



Aqua Master

USMS 2004 Newsletter of the Year

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“Swimming for Life”

Michelle Trains for the Channel



OMS Swimmer, Michelle Macy, is training for her attempt to swim the English Channel in September. To acclimate her body for the chilly water of the Channel, she has been training in the colder waters of the mountain lakes or the Pacific Ocean. The above photo was taken during a 2 hour swim in Trillium Lake near Mt. Hood. Find out more about her endeavor at <http://macyswim.wordpress.com/what-can-i-do/>

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State Games Refund Policy

Dear OMS Oregon State Games Participants,
 Everybody who swam or was registered for Saturday, will be at least charged the minimum entry fee of \$18. The State Games will refund, if requested by the individuals, for the extra events that were supposed to be swum on Sunday or will refund your entire entry fee if you were only registered for Sunday. So if you want to be reimbursed, please send your request to State Games of Oregon, 4840 SW Western Avenue Suite 900, Beaverton OR 97005 or email kerry@stategamesoforegon.org
 Their phone number is 503 520 1319
 If you did not have a chance to pick up your medals for Saturday, please also contact the State Games office as all our supplies have been brought back to the office. Sorry again for the cancellation and thank you so much for your understanding.
 Colette Crabbe, Meet Director

The people behind O.M.S. Inc.*Chairperson of the Board***Jody Welborn**

6687 SW Canyon Dr.

Portland, OR 97211 (503) 297-5889

jodywelborn@mac.com

*Vice Chairperson - Sanctions***To Be Filled***Secretary***Tam Jenkins**

(503) 422-0747

tjenkins@ebizjournals.com

*Treasurer***Doug Christensen**

11700 SW Ridgecrest Dr.

Beaverton, OR 97008 (503) 754-2747

dchristensen@rivermarkcu.org

*Registrar***Darlene Staley**

17720 NW Autumn Ridge Dr.

Beaverton, OR 97006 (503) 629-4937

dstaley@pcc.edu

*Aqua-Master Editor***Dave Radcliff**

(503) 648-7141

dave@theradcliffs.com

*Data Manager(for swim meets)***Gary Whitman**

OMS Data Manager PO Box 1072

Camas, WA 98607-1072 (360) 896-6818

all5reds@comcast.net

*Officials (for swim meets)***Jacki Allender**

(541) 753-5681

seewun@proxaxis.com

*Host / Social***Ginger Pierson**

(360) 253-5712

gingerp@qwest.net

*Fitness Chair***To Be Filled***Safety***Joy Ward**

(503) 777-5514

silenteclipse1210@hotmail.com

*Coaches***Dennis Baker**

(503) 679 4601

bakeswim@yahoo.com

*Awards***Rich Juhala**

(503) 659-3143

SENZEK@aol.com

*Records***Stephen Darnell**

(360) 834-6020

financialwizard2@comcast.net

*Membership***Tia Sitton**

H(541) 367-1323

sweethomebuilder@centurytel.net

*Long Distance***Bob Bruce**

coachbob@bendbroadband.com

H(541) 317-4851

W(541) 389-7665

*Web Master***Robbert van Andel**

(503) 428-1753

robbert@vafam.com

*Top Ten & OMS email Group Maintenance***Mary Sweat**

(541) 504-5338

Personal

msweat@bendcable.com

Email

omsemail@swimoregon.org

Top Ten

topten@swimoregon.org

*Sunshine***Sue Calnek**

(971) 533-3531

squeegybug60@yahoo.com

*Short Distance***Robert Smith**

(503) 244-3739

dobbssmith@comcast.net

*Past Chair***Jeanne Teisher**

(503) 574-4557

jteisher97007@yahoo.com

*Founders of OMS***Connie Wilson and****Earl Walter - Historian****Chair's Corner by Jody Welborn**

Hi everyone:

Oregon Masters Swimming is about people: the swimmer, the coaches and the volunteers. And Oregon is lucky to have an outstanding group. In the last AquaMaster a new article, WOW, debuted that allowing recognition of these great people and the pure joy of being a part of swimming. I loved reading it and it reflects what a wonderful group of people I get to know. If you see or hear of a WOW please send it in to Dave Radcliff, editor of the AquaMaster.

Sharing the stories is part of what makes swimming great. And thanks to Dave and the AquaMaster, we continue to hear the stories.

I have a WOW.

Susanne Schumann is an outstanding swimmer who has participated in Masters Swimming for years. She has been one of the great breaststrokers on the competitive swimming scene, locally and nationally. She has had some health issues recently but she has stayed in the pool working out even though she has not been able to swim her specialty. And she has been trying new things. And she has been succeeding. She competed in the recent National Championships at Federal Way and swam a new event, the 1000 yard freestyle. It takes courage to persevere through setbacks, and courage to try new things. And trying distance free requires a lot. I am proud to know Susanne and she inspires me.

Oh, one more thing- she finished first, National Champion!

I hope everyone is enjoying the summer while staying cool in the pool.

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

Swim Bits by Ralph Mohr

How fast can you go? A basic question which is usually answered by swimmers quoting their fastest 50 or 100 free time. I want to look at speed in the water a little differently.

First, let's look at the optimum. The record for a 50 free is below 19 seconds. No one in Masters Swimming does that. If you could hold 20 seconds for each 50, you could do a 40 flat 100, 1:20 200 and so on. In 60 minutes you'd cover 9000 yards in that hour, or 5.11 miles per hour. Fantastic and impossible.

The most I have ever heard that someone has done in practice has been 60 x 100 on a minute in a yard pool or 6000 yards. Tracy Caulkins did it. I suspect that Michael Phelps could easily do 60 x 100 yards on 55 seconds which would be around 6500 yards, about 3.69 mph. The furthest that any Masters' swimmer has gone in one hour straight is 6135 yards (Robert Margalis, 2006) so 6000 yards (3.4 mph) is a convenient maximum.

Last year I went 3860 in the Postal Hour Swim, 2.19 mph. How fast are you?

We can use this information, though, to feel better about our workouts when we can't go an hour. I think 3000 meters or around 3300 yards is a pretty good distance to go in an hour of workout. Notice it is around 85% of what I can do, swimming without a stop. What is your 85% distance? Swim an hour straight, if you have not ever done it before, and figure accordingly.

Now, if you have only a half an hour to swim, an 85% workout is easy to figure. For me half of 3300 is around 1650 yards. If I only have 50 minutes to swim and go 3000 yards, simple arithmetic tells me I had a good workout. I would have gone 3600 yards in an hour at that pace.

The next time you have less than an hour to swim, figure what your 60 minute pace would have been. If it is above that 85% figure, you swam well.



A WOW from your Editor. I am a retired high school swim coach. Earlier this year I received a call from one of my swimmers (or I say "one of my boys"). He said that four members of our 1974 League Championship Team were going to do the Alcatraz Swim in June. They invited the "old Coach" to join them. I did and it was a WOW. Dinner together Saturday night, the swim, lunch on Sunday and in between all kinds of good times together, plus a lot of stories. Four great men and it was wonderful to be back and sharing time with them. I am so PROUD of them!



Brian Leahy, California State Farm/Watershed Conservation Manager in Sacramento, Mickey Moneta, Portland Doctor, the Old Coach, Wayne Jenkins, Professional Photographer in Minneapolis. Rovce Wilson. Fire Captain in Upland California

F i t n e s s



**Rachel
Skoss**



Dietary supplements

Many of us take dietary supplements (defined as vitamins/minerals/herbal products). You only need to hang around a swim meet for a short while before you'll overhear someone talking about their secret weapon that has been life-changing. The problem is, sometimes what you find in pill/liquid/gel/capsule form can indeed be life-changing, and not necessarily in a positive manner.

A study undertaken in 2002 looking at the reasons people took supplements found that only 6% were doing so on the advice of their physician. While the usual multi-vitamin formulations are relatively harmless and will likely only result in expensive urine, some herbal preparations can interact with medications which may cause or exacerbate problems. For example, ginseng can lower blood sugar levels, and increase the stimulant effect of caffeine, while ginkgo can increase the risk of bleeding when taken with anticoagulant drugs, and may also interact with certain drugs that affect blood sugar levels. While there is some scientific evidence of the benefits of some complementary medicines (ie. some dietary supplementation), other preparations are advertised based on testimonials and may make untested claims of benefits.

