



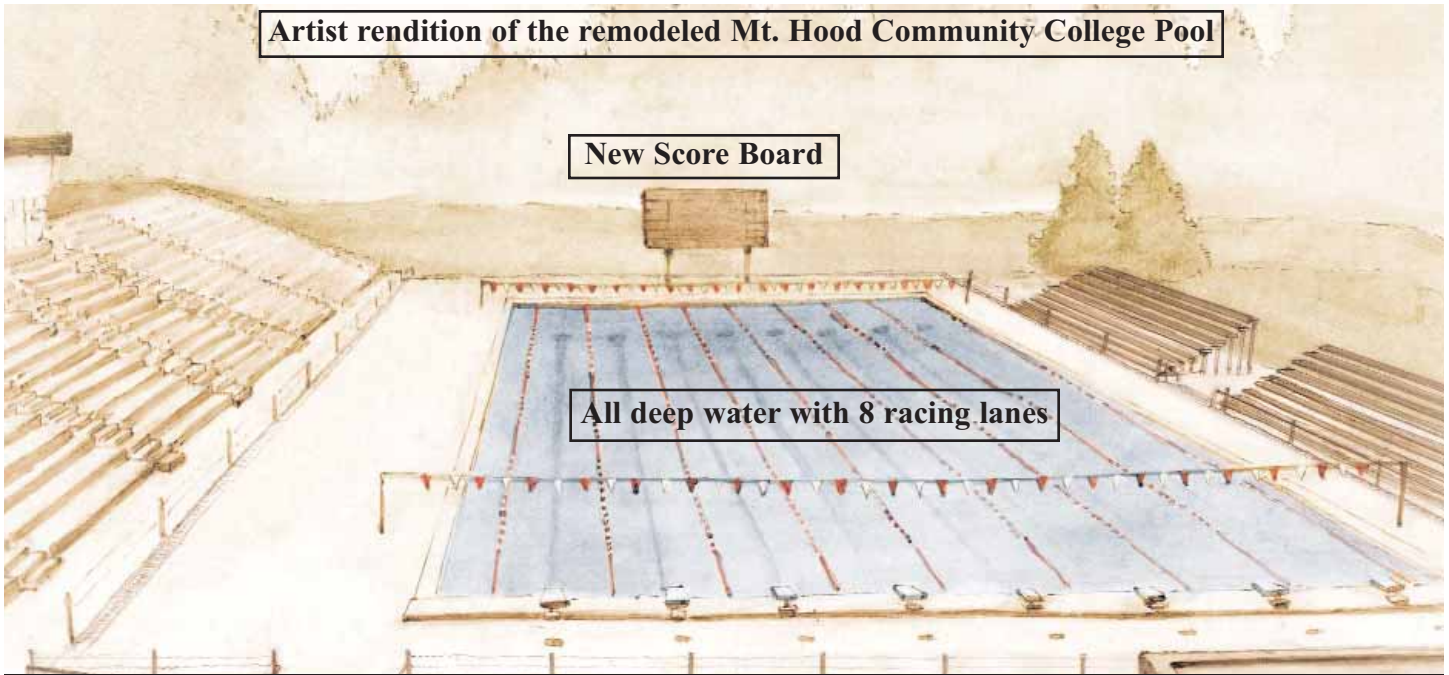
Aqua Master

USMS 2004 Newsletter of the Year

Volume 33, Number 10 Published Monthly by OMS, Inc. Nov./Dec. 2006

“Swimming for Life”

2008 LCM Nationals to Mt. Hood



Artist rendition of the remodeled Mt. Hood Community College Pool

New Score Board

All deep water with 8 racing lanes

Mt. Hood Community College and OMS had the winning bid for the 2008 USMS LCM Nationals. Dennis Baker, Meet Director, and Brandon Drawz, Director of Aquatics and Recreation, will be calling on all of OMS swimmers for help and support. The pool is being remodeled and will also have a bubble covering for the Winter months.

