 OREG 7:10.52  
2 Shaw, Susan 39 OREG 7:24.00  
**Women 40-44**  
50 LC Meter Freestyle  
**1 Delmage, Arlene 44 OREG 29.92 S**  
2 Sitton, Tia 44 OREG 36.56  
3 Dansby, Ami 44 OREG 38.06  
4 Burres, Kim 44 OREG 44.39  
100 LC Meter Freestyle  
**1 Delmage, Arlene 44 OREG1:03.89 Z**  
2 Jenkins, Valerie 43 OREG 1:07.47  
3 Simmons, Stephanie 40 OREG 1:20.73  
4 Dansby, Ami 44 OREG 1:25.91  
200 LC Meter Freestyle  
**Split Delmage, Arlene 44 OREG2:23.07 O**  
800 LC Meter Freestyle  
1 Viales, Dianne 44 OREG11:45.42  
1500 LC Meter Freestyle  
**1 Delmage, Arlene 44 OREG 19:50.68 O**  
50 LC Meter Backstroke  
**1 Jenkins, Valerie 43 OREG 35.58 S**  
2 Simmons, Stephanie 40 OREG 43.11  
100 LC Meter Backstroke  
1 Burres, Kim 44 OREG 1:50.95  
200 LC Meter Backstroke  
**1 Jenkins, Valerie 43 OREG2:47.48 S**  
2 Viales, Dianne 44 OREG 3:03.80  
3 Ralle, Martina 41 OREG 3:04.53  
50 LC Meter Breaststroke  
1 Sitton, Tia 44 OREG 47.61  
2 Dansby, Ami 44 OREG 50.31  
3 Louie, Alice 40 UNAT 50.94  
100 LC Meter Breaststroke  
1 Louie, Alice 40 UNAT 1:58.83  
50 LC Meter Butterfly  
1 Viales, Dianne 44 OREG 35.41

2 Ralle, Martina 41 OREG 39.70  
3 Dansby, Ami 44 OREG 44.66  
200 LC Meter IM  
**1 Delmage, Arlene 44 OREG2:44.40 O**  
2 Viales, Dianne 44 OREG 3:00.62  
**Women 45-49**  
50 LC Meter Freestyle  
1 Andrus-Hughes, K 49 OREG 29.58  
2 Foley, Sharon 46 MACO 30.86  
3 Buck, Donna 47 OREG 31.65  
4 Vincent, Nancy 47 OREG 32.38  
5 Gray, Lynn 45 UNAT 46.95  
100 LC Meter Freestyle  
1 Buck, Donna 47 OREG 1:10.07  
2 Foley, Sharon 46 MACO 1:12.58  
3 Vincent, Nancy 47 OREG 1:13.88  
4 Fox, Christina 46 OREG 1:44.42  
5 Gray, Lynn 45 UNAT 1:48.17  
200 LC Meter Freestyle  
1 Fox, Christina 46 OREG 3:03.75  
2 Rogers, Patricia 47 OREG 3:13.46  
400 LC Meter Freestyle  
1 Roussain, Kerri 47 OREG 5:18.22  
2 Rogers, Patricia 47 OREG 6:47.06  
800 LC Meter Freestyle  
**1 Roussain, Kerri 47 OREG11:04.47 S**  
2 Rogers, Patricia 47 OREG14:12.35  
1500 LC Meter Freestyle  
**1 Roussain, Kerri 47 OREG21:21.32 S**  
2 Rogers, Patricia 47 OREG26:03.15  
50 LC Meter Backstroke  
1 Andrus-Hughes, K 49 OREG 34.44  
2 Gray, Lynn 45 UNAT 1:01.09  
200 LC Meter Backstroke  
**1 Andrus-Hughes, K 49 OREG2:50.39 S**  
2 Fox, Christina 46 OREG 3:19.26  
3 Rogers, Patricia 47 OREG 3:59.60  
50 LC Meter Breaststroke  
**1 Buck, Donna 47 OREG 41.26 S**  
2 Vincent, Nancy 47 OREG 41.68  
3 Gray, Lynn 45 UNAT 58.94  
100 LC Meter Breaststroke

1 Vincent, Nancy 47 OREG 1:31.34  
200 LC Meter Breaststroke  
1 Vincent, Nancy 47 OREG 3:19.07  
2 Fox, Christina 46 OREG 3:39.98  
50 LC Meter Butterfly  
1 Foley, Sharon 46 MACO 34.47  
2 Worden, Laura 49 OREG 35.13  
100 LC Meter Butterfly  
1 Worden, Laura 49 OREG 1:20.35  
2 Foley, Sharon 46 MACO 1:26.29  
200 LC Meter Butterfly  
**1 Worden, Laura 49 OREG3:12.88 S**  
200 LC Meter IM  
1 Andrus-Hughes, K 49 OREG 2:51.54  
2 Fox, Christina 46 OREG 3:20.56  
400 LC Meter IM  
1 Worden, Laura 49 OREG 6:31.96  
**Women 50-54**  
50 LC Meter Freestyle  
1 Snyder, Lynn 50 OREG 36.72  
2 Sanders, Susan 52 OREG 42.76  
100 LC Meter Freestyle  
1 Hollingsworth, Lori 51 OREG 1:22.90  
200 LC Meter Freestyle  
1 Sanders, Susan 52 OREG 3:30.16  
800 LC Meter Freestyle  
**1 Budd, Elizabeth 52 OREG12:33.47 S**  
1500 LC Meter Freestyle  
**1 Budd, Elizabeth 52 OREG24:09.72 S**  
50 LC Meter Backstroke  
**1 Royle, Mary Anne 54 OREG 41.31 S**  
2 Snyder, Lynn 50 OREG 44.28  
100 LC Meter Backstroke  
1 Royle, Mary Anne 54 OREG 1:36.54  
2 Snyder, Lynn 50 OREG 1:36.99  
3 Roberts, Calli 52 OREG 1:59.46  
200 LC Meter Backstroke  
1 Royle, Mary Anne 54 OREG 3:24.68  
2 Roberts, Calli 52 OREG 3:59.18  
50 LC Meter Breaststroke  
1 Snyder, Lynn 50 OREG 49.02  
2 Wikander, Teresa 54 UNAT 1:10.01



**Kevin Morgan, Kerri Roussain, Nancy Vincent, Wes Edwards**  
**Zone Record - Mixed 400 Medley**

100 LC Meter Breaststroke			
1 Snyder, Lynn	50	OREG	1:47.08
50 LC Meter Butterfly			
1 Budd, Elizabeth	52	OREG	41.33
2 Hollingsworth, Lori	51	OREG	45.29
100 LC Meter Butterfly			
1 Asleson, Elke	54	OREG	1:36.31
200 LC Meter Butterfly			
1 Asleson, Elke	54	OREG	3:42.76
200 LC Meter IM			
1 Budd, Elizabeth	52	OREG	3:15.86
2 Asleson, Elke	54	OREG	3:31.51
3 Roberts, Calli	52	OREG	4:10.20
400 LC Meter IM			
1 Asleson, Elke	54	OREG	7:26.77

**Women 55-59**

50 LC Meter Freestyle			
1 Gettling, Janet	58	OREG	34.16
2 Stark, Carol	58	OREG	54.04
400 LC Meter Freestyle			
1 Milner, Nancy	55	OREG	6:54.71
800 LC Meter Freestyle			
1 Milner, Nancy	55	OREG	14:22.33
50 LC Meter Backstroke			
1 Gettling, Janet	58	OREG	45.00
2 Stark, Carol	58	OREG	57.44
100 LC Meter Backstroke			
1 Stark, Carol	58	OREG	2:21.50
200 LC Meter Backstroke			
1 Stark, Carol	58	OREG	4:48.85
50 LC Meter Breaststroke			
1 Gettling, Janet	58	OREG	44.25
100 LC Meter Breaststroke			
1 Gettling, Janet	58	OREG	1:42.13
100 LC Meter Butterfly			
1 Gettling, Janet	58	OREG	1:36.57