What should you do if you want to take a particular supplement? Tell your health care provider about any complementary or alternative supplements you use so they get a full picture of what you do to manage your health – enabling them to ensure coordinated and safe care. It is particularly important to tell them if you:

- Are thinking about replacing your regular medical care with one or more supplements
- Are taking medications (prescription or over-the-counter) to limit dangerous interactions with supplements
- Have a chronic medical condition
- Are planning on having surgery (as some supplements can increase risk of bleeding, and may affect anaesthetics and painkillers)
- Are pregnant or nursing
- Are considering giving a child a dietary supplement (as many do not have appropriate child dosing)

Many supplements that come from natural sources are

both useful and safe. However, “natural” does not always mean safe or without harmful effects. The FDA issues warnings about supplements that could damage health, are contaminated (with other unlabeled herbs, pesticides, heavy metals or prescription drugs), or interact dangerously with prescription drugs. For example, ephedra, kava, some dieter's teas, aristolochic acid, comfrey and St. John's wort have all carried cautions about safety. Although the FDA regulates supplements, they are regulated as food, rather than drugs. As a result, there is no need to prove a supplement's safety, effectiveness, or quality before marketing. What is on the label may not match what is in the bottle – one study analysed 59 preparations of Echinacea and found that half did not contain the species listed on the label; another study found great variation in the amount of the listed active ingredient.

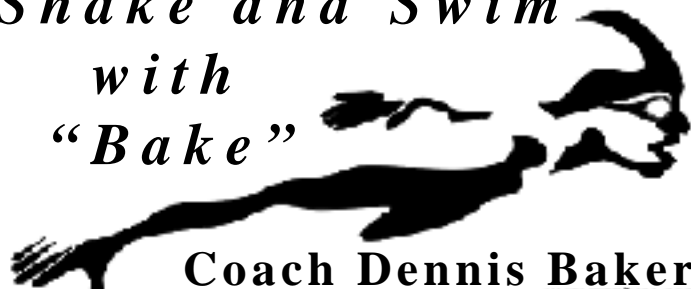
What vitamins and minerals are related to exercise? The B-complex vitamins are directly related to exercise: thiamine, riboflavin, vitamin B-6, niacin, pantothenic acid and biotin are involved in energy production during exercise; folate and vitamin B-12 are required for the production of red blood cells, protein synthesis, and in tissue repair and maintenance. The antioxidant nutrients (vitamins A, E, C, beta carotene and selenium) play an important role in protecting the cell membranes from oxidative damage. The most common minerals that athletes (particularly women) will be deficient in are calcium, iron and zinc (often due to avoidance of animal or dairy products). Calcium is required for building and repair of bone tissue, and maintenance of blood calcium levels. Vitamin D is also required to help absorption of calcium, regulation of calcium levels and promotion of bone health. Iron is required for formation of hemoglobin and myoglobin (which bind oxygen), and for enzymes used in energy production. Zinc plays a role in growth, building and repair of muscle tissue, as well as energy production.

While supplements can help improve our lives, particularly if our diet is somewhat deficient, please use caution in choosing what to use. Just because a friend swears by a particular product, it does not necessarily mean that it is going to be beneficial to you. Rather than assume you can fix everything out of a bottle, it may prove more useful in the long term to make a visit to a nutritionist who can assess your diet. As athletes, we should strive to consume a diet that provides at least the recommended daily amounts (RDA's) of micronutrients from food, rather than from supplements. Dieticians generally hold the position that no single nutrient supplement should be used without a specific medical or nutritional reason. If you want to investigate the potential problems of particular supplements then your tax dollars at work have provided the office of dietary supplements within the National Institutes of Health – check out the following web site:

http://ods.od.nih.gov/Health_Information/Health_Information.aspx



Shake and Swim with "Bake"



Coach Dennis Baker Bake's Top 5 list for fast summer long course swimming

In general, a Masters swimmer in the good ole US of A does not get many opportunities to race or train long course 50 meters. This coming year it will get better for Oregon Masters Swimming, with the opening of the new Mt. Hood facility.

Since it is such a short season for us and we do not train in the long pool as much, here are some helpful hints.

1. **Stay hydrated:** This is the most important tip I can give you. When competing, especially outside in hot humid weather, you must drink until you think you have had enough, then drink some more. It has to be an almost uncomfortable amount ingested to swim at peak performance. In a humid climate you can feel and see the sweat pour out of your body. In a dry climate you can not see the sweat; it just evaporates out of your body. This is the climate to be the most wary of.
2. **Work on your distance per stroke:** Distance per stroke is how far you travel forward in the water per one stroke cycle. This is something we should always be working on in practice, but it is more important for long course swimming. A great set to do is: 16 x 25's in four sets of four. Swim normal and strong on the first 25 of each set and count your strokes. On the next three 25's take one less stroke per 25 and descend slightly. You will find this set very valuable.
3. **Do not try to lengthen your stroke out too much in your races:** This will not work in a race and you should keep your normal stroke. Unless you have been training a lot of long course, you will never obtain the speed you want and you will fatigue much quicker if you're trying to "stretch it out more". Distance per stroke and lengthening too much are very different. If you lengthen your stroke too much you drop your body position in the water and lose the correct racing feel. Distance per stroke is more about keeping a good tempo while kicking

and pulling just slightly harder.

4. **Build everything you swim:** Whenever you have the opportunity to practice long course or if you are racing it, you need to build all the time. Your tempo or stroke rate must get faster in your mind. As you know from previous articles, what your mind is telling your body in a race is simply not true. When you are racing, fatigue sets in; that is a fact. If, in your mind, you are increasing your tempo throughout the race it will probably stay the same. This is what you are striving for.
5. **Keep up your turn work:** I think a lot of swimmers have a notion that turns are not as important in long course swimming. I am here to tell you that they are MORE important! If you have a bad turn or breakout in short course racing, there is another turn not too far away. A good turn and breakout can get you back in the race. If you have a bad turn in long course, it is a long, long way down the pool until your next chance. Momentum is a huge key in long course swimming. A good turn and breakout sets up that length to be a good split. Since there are less turns in long course swimming they are much MORE important.

I hope these tips will help you this summer and many more to follow. If you haven't noticed, there are many common threads in all my articles. Go back and re-read a few of them and identify some of the commonalities. If you can implement them in your swimming everyday you will be well on your way to becoming a more efficient swimmer.



"Practice Input = Meet Outcome."

1. **Stay hydrated**
2. **Work on your distance per stroke**
3. **Do not try to lengthen your stroke out too much in your races.**
4. **Build everything you swim.**
5. **Keep up your turn work.**



Record Setters from T Hills Meet - June 10

Records – Oregon, Zone, National (U.S.), Canada, World

Women 18-24				
200 LC Meter Freestyle				
1	Vukmanic, Jill	24	OREG	2:27.78 Oregon
Women 50-54				
800 LC Meter Freestyle				
1	Andrus-Hughes, Karen	50	OREG	11:26.03 Oregon
50 LC Meter Backstroke				
1	Andrus-Hughes, Karen	50	OREG	34.55 Zone
100 LC Meter Backstroke				
1	Andrus-Hughes, Karen	50	OREG	1:18.69 Oregon
Women 65-69				
50 LC Meter Freestyle				
1	Frid, Barbara	65	OREG	35.90 Zone
50 LC Meter Backstroke				
1	Pronk, Bonnie	65	MSBC	40.76 Canada
2	Frid, Barbara	65	OREG	43.73 Zone
100 LC Meter Backstroke				
1	Pronk, Bonnie	65	MSBC	1:29.94 Canada
2	Ward, Joy	65	OREG	1:35.97 Zone
200 LC Meter Backstroke				
1	Pronk, Bonnie	65	MSBC	3:12.21 World
50 LC Meter Breaststroke				
1	Pronk, Bonnie	65	MSBC	41.69 World
50 LC Meter Butterfly				
1	Ward, Joy	65	OREG	38.47 National
3	Pronk, Bonnie	65	MSBC	40.61 Canada
100 LC Meter Butterfly				
1	Ward, Joy	65	OREG	1:44.20 Zone

Women 85-89				
200 LC Meter Breaststroke				
1	Stangel, Pauline	86	OREG	6:58.82 Zone
Men 18-24				
50 LC Meter Freestyle				
1	Maier, Marc	24	OREG	25.55 Oregon
Men 50-54				
200 LC Meter Backstroke				
1	Edwards, Wes	54	OREG	2:31.13 Zone
Men 65-69				
800 LC Meter Freestyle				
1	Landis, Tom	65	OREG	10:25.94 World
200 LC Meter IM				
1	Landis, Tom	65	OREG	2:48.63 National
400 LC Meter IM				
1	Landis, Tom	65	OREG	6:03.31 National
Men 85-89				
100 LC Meter Freestyle				
1	Lamb, Willard	85	OREG	1:27.36 Zone
200 LC Meter Freestyle				
1	Lamb, Willard	85	OREG	3:23.62 Zone
800 LC Meter Freestyle				
1	Lamb, Willard	85	OREG	15:30.10 Zone
100 LC Meter Backstroke				
1	Lamb, Willard	85	OREG	1:58.02 Zone
Men 200-239 800 LC Meter Free Relay				
1	OREG			10:31.82 Zone
1)	Stephenson, Mike	55		
2)	Sherwood, Reggie	56		
3)	Sumerfield, Bill	47		
4)	Pendleton, Mike	55		