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Young and Old

As we are approaching 2007, there have been a few changes that might impact the amount you need to pay. Since our organization is doing well financially, the board has voted to decrease fees for the 18-24 age group as well as the 75 plus age groups. If you fall in these categories your OMS/USMS fee will only be \$10. (This refers to the date you register.) OMS will be subsidizing your USMS membership. We hope by doing this more young folks will join our organization and our older folks will enjoy a break in their expenses.

Registration for 2007 will begin November 1, 2006 (if our 2007 cards arrive) and will be good through December 2007. You will not yet be able to register online this year but look to that in the near future.

From the Registrar:

This has been a great year for growing our membership. We currently have 702 registered swimmers.

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The people behind O.M.S. Inc.

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Founders of OMS

**Connie Wilson and
Earl Walter - Historian**

Chair's Corner by Jody Welborn

Once again, fall is here, winter is in the air and our activities head indoors, leading to a time of reflection. And reflecting about Oregon Masters Swimming reveals a lot going on.

OMS recently elected officers to serve a 2-year term. The officers elected were Jody Welborn, Chair; Jeanne Teisher, Vice-Chair; Joelle Cowan, Secretary; and Doug Christensen, Treasurer. Of the 4 officers, Joelle is new to the board, volunteering as secretary when Rich Minter resigned.

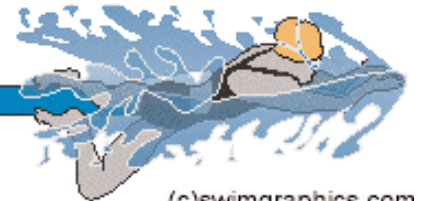
Other recent additions to the board in non-elected positions include Tam Jenkins, Awards, Dennis Baker, Coaches Rep and Sue Calnek, Sunshine. The full list of board members can be found on our website at swimoregon.org. If you see us at practice or swim meets say hi and give us your ideas. And always if you have feedback or ideas, email me at jodywelborn@mac.com. The most important part of Oregon Masters Swimming is you!

Last month, I wrote a little bit about going to the United States Masters Swimming convention. It was a successful meeting for the Oregon delegation in general. But the most exciting news is that USMS Long Course Nationals is returning to Oregon and will be hosted by Mt. Hood Community College and Oregon Masters Swimming in 2008. There will be much more written here and in the AquaMaster over the next 18 months, but start thinking about the event now, start planning your training, spread the word to your swimming friends and get ready. We all know that Nationals is just another way to say, "Big Pool Party!" Let's build on our terrific experience with the World Championships and get read for a great Nationals.

And to get ready, plan on a couple of trips north to Federal Way, Washington. The Pacific Northwest Association of Masters Swimmers (PNA) is hosting the Northwest Short Course Meters Zone Championships this month. Make the trip and show PNA how much we love competing against them. And, the USMS 2007 Short Course Nationals will be in Federal Way, as well. The meets at that facility are excellent and this will be a great opportunity for OMS to compete in the run-up to 2008. So get registered, get swimming, compete and have fun. Go OREGON!

and remember,

swimming is for life
and life matters.



(c)swimgraphics.com

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

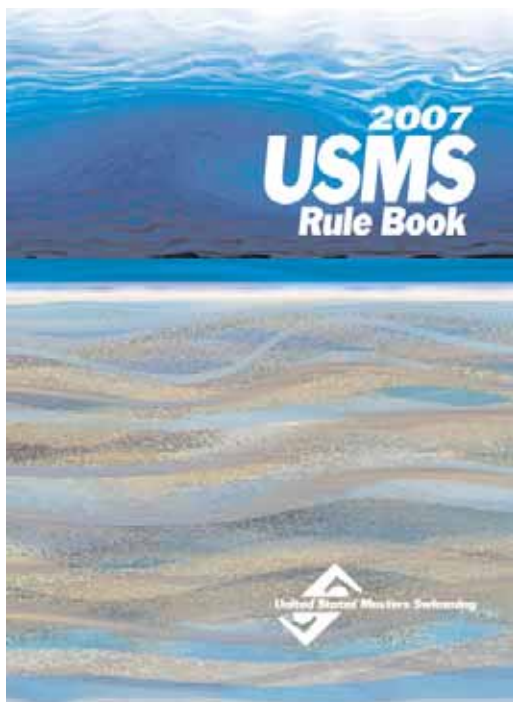
Registrar's Report continued from page 1

There are a few more males than females. We are at 343 females and 359 males.

