



Aqua Master

USMS 2004 Newsletter of the Year

Volume 34, Number 1 Published Monthly by OMS, Inc. January 2007

“Swimming for Life”

World Records for Oregon Relays

Northwest Zone SCM Champs - Federal Way Washington: Oregon relay teams swam away with 3 World Records. In the Men's (240 - 279) 200 Medley the team of Smith, Petersen, Stark and Edwards went 2:03.09 to set a new record. In the Mixed (200 - 239) 200 Medley Relay, the team of Edwards, Delmage, Stark and Andrus-Hughes lowered the record to 2:01.94. Karen also set a National Record in the 50 Backstroke as she led off the relay in 32.59. In the Mens (240 - 279) 200 Free Relay the team of Landis, Smith, Baker and Petersen swam to a new record with a fast time of 1:50.57. Dennis also set a new World Record in the 200 Fly with an outstanding swim as he clocked 2:06.40 in his favorite event. Oregon swimmers are showing that they are getting ready for Short Course Nationals which will be held in this same pool in May of 2007.



Inside For You

Chair's Corner	2-3
Fitness	4
Long Distance	5-7
2008 LCM Update	7
New Year's Day Swim	7
Results - Zone	8-11
MAC	12-14
Entry Blanks	
Animal Meet	15
Newberg	16
Pentathlon	17
Team Registration	18
USMS/OMS Registration	19
Schedule	Back Cover

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

Jeanne Teisher

7305 SW Hyland Ct.

Beaverton, OR 97008 - (503) 574-4557

jteisher97007@yahoo.com

Secretary

Joelle Cowan

3700 SW 91st Ave

Portland, OR 97225 - 503-297-5776

joellec@mac.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 Manage 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

bakeswims@aol.com

Awards

Tam Jenkins

(503) 422-0747

tjenkins@ebizjournals.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@swimmoregon.org

Top Ten topten@swimmoregon.org

Sunshine

Sue Calnek

(971) 555-3531

squeegybug60@yahoo.com

Short Distance

Robert Smith

(503) 244-3739

dobbsmith@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

ONE MORE THING

The holiday season is here again. It is a time of joy. Gatherings of family and friends, reflections on the year, and a chance to give highlight this season for me. And the bright points are often figuring a way to give the sport of swimming to others. Usually my swimming gift is verbal. I talk to friends, lap swimmers, co-workers, my children, my husband, about the social and health benefits of swimming. And I am beginning to notice that my enthusiasm is having an effect. My family is in the pool a little more and co-workers approach me about places to swim. It is small but it is a gift that all of us can give.

Although I am good at giving the gift of gab, there are others in the past several months that have gone beyond that. One wonderful gift was the swim meet at Multnomah Athletic Club this past weekend. It has been several years since a Masters meet was held at the facility and it was a joy to be back. The meet staff did a wonderful job and the swimmers had a great time. The swims were terrific, but the highlight was the 25-meter swim, an event you will be seeing at meets more often. Many of the swimmers had not raced a 25-y/m event since their days of 8 and under swimming and the delight was obvious. Thank you MAC swimmers for a true holiday gift.

Since the World Championships, there has been an upswell of enthusiasm in Oregon Masters Swimming about swimming in general and meets in particular. Sure the competition is fun, but it isn't necessarily the main reason to attend. There is a large network of swimmers that have grown up around the meets. Before you know it you have friends all over the country that share your passion. And, for many, the network has grown worldwide thanks to events such as Worlds. One of my favorite swimmers at Corvallis Aquatic Team (you know who you are) is passionate about the fun and benefits of swimming and is also blessed with the gift of gab. She buys OMS swim caps and gives them to swimmers she encounters in the lap lanes who are interested in swimming. What better advertising than our enthusiasm and a bright cap with OMS on it? I am going to try to get as many out as I can. If you are interested in buying caps, contact Tam Jenkins (email on the OMS website). They are \$3 (2/\$5).

There are some great ideas for giving the gift of swimming and Oregon swimmers are amazing in their willingness to share their sport. But there is one person this year that has offered an amazing gift. So as Steve Jobs says in his Keynote presentations-oh, and one more thing.