Hagg Lake Open Water - June 17



They're off at Hagg Lake in the first Open Water swim of 2007

Greg Jablonski, first in the 800, 2000 and 4000

Hagg Lake 2007: 800-meter Results

Pl	Name	Age	Team	Time	OV'all
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Women 25-29

1	"Parker, Jackie"	29	OR-ncms	14:22	15
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Women 30-34

1	"Macy, Michelle"	30	OR-thb	11:46	4
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Women 35-39

1	"Crowe, Victoria"	39	OR-thb	19:56	20
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Women 40-44

1	"Orner, Gayle"	44	OR-cbat	15:00	17
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Women 45-49

1	"Rogers, Pat"	47	OR-owet	12:58	10
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2	"Young, Joni"	46	OR-scc	13:18	13
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Women 50-54

1	"Budd, Elizabeth"	53	OR-cat	12:42	9
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2	"Summers, Jeanna"	53	OR-unat	14:08	14
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Women 55-59

1	"Hodesson, Deborah"	56	OR-coma	13:10	11
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Men 35-39

1	"Williams, Rob"	36	OR-owet	12:06	5
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2	"Villanvicencia, Jorge"	39	OR-mhm	14:39	16
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Men 40-44

1	"Jablonski, Greg"	40	OR-thb	9:50	1
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2	"Livengood, David"	44	OR-ncms	12:41	8
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3	"Bergfald, Oren"	43	OR-ncms	17:47	19
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Men 45-49

1	"Thompson, Ron"	47	OR-coma	11:29	2
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Men 50-54

1	"Dow, Keith"	51	OR-ncms	11:31	3
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2	"Yensen, Kermit"	54	OR-thb	13:15	12
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Men 55-59

1	"Zell, Ken"	59	OR-gm	12:31	6
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2	"Bruce, Bob"	59	OR-coma	12:33	7
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Men 65-69

1	"Lake, Brent"	69	OR-coma	15:56	18
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Hagg Lake 2007: 2000-meter Results**Women 30-34**

1	"Macy, Michelle"	30	OR-thb	31:02	8
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Women 40-44

1	"Chesler, Laurie"	43	OR-thb	30:52	7
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2	"Shanks, Lynn"	42	OR-unat	37:29	17
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3	"Raach, Bridget"	43	OR-unat	38:57	19
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4	"Aalberg, Kristy"	42	OR-owet	39:40	21
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5	"Orner, Gayle"	44	OR-cbat	42:38	24
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Women 45-49

1	"Rogers, Pat"	47	OR-owet	34:58	12
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2	"Schob, Laura"	48	OR-coma	35:45	14
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3	"Malloy, Janie"	45	OR-unat	38:38	18
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Men 25-29

1	"Johnsen, Nathen"	27	OR-thb	27:10	2
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Men 35-39

1	"Skoglund, Paul"	39	OR-unat	27:20	3
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2	"Williams, Rob"	36	OR-owet	32:02	9
---	-----------------	----	---------	-------	---

3	"Skoglund, Scott"	35	OR-unat	32:10	10
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Men 40-44

1	"Jablonski, Grag"	40	OR-thb	25:32	1
---	-------------------	----	--------	-------	---

2	"Rodgers, Jeff"	40	OR-nike	27:33	4
---	-----------------	----	---------	-------	---

3	"Livengood, David"	44	OR-ncms	35:51	15
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4	"Cordier, Tom"	44	OR-cat	38:59	20
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5	"Young, Brian"	40	OR-thb	41:05	22
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6	"Bergfald, Oren"	43	OR-ncms	54:32	28
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Men 45-49

1	"Schlemmer, Bob"	47	OR-unat	28:01	5
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Men 50-54

1	"Yensen, Kermit"	54	OR-thb	35:20	13
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2	"Harfst, Michael"	54	OR-ncms	41:14	23
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3	"DeGuilio, Jules"	54	OR-unat	42:52	25
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Men 55-59

1	"Bruce, Bob"	59	OR-coma	34:55	11
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2	"Toole, Chris"	56	OR-thb	37:28	16
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Men 65-69

1	"Lake, Brent"	69	OR-coma	44:10	26
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Men 70-74

1	"Radcliff, Dave"	73	OR-thb	30:33	6
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2	"Oakes, Joe"	72	OR-thb	54:10	27
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Hagg Lake 2007: 4000-meter Results**Women 25-29**

1	"Parker, Jackie"	29	OR-ncms	1:26:05	22
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Women 30-34

1	"Macy, Michelle"	30	OR-thb	1:04:22	5
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Women 35-39

1	"Alvord, Linnea"	37	OR-mac	1:19:16	16
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Women 40-44

1	"Aalberg, Kristy"	42	OR-owet	1:25:15	20
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2	"Thomas, Ann"	44	OR-unat	1:18:47	15
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Women 45-49

1	"Malloy, Janie"	45	OR-unat	1:24:19	19
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2	"Young, Joni"	46	OR-scc	1:14:35	12
---	---------------	----	--------	---------	----

3	"Rogers, Pat"	47	OR-owet	1:13:51	11
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4	"Schob, Laura"	48	OR-coma	1:17:19	14
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Women 50-54

1	"Budd, Elizabeth"	53	OR-cat	1:10:47	9
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2	"Summers, Jeanna"	53	OR-unat	1:20:44	18
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3	"Devine, Ann"	53	OR-cat	1:25:59	21
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Women 55-59

1	"Hodesson, Deborah"	56	OR-coma	1:14:37	13
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Men 30-34

1	"Johnsen, Nathan"	27	OR-thb	0:57:24	2
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Men 35-39

1	"Williams, Rob"	36	OR-owet	1:08:36	8
---	-----------------	----	---------	---------	---

2	"Villavicencio, Jorge"	39	OR-mhm	1:20:19	17
---	------------------------	----	--------	---------	----

Men 40-44

1	"Jablonski, Greg"	40	OR-thb	0:54:15	1
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Men 45-49

1	"Schlemmer, Bob"	47	OR-una	t0:59:47	3
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2	"Thompson, Ron"	47	OR-coma	1:03:12	4
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Men 50-54

1	"Dow, Keith"	51	OR-ncms	1:07:42	7
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Men 55-59

1	"Zell, Ken"	59	OR-gm	1:13:02	10
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Men 70-74

1	"Radcliff, Dave"	73	OR-thb	1:05:58	6
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State Games of Oregon - July 7

N = Breaks listed National Record Z = Zone Record O = Oregon Record
S = St. Games Record (N includes Zone, Oregon, St. Games - Z includes Oregon, St. Games)

