



Aqua Master

USMS 2004 Newsletter of the Year

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“Swimming for Life”

SHE'S BACK



Sandi Rousseau returned to action at the Patriot Games. A serious skiing accident had sidelined her or should we say “side pooled” her since last winter. Welcome back Sandi - it’s good to see you competing again.

Inside For You

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Connie and Rich Honored

The 2006 Mike Morehouse honorees were Connie Peterson and Rich Juhala for Open Water swimming. Full Details in the next edition of the Aqua Master. Congratulations Connie and Rich.

Tentative Meet at MAC - Dec. 4

MAC swimmers and OMS Vice Chair are busy planning a meet for Dec. 4 at the MAC Club. Final details were not available as the Aqua Master went to press. Check the OMS web site for more details in a week.

Fitness Chair Needed

This issue features the last article (page 6) by Jani Sutherland, our Fitness Chair. If you are interested in filling this position please contact Jody Welborn, the Chair of OMS.

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Founders of OMS

**Connie Wilson and
Earl Walter - Historian**

Chair's Corner by Jody Welborn

It is convention time again! This is the time of year when all of the behind scenes activity that keeps United Masters Swimming moving forward occurs. This year convention is being held in Dearborn, Michigan and, sadly, it has a special meaning.

I have been a volunteer with United States Masters Swimming since 1999, shortly after I returned to swimming. First I was involved at the local level, with Oregon Masters Swimming, then added volunteer work at the national level with USMS. And the United States Aquatic Sports convention is where the fine details of operating the organization are hammered out. Because of this I started attending the convention. And that is where I was headed, to Dearborn, Michigan on September 11, 2001.

Our plane was scheduled to take off about 6 am, but there was a slight delay. Once we were up in the air, beverage and breakfast service had started and all was going smoothly... until about 40 minutes when the flight the pilot broke in with an announcement. We were going back to the Portland airport.

I am an anxious flier on my good days and possible calamities passed through my mind, but the cabin was calm and professional as we put away our belongings, placed our tray in the upright and locked position, and made the landing approach. The captain made another announcement - the entire fleet of United States commercial airplanes was grounded indefinitely and we were to make our way out of the airport. There would be no flights that day. None of us had a clue what we would find walking off the airplane.

In the concourse there was a small television surrounded by 30 passengers. The World Trade Center was blazing and the screen replayed an airplane flying into one of the towers. It was just then the first tower collapsed. The air left my lungs. The pictures on the television screen only got worse as I walked through the airport, no one saying a word. In the car I listened to Howard Stern who gave a heart-rending account of the disaster. And as I drove home the skies above me were eerily silent. And it stayed that way for days.

I didn't swim that day or the next. Somehow it didn't seem important. But slowly I returned to my routine. Although I didn't know anyone who died on September 11th, I read the biographies of those who did, daily in the New York Times. It was my way of remembering and honoring.

It is now 5 years since that terrible day. None of us will ever be the same. But my family is sweeter, my swimming more precious and my friends more important. So keeping swimming

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

Survey Poll

What souvenirs would you be interested in purchasing with the Oregon Master Swimming logo ?

Please check the items you are interested in

_____ T-shirts (Material)

_____ High tech

_____ Cotton

What style of T-shirt?

_____ Short-sleeve

_____ Long sleeve

_____ Sweats (Material)

_____ High tech

_____ Cotton

(Style of Sweats)_____

_____ Pullover hooded

_____ Zip-up hooded

_____ Pullover crewneck

_____ Sweatpants

_____ Deck coats

_____ Deck chairs

_____ Warm-ups

_____ Swim Caps

_____ "Baseball" style caps

_____ "Bucket" style caps

_____ What else?

Let Tam Jenkins, your new Awards Chair, know about your desires. Mail this survey to 2135 N Blandena St., Portland, OR 97217 or email Tam at tjenkins@bizjournals.com



Having fun at the World Games

By Elizabeth Budd & Photos by Tim Budd

When we got home from Stanford Laurie Markus said to me, "Do I look different? I am different. I've been changed"

I looked at her and indeed something was different about her. I think that something is different about me, too. I can't quite describe the feeling we got from being part of the world games. There were more than 6,000 of us and we came from more than 70 countries. I felt like I had joined a group of people who were enjoying being alive, were aging well and were having fun. It was tremendous fun. I don't know quite how to describe the pure joy I had at the World games so I've decided to give you some snapshots of some of my experiences there.

Trading for Caps

Dave Radcliff introduced me to the idea of trading for caps. I decided to make a collection of caps as a way to meet other swimmers. Our Oregon caps were great! The lime green was easy to spot in the pool and other swimmers were happy to trade. I found the best way to trade was to simply give one away. When I met someone in the warm up area, while waiting for the race in the staging area, or in the shower I'd give her an Oregon cap. Sometimes they'd give me one of their caps or a T-shirt. It really was a great way to met people. I collected 16 caps. My favorite is blue imprinted with a dolphin and the words Cercle des Nageurs Caledoniens Noumea.

Meeting some Kiwis

On first day of the races I introduced myself to Graham Leach by offering him a cap. He was watching his wife

swim the 800.

"Which one is she?" I asked him.

He pointed her out "That's Alison"

I waited until she turned to breathe. "Go Alison! Go!" I screamed much to his embarrassment.

"You yanks can really yell. We Kiwis are too reticent." Graham explained. "You tell her for me that she swam really well." I ran into Alison (who indeed had heard me yelling) and Graham again and again. We were in many of the same events. Alison was very fast, and placed in all of her events, actually Graham placed, too. They both had been members of the New Zealand national team when they were young and had participated in several World games. They were full of swimming lore and gave me many practice tips. We had the same day off and drove down the coast to Monterey and Big Sur. We saw Sea

THE STAGING AREA Continued on page 4



World Games continued from page 3

Open Water

Otters and enjoyed a Kiwi picnic in an American park and drank some California wine. It was a relaxing break from the races.

The best place to meet other swimmers was in the staging area. After I'd warmed up for a race I sat with my heat-mates in chairs in the staging area. I delighted in meeting and talking with women just like me. Their kids were the same ages as mine. They were going through menopause just like me. They understood this crazy addiction to water and workouts just like me. As a relative newbie to masters I asked them for training tips and advice. I tried to learn as much as I could. We laughed, chatted and enjoyed each other until we got to the blocks, then it was serious business. We all wanted to be a heat winner.

Swimming faster



The advantage of swimming the 800 free as the first event is that after that I knew the pool and every other race seemed easy. I was surprised how salty the pool was when I dove in but I think the salty water made me more buoyant and helped me swim faster. The first lap seemed really long. I kept waiting for the end to appear. I flubbed the first turn a little bit. But, after that the water felt cool and good. The pool became my friend. I learned to love the long course. I found that I could catch swimmers in that longer length and that I could swim faster than I thought I could. That was the most fun of all.



Pat Allender told me that swimming the open water race in San Francisco bay would not be like swimming in an Oregon lake. He was right! The race around an island in Alameda was really a challenge. When I rounded the leeward side of the island there were 30-knot winds blowing and big waves pushing me toward the rocky shore. *(Editor note: this was a real shock after the calm water of the Marina-see above)* I saw a lifeguard flip another swimmer onto her board and I thought, "I might not make it". I didn't care any more how fast I swam or where I placed. I just wanted to survive. Fortunately at the same time some of the men from the heat that had left 5 minutes behind me began to pass me by. They were strong experienced ocean water swimmers. I swam in the wake of one of them. He pulled me through the roughest water. When I rounded the tip of the island back to the leeward side I felt the surge of the tide pushing me towards the finish line. Then I knew that I could make it and rode those waves home.

We swim for Oregon

Coach Jon told me just before I dove in for my first race. "Stretch out and have fun" This is a great metaphor for the games and maybe for Oregon Masters Swimming in general. We stretched by meeting new people and by deepening our Oregon friendships relaxing in the Oregon tent, on the deck and in the relays. And we had tremendous fun. Come join the fun. Swim with us in one of our local meets and join us at Nationals next spring, Perth 2008 and Sydney 2009. Swim for fun. And as Coach Jon says "We all swim for Oregon."

Thanks Beth and Tim for a great article and pictures. You had a fantastic experience at Worlds.

HAPPY BELATED 80TH BIRTHDAY TO EARL WALTER, THE CO-FOUNDER OF OREGON MASTERS SWIMMING

Lavelle Stoinoff and Ginger Pierson traveled to Florence, Oregon to spend a few days with Earl to catch up on “Ol’ Barn’s” (nickname given to him many years ago) complete retirement activities.

Located in the Central Oregon coast town of Florence is Spruce Point, an Assisted Living Community, which offers Earl apartment living.

The three “old timers” frequented “Ol’ Barn’s” favorite eating establishments for all meals while taking in an occasional shopping detour in one of the many gift shops. Of course, Lavelle and Ginger gravitated toward a trendy clothes store called Splash (how fitting). Ironically, both of the sales ladies knew of Earl from write-ups in the local paper. The father of one of the ladies lived for years on the same floor in Spruce Point before passing away. However, Earl had not met him. How thrilled they were to meet this famous man! You should have seen Earl blush as four women stood there bragging about him.



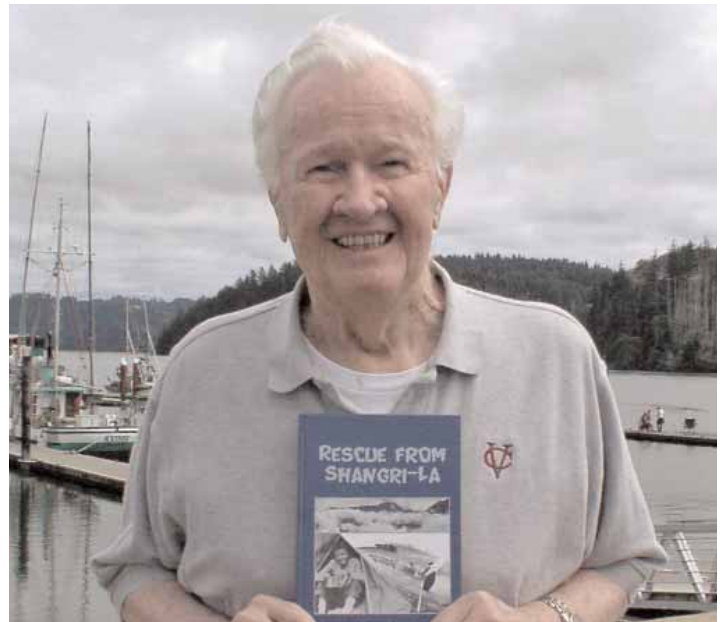
After lunch at one of Earl’s favorite restaurants, we took in a quick jaunt to the Sand Dunes at Honeyman State Park before our afternoon exercise – a swim and Jacuzzi at the Mapleton Pool just 15 miles from Florence. Of course, the lifeguard and the manager knew him well as he swims three times a week. On “off” days, Earl walks, reads, and watches old war movies.

Speaking of war, Ginger had Earl sign her book (a gift to her from Lavelle) called Shangri-La, a true story about him as a hero in WW II. It’s a must-read true history story about this young man who led his men to rescue three survivors (21 died) of a plane crash in the jungles of New Guinea. Earl recited explicit details of the event and cherished the discussion.

Reprinted from the Internet: In the spring of 1945, Earl Walter, an officer in the 5217 Reconnaissance Battalion, led one of the most interesting parachute jumps and glider rescues of the war. The 5217 was a unique unit consisting primarily of Filipino-American volunteers that were designated for covert operations. The 5217 operated in enemy-occupied areas such as Palawan, Mindanao and Leyte in the Philippines. Earl’s interview covers a forgotten rescue mission to save a downed C-47 crew trapped in an uncharted valley in New Guinea dubbed Shangri-La.

Ol’ Barn quizzed Lavelle and Ginger about each OMS member that he ever met. Of course, they filled him in with what they knew – with added spice.

After two and one-half days, constantly on the go, and non-stop conversation, Earl was ready for his afternoon nap – in peace and quiet. He was thrilled to see them but probably was looking forward to getting back to his routine.



If you would like to drop Earl a note or phone him, he would be absolutely thrilled.

Earl Walter
Spruce Point
375 Ninth St (apt 223)
Florence, OR 97439
(541) 902-2666

A plan is in place for individuals to send him a card each month for 12 months. If you are interested, send a card or call, once a month for 12 months on your birthday. Lavelle’s birthday is January 2 so she will send a card on the 2nd of every month. Ginger will do the same on the 9th of every month. Please join them to bring OMS to Earl.

F i t n e s s



**Jani
Sutherland
Fitness
Chair**



After a strenuous workout the 3 groups drank their respective beverages and exercised again, to exhaustion. The cyclists who drank chocolate milk were able to continue cycling about 50 percent longer than those who drank Endurox R4 and equally as long as those who drank Gatorade.

Although Gatorade and Endurox R4 weren't pleased with the results some sports nutritionists weren't surprised by the results. "Chocolate milk provides carbohydrates, calcium, other trace minerals," says Felice Kurtzman, sports nutritionist for the UCLA athletic department. "And the important thing is that the kids drink it. I can tell you from our training table that football drinks it, swimming drinks it, track drinks it."

The issue here is which drink best meets the body's needs to reinvigorate itself and repair itself following strenuous exercise. Carbohydrates are the most important factor in the short-term for replenishing the energy after vigorous exercise, sports nutritionists say.

Chocolate Milk and Recovery Drinks

For years biochemists and physiologists have experimented to find the perfect sports recovery drink. The perfect recovery drink must have the right balance of carbohydrates, electrolytes, protein and fluid. Joel Stager, an exercise physiologist at Indiana University, along with his co-workers, have claimed to find the perfect recovery drink – chocolate milk.

