



Aqua Master

USMS 2004 Newsletter of the Year

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“Swimming for Life”

Animal Winners plus 1



Olympian Tom Jager, (center) presented the Trophies to the Animal winners. Left to right - Darren McCarthy, Sprint Animal; Robbert Van Anandel and Emma, Grand Master Animal; Tom Jager; Colette Crabbe, Grand Master Animal; Pat Allender, Master Animal and Arlene Delmage, Master Animal. *Full Results on pages 6-8*

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Relays at Worlds



Oregon will have Outstanding Relays at Worlds



All Relays will be on Tuesday, Aug. 8. Be a Part!



Let Bob and Jon know if you are going!!!!!!!!!!!!!!



Relays are submitted early - so don't be left out.



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**Connie Wilson and
Earl Walter - Historian**

Chair's Corner by Jody Welborn

Hi everyone.

As I train for Worlds I would like to share some of the tools that motivate me. One of the big ones is music!

Music inspires us to work and exercise. With the proliferation of mp3 players, including the my favorite iPod, it is easier than ever to bring music to our training.

Music has been inspiration for competitors for many years. Who can forget the story of Brian Goodell swimming his Olympic 1500 meter final with the strains of Golden Earrings' Radar Love in his ears, pushing him to Olympic Gold. I personally have found that Def Leppard's Pour Some Sugar On Me has inspired me to two outstanding breast stroke swims.

But what about you? Does singing relax you before a race, or pump you up for a great practice on yet another Monday morning? Is your song the Weather Girls' Raining Men? Eminem's Till I Lose It? Or is it Raffi's ever-popular Bananaphone? I do have my own personal list, but I think it's time for my readers to unveil their lists. Send in your 5 most motivating training or workout song, in no particular order, and we'll publish an article about them. In addition, the top 10 compilations will receive a grand prize to get your workout going for the World's Swimming Championships. Dig into your music and come up with your lists, then send them to me at jodywelborn@mac.com.

At the end of last year, we sent out a survey to all our OMS members regarding team size for membership scoring at Oregon Association Championships. I was overwhelmed by the number of personal, well-thought-out responses. Thank you!

After careful discussion with the OMS board, team size will remain the same and be based on the number of swimmers (from the team) entered at the meet. Your responses were vital to us making this decision and we will try to send out important issues in the future to elicit comments. Thank you so much, again, for your very enthusiastic responses.

Hope your training for Worlds is going well.

And

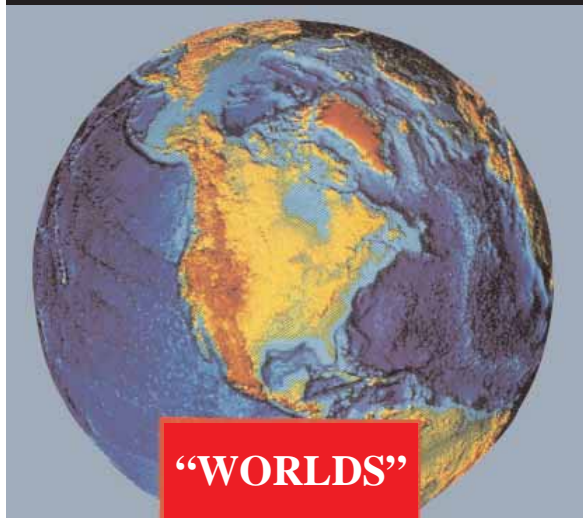
Remember,

swimming is for life
and life matters.



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

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Schedule of Events for Worlds

DATE	SWIMMING
TUESDAY 01 AUG 06	TRAINING
WEDNESDAY 02 AUG 06	TRAINING
THURSDAY 03 AUG 06	TRAINING
FRIDAY 04 AUG 06	1 800 FREESTYLE W 2 800 FREESTYLE M
SATURDAY 05 AUG 06	3 200 BACKSTROKE W 4 200 BACKSTROKE M 5 100 FREESTYLE W 6 100 FREESTYLE M 7 100 BREAST W 8 100 BREAST M

SUNDAY 06 AUG 06	9 400 INDIV. MEDLEY W 10 400 INDIV. MEDLEY M 11 200 FREESTYLE W 12 200 FREESTYLE M 13 50 FLY W 14 50 FLY M	
MONDAY 07 AUG 06	15 50 FREESTYLE W 16 50 FREESTYLE M 17 200 INDIV. MEDLEY W 18 200 INDIV. MEDLEY M 19 100 FLY W 20 100 FLY M 21 50 BREAST W 22 50 BREAST M	
TUESDAY 08 AUG 06	23 200 MIXED MEDLEY 24 200 MIXED FREE RELAY 25 200 FREE RELAY W 26 200 FREE RELAY M 27 200 MEDLEY RELAY W 28 200 MEDLEY RELAY M	
WEDNESDAY 09 AUG 06	29 200 BREAST W 30 200 BREAST M 31 100 BACK W 32 100 BACK M 33 200 FLY W 34 200 FLY M	
THURSDAY 10 AUG 06	35 50 BACK W 36 50 BACK M 37 400 FREESTYLE W 38 400 FREESTYLE M CLOSING CELEBRATION	
FRIDAY 11 AUG 06		3 KM SWIM