Women 18-24

100 LC Meter Backstroke

1 Snyder, Melissa 20UNAT 1:35.36

50 LC Meter Butterfly

1 Snyder, Melissa 20UNAT 37.20

Women 25-29

100 LC Meter Freestyle

1 Brumbaugh, Kate 29UNAT 1:20.70

800 LC Meter Freestyle

1 Brumbaugh, Kate 29UNAT 12:47.43

100 LC Meter Backstroke

1 Monk, Lindsay 25UNAT 1:18.48

2 Schmitt, Sara 27UNAT 1:29.84

50 LC Meter Breaststroke

1 Brumbaugh, Kate 29UNAT 46.47

200 LC Meter Breaststroke

1 Monk, Lindsay 25UNAT 3:02.94

50 LC Meter Butterfly

1 Schmitt, Sara 27UNAT 37.06

400 LC Meter IM

1 Schmitt, Sara 27UNAT 6:46.98

Women 30-34

100 LC Meter Freestyle

1 Strausbaugh, E. 31OREG 1:12.82

2 Harrison, Elizabeth 33OREG 2:04.74

800 LC Meter Freestyle

1 Kramer, Ellen 32OREG 11:40.94

2 Criscione, Anicia 34OREG 12:00.32

100 LC Meter Backstroke

1 Strausbaugh, E. 31OREG 1:27.86

2 Harrison, Elizabeth 33OREG 2:37.43

50 LC Meter Breaststroke

1 Strausbaugh, E. 31OREG 43.20

200 LC Meter Breaststroke

1 Criscione, Anicia 34OREG 3:28.15

200 LC Meter Butterfly

1 Criscione, Anicia 34OREG 3:30.43

Women 35-39

100 LC Meter Freestyle

1 Weeks, Nikki 35OREG 1:03.78

2 Jacobs, Michelle 36OREG 1:23.78

100 LC Meter Backstroke

1 Wells, Janette 35OREG 1:31.89

2 Jacobs, Michelle 36OREG 1:39.22

50 LC Meter Breaststroke

1 Weeks, Nikki 35OREG 37.75

2 Wells, Janette 35OREG 42.44

200 LC Meter Breaststroke

1 Nelson, Sara 35OREG 3:09.13

2 Wells, Janette 35OREG 3:25.74

50 LC Meter Butterfly

1 Weeks, Nikki 35OREG 31.39

200 LC Meter Butterfly

1 Nelson, Sara 35OREG 3:01.43

400 LC Meter IM

1 Nelson, Sara 35OREG 5:48.26

Women 40-44

100 LC Meter Freestyle

1 Shaw, Susan 40OREG 1:19.49

800 LC Meter Freestyle

1 Shaw, Susan 40OREG 12:57.85

100 LC Meter Backstroke

1 Schmidt, Anne 41UNAT 4:01.41

50 LC Meter Breaststroke

1 Louie, Alice 41UNAT 50.77

200 LC Meter Breaststroke

1 Marsh, Kathy 40OREG 3:34.95

50 LC Meter Butterfly

1 Schmidt, Anne 41UNAT 1:33.28

400 LC Meter IM

1 Marsh, Kathy 40OREG 6:50.16

Women 45-49

100 LC Meter Freestyle

1 Delmage, Arlene 45OREG 1:03.94

2 Harsey, Laura 49OREG 1:08.03

3 Foley, Sharon 47OREG 1:13.57

4 Tracy, Kay 45OREG 1:30.91

800 LC Meter Freestyle

1 Delmage, Arlene 45OREG 10:46.94

2 Steinberg, Naomi 46UNAT 13:17.66

3 Fox, Christina 47OREG 13:29.51

100 LC Meter Backstroke

1 Harsey, Laura 49OREG 1:18.72

2 Fox, Christina 47OREG 1:34.95

50 LC Meter Breaststroke

1 Delmage, Arlene 45OREG 40.78

2 Harsey, Laura 49OREG 43.07

3 Snider, Pam 46OREG 44.61

4 Redwine, Roxanne 48OREG 47.94

5 Dansby, Ami 45OREG 49.28

200 LC Meter Breaststroke

1 Snider, Pam 46OREG 3:25.74

2 Fox, Christina 47OREG 3:45.13

50 LC Meter Butterfly

1 Foley, Sharon 47OREG 35.47

2 Viales, Dianne 45OREG 35.84

3 Snider, Pam 46OREG 39.25

4 Dansby, Ami 45OREG 41.75

5 Redwine, Roxanne 48OREG 46.71

Women 50-54

100 LC Meter Freestyle

1 Andrus-Hughes, Karen50 OREG

1:06.58

2 Budd, Elizabeth 53OREG 1:18.41

800 LC Meter Freestyle

1 Sweat, Mary 50OREG 10:44.56

2 Budd, Elizabeth 53OREG 12:24.85

100 LC Meter Backstroke

1 Andrus-Hughes, Karen50 OREG

1:17.34

2 Snyder, Lynn 51OREG 1:39.80

50 LC Meter Breaststroke

1 Snyder, Lynn 51OREG 48.72

50 LC Meter Butterfly

1 Crabbe, Colette 51OREG 33.59

2 Snyder, Lynn 51OREG 45.68

400 LC Meter IM

1 Crabbe, Colette 51OREG 5:59.83

2 Budd, Elizabeth 53OREG 6:50.82

Women 55-59

100 LC Meter Backstroke

1 Royle, Mary Anne 55OREG 1:33.17

Women 60-64

100 LC Meter Freestyle

1 Rousseau, Sandi 60OREG 1:25.09

2 Bello, Jeanette 64OREG 2:10.38

100 LC Meter Backstroke

1 Rousseau, Sandi 60OREG 1:49.29

50 LC Meter Butterfly

1 Rousseau, Sandi 60OREG 40.92

Women 65-69

100 LC Meter Freestyle

1 Frid, Barbara 65OREG 1:22.21

100 LC Meter Backstroke

1 Frid, Barbara 65OREG 1:42.04

50 LC Meter Breaststroke

1 Frid, Barbara 65OREG 47.73

2 Brooks, Nancy 65UNAT 48.66

200 LC Meter Breaststroke

1 Brooks, Nancy 65UNAT 4:07.88

Women 70-74

100 LC Meter Freestyle

1 Dinneen, Dolores 70OREG 2:03.02

800 LC Meter Freestyle

1 Dinneen, Dolores 70OREG 18:57.53

Women 75-79

100 LC Meter Freestyle

1 L'Esperance, Beverly 75 OREG

2:24.04

100 LC Meter Backstroke

1 L'Esperance, Beverly 75 OREG

2:48.98

Women 80-84

100 LC Meter Freestyle

1 Austen, Betsy 80OREG 2:40.75

800 LC Meter Freestyle

1 Austen, Betsy 80OREG 24:19.76

200 LC Meter Breaststroke

1 Wells, Margaret 81OREG 10:01.37

Women 85-89

200 LC Meter Butterfly

1 Stevenin, Elfie 86OREG 12:59.26

Men 18-24

100 LC Meter Freestyle

1 Thibeau, Tamas 18UNAT 1:03.33

50 LC Meter Butterfly

1 Cleary, Kevin 24OREG 30.36

1 Thibeau, Tamas 18UNAT 30.36

200 LC Meter Butterfly

1 Cleary, Kevin 24OREG 2:53.31

Men 25-29	1 Bergstrom, Robert 51OREG 11:41.35	Men 70-74	100 LC Meter Freestyle
100 LC Meter Freestyle	100 LC Meter Backstroke	100 LC Meter Freestyle	1 Radcliff, David 73OREG 1:08.02
1 Pearson, Kevin 25OREG 1:00.17	1 Edwards, Wes 54OREG 1:09.40	2 Ngan, Wai-Bong 70UNAT 1:35.61	800 LC Meter Freestyle
100 LC Meter Backstroke	2 Hardy, Stan 53OREG 1:37.59	1 Radcliff, David 73OREG 11:21.08	1 Radcliff, David 73OREG 11:21.08
1 Pearson, Kevin 25OREG 1:13.21	3 Darnell, Stephen 53OREG 1:40.75	50 LC Meter Breaststroke	1 Ngan, Wai-Bong 70UNAT 48.79
50 LC Meter Butterfly	50 LC Meter Breaststroke	1 Darnell, Stephen 53OREG 49.67	Men 75-79
1 Pearson, Kevin 25OREG 29.80	1 Darnell, Stephen 53OREG 49.67	100 LC Meter Freestyle	1 Holman, William 76OREG 1:56.30
Men 30-34	50 LC Meter Butterfly	100 LC Meter Backstroke	100 LC Meter Backstroke
800 LC Meter Freestyle	1 Bergstrom, Robert 51OREG 34.46	1 Marks, Milton 77OREG 1:45.88	50 LC Meter Breaststroke
1 Polito, Chip 31OREG 9:26.43	2 Nakhei, Toraj 52OREG 39.60	1 Marks, Milton 77OREG 46.59	200 LC Meter Breaststroke
50 LC Meter Butterfly	Men 55-59	1 Marks, Milton 77OREG 4:13.74	1 Marks, Milton 77OREG 4:13.74
1 Darby, Brian 34OREG 32.56	100 LC Meter Freestyle	Men 80-84	800 LC Meter Freestyle
Men 40-44	1 Macaulay, Thomas 58OREG 1:11.84	1 Austen, Clark 80OREG 23:09.38	1 Austen, Clark 80OREG 23:09.38