This further breaks down to the following age groups.

18-24	17	45-54	222
25-34	83	55-64	119
35-44	192	65-74	39
		75-84	22
		85-94	8
		95-104	0

MAC Swimmer Designs 2007 Rule Book Cover



Bill Volckening, 40, of the Multnomah Athletic Club Masters swim team recently won the United States Masters Swimming (USMS) Rule Book Cover design contest. His winning design will be featured as the front cover of the 2007 USMS Rule Book.

USMS published its first Rule Book in 1989, and each year the organization holds a contest to select the cover for the following year's edition. In past years, a small committee selected the winner. This year, the 250-member USMS House of Delegates selected the winning design during the annual United States Aquatic Sports Convention in Dearborn, Mich. It was Bill's fifth cover contest winner – his first was in 2001 – and that's a record. his latest design featured a colorful, multi-layered graphic interpretation of a seascape.

"I was inspired by an old proverb," said Bill, who is also the USMS National Publication Editor of SWIMMER magazine. "Throw a lucky man into the sea, and he will come up with a fish in his mouth."

The 2007 USMS Rule Book will be available in January through United States Masters Swimming. For more details, visit the "Articles & Publications" section of the USMS web site at: www.usms.org

Remember to Streamline



F i t n e s s



Rachel
Skoss



Welcome Rachel

Rachel Skoss, all the way from Australia, will be supplying the Fitness articles until a new Oregon Fitness Chair is appointed. Most of you know Rachel as she spent three years in Oregon doing post Doctoral study at OHSU. During that time she swam for THB. She also competed at Worlds as an Oregon swimmer. Rachel's home is in Perth, and she will be giving us updates on the preparation for the 2008 Worlds that are being held in Perth.

The basis of this article was from a paper written for Rachel's kinesiology class by Stephanie Tulloch, a 2nd year student completing a BA at the Western Australian Academy of Performing Arts, Edith Cowan University. As a dance student, Stephanie has a strong interest in fitness and health, and how factors such as diet influence performance.

Is the Atkins Diet Good for Swimmers?

The Atkins diet promotes a low-carbohydrate (CHO) high-protein food intake. Anecdotal evidence suggests that the diet regime is a great way to lose weight. And for many masters swimmers trying to squeeze into a swimsuit, this may seem like a good idea. But is it?

A general overview of the Atkins diet is as follows: a 2-week induction period which is a low-caloric low-CHO (less than 20g CHO/day) diet. The 2nd phase is "on-going weight loss" where 5g/day CHO is added each week until you reach the point where you are not losing weight at the required rate. The main theory underlying the Atkins diet is that the lack of CHO in the diet mobilises more fat to use as energy. The diet is designed to force the body into ketosis.

In a little more detail, when eating a high CHO meal it is broken down quickly into blood glucose. To keep blood sugar from rising too high, we secrete insulin, which allows the excess to be stored in the liver and muscle as glycogen. When these stores are full, we then start storing fat. The Atkins theory is that by using protein as a source, it takes longer to be digested into

blood glucose, so the insulin spike will not occur. In addition, as we regulate blood glucose levels, we will start to metabolise stores of fat to achieve those levels.

The Atkins diet has been very popular, as it allows people to eat a number of foods that are usually considered "bad" such as bacon, butter, cream, etc... Meanwhile, to limit the CHO intake, you can eat only approximately 3 cups of salad vegetables/day. They suggest a multi-vitamin to make up for what you are not getting in your diet.