The name Joel Stager may be familiar to many of you. He is a masters swimmer and has been doing research on swimming and aging. At a recent USMS Convention he gave a presentation on Swimming and the Fountain of Youth.

The study, conducted at Indiana University, was published in the February issue of the International Journal of Sports Nutrition and Exercise Metabolism. The study was partly funded by the dairy industry, which struck a sour note with sports drinks producers. However, a study on milk supported by the dairy industry isn't unusual in the field of nutrition science, where research dollars are scarce.

The study used 3 groups of cyclists. One group got two percent chocolate milk, another drank Gatorade and the third group Endurox R4. Gatorade is a fluid and electrolyte replacement and Endurox R4 is a patented formula aimed at replenishing muscle glycogen stores and helping rebuild muscle. Endurox R4 uses a 4 to 1 ration of carbohydrates to protein.

*Dear OMS Swimmers,
This will be my last fitness article for the AquaMaster. I am returning to the ski industry and leaving Oregon to work in Sun Valley Idaho. I have really enjoyed writing articles for you and wish you all the best with your swimming.
Jani*

"The body needs carbohydrates to refuel the muscles," says Nancy Clark, a sports nutritionist in private practice and author of Nancy Clark's Sports Nutrition Guidebook. Protein is also important for recovery Clark says. It provides amino acids for the building and repair of muscle tissues. More immediately, she adds, a little protein might give an athlete a performance edge by enhancing insulin release, which aids in transport of carbohydrates to the muscles.

Several sports nutritionists say the study has a few limitations, including its small size.

They also express surprise that chocolate milk outperformed Endurox R4 because both contain large amounts of carbohydrates. Some said they were surprised that Gatorade did as well as it did, as it is not designed to be a recovery drink.

Clark says she's happy to see chocolate milk get its due. Athletes used to rely on real food, but now they're relying on supplements. "I like that it brings people back to real food", she says. "Sometimes they forget that food works."

FINA World - 3000 Meter - August 11, 2006

| Name | Age Group | Place | Name | Place |
|----------------|-----------|-------|---------------|-------|
| Bob Bruce | 12 | | Rich Juhala | 33 |
| Elizabeth Budd | 16 | | Brent Lake | 18 |
| Arlene Delmage | 8 | | Laurie Markus | 46 |
| Dan Gray | 26 | | Bridget Raach | 24 |
| Steve Johnson | 3 | | Mary Sweat | 2 |

D o r e n a L a k e - A u g u s t 2 0 , 2 0 0 6

1500-meter Association Championship Results

| Pl. | Name | Age | Team | Time | Overall |
|-----|------|-----|------|------|---------|
|-----|------|-----|------|------|---------|

Women 25-29

| | | | | | |
|---|-----------------------|----|-------|-------|----|
| 1 | Gina Dhom | 28 | OR-ea | 26:58 | 5 |
| 2 | Stephanie Householder | 27 | unat | 31:59 | 29 |

30-34

| | | | | | |
|---|----------------|----|-------|-------|---|
| 1 | Monica LaBarge | 30 | OR-ea | 27:51 | 9 |
|---|----------------|----|-------|-------|---|

35-39

| | | | | | |
|---|-------------------|----|---------|-------|----|
| 1 | Jennifer Thompson | 39 | OR-ea | 28:50 | 17 |
| 2 | Cyndi Smidt | 36 | OR-coma | 30:42 | 23 |
| 3 | Julie Himstreet | 36 | OR-ea | 32:13 | 30 |
| 4 | Shawn Steele | 37 | unat | 39:42 | 45 |

40-44

| | | | | | |
|---|-----------------|----|---------|-------|----|
| 1 | Robin Clevenger | ? | unat | 27:54 | 10 |
| 2 | Gillian Scott | 40 | OR-coma | 31:08 | 26 |
| 3 | Gayle Orner | 43 | OR-cbat | 34:36 | 34 |

45-49

| | | | | | |
|---|------------------|----|---------|-------|----|
| 1 | Jana Fitzpatrick | 48 | OR-scc | 27:59 | 11 |
| 2 | Joni Young | 45 | OR-scc | 28:15 | 13 |
| 3 | Laura Schob | 47 | OR-coma | 29:03 | 20 |
| 4 | Marlys Cappaert | 48 | OR-cbat | 30:27 | 21 |
| 5 | Pat Rogers | 46 | OR-ncms | 32:19 | 31 |
| 6 | Mari Hammon | 48 | OR-ea | 35:31 | 36 |

50-54

| | | | | | |
|---|-----------------|----|---------|-------|----|
| 1 | Elizabeth Budd | 52 | OR-cat | 28:54 | 18 |
| 2 | Deb Douglas | 51 | OR-coma | 34:04 | 33 |
| 3 | Sue Sanders | 52 | OR-ncms | 36:38 | 39 |
| 4 | Connie Peterson | 51 | OR-coma | 37:52 | 43 |

55-59

| | | | | | |
|---|----------------|----|--------|-------|----|
| 1 | Darlene Staley | 56 | OR-thb | 31:54 | 28 |
|---|----------------|----|--------|-------|----|

60-64

| | | | | | |
|---|---------------|----|---------|-------|----|
| 1 | Pam Himstreet | 62 | OR-coma | 37:39 | 41 |
| 2 | Lynn Sacks | 60 | OR-rvm | 41:21 | 47 |

65-69

| | | | | | |
|---|--------------|----|---------|-------|----|
| 1 | Peggie Hodge | 66 | OR-coma | 40:45 | 46 |
|---|--------------|----|---------|-------|----|

Men 35-39

| | | | | | |
|---|--------------|---|------|-------|---|
| 1 | Seth Kaufman | ? | unat | 27:03 | 6 |
|---|--------------|---|------|-------|---|

40-44

| | | | | | |
|---|-----------------|----|---------|-------|----|
| 1 | Rob Higley | 41 | OR-coma | 25:42 | 3 |
| 2 | Shawn Taylor | ? | unat | 27:45 | 8 |
| 3 | Dave VanDerZwan | 43 | OR-som | 28:03 | 12 |
| 4 | John Gabriel | 41 | OR-cbat | 28:57 | 19 |
| 5 | John Manotti | 44 | OR-ea | 30:52 | 25 |

45-49

| | | | | | |
|---|--------------|----|---------|-------|----|
| 1 | Ron Thompson | 46 | OR-coma | 28:38 | 15 |
| 2 | Alan Weinert | ? | unat | 33:22 | 32 |
| 3 | Kipp Hammon | 48 | OR-ea | 35:56 | 37 |

50-54

| | | | | | |
|---|-----------------|----|---------|-------|---|
| 1 | David Fryefield | 52 | OR-ea | 25:50 | 4 |
| 2 | Keith Dow | 50 | OR-ncms | 27:08 | 7 |

55-59

| | | | | | |
|---|---------------|----|---------|-------|----|
| 1 | Steve Johnson | 58 | OR-ea | 24:11 | 1 |
| 2 | Bob Bruce | 58 | OR-coma | 25:38 | 2 |
| 3 | Jim Teisher | 56 | OR-thb | 28:19 | 14 |
| 4 | Mike Carew | 56 | OR-coma | 30:52 | 24 |
| 5 | Rov Lambert | 59 | OR-thb | 35:15 | 35 |

| | | | | | |
|---|------------------|----|---------|-------|----|
| 6 | Dennis Gallagher | 56 | OR-coma | 37:45 | 42 |
|---|------------------|----|---------|-------|----|

60-64

| | | | | | |
|---|-------------|----|---------|-------|----|
| 1 | Dan Gray | 60 | OR-rvm | 31:15 | 27 |
| 2 | Cecil Kribs | 64 | OR-ea | 37:10 | 40 |
| 3 | Rich Juhala | 63 | OR-ncms | 39:34 | 44 |

65-69

| | | | | | |
|---|------------|----|---------|-------|----|
| 1 | Ralph Mohr | 65 | OR-coma | 30:31 | 22 |
| 2 | Brent Lake | 68 | OR-coma | 36:00 | 38 |

Dorena Lake 2006: 1500-meter Results (wetsuit)

Women 40-44

| | | | | | |
|---|-------------|---|-------|-------|---|
| 1 | Susan Walsh | ? | OR-ea | 36:54 | 1 |
|---|-------------|---|-------|-------|---|

45-49

| | | | | | |
|---|-----------|----|-------|-------|---|
| 1 | Deb Finch | 47 | OR-ea | 47:23 | 3 |
|---|-----------|----|-------|-------|---|

55-59

| | | | | | |
|---|------------------|----|-------|-------|---|
| 1 | Stephanie Harris | 56 | OR-ea | 39:00 | 2 |
|---|------------------|----|-------|-------|---|

Dorena Lake 2006: 1000-meter Whitely Equipment Race

50-54

| | | | | | |
|---|-----------------|----|-------|-------|---|
| 1 | David Fryefield | 52 | OR-ea | 14:45 | 1 |
|---|-----------------|----|-------|-------|---|

55-59

| | | | | | |
|---|---------------|----|-------|-------|---|
| 1 | Steve Johnson | 58 | OR-ea | 15:01 | 2 |
|---|---------------|----|-------|-------|---|

45-49

| | | | | | |
|---|-----------------|----|---------|-------|---|
| 1 | Marlys Cappaert | 48 | OR-cbat | 17:45 | 3 |
|---|-----------------|----|---------|-------|---|

30-34

| | | | | | |
|---|----------------|----|---------|-------|---|
| 1 | Monica LaBarge | 30 | OR-cbat | 19:13 | 4 |
|---|----------------|----|---------|-------|---|

65-69

| | | | | | |
|---|------------|----|---------|-------|---|
| 1 | Ralph Mohr | 65 | OR-coma | 19:25 | 5 |
|---|------------|----|---------|-------|---|

40-44

| | | | | | |
|---|---------------|----|---------|-------|---|
| 1 | Gillian Scott | 40 | OR-coma | 19:31 | 6 |
|---|---------------|----|---------|-------|---|

45-49

| | | | | | |
|---|------------|----|---------|-------|---|
| 2 | Pat Rogers | 46 | OR-ncms | 19:36 | 7 |
|---|------------|----|---------|-------|---|

55-59

| | | | | | |
|---|-------------|----|--------|-------|---|
| 2 | Jim Teicher | 56 | OR-thb | 20:10 | 8 |
|---|-------------|----|--------|-------|---|

25-29

| | | | | | |
|---|-----------------------|----|------|-------|---|
| 1 | Stephanie Householder | 27 | unat | 20:20 | 9 |
|---|-----------------------|----|------|-------|---|

50-54

| | | | | | |
|---|-----------|----|---------|-------|----|
| 2 | Keith Dow | 50 | OR-ncms | 20:25 | 10 |
|---|-----------|----|---------|-------|----|

65-69

| | | | | | |
|---|--------------|----|---------|-------|----|
| 1 | Peggie Hodge | 66 | OR-coma | 21:33 | 11 |
|---|--------------|----|---------|-------|----|

35-39

| | | | | | |
|---|-------------|----|---------|-------|----|
| 1 | Cyndi Smidt | 36 | OR-coma | 22:14 | 12 |
|---|-------------|----|---------|-------|----|

50-54

| | | | | | |
|----|-------------|----|---------|-------|-----|
| 1t | Deb Douglas | 51 | OR-coma | 22:46 | 13t |
|----|-------------|----|---------|-------|-----|

50-54

| | | | | | |
|----|-----------------|----|---------|-------|-----|
| 1t | Connie Peterson | 51 | OR-coma | 22:46 | 13t |
|----|-----------------|----|---------|-------|-----|

45-49

| | | | | | |
|---|-------------|----|---------|-------|-----|
| 2 | Laura Schob | 47 | OR-coma | 22:46 | 13t |
|---|-------------|----|---------|-------|-----|

45-49

| | | | | | |
|---|--------------|----|---------|-------|----|
| 1 | Ron Thompson | 46 | OR-coma | 23:12 | 16 |
|---|--------------|----|---------|-------|----|

60-64

| | | | | | |
|---|------------|----|--------|-------|-----|
| 1 | Lynn Sacks | 60 | OR-rvm | 23:40 | 17t |
|---|------------|----|--------|-------|-----|

60-64

| | | | | | |
|---|----------|----|--------|-------|-----|
| 1 | Dan Gray | 60 | OR-rvm | 23:40 | 17t |
|---|----------|----|--------|-------|-----|

60-64

| | | | | | |
|---|---------------|----|---------|-------|----|
| 2 | Pam Himstreet | 62 | OR-coma | 26:24 | 19 |
|---|---------------|----|---------|-------|----|

45-49

| | | | | | |
|---|--------------|---|------|-------|----|
| 2 | Dan Schaffer | ? | unat | 31:49 | 20 |
|---|--------------|---|------|-------|----|

Dorena Lake 2006: 500-meter Flatfoot Kicking Race

| | | | | | |
|--------------|-----------------|----|---------|-------|----|
| 25-29 | | | | | |
| 1 | Gina Dhom | 28 | OR-ea | 13:30 | 1 |
| 55-59 | | | | | |
| 1 | Steve Johnson | 58 | OR-ea | 14:44 | 2 |
| 55-59 | | | | | |
| 2 | Jim Teisher | 56 | OR-thb | 16:30 | 3 |
| 40-44 | | | | | |
| 1 | Gillian Scott | 40 | OR-coma | 16:51 | 4 |
| 45-49 | | | | | |
| 1 | Pat Rogers | 46 | OR-ncms | 17:54 | 5 |
| 65-69 | | | | | |
| 1 | Ralph Mohr | 65 | OR-coma | 21:55 | 6 |
| 65-69 | | | | | |
| 1 | Peggie Hodge | 66 | OR-coma | 26:26 | 7t |
| 50-54 | | | | | |
| 1 | Connie Peterson | 51 | OR-coma | 26:26 | 7t |