NEW YEAR'S RESOLUTION or (OPPORTUNITY)

The annual highlight of master swimming is competing in the state association meet. You know why. It's because of you, the master swimmer. It's the largest attended meet of the year and the larger the family reunion the more fun everyone has.

We all have different swimming goals, but the important thing is to have goals. They give us direction, a destination and motivation. No matter what your level of swimming ability, attending swim meets gives more purpose and improvement to your swim practices.

I, along with many other Oregon swimmers, attended the World Masters Championships at

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.swimmoregon.org

Stanford in August. It was one big reunion and the experience was far beyond my expectations: Swimming in a top- notch facility, meeting swimmers from all over the world, watching the elite swimmers compete, and the festive camaraderie spirit of over 5000 swimmers. It's great to watch the world class swimmer, but for every one of them there're 50 of us, the average swimmer that competes for fitness, fun and self improvement.

We had a great turnout from Oregon, and a big thank you to our two coaches Bob Bruce and Jon Clark, who were ever ready to give splits, advice and encouragement. The experience was such a highlight of our swim careers that a few colleagues and I brainstormed on how we could encourage more of our lane mates to attend swim meets. So we came up with a challenge and opportunity to attend the world meet in Perth, Australia.

We decided to sponsor a scholarship, \$2500 to a male swimmer and \$2500 to a female swimmer that best meets the criteria and the funds will be to OMS to oversee applications. This is not for the elite swimmer that frequently attends meets and makes top ten swim times, but for the average swimmer that rarely competes. The requirements are: Participation in swim meets, (open water and postal swim count), improvement throughout the year in your swim events (must make qualifying times for worlds) and the need for financial support.

Write your goals and share them with your coach then let your Coach or someone on the OMS board know that you want to apply for scholarship. By year end (2007) give your coach or board member no more then one page of why you are deserving of scholarship and OMS board will then decide the female and male winner. However, everyone that participates is already a winner. Go for it and make it fun.

And

Remember,

Swimming is for Life
and Life Matters.



Challenge Stadium Pool - Perth, Australia: On December 6, 2006 your Aqua Master Editor had the privilege of swimming in the Challenge Stadium Pool in Perth. What a great pool! This pool will host the 2008 FINA World Master's Swimming Meet, that Jody talked about in "Chair's Corner". This pool is just one of five pools in the Challenge complex. There are two other 50 meter pools, a large water polo pool and a diving pool. This is the pool where Ian Thorpe, in 1998, first burst onto the International Swimming scene in a big way. Bleachers will surround the pool for the meet. Be there!!!!

F i t n e s s



Rachel
Skoss

Masters athletes need to consider their diet in order to achieve their potential. Nutrition does influence athletic performance and recovery, but with many products available, plus unsubstantiated claims from manufacturers of some products, it can be confusing to figure out what is best. The following points are general recommendations for the adult athlete (according to the American College of Sports Medicine), based on the scientific research.

- Eat adequate amounts during periods of high-intensity training. If your body weight is appropriate, then you need sufficient calories to maintain it, plus maximise training effects and maintain health. Insufficient calories may result in loss of muscle mass, menstrual dysfunction, loss or failure to gain bone density, and increased risk of fatigue, injury and illness.
- If weight loss is desired, it should start before the competitive season, not a month before the big meet. While body weight and composition can affect performance, it is not the sole criterion. Daily weigh-ins should be discouraged. Optimal body-fat levels vary depending upon sex, age and heredity of the athlete.
- Carbohydrates are important to maintain blood-glucose levels during exercise, and to replace muscle glycogen. Recommendations for adult athletes range from 6-10g/kg body weight per day. The amount required depends on the athlete's total daily energy expenditure, sport, gender, and environmental conditions.
- Protein requirements should be slightly increased for active people. For endurance athletes, protein recommendations are 1.2-1.4g/kg body weight per day (and slightly more for strength/power athletes). This can generally be met by diet alone, without using protein or amino acid supplements.
- Fat intake should not be restricted – there is no performance benefit from a diet with less than 15% of energy from fat (compared to 20-25%). Fat is important as it provides energy, fat-soluble vitamins, and essential fatty acids. There is no scientific basis to recommend high-fat diets either.
- Micronutrient deficiencies are more likely in athletes who restrict energy intake, use severe weight-loss practices,

eliminate one or more food groups from their diet, or consume high-carbohydrate diets with low micronutrient density. Try to get all your recommended daily intake of vitamins and minerals from your food, rather than from a capsule. If athletes have a mineral deficiency, it is most commonly calcium, iron or zinc.