**Women 60-64**

50 LC Meter Freestyle			
1 Ward, Joy	64	OREG	36.46
2 Brooks, Nancy	64	UNAT	39.53

100 LC Meter Freestyle			
1 Ward, Joy	64	OREG	1:27.51
50 LC Meter Backstroke			
1 Brooks, Nancy	64	UNAT	50.42
200 LC Meter Backstroke			
1 Ward, Joy	64	OREG	3:24.76
2 Whiter, Peggy	63	OREG	4:32.56
50 LC Meter Breaststroke			
<b>1 Pierson, Ginger</b>	<b>60</b>	<b>MACO</b>	<b>44.53 S</b>
2 Brooks, Nancy	64	UNAT	47.30
3 Frid, Barbara	64	OREG	49.61

100 LC Meter Breaststroke			
<b>1 Pierson, Ginger</b>	<b>60</b>	<b>MACO</b>	<b>1:39.56 S</b>
2 Brooks, Nancy	64	UNAT	1:46.62
200 LC Meter Breaststroke			
1 Pierson, Ginger	60	MACO	3:41.10
2 Brooks, Nancy	64	UNAT	3:59.40
50 LC Meter Butterfly			
1 Whiter, Peggy	63	OREG	1:03.59
200 LC Meter Butterfly			
<b>1 Pierson, Ginger</b>	<b>60</b>	<b>MACO</b>	<b>3:37.55 Z</b>
200 LC Meter IM			
1 Ward, Joy	64	OREG	3:28.65
2 Pierson, Ginger	60	MACO	3:37.96
400 LC Meter IM			
1 Pierson, Ginger	60	MACO	7:40.31

**Women 70-74**

50 LC Meter Freestyle			
1 Kawabata, Geraldine	72	OREG	49.66
2 Schroder, Kaleo	70	OREG	55.24
100 LC Meter Freestyle			
1 Schroder, Kaleo	70	OREG	2:03.57
2 L'Esperance, Beverly	74	OREG	2:19.61
200 LC Meter Freestyle			
1 L'Esperance, Beverly	74	OREG	4:50.11
400 LC Meter Freestyle			
1 L'Esperance, Beverly	74	OREG	10:03.04
50 LC Meter Backstroke			
1 Schroder, Kaleo	70	OREG	1:06.85
2 L'Esperance, Beverly	74	OREG	1:18.74

100 LC Meter Backstroke			
1 Kawabata, Geraldine	72	OREG	2:22.66
2 Schroder, Kaleo	70	OREG	2:28.41
3 L'Esperance, Beverly	74	OREG	2:44.96
200 LC Meter Backstroke			
1 L'Esperance, Beverly	74	OREG	6:03.34
50 LC Meter Breaststroke			
1 Schroder, Kaleo	70	OREG	1:15.99
100 LC Meter Breaststroke			
1 Schroder, Kaleo	70	OREG	2:40.10

**Women 75-79**

100 LC Meter Freestyle			
1 Austen, Betsy	79	MACO	2:30.11
1500 LC Meter Freestyle			
<b>1 Austen, Betsy</b>	<b>79</b>	<b>MACO</b>	<b>45:20.74 S</b>
100 LC Meter Backstroke			
1 Austen, Betsy	79	MACO	2:58.86
50 LC Meter Breaststroke			
1 Austen, Betsy	79	MACO	1:31.22
100 LC Meter Breaststroke			
1 Austen, Betsy	79	MACO	3:22.70
200 LC Meter Breaststroke			
1 Austen, Betsy	79	MACO	6:56.72

**Women 80-84**

800 LC Meter Freestyle			
<b>1 Wells, Margaret</b>	<b>80</b>	<b>OREG</b>	<b>26:18.83 S</b>
100 LC Meter Backstroke			
1 Wells, Margaret	80	OREG	2:53.00
200 LC Meter Backstroke			
1 Wells, Margaret	80	OREG	6:22.45
100 LC Meter Butterfly			
1 Wells, Margaret	80	OREG	4:20.92
400 LC Meter IM			
<b>1 Wells, Margaret</b>	<b>80</b>	<b>OREG</b>	<b>15:16.96 S</b>

**Women 85-89**

50 LC Meter Butterfly			
<b>1 Stevenin, Elfie</b>	<b>85</b>	<b>OREG</b>	<b>2:34.02 S</b>
100 LC Meter Butterfly			
<b>1 Stevenin, Elfie</b>	<b>85</b>	<b>OREG</b>	<b>6:45.39 Z</b>
200 LC Meter Butterfly			
1 Stevenin, Elfie	85	OREG	15:37.46

**Women 90-94**

50 LC Meter Freestyle			
1 Buel, Hilda	92	OREG	2:18.62
100 LC Meter Backstroke			
<b>1 Buel, Hilda</b>	<b>92</b>	<b>OREG</b>	<b>5:23.46 S</b>
50 LC Meter Breaststroke			
<b>1 Buel, Hilda</b>	<b>92</b>	<b>OREG</b>	<b>3:16.47 S</b>
200 LC Meter IM			
1 Buel, Hilda	92	OREG	14:56.55

**Men 18-24**

50 LC Meter Breaststroke			
1 Cleary, Kevin	23	OREG	38.34
100 LC Meter Breaststroke			
1 Cleary, Kevin	23	OREG	1:28.12
100 LC Meter Butterfly			
1 Cleary, Kevin	23	OREG	1:10.70

**Men 25-29**

50 LC Meter Breaststroke			
1 Berlin, Noel	27	MACO	33.63
100 LC Meter Breaststroke			
1 Berlin, Noel	27	MACO	1:13.13
200 LC Meter Breaststroke			