100 LC Meter Freestyle	2 Andrus-Hughes, Bruce55 OREG 1:35.55	Men 85-89	100 LC Meter Freestyle
1 Shoup, David 41OREG 1:00.24	100 LC Meter Backstroke	1 Lamb, Willard 85OREG 1:26.78	1 Lamb, Willard 85OREG 1:26.78
2 Corbeau, James 43OREG 1:01.64	1 Maestre, Robert 57OREG 1:25.33	2 Young, Gilbert 85OREG 1:50.05	2 Young, Gilbert 85OREG 1:50.05
3 Larsen, Jon-Erik 40OREG 1:06.07	50 LC Meter Breaststroke	800 LC Meter Freestyle	1 Lamb, Willard 85OREG 15:22.83
4 Petett, Andre 42UNAT 1:34.68	1 Macaulay, Thomas 58OREG 42.99	1 Lamb, Willard 85OREG 15:22.83	2 Mallon, Joseph 86OREG 28:06.31
100 LC Meter Backstroke	50 LC Meter Butterfly	100 LC Meter Backstroke	1 Lamb, Willard 85OREG 1:56.91
1 Bailor, Thomas 41UNAT 1:11.97	1 Bannan, Charles 55OREG 30.72	Relays	Women 160-199 400 LC Meter Free Relay
2 Clydesdale, William 40UNAT 1:17.11	2 Maestre, Robert 57OREG 34.84	Women 160-199 400 LC Meter Free Relay	1 OREG 5:23.89
3 Waud, Timothy 40OREG 1:19.64	Men 60-64	1) Marsh, K. 40 2) Shaw, S. 40	3) Jacobs, M. 36 4) Dansby, A. 45
50 LC Meter Breaststroke	100 LC Meter Freestyle	Women 200-239 200 LC Meter Free Relay	1 OREG 2:42.54
1 Corbeau, James 43OREG 32.35	1 Silvey, Michael 62OREG 1:09.45	1) Delmage, A. 45 2) Frid, B. 65	3) Royle, M. 55 4) Dinneen, D. 70
2 Larsen, Jon-Erik 40OREG 35.17	2 Carriker, Buz 60OREG 1:19.64	Men 160-199 400 LC Meter Free Relay	1 OREG 4:10.97
3 Butcher, Gano 43OREG 35.59	3 Lewis, William 64OREG 1:32.82	1) Hathaway, D. 47 2) Gaarder, C. 42	3) Butcher, G. 43 4) Polito, C. 31
4 Waud, Timothy 40OREG 36.62	100 LC Meter Backstroke	Men 200-239 200 LC Meter Free Relay	1 OREG 2:15.56
5 Gaarder, Chris 42OREG 37.33	1 Smith, Robert 64OREG 1:18.31	1) Petersen, B. 69 2) Juhala, R. 64	3) Shoup, D. 41 4) Darnell, S. 53
200 LC Meter Breaststroke	2 Silvey, Michael 62OREG 1:30.39	Men 320-359 200 LC Meter Free Relay	1 OREG 2:30.08
1 Butcher, Gano 43OREG 2:57.87	50 LC Meter Breaststroke	1) Marks, M. 77 2) Young, G. 85	3) Lamb, W. 85 4) Radcliff, D. 73
2 Waud, Timothy 40OREG 3:02.95	1 Bailey, Connor 61AMS 41.15	Mixed 160-199 200 LC Meter Medley Relay	1 OREG 2:35.42
50 LC Meter Butterfly	2 Carriker, Buz 60OREG 45.20	1) Darnell, S. 53 2) Marsh, K. 40	3) Shoup, D. 41 4) Jacobs, M. 36
1 Shoup, David 41OREG 29.80	3 Juhala, Richard 64OREG 49.21	Mixed 200-239 200 LC Meter Medley Relay	1 OREG 2:31.41
2 Clydesdale, William 40UNAT 30.35	200 LC Meter Breaststroke	1) Royle, M. 55 2) Dansby, A. 45	3) Petersen, B. 69 4) Edwards, W. 54
3 Bailor, Thomas 41UNAT 31.71	1 Bailey, Connor 61AMS 3:23.95	2 OREG 2:35.05	1) Hardy, S. 53 2) Carriker, B. 60
400 LC Meter IM	2 Juhala, Richard 64OREG 4:07.24	3) Crabbe, C. 51 4) Viales, D. 45	
1 Butcher, Gano 43OREG 5:45.52	50 LC Meter Butterfly		
Men 45-49	1 Smith, Robert 64OREG 32.33		
100 LC Meter Freestyle	2 Silvey, Michael 62OREG 33.52		
1 Hathaway, David 47OREG 1:02.29	3 Bailey, Connor 61AMS 35.90		
2 Gilberg, Jay 49UNAT 1:13.15	400 LC Meter IM		
800 LC Meter Freestyle	1 Juhala, Richard 64OREG 8:40.42		
1 Cox, Chris 46OREG 12:35.25	Men 65-69		
2 Gilberg, Jay 49UNAT 12:57.09	100 LC Meter Freestyle		
100 LC Meter Backstroke	1 Landis, Tom 65OREG 1:02.76		
1 Hathaway, David 47OREG 1:15.95	800 LC Meter Freestyle		
2 Gilberg, Jay 49UNAT 1:37.27	1 Landis, Tom 65OREG 12:23.58		
50 LC Meter Butterfly	2 Lake, Brent 69OREG 13:10.25		
1 Hathaway, David 47OREG 30.60	100 LC Meter Backstroke		
2 Gilberg, Jay 49UNAT 36.27	1 Lake, Brent 69OREG 1:35.11		
3 Cox, Chris 46OREG 36.42	50 LC Meter Breaststroke		
400 LC Meter IM	1 Keudell, David 67OREG 46.02		
1 Gilberg, Jay 49UNAT 7:20.41	2 Flores-Fiol, Oscar 69UNAT 50.76		
Men 50-54	200 LC Meter Breaststroke		
100 LC Meter Freestyle	1 Keudell, David 67OREG 3:56.36		
1 Edwards, Wes 54OREG 1:00.97	50 LC Meter Butterfly		
2 Peyton, Mike 52OREG 1:05.90	1 Petersen, Bert 69OREG 31.47		
3 Nakhei, Toraj 52OREG 1:11.39	2 Flores-Fiol, Oscar 69UNAT 44.99		
4 Hardy, Stan 53OREG 1:14.66	400 LC Meter IM		
5 Darnell, Stephen 53OREG 1:26.54	1 Landis, Tom 65OREG 7:05.45		
800 LC Meter Freestyle			



Top Ten Times



Mary Sweat

2006 SCM Top Ten

Women 18-24

4	SCM 100 Back	Angela Fults	23	OREG	1:14.21
6	SCM 200 Back	Angela Fults	23	OREG	2:41.78
7	SCM 200 Breast	Angela Fults	23	OREG	3:06.69

Women 30-34

5	SCM 1500 Free	Anicia Criscione	33	OREG	22:36.51
8	SCM 400 IM	Anicia Criscione	33	OREG	6:32.89
2	SCM 50 Free	Nicole Weeks	34	OREG	28.84
7	SCM 50 Back	Nicole Weeks	34	OREG	36.54
5	SCM 50 Breast	Nicole Weeks	34	OREG	38.85
2	SCM 50 Fly	Nicole Weeks	34	OREG	31.56
10	SCM 100 IM	Nicole Weeks	34	OREG	1:15.35

Women 35-39

10	SCM 200 Breast	Alison Moore	36	OREG	3:10.91
6	SCM 100 Fly	Shauna Simpson	35	OREG	1:12.47
3	SCM 200 Fly	Shauna Simpson	35	OREG	2:37.72

Women 40-44

5	SCM 50 Free	Arlene Delmage	44	OREG	29.53
5	SCM 800 Free	Arlene Delmage	44	OREG	10:39.36
5	SCM 1500 Free	Arlene Delmage	44	OREG	19:59.46
5	SCM 50 Fly	Arlene Delmage	44	OREG	31.52
7	SCM 100 Fly	Arlene Delmage	44	OREG	1:14.27
5	SCM 200 Fly	Arlene Delmage	44	OREG	2:41.95
5	SCM 400 IM	Arlene Delmage	44	OREG	5:48.06
5	SCM 100 Breast	Ellen Ferguson	44	OREG	1:25.03
4	SCM 50 Back	Valerie Jenkins	43	OREG	33.99
10	SCM 100 IM	Valerie Jenkins	43	OREG	1:16.82
9	SCM 50 Free	Lynn Squires	42	OREG	29.84
5	SCM 100 Free	Lynn Squires	42	OREG	1:04.46
10	SCM 200 Free	Lynn Squires	42	OREG	2:22.76

Women 45-49

4	SCM 50 Free	K Andrus-Hughes	49	OREG	28.73
1	SCM 100 Free	K Andrus-Hughes	49	OREG	1:02.98
2	SCM 50 Back	K Andrus-Hughes	49	OREG	32.59
3	SCM 100 Back	K Andrus-Hughes	49	OREG	1:12.50
8	SCM 100 Fly	K Andrus-Hughes	49	OREG	1:19.17
7	SCM 100 IM	K Andrus-Hughes	49	OREG	1:16.29
6	SCM 200 IM	K Andrus-Hughes	49	OREG	2:49.17
9	SCM 50 Free	Sharon Foley	46	MACO	30.18
9	SCM 50 Fly	Sharon Foley	46	MACO	33.62
10	SCM 100 Fly	Sharon Foley	46	MACO	1:20.03
8	SCM 200 Fly	Joanie Krehbiel	45	OREG	3:05.78

Women 50-54

7	SCM 800 Free	Elizabeth Budd	52	OREG	11:55.92
6	SCM 1500 Free	Elizabeth Budd	52	OREG	23:16.02

Women 55-59

8	SCM 50 Free	Janet Gettling	58	OREG	33.69
4	SCM 50 Breast	Janet Gettling	58	OREG	43.09
8	SCM 50 Fly	Janet Gettling	58	OREG	37.72