Coaches Selected for Worlds

The OMS Board selected Bob Bruce and Jon Clark to be the Oregon Coaches at Worlds. Both coaches bring a wealth of experience to this position. Bob has served as the USMS Coach at two Worlds and as the Oregon Coach at USMS Nationals. Jon has served as the Oregon Coach at three USMS Nationals. Oregon coaches will be writing monthly columns in the Aqua Master to help you prepare for Worlds. Jon Clark has the first article this month. Dennis Baker and Bert Petersen will also be contributing articles. Get the picture - we want you ready and prepared for Worlds. Pam Himstreet is working on special Oregon clothing for Worlds. The coaches are writing articles to get you prepared. All we need is you! Are you getting ready?



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

F i t n e s s



**Jani
Sutherland
Fitness
Chair**



Overtraining and Overreaching

In August of this year the United States will be hosting the FINA World Championships. Not only is it in the US, its practically in our backyard! Many OMS swimmers have the goal of qualifying for and attending this meet.

In order to improve your swimming you must swim. But at what point does it become too much of a good thing? How do you know if you are overtrained?

To become overtrained you need to eat inadequately, do too

much training with too little rest, do too much anaerobic training with too little aerobic and strength base or do some combination of several of these.

Mother Nature gives us safeguards to prevent overtraining. To achieve the feat of overtraining you must have tremendous motivation: you continually tear down cell tissue to the point that your body's healing process is unable to keep up.

Researcher and author Hans Selye defined this process over 40 years ago. In stage 1, intense training produces stress at the cellular level. The body responds by going to stage 2, called adaptation – cells increase their capacity to resist that intensity of training stress. The result is you become more fit. Adaptation occurs during rest. Rest is the healthy part of training. When a slightly higher level of stress is introduced the body again adapts. When adequate rest follows this stress the result is increased fitness. When the stress is too great or the rest inadequate the body is unable to adapt further.

Minor overtraining, called overreaching, can be reversed with a few days of solid rest. Failure to recover within 72 hours of a hard workout is a good sign of overreaching. If overreaching continues for long enough (3 weeks in young athletes, 2 weeks in Masters athletes) it is possible to become overtrained. Getting rid of the exhaustion of overtraining can take weeks or months. There are no pills to cure overtraining – rest is the only way.

The best solution for overtraining is prevention. Resist the

temptation to think of yourself as indestructible, especially when training is going well. While only 1/10 of one percent of the general public becomes overtrained, it's an elite group you don't want to belong to.

The typical reaction of a fit athlete is to try and take their fitness level higher. This is almost always a mistake. Instead, back off for a week or 2 and let your body fully adapt before attempting more. Attempt more in conservative increments after the rest period. Increasing intensity and volume at the same time is a common mistake leading to overtraining. Sometimes more is not better. As volume increases intensity should decrease and vice versa. A good rule of thumb is a typical week should have as many recovery workouts as hard workouts. Every 3rd or 4th week schedule a period of reduced training. This type of cycle is called periodization. Periodization is planned variation and athletes who understand and follow periodization are seldom overtrained.

And remember, just because you are an athlete and experience signs of overtraining don't automatically assume that's what it is. See your health care provider for a thorough exam as there are diseases that have the same symptoms (more on this later).

The following is a list of signs of overtraining:

- reduced performance
- persistent muscle soreness
- decreased power
- upper respiratory infections
- apathy
- moodiness
- irritability

Do you feel like you have been



put through a wringer?

- depression
- persistent headache
- sugar craving
- loss of appetite
- rapid weight loss
- amenorrhea (loss of menstrual period)
- increased allergies
- swollen lymph glands
- diarrhea
- constipation
- chronic fatigue
- consistent high morning pulse
- consistent low morning pulse

Iron deficiency anemia, Lyme disease, mononucleosis and myocarditis (inflammation of the heart) may cause similar symptoms. See your health care professional!

Long Distance Swimming



Bob Bruce
Long Distance
Chair



Bonaire EcoSwim, Oct. 21, 2006

This is a great ocean swim and a group of Central Oregon swimmers are going. We would like to put out the invite to any OMS swimmer who likes to see and swim with fish plus enjoy a wonderfully organized, beautiful-beyond-belief ocean swim. There is a choice of distances and even fin categories! Bonaire is a true coral reef, not affected by Wilma, the fierce storm that destroyed the reefs of Cozumel and the beaches of Cancun. For those geographically chal-

lenged, the island is in the Netherlands Antilles, (near Aruba). The swim goes right over the reef, in shallow water and around islands. And the water is warm!

We plan to enjoy a week of activities including diving, snorkeling, Mt. biking, scooter riding, eating good food and just plain swimming. This island is not expensive, so check it out.

www.aquamoonadventures.com for information and swim entry form. There are contacts on the information form for air and accommodation price quotes.

Capt. Don's Habitat, the place to stay. Seven nights lodging \$400-\$600 pp. Lots of lodging varieties to choose from.

Airfare: now \$899 from Portland but can go down with sales and package deals

Mileage tickets on American or Alaska Airlines for 40,000 miles.