Dorena Lake 2006: 500-meter Jane Higdon Memorial I. M. No official results. Thank you honoring Jane's memory by participating.**Dorena Lake 2006: Association Open Water Team Championships**

| | | |
|-------------------|---------------------------------|---------------|
| Large Team | | Points |
| 1 | Central Oregon Masters Aquatics | 77 |
| 2 | Emerald Aquatics | 66 |
| Small Team | | |
| 1 | North Clackamas Masters | 16 |
| 2t | Rogue Valley Masters | 14 |
| 2t | Salem Courthouse Crew | 14 |
| 2t | Tualatin Hills Barracudas | 14 |
| 2t | Circumnavigating Beavers | 14 |
| 6t | Mt. Hood Masters | 8 |
| 6t | Corvallis Aquatic Team | 8 |
| 8 | Southern Oregon Masters | 4 |

Oregon Open Water Series 2006 Series Final Summary

| Pl | Name | Team | Points | Swims | Venue | Ov'l |
|------------------|------------------|------|--------|-------|-------|------|
| 35-39 | | | | | | |
| 1 | Smidt, Cyndi | COMA | 36 | 5 | 2+ | 12 |
| 40-44 | | | | | | |
| 1 | Orner, Gail | CBAT | 29 | 3 | 2+ | 16 |
| 45-49 | | | | | | |
| 1 | Young, Joni | SCC | 53 | 6 | 3+ | 6 |
| 2 | Sweat, Mary | unat | 42 | 5 | 2+ | 9t |
| 3 | Rogers, Pat | NCMS | 38 | 10 | 4+ | 11 |
| 4 | Schob, Laura | COMA | 31 | 5 | 2+ | 155 |
| Cappaert, Marlys | CBAT | 27 | 4 | 3 | | 18 |
| 50-54 | | | | | | |
| 1 | Budd, Elizabeth | CAT | 56 | 4 | 3 | 1t |
| 2 | Peterson, Connie | COMA | 16 | 4 | 2+ | 22 |
| 60-64 | | | | | | |
| 1 | Sacks, Lynn | RVM | 25 | 3 | 2+ | 19t |

| | | | | | | |
|-------|------------------|------|----|---|----|-----|
| 30-34 | | | | | | |
| 1 | Nishimura, Takeo | EA | 28 | 3 | 2+ | 17 |
| 40-44 | | | | | | |
| 1 | Higley, Rob | COMA | 42 | 4 | 3+ | 9t |
| 50-54 | | | | | | |
| 1 | Dow, Keith | NCMS | 56 | 7 | 4+ | 1t |
| 55-59 | | | | | | |
| 1 | Johnson, Steve | EA | 56 | 6 | 3+ | 1t |
| 2t | Teisher, Jim | THB | 43 | 7 | 3+ | 7t |
| 2t | Carew, Mike | COMA | 43 | 6 | 4+ | 7t |
| 4 | Bruce, Bob | COMA | 33 | 3 | 2+ | 13 |
| 60-64 | | | | | | |
| 1 | Gray, Dan | RVM | 32 | 4 | 2+ | 14 |
| 2 | Juhala, Rich | NCMS | 23 | 3 | 2+ | 21 |
| 65-69 | | | | | | |
| 1 | Mohr, Ralph | COMA | 56 | 9 | 4+ | 1t |
| 2 | Lake, Brent | COMA | 25 | 3 | 2+ | 19t |
| 70-74 | | | | | | |
| 1 | Radcliff, Dave | THB | 56 | 6 | 3 | 1t |

Early Vertical Forearm Information, Training strategies and Drills
By: Thomas Topolski (Reprinted with permission of author)

In Victoria Canada, underwater video taken at the Pan Pacific Championships showed the wonderful strokes exhibited by every swimmer who made it to the finals (the women's 1500 meter free was just one great example). These underwater shots gave coaches the chance to analyze the propulsive techniques of world class swimmers. One of the many propulsive techniques a coach could see was the Early Vertical Forearm (EFV) position of many of the swimmers. Many coaches believe that the acquisition of an effective EVF is a vital component to swimming success at every level of swimming.

Now, revolutionary swim training products have been designed to improve every swimmer's EVF. Two of these training devices have just been introduced in 2006; the EVF techpaddle (www.techpaddle.com) and the Finis Fulcrum training device (www.swimgear.co.za/forearm_fulcrum_paddle.htm). Another product that's on the market and is a true EVF piece of equipment is called the fist glove (www.totalimmersion.net/fist-gloves.html).

It's important to remember that most EVF equipment is designed

to do something hand-paddles don't do effectively, and that's put the forearm into the best EVF position possible. The objective is to move the body over the hand versus pushing the hand past the body. A great swimmer puts their hand in the water and removes it from as close to the entry point as possible, - This defines a great catch. To better understand what a great catch is all about, watch this DVD trailer of Karlyn Pipes-Neilsen at <http://www.goswim.tv/brightcove.html?bcpid=6154789&bclid=6169343&bctid=14288034>, from Go Swim (a simply great series of swim training DVD's that are well done and fun to watch).

EVF equipment is to be used with slow stroke motions that train the muscles to develop the most effective motor neuron pathway or habit. It's all about developing a proper habit and/or breaking bad ingrained habits. Swimmers who plateau or suffer from a chronic dropped elbow (please refer to these pictures in an article by Emmett Hines

http://www.h2houstonswims.org/articles/dreaded_dropped_elbow.html) should train extensively with EVF equipment. Swimmers will often feel very awkward and uncomfortable using EVF

equipment as they acquire a different and more propulsive stroke, so don't give up! EVF training is not always easy to use but the rewards for consistent and correct practice are worth it. EVF equipment emphasizes perfection and coaches should constantly tell their swimmers to "take it slow and practice perfectly".

Striving for a perfect EVF necessitates the tutelage of a skilled and knowledgeable coach / instructor. Nothing can replace the trained eye of a coach or instructor who has the practical knowledge of what and how an EVF should look and work. Good coaches and instructors know how to develop a foundation of sound stroke fundamentals that are critical for future swimming success, so first things first, find a good coach.

In addition to finding a good coach, there are other important steps that every swimmer should understand when using EVF equipment and training to become faster:

1. **USE SLOW AND DELIBERATE MOTIONS** - EVF equipment isn't intended to increase the amount of yards / meters put into a practice or training session. These revolutionary training devices are used primarily to correct a poor "catch" and help develop / reinforce a great "catch". You will acquire this precise forearm position only by slow and deliberate motions, so fight the desire to swim with them fast – **THEY ARE NOT HAND PADDLES!**

2. **USE EVF EQUIPMENT AT THE BEGINNING, MIDDLE AND END OF PRACTICE** You will see quicker improvement, the more often you use the EVF training equipment and the longer you use them. Using the EVF trainers consistently and for increasing amounts of time, can only help you acquire a habit that stays with you during a race or swim. The first time you use EVF equipment try to keep them on for a few minutes then increase the amount of training time. When you begin to strengthen your shoulders (please refer to this wonder article about shoulder exercises for non-injured athletes at www.usaswimming.org/USASWeb/ViewMiscArticle.aspx?TabId=445&Alias=Rainbow&Lang=en&mid=702&ItemId=700) and become more comfortable using them, wear them longer. You may begin to see positive and quantitative results after the first use, but as a rule of thumb, expect noticeable changes to take weeks and only when you use them correctly. As you begin to develop the "catch" you're satisfied with, you may begin to use them as a reinforcement aide but they should be within reach during every training session and warm-up.

3. **SET REALISTIC AND ACHIEVABLE GOALS** – Write down specific short-term and long-term goals. Swimming for exercise is important, but make no mistake, swimmers who want to swim faster must develop goals. If you cannot write down a goal then you are grasping at straws, where success and failure is left to chance. A coach can help you but in the end, specific details you write yourself, about how you achieve your goals, is another key to swimming success. For example; if you can't swim twenty-five yards, your first goal may be to successfully swim a length. Next, you may want to use a specific time as a goal, then your swimming form maybe the next goal, etc. All in all, your ability to write down what you want to achieve, will allow you to gage and to celebrate even small improvements. Don't forget to be realistic. Olympic swimmers don't fall off trees; they begin with a dream and an ability to drive themselves to boundaries of sacrifice that few people are willing to endure, - be realistic. How much are you willing to endure and sacrifice to reach your goal? In the same breath, if swimming one length with more grace, or coming out of the water during a triathlon with your best time, is a goal, that reward is

still very sweet. Don't forget to celebrate because life is too short.

4. **MAKE A COMMITMENT** - Goal setting is crucial but coaches and swimmers must also establish a strategy and allocate specific time to training with this new equipment. Think of making an "equipment training" commitment as "walking the walk" vs. "talking the talk". Look at your priorities and then establish your commitment level accordingly. You must determine how much time you want to devote to improving your swimming technique. You should realize that your commitment level will relate directly to your improvement levels. If you want to move up on your swim team you need to show everyone that you're willing to put in the extra time. Changing the attitude about yourself and allowing your peers to see a change in your attitude, supports the goals you've established. "Talk the talk and walk the walk", is a saying that should remind you that actions speak louder than words. Carrying your new EVF training equipment around with you is a lot different than putting them on and using them properly.

5. **USE M-O-R-E AS A TRAINING FORMULA** - When you aren't achieving the level of success you desire, follow the MORE improvement formula. First, Make effective changes in your training regime that will equate into improvement. Sit down with your coach so they can help you develop one or two things that will help you swim faster. You must develop the ability to separate the important and the unimportant from your training regime. Begin by improving your fundamentals then work on improving those important nuances to gain those critical seconds and tenths of seconds. Over-exaggerate the improvements you want to make. If you're working on developing a great EVF, and your coach doesn't see it, exaggerate it until they do. If your coach tells you that your hand isn't catching up to your elbow, keep your elbow motionless until the coach is forced to see this glaring improvement. Over-exaggeration always feels strange because it counters ingrained habits. When you've been pulling a certain way for years, those million of incorrect pulls have ingrained a motor-neuron pathway that will be difficult to erase. Over-exaggeration coupled with some extraordinary concentration, sometimes boring redundancy and commitment, is one way to break a bad habit. Race again. Go out and compete again to evaluate if the changes you made achieved positive results. The race is your testing ground, embrace it and relish the opportunity to compete. If you fail, look at it as your chance to go back to the drawing board. Examine your training regime. Swimming better requires an improvement in cardiovascular endurance, strength and technique and almost always a combination of all three. Understand that even slight improvements in stroke efficiency can equate into significant time drops but a swimmer who's not in top cardiovascular shape or strength, can counter those technical gains.

6. **DON'T THINK ABOUT FINE TUNING TECHNIQUE WHEN YOU'RE RACING** - If you can't unconsciously achieve the improvement you've trained to attain, then you haven't trained properly. Unless you're swimming over 200 meters, you can't try to consciously improve your stroke when you're trying to swim fast. Have confidence in your EVF training and let your training habits take over, and then only after the race, if you're not satisfied with the results, examine your training regime, make some effective changes when you practice, then race again. If you're still not satisfied, repeat the process until you find a formula that works.

Continued on page 19

Patriot Games - September 9, 2006

W = Breaks listed W'd Record, N = Breaks listed Nat. Record, Z = Zone Record, O = Oregon

Women 18-24

| | | | |
|---------------------------|----|------|---------|
| 100 SC Meter Freestyle | | | |
| 1 Giamello, Kristen | 19 | OREG | 1:23.09 |
| 100 SC Meter Breaststroke | | | |
| 1 Giamello, Kristen | 19 | OREG | 1:39.16 |
| 200 SC Meter IM | | | |
| 1 Giamello, Kristen | 19 | OREG | 3:26.55 |

Women 30-34

| | | | |
|--------------------------|----|------|---------|
| 50 SC Meter Freestyle | | | |
| 1 Weeks, Nicole | 34 | OREG | 28.84 |
| 50 SC Meter Backstroke | | | |
| 1 Weeks, Nicole | 34 | OREG | 36.54 |
| 50 SC Meter Breaststroke | | | |
| 1 Weeks, Nicole | 34 | OREG | 38.85 |
| 50 SC Meter Butterfly | | | |
| 1 Weeks, Nicole | 34 | OREG | 31.56 |
| 100 SC Meter IM | | | |
| 1 Weeks, Nicole | 34 | OREG | 1:15.35 |