5	SCM 100 IM	Janet Gettling	58	OREG	1:26.73
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Women 60-64

1	SCM 50 Breast	Ginger Pierson	60	MACO	41.27
1	SCM 100 Breast	Ginger Pierson	60	MACO	1:31.01
2	SCM 200 Breast	Ginger Pierson	60	MACO	3:27.01
2	SCM 100 Fly	Ginger Pierson	60	MACO	1:33.34
1	SCM 200 Fly	Ginger Pierson	60	MACO	3:23.67
3	SCM 100 IM	Ginger Pierson	60	MACO	1:29.96
4	SCM 200 IM	Ginger Pierson	60	MACO	3:24.76
2	SCM 400 IM	Ginger Pierson	60	MACO	7:11.26
4	SCM 50 Free	Joy Ward	64	OREG	35.54
7	SCM 100 Free	Joy Ward	64	OREG	1:22.60
1	SCM 50 Back	Joy Ward	64	OREG	41.89
1	SCM 100 Back	Joy Ward	64	OREG	1:27.97
1	SCM 200 Back	Joy Ward	64	OREG	3:09.16
9	SCM 50 Breast	Joy Ward	64	OREG	51.07
1	SCM 50 Fly	Joy Ward	64	OREG	37.73
3	SCM 100 Fly	Joy Ward	64	OREG	1:35.40
5	SCM 100 IM	Joy Ward	64	OREG	1:33.39
3	SCM 200 IM	Joy Ward	64	OREG	3:23.86

Women 65-69

9	SCM 1500 Free	Dolores Dinneen	69	OREG	37:44.64
9	SCM 50 Breast	Peggie Hodge	66	OREG	57.22
8	SCM 100 Breast	Peggie Hodge	66	OREG	2:02.55
9	SCM 100 IM	Peggie Hodge	66	OREG	1:53.19
6	SCM 200 IM	Peggie Hodge	66	OREG	4:19.00
6	SCM 400 IM	Peggie Hodge	66	OREG	8:43.72

Women 70-74

9	SCM 100 Back	Kaleo Schroder	70	OREG	2:16.95
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Women 80-84

7	SCM 50 Back	Margaret Wells	80	OREG	1:22.68
9	SCM 100 Back	Margaret Wells	80	OREG	2:55.80
8	SCM 50 Breast	Margaret Wells	80	OREG	1:42.22

Women 85-89

4	SCM 50 Free	Pauline Stangel	85	OREG	1:03.75
4	SCM 100 Free	Pauline Stangel	85	OREG	2:28.38
3	SCM 200 Free	Pauline Stangel	85	OREG	5:26.73
1	SCM 50 Breast	Pauline Stangel	85	OREG	1:22.35
10	SCM 50 Free	Elfie Stevenin	85	OREG	1:39.77
10	SCM 100 Free	Elfie Stevenin	85	OREG	4:04.17
3	SCM 800 Free	Elfie Stevenin	85	OREG	34:37.06
8	SCM 50 Back	Elfie Stevenin	85	OREG	1:41.92
6	SCM 100 Back	Elfie Stevenin	85	OREG	3:51.21
6	SCM 50 Breast	Elfie Stevenin	85	OREG	2:30.25
3	SCM 50 Fly	Elfie Stevenin	85	OREG	2:11.28
1	SCM 100 Fly	Elfie Stevenin	85	OREG	6:13.75
3	SCM 100 IM	Elfie Stevenin	85	OREG	4:18.45
1	SCM 200 IM	Elfie Stevenin	85	OREG	9:51.94

Women 90-94

3	SCM 50 Free	Hilda Buel	92	OREG	2:01.11
2	SCM 50 Back	Hilda Buel	92	OREG	2:08.15
4	SCM 100 Back	Hilda Buel	92	OREG	4:36.60
1	SCM 50 Breast	Hilda Buel	92	OREG	3:05.97
2	SCM 50 Fly	Hilda Buel	92	OREG	4:47.58
2	SCM 100 IM	Hilda Buel	92	OREG	6:11.08

Men 18-24

6	SCM 800 Free	Kevin Cleary	23	OREG	11:19.60
5	SCM 200 Back	Kevin Cleary	23	OREG	3:02.89
7	SCM 100 Breast	Kevin Cleary	23	OREG	1:24.99
8	SCM 200 Breast	Kevin Cleary	23	OREG	3:09.66

Men 30-34

10	SCM 50 Back	W Fitzpatrick	33	OREG	30.29
5	SCM 400 Free	R Van Anandel	32	OREG	4:30.64

5	SCM 800 Free	R Van Andel	32	OREG	9:17.01	3	SCM 200 Back	George Thayer	70	OREG	3:21.29
1	SCM 1500 Free	R Van Andel	32	OREG	17:46.27	Men 75-79					
7	SCM 200 Breast	R Van Andel	32	OREG	2:41.26	5	SCM 50 Free	Milton Marks	76	OREG	36.11
6	SCM 400 IM	R Van Andel	32	OREG	4:59.93	6	SCM 50 Back	Milton Marks	76	OREG	47.47
Men 40-44						6	SCM 50 Breast	Milton Marks	76	OREG	45.69
10	SCM 200 IM	Gano Butcher	42	OREG	2:28.43	4	SCM 100 Breast	Milton Marks	76	OREG	1:44.08
Men 45-49						9	SCM 100 Back	Lee Miesen	79	MACO	1:56.30
5	SCM 100 Breast	Pat Allender	48	OREG	1:13.44	Men 80-84					
2	SCM 200 Breast	Pat Allender	48	OREG	2:38.89	3	SCM 50 Free	Willard Lamb	84	OREG	37.31
7	SCM 200 IM	Pat Allender	48	OREG	2:26.62	3	SCM 400 Free	Willard Lamb	84	OREG	7:12.04
1	SCM 100 Fly	Dennis Baker	45	OREG	58.35	2	SCM 800 Free	Willard Lamb	84	OREG	14:50.91
1	SCM 200 Fly	Dennis Baker	45	OREG	2:06.40	2	SCM 1500 Free	Willard Lamb	84	OREG	29:05.37
10	SCM 100 Back	Steve George	47	OREG	1:09.43	3	SCM 50 Back	Willard Lamb	84	OREG	51.18
8	SCM 200 Back	Steve George	47	OREG	2:30.89	8	SCM 50 Breast	Willard Lamb	84	OREG	1:09.15
Men 50-54						9	SCM 50 Fly	Willard Lamb	84	OREG	1:07.03
6	SCM 50 Free	Mike Tennant	53	OREG	26.34	5	SCM 100 IM	Willard Lamb	84	OREG	2:06.15
7	SCM 50 Back	Wes Edwards	53	OREG	31.65	4	SCM 800 Free	Gilbert Young	84	OREG	16:09.4
2	SCM 100 Back	Wes Edwards	53	OREG	1:05.99	4	SCM 1500 Free	Gilbert Young	84	OREG	31:13.00
9	SCM 50 Fly	Steve Kevan	52	OREG	29.5	6	SCM 50 Breast	Gilbert Young	84	OREG	1:03.57
5	SCM 200 IM	Steve Kevan	52	OREG	2:31.45	Men 85-89					
5	SCM 400 IM	Steve Kevan	52	OREG	5:30.66	4	SCM 50 Free	Charles Bushey	85	OREG	55.74
Men 55-59						5	SCM 100 Free	Charles Bushey	85	OREG	2:16.94
10	SCM 50 Free	Bob Bruce	58	OREG	28.39	3	SCM 200 Free	Charles Bushey	85	OREG	4:53.49
4	SCM 1500 Free	Bob Bruce	58	OREG	20:04.73	6	SCM 50 Back	Charles Bushey	85	OREG	1:18.35
1	SCM 50 Breast	Allen Stark	57	OREG	34.60	4	SCM 100 Back	Charles Bushey	85	OREG	2:59.18
1	SCM 100 Breast	Allen Stark	57	OREG	1:15.95	8	SCM 50 Free	Rupert Fixott	85	OREG	1:04.80
1	SCM 200 Breast	Allen Stark	57	OREG	2:48.34	4	SCM 50 Breast	Rupert Fixott	85	OREG	1:14.42
7	SCM 100 Fly	Mark Worden	55	OREG	1:11.98	1	SCM 50 Free	Andrew Holden	87	OREG	41.31
6	SCM 200 Fly	Mark Worden	55	OREG	3:04.18	1	SCM 50 Back	Andrew Holden	87	OREG	52.47
8	SCM 200 IM	Mark Worden	55	OREG	2:43.58	1	SCM 50 Fly	Andrew Holden	87	OREG	52.76
Men 60-64						1	SCM 100 IM	Andrew Holden	87	OREG	2:03.54
4	SCM 100 Free	Tom Landis	64	OREG	1:03.30	FINA Top Ten					
4	SCM 400 Free	Tom Landis	64	OREG	5:06.33	Women 35-36					
2	SCM 800 Free	Tom Landis	64	OREG	10:46.37	7	SCM 200 Fly	Shauna Simpson			2:37.72
2	SCM 1500 Free	Tom Landis	64	OREG	20:08.21	Women 40-44					
4	SCM 400 IM	Tom Landis	64	OREG	6:11.36	3	LCM 1500 Free	Arelene Delmage			19:50.68
3	SCM 50 Free	Robert Smith	63	OREG	27.98	6	LCM 100 Fly	Arelene Delmage			1:08.48
1	SCM 50 Back	Robert Smith	63	OREG	32.87	4	LCM 200 Fly	Arelene Delmage			2:34.48
7	SCM 50 Fly	Robert Smith	63	OREG	32.52	10	SCM 1500 Free	Arlene Delmage			19:59.46
6	SCM 100 IM	Robert Smith	63	OREG	1:15.87	2	LCM 50 Back	Valerie Jenkins			32.41
Men 65-69						10	LCM 200 Back	Valerie Jenkins			2:41.29
9	SCM 800 Free	Brent Lake	68	OREG	13:22.78	Women 45-49					
10	SCM 50 Back	Brent Lake	68	OREG	41.19	5	LCM 100 Back	Karen Andrus-Hughes			1:14.59
8	SCM 100 Back	Brent Lake	68	OREG	1:30.98	10	LCM 200 Back	Karen Andrus-Hughes			2:44.91
7	SCM 200 Back	Brent Lake	68	OREG	3:20.85	7	SCM 50 Free	Karen Andrus-Hughes			28.73
3	SCM 1500 Free	Ralph Mohr	65	OREG	24:28.33	5	SCM 100 Free	Karen Andrus-Hughes			1:02.98
8	SCM 100 Fly	Ralph Mohr	65	OREG	1:36.30	3	SCM 50 Back	Karen Andrus-Hughes			32.59
6	SCM 50 Free	Ronald Nakata	67	OREG	31.53	8	SCM 100 Back	Karen Andrus-Hughes			1:12.50
4	SCM 100 Free	Ronald Nakata	67	OREG	1:12.23	3	LCM 50 Back	Karen Andrus-Hughes			33.34
9	SCM 50 Breast	Ronald Nakata	67	OREG	42.20	Women 55-59					
4	SCM 50 Fly	Ronald Nakata	67	OREG	34.30	10	SCM 50 Breast	Janet Gettling			43.09
3	SCM 100 IM	Ronald Nakata	67	OREG	1:20.6	5	LCM 50 Breast	Catherine Imwalle			42.19
2	SCM 200 IM	Ronald Nakata	67	OREG	3:08.46	3	LCM 100 Breast	Catherine Imwalle			1:31.32
2	SCM 50 Fly	Bert Petersen	68	OREG	31.83	3	LCM 200 Breast	Catherine Imwalle			3:19.68
2	SCM 100 Fly	Bert Petersen	68	OREG	1:25.49	3	LCM 200 IM	Catherine Imwalle			3:00.27
Men 70-74						3	LCM 400 IM	Catherine Imwalle			6:31.98
8	SCM 200 Free	Bill King	73	OREG	3:01.11	Women 60-64					
7	SCM 400 Free	Bill King	73	OREG	6:36.35	3	LCM 50 Breast	Ginger Pierson			42.56
2	SCM 100 Free	David Radcliff	72	OREG	1:07.48	7	LCM 100 Breast	Ginger Pierson			1:35.87
1	SCM 400 Free	David Radcliff	72	OREG	5:20.65	5	LCM 200 Fly	Ginger Pierson			3:33.79
1	SCM 800 Free	David Radcliff	72	OREG	11:07.97	2	SCM 50 Breast	Ginger Pierson			41.27
2	SCM 50 Back	George Thayer	70	OREG	41.40	3	SCM 100 Breast	Ginger Pierson			1:31.01
5	SCM 100 Back	George Thayer	70	OREG	1:33.37	6	SCM 200 Breast	Ginger Pierson			3:27.01