Diving: all you would ever want in a week for about \$300 pp.

See you on Bonaire, Pam Himstreet and Mike Tennant

The 6th Annual Bonaire EcoSwim Information - Saturday, October 21st, 2006 - 10k, 5k & Metric Mile Swims

The Magic of Bonaire:

In 1979, the waters around Bonaire were protected and designated an official marine park, helping Bonaire earn its reputation one of the world's most beautiful dive locations. Thanks to Bonaire's pristine reefs and diverse marine life, which are unique to the Caribbean, and the diligent stewardship of its marine resources, a water lover's paradise was created. Readers of Rodale's Scuba Diving magazine voted Bonaire as the best shore diving destination in the world for the 12th consecutive year. In May 2005, CNN/National Geographic ranked Bonaire amongst the top four best dive destinations in the world. For non-divers, snorkeling is also spectacular and windsurfing conditions on the windy side of the island are ideal! But that isn't all there is to do on Bonaire. You can also enjoy other world class adventures and activities including free-diving, mountain biking, sea kayaking, bird watching, horseback riding, and stargazing.

The Dutch Caribbean Island of Bonaire, Netherlands Antilles, is located 50 miles north of Venezuela, 30 miles from Curacao and 86 miles east of Aruba, outside of the hurricane belt. The island is 24 miles long by 3 - 7 miles wide. The highest elevation is Brandaris Hill, which is 784 feet.

For travel to Bonaire, you must have a current/valid passport. It is your responsibility to meet all entrance requirements. Please check with the airlines or your government for additional requirements.

Bonaire is sunny all year long. The yearly average temperature is 82°F and the average water temperature ranges from 78 - 84°F. The island's location in the southern Caribbean gives it an arid climate. Remember that Bonaire sits closer to the sun, so bring plenty of Sunscreen!

Six events are offered: 10k solo swim; 5k solo swim; 5k swim with fins; metric mile solo swim; metric mile with fins; and the kid's pier-to-pier fun swim, which is approximately 200 meters. **SWIMMERS CAN SWIM ONLY ONE EVENT.**

All events will start and finish at the dock at Captain Don's Habitat. The course for the 10k, 5k and metric mile swims will be along the coast of Bonaire, rounding a fixed buoy. Water stops will be available for the 10k and 5k swims. The course for the kid's pier-to-pier fun swim will be from Captain Don's Habitat to Buddy Dive and back.

Entry fees for the 10k, 5k and metric mile swims are US \$75.00 per swimmer. This includes one ticket to the welcome dinner, a t-shirt and a swim cap. There is no cost for the kid's pier-to-pier fun swim.

For participants in the 10k, 5k and metric mile swims, entries must be received by September 30th, 2006 in order to receive the swim cap, t-shirt and dinner. Entries received after this date will receive a t-shirt, swim cap, and dinner based on availability. Registration for the pier-to-pier fun swim will be accepted both the day prior to and the day of the race.

Checks should be made payable to Aqua Moon Adventures in US dollars and mailed with the completed entry form and signed waiver to the address shown below. Incomplete entries will not be accepted.