Women 35-39

| | | | |
|---------------------------|----|------|---------|
| 50 SC Meter Freestyle | | | |
| 1 Walters, Melinda | 36 | OREG | 37.02 |
| 2 Waite, Linda | 39 | OREG | 38.12 |
| 3 Olbrich, Stephanie | 37 | OREG | 50.06 |
| 100 SC Meter Freestyle | | | |
| 1 Marsh, Kathy | 39 | OREG | 1:17.56 |
| 2 Shaw, Susan | 39 | OREG | 1:18.41 |
| 50 SC Meter Backstroke | | | |
| 1 Waite, Linda | 39 | OREG | 45.30 |
| 2 Walters, Melinda | 36 | OREG | 46.77 |
| 3 Olbrich, Stephanie | 37 | OREG | 1:00.27 |
| 100 SC Meter Backstroke | | | |
| 1 Marsh, Kathy | 39 | OREG | 1:34.72 |
| 2 Shaw, Susan | 39 | OREG | 1:37.35 |
| 50 SC Meter Breaststroke | | | |
| 1 Walters, Melinda | 36 | OREG | 48.33 |
| 2 Waite, Linda | 39 | OREG | 50.19 |
| 3 Olbrich, Stephanie | 37 | OREG | 58.50 |
| 100 SC Meter Breaststroke | | | |
| 1 Marsh, Kathy | 39 | OREG | 1:39.00 |
| 2 Shaw, Susan | 39 | OREG | 1:44.86 |
| 50 SC Meter Butterfly | | | |
| 1 Walters, Melinda | 36 | OREG | 45.11 |
| 2 Waite, Linda | 39 | OREG | 48.03 |
| 3 Olbrich, Stephanie | 37 | OREG | 1:03.80 |
| 100 SC Meter Butterfly | | | |
| 1 Marsh, Kathy | 39 | OREG | 1:34.18 |
| 2 Shaw, Susan | 39 | OREG | 1:44.78 |
| 100 SC Meter IM | | | |
| 1 Walters, Melinda | 36 | OREG | 1:33.04 |
| 2 Waite, Linda | 39 | OREG | 1:42.23 |
| 3 Olbrich, Stephanie | 37 | OREG | 2:12.25 |
| 200 SC Meter IM | | | |
| 1 Marsh, Kathy | 39 | OREG | 3:19.13 |
| 2 Shaw, Susan | 39 | OREG | 3:20.21 |

Women 40-44

| | | | |
|------------------------|----|------|---------|
| 50 SC Meter Freestyle | | | |
| 1 Jenkins, Valerie | 43 | OREG | 30.62 |
| 2 Chesler, Laurie | 43 | OREG | 33.46 |
| 3 Simmons, Stephanie | 40 | OREG | 35.02 |
| 100 SC Meter Freestyle | | | |
| 1 Chesler, Laurie | 43 | OREG | 1:16.01 |
| 50 SC Meter Backstroke | | | |

| | | | |
|---------------------------|----|------|---------|
| 1 Jenkins, Valerie | 43 | OREG | 33.99 |
| 2 Simmons, Stephanie | 40 | OREG | 41.60 |
| 50 SC Meter Breaststroke | | | |
| 1 Jenkins, Valerie | 43 | OREG | 41.50 |
| 2 Chesler, Laurie | 43 | OREG | 45.31 |
| 100 SC Meter Breaststroke | | | |
| 1 Chesler, Laurie | 43 | OREG | 1:42.16 |
| 50 SC Meter Butterfly | | | |
| 1 Jenkins, Valerie | 43 | OREG | 32.83 |
| 100 SC Meter IM | | | |
| 1 Jenkins, Valerie | 43 | OREG | 1:16.82 |

Women 45-49

| | | | |
|---------------------------|----|------|---------|
| 50 SC Meter Freestyle | | | |
| 1 Roussain, Kerri | 47 | OREG | 31.71 |
| 2 Foley, Sharon | 46 | MACO | 32.40 |
| 3 Vincent, Nancy | 47 | OREG | 33.13 |
| 100 SC Meter Freestyle | | | |
| 1 Andrus-Hughes, K | 49 | OREG | 1:05.76 |
| 2 Snider, Pam | 45 | OREG | 1:21.15 |
| 3 Fox, Christina | 46 | OREG | 1:26.73 |
| 50 SC Meter Backstroke | | | |
| 1 Roussain, Kerri | 47 | OREG | 38.45 |
| 2 Foley, Sharon | 46 | MACO | 44.97 |
| 3 Vincent, Nancy | 47 | OREG | 47.20 |
| 100 SC Meter Backstroke | | | |
| 1 Andrus-Hughes, K | 49 | OREG | 1:16.61 |
| 2 Fox, Christina | 46 | OREG | 1:32.33 |
| 3 Snider, Pam | 45 | OREG | 1:33.58 |
| 50 SC Meter Breaststroke | | | |
| 1 Vincent, Nancy | 47 | OREG | 42.91 |
| 2 Foley, Sharon | 46 | MACO | 43.02 |
| 3 Roussain, Kerri | 47 | OREG | 45.17 |
| 100 SC Meter Breaststroke | | | |
| 1 Snider, Pam | 45 | OREG | 1:36.08 |
| 2 Andrus-Hughes, K | 49 | OREG | 1:36.66 |
| 3 Fox, Christina | 46 | OREG | 1:45.15 |
| 50 SC Meter Butterfly | | | |
| 1 Foley, Sharon | 46 | MACO | 36.61 |
| 2 Roussain, Kerri | 47 | OREG | 37.17 |
| 3 Vincent, Nancy | 47 | OREG | 38.50 |
| 4 Fox, Christina | 46 | OREG | 52.10 |
| 100 SC Meter Butterfly | | | |
| 1 Andrus-Hughes, K | 49 | OREG | 1:19.17 |
| 2 Snider, Pam | 45 | OREG | 1:34.09 |
| 100 SC Meter IM | | | |
| 1 Roussain, Kerri | 47 | OREG | 1:20.99 |
| 2 Foley, Sharon | 46 | MACO | 1:25.87 |
| 3 Vincent, Nancy | 47 | OREG | 1:28.30 |
| 200 SC Meter IM | | | |
| 1 Andrus-Hughes, K | 49 | OREG | 2:49.17 |
| 2 Snider, Pam | 45 | OREG | 3:12.00 |
| 3 Fox, Christina | 46 | OREG | 3:25.94 |

Women 55-59

| | | | |
|------------------------|----|------|---------|
| 50 SC Meter Freestyle | | | |
| 1 Gettling, Janet | 58 | OREG | 33.69 |
| 2 Rousseau, Sandi | 59 | OREG | 38.81 |
| 3 Stark, Carol | 58 | OREG | 54.68 |
| 100 SC Meter Freestyle | | | |
| 1 Casey, Kathrine | 58 | PNA | 1:20.14 |
| 50 SC Meter Backstroke | | | |
| 1 Gettling, Janet | 58 | OREG | 43.09 |
| 2 Rousseau, Sandi | 59 | OREG | 48.70 |

| | | | |
|---------------------------|----|------|---------|
| 3 Stark, Carol | 58 | OREG | 55.89 |
| 100 SC Meter Backstroke | | | |
| 1 Casey, Kathrine | 58 | PNA | 1:31.48 |
| 50 SC Meter Breaststroke | | | |
| 1 Gettling, Janet | 58 | OREG | 43.09 |
| 2 Rousseau, Sandi | 59 | OREG | 54.05 |
| 3 Stark, Carol | 58 | OREG | 1:02.64 |
| 100 SC Meter Breaststroke | | | |
| 1 Casey, Kathrine | 58 | PNA | 1:47.70 |
| 50 SC Meter Butterfly | | | |
| 1 Gettling, Janet | 58 | OREG | 37.72 |
| 2 Rousseau, Sandi | 59 | OREG | 42.78 |
| 100 SC Meter Butterfly | | | |
| 1 Casey, Kathrine | 58 | PNA | 1:42.19 |
| 100 SC Meter IM | | | |
| 1 Gettling, Janet | 58 | OREG | 1:26.73 |
| 200 SC Meter IM | | | |
| 1 Casey, Kathrine | 58 | PNA | 3:23.48 |

Women 60-64

| | | | |
|---------------------------|----|------|---------|
| 50 SC Meter Freestyle | | | |
| 1 Ward, Joy | 64 | OREG | 35.54 |
| 2 Pronk, Bonnie | 64 | MSBC | 36.00 |
| 100 SC Meter Freestyle | | | |
| 1 Pierson, Ginger | 60 | MACO | 1:35.18 |
| 50 SC Meter Backstroke | | | |
| 1 Pronk, Bonnie | 64 | MSBC | 41.48 |
| 2 Ward, Joy | 64 | OREG | 41.89 |
| 100 SC Meter Backstroke | | | |
| 1 Pierson, Ginger | 60 | MACO | 1:48.08 |
| 50 SC Meter Breaststroke | | | |
| 1 Pronk, Bonnie | 64 | MSBC | 44.27 |
| 2 Ward, Joy | 64 | OREG | 51.07 |
| 100 SC Meter Breaststroke | | | |
| 1 Pierson, Ginger | 60 | MACO | 1:40.30 |
| 50 SC Meter Butterfly | | | |
| 1 Ward, Joy | 64 | OREG | 37.73 |
| 2 Pronk, Bonnie | 64 | MSBC | 40.61 |
| 100 SC Meter Butterfly | | | |
| 1 Pierson, Ginger | 60 | MACO | 1:39.46 |
| 100 SC Meter IM | | | |
| 1 Pronk, Bonnie | 64 | MSBC | 1:28.75 |
| 2 Ward, Joy | 64 | OREG | 1:33.39 |
| 200 SC Meter IM | | | |



Stephanie Olbrich - First Meet

| | | | |
|--------------------------|----|------|---------|
| 1 Pierson, Ginger | 60 | MACO | 3:36.52 |
| Women 85-89 | | | |
| 50 SC Meter Freestyle | | | |
| 1 Stevenin, Elfie | 85 | OREG | 1:39.77 |
| 50 SC Meter Backstroke | | | |
| 1 Stevenin, Elfie | 85 | OREG | 1:41.92 |
| 50 SC Meter Breaststroke | | | |
| 1 Stevenin, Elfie | 85 | OREG | 2:30.25 |
| 50 SC Meter Butterfly | | | |
| 1 Stevenin, Elfie | 85 | OREG | 2:11.28 |
| 100 SC Meter IM | | | |
| 1 Stevenin, Elfie | 85 | OREG | 4:18.45 |
| Women 90-94 | | | |
| 50 SC Meter Freestyle | | | |
| 1 Buel, Hilda | 92 | OREG | 2:01.11 |
| 50 SC Meter Backstroke | | | |
| 1 Buel, Hilda | 92 | OREG | 2:08.15 |
| 50 SC Meter Breaststroke | | | |
| 1 Buel, Hilda | 92 | OREG | 3:15.15 |
| 50 SC Meter Butterfly | | | |
| 1 Buel, Hilda | 92 | OREG | 4:47.58 |
| 100 SC Meter IM | | | |
| 1 Buel, Hilda | 92 | OREG | 6:46.96 |
| Men 18-24 | | | |
| 50 SC Meter Freestyle | | | |
| 1 Cleary, Kevin | 23 | OREG | 29.11 |
| 50 SC Meter Backstroke | | | |
| 1 Cleary, Kevin | 23 | OREG | 36.36 |
| 50 SC Meter Breaststroke | | | |
| 1 Cleary, Kevin | 23 | OREG | 38.82 |
| 50 SC Meter Butterfly | | | |
| 1 Cleary, Kevin | 23 | OREG | 31.41 |
| 100 SC Meter IM | | | |
| 1 Cleary, Kevin | 23 | OREG | 1:14.22 |
| Men 25-29 | | | |
| 100 SC Meter Freestyle | | | |
| 1 Mcclaskey, Paul | 29 | MACO | 1:07.26 |
| 50 SC Meter Butterfly | | | |
| 1 Mcclaskey, Paul | 29 | MACO | 32.75 |
| 100 SC Meter IM | | | |
| 1 Mcclaskey, Paul | 29 | MACO | 1:18.83 |
| Men 35-39 | | | |
| 50 SC Meter Freestyle | | | |
| 1 Larsen, Jon-Erik | 39 | OREG | 26.77 |
| 2 Waite, Curtis | 36 | OREG | 31.52 |
| 50 SC Meter Backstroke | | | |
| 1 Larsen, Jon-Erik | 39 | OREG | 37.23 |
| 2 Waite, Curtis | 36 | OREG | 44.30 |