- Dehydration decreases exercise performance. Athletes need to drink enough fluid to balance their fluid losses – before, during and after exercise. Two hours before exercise, 14-22oz of fluid should be consumed. During exercise, 6-12oz of fluid every 15-20 minutes (depending on tolerance) is required. After exercise, you need to drink enough to replace any fluid lost through sweat – 16-24oz for every pound of weight lost.
 - Prior to exercise, a meal or snack should provide sufficient fluid to maintain hydration, and be relatively low in fat and fibre to facilitate gastric emptying (and minimise gastrointestinal distress). The meal should be relatively high in carbohydrate to maintain blood glucose, and have moderate amounts of protein. The food should be familiar and well tolerated – no point eating something that is going to repeat on you as you swim!
 - When the event is longer than an hour, you may need to eat something during the race to maintain blood glucose levels. Likewise, if you are exercising in an extreme environment (heat, cold, or altitude).
 - After exercise, it is important to eat sufficient carbohydrate to replace muscle glycogen, for rapid recovery. If glycogen depleted, carbohydrate intake of 1.5g/kg body weight for the first 30 minutes, and again every 2 hours for 4-6 hours will be adequate to replace glycogen stores. Protein is also important to provide amino acids for the repair of muscle tissue. Following strenuous exercise, you should eat mixed meal of carbohydrate, protein and fat.
 - Generally, we shouldn't need vitamin and mineral supplements if our diet is adequate. However, supplementation for unrelated reasons (eg. folic acid for pregnancy) is recommended. If an athlete is dieting, eliminating food groups, is sick, recovering from injury, or has a specific deficiency, a multivitamin may be appropriate. It should be noted that you shouldn't have a single nutrient supplement without a specific medical or nutritional reason. Some vitamins and minerals can be toxic in large quantities.
 - If you are using ergogenic aids, use caution – evaluate the product for safety, efficacy, potency and legality! Testimonials are not scientific research.
 - If you are vegetarian, you may be at risk of a diet that has low energy, protein, and micronutrient intakes. Considerable care needs to be taken for a balanced diet. Consultation with a registered dietician may help.
- While we all strive for our best performances in the pool, *continued on bottom of next page*

Long Distance Swimming



Bob Bruce
Long Distance
Chair



The Oregon Club rode better participation to an improved standing in both the USMS 5 & 10-km Postal swims in 2006. Here's a summary:

5-km: 18 swimmers from Oregon (10 women & 8 men) entered the event. Mary Sweat won the national individual title in her age group, and five Oregon Relay teams won their events. In the team scoring, Oregon placed third in the Combined category, up from fifth place in 2005.

10-km: Only 6 Oregon swimmers (3 women & 3 men) entered this longer distance event. Michael Riccatelli took home a national individual title, and all three of the Oregon relay teams entered won their age group. Oregon finished second in the Combined team standings, jumping from twelfth place one year ago.

Oregon LMSC Postal 5-km Swim Results 2006

Place numbers are national places

OR = Oregon Record; NR = National Record

Women 25-29

5 Elizabeth Strausbaugh 29 COMA 1:34:54.99 692 pts

Women 30-34

3 Tamara Houston 30 COMA 1:18:37.04 819

5 Monica Freeman 33 COMA 1:28:28.09 728

Women 35-39

12 Cyndi Smidt 36 COMA 1:32:03.00 689

Women 40-44

5 Steph Schultz 40 COMA 1:14:16.99 847

Women 45-49

1 Mary Sweat 49 Unat 1:12:10.39 893

7 Pat Rogers 46 NCMS 1:33:38.00 688

Women 50-54

6 Madeleine Holmberg 53 COMA 1:27:13.00 808

10 Connie Peterson 51 COMA 1:48:31.00 650

Women 55-59

6 Ginny Saunders 59 EA 1:47:30.00 666

Men 30-34

3 Michael Riccatelli 32 COMA 1:12:01.99 831

Congratulations to...