Aqua Moon Adventures

2615 NW 99th Avenue

Coral Springs FL 33065

www.aquamoonadventures.com

Animal Meet - January 21, 2006

N = Breaks listed National Record
Z = Zone Record
O = Oregon Record
Women 18-24

500 Yard Freestyle

1 Scheafer, Kayla 20 UNAT 6:37.66

2 Lawson, Laura 20 UNAT 7:12.68

100 Yard Butterfly

1 Lawson, Laura 20 UNAT 1:19.83

2 Scheafer, Kayla 20 UNAT 1:21.39

200 Yard IM

1 Lawson, Laura 20 UNAT 2:51.82

2 Scheafer, Kayla 20 UNAT 2:54.13

Women 30-34

500 Yard Freestyle

1 Simpson, Shauna 34 OREG 6:58.56

100 Yard Butterfly

1 Simpson, Shauna 34 OREG 1:08.88

200 Yard IM

1 Simpson, Shauna 34 OREG 2:42.15

Women 35-39

200 Yard Freestyle

1 Alvord, Linnea 36 MACO 2:39.50

500 Yard Freestyle

1 Moore, Alison 35 OREG 6:15.10

2 Hyde, Sandra 37 OREG 6:45.48

1000 Yard Freestyle

1 Shaw, Susan 38 OREG 14:23.72

2 Marsh, Kathy 38 OREG 14:38.45

3 Alvord, Linnea 36 MACO 15:11.67

100 Yard Butterfly

1 Moore, Alison 35 OREG 1:13.94

2 Hyde, Sandra 37 OREG 1:26.53

200 Yard Butterfly

1 Marsh, Kathy 38 OREG 3:22.33

2 Shaw, Susan 38 OREG 3:32.10

200 Yard IM

1 Moore, Alison 35 OREG 2:35.41

2 Hyde, Sandra 37 OREG 2:55.33

400 Yard IM

1 Shaw, Susan 38 OREG 6:16.74

Women 40-44

200 Yard Freestyle

1 Welle, Lisa 42 OREG 2:38.81

2 Malloy, Janie 43 OREG 2:41.08

500 Yard Freestyle

1 Delmage, Arlene 43 OREG 5:50.82

2 Viales, Dianne 43 OREG 6:12.52

50 Yard Butterfly

1 Malloy, Janie 43 OREG 37.18

2 Welle, Lisa 42 OREG 39.21

100 Yard Butterfly

1 Delmage, Arlene 43 OREG 1:02.81 O

2 Viales, Dianne 43 OREG 1:13.47

100 Yard IM

1 Welle, Lisa 42 OREG 1:23.91

2 Malloy, Janie 43 OREG 1:26.68

200 Yard IM

1 Delmage, Arlene 43 OREG 2:26.82

2 Viales, Dianne 43 OREG 2:53.89

Women 45-49

200 Yard Freestyle

1 Vincent, Nancy 46 OREG 2:25.82

2 Lane, Doreen 47 OREG 3:00.64

3 Ritchey, Teresa 46 OREG 3:22.69

500 Yard Freestyle

1 Foley, Sharon 45 MACO 6:39.70

2 Worden, Laura 48 OREG 6:40.47

3 Fox, Christina 45 OREG 7:06.57

1000 Yard Freestyle

1 Crabbe, Colette 49 OREG 12:22.84

2 Goodman, Ann 46 OREG 13:31.79

50 Yard Butterfly

1 Vincent, Nancy 46 OREG 33.17

2 Mann, Charlene 48 OREG 42.53

3 Lane, Doreen 47 OREG 44.17

4 Ritchey, Teresa 46 OREG 45.41

100 Yard Butterfly

1 Worden, Laura 48 OREG 1:09.97

2 Foley, Sharon 45 MACO 1:15.06

3 Fox, Christina 45 OREG 1:42.29

200 Yard Butterfly

1 Crabbe, Colette 49 OREG 2:24.53

2 Goodman, Ann 46 OREG 3:15.59

100 Yard IM

1 Vincent, Nancy 46 OREG 1:16.95

2 Mann, Charlene 48 OREG 1:30.35

3 Lane, Doreen 47 OREG 1:31.29

4 Ritchey, Teresa 46 OREG 1:40.89

200 Yard IM

1 Worden, Laura 48 OREG 2:42.31

2 Foley, Sharon 45 MACO 2:50.16

3 Fox, Christina 45 OREG 2:56.55

400 Yard IM

1 Crabbe, Colette 49 OREG 5:08.41

2 Goodman, Ann 46 OREG 6:04.27

Women 50-54

200 Yard Freestyle

1 Budd, Elizabeth 51 OREG 2:30.84

500 Yard Freestyle

1 Asleson, Elke 53 OREG 7:27.34

50 Yard Butterfly

1 Budd, Elizabeth 51 OREG 36.04

100 Yard Butterfly

1 Asleson, Elke 53 OREG 1:24.16

100 Yard IM

1 Budd, Elizabeth 51 OREG 1:20.38

200 Yard IM

1 Asleson, Elke 53 OREG 3:07.59

Women 60-64

200 Yard Freestyle

1 Frid, Barbara 63 OREG 2:40.29

2 Ward, Joy 63 OREG 2:49.67

50 Yard Butterfly

1 Ward, Joy 63 OREG 33.91

2 Frid, Barbara 63 OREG 35.67

100 Yard IM

1 Frid, Barbara 63 OREG 1:21.28

2 Ward, Joy 63 OREG 1:23.70

Women 70-74

200 Yard Freestyle

1 Lance, Sherin 70 UNAT 4:43.04

50 Yard Butterfly

1 Lance, Sherin 70 UNAT 1:27.59

100 Yard IM

1 Lance, Sherin 70 UNAT 2:28.99

Men 18-24

200 Yard Freestyle

1 O'Brien, Corey 21 UNAT 2:15.99

50 Yard Butterfly

1 O'Brien, Corey 21 UNAT 27.73

100 Yard IM

1 O'Brien, Corey 21 UNAT 1:04.10

Men 25-29

500 Yard Freestyle

1 Mcclaskey, Paul 28 MACO 6:15.82

100 Yard Butterfly

1 Mcclaskey, Paul 28 MACO 1:08.47

200 Yard IM

1 Mcclaskey, Paul 28 MACO 2:36.71

Men 30-34

1000 Yard Freestyle