Doug Otto

| | | | |
|---------------------------|----|------|---------|
| 50 SC Meter Breaststroke | | | |
| 1 Larsen, Jon-Erik | 39 | OREG | 34.10 |
| 2 Waite, Curtis | 36 | OREG | 41.91 |
| 50 SC Meter Butterfly | | | |
| 1 Larsen, Jon-Erik | 39 | OREG | 30.39 |
| 2 Waite, Curtis | 36 | OREG | 39.44 |
| 100 SC Meter IM | | | |
| 1 Larsen, Jon-Erik | 39 | OREG | 1:11.40 |
| 2 Waite, Curtis | 36 | OREG | 1:29.10 |
| Men 40-44 | | | |
| 50 SC Meter Freestyle | | | |
| 1 Ivelich, Jim | 44 | OREG | 27.15 |
| 2 Butcher, Gano | 42 | OREG | 27.39 |
| 3 Trainor, Lance | 42 | OREG | 29.50 |
| 4 Karyukin, Andrei | 41 | OREG | 30.84 |
| 100 SC Meter Freestyle | | | |
| 1 Kabel, Douglas | 41 | OREG | 58.51 |
| 2 Gaarder, Chris | 41 | OREG | 1:05.67 |
| 50 SC Meter Backstroke | | | |
| 1 Butcher, Gano | 42 | OREG | 31.93 |
| 2 Kabel, Douglas | 41 | OREG | 32.58 |
| 3 Trainor, Lance | 42 | OREG | 37.14 |
| 4 Karyukin, Andrei | 41 | OREG | 37.99 |
| 100 SC Meter Backstroke | | | |
| 1 Gaarder, Chris | 41 | OREG | 1:23.40 |
| 50 SC Meter Breaststroke | | | |
| 1 Butcher, Gano | 42 | OREG | 35.48 |
| 2 Ivelich, Jim | 44 | OREG | 36.14 |
| 3 Karyukin, Andrei | 41 | OREG | 38.79 |
| 4 Trainor, Lance | 42 | OREG | 41.29 |
| 100 SC Meter Breaststroke | | | |
| 1 Gaarder, Chris | 41 | OREG | 1:18.89 |
| 50 SC Meter Butterfly | | | |
| 1 Kabel, Douglas | 41 | OREG | 28.18 |
| 2 Butcher, Gano | 42 | OREG | 29.52 |
| 3 Karyukin, Andrei | 41 | OREG | 31.49 |
| 4 Trainor, Lance | 42 | OREG | 33.93 |
| 100 SC Meter Butterfly | | | |
| 1 Gaarder, Chris | 41 | OREG | 1:19.08 |
| 100 SC Meter IM | | | |
| 1 Butcher, Gano | 42 | OREG | 1:08.97 |
| 2 Ivelich, Jim | 44 | OREG | 1:13.79 |
| 3 Karyukin, Andrei | 41 | OREG | 1:16.21 |
| 4 Trainor, Lance | 42 | OREG | 1:23.82 |
| 200 SC Meter IM | | | |
| 1 Gaarder, Chris | 41 | OREG | 2:46.94 |
| Men 45-49 | | | |
| 50 SC Meter Freestyle | | | |
| 1 Washburne, Brent | 45 | OREG | 27.95 |
| 2 Sumerfield, Bill | 46 | OREG | 28.50 |
| 3 Fairhurst, Jon | 48 | OREG | 31.21 |
| 100 SC Meter Freestyle | | | |
| 1 Otto, Douglas | 47 | MACO | 1:03.55 |
| 2 Scoville, Brent | 49 | OREG | 1:07.72 |
| 3 Curran, Patrick | 45 | OREG | 1:09.32 |
| 4 Munro, Stuart | 49 | MACO | 1:12.27 |
| 50 SC Meter Backstroke | | | |
| 1 Washburne, Brent | 45 | OREG | 34.19 |
| 2 Fairhurst, Jon | 48 | OREG | 39.06 |
| 3 Sumerfield, Bill | 46 | OREG | 43.36 |
| 100 SC Meter Backstroke | | | |
| 1 Otto, Douglas | 47 | MACO | 1:14.95 |
| 2 Scoville, Brent | 49 | OREG | 1:18.90 |
| 3 Curran, Patrick | 45 | OREG | 1:23.37 |
| 4 Munro, Stuart | 49 | MACO | 1:46.93 |
| 50 SC Meter Breaststroke | | | |

| | | | |
|---------------------------|----|------|---------|
| 1 Sumerfield, Bill | 46 | OREG | 37.56 |
| 2 Washburne, Brent | 45 | OREG | 37.71 |
| 3 Fairhurst, Jon | 48 | OREG | 39.89 |
| 100 SC Meter Breaststroke | | | |
| 1 Otto, Douglas | 47 | MACO | 1:18.99 |
| 2 Munro, Stuart | 49 | MACO | 1:29.65 |
| 3 Curran, Patrick | 45 | OREG | 1:30.36 |
| 4 Scoville, Brent | 49 | OREG | 1:33.83 |
| 50 SC Meter Butterfly | | | |
| 1 Washburne, Brent | 45 | OREG | 29.99 |
| 2 Fairhurst, Jon | 48 | OREG | 35.22 |
| 100 SC Meter Butterfly | | | |
| 1 Otto, Douglas | 47 | MACO | 1:12.23 |
| 2 Scoville, Brent | 49 | OREG | 1:22.16 |
| 3 Munro, Stuart | 49 | MACO | 1:22.34 |
| 4 Curran, Patrick | 45 | OREG | 1:23.09 |
| 100 SC Meter IM | | | |
| 1 Washburne, Brent | 45 | OREG | 1:11.55 |
| 2 Fairhurst, Jon | 48 | OREG | 1:20.26 |
| 3 Sumerfield, Bill | 46 | OREG | 1:21.35 |
| 200 SC Meter IM | | | |
| 1 Otto, Douglas | 47 | MACO | 2:37.41 |
| 2 Scoville, Brent | 49 | OREG | 2:53.59 |
| 3 Curran, Patrick | 45 | OREG | 2:55.84 |
| 4 Munro, Stuart | 49 | MACO | 3:03.31 |
| Men 50-54 | | | |
| 50 SC Meter Freestyle | | | |
| 1 Tennant, Mike | 53 | OREG | 26.34 |
| 2 Edwards, Wes | 53 | OREG | 26.92 |
| 3 Brockbank, Doug | 53 | OREG | 27.96 |
| 4 Wallis, Gary | 53 | OREG | 30.68 |
| 5 Darnell, Stephen | 52 | OREG | 34.83 |
| 100 SC Meter Freestyle | | | |
| 1 Taylor, Charles | 50 | OREG | 1:13.85 |
| 50 SC Meter Backstroke | | | |
| 1 Edwards, Wes | 53 | OREG | 31.89 |
| 2 Brockbank, Doug | 53 | OREG | 33.05 |
| 3 Tennant, Mike | 53 | OREG | 34.46 |
| 4 Wallis, Gary | 53 | OREG | 39.75 |
| 5 Darnell, Stephen | 52 | OREG | 43.66 |
| 100 SC Meter Backstroke | | | |
| 1 Taylor, Charles | 50 | OREG | 1:26.25 |
| 50 SC Meter Breaststroke | | | |
| 1 Tennant, Mike | 53 | OREG | 37.86 |
| 2 Brockbank, Doug | 53 | OREG | 38.17 |
| 3 Edwards, Wes | 53 | OREG | 39.00 |
| 4 Wallis, Gary | 53 | OREG | 39.18 |
| 5 Darnell, Stephen | 52 | OREG | 49.03 |
| 100 SC Meter Breaststroke | | | |
| 1 Taylor, Charles | 50 | OREG | 1:23.73 |
| 50 SC Meter Butterfly | | | |
| 1 Edwards, Wes | 53 | OREG | 29.99 |
| 2 Tennant, Mike | 53 | OREG | 31.03 |
| 3 Brockbank, Doug | 53 | OREG | 31.94 |
| 4 Wallis, Gary | 53 | OREG | 35.36 |
| 5 Darnell, Stephen | 52 | OREG | 42.68 |
| 100 SC Meter Butterfly | | | |
| 1 Taylor, Charles | 50 | OREG | 1:24.18 |
| 100 SC Meter IM | | | |
| 1 Edwards, Wes | 53 | OREG | 1:09.48 |
| 2 Tennant, Mike | 53 | OREG | 1:10.89 |
| 3 Brockbank, Doug | 53 | OREG | 1:13.11 |
| 4 Wallis, Gary | 53 | OREG | 1:18.14 |
| 5 Darnell, Stephen | 52 | OREG | 1:36.38 |
| 200 SC Meter IM | | | |
| 1 Taylor, Charles | 50 | OREG | 3:03.44 |



The backstrokers are off with a splash



| | | | | | | | | | | | | | | | |
|---------------------------|------------------|----|------|---------------------------|--------------------------|-----------------|-------|--|--|------------------------|----------------|-----------------|-----------------|---------|--|
| Men 55-59 | | | | 2 Silvey, Michael | 61 | MACO | 49.67 | 100 SC Meter Backstroke | 1 Young, Gilbert | 84 | OREG | 2:11.32 | | | |
| 50 SC Meter Freestyle | | | | 100 SC Meter Breaststroke | | | | 50 SC Meter Breaststroke | | | | | | | |
| 1 | Cronin, Jed | 58 | OREG | 30.36 | 1 | Ellis, John | 60 | OREG | 1:37.90 | 1 | Young, Gilbert | 84 | OREG | 1:06.53 | |
| 2 | Stark, Allen | 57 | OREG | 30.66 | 2 | Juhala, Richard | 63 | OREG | 1:54.89 | 2 | Lamb, Willard | 84 | OREG | 1:09.15 | |
| 3 | Macaulay, Thomas | 57 | OREG | 32.34 | 50 SC Meter Butterfly | | | | 50 SC Meter Butterfly | | | | | | |
| 100 SC Meter Freestyle | | | | 1 | Smith, Robert | 63 | OREG | 32.52 | 100 SC Meter IM | | | | | | |
| 1 | Cronin, Jed | 58 | OREG | 1:12.50 | 2 | Silvey, Michael | 61 | MACO | 34.93 | 1 | Lamb, Willard | 84 | OREG | 1:07.03 | |
| 50 SC Meter Backstroke | | | | 100 SC Meter Butterfly | | | | 100 SC Meter IM | | | | | | | |
| 1 | Macaulay, Thomas | 57 | OREG | 41.03 | 1 | Ellis, John | 60 | OREG | 1:46.21 | 1 | Lamb, Willard | 84 | OREG | 2:06.15 | |
| 50 SC Meter Breaststroke | | | | 2 | Juhala, Richard | 63 | OREG | 1:57.07 | Men 85-89 | | | | | | |
| 1 | Stark, Allen | 57 | OREG | 34.60 | 100 SC Meter IM | | | | 50 SC Meter Butterfly | | | | | | |
| 2 | Macaulay, Thomas | 57 | OREG | 43.39 | 1 | Smith, Robert | 63 | OREG | 1:16.62 | 1 | Holden, Andrew | 87 | OREG | 54.17 | |
| 100 SC Meter Breaststroke | | | | 2 | Silvey, Michael | 61 | MACO | 1:26.59 | Relays | | | | | | |
| 1 | Stark, Allen | 57 | OREG | 1:18.98 | 200 SC Meter IM | | | | Men 240-279 800 SC Meter Free Relay | | | | | | |
| 50 SC Meter Butterfly | | | | 1 | Ellis, John | 60 | OREG | 3:30.52 | 1 | OREG | 10:11.14 | | | | |
| 1 | Cronin, Jed | 58 | OREG | 34.15 | 2 | Juhala, Richard | 63 | OREG | 3:58.59 | 1) | Nakata, R. 67 | 2) | Cronin, J. 58 | | |
| 2 | Macaulay, Thomas | 57 | OREG | 37.42 | Men 65-69 | | | | 3) | Smith, R. 63 | 4) | Tennant, M. 53 | | | |
| 100 SC Meter IM | | | | 50 SC Meter Freestyle | | | | Men 320-359 200 SC Meter Free Relay | | | | | | | |
| 1 | Stark, Allen | 57 | OREG | 1:16.24 | 1 | Nakata, Ronald | 67 | OREG | 31.71 | 1 | OREG | 2:38.02 | | | |
| 2 | Macaulay, Thomas | 57 | OREG | 1:21.45 | 2 | Mcginnis, Fred | 69 | OREG | 35.20 | 1) | Lamb, W. 84 | 2) | Young, G. 84 | | |
| Men 60-64 | | | | 50 SC Meter Backstroke | | | | Men 320-359 200 SC Meter Medley Relay | | | | | | | |
| 50 SC Meter Freestyle | | | | 1 | Nakata, Ronald | 67 | OREG | 41.40 | 1 | OREG | 3:15.99 | | | | |
| 1 | Smith, Robert | 63 | OREG | 28.35 | 50 SC Meter Breaststroke | | | | 1) | Lamb, W. 84 | 2) | Petersen, B. 68 | | | |
| 2 | Silvey, Michael | 61 | MACO | 31.99 | 1 | Nakata, Ronald | 67 | OREG | 42.20 | 3) | Holden, A. 87 | 4) | Petersen, B. 68 | | |
| 100 SC Meter Freestyle | | | | 50 SC Meter Butterfly | | | | Men 80-84 | | | | | | | |
| 1 | Ellis, John | 60 | OREG | 1:23.47 | 1 | Petersen, Bert | 68 | OREG | 33.32 | 50 SC Meter Freestyle | | | | | |
| 2 | Juhala, Richard | 63 | OREG | 1:35.35 | 2 | Nakata, Ronald | 67 | OREG | 34.83 | 1 | Lamb, Willard | 84 | OREG | 37.96 | |
| 50 SC Meter Backstroke | | | | 100 SC Meter IM | | | | 50 SC Meter Backstroke | | | | | | | |
| 1 | Smith, Robert | 63 | OREG | 33.80 | 1 | Nakata, Ronald | 67 | OREG | 1:21.52 | 1 | Lamb, Willard | 84 | OREG | 51.18 | |
| 2 | Silvey, Michael | 61 | MACO | 41.22 | Men 80-84 | | | | 50 SC Meter Backstroke | | | | | | |
| 100 SC Meter Backstroke | | | | 50 SC Meter Freestyle | | | | 50 SC Meter Backstroke | | | | | | | |
| 1 | Ellis, John | 60 | OREG | 1:52.37 | 1 | Lamb, Willard | 84 | OREG | 37.96 | 50 SC Meter Backstroke | | | | | |
| 2 | Juhala, Richard | 63 | OREG | 1:55.94 | 2 | Young, Gilbert | 84 | OREG | 47.26 | 50 SC Meter Backstroke | | | | | |
| 50 SC Meter Breaststroke | | | | 50 SC Meter Backstroke | | | | 50 SC Meter Backstroke | | | | | | | |
| 1 | Smith, Robert | 63 | OREG | 39.83 | 1 | Lamb, Willard | 84 | OREG | 51.18 | 50 SC Meter Backstroke | | | | | |



Top Ten SCY USA

Special congratulations to folks making it in the top ten for the first time:

Raymond Allen, Scot Elliott, Willard Lamb, Vladimir Polukeev, Fred Sprenger

| Pl. | Event | Swimmer | Age | Club | Time |
|-----|-------|---------|-----|------|------|
|-----|-------|---------|-----|------|------|