- Our 2 individual National Champions (USMS Long Distance All-Americans!);
- Our 8 relay team National Champions (USMS Long Distance Relay All-Americans);
- Our 8 Oregon Individual Record breakers—Mary Sweat (unat), Michael Riccatelli (COMA), Greg Jablonski (THB), and Doug Asbury (COMA);
- Our 5 Oregon Relay Record teams;
- Everyone who participated!

Look for the full Oregon results in this Aqua Master.

A new club scoring change added interest in these events (and will for the 3000 & 6000-yard events as well). Club point scoring is now be calculated based on "Quality Points", which is the ratio of each individual time to the corresponding USMS Record for the gender & age group (for example, a swimmer who ties the National Record will receive 1000 points, a swimmer whose time is 10% slower than the Record will score 900 points, etc.). The faster the swim the more Quality Points a swimmer earns. Club totals are now the sum of the quality points of its swimmers (everyone scores, much like the current One-Hour Swim scoring), rather than the place totals of the top ten swimmers in each age group (which is more like pool meet scoring).

Good luck and good swimming!

Men 35-39

5 Greg Jablonski 39 THB 1:06:24.19 OR 876

Men 45-49

2 Doug Asbury 46 COMA 1:09:58.99 OR 876

Men 50-54

6 Mike Tennant 53 COMA 1:14:43.00 815

7 Charlie Swanson 54 EA 1:15:48.21 803

Men 55-59

3 Bob Bruce 57 COMA 1:14:21.00 923

Men-65-69

5 Brent Lake 68 COMA 1:43:30.09 698

Men 70-74

1 Dave Radcliff 72 THB 1:18:10.22 968

Women's 25+: 3 x 5000

1 OREG (Freeman, Houston, Schultz) 4:01:22.12

Women's 45+: 3 x 5000

1 OREG (Rogers, Holmberg, Sweat) 4:13:01.39 OR

Men's 45+: 3 x 5000

1 OREG (Swanson, Tennant, Asbury) 3:40:30.20 OR

Men's 55+: 3 x 5000

3 OREG (Lake, Radcliff, Bruce) 4:16:01.40

continued on page 6

Fitness continued from page 4 - simple analysis of our diet may help us improve. Despite some of our most talented masters athletes having terrible diets (you know who you are), that is not an aspect of their routine that we should try to emulate!! For more information, (and expansion on these key points), "Nutrition and Athletic Performance", Medicine & Science in Sports & Exercise, 32(12):2130-45, 2000.

5 k/10 k Results continued from page 5

Mixed 25+: 4 x 5000

1 OREG (Houston, Schultz, Tennant, Riccatelli) 4:59:39.02

Mixed 45+: 4 x 5000

1 OREG (Holmberg, Bruce, Sweat, Asbury) 5:03:43.47

Combined National Team Scores:

1 Indy YMCA SwimFit 23,372

2 IU Masters 15,543

3 OREGON 13,395

Oregon LMSC Postal 10-km Swim Results 2006

Place numbers are national places

OR = Oregon Record; NR = National Record

Women 45-49

2 Mary Sweat 49 Unat 2:29:35.39 OR 934 pts

3 Teresa Copeland 49 EA 3:20:29.35 697

5 Pat Rogers 46 NCMS 3:32:23.00 658

Men 30-34

1 Michael Riccatelli 32 COMA 2:25:44.99 OR 845

Men 50-54

2 Keith Dow 50 NCMS 2:49:22.99 743

Men 55-59

2 Bob Bruce 58 COMA 2:41:13.99 903

Women's 45+: 3 x 10,000

1 OREG (Rogers, Copeland, Sweat) 9:22:27.74 OR

Men's 25+: 3 x 10,000

1 OREG (Dow, Bruce, Riccatelli) 7:56:21.97 OR

Mixed 25+: 4 x 10,000

1 OREG (Copeland, Bruce, Sweat, Riccatelli) 10:57:03.72 OR

Combined National Team Scores:

1 Indy YMCA SwimFit 5897

2 OREGON 4780

3 Missouri Valley 3847

How far can you swim in one hour?