1 Van Anel, R. 31 OREG 10:57.00

2 Haar, Andrew 33 OREG 11:22.38

200 Yard Butterfly

1 Haar, Andrew 33 OREG 2:12.76

2 Van Anel, R. 31 OREG 2:18.75

400 Yard IM

1 Van Anel, R. 31 OREG 4:36.62

2 Haar, Andrew 33 OREG 4:45.47

Men 35-39

200 Yard Freestyle

1 McCarthy, Darren 39 OREG 2:05.86

1000 Yard Freestyle

1 Kays, David 38 PNA 11:12.12

2 Deaustria, D.J. 38 UNAT 14:14.10

50 Yard Butterfly

1 McCarthy, Darren 39 OREG 28.74

200 Yard Butterfly

1 Kays, David 38 PNA 2:24.85

2 Deaustria, D.J. 38 UNAT 3:32.65

100 Yard IM

1	Mccarthy, Darren	39	OREG	1:02.17
400 Yard IM				
1	Kays, David	38	PNA	4:50.66
Men 40-44				
200 Yard Freestyle				
1	Washburne, Brent	44	OREG	2:08.81
2	Turcott, Michael	42	PNA	2:33.23
500 Yard Freestyle				
1	Kabel, Douglas	40	OREG	5:42.20
2	Morgan, Anthony	42	OREG	5:49.00
3	Karyukin, Andrei	40	OREG	6:15.87
4	Cox, Chris	44	OREG	7:01.43
5	Bemrose, Jeff	44	OREG	7:45.17
50 Yard Butterfly				
1	Washburne, Brent	44	OREG	27.56
2	Turcott, Michael	42	PNA	36.15
100 Yard Butterfly				
1	Kabel, Douglas	40	OREG	58.62
2	Morgan, Anthony	42	OREG	1:04.81
3	Karyukin, Andrei	40	OREG	1:10.46
4	Cox, Chris	44	OREG	1:20.36
5	Bemrose, Jeff	44	OREG	1:44.46
100 Yard IM				
1	Washburne, Brent	44	OREG	1:03.31
2	Turcott, Michael	42	PNA	1:17.60
200 Yard IM				
1	Kabel, Douglas	40	OREG	2:17.40
2	Morgan, Anthony	42	OREG	2:21.70
3	Karyukin, Andrei	40	OREG	2:37.14
4	Cox, Chris	44	OREG	2:55.00
5	Bemrose, Jeff	44	OREG	3:18.06
Men 45-49				
200 Yard Freestyle				
1	Mann, Edward	48	OREG	2:12.99
500 Yard Freestyle				
1	Allender, Pat	47	OREG	5:14.72
2	Scoville, Brent	48	OREG	6:14.99
3	Bergstrom, R.	49	OREG	6:23.67
4	Koch, Steve	48	OREG	7:19.27
1000 Yard Freestyle				
1	Fairhurst, Jon	47	OREG	13:28.57

50 Yard Butterfly				
1	Mann, Edward	48	OREG	30.32
100 Yard Butterfly				
1	Allender, Pat	47	OREG	58.17
2	Bergstrom, R.	49	OREG	1:15.14
3	Scoville, Brent	48	OREG	1:15.71
4	Koch, Steve	48	OREG	1:19.68
200 Yard Butterfly				
1	Fairhurst, Jon	47	OREG	3:01.58
100 Yard IM				
1	Mann, Edward	48	OREG	1:08.05
200 Yard IM				
1	Allender, Pat	47	OREG	2:09.27
2	Scoville, Brent	48	OREG	2:36.44
3	Bergstrom, R.	49	OREG	2:50.96
4	Koch, Steve	48	OREG	2:54.15
400 Yard IM				
1	Fairhurst, Jon	47	OREG	5:51.04
Men 50-54				
200 Yard Freestyle				
1	Edwards, Wes	52	OREG	2:18.21
2	Butler, James	53	OREG	3:11.08
500 Yard Freestyle				
1	Kevan, Stephen	51	OREG	5:35.31
2	Tennant, Mike	52	OREG	5:47.50
3	Worden, Mark	54	OREG	5:59.96
4	Schwyhart, Mark	52	OREG	7:16.42
50 Yard Butterfly				
1	Edwards, Wes	52	OREG	28.40
2	Butler, James	53	OREG	48.93
100 Yard Butterfly				
1	Kevan, Stephen	51	OREG	1:02.52
2	Tennant, Mike	52	OREG	1:05.97
3	Worden, Mark	54	OREG	1:06.10
4	Schwyhart, Mark	52	OREG	1:32.85
100 Yard IM				
1	Edwards, Wes	52	OREG	1:05.81
200 Yard IM				
1	Kevan, Stephen	51	OREG	2:17.27
2	Tennant, Mike	52	OREG	2:23.43

Men 55-59				
200 Yard Freestyle				
1	Schwetz, James	55	OREG	2:38.30
1000 Yard Freestyle				
1	Ellis, John	59	OREG	16:25.77
50 Yard Butterfly				
1	Schwetz, James	55	OREG	38.11
200 Yard Butterfly				
1	Ellis, John	59	OREG	4:01.73
100 Yard IM				
1	Schwetz, James	55	OREG	1:27.57
Men 60-64				
200 Yard Freestyle				
1	Von Tagen, Karl	62	MACO	2:29.57
500 Yard Freestyle				
1	Juhala, Richard	62	OREG	8:55.20
50 Yard Butterfly				
1	Von Tagen, Karl	62	MACO	32.08
100 Yard Butterfly				
1	Juhala, Richard	62	OREG	1:41.56
100 Yard IM				
1	Von Tagen, Karl	62	MACO	1:19.61
200 Yard IM				
1	Juhala, Richard	62	OREG	3:32.61
Men 65-69				
200 Yard Freestyle				
1	Nakata, Ronald	66	OREG	2:29.77
50 Yard Butterfly				
1	Petersen, Bert	67	OREG	29.34
2	Nakata, Ronald	66	OREG	31.39
100 Yard IM				
1	Nakata, Ronald	66	OREG	1:11.98
2	Petersen, Bert	67	OREG	1:17.59
Men 70-74				
200 Yard Freestyle				
1	Radcliff, David	71	OREG	2:14.94
50 Yard Butterfly				
1	Radcliff, David	71	OREG	32.36
100 Yard IM				
1	Radcliff, David	71	OREG	1:15.06