Women 25-29

| | | | | | |
|----|----------------|----------------|----|------|---------|
| 10 | SCY 50 Back | Jennifer Alden | 27 | OREG | 29.78 |
| 2 | SCY 50 Fly | Lauren M Thies | 26 | MACO | 26.55 |
| 1 | SCY 100 Fly | Lauren M Thies | 26 | MACO | 57.09 |
| 2 | SCY 100 IM | Lauren M Thies | 26 | MACO | 58.95 |
| 2 | SCY 200 IM | Lauren M Thies | 26 | MACO | 2:07.01 |
| 1 | SCY 100 Free | Lauren Thies | 26 | MACO | 51.68 |
| 1 | SCY 200 Free | Lauren Thies | 26 | MACO | 1:52.43 |
| 1 | SCY 50 Back | Lauren Thies | 26 | MACO | 27.91 |
| 1 | SCY 100 Back | Lauren Thies | 26 | MACO | 59.46 |
| 3 | SCY 100 Breast | Lauren Thies | 26 | MACO | 1:08.33 |

Women 30-34

| | | | | | |
|---|---------------|----------------|----|------|----------|
| 8 | SCY 1000 Free | Shauna Simpson | 34 | OREG | 11:38.47 |
| 5 | SCY 100 Fly | Shauna Simpson | 34 | OREG | 1:02.77 |
| 3 | SCY 200 Fly | Shauna Simpson | 34 | OREG | 2:16.29 |
| 9 | SCY 50 Fly | Nicole Weeks | 33 | OREG | 28.48 |

Women 40-44

| | | | | | |
|----|---------------|-----------------|----|------|----------|
| 6 | SCY 1650 Free | Arlene Delmage | 43 | OREG | 19:35.67 |
| 10 | SCY 100 Fly | Arlene Delmage | 43 | OREG | 1:02.81 |
| 6 | SCY 200 Fly | Arlene Delmage | 43 | OREG | 2:18.48 |
| 7 | SCY 50 Back | Valerie Jenkins | 42 | OREG | 29.73 |
| 7 | SCY 100 Back | Valerie Jenkins | 42 | OREG | 1:04.37 |

Women 45-49

| | | | | | |
|----|----------------|-----------------|----|------|----------|
| 7 | SCY 200 Free | K Andrus-Hughes | 48 | OREG | 2:07.67 |
| 1 | SCY 50 Back | K Andrus-Hughes | 48 | OREG | 29.77 |
| 2 | SCY 100 Back | K Andrus-Hughes | 48 | OREG | 1:05.14 |
| 4 | SCY 200 Back | K Andrus-Hughes | 48 | OREG | 2:23.14 |
| 9 | SCY 50 Free | K Andrus-Hughes | 48 | OREG | 26.31 |
| 4 | SCY 100 Free | K Andrus-Hughes | 48 | OREG | 56.88 |
| 3 | SCY 200 IM | K Andrus-Hughes | 48 | OREG | 2:25.29 |
| 6 | SCY 100 Breast | Colette Crabbe | 49 | OREG | 1:15.45 |
| 7 | SCY 100 Fly | Colette Crabbe | 49 | OREG | 1:07.22 |
| 3 | SCY 200 Fly | Colette Crabbe | 49 | OREG | 2:24.53 |
| 5 | SCY 200 IM | Colette Crabbe | 49 | OREG | 2:25.98 |
| 2 | SCY 400 IM | Colette Crabbe | 49 | OREG | 5:08.41 |
| 10 | SCY 1650 Free | Kerri Roussain | 47 | OREG | 20:09.95 |
| 7 | SCY 500 Free | Mary Sweat | 48 | OREG | 5:44.18 |
| 4 | SCY 1000 Free | Mary Sweat | 48 | OREG | 11:41.17 |
| 4 | SCY 1650 Free | Mary Sweat | 48 | OREG | 19:15.01 |
| 10 | SCY 200 Breast | Nancy Vincent | 46 | OREG | 2:55.52 |

Women 50-54

| | | | | | |
|---|--------------|--------------|----|------|---------|
| 5 | SCY 50 Free | Robin Parisi | 51 | MACO | 26.96 |
| 2 | SCY 100 Free | Robin Parisi | 51 | MACO | 57.48 |
| 5 | SCY 50 Back | Robin Parisi | 51 | MACO | 32.53 |
| 2 | SCY 100 Back | Robin Parisi | 51 | MACO | 1:09.00 |

Mary Sweat Top Ten Chair



| | | | | | |
|---|---------------|--------------|----|------|---------|
| 4 | SCY 50 Breast | Robin Parisi | 51 | MACO | 36.18 |
| 2 | SCY 50 Fly | Robin Parisi | 51 | MACO | 29.11 |
| 2 | SCY 100 Fly | Robin Parisi | 51 | MACO | 1:03.74 |
| 1 | SCY 100 IM | Robin Parisi | 51 | MACO | 1:06.61 |
| 1 | SCY 200 IM | Robin Parisi | 51 | MACO | 2:24.22 |

Women 55-59

| | | | | | |
|---|----------------|-------------------|----|------|----------|
| 5 | SCY 200 Free | Catherine Imwalle | 56 | OREG | 2:19.53 |
| 7 | SCY 1000 Free | Catherine Imwalle | 56 | OREG | 13:06.09 |
| 5 | SCY 100 Back | Catherine Imwalle | 56 | OREG | 1:17.14 |
| 1 | SCY 50 Breast | Catherine Imwalle | 56 | OREG | 37.02 |
| 1 | SCY 200 Breast | Catherine Imwalle | 56 | OREG | 2:56.89 |
| 2 | SCY 100 IM | Catherine Imwalle | 56 | OREG | 1:13.73 |
| 8 | SCY 200 Fly | Darlene Staley | 56 | OREG | 3:16.41 |

Women 60-64

| | | | | | |
|----|----------------|-------------------|----|------|----------|
| 10 | SCY 50 Free | Sue Calnek-Morris | 62 | OREG | 33.65 |
| 6 | SCY 1650 Free | Sue Calnek-Morris | 62 | OREG | 24:50.60 |
| 3 | SCY 50 Free | Barbara Frid | 64 | OREG | 30.93 |
| 3 | SCY 100 Free | Barbara Frid | 64 | OREG | 1:09.83 |
| 8 | SCY 200 Free | Barbara Frid | 63 | OREG | 2:40.29 |
| 4 | SCY 50 Back | Barbara Frid | 64 | OREG | 37.37 |
| 4 | SCY 100 Back | Barbara Frid | 64 | OREG | 1:23.43 |
| 6 | SCY 50 Breast | Barbara Frid | 63 | OREG | 41.99 |
| 6 | SCY 100 Breast | Barbara Frid | 64 | OREG | 1:30.42 |
| 3 | SCY 50 Fly | Barbara Frid | 64 | OREG | 33.22 |
| 4 | SCY 100 IM | Barbara Frid | 64 | OREG | 1:19.98 |
| 10 | SCY 100 Back | Ginger Pierson | 60 | MACO | 1:28.01 |
| 1 | SCY 50 Breast | Ginger L Pierson | 60 | MACO | 36.3 |
| 1 | SCY 100 Breast | Ginger L Pierson | 60 | MACO | 1:20.19 |
| 1 | SCY 200 Breast | Ginger L Pierson | 60 | MACO | 3:00.43 |
| 2 | SCY 100 Fly | Ginger L Pierson | 60 | MACO | 1:19.75 |
| 1 | SCY 200 Fly | Ginger L Pierson | 60 | MACO | 2:56.09 |
| 6 | SCY 100 IM | Ginger Pierson | 60 | MACO | 1:21.70 |
| 5 | SCY 200 IM | Ginger Pierson | 60 | MACO | 2:59.78 |
| 6 | SCY 400 IM | Ginger Pierson | 60 | MACO | 6:34.74 |
| 4 | SCY 50 Free | Joy Ward | 63 | OREG | 31.35 |
| 9 | SCY 100 Free | Joy Ward | 63 | OREG | 1:14.29 |
| 1 | SCY 50 Back | Joy Ward | 63 | OREG | 36.29 |
| 2 | SCY 100 Back | Joy Ward | 63 | OREG | 1:19.07 |
| 3 | SCY 200 Back | Joy Ward | 63 | OREG | 2:50.94 |
| 2 | SCY 50 Fly | Joy Ward | 63 | OREG | 33.14 |
| 4 | SCY 100 Fly | Joy Ward | 63 | OREG | 1:23.32 |
| 5 | SCY 100 IM | Joy Ward | 63 | OREG | 1:21.47 |
| 7 | SCY 200 IM | Joy Ward | 63 | OREG | 3:02.39 |

Women 65-69

| | | | | | |
|----|----------------|------------------|----|------|----------|
| 8 | SCY 100 Breast | Peggie Hodge | 66 | OREG | 1:44.59 |
| 7 | SCY 200 Breast | Peggie Hodge | 66 | OREG | 3:44.14 |
| 8 | SCY 100 Fly | Peggie Hodge | 66 | OREG | 1:44.37 |
| 10 | SCY 200 Fly | Peggie Hodge | 66 | OREG | 4:03.64 |
| 9 | SCY 400 IM | Peggie Hodge | 66 | OREG | 7:37.55 |
| 8 | SCY 500 Free | Susanne Schumann | 68 | OREG | 7:50.09 |
| 6 | SCY 1650 Free | Susanne Schumann | 68 | OREG | 27:38.89 |

Women 80-84

| | | | | | |
|---|---------------|----------------|----|------|---------|
| 8 | SCY 1000 Free | Elfie Stevenin | 84 | OREG | 39:41.0 |
| 7 | SCY 100 Fly | Elfie Stevenin | 84 | OREG | 4:55.38 |
| 4 | SCY 200 Fly | Elfie Stevenin | 84 | OREG | 12:10.5 |
| 8 | SCY 200 IM | Elfie Stevenin | 84 | OREG | 8:24.26 |
| 7 | SCY 200 Back | Margaret Wells | 80 | OREG | 5:05.51 |
| 7 | SCY 200 IM | Margaret Wells | 80 | OREG | 6:07.32 |
| 3 | SCY 400 IM | Margaret Wells | 80 | OREG | 13:06.0 |

Women 90-94

| | | | | | |
|---|----------------|------------|----|------|---------|
| 3 | SCY 50 Free | Hilda Buel | 92 | OREG | 1:46.14 |
| 6 | SCY 50 Back | Hilda Buel | 92 | OREG | 2:10.22 |
| 5 | SCY 100 Back | Hilda Buel | 92 | OREG | 4:33.67 |
| 1 | SCY 50 Breast | Hilda Buel | 92 | OREG | 2:52.94 |
| 1 | SCY 100 Breast | Hilda Buel | 92 | OREG | 7:16.45 |
| 2 | SCY 50 Fly | Hilda Buel | 92 | OREG | 4:22.56 |

Men 30-34

| | | | | | |
|----|---------------|-------------------|----|------|---------|
| 9 | SCY 1000 Free | Scot Elliott | 31 | OREG | 10:54.4 |
| 10 | SCY 1650 Free | Scot Elliott | 31 | OREG | 18:43.2 |
| 8 | SCY 400 IM | Scot Elliott | 31 | OREG | 4:34.13 |
| 7 | SCY 1000 Free | Robbert van Andel | 31 | OREG | 10:46.9 |
| 10 | SCY 400 IM | Robbert van Andel | 31 | OREG | 4:34.77 |

Men 35-39

| | | | | | |
|---|----------------|-------------------|----|------|---------|
| 9 | SCY 100 Free | Greg Latta | 36 | OREG | 48.30 |
| 1 | SCY 50 Breast | Greg Latta | 36 | OREG | 27.07 |
| 3 | SCY 100 Breast | Greg Latta | 36 | OREG | 59.56 |
| 4 | SCY 100 IM | Greg Latta | 36 | OREG | 54.16 |
| 3 | SCY 200 IM | Greg Latta | 36 | OREG | 1:57.43 |
| 5 | SCY 50 Free | Vladimir Polukeev | 35 | OREG | 21.63 |
| 3 | SCY 100 Free | Vladimir Polukeev | 35 | OREG | 46.83 |
| 4 | SCY 50 Back | Vladimir Polukeev | 35 | OREG | 25.19 |
| 3 | SCY 100 Back | Vladimir Polukeev | 35 | OREG | 53.54 |
| 5 | SCY 50 Fly | Vladimir Polukeev | 35 | OREG | 23.82 |
| 5 | SCY 50 Breast | Stephen Williams | 39 | OREG | 27.71 |

Men 40-44

| | | | | | |
|----|---------------|---------------|----|------|---------|
| 1 | SCY 200 Free | Dennis Baker | 44 | OREG | 1:44.92 |
| 1 | SCY 500 Free | Dennis Baker | 44 | OREG | 4:41.58 |
| 2 | SCY 1000 Free | Dennis Baker | 44 | OREG | 9:59.75 |
| 3 | SCY 1650 Free | Dennis Baker | 44 | OREG | 16:33.5 |
| 5 | SCY 200 Free | Hardy Lussier | 40 | OREG | 1:48.87 |
| 7 | SCY 200 Fly | Hardy Lussier | 40 | OREG | 2:04.65 |
| 6 | SCY 100 IM | Hardy Lussier | 40 | OREG | 57.11 |
| 3 | SCY 200 IM | Hardy Lussier | 40 | OREG | 2:02.43 |
| 10 | SCY 500 Free | Doug Stewart | 41 | OREG | 5:00.24 |
| 9 | SCY 1000 Free | Doug Stewart | 41 | OREG | 10:36.6 |
| 6 | SCY 1650 Free | Doug Stewart | 41 | OREG | 17:35.0 |
| 8 | SCY 400 IM | Doug Stewart | 41 | OREG | 4:29.78 |