7	SCM 100 Fly	Ginger Pierson	1:33.34
2	SCM 200 Fly	Ginger Pierson	3:23.67
10	SCM 200 IM	Ginger Pierson	3:24.76
2	SCM 400 IM	Ginger Pierson	7:11.26
9	LCM 50 Back	Joy Ward	41.49
10	LCM 100 Back	Joy Ward	1:31.98
8	LCM 50 Fly	Joy Ward	37.74
5	SCM 100 Back	Joy Ward	1:27.97
3	SCM 200 Back	Joy Ward	3:09.16
5	SCM 50 Fly	Joy Ward	37.73
9	SCM 200 IM	Joy Ward	3:23.86
Women 85-89			
9	LCM 200 Back	Elfie Stevenin	7:56.42
5	LCM 50 Fly	Elfie Stevenin	2:34.02
1	LCM 100 Fly	Elfie Stevenin	6:45.39
1	LCM 200 Fly	Elfie Stevenin	15:37.46
6	LCM 200 IM	Elfie Stevenin	9:54.04
1	LCM 400 IM	Elfie Stevenin	21:19.52
3	SCM 800 Free	Elfie Stevenin	34:37.06
3	SCM 50 Fly	Elfie Stevenin	2:11.28
1	SCM 100 Fly	Elfie Stevenin	6:13.75
9	SCM 200 IM	Elfie Stevenin	4:18.45
1	SCM 400 IM	Elfie Stevenin	9:51.94
8	LCM 100 Breast	Pauline Stangel	3:16.51
10	SCM 200 Free	Pauline Stangel	5:26.73
9	SCM 50 Breast	Pauline Stangel	1:22.35
Women 90-94			
9	LCM 50 Back	Hilda Buel	2:06.36
10	LCM 100 Back	Hilda Buel	4:57.01
2	LCM 50 Breast	Hilda Buel	3:16.47
2	LCM 100 Breast	Hilda Buel	7:33.42
1	LCM 50 Fly	Hilda Buel	4:42.00
1	LCM 200 IM	Hilda Buel	14:56.55
4	SCM 50 Free	Hilda Buel	2:01.11
6	SCM 50 Back	Hilda Buel	2:08.15
7	SCM 100 Back	Hilda Buel	4:36.60
1	SCM 50 Breast	Hilda Buel	3:05.97
2	SCM 50 Fly	Hilda Buel	4:47.58
2	SCM 100 IM	Hilda Buel	6:11.08
Men 35-39			
10	LCM 100 Breast	Gregory Latta	1:10.61
4	LCM 200 IM	Gregory Latta	2:18.97
Men 40-44			
10	LCM 400 Free	Doug Stewart	4:26.61
7	LCM 200 Fly	Doug Stewart	2:18.60
7	LCM 400 IM	Doug Stewart	5:03.80
Men 45-49			
7	LCM 100 Breast	Pat Allender	1:13.53
5	LCM 200 Breast	Pat Allender	2:41.33
6	SCM 200 Breast	Pat Allender	2:38.89
10	LCM 200 Free	Dennis Baker	2:05.59
2	LCM 400 Free	Dennis Baker	4:15.16
4	LCM 100 Fly	Dennis Baker	1:00.65
1	LCM 200 Fly	Dennis Baker	2:06.94
1	LCM 200 IM	Dennis Baker	2:16.12
1	LCM 400 IM	Dennis Baker	4:50.73
1	SCM 100 Fly	Dennis Baker	58.35
1	SCM 200 Fly	Dennis Baker	2:06.40
Men 50-54			
9	LCM 50 Back	Wes Edwards	31.68
6	LCM 100 Back	Wes Edwards	1:09.00
7	LCM 200 Back	Wes Edwards	2:34.13
3	SCM 100 Back	Wes Edwards	1:05.99