Results continued on page 8



Shauna did fly for the 500 Free and Bert accepting Award for Nancy Vincent for Women's Sprint Animal

2006 Women's Sprint Animal Masters

(Slowest time+ 5 seconds for DQ-Slowest time + 20 seconds for NS)

				100 Yd. IM	50 Yd. Fly	200 yd. Free	Cum. Time	Cum. + DQ Penalty
Vincent, Nancy	Oregon	W	46	01:16.95	00:33.17	02:25.82	04:15.94	04:15.94
Budd, Elizabeth	Oregon	W	51	01:20.38	00:36.04	02:30.84	04:27.26	04:27.26
Frid, Barbara	Oregon	W	63	01:21.28	00:35.67	02:40.29	04:37.24	04:37.24
Welle, Lisa	Oregon	W	42	01:23.91	00:39.21	02:38.81	04:41.93	04:41.93
Malloy, Janie	Oregon	W	43	01:26.68	00:37.18	02:41.08	04:44.94	04:44.94
Ward, Joy	Oregon	W	63	01:23.70	00:33.91	02:49.67	04:47.28	04:47.28
Lane, Doreen	Oregon	W	47	01:31.29	00:44.17	03:00.64	05:16.10	05:16.10
Ritchey, Teresa K	Oregon	W	46	01:40.89	00:45.41	03:22.69	05:48.99	05:48.99
Mann, Charlene	Oregon	W	48	01:30.35	00:42.53	04:43.04	06:55.92	07:15.92
Lance, Sherin	Unat	W	70	02:28.99	01:27.59	04:43.04	08:39.62	08:39.62

2006 Men's Sprint Animal Masters

McCarthy, Darren	Oregon	M	39	01:02.17	00:28.74	02:05.86	03:36.77	03:36.77
Washburne, Brent	Oregon	M	44	01:03.31	00:27.56	02:08.81	03:39.68	03:39.68
O'Brien, Corey	Unattached	M	21	01:04.10	00:27.73	02:15.99	03:47.82	03:47.82
Mann, Edward	Oregon	M	48	01:08.05	00:30.32	02:12.99	03:51.36	03:51.36
Edwards, Wes	Oregon	M	52	01:05.81	00:28.40	02:18.21	03:52.42	03:52.42
Radcliff, David	Oregon	M	71	01:15.06	00:32.36	02:14.94	04:02.36	04:02.36
Nakata, Ronald	Oregon	M	66	01:11.98	00:31.39	02:29.77	04:13.14	04:13.14
Von Tagen, Karl	MAC	M	62	01:19.61	00:32.08	02:29.57	04:21.26	04:21.26
Turcott, Michael	PNA	M	42	01:17.60	00:36.15	02:33.23	04:26.98	04:26.98
Schwetz, James	Oregon	M	55	01:27.57	00:38.11	02:38.30	04:43.98	04:43.98
Petersen, Bert	Oregon	M	67	01:17.59	00:29.34	03:11.08	04:58.01	05:18.01
Butler, James	Oregon	M	53	01:27.57	00:48.93	03:11.08	05:27.58	05:32.58

2006 Women's Animal Masters

Delmage, Arlene	Oregon	W	43	02:26.82	01:02.81	05:50.82	09:20.45	09:20.45
Moore, Alison	Oregon	W	35	02:35.41	01:13.94	06:15.10	10:04.45	10:04.45
Viales, Dianne	Oregon	W	43	02:53.89	01:13.47	06:12.52	10:19.88	10:19.88
Worden, Laura	Oregon	W	48	02:42.31	01:09.97	06:40.47	10:32.75	10:32.75
Foley, Sharon	MAC	W	45	02:50.16	01:15.06	06:39.70	10:44.92	10:44.92
Simpson, Shauna	Oregon	W	34	02:42.15	01:08.88	06:58.56	10:49.59	10:49.59
Schaefer, Kayla	Oregon	W	20	02:54.13	01:21.39	06:37.66	10:53.18	10:53.18
Hyde, Sandra	Oregon	W	37	02:55.33	01:26.53	06:45.48	11:07.34	11:07.34
Lawson, Laura	Unattached	W	20	02:51.82	01:19.83	07:12.68	11:24.33	11:24.33
Fox, Christina	Oregon	W	45	02:56.55	01:42.29	07:06.57	11:45.41	11:45.41
Asleson, Elke	Oregon	W	53	03:07.59	01:24.16	07:27.34	11:59.09	11:59.09