**Bob Bruce, Karen Andrus-Hughes, Arlene Delmage, Mike Tennant**  
National Record - 800 Mixed Free Relay

<b>1 Berlin, Noel</b>	<b>27 MACO</b>	<b>2:42.83</b>
<b>Om</b>		
<b>Men 30-34</b>		
50 LC Meter Freestyle		
1 Flores, Richard	33 OREG	34.50
100 LC Meter Freestyle		
1 Flores, Richard	33 OREG	1:19.14
400 LC Meter Freestyle		
1 Van Andel, Robbert	32 OREG	4:43.74
50 LC Meter Breaststroke		
1 Darby, Brian	33 OREG	40.79
2 Flores, Richard	33 OREG	47.91
100 LC Meter Breaststroke		
1 Darby, Brian	33 OREG	1:27.41
200 LC Meter Breaststroke		
1 Van Andel, Robbert	32 OREG	2:51.09
50 LC Meter Butterfly		
1 Darby, Brian	33 OREG	33.48
200 LC Meter IM		
1 Van Andel, Robbert	32 OREG	2:36.68
2 Darby, Brian	33 OREG	2:59.20
<b>Men 35-39</b>		
50 LC Meter Freestyle		
1 Rice, David	39 OREG	27.08
2 Larsen, Jon-Erik	39 OREG	27.29
3 Morgan, Kevin	36 OREG	27.63
4 Kaufman, Seth	38 UNAT	28.02
5 Clydesdale, William	39 UNAT	28.16
6 Lockey, Keith	36 OREG	30.93
100 LC Meter Freestyle		
<b>1 Latta, Gregory</b>	<b>37 OREG</b>	<b>56.90 O</b>
2 Morgan, Kevin	36 OREG	1:01.09
3 Kaufman, Seth	38 UNAT	1:01.75
200 LC Meter Freestyle		
1 Kaufman, Seth	38 UNAT	2:18.69
2 Rice, David	39 OREG	2:29.67
400 LC Meter Freestyle		
1 Kaufman, Seth	38 UNAT	5:13.62
800 LC Meter Freestyle		
1 Kaufman, Seth	38 UNAT	10:58.54
2 Morgan, Kevin	36 OREG	11:03.07
1500 LC Meter Freestyle		
1 Kaufman, Seth	38 UNAT	21:36.40
2 Mcguirk, Richard	38 OREG	51:30.11
50 LC Meter Backstroke		
1 Morgan, Kevin	36 OREG	33.97
200 LC Meter Backstroke		
1 Tujo, Charles	38 UNAT	2:59.72
2 Mcguirk, Richard	38 OREG	5:51.25
50 LC Meter Breaststroke		
<b>1 Latta, Gregory</b>	<b>37 OREG</b>	<b>31.70 S</b>
2 Larsen, Jon-Erik	39 OREG	35.24
3 Rice, David	39 OREG	37.21
4 Tujo, Christian	35 UNAT	37.43
5 Pospisil, Radek	37 OREG	37.44
100 LC Meter Breaststroke		
<b>1 Latta, Gregory</b>	<b>37 OREG</b>	<b>1:10.61 Z</b>
2 Tujo, Christian	35 UNAT	1:23.75
200 LC Meter Breaststroke		
1 Tujo, Charles	38 UNAT	3:11.49
2 Tujo, Christian	35 UNAT	3:11.83
50 LC Meter Butterfly		
1 Morgan, Kevin	36 OREG	29.98

2 Tujo, Christian	35 UNAT	31.38
100 LC Meter Butterfly		
1 Morgan, Kevin	36 OREG	1:11.16
200 LC Meter IM		
<b>1 Latta, Gregory</b>	<b>37 OREG</b>	<b>2:18.97 O</b>
2 Clydesdale, William	39 UNAT	2:43.57
3 Tujo, Christian	35 UNAT	2:48.19
4 Tujo, Charles	38 UNAT	2:52.58
400 LC Meter IM		
1 Tujo, Charles	38 UNAT	6:13.88
<b>Men 40-44</b>		
50 LC Meter Freestyle		
1 Kabel, Douglas	41 OREG	27.31
2 Butcher, Gano	42 OREG	27.54
3 Ivelich, Jim	44 OREG	28.03
4 Karyukin, Andrei	41 OREG	33.55
100 LC Meter Freestyle		
1 Butcher, Gano	42 OREG	1:02.99
2 Christensen, Douglas	43 OREG	1:03.91
3 Ivelich, Jim	44 OREG	1:04.11
4 Karyukin, Andrei	41 OREG	1:11.95
200 LC Meter Freestyle		
1 Nelson, Timothy	41 OREG	2:12.32
2 Kabel, Douglas	41 OREG	2:18.07
400 LC Meter Freestyle		
1 Nelson, Timothy	41 OREG	4:38.82
2 Gaarder, Chris	41 OREG	5:23.75
50 LC Meter Backstroke		
1 Parmentier, Steve	41 OREG	33.42
100 LC Meter Backstroke		
1 Kabel, Douglas	41 OREG	1:20.88
50 LC Meter Breaststroke		
1 Butcher, Gano	42 OREG	36.35
2 Gaarder, Chris	41 OREG	36.36
3 Karyukin, Andrei	41 OREG	41.76
100 LC Meter Breaststroke		
1 Gaarder, Chris	41 OREG	1:21.84
2 Butcher, Gano	42 OREG	1:22.09
200 LC Meter Breaststroke		
1 Gaarder, Chris	41 OREG	3:08.04

50 LC Meter Butterfly		
1 Christensen, Douglas	43 OREG	28.67
2 Butcher, Gano	42 OREG	29.65
3 Parmentier, Steve	41 OREG	30.06
4 Ivelich, Jim	44 OREG	32.17
5 Karyukin, Andrei	41 OREG	33.63
100 LC Meter Butterfly		
1 Karyukin, Andrei	41 OREG	1:20.14
200 LC Meter IM		
1 Butcher, Gano	42 OREG	2:37.51
2 Kabel, Douglas	41 OREG	2:43.24
3 Gaarder, Chris	41 OREG	2:50.15
<b>Men 45-49</b>		
50 LC Meter Freestyle		
1 Stelzer, Keith	47 OREG	28.79
2 Boone, Lou	45 OREG	31.61
3 Cox, Chris	45 OREG	34.50
4 Soares, Donald	47 OREG	34.52
5 Bemrose, Jeff	45 OREG	35.11
100 LC Meter Freestyle		
1 Otto, Douglas	47 MACO	1:03.55
2 Allender, Pat	48 OREG	1:08.31
3 Palanuk, Jon	46 OREG	1:09.72
4 Fairhurst, Jon	48 OREG	1:12.04
5 Boone, Lou	45 OREG	1:12.05
6 Cox, Chris	45 OREG	1:16.05
200 LC Meter Freestyle		
1 Otto, Douglas	47 MACO	2:21.72
2 Munro, Stuart	49 MACO	2:35.07
3 Fairhurst, Jon	48 OREG	2:44.09
4 Boone, Lou	45 OREG	2:57.96
400 LC Meter Freestyle		
1 Scoville, Brent	49 OREG	5:30.30
2 Munro, Stuart	49 MACO	5:30.49
3 Gilberg, Jay	48 OREG	5:53.86
4 Fairhurst, Jon	48 OREG	6:04.81
800 LC Meter Freestyle		
1 Fairhurst, Jon	48 OREG	13:01.56
1500 LC Meter Freestyle		
1 Munro, Stuart	49 MACO	23:05.15



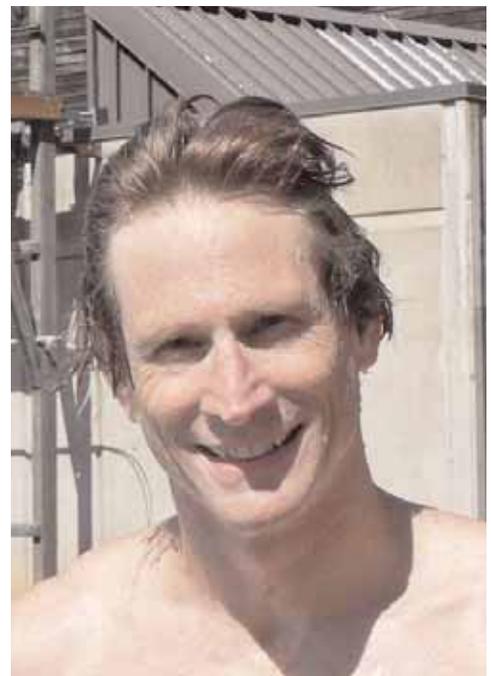
**Janet Gettling, Robert Smith, Allen Stark, Joy Ward**  
**National Record - Mixed 400 Medley**