8	SCM 400 IM	Steve Kevan	5:30.66
Men 55-59			
8	LCM 1500 Free	Bob Bruce	20:41.82
9	SCM 1500 Free	Bob Bruce	20:04.73
10	LCM 400 Free	Steve Johnson	4:55.77
5	LCM 50 Breast	Allen Stark	35.08
1	LCM 100 Breast	Allen Stark	1:17.08
3	LCM 200 Breast	Allen Stark	2:52.11
3	SCM 50 Breast	Allen Stark	34.60
2	SCM 100 Breast	Allen Stark	1:15.95
3	SCM 200 Breast	Allen Stark	2:48.34
10	LCM 400 IM	Mark Worden	6:00.76
Men 60-64			
7	SCM 100 Free	Tom Landis	1:03.30
7	SCM 400 Free	Tom Landis	5:06.33
5	SCM 800 Free	Tom Landis	10:46.37
2	SCM 1500 Free	Tom Landis	20:08.21
9	SCM 400 IM	Tom Landis	6:11.36
7	LCM 50 Free	Robert Smith	27.81
5	LCM 50 Back	Robert Smith	33.70
8	LCM 100 Back	Robert Smith	1:17.05
6	SCM 50 Free	Robert Smith	27.98
2	SCM 50 Back	Robert Smith	32.87
Men 65-69			
7	LCM 50 Fly	Bert Petersen	31.93
8	SCM 50 Fly	Bert Petersen	31.83
Men 70-74			
3	LCM 50 Free	David Radcliff	30.69
2	LCM 100 Free	David Radcliff	1:06.63
1	LCM 200 Free	David Radcliff	2:27.27
1	LCM 400 Free	David Radcliff	5:18.48
1	LCM 800 Free	David Radcliff	10:49.02
2	LCM 1500 Free	David Radcliff	22:02.45
2	SCM 100 Free	David Radcliff	1:07.48
1	SCM 400 Free	David Radcliff	5:20.65
1	SCM 800 Free	David Radcliff	11:07.97
7	SCM 200 Back	George Thayer	3:21.29
Men 80-84			
9	LCM 50 Free	Willard Lamb	37.66
10	SCM 50 Free	Willard Lamb	37.31
5	SCM 400 Free	Willard Lamb	7:12.04
2	SCM 800 Free	Willard Lamb	14:50.91
2	SCM 1500 Free	Willard Lamb	29:05.37
7	LCM 1500 Free	Gilbert Young	32:48.79
4	SCM 800 Free	Gilbert Young	16:09.44
5	SCM 1500 Free	Gilbert Young	31:13.02
Men 85-89			
7	LCM 800 Free	Charles Bushey	22:15.02
4	LCM 1500 Free	Charles Bushey	44:33.70
8	SCM 200 Free	Charles Bushey	4:53.49
2	LCM 50 Free	Andrew Holden	41.94
5	LCM 50 Back	Andrew Holden	52.18
2	LCM 50 Fly	Andrew Holden	53.49
3	SCM 50 Free	Andrew Holden	41.31
2	SCM 50 Back	Andrew Holden	52.47
1	SCM 50 Fly	Andrew Holden	52.76
2	SCM 100 IM	Andrew Holden	2:03.54
9	LCM 800 Free	Joseph Mallon	25:47.86
5	LCM 1500 Free	Joseph Mallon	50:50.34

**2006 SCM Top Ten Relays from Oregon
will be in the next Aqua Master**

The Patriot Games ~ A Metric Pentathlon
 Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #377-07
 Eligibility: Currently registered USMS swimmers, 18 years and older.
 Unregistered swimmers must submit a 2007 registration form and fee with this form.

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

DATE: Sunday, September 9, 2007

**Show your patriotic spirit and swim
 the 911 red, white and blue meet
 Sunday, September 9, 2007!**

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

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

Meet director: Bert Petersen • Phone: 503-252-6081 • E-mail bertbutterfly@msn.com

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

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

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY, AUGUST 24, 2007

✂ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY ✂

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

BIRTHDATE _____ AGE (AS OF 12-31-07) _____ SEX _____
 2007 USMS # _____
 USMS CLUB (OREG, PNA, ETC) _____
 IS THIS YOUR FIRST MASTERS MEET? Yes No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359, ETC. **YOU MAY ENTER UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400M AND 800M RELAYS WILL BE SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. *RELAY ENTRIES WILL CLOSE 30 MIN. BEFORE EVENT.* ALL EVENTS WILL BE SEEDED SLOW TO FAST.

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

Sunday September 9, 2007 Sprint

Sunday September 9, 2007 Mid Distance

50m FLY (1) _____ : _____ . _____

100m FLY (2) _____ : _____ . _____

50m BACK (3) _____ : _____ . _____

100m BACK (4) _____ : _____ . _____

Break before the Medley relay

MEDLEY RELAY (5-8)

50m BREAST(9) _____ : _____ . _____

100m BREAST(10) _____ : _____ . _____

MIXED FREE RELAYS (11-13)

50m FREE (14) _____ : _____ . _____

100m FREE (15) _____ : _____ . _____

Break before the mixed medley relay

MIXED MEDLEY RELAY (16-17)

100m I.M. (18) _____ : _____ . _____

200m I.M. (19) _____ : _____ . _____

Break before the Free relay

FREE RELAY (20-25)

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

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

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

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$15.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
 MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072

2007 OPEN WATER SWIM— DORENA LAKE
SUNDAY, AUGUST 19
SPONSORED BY EMERALD AQUATICS
WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS

Sanctioned by OMS, Inc. for USMS, Inc. USMS Sanction #: 377-OW4

All swimmers must be current USMS member to compete. One-day registration will be available at the meet for \$15.00.

Schedule:

Table with 3 columns: Event Name, Distance, and Race Details. Rows include 1500 Open Water Swim, Whiteley 1000, and Flatfoot Kick.

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

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

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

Eligibility: Open to all USMS (U.S. Masters Swimming) members. Every swimmer must be a current USMS member to compete. One-day registration will be available at the meet for \$15.00.

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

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

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

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

ENTRIES MUST BE POSTMARKED BY August 4th

add \$10 for late entries

Mail entries EA Lake Swim
to: P.O. Box 3708
Eugene, OR 97403
USMS Reg#

check all that apply:
1500m [] Whiteley [] Flatfoot []

all 3 events \$40.00
or 2 events \$35.00
or 1 event \$25.00

Please attach a copy of your USMS registration card.

TOTAL

Make checks payable to Emerald Aquatics

All fees are non-refundable.

Name Sex Age

Address

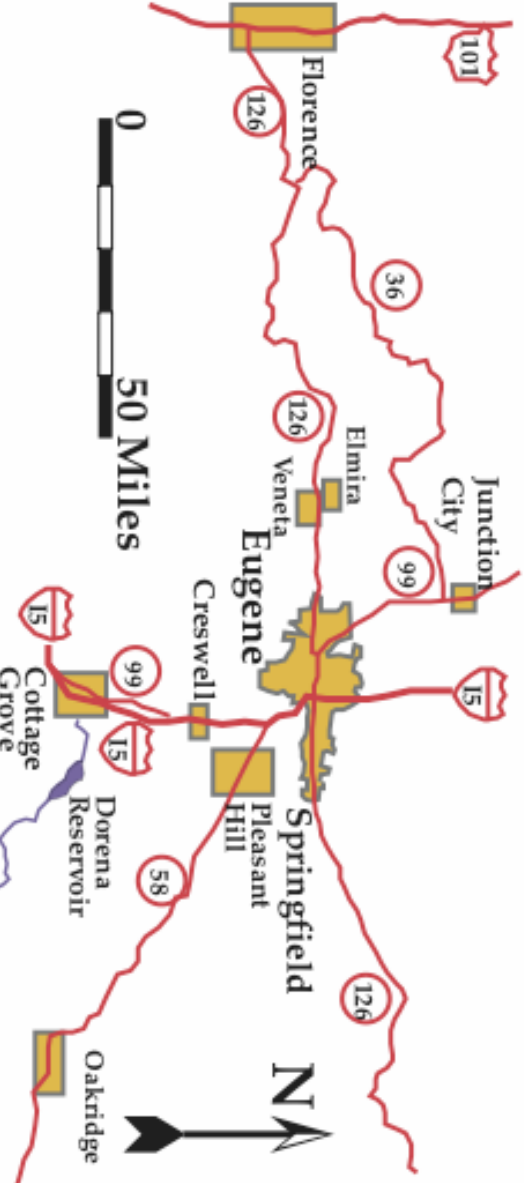
City/State/Zip Club Local Team

Birthdate Day phone Evening phone Fax

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

Signature Date

Camping: Individual camping sites can be reserved for Schwarz Park. To reserve go to www.reserveamerica.com and use the search engine to go to Schwarz Park in Oregon. You can also call 1-877-444-6777. The rules are a minimum two night stay and you can have 3 vehicles and 3 tents with up to 8 people, or one camper/trailer/RV and two tents for each site. The cost is \$12 per night. Directions: I5 Exit 174, Row River Rd. east for 5 miles, entrance on left (see below). [Other camping reservations at Baker Bay (541-942-7669).]



D o n ' t F o r g e t y o u r F i n s , k i c k b o a r d s a n d p a d d l e s



2007



Date	Event	Location	Contact
Pool Meets			
* Sept. 9	SCM - Patriot Games	Camas, Washington	Bert Petersen - bertbutterfly@msn.com
Open Water			
* Aug. 19		Dorena	Steve Johnson - stevej@nsdssurvey.org
National Championships			
Aug. 4	1-3 Mile Championships (1.76 miles)	Lake Pend Oreille, Sandpoint, Idaho	Larry Krauser - (509) 455-7789 larry.krauser@kcgl.net
Aug. 10-13	USMS -LCM	The Woodlands, Texas	www.usms.org
Postal Championships 2007			
Go The Distance	Year long postal	Where ever you are	Mary Sweat - gothedistance@swimoregon.org
International Championships			
* ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER			

Board Meetings All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details.	JAugust 22 TBA October Retreat TBA
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Aqua Master
August 2007

Inside: Results - Hagg Lake, St. Games & SCM Top Ten