OK – what does the research say? At the moment, there are mixed results. One study showed that people on the Atkins diet lost more weight in the first 6 months, but that over 12 months there was no difference with other diets. The compliance rate (or how many people can stick to the diet) is good. There are claims that the Atkins diet can result in lower cholesterol and triglyceride levels, a reduction in blood pressure and moderation in blood sugar levels. Alas, the long term impacts of the diet are not yet known, and some of the research discussed on pro-Atkins websites has been shown to have significant flaws in the approach. There are significant risk factors involved in eating on the Atkins plan – and in short, the National Academy of Sciences, AMA, ADA, American Cancer Society, American Heart Association, American Kidney fund, American College of Sports Medicine, National Institutes of Health, Cleveland Clinic, Johns Hopkins... oppose the diet.

What do the dieticians say we should eat? For athletes, the recommended protein intake is 1.2-1.4g/kg body weight/day for endurance athletes, 1.6-1.7g/kg body weight for strength and power athletes (and ~1g/kg body weight for the normal population). CHO intake is recommended to be 6-10g/kg body weight/day, depending on energy expenditure, type of activity, age, sex and environmental conditions.

One of the main reasons the Atkins diet does show results during the induction period is due to a massively reduced caloric intake. The basic fact is that if you expend more calories than you consume, you will lose weight. As athletes, we need energy to train effectively. Good nutrition does not mean eliminating CHO.

CHO is the primary fuel source for the body. It is the macronutrient that we most easily break down for immediate energy. It is therefore essential for swimmers to consume enough CHO foods to keep the body fuelled. In saying this, it is also important to consume protein with CHO to sustain blood sugar levels and maintain this steady energy throughout the day.

The ideal ratio for combining CHO to protein during the period after a vigorous



Stephanie Tulloch

continued on next page

workout is suggested to be four parts CHO to only one part protein. The CHO raises the insulin levels and allows the transport of protein into muscles and cells so that they can repair damage and increase muscle growth. Getting carbohydrate quickly into the bloodstream allows:

- Glycogen stores to be replaced – preventing fatigue and making energy available for future effort.
- Protein to enter the cells – for building lean muscle and repairing damaged cells

Though fats and proteins can both be broken down and used for energy, CHO is an economical energy source. Per gram, complex CHO has fewer calories than fats, and they are good sources for many vitamins, minerals and fibre. They are the main food source for the central nervous system.

The Atkins diet is a diet very rich in protein. Obviously we need to eat moderate levels of protein - it is very important for muscle development and growth. However, eating excessive protein can place increased stress on your kidneys and liver. Proteins have nitrogen in them and their breakdown in the liver creates ammonia which is toxic to cells. We excrete it through the kidneys, requiring more water from the blood to flush the kidneys. This diuretic effect (often causing a large initial weight loss), may increase the risk of hypertension. The blood becomes more acidic, and calcium is leached from our skeleton. This is not a good idea for aging masters swimmers with increasing risk of osteoporosis due to our lack of weight-bearing exer-

cise. A reduction in fibre intake has been linked to some forms of cancer.

The body does consume protein from muscles when, for example, you run 20km at once without stopping, but it normally doesn't consume a lot of it. During normal exercise you only use protein for about 10% of your energy requirements. Most of the energy comes from CHO and fats. Being involved in exercise does not mean you should eat more protein, but a well-balanced diet with complex CHO like cereals and grains in order to keep your body from breaking down protein for energy.

In general, if you want to lose weight, your energy expenditure must be greater than your energy intake. Eating foods with a lower glycemic index will result in a more sustained release of glucose into the blood stream (hence no insulin spike) which will give you more sustained energy. Moderation in all things!

If you would like to investigate the Atkins diet in more detail, further information can be found at:

www.healthyweightforum.org

www.webMD.com

www.atkinsexposed.org

www.atkins.com

The next fitness article will focus on appropriate nutrition for athletic performance (according to the American Dietetic Association and the American College of Sports Medicine).

Long Distance Swimming



Bob Bruce
Long Distance
Chair



It's time to finish our open water season by recognizing and honoring the 2006 winners of the Mike Morehouse Spirit Award, the most prestigious of all of our annual awards for long distance swimming in Oregon. This year the Oregon Long Distance Committee chose another two worthy honorees, joining sixteen previous Award winners [Curious about who they are? Just visit the Long Distance section of the OMS website to find out.]. According to the Award description, the Mike Morehouse Spirit Award is given annually to a person or persons who display the highest character of sportsmanship during the Oregon Open Water Series, past and present.