2 Fairhurst, Jon	48	OREG24:42.06	<b>1 Tennant, Mike</b>	<b>53</b>	<b>OREG10:55.29 S</b>	1 Smith, Robert	63	OREG	28.55
50 LC Meter Backstroke			2 Dow, Keith	51	OREG11:33.91	2 Stout, Jon	60	OREG	30.16
1 Palanuk, Jon	46	OREG 40.21	3 Bergstrom, Robert	50	OREG11:42.93	3 Von Tagen, Karl	63	MACO	31.35
100 LC Meter Backstroke			50 LC Meter Backstroke			4 Silvey, Michael	61	MACO	31.43
1 Scoville, Brent	49	OREG 1:21.77	1 Edwards, Wes	53	OREG 32.94	100 LC Meter Freestyle			
200 LC Meter Backstroke			2 Brockbank, Doug	53	OREG 34.48	1 Smith, Robert	63	OREG	1:06.90
1 Otto, Douglas	47	MACO 2:42.64	3 Darnell, Stephen	52	OREG 47.07	2 Silvey, Michael	61	MACO	1:13.03
2 Fairhurst, Jon	48	OREG 3:25.85	100 LC Meter Backstroke			3 Ellis, John	60	OREG	1:28.16
50 LC Meter Breaststroke			<b>1 Edwards, Wes</b>	<b>53</b>	<b>OREG1:10.13 Z</b>	200 LC Meter Freestyle			
1 Boone, Lou	45	OREG 43.19	2 Dolan, Dan	51	UNAT 1:25.48	1 Ellis, John	60	OREG	3:13.50
2 Stelzer, Keith	47	OREG 46.26	3 Darnell, Stephen	52	OREG 1:42.21	400 LC Meter Freestyle			
3 Cox, Chris	45	OREG 49.16	200 LC Meter Backstroke			1 Juhala, Richard	63	OREG	8:08.33
4 Bemrose, Jeff	45	OREG 52.13	<b>1 Edwards, Wes</b>	<b>53</b>	<b>OREG2:34.55 Z</b>	50 LC Meter Backstroke			
100 LC Meter Breaststroke			2 Darnell, Stephen	52	OREG 3:42.76	1 Smith, Robert	63	OREG	35.45
1 Allender, Pat	48	OREG 1:15.54	50 LC Meter Breaststroke			2 Juhala, Richard	63	OREG	54.54
200 LC Meter Breaststroke			1 Taylor, Charles	50	OREG 37.58	50 LC Meter Breaststroke			
1 Allender, Pat	48	OREG 2:42.49	2 Dolan, Dan	51	UNAT 38.82	1 Juhala, Richard	63	OREG	48.74
2 Munro, Stuart	49	MACO 3:19.20	3 Brockbank, Doug	53	OREG 40.04	100 LC Meter Breaststroke			
50 LC Meter Butterfly			100 LC Meter Breaststroke			1 Ellis, John	60	OREG	1:42.87
1 Palanuk, Jon	46	OREG 34.42	1 Taylor, Charles	50	OREG 1:24.27	2 Juhala, Richard	63	OREG	1:49.11
2 Cox, Chris	45	OREG 35.97	2 Brockbank, Doug	53	OREG 1:30.68	200 LC Meter Breaststroke			
3 Boone, Lou	45	OREG 37.02	200 LC Meter Breaststroke			1 Ellis, John	60	OREG	3:44.17
100 LC Meter Butterfly			1 Taylor, Charles	50	OREG 3:11.15	2 Juhala, Richard	63	OREG	4:01.84
1 Soares, Donald	47	OREG 1:25.73	50 LC Meter Butterfly			50 LC Meter Butterfly			
2 Cox, Chris	45	OREG 1:29.04	1 Brockbank, Doug	53	OREG 32.89	1 Silvey, Michael	61	MACO	35.23
200 LC Meter Butterfly			2 Yensen, Kermit	53	OREG 33.20	2 Juhala, Richard	63	OREG	49.91
1 Munro, Stuart	49	MACO 3:05.88	3 Bergstrom, Robert	50	OREG 34.68	100 LC Meter Butterfly			
2 Soares, Donald	47	OREG 3:22.72	100 LC Meter Butterfly			1 Silvey, Michael	61	MACO	1:27.56
200 LC Meter IM			1 Yensen, Kermit	53	OREG 1:19.26	200 LC Meter Butterfly			
<b>1 Allender, Pat</b>	<b>48</b>	<b>OREG2:30.76 S</b>	2 Peyton, Mike	51	MACO 1:20.07	1 Ellis, John	60	OREG	4:21.38
2 Gilberg, Jay	48	OREG 3:14.19	200 LC Meter Butterfly			200 LC Meter IM			
3 Cox, Chris	45	OREG 3:18.73	1 Taylor, Charles	50	OREG 3:35.10	1 Smith, Robert	63	OREG	3:01.40
4 Boone, Lou	45	OREG 3:20.15	200 LC Meter IM			2 Stout, Jon	60	OREG	3:13.94
5 Bemrose, Jeff	45	OREG 3:51.41	<b>1 Tennant, Mike</b>	<b>53</b>	<b>OREG2:41.64 S</b>	3 Ellis, John	60	OREG	3:43.37
400 LC Meter IM			<b>Men 55-59</b>			<b>Men 65-69</b>			
<b>1 Otto, Douglas</b>	<b>47</b>	<b>MACO5:39.16 S</b>	50 LC Meter Freestyle			50 LC Meter Freestyle			
2 Munro, Stuart	49	MACO 6:40.89	1 Stark, Allen	57	OREG 30.80	1 Mcginnis, Fred	69	UNAT	34.72
3 Soares, Donald	47	OREG 7:17.05	2 Wikander, Carroll	55	UNAT 32.71	2 Flores-Fiol, Oscar	68	UNAT	37.83
<b>Men 50-54</b>			400 LC Meter Freestyle			3 Ngan, Wai-Bong	69	UNAT	39.30
50 LC Meter Freestyle			<b>1 Macaulay, Thomas</b>	<b>57</b>	<b>OREG5:37.44 S</b>	4 Mccrea, Don	66	UNAT	41.10
1 Tennant, Mike	53	OREG 26.38	800 LC Meter Freestyle			100 LC Meter Freestyle			
2 Edwards, Wes	53	OREG 27.53	<b>Split Bruce, Bob</b>	<b>58</b>	<b>OREG11:04.57 S</b>	1 Ngan, Wai-Bong	69	UNAT	1:39.07
3 Peyton, Mike	51	MACO 28.75	1500 LC Meter Freestyle			400 LC Meter Freestyle			
4 Brockbank, Doug	53	OREG 29.62	1 Bruce, Bob	58	OREG20:41.82	1 Christoff, Emerson	66	OREG	6:50.12
5 Yensen, Kermit	53	OREG 29.71	50 LC Meter Backstroke			800 LC Meter Freestyle			
6 Dolan, Dan	51	UNAT 31.18	1 Macaulay, Thomas	57	OREG 42.28	1 Christoff, Emerson	66	OREG15:44.45	
7 Needham, Jerry	50	UNAT 31.99	50 LC Meter Breaststroke			1500 LC Meter Freestyle			
8 Griego, Walt	53	OREG 32.06	1 Stark, Allen	57	OREG 35.85	1 Lake, Brent	68	OREG25:56.55	
9 Gilliland, Mike	52	UNAT 32.38	2 Wikander, Carroll	55	UNAT 40.66	50 LC Meter Backstroke			
10 Lentz, Peter	54	UNAT 33.20	100 LC Meter Breaststroke			1 Lake, Brent	68	OREG	42.15
11 Darnell, Stephen	52	OREG 35.36	<b>1 Stark, Allen</b>	<b>57</b>	<b>OREG1:18.93 S</b>	100 LC Meter Backstroke			
100 LC Meter Freestyle			200 LC Meter Breaststroke			1 Christoff, Emerson	66	OREG	1:48.79
1 Yensen, Kermit	53	OREG 1:09.02	1 Stark, Allen	57	OREG 3:04.78	200 LC Meter Backstroke			
2 Gilliland, Mike	52	UNAT 1:15.01	2 Wikander, Carroll	55	UNAT 4:02.20	1 Lake, Brent	68	OREG	3:20.47
3 Darnell, Stephen	52	OREG 1:28.13	50 LC Meter Butterfly			50 LC Meter Breaststroke			
200 LC Meter Freestyle			1 Stark, Allen	57	OREG 32.99	1 Ngan, Wai-Bong	69	UNAT	47.47
1 Needham, Jerry	50	UNAT 2:34.30	2 Macaulay, Thomas	57	OREG 37.84	2 Flores-Fiol, Oscar	68	UNAT	50.37
2 Dow, Keith	51	OREG 2:35.66	200 LC Meter Butterfly			100 LC Meter Breaststroke			
400 LC Meter Freestyle			1 Stark, Allen	57	OREG 3:17.62	1 Ngan, Wai-Bong	69	UNAT	1:48.61
1 Needham, Jerry	50	UNAT 5:19.96	200 LC Meter IM			50 LC Meter Butterfly			
2 Yensen, Kermit	53	OREG 5:22.86	1 Bruce, Bob	58	OREG 2:51.69	1 Petersen, Bert	68	OREG	31.93
3 Dow, Keith	51	OREG 5:34.41	<b>Men 60-64</b>			2 Mcginnis, Fred	69	UNAT	41.06
800 LC Meter Freestyle			50 LC Meter Freestyle			100 LC Meter Butterfly			