2006 Men's Animal Masters

Allender, Pat	Oregon	M	47	02:09.27	00:58.17	05:14.72	08:22.16	08:22.16
Kevan, Stephen	Oregon	M	51	02:17.27	01:02.52	05:35.31	08:55.10	08:55.10
Kabel, Doug	Oregon	M	40	02:17.40	00:58.62	05:42.20	08:58.22	08:58.22
Morgan, Anthony	Oregon	M	42	02:21.70	01:04.81	05:49.00	09:15.51	09:15.51
Tennant, Mike	Oregon	M	52	02:23.43	01:05.97	05:47.50	09:16.90	09:16.90
McClaskey, Paul	MAC	M	28	02:36.71	01:08.47	06:15.82	10:01.00	10:01.00
Karyukin, Andrei	Oregon	M	40	02:37.14	01:10.46	06:15.87	10:03.47	10:03.47
Scoville, Brent	Oregon	M	48	02:36.44	01:15.71	06:14.99	10:07.14	10:07.14
Bergstrom, Robert	Oregon	M	49	02:50.96	01:15.14	06:23.67	10:29.77	10:29.77
Cox, Chris	Oregon	M	44	02:55.00	01:20.36	07:01.43	11:16.79	11:16.79
Koch, Steven	Oregon	M	48	02:54.15	01:19.68	07:19.27	11:33.10	11:33.10
Bemrose, Jeff	Oregon	M	44	03:18.06	01:44.46	07:45.17	12:47.69	12:47.69
Juhala, Richard	Oregon	M	62	03:32.61	01:41.56	08:55.20	14:09.37	14:09.37
Worden, Mark	Oregon	M	54	03:32.61	01:06.10	05:59.96	10:38.67	10:53.67
Schwychart, Mark	Oregon	M	52	03:32.61	01:32.85	07:16.42	12:21.88	12:36.88

2006 Women's Grand Animal Masters

Crabbe, Colette	Oregon	W	49	05:08.41	02:24.53	12:22.84	19:55.78	19:55.78
Goodman, Ann	Oregon	W	46	06:04.27	03:15.59	13:31.79	22:51.65	22:51.65
Shaw, Susan	Oregon	W	38	06:16.74	03:32.10	14:23.72	24:12.56	24:12.56
Marsh, Kathy	Oregon	W	38	06:16.74	03:22.33	14:38.45	24:17.52	24:47.52

2006 Men's Grand Animal Masters

Van Andel, Robbert	Oregon	M	31	04:36.62	02:18.75	10:57.00	17:52.37	17:52.37
Sharr, Andrew	Oregon	M	33	04:45.47	02:12.76	11:22.38	18:20.61	18:20.61
Kays, David	PNA	M	38	04:50.66	02:24.85	11:12.12	18:27.63	18:27.63
Fairhurst, Jon	Oregon	M	47	05:51.04	03:01.58	13:28.57	22:21.19	22:51.19
DeAustria, D.J.	Oregon	M	38	05:51.04	03:32.65	14:14.10	23:37.79	24:07.79
Ellis, John	Oregon	M	59	05:51.04	04:01.73	16:25.77	26:18.54	26:48.54

Planning for Worlds

by Jon Clark, Oregon's World Coach

ANATOMY OF A SEASON PLAN....

Some big events and long course season are fast approaching. Whether it is Association Championships (April), Nationals (May), an Open Water event (June-Aug), or the FINA World Championships (Aug 4-11). Your goals may be to perform well at any one or more of these events. Now is the time to plan how you are going to achieve your goals. One basic element of preparation is "the season plan" Having your training properly designed to have you ready, rested, and mentally prepared for the event. Here are some basic components of a season plan-

When we start out a new season, we put a large emphasis on proper technique. Coaches do drills more frequently and focus on particular aspects of your stroke. There is usually a little more rest, as it is more important in this stage to swim properly. This is the time to correct the bad habits you have been fighting all those years! Spend this time wisely to focus and dissect your technique. The goal in this stage is to have good mechanics as we move into the hard work portion of a season plan.

So now our technique is perfect. We feel good about our mechanics and we are ready for more. Then come those nasty two words.... **BASE TRAINING**. This is a term coaches love to use instead of long repeats with less rest. It is important that in this portion of base training, that we do not lose sight of the good mechanics just for the sake of more distance. Hypoxic sets, interval training with little rest, strength conditioning, and focus on particular strokes are all part of the base. The overall gist is we do less sprinting; emphasize getting in shape for those who need to, concentration on cardio-vascular improvement and muscle tone. If dry-land training is part of your regimen, this is the portion of the season you emphasize it. This

training should be done very carefully with consultation from your coach. The wrong type of dry-land training can really hinder your progress in the base stage of the season.

Many swimmers like to gauge their mid-season progress by swimming in events prior to the event they are aiming for. These mid-season events can be a good barometer on meet preparedness and can give good insight on how to continue base training. It is important not to be discouraged by your performance at it is merely a training event. A "mini" or 2 day taper is sometimes used for a swimmer who feels the need to perform well mid-season. For most, training right through mid-season events is encouraged. Taking note of any specific issues that may have arisen at the event as we work toward...