As always, let's remember Mike Morehouse himself, who was all of the above and more. A true gentleman, Mike was always thoughtful of others; wishing everyone well was his trademark, as well as enjoying his friendships. First a movie star, then a successful attorney, and finally a noted judge, Mike was also an avid open water swimmer in Southern Oregon who everyone would have wanted to be a teammate.

Our Award winners this year are Connie Peterson from Central Oregon Masters and Rich Juhala from North Clackamas Masters. These choices were very well received when announced at our final gathering of the season at Dorena Lake, as we have all known both Connie and Rich for many years from their faithful attendance at all of our events, terrific effort in the water, easy humor and laughter, and gracious attention to all. Although we never find them leading the field during the swim, we always find them leading the pack on the beach with a zest and joy that radiates from them. These are the folks that personify the essence of our sport.

Congratulations to Connie and Rich, our new Mike Morehouse Spirit Award winners!

Good luck and good swimming!

Columbia Gorge Masters / Oregon Masters Swimming

USMS Mentor Coach & Swimmer Clinic

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. - Sanction #376-01C

Dates: Sunday, November 12, 2006

Location: Hood River Aquatic Center, 1601 May Street, Hood River, OR 97031
Classroom at Oregon State University Extension Office, 2990 Experiment Station Drive, Hood River OR 97031

Clinic Director: Sandi Rousseau, Columbia Gorge Masters and Hood River Valley Swim Team

Eligibility: You must be a registered USMS member or USA-S coach to attend. **Swimmer clinic limited to the first 20 people signing up.**

Event Details: Columbia Gorge Masters will be hosting a USMS Coach & Swimmer Mentor Clinic. The goals of the clinic are: (1) to help swimmers improve technique in the water, and (2) to get coaches together to share ideas and learn from each other.

Coaches Topics: Structuring Workouts for Different Levels of Swimmers
Differences in Training Masters and Kids
Working with Triathletes: How to and How Much to Cater to Their Needs
How to Videotape and Critique Effectively

Swimmer Topics: Dry land Training
Freestyle Technique
Full Body Check-up Drills (all four strokes)
Videotaping (Freestyle/Possibly Choice of Stroke dependent on time constraints)

Coaching Staff: The Mentor Coach will be Kerry O'Brien from Walnut Creek Masters in California. Kerry has coached over 30 years in both age group and Masters programs and is currently Head Coach of Walnut Creek Masters, a team of over 450 swimmers. He is a recognized expert in the field of coaching as well as an accomplished swimmer. Kerry is a Level 5 Masters ASCA Coach, recipient of the 1987 USMS Coach of the Year, 1992 Pacific Masters Coach of the Year, and 2000 Masters Aquatic Coaches Association 'Lifetime Achievement Award', and has been a two time coach at the US Masters Altitude Training Camp in Colorado Springs, CO.

Schedule: Sunday 7:45 - 8:15 AM - Coaches Registration (OSU Extension Office – 5 min from pool)
8:15 -10:30 AM - Coaches' Session (OSU Extension office)
10:30 - 11:30 AM - Break / Travel to Pool / Pool Demo Session
11:30 - 12:00 Noon - Coaches' Lunch
11:30 - 12 Noon - Swimmer Registration
12 Noon - 5 PM - Swimmer Presentations/Videotaping/Review

Accommodations (if arriving on Saturday):

- 1) HOST (House Our Swimmers Tonight): Stay with a local swimmer. Contact Sandi Rousseau (contact info below)
- 2) Sandi and Tom's 'Floor' B&B (without breakfast): Sleep free on mats on the floor (house & shop available). Contact Sandi.
- 3) Hood River B&B: Owned by Masters Swimmer Jane Nichols, jane@hoodriverbnb.com or 541-387-2997, 3 min from pool.
- 4) Best Western Hood River Inn: 541-386-2200; Rates:\$89-109 (1-2 beds 'River' and 'No River' views; Off I-84 along Columbia River; 5 min from pool.