1 Petersen, Bert 68 OREG 1:26.98  
**Men 70-74**  
 200 LC Meter Freestyle  
 1 King, Bill 73 OREG 3:13.26  
 400 LC Meter Freestyle  
**1 Radcliff, David 72 OREG5:18.48 Z**  
 2 King, Bill 73 OREG 6:53.54  
 800 LC Meter Freestyle  
**1 Radcliff, David 72 OREG11:22.42 Z**  
 2 King, Bill 73 OREG15:32.96  
 1500 LC Meter Freestyle  
 1 Radcliff, David 72 OREG22:02.45  
 50 LC Meter Backstroke  
 1 Thayer, George 70 OREG 42.79  
 100 LC Meter Backstroke  
**1 Thayer, George 70 OREG1:34.90 S**  
 200 LC Meter Backstroke  
**1 Thayer, George 70 OREG3:25.92 S**  
 50 LC Meter Breaststroke  
 1 Thayer, George 70 OREG 51.75  
**Men 75-79**  
 50 LC Meter Freestyle  
 1 Holman, William 75 OREG 48.78  
 2 Austen, Clark 79 MACO 57.08  
 100 LC Meter Freestyle  
 1 Austen, Clark 79 MACO 2:14.55  
 2 Holman, William 75 OREG 2:32.29  
 200 LC Meter Freestyle  
 1 Holman, William 75 OREG 4:05.96  
 2 Austen, Clark 79 MACO 4:52.79  
 400 LC Meter Freestyle  
 1 Holman, William 75 OREG 8:33.43  
 50 LC Meter Backstroke  
 1 Miesen, Lee 79 MACO 58.26  
 2 Austen, Clark 79 MACO 1:21.11  
 100 LC Meter Backstroke  
 1 Miesen, Lee 79 MACO 2:17.32  
 50 LC Meter Breaststroke  
 1 Miesen, Lee 79 MACO 53.02  
 100 LC Meter Breaststroke  
 1 Miesen, Lee 79 MACO 2:05.19  
**Men 80-84**  
 50 LC Meter Freestyle  
 1 Lamb, Willard 84 OREG 37.66  
 100 LC Meter Freestyle  
 1 Lamb, Willard 84 OREG 1:30.35  
 200 LC Meter Freestyle  
 1 Lamb, Willard 84 OREG 3:29.94  
 2 Young, Gilbert 84 OREG 3:48.22  
 800 LC Meter Freestyle  
 1 Young, Gilbert 84 OREG17:21.46  
 1500 LC Meter Freestyle  
 1 Young, Gilbert 84 OREG32:48.79  
 50 LC Meter Backstroke  
 1 Lamb, Willard 84 OREG 52.30  
**Men 85-89**  
 100 LC Meter Freestyle  
 1 Bushey, Charles 85 OREG 2:24.60  
 400 LC Meter Freestyle  
**1 Mallon, Joseph 85 OREG12:49.67 S**  
 800 LC Meter Freestyle  
**1 Mallon, Joseph 85 OREG25:47.86 S**  
 1500 LC Meter Freestyle

1 Bushey, Charles 85 OREG44:33.70 Z  
 2 Mallon, Joseph 85 OREG50:50.34  
 50 LC Meter Backstroke  
**1 Bushey, Charles 85 OREG1:21.61 S**  
 200 LC Meter Backstroke  
**1 Bushey, Charles 85 OREG6:27.30 O**  
 50 LC Meter Breaststroke  
**1 Holden, Andrew 87 OREG1:11.14 S**  
**Relays**  
**Women 160-199 800 LC Meter Free Relay**  
**1 OREG 11:11.41 Z**  
**1) Roussain, K. 47 2) Vincent, N. 47**  
**3) Marsh, K. 39 4) Shaw, S. 39**  
**Women 160-199 200 LC Meter Medl. Relay**  
**1 OREG 2:55.81 S**  
**1) Royle, M. 54 2) Walters, M. 36**  
**3) Marsh, K. 39 4) Dansby, A. 44**  
**Women 160-199 400 LC M Medley Relay**  
 1 OREG 5:34.17  
 1) Roussain, K. 47 2) Vincent, N. 47  
 3) Delmage, A. 44 4) Shaw, S. 39  
**Men 160-199 200 LC Meter Free Relay**  
 1 OREG 2:09.95  
 1) Flores, R. 33 2) Palanuk, J. 46  
 3) Cox, C. 45 4) Gaarder, C. 41  
**Men 160-199 400 LC Meter Free Relay**  
**1 OREG 5:11.84 S**  
**1) Fairhurst, J. 48 2) Morgan, K. 36**  
**3) Ellis, J. 60 4) Darnell, S. 52**  
**Men 160-199 200 LC Meter Medley Relay**  
 1 OREG 2:28.90  
 1) Palanuk, J. 46 2) Gaarder, C. 41  
 3) Cox, C. 45 4) Flores, R. 33  
**Men 160-199 400 LC Meter Medley Relay**  
**1 OREG 4:57.96 S**  
**1) Edwards, W. 53 2) Fairhurst, J. 48**  
**3) Morgan, K. 36 4) Kabel, D. 41**  
**Men 200-239 200 LC Meter Medley Relay**  
 1 MACO 2:29.88  
 1) Peyton, M. 51 2) Munro, S. 49  
 3) Silvey, M. 61 4) Von Tagen, K. 63  
 2 OREG 2:35.50  
 1) Scoville, B. 492) Ellis, J. 60  
 3) Brockbank, D. 534) Darnell, S. 52  
**Men 240-279 400 LC Meter Medley Relay**  
 1 OREG 5:42.45  
 1) Smith, R. 63 2) Stark, A. 57  
 3) Juhala, R. 63 4) Stout, J. 60  
**Men 320-359 200 LC Meter Free Relay**  
 1 OREG 2:40.67  
 1) Lamb, W. 84 2) Young, G. 84  
 3) Radcliff, D. 72 4) Holden, A. 87  
**Men 320-359 200 LC Meter Medley Relay**  
 1 OREG 3:22.60  
 1) Lamb, W. 84 2) Thayer, G. 70  
 3) Holden, A. 87 4) Young, G. 84  
**Mixed 160-199 200 LC Meter Free Relay**  
 1 OREG 2:17.74  
 1) Schmitt, S. 26 2) Snyder, L. 50  
 3) Gilliland, M. 52 4) Lockey, K. 36  
 2 OREG 2:28.13  
 1) Boone, L. 452) Sanders, S. 52  
 3) Rogers, P. 474) Dow, K. 51