Men 45-49

| | | | | | |
|---|----------------|--------------|----|------|---------|
| 5 | SCY 100 Breast | Pat Allender | 47 | OREG | 1:03.11 |
| 4 | SCY 200 Breast | Pat Allender | 47 | OREG | 2:17.59 |
| 6 | SCY 200 IM | Pat Allender | 47 | OREG | 2:06.28 |

Men 50-54

| | | | | | |
|---|--------------|-------------|----|------|---------|
| 6 | SCY 200 Back | Wes Edwards | 52 | OREG | 2:13.92 |
|---|--------------|-------------|----|------|---------|

Men 55-59

| | | | | | |
|---|----------------|---------------|----|------|----------|
| 4 | SCY 500 Free | Steve Johnson | 58 | OREG | 5:30.24 |
| 4 | SCY 1000 Free | Steve Johnson | 58 | OREG | 11:16.74 |
| 2 | SCY 50 Breast | Allen Stark | 57 | OREG | 30.65 |
| 3 | SCY 100 Breast | Allen Stark | 57 | OREG | 1:07.76 |
| 4 | SCY 200 Breast | Allen Stark | 57 | OREG | 2:32.11 |

Men 60-64

| | | | | | |
|---|--------------|----------------|----|------|---------|
| 2 | SCY 50 Free | Robert S Smith | 62 | OREG | 24.11 |
| 2 | SCY 50 Back | Robert S Smith | 62 | OREG | 28.87 |
| 3 | SCY 100 Back | Robert S Smith | 62 | OREG | 1:04.41 |
| 9 | SCY 100 IM | Robert S Smith | 62 | OREG | 1:05.89 |

Men 65-69

| | | | | | |
|----|---------------|---------------|----|------|----------|
| 5 | SCY 50 Back | Chris Hiatt | 65 | OREG | 33.62 |
| 3 | SCY 200 Back | Chris Hiatt | 66 | OREG | 2:40.19 |
| 6 | SCY 100 IM | Chris Hiatt | 65 | OREG | 1:12.71 |
| 6 | SCY 1000 Free | Brent Lake | 67 | OREG | 14:20.33 |
| 9 | SCY 100 Back | Brent Lake | 67 | OREG | 1:20.47 |
| 10 | SCY 200 Back | Brent Lake | 67 | OREG | 2:57.38 |
| 6 | SCY 50 Free | Ronald Nakata | 66 | OREG | 27.87 |
| 8 | SCY 100 Free | Ronald Nakata | 66 | OREG | 1:03.67 |
| 9 | SCY 200 Free | Ronald Nakata | 66 | OREG | 2:29.77 |
| 4 | SCY 50 Breast | Ronald Nakata | 66 | OREG | 36.12 |
| 9 | SCY 50 Fly | Ronald Nakata | 66 | OREG | 31.39 |
| 5 | SCY 100 IM | Ronald Nakata | 66 | OREG | 1:11.98 |
| 4 | SCY 200 IM | Ronald Nakata | 66 | OREG | 2:42.84 |
| 5 | SCY 400 IM | Ronald Nakata | 66 | OREG | 6:01.43 |
| 4 | SCY 50 Fly | Bert Petersen | 67 | OREG | 29.33 |

Men 70-74

| | | | | | |
|---|---------------|-----------------|----|------|----------|
| 3 | SCY 50 Free | David Radcliff | 71 | OREG | 27.57 |
| 2 | SCY 100 Free | David Radcliff | 71 | OREG | 59.91 |
| 2 | SCY 200 Free | David Radcliff | 71 | OREG | 2:11.67 |
| 1 | SCY 500 Free | David Radcliff | 71 | OREG | 6:04.81 |
| 1 | SCY 1000 Free | David Radcliff | 71 | OREG | 12:35.64 |
| 1 | SCY 1650 Free | David Radcliff | 71 | OREG | 20:53.73 |
| 6 | SCY 50 Fly | David Radcliff | 71 | OREG | 32.23 |
| 6 | SCY 100 IM | David Radcliff | 71 | OREG | 1:15.06 |
| 4 | SCY 50 Back | George D Thayer | 70 | OREG | 35.99 |
| 3 | SCY 100 Back | George D Thayer | 70 | OREG | 1:18.16 |
| 4 | SCY 200 Back | George D Thayer | 70 | OREG | 2:54.85 |

Men 75-79

| | | | | | |
|----|---------------|---------------|----|------|----------|
| 9 | SCY 50 Free | Milton Marks | 75 | OREG | 31.34 |
| 7 | SCY 50 Back | Milton Marks | 75 | OREG | 40.89 |
| 3 | SCY 50 Breast | Milton Marks | 75 | OREG | 39.35 |
| 10 | SCY 50 Fly | Milton Marks | 75 | OREG | 41.73 |
| 9 | SCY 100 IM | Milton Marks | 75 | OREG | 1:28.62 |
| 8 | SCY 1000 Free | Fred Sprenger | 75 | OREG | 18:34.68 |

Men 80-84

| | | | | | |
|----|---------------|---------------|----|------|----------|
| 9 | SCY 1000 Free | Raymond Allen | 80 | OREG | 23:39.85 |
| 8 | SCY 1650 Free | Raymond Allen | 80 | OREG | 41:49.56 |
| 5 | SCY 50 Free | Willard Lamb | 83 | OREG | 35.47 |
| 4 | SCY 100 Free | Willard Lamb | 83 | OREG | 1:18.74 |
| 5 | SCY 50 Back | Willard Lamb | 83 | OREG | 43.83 |
| 9 | SCY 100 IM | Willard Lamb | 83 | OREG | 1:53.41 |
| 8 | SCY 100 Free | Gilbert Young | 83 | OREG | 1:28.76 |
| 4 | SCY 500 Free | Gilbert Young | 84 | OREG | 8:55.42 |
| 3 | SCY 1650 Free | Gilbert Young | 84 | OREG | 31:30.88 |
| 10 | SCY 100 Back | Gilbert Young | 83 | OREG | 1:55.42 |

Men 85-89

| | | | | | |
|---|---------------|---------------|----|------|---------|
| 1 | SCY 50 Free | Andrew Holden | 86 | OREG | 36.74 |
| 3 | SCY 100 Free | Andrew Holden | 86 | OREG | 1:41.96 |
| 3 | SCY 50 Back | Andrew Holden | 86 | OREG | 48.56 |
| 5 | SCY 50 Breast | Andrew Holden | 86 | OREG | 56.15 |
| 2 | SCY 50 Fly | Andrew Holden | 86 | OREG | 46.82 |
| 2 | SCY 100 IM | Andrew Holden | 86 | OREG | 1:55.27 |

Men 35+

4 SCY 200 Medley Relay 1:42.82
 Vladimir Polukeev (35) Darren McCarthy (40)
 Jeff Hackley (37) Douglas Christensen (43)
 8 SCY 200 Medley Relay OREG 1:44.20
 Keith Peters (40) Gano Butcher (42)
 Dennis Baker (44) David Rice (39)
 10 SCY 200 Medley Relay OREG 1:44.93
 Kevin Ferreira (36) Stephen Williams (39)
 John Gessner (40) Hardy Lussier (40)

Men 45+

9 SCY 200 Free Relay OREG 1:39.20
 Steve Mann (53) Bob Bruce (58)
 Eric Steinhauff (46) Mike Tennant (52)

Women 25+

4 SCY 200 Free Relay MACO 1:43.17
 Sharon Foley (45) Laura Tyrrell (38)
 Robin Parisi (51) Lauren Thies (26)
 8 SCY 200 Medley Relay MACO 1:59.59
 Lauren Thies (26) Ginger Pierson (60)
 Robin Parisi (51) Sharon Foley (45)

Women 45+

6 SCY 200 Free Relay OREG 1:59.83
 Teri Hendryx (52) Deidre Straley (49)
 Barb Harris (46) Pamela Zigler (46)
 7 SCY 200 Medley Relay OREG 2:13.98
 Teri Hendryx (52) Barb Harris (46)
 Deidre Straley (49) Pamela Zigler (46)

9 SCY 200 Medley Relay OREG 2:19.48
 Christina Fox (45) Elizabeth Budd (52)
 Laura Worden (48) Donna Buck (47)

Women 55+

7 SCY 200 Free Relay OREG 2:38.11
 Kaleo Schroder (69) Pam Himstreet (62)
 Peggie Hodge (66) Catherine Imwalle (56)
 6 SCY 200 Medley Relay OREG 2:47.06
 Catherine Imwalle (56) Kathy DeGree (56)
 Peggie Hodge (66) Pam Himstreet (62)

Mixed 25+

10 SCY 200 Free Relay MACO 1:38.20
 Lauren Thies (26) Tomas Oliva (43)
 Robin Parisi (51) Bill Volckening (40)

Mixed 35+

7 SCY 200 Free Relay OREG 1:37.24
 David Rice (39) Valerie Jenkins (42)
 Karen Andrus-Hughes (48) Dennis Baker (44)
 9 SCY 200 Medley Relay MACO 1:52.83
 Douglas Otto (47) Tomas Oliva (43)
 Robin Parisi (51) Sharon Foley (45)

Mixed 55+

7 SCY 200 Medley Relay OREG 2:20.82
 Catherine Imwalle (56) Kathy DeGree (56)
 Bob Bruce (58) George Thayer (70)

COMA WINS LARGE TEAM TITLE



Photo by Tim Budd

1650 Freestyle
400 Individual Medley
200 Butterfly

BRUTE SQUAD

2006 Postal Event

WSU Masters Swimming



shirley design

DATES: November 1-December 31, 2006.

EVENT: Swim the 1650 yard Freestyle, the 400 yard Individual Medley and the 200 yard Butterfly at one workout.

SPONSOR: Washington State University Masters Swimming, Sanctioned by Inland Northwest Masters Swimming (INWMS) for United States Masters Swimming Inc. (USMS) Sanction number 3561231P.

LOCATION: Fitness/participation division, any pool (Meter swimmers should swim the 1500 Freestyle). Competitive division, your local short course yards pool. Conversion from meters will not be allowed.

RESULTS: Will be sent as a pdf to all swimmers as well as posted at www.WSUmasterswimming.org/BruteSquad by January 28. Results will be available by mail if indicated on entry form.

WHO: Any 2006 or 2007 USMS registered swimmer. Swimmers can select from a fitness/participation division or a competitive division.

Fitness/Participation Division

RULES: Swim the 1650 yard Freestyle, the 400 yard Individual Medley and the 200 yard Butterfly all in one day. Events can be swum in any order with as much rest between as desired. All three events must be swum in the same 24 hour day. All swimmers must be USMS registered for 2006 or 2007, and include a copy of their USMS registration with their entry.

SCORING: All swimmers will receive a minimum of one point for participating in the event. This point will count toward the club participation award.

AWARDS: Satisfaction of a job well done—not everyone can swim these three events. Points will be tallied for a club participation award. The club with the most swimmers completing the three swims win the club participation award.

Competitive Division

RULES: Swim the 1650 yard Freestyle, the 400 yard Individual Medley and the 200 yard Butterfly all in one day. Events can be swum in any order with as much rest between as desired. All three events must be swum in the same 24 hour day. 2006 USMS rules will govern these events. Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wetsuits, etc.) are not permitted. No more than two swimmers may share a lane, with each swimming on one side of the lane during the entire race (i.e., no circle swimming). Swimmers are on their honor to swim each event as indicated in the USMS Rule Book—no one armed Butterfly. Each swimmer must have a counter/timer to record cumulative splits for each event. Split sheets (see reverse side) must be kept for each swimmer and included with the entry. Splits need to be recorded to the nearest second and tenth for each 50. Swimmers who change age groups during the meet may enter twice (prying twice), and must swim twice (once in each age group). All swimmers must be USMS registered for 2006 or 2007, and include a copy of their USMS registration with their entry form.

SCORING: Swimmers will be competing in USMS age groups for short course yards (18-24, 25-29, etc.). The combined time (the sum of the times for each of the three events) will determine placing. Points will be given for first through fourth place in each age group, with points going towards club scoring. Clubs will compete in Women's, Men's and the Mixed categories. All swimmers will receive a minimum of one point for participating in the event.

RELAY TEAMS: There will be three relay events 1) Women's, 2) Men's and 3) Mixed for each age group as outlined for short course yards (18+, 25+ etc). Relay teams will consist of four individuals, either all men, all women, or two men and two women. Individuals must have swum in the competitive division (swimming all three events) to participate in any of the relays.