Cost:

Coaches: Free (includes lunch and expected to assist in the afternoon swimmer session) **Swimmers: \$20**
Oregon Masters Swimming is underwriting the cost of this clinic.

Questions: Contact Sandi Rousseau at 541-354-2580 or swim@gorge.net. Confirmation of registration and additional information will be sent to you after the registration form, USMS registration card, and check are received.

**Send (1) registration form, (2) copy of your USMS registration card, & (3) check payable to Oregon Masters Swimming to:
Sandi Rousseau, 4179 Willow Flat Road, Hood River, OR 97031**

Name: _____ Swimmer(•) _____ Coach(•) _____
Address: _____ City _____ State _____ Zip _____
Telephone: (H) _____ (W) _____ (Cell) _____
E-mail address: _____ Club or Team _____ USMS #: _____

"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: _____

Multnomah Athletic Club Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #376-07
 Eligibility: Currently registered USMS swimmers, 18 years and older.
 Unregistered swimmers must submit a 2007 registration form and fee with this form.

Hosted by: Multnomah Athletic Club, West Pool

DATE: Sunday December 3, 2006

Location: 1849 Salmon Street
 Portland, OR

25 meters ~ 8 lanes competition-electronic timing
 separate warm-up/down area

WARM-UPS: 7AM
MEET STARTS: 8AM

Meet Director: Sharon Foley • 503-203-8760 • sfenrich@att.net

Directions to the pool: SOUTHBOUND - Take I-5 to I-405 South. Take the Burnside exit, go straight on that street (15th) to Salmon, turn right, go through stop light at 18th, MAC club is on the right, and parking garage is on the left. NORTHBOUND - Take I-5 to I-405 North, Take the Salmon St. Exit. Merge onto 14th St. Go one block and turn left onto Taylor. Turn left onto 17th. Proceed on 17th to Salmon. Turn right onto Salmon.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2007 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY NOVEMBER 17, 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 OR 2007 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. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC 31, 2006. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS PLUS THE RELAY. THE 800 FREESTYLE WILL BE DECK SEEDED. CHECK IN FOR THAT EVENT WILL CLOSE AT 7:30AM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

SUNDAY, December 3

- 800 FREE** (1) _____ : _____ . _____
- * break- 20 min. warm-up*** (event 2 will start no earlier than 10am)
- 50 FLY** (2) _____ : _____ . _____
- 100 BREAST** (3) _____ : _____ . _____
- 200 IM** (4) _____ : _____ . _____
- 200 FREE** (5) _____ : _____ . _____
- * break***
- 50 FREE** (6) _____ : _____ . _____

- 100 BACK** (7) _____ : _____ . _____
- 50 BREAST** (8) _____ : _____ . _____
- 100 FLY** (9) _____ : _____ . _____
- * break***
- 50 BACK** (10) _____ : _____ . _____
- 100 FREE** (11) _____ : _____ . _____
- 25 FREE*** (12) _____ : _____ . _____
- 200 KICK RELAY*** (13)
- * exhibition event**

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

Fifth Annual Animal Masters Meet

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
Eligibility: Currently registered USMS swimmers, 18 years and older.
Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #377-01



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

Date: Saturday, January 20, 2007

Positive Check-in at Clerk of Course: 1:30PM
Warm-ups: 1PM
Meet Starts: 2PM

Hosted by: Canby Swim Club "The GATORS"

Meet Contact: Eric Laitinen • Phone: 503-266-2761 • E-mail eric@canby.com

Directions to the pool: **Southbound-** I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto HWY 99E (Oregon City, Canby). continue south on 99E, turn left on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center • **Northbound-** I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn right on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center
Lodging: Holiday Inn Wilsonville, 24525 SW 95th Ave, Wilsonville (North Wilsonville exit off I-5) 503-682-2211