**Mixed 160-199 400 LC Meter Free Relay**  
**1 OREG 4:24.44 Z**  
**1) Kabel, D. 41 2) Vincent, N. 47**  
**3) Morgan, K. 36 4) Roussain, K. 47**  
**Mixed 160-199 800 LC Meter Free Relay**  
**1 OREG 11:47.39 Z**  
**1) Fairhurst, J. 48 2) Shaw, S. 39**  
**3) Dansby, A. 44 4) Petersen, B. 68**  
**Mixed 160-199 200 LC Meter Medley Relay**  
 1 OREG 2:48.98  
 1) Shaw, S. 39 2) Fairhurst, J. 48  
 3) Marsh, K. 39 4) Darnell, S. 52  
**Mixed 160-199 400 LC Meter Medley Relay**  
**1 OREG 5:07.63 Z**  
**1) Edwards, W. 53 2) Vincent, N. 47**  
**3) Morgan, K. 36 4) Roussain, K. 47**  
**Mixed 200-239 400 LC Meter Free Relay**  
 1 OREG 5:41.72  
 1) Royle, M. 54 2) Ellis, J. 60  
 3) Darnell, S. 52 4) Marsh, K. 39  
**Mixed 200-239 800 LC Meter Free Relay**  
**1 OREG 9:33.45 N**  
**1) Delmage, A. 44 2) Andrus-Hughes, K. 49**  
**3) Bruce, B. 58 4) Tennant, M. 53**  
**Mixed 200-239 200 LC Meter Medley Relay**  
 1 OREG 2:44.29  
 1) Royle, M. 54 2) Ellis, J. 60  
 3) Brockbank, D. 53 4) Dansby, A. 44  
**Mixed 240-279 400 LC Meter Free Relay**  
 1 OREG 5:13.26  
 1) Smith, R. 63 2) Stout, J. 60  
 3) Ward, J. 64 4) Gettling, J. 58  
**Mixed 240-279 400 LC Meter Medley Relay**  
**1 OREG 5:47.47 N**  
**1) Ward, J. 64 2) Stark, A. 57**  
**3) Smith, R. 63 4) Gettling, J. 58**



**Wes Edwards - Records in backstroke and Relays.**

## The Olympic Training Center Camp for Masters by Allen Stark

When I heard about the Masters Training Camp at the Olympic Training Center in the Spring of 2002, I was very excited about the prospect and applied immediately. I couldn't pass up the opportunity to learn from the best minds in swimming at a state of the art facility. I listed all of my accomplishments, trying to spin myself as positively as possible. I didn't mention that I have the physiology of a drop-dead sprinter in the body of a short breaststroker. This holds me in good stead in the 50 and 100 breast and I can manage to hold on to swim a 200 breast. My butterfly is competent up to 50 M and after that I'm glad I have a whip kick. If I am going to enter a backstroke event I have to notify the meet director ahead of time so that they can have calendar watches for my lane. My freestyle has two speeds – all out sprint (up to 50 meters) and really slow (everything else). I also didn't mention that I get altitude sickness when I climb a ladder. Nonetheless, I was really excited when I was accepted. It was only with reflection that I began to worry that I might make a fool of myself.

When I got a list of my fellow campers and went to the

USMS top ten list to look them up I began to suspect that we might be required to do some swimming other than breaststroke sprints (though why anyone would want to swim anything else eludes me): Distance freestyler, distance freestyler, young distance freestyler, open water specialist, 400 IMer, 200 backstroker, Laura Val. My suspicions were confirmed when I got an e-mail asking for my best 200 Free LCM time. There was a problem. I'd never swum a 200 LCM Free. I guessed it would be faster than my 200 Breast, but I wasn't sure. I was in real trouble.

In mid-December I had tapered for our last SCM meet and was ready to swim sprint breaststroke. With six weeks to get ready for the camp I increased my yardage per week by 50% and made most of it sets of 200 and 400 Free, in the hopes of not being too embarrassed when I got there. After a week, the biggest change I noticed was that my left shoulder hurt. A rational person would alter their training to let their shoulder heal, but with 5 weeks until camp there was not enough time to be rational. At 4 weeks to go, my shoulder was not worse and my repeats were actually improving. A week later I was getting a cold. Not a big

deal, my colds last 2 weeks max and my symptoms were "above the neck," so I continued to train. 2 weeks left and I had bacterial sinusitis and was on an antibiotic. Only a fool wouldn't slow down their training. Guilty as charged. 10 days before camp I had bronchitis and was on a different antibiotic. Not even I was dumb enough to continue training as before. I took 4 days off and then swam "lightly" every other day.

On February 1, 2003 I flew into the camp. I barely had a cough and felt the best that I had in three weeks and my shoulder didn't hurt at all (unless I swam). Colorado

Springs was at 6,300 feet.

The higher the altitude the less oxygen there is available, which is why mountain climbers need oxygen tanks when they travel high.

Evidently mountain climbing and swimming are more similar than I had thought, because I was gasping for air while carrying my suitcases.

We met that evening at 4:45 p.m. for introductions and a tour of the facility. The other swimmers were typical Masters Swimmers, all fit looking, very nice, and too

polite to mention that I was gasping and turning blue. The other people present included Nancy Rideout (the organizer and a truly wonderful person), our coaches, Scott Williams, Kris Houchens, Mike Collins, and our stretching and flexibility coach, Steve Thompson.

I was going to make a joke about our coaches, implying that they were rigid and sadistic, but in fact they were wonderful, kind, knowledgeable people who were goal-oriented enough to not let my exhaustion or pride get in the way of my learning. We had dinner in the OTC cafeteria. We had to have our palms scanned every time we entered, which was kind of cool, but made me wonder what top secret experiments were being done that needed that much security. The food was great and you could have unlimited servings (two pieces of pie are essential for replacing muscle glycogen).

We got our schedules. Our days would run from 6AM to 10PM with two swim sessions per day each 1 1/2-2 hours long. The rest of the time we would be eating, in seminars, or getting individualized testing and feedback on flexibility, diet habits, strengths, etc.



**Allen speaking at an OMS Clinic after his return**

The first morning started with a swim workout. At the workout I learned many things, among them was that if I had needed an oxygen tank before I really needed one in the pool where there seemed to be no oxygen at all. Not only did I learn about prolonged anoxia, I discovered that while I was probably the fastest breaststroker there, I was definitely the slowest freestyler. Unfortunately we were going to swim a lot more freestyle than breaststroke.

After that we went to our seminars. One of our first lessons was on Altitude Illnesses. Symptoms included:

1. shortness of breath (✓)
2. fatigue (✓)
3. headaches (✓)
4. insomnia (✓)
5. frequent urination (✓)

I was five for five on the symptoms list (really seven for five as my shortness of breath and fatigue were so bad they should have each gotten two checks).

Our seminars at the Center were universally excellent. We learned the latest thinking on technique for the 4 strokes, starts and turns, flexibility, physiology, psychology, nutrition, core strength, etc. It was all fabulous, and I'm not just saying that because I didn't have to move.

On Sunday afternoon we had our first videotaping experience. They have state of the art cameras that move underwater at our speed to film us. I was really looking forward to this, however, I had not acclimated to the altitude yet (I still couldn't breathe) and we went to be videotaped after a hard workout because, according to Scott Williams, "being fatigued accentuates your stroke flaws" (I guess this means lying on the pool deck gasping for air is a stroke flaw). Our last seminar that evening was spent reviewing the videotape. One of my primary reasons to go to the camp was to find ways to improve my breaststroke. Logically, then, the more problems they discovered the better. Nonetheless, I had a fantasy that they would say "Wow, we should save this film to show the Olympians the way breaststroke should be swum."