AWARDS: First through Fourth place ribbons will be mailed to swimmers who have earned the recognition. First through third place clubs will receive certificates.

| | |
|--------------------|--|
| Postmarked by: | January 5, 2007 to be received no later than January 10 |
| Mail to: | Doug Garcia 1505 NW Kenny Dr Pullman, WA 99163 |
| Entry Fees: | \$10.00 Competitive entry \$24.00 Competitive entry and shirt \$5.00 Fitness entry \$19.00 Fitness entry and shirt \$6.00 Relay Entry (\$2/swimmer) \$16.00 Shirt only |
| Checks payable to: | WSU Masters Swimming |
| Questions: | Contact Doug Garcia 509-982-1621 (before 9 pm PST) Dec 20-30 at 719-581-6961 (MST) douggarcia@usms.org WSUmasterswimming.org/BruteSquad |

Swimmer Information *(PLEASE PRINT CLEARLY)*

| | | | |
|---|--|---|------------------------------|
| Name _____ | | <input type="radio"/> Male | <input type="radio"/> Female |
| <input type="radio"/> Please do not send me awards should I be eligible | | <input type="radio"/> Please send me a printed copy of the results via the mail | |
| Birth date _____ | Age _____ | Date of swim _____ | |
| Address _____ | | City, State, Zip _____ | |
| Phone number _____ | | Email address _____ | |
| USLIS # _____ | | USLIS Club _____ | |
| <input type="radio"/> Fitness/Participation Division | <input type="radio"/> Competitive Division | Three event total time _____ | |

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 WaterSwimming (training and competition) including possible permanent disability or death, and a genetic assumption of those risks. AS A CONDITION OF MY PARTICIPATION IN THE WATERSSWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THEREOF, 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 WATERSSWIMMING, INC, THE LOCAL WATERSSWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OPERATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide by and be governed by the rules of USLIS.

| | |
|---------------------------|------------|
| Swimmer's Signature _____ | Date _____ |
|---------------------------|------------|

Payment Information

| | | | |
|--|---|--|--|
| <input type="radio"/> Competitive Entry \$10.00 | <input type="radio"/> Competitive Entry and T-Shirt \$24.00 | <input type="radio"/> Fitness Entry \$5.00 | <input type="radio"/> Fitness Entry and T-Shirt \$9.00 |
| <input type="radio"/> Relay Entry \$8.00 (\$2 per swimmer x 4 swimmers per team) | <input type="radio"/> Shirt Only \$14.00 | <u>Total Amount Enclosed</u> _____ | |

Checks payable to: W&U Masters Swimming. All entries to be postmarked no later than January 5, to be received no later than January 10.
Mail to: Doug Garcia, 1506 NW Perry Drive, Pullman WA 99168

Counter/Timer Information *(PLEASE PRINT CLEARLY)*

| | | | | |
|-------------------------|-----------|---------------------|---------------------|-----------------------------|
| Name _____ | | Signature _____ | | |
| Phone Number _____ | | Email address _____ | | |
| 1650 Breast/Style _____ | 500 _____ | 1000 _____ | 1500 _____ | 400 Individual Medley _____ |
| 50 _____ | 550 _____ | 1050 _____ | 1550 _____ | 90 Fly _____ |
| 100 _____ | 600 _____ | 1100 _____ | 1600 _____ | 100 Fly _____ |
| 150 _____ | 650 _____ | 1150 _____ | 1650 _____ | 150 Back _____ |
| 200 _____ | 700 _____ | 1200 _____ | | 200 Back _____ |
| 250 _____ | 750 _____ | 1250 _____ | 200 butterfly _____ | 250 Breast _____ |
| 300 _____ | 800 _____ | 1300 _____ | 50 _____ | 300 Breast _____ |
| 350 _____ | 850 _____ | 1350 _____ | 100 _____ | 350 Free _____ |
| 400 _____ | 900 _____ | 1400 _____ | 150 _____ | 400 Free _____ |
| 450 _____ | 950 _____ | 1450 _____ | 200 _____ | |

Relay Team Information *(PLEASE PRINT CLEARLY)*

| | | | | |
|---|-----------------------------------|-----------------------------------|------------------------------|------------------------------|
| <input type="radio"/> Women's relay | <input type="radio"/> Men's relay | <input type="radio"/> Mixed relay | Relay age group _____ | |
| Club name _____ | | Team name/number _____ | | |
| Name of Coach/Captain (Who to send ribbons/certificates to) _____ | | | | |
| Coach/Captain address _____ | | City, State, Zip _____ | | |
| Coach/Captain phone _____ | | Coach/Captain Email _____ | | |
| Swimmer 1 name _____ | Age _____ | <input type="radio"/> Male | <input type="radio"/> Female | Three event total time _____ |
| Swimmer 2 name _____ | Age _____ | <input type="radio"/> Male | <input type="radio"/> Female | Three event total time _____ |
| Swimmer 3 name _____ | Age _____ | <input type="radio"/> Male | <input type="radio"/> Female | Three event total time _____ |
| Swimmer 4 name _____ | Age _____ | <input type="radio"/> Male | <input type="radio"/> Female | Three event total time _____ |
| Four swimmers total team time _____ | | | | |

2006 NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIP MEET
 Hosted and Sanctioned by the Pacific Northwest Association of Masters Swimmers
 for USKIS, Inc. Sanction #003609

DATE: Saturday, November 18th and Sunday, November 19th, 2006
TIKES: Saturday, November 18th: Warm-up: 11:00 - 11:50 A.M. Meet starts: Noon
 Sunday, November 19th: Warm-up: 8:00 - 8:50 A.M. Meet starts: 9:00 A.M.
PLACE: WEVERHAUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,
 Federal Way, WA 98003 (206) 295-4444

MEET DIRECTOR: Jave Moore (253) 759-4955 (e-mail: jmoore@swimnwazone.com)

FACILITY: The venue is an indoor facility with spectators seating for 2500 people and elevators access to the deck level. It includes a 50-meter championship pool set up as two 25-meter courses, each with eight five-foot-wide lanes and a water depth range of five feet to one-and-a-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 one lane of the fastest pools in the world. Deck-level concrete single gates and lane lines minimize wave action. An Oregon timing system is linked to a state-of-the-art, eight-lane real-time scoreboard. Results for 2 courses can be displayed simultaneously.

RULES: Current USKIS Rules will govern the meet.

ELIGIBILITY: Open to all year 2005 or 2007 USKIS 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 142B, which directs traffic to eastbound SR 348th (a combination of westbound Highway 18). Continue west on SR 348th across Pacific Highway S (Highway 99) and across 1st Ave S. (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pools are on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #B) (Seeding slow to fast / Deck level to by at the meet)

| | | |
|----|-------------------------------|-----------------------------|
| 1 | Saturday, November 18th: Noon | Sunday, November 19th: 9 AM |
| 2 | 400 Individual Medley | 400 Freestyle |
| 3 | 50 Backstroke | 100 Backstroke |
| 4 | 200 Butterfly | 50 Butterfly |
| 5 | 100 Freestyle | 200 Freestyle |
| 6 | Women's 200 Medley Relay | 200 Individual Medley |
| 7 | Men's 200 Medley Relay | Women's 200 Freestyle Relay |
| 8 | 100 Backstroke | Men's 200 Freestyle Relay |
| 9 | 50 Freestyle | 50 Backstroke |
| 10 | 200 Backstroke | 200 Backstroke |
| 11 | 100 Individual Medley | 100 Butterfly |
| 12 | 200 Mixed Freestyle Relay | Mixed 200 Medley Relay |
| | 800 Freestyle | 1500 Freestyle |

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPEND LAMPS.

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 19), the 400 Freestyle (Deadline: Saturday 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: _____ **KL F AGE:** _____
ADDRESS: _____

PHONE: _____ **Email:** _____
BIRTHDATE: _____ **USKS #:** _____

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

LKSC: _____ (PNA, Oregon, Inland NW, etc.) **Club:** _____

AGE GROUP UP (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 **Sanctuary:** \$2 per event. No charge for minors.
Individual Events: + _____ **Optional for race-His or Hers (65 & over):**

\$ _____ **Suits @ \$17 Unisex include size (M, L, XL, 2XL)**
 Women's include size (S, M, L, XL, 2XL)

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

Mail to entry form and fees to: Holly Bank
 6233 S. 233rd St
 Kent, WA 98032

Questions? Email Holly at holly@hollybank.com

Entries must be postmarked no later than Saturday, November 4, 2006. All swimmers must have a valid 2005 or 2007 USKIS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

WARNING: 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 those risks. **ASA 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 USKIS.

SIG MED: _____ **DATE:** _____

7. IF YOU CAN IMPROVE A LITTLE FROM YOUR TRAINING FORMULA, YOU CAN KEEP IMPROVING - Understand with certainty, any kind of EVF improvement lays the groundwork for more improvements. Small improvements in your EVF only mean that more improvements are possible. When you plateau, and you will, you must expect future improvements by refining and/or increasing EVF training (remember M-O-R-E).

8. IMPROVE YOUR KICK – A great kick compliments an EVF. There are many fins on the market but they're not all the same. Before you purchase a set of fins, find out if they're designed to improve your ankle flexibility. Remember, feet with ankles that aren't flexible can act like anchors. Great fins will help develop ankle flexibility. And don't overlook dry-land ankle stretching exercises. A great EVF and a great kick go together like peas and carrots and that's all I've got to say about that.

9. DEPEND ON THE CLOCK (AND IT'S OTHER COMPANIONS) FOR FEEDBACK – This is a very important training tip that must be mentioned; time yourself in all aspects of swimming. Time; just your pull; just your kick; how fast your dive is from point A to point B; how fast you get into and out of walls; how fast the first part of your race is compared to the end; your breakouts and other important aspects of your race. When you train, compete not only against other swimmers in the pool but more importantly, compete against the clock. Use your pulse rate as a companion to the clock. When you lower your pulse-rate and your time remains the same, you're in better condition. Another companion to the clock is stroke-rate, - if the number of strokes you take per twenty-five yards (or other distance) goes down and the time stays the same, you've become more efficient.

10. USE YOUR SENSES TO REINFORCE THE POSITIVE – Try to use the sensations of smell, taste, touch, sound, and sight as reinforcement devices. For instance, during practices, when you notice a positive change in your EVF, take a whiff of that wonderful aroma you stashed in a plastic baggie. Then before a big race, take a sniff of that same wonderful smell to help remind you of that positive change. There are many things you could use in an effort to reinforce something positive accomplished during a practice that may help you in a race. Here are a few things you could do, you could; listen to a song; touch a piece of fabric; taste a piece of candy; smell a scented candle; look at a picture, you get the idea but whatever you choose don't overuse it (you can desensitize yourself to the sensation). Your five senses can all be used in practice to reinforce positive change, why not give them a try. Oh, and by the way, - Don't let your sensation exercises detract from your training (nibbling on candy when you're suppose to be training won't thrill your coach).

There are some specific drills and exercises that can help you improve your EVF. Here are some ideas on how we as coaches and instructors can better prepare swimmers to attain this critical propulsive skill. These ideas begin with progressive strategies that all instructors and coaches can incorporate into their teaching methods. All of the following drills are designed to help accelerate EVF acquisition and most should be done with EVF equipment.

Swimming Drill #1 (for non-swimmers) - Use an inflatable inner-tube and have the swimmer paddle around the pool. It's easy to see that a tube forces the toddler to use a nice EVF as they propel themselves around the pool. This method of instruction is very non-threatening and can be loads of fun.

Swimming Drill #2 (for beginning swimmers) – Use a floatable noodle and have the swimmer use an EVF breaststroke motion to paddle around the pool. This is another non-threatening exercise that prevents the swimmer from dropping their elbows (the antithesis to an EVF).

Swimming Drill #3 – Head-up swimming. Begin with short sets (widths of the pool) and then increase yardage. You can avoid potential impingement problems by making sure the palm of the hand faces toward the swimmer as they exit their hand.

Variations:

A> Use a water-polo ball and have the swimmers swim head-up with it.

B> Use EVF equipment while swimming head-up.

C> Alternate head-down a few strokes, and then pop the head up a few strokes.

Swimming Drill #4 - Use a rectangular raft, boogie-board, surf-board, where the swimmers arms will dangle in a 90° angle over the flotation device. In this drill the swimmers take turns paddling up and down the pool using an early vertical forearm stroke.

Variation:

A> Use EVF equipment.

Swimming Drill #5 - Dog-paddle drills with techpaddles.

Regular dog-paddle and two-arm dog-paddle drills where swimmers only move their arms from the extended position to a 90° degree position.

Swimming Drill #6 - Slow and deliberate swimming using EVF equipment. Have the swimmers focus only on an improved EVF.

Variations:

A> Alternate Right arm only / Left arm only

B> Hesitation Drill where they hold the EVF for a few seconds
Dry land and Isometric Drills

About Isometric training

A training response can be gained from an isometric drill performed at 80% of maximum effort for twenty (20) seconds or more.

Dry land Drill #1 - Isometric drill where the swimmer has both hands over their head in an EVF position. You'll be surprised how difficult it is to keep the elbows slightly above the shoulder for any length of time.

Dry land Drill #2 - Isometric drill where the swimmer has both hands pushing up and/or against an immovable object like a wall or a starting block.

Dry land Drill #3- Using light weights and the most forgiving surgical tubing, have swimmers hold the EVF position for short bouts and slowly increase resistance and time.

Dry land Drill #4 - Have swimmers, while standing, mimic the EVF stroke, moving their hands up and down but never past their shoulders.

Dry land Drills #5 (Shoulder Injury Prevention Exercises) –

Have your swimmers perform the list of exercises presented by the USA Swimming and the Network Task on Injury Prevention (USA Swimming April 2002). A simply fantastic preventative list of shoulder cuff strengthening exercises.

(In an email Coach Topolski said: "I wanted to remind (OMS) swimmers not to use them (EVF training devices) for training sets, just a couple 50's before practice, once after a hard set, then at the warm-down. Tell them to concentrate and do some isometrics to accelerate the process. Swimming a mile with them is for someone who can really concentrate for the entire bout and there's not too many people like that.)

2006 Meet SCHEDULE

| Date | Event | Location | Contact |
|---|-------------|---|---------------------|
| Pool Meets | | | |
| *Nov. 18-19 | Zone SCM | Federal Way, WA | |
| Dec. 4 | SCM | Tentative date for meet at MAC Club - emails and web will provide further information An entry blank will be in the Nov./Dec. combo issue of the Aqua Master | |
| Postal Championships 2006 | | | |
| Sept. 15 - Nov. 15 | 3000/6000 | USMS | www.usms.org |
| Nov. - Dec. | Brute Squad | Inland Northwest | Entry in this issue |
| * ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER | | | |

Board Meetings Sept. 29-30 Board Retreat TBA
 All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details

Aqua Master
October 2006

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

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Inside: Results - Dorena, Patriot Games & SCY Top Ten