Ask for the *Canby Swim Club* preferred rate

Swimmers will receive one basic Heat Sheet upon completion of final seeding. Commemorative Heat Sheets with color logo will be available for purchase. An ample assortment of refreshments, including espresso will be available for purchase throughout the meet.
J.D. Pence will be on-site to fill your swimwear and swim gear needs.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2007 USMS REGISTRATION CARD OR 2007 REGISTRATION FORM WITH THIS ENTRY
ENTRY DEADLINE: POSTMARK NO LATER THAN Friday, January 5, 2007

☞ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY ☜

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

BIRTHDATE _____ AGE _____ SEX _____
2007 USMS # _____
USMS CLUB (OREG, MACO, PNA, ETC) _____
IS THIS YOUR FIRST OREGON MASTERS MEET? YES NO

TWO OPTIONS THIS YEAR: Enter meet only (no T-shirt) **OR** Enter meet and receive a *cool* T-shirt
(If entry is received after January 11th, a T-shirt is not guaranteed).

Trophy for lowest cumulative Male and Female times for each session. Chose **only one:** Sprint, Animal or Animal Grand

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



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

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

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

SIGNATURE _____ DATE _____

Shirt size (circle) S M L XL 2XL

MEET ENTRY FEE: **WITH T-SHIRT \$27.00 OR WITHOUT T-SHIRT \$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 NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIP MEET
 Hosted and Sanctioned by the Pacific Northwest Association of Masters Swimmers
 for USMS, Inc. Sanction # 063609

DATE: Saturday, November 18th and Sunday, November 19th, 2006
TIMES: Saturday, November 18th: Warm-up: 11:00 – 11:50 AM, Meet starts: Noon
 Sunday, November 19th: Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM
PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,
 Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: Jane Moore (253)759-4956 (before 9 p.m. PT Please) / swimmoore@comcast.net
FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-meter courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses will be used for the 400, 800, and 1500 freestyle events. A single course will be used for all other events. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard. Results for 2 courses can be displayed simultaneously.

RULES: Current USMS Rules will govern the meet.
ELIGIBILITY: Open to all year 2006 or 2007 USMS or foreign registered swimmers. Swimmers must be 18 years of age to swim in warm-ups or competition. Age groups will be based upon the swimmer's age as of December 31, 2006.

DIRECTIONS: From North or South Bound I-5 take exit 142 B, which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 39) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #B) (Seeding slow to fast / Deck enter relays at the meet.)

	Saturday, November 18th: Noon	Sunday, November 19th: 9 AM
1	400 Individual Medley	13 400 Freestyle
2	50 Backstroke	14 100 Breaststroke
3	200 Butterfly	15 50 Butterfly
4	100 Freestyle	16 200 Freestyle
5	Women's 200 Medley Relay	17 200 Individual Medley
6	Men's 200 Medley Relay	18 Women's 200 Freestyle Relay
7	100 Backstroke	19 Men's 200 Freestyle Relay
8	50 Freestyle	20 50 Breaststroke
9	200 Breaststroke	21 200 Backstroke
10	100 Individual Medley	22 100 Butterfly
11	200 Mixed Freestyle Relay	23 Mixed 200 Medley Relay
12	800 Freestyle	24 1500 Freestyle

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

Entry Confirmation: If entry confirmation is desired, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.
Check-in: Check-in is required for the 800 Freestyle (Deadline end of event 6), the 400 Freestyle (Deadline: Sunday at 8:30 AM), and the 1500 Freestyle (Deadline: end of event 19). Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 5-6, end of event 1; event 11 end of event 6; events 18-19 end of event 13; and event 23 end of event 19.

A Northwest Zone meeting will be held at the Aquatic Center following the 800 freestyle.

2006 NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIP MEET
Saturday, November 18th and Sunday, November 19th, 2006

NAME: _____ **M** **F** **AGE:** _____
ADDRESS: _____

PHONE _____ **Email** _____
BIRTHDATE: _____ **USMS #:** _____

Non-PNA Members must include a copy of your Masters registration card.