Let's just say I got my money's worth from their critique. After they had finished I thought I probably looked more like Grandma Moses than Ed Moses.

Monday was my 54th birthday and I awoke feeling much

better. Being exhausted had given me a good night's sleep and I found that I could walk on level ground and breathe at the same time (though climbing stairs was still an adventure). We had our blood drawn for general blood chemistry testing before breakfast, and afterwards I headed to the pool. I arrived alone and tried my key card. It didn't work. I knew it, they had decided that I didn't belong and deactivated my key. Soon other campers arrived and let me in. I entered with dread, both because today was lactate testing day and because at any moment the coaches might take me aside and wonder why I didn't take the hint. When this failed to happen I was left with two possibilities: 1) it was just a malfunction or 2) the pool itself had decided I didn't

belong and didn't want to let me in. I soon had other things to think about as I prepared for my grim assault on the lactate test. It consisted of 5x200's descending with the last one at maximum effort. Before we started we had an ear pricked for blood and they got blood and measured our heart rate after each one. Surprisingly, it was more survivable than I had feared and although I was the slowest I managed to finish in the interval and keep them descending so it wasn't humiliating.



**Allen at the State Games of Oregon Meet**

That afternoon we had strength and flexibility testing and in the afternoon workout I had one of my personal highlights. We were doing various stroke drills and after the "kick breaststroke on your back" drill, Scott Williams told me that I did the drill as well as anyone he had seen. Since Scott is Robert Strand's coach I took this as an extreme compliment since Bob Strand is one of, if not the, best Masters Breaststrokers.

On Tuesday I was feeling human. Aside from our regular workouts we got to swim in the flume—an extremely high tech device to allow you to swim in one place as the current goes by you at a set speed. We were filmed swimming as well as practicing streamlining. It was fascinating to see how minor changes in hip and shoulder positions make big differences in drag.

We had our second pool videotaping at the second workout. Again they wanted us to be worn out for the taping and they were successful, but I had acclimated enough by then that I didn't collapse.

*Continued on page 6*

**Check 'em out and then sign up for the Patriot Games - Entry on next page**  
**Patriot Games SCM Pentathlon**  
**Records through 2005**

Sprint Events		Age Group	Distance Events	
WOMEN	MEN		WOMEN	MEN
No Competitors	Kevin Cleary 3:26.78	18-24	No Competitors	Nathan Johnsen 6:51.32 (2004)
No Competitors	No Competitors	25-29	No Competitors	Brad Cota 7:12.26
Nicole Weeks 3:31.28	No Competitors	30-34	No Competitors	Robbert van Andel 7:09.71
Alison Moore 4:07.40	Troy Drawz 3:12.83	35-39	Susan Shaw 9:50.18	No Competitors
Lisa Dahl 3:28.57	Gano Butcher 3:12.27	40-44	No Competitors	Scott Culbertson 7:50.77
Sharon Foley 3:56.47	Peter Metzger 3:24.07	45-49	Karen Andrus-Hughes 7:56.27	Pat Allender 6:56.95
Jody Welborn 4:39.24	Mike Tennant 3:24.90	50-54	No Competitors	Wes Edwards 7:56.51
Janet Gettling 4:02.16	Jon Stout 3:36.85	55-59	Ginger Pierson 9:29.05	Daniel Rueff 8:36.45
Barbara Frid 4:15.89	Robert Smith 3:24.89	60-64	Bonnie Pronk 9:11.08 (2004)	Richard Juhala 11:01.59
No Competitors	Bert Petersen 4:00.73	65-69	Peggie Hodge 12:11.32	No Competitors
No Competitors	Tom Ritter 4:45.79	70-74	Eulah Varty 12:50.45	David Radcliff 9:05.01
Margaret Wells 8:16.53	No Competitors	75-79	No Competitors	No Competitors
Elfie Stevenin 12:45.35	Rupert Fixott 7:09.75	80-84	No Competitors	No Competitors
No Competitors	No Competitors	85-89	No Competitors	No Competitors
Hilda Buel 17:05.81	No Competitors	90-94	No Competitors	No Competitors

# The Patriot Games ~ A Metric Pentathlon

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #376-06

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

Unregistered swimmers must submit a 2006 registration form and fee with this form.

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

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

DATE: Saturday, September 9, 2006

Show your patriotic spirit and swim  
the **911 red, white and blue** meet  
Saturday, September 9, 2006!

WARM-UPS: 8AM  
MEET STARTS: 9:15AM

Meet director: Bert Petersen • Phone: 503-252-6081 • E-mail [petersen@exchangenet.net](mailto:petersen@exchangenet.net)

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

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2006 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY, AUGUST 25, 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 AGE GROUPS: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359, ETC. **YOU MAY ENTER UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400M AND 800M RELAYS WILL BE SEEDDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. *RELAY ENTRIES WILL CLOSE 30 MIN. BEFORE EVENT.* ALL EVENTS WILL BE SEEDDED SLOW TO FAST.

*Enter as many as five events. If you choose to not enter all 5 events in either the sprint or mid distance category, you will not be scored as a pentathlon. OMS awards will be given to individual event winners and there will be special awards for Pentathlon winners.*

Saturday September 9, 2006 Sprint

50m FLY (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50m BACK (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50m BREAST(9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

50m FREE (14) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100m I.M. (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

Saturday September 9, 2006 Mid Distance

100m FLY (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100m BACK (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100m BREAST(10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100m FREE (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

200m I.M. (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

Break before the Medley relay

**MEDLEY RELAY (5-8)**

**MIXED FREE RELAYS (11-13)**

Break before the mixed medley relay

**MIXED MEDLEY RELAY (16-17)**

Break before the Mixed Free relay  
**FREE RELAY (20-25)**

PLEASE ENTER YOUR BEST TIME OR ESTIMATED TIME. DO NOT USE NT (NO TIME). ENTERING "SANDBAGGED" TIMES TO GET ADDED REST TIME BETWEEN EVENTS OR CALM WATER IS DISCOURAGED. PLEASE BE FAIR TO ALL... THANKS

**RULES: A 10 SECOND PENALTY WILL BE ADDED TO YOUR TIME FOR ANY STROKE/TURN INFRACTION. A FLASE START ELIMINATES YOU FROM THE FIVE EVENT COMPETITION, BUT NOT FROM SWIMMING ANY OTHER RACES. YOUR TOTAL TIME FOR THE FIVE EVENTS DETERMINES YOUR FINAL PLACING.**

"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 OPEN WATER SWIM— DORENA LAKE  
SUNDAY, AUGUST 20  
SPONSORED BY EMERALD AQUATICS  
WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS**

**Sanctioned by OMS, Inc. for USMS, Inc.** All swimmers must be current USMS member to compete.

**USMS Sanction #:** 376-OW5 One-day registration will be available at the meet for \$15.00.

**Schedule:**

**1500 Open Water Swim**      1500m: Check-in closes 8:30 am    Pre-race instructions 8:45 am    Race starts 9:00 am  
**Whiteley 1000**              1000m: Check-in closes 10:30 am    Pre-race instructions 10:45 am    Race starts 11:00 am  
**Flatfoot Kick**              500m: Check-in closes 11:30 am    Pre-race instructions 11:45 am    Race starts 12:00 am

**Course:**            The course will be marked by buoys. Water temperature is expected to be 74-76 degrees and will be posted at check-in.