THE TAPER, Every sprinters dream workout. You will notice the sprinters will be attending more workouts at this stage. (Kidding) More speed, more rest, fine-tuning, starts and turns. A frequently used approach is about two weeks of this type of training. Spending time in workout specifically going through simulations of your races and breaking down your thought process as you swim these workouts is important. By the time you reach the event, nothing should come as a surprise. It is also important not to go too far from your base training, as you will need all that cardio and muscle for your event! Too much tapering can have you at your peak too early.

There are many more aspects to all the stages of a season plan. This is just a basic overview how to approach the season ahead and achieve your personal goals. Find an event, any event, to train for, set your goals, plan, train, and achieve them. You will find having a specific goal and a plan to achieve it will make you think twice about hitting the snooze button on the alarm clock.

Meet Your Oregon Worlds Coach

Jon Clark, Lead Coach of the Tualatin Hills Barracudas, was selected by the OMS Board as one of two on deck coaches for the Worlds Swimming Meet at Stanford this August. Jon has 30 years of experience in Swimming. Bob Bruce, Head Coach of COMA, is the other on deck coach. (You'll meet him next month)

Jon is a familiar face to Oregon swimmers, serving frequently as the "Host Coach" at local meet and as the OMS National Coach at three USMS National.

Jon grew up and began swimming in Central Washington. During his early teens he moved to Tacoma. In the summers he swam under the legendary Tacoma Coach, Dick Hannula. He was a sprinter and 100 flyer in High School and College (Pacific Lutheran). In 1988 he made the qualifying times for the Olympic Trials. So when he tells you to go fast, he knows what he is talking about. He coached age group swimming in the Tacoma area following College.

Jon is a Lab Professor of Chemistry and Physics at Portland CC.



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.

The team registration form is included in this issue. Please make sure your team is registered.

As of February 10, there are 17 teams registered. They are:

Central Oregon Masters Aquatics COMA	North Clackamas Masters NCM
Circumnavigating Beavers Aquatics Team 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 SYM
Grass Valley Masters GVM	Southern Oregon Masters SOM
Mount Hood Masters MHM	Tualatin Hills Barracudas THB
Multnomah Athletic Club MAC	

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, 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: <small>(Please register with the name you will use for competition.)</small>	First Name:	M.I.:
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Address:

City:	State:	Zip:
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Phone:	Date of Birth:	Age:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F
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E-mail Address: <input type="checkbox"/> Electronic Delivery (<i>I prefer to receive the Aqua Master electronically</i>)	Do you coach a Masters Team Yes <input type="checkbox"/> No <input type="checkbox"/>
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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) _____

<u>REGISTERED FOR 2006</u>		<u>MACO NOT REGISTERED FOR 2006</u>	
Central Oregon Masters	COMA	Multnomah Athletic Club	AAA
Circumnavigating Beavers	CBAT	North Clackamas Masters	AMP
Columbia Gorge Masters	CGM	Oregon Wetmasters	FAST
Corvallis Aquatic Masters	CAT	Pendleton Masters	MPM
Emerald Aquatics	EA	Rogue Valley Masters	NIKE
Fishsticks	FISH	Salem Courthouse Crew	RMST
Grass Valley Masters	GVAM	Salem YMCA Masters	SYM
Mt. Hood Masters	MHM	Southern Oregon Masters	SOM
		Tualatin Hills Barracudas	THB

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

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

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

\$46.00 Two Seniors (65 years or older) at one address/One Aqua-Master. One Registration Form per member please.

- Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.
- I have added a contribution of \$ _____ for Oregon Masters Swimming. We value your support!
 - I have added a contribution of \$50 as a Gold Medal Sponsor of Oregon Masters Swimming.
 - I have added a contribution of \$1.00 (or \$ _____) to the United States Masters Swimming Foundation.

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

Signature: _____ **Date:** _____

MAIL TO: DARLENE STALEY, OMS REGISTRAR, 16903 SW Whitley Way, Beaverton, OR 97006
This form is available on the OMS website: www.swimmoregon.org

2006 Meet **SCHEDULE**



Date	Event	Location	Contact
Pool Meets			
*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
July TBA	LCM State Games	Mt. Hood Com. College	
Sept. 9	SCM Patriot Games	Camas, WA	Bert Petersen petersen@exchangenet.net
Open Water			
June 11	2k & 4 K	Hagg Lake	Jim Teisher
June 24	1k, 2k and pursuit relay	Foster Lake	
July 15-16	TBA	Applegate Lake	
July 29-31	Fri. - 3000 Sat. - 500 and 1500 Association Champs Sun. - 5000 and 1000	Elk Lake	
Aug. 20	1500, 1000 anything goes 500 kicking	Dorena Lake	
National Championships			
May 11-14	USMS - SCY	Coral Springs, Florida	www.usms.org
Postal Championships 2006			
International Championships			
FINA World Masters Championship - August 4 - 11, 2006		Stanford, California	http://www.2006finamasters.org/
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

Board Meetings All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details March 11 After Meet THB - Beaverton April 22 General Membership Meet Corvallis	May 24 7 PM Rivermark - Beaverton July 9 10 AM Mt. Hood CC - Gresham Aug. 23 7 PM NIKE - Beaverton Sept. 29-30 Board Retreat TBA
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Aqua Master
 March 2006

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

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Inside: Results - Animal Meet