LMSC _____ (PNA, Oregon, Inland NW, etc.) Club _____

AGE GROUP (Determined by your age as of December 31, 2006):

18 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59
60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 - 94	95+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

Emergency Contact: _____ **Phone Number:** _____

ENTRY FEE: \$ 25.00 **Surcharge**

Individual Events: + \$ _____ **\$2 per event. No charge for relays.**

Optional for need-basis or seniors (65 & over).

Shirts @ \$17 Unisex indicate size (M L XL) _____

Women's indicate size (S M L XL 2XL) _____

Total: \$ _____ **Please make checks payable to PNA**

Mail this entry form and fees to: Holly Bork
 6233 S 253rd St
 Kent, WA 98032

Questions? Email Holly at holly.d.bork@boeing.com

Entries must be postmarked no later than Saturday, November 4, 2006. All swimmers must have a valid 2006 or 2007 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

WAIVER: 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.

SIGNED: _____ **DATE** _____



2007

Local Team Registration

This form must be postmarked by the entry deadlines of the 2007 OMS Association Championship and the 2007 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 - sweethomebuilder@centurytel.net



OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING YEAR 2007 REGISTRATION

Renewal - 2006 USMS # _____ New Member

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

Address:

City:	State:	Zip:
-------	--------	------

Phone:	Date of Birth:	Age:	Sex: <input type="checkbox"/> M <input type="checkbox"/> F
--------	----------------	------	--

E-mail Address: _____	Do you coach a Masters Team Yes <input type="checkbox"/> No <input type="checkbox"/>
<input type="checkbox"/> Electronic Delivery (I prefer to receive the Aqua Master electronically)	

Club: OMS is comprised of one club or you may register unattached. OREG *UNATTACHED
*(Unattached members cannot swim in relays)

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

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

\$38.00 Single Registration: Valid November 1, 2006 to December 31, 2007. Make checks payable to OMS, Inc. (Fee breakdown: USMS = \$20.00, Benefits of Membership include: A subscription to USMS's magazine, USMS SWIMMER, during the length of the membership year (\$8.00 of the annual dues is designated for the magazine subscription), and periodic mailings from the Local Masters Swimming Committee, 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 to 74 years): Valid November 1, 2006 to December 31, 2007.

\$46.00 Two Seniors (65 to 74 years) at one address/One Aqua-Master. One Registration Form per member please.

\$10.00 Age Group 18 to 24 years and Seniors 75 years and older

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 \$100 as a Diamond Medal Sponsor of Oregon Masters Swimming.
- I have added a contribution of \$1.00 (or \$ _____) to the United States Masters Swimming Foundation.

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Signature: _____ Date: _____

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

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

2006 - 2007



Date	Event	Location	Contact
Pool Meets			
*Nov. 18-19	Zone SCM	Federal Way, WA	
*Dec. 3	SCM	MAC	Sharon Foley sfenrich@att.net
*Jan. 20	SCY	Animal Meet - Canby	Eric Laitinen eric@canby.com
Feb. 17	SCY	Newberg	
March 18	SCY	Beaverton	
April 20-22	Assn. Champs	Bend	
June 10	LCM	Beaverton	
Open Water			
June 17	Hagg Lake		
July 14-15	Applegate Lake		
July 27-29	Elk Lake		
Aug. 11	Eel Lake		
Aug. 19	Dorena		
National Championships			
May 17-20	SCY Nationals	Federal Way, Washington	
Postal Championships 2006			
Sept. 15 - Nov. 15	3000/6000	USMS	www.usms.org
Nov. - Dec.	Brute Squad	Inland Northwest	
January 2007	One Hour Postal		www.usms.org or USMS Swimmer Magazine
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

Board Meetings		Date	Event
All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details		April 21	General Membership Meet in Bend
Nov. 16	NIKE	May 23	TBA
Jan. 24	TBA	July 8	Mt. Hood Com. College
Feb. 28	NIKE	August 22	TBA
		October	Retreat - TBA

Aqua Master
Nov./Dec. 2006

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

**Nonprofit
Organization**
U.S. Postage
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Portland, Oregon
Permit No. 1292

Inside: Entries for Zone, MAC and Animal Meets