**Equipment:** 1500 Swim.: Swimmers wearing wetsuits are ineligible for awards. Other USMS open water swimming rules apply. Qualifies for Oregon Open Water Series.  
 Whiteley 1000: Use of pull buoys, fins, hand paddles, etc. are allowed (and encouraged!).  
 Flatfoot Kick: Bring a kickboard for this event. Propulsion by kicking only. No fins!

**Safety:**            The course will have safety marshals, lifeguards, a boat patrol (including a lead boat, a chase boat, perimeter boats, and an “ambulance” boat. In addition paramedics and an ambulance will be on boat ramp during the swim. No pets at the race, please.

**Eligibility:**        Open to all USMS (U.S. Masters Swimming) members. Every swimmer must be a current USMS member to compete.

**Awards:**           Prizes will be raffled during picnic after swim, must be present to win.

**Picnic:**            Following the Flatfoot Kick, around 12:30, Emerald Aquatics will host a finger-food picnic. All are invited (\$5 donation for non-swimmers).

**Directions:**        From I-5 take exit 174 and go east to the reservoir. Follow Row River Road on the north side of the lake for two miles to Harms Park. Signs will be provided on Row River road. (see map, opposite). At race venue follow traffic instructions for parking. Most parking will be on Rat Road, west side.

**Information:** Steve Johnson, Race Director, (541) 683-5758 (see over for camping information)

**ENTRIES MUST BE POSTMARKED BY August 5<sup>th</sup>**

**add \$10 for late entries**

Mail entries EA Lake Swim	<b>check all that apply:</b> <input type="checkbox"/> 1500m <input type="checkbox"/> Whiteley <input type="checkbox"/> Flatfoot	all 3 events \$40.00	_____
to: P.O. Box 3708		or 2 events \$35.00	_____
Eugene, OR 97403		or 1 event \$25.00	_____

USMS Reg# \_\_\_\_\_

Please attach a copy of your USMS registration card.

**TOTAL** \_\_\_\_\_

**Make checks payable to Emerald Aquatics**

**All fees are non-refundable.**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

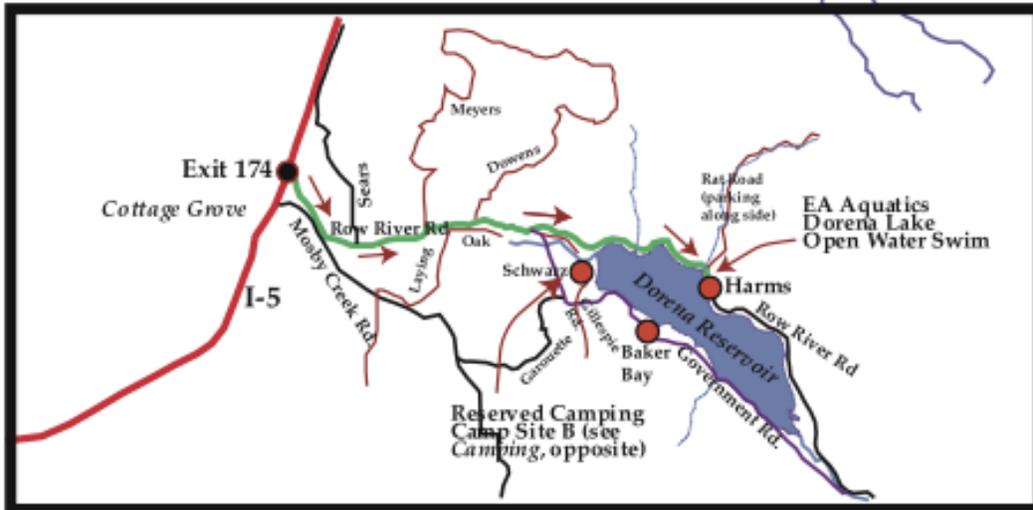
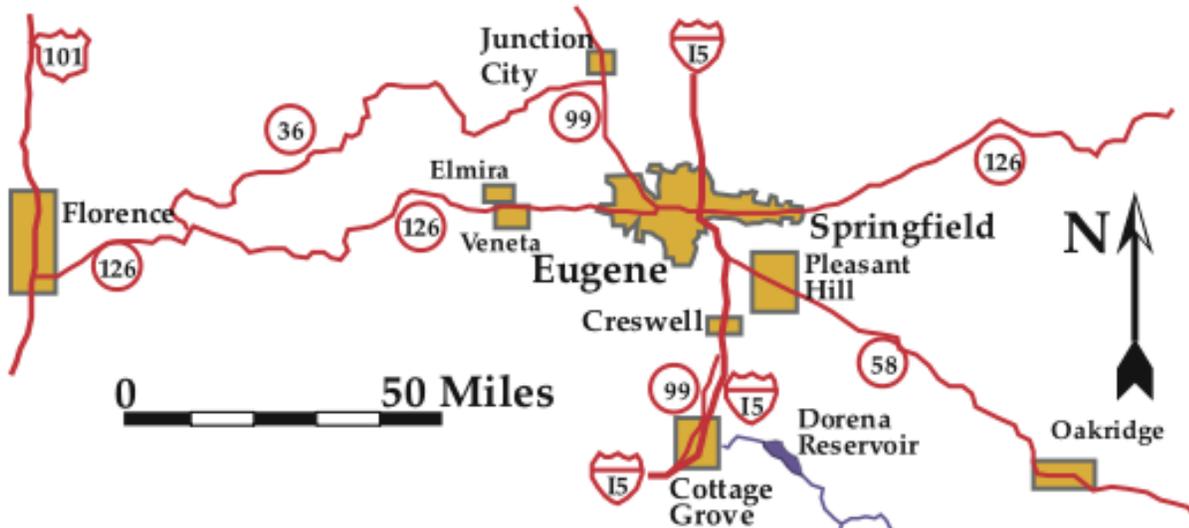
City/State/Zip \_\_\_\_\_ Local Team \_\_\_\_\_

Birthdate \_\_\_\_\_ Day phone \_\_\_\_\_ Evening phone \_\_\_\_\_ Fax \_\_\_\_\_

“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 off all the risks inherent in Masters Swimming (training & competitions) 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. Finally, I specifically acknowledge that I am aware of all risks inherent in open water swimming, and agree to assume those risks.”

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Camping:** Individual camping sites can be reserved for Schwarz Park. To reserve go to [www.reserveamerica.com](http://www.reserveamerica.com) and use the search engine to go to Schwarz Park in Oregon. You can also call 1-877-444-6777. The rules are 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 two tents for each site. The cost is \$12 per night. Directions: I5 Exit 174, Row River Rd. east for 5 miles, entrance on left (see below). [Other camping reservations at Baker Bay (541-942-7669).]



**Remember your fins, paddles and kick boards for the Whiteley 1000 and Flatfoot Kick Races**



# 2006 Meet SCHEDULE

Date	Event	Location	Contact
<b>Pool Meets</b>			
*Sept. 9	SCM Patriot Games	Camas, WA	Bert Petersen petersen@exchangenet.net
Nov. 18-19	Zone SCM	Federal Way, WA	
<b>Open Water</b>			
*Aug. 20	1500, 1000 anything goes 500 kicking	Dorena Lake	Steve Johnson (541) 683-5758
<b>Postal Championships 2006</b>			
May 15 - Sept. 15	5K & 10K	USMS	www.usms.org
Sept. 15 - Nov. 15	3000/6000	USMS	www.usms.org
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

<b>Board Meetings</b> All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details	Aug. 23	7 PM	NIKE - Beaverton
	Sept. 29-30	Board Retreat	TBA

**Aqua Master**  
**August 2006**

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

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**Inside: Results - Hagg Lake, Foster Lake, & St. Games**