There's only one way to find out.

I strongly encourage you to participate in the USMS One-Hour Postal Swim, the ever-popular kickoff to the new calendar year. Postal swims were invented and designed to encourage endurance participation in local pools from the whole spectrum of fitness swimmers, eliminating the need to travel far to participate. The USMS long distance postal swim series began in 1977 when the One-Hour Swim was first contested. Proving to be popular immediately, it has grown to be the largest annual swim event in the nation. More than 2000 Masters Swimmers participate each year. You can do this too!

All swimmers can benefit from doing the One-Hour Swim! You don't have to be fast. The distances involved are not overwhelming. It can usually be done in your home pool (25-yard pools or longer are required). It can be completed within the one-hour time frame of a typical practice session.

The swim can be approached in several different ways. Some folks treat it as a motivation to get back into swimming after an indolent holiday season. Many treat it simply as a training event, an opportunity for a long aerobic swim. Others regard it as a chance to practice consistent pacing. Still others use it to measure their conditioning. And, of course, many view it as a racing opportunity.

Coaches love the postal swims for all of these reasons. Participation is easy, cheap, and fun!

Information & entry blanks: Find them at www.usms.org in the Long Distance Championship section. Remember that you have to complete the swim during January and meet the February 12th entry reception deadline in order to enter the National Event. Practical hint: if you have not joined or rejoined OMS yet do so NOW, so you have your registration card in hand before the inevitable scramble before the entry deadline!

Relays: If you are an Oregon Club member, have entered the National Event (!!), and wish to be considered for Oregon Relays, please send your name, age, completed distance, & 2007 USMS number to me at coachbob@bend-broadband.com by February 5th. Relay entry is free to OMS participants.

OMS History: The One-Hour Top Twelve: Check the Oregon All-time Top 12 in the One-Hour Swim at www.swimoregon.org in the Long Distance section. Perhaps you too can make some Oregon history in this event, but you have to swim the hour and enter the National event to be eligible.

So organize your group, swim well, and have fun! We had great participation last year—winning the USMS Medium Team National Title—and I would love to see 100 OMS-registered swimmers participate this year.

Good Luck and good swimming!

Open Water Swimming in the Winter

Miss your open water swimming now that winter is here. Try Australia where the seasons are reversed and open water swimming is going strong. Your Editor and Rachel Skoss (Fitness Column) did the Swim Thru Rottnest, a 1600 meter ocean swim, on Dec. 3. I was amazed when Rachel showed me the open water schedule for the Perth area. They average 2 swims a weekend. We did the Rottnest swim on Saturday and there was 5K/10K swim on Sunday. Open water swimming is major in the Perth area. 850 swimmers were in the Rottnest swim. We were divided into 5 heats of between 150 and 200 swimmers and were set off every 5 minutes. With the heats having times that were fairly close to each other you can image the the number of

arms, hands, leg and feet all churning away. I have never been in such a crowded start or in a swim where the conditions were always crowded. It was a tangle of bodies going around each buoy. The buoys were all 90 degree hard left turns on this course. I would say that were probably about 15 swimmers in my group that slammed into the buoy at almost the same time. Rachel said her group just jammed up and she had to stop swimming for several seconds at the buoy. I think the most difficult job at the swim belong to the two officials trying to get the swimmers in order as they swam over the finish line. They truly had their hands full. Bottom line, this was a wonderful swim and a lot of fun. Hats off to the Aussis open water swimmers for sponoring and supporting a great series of swim. I would love to go back for more. I am sure that the open water swim that will be part of the FINA Worlds in Perth in 2008 will be outstanding.



The start of heat two at the "Swim Thru Rottnest" open water swim. Rachel (note yellow cap in hand) was second in her age group. Dave was in another heat and won his age group. Note the smiles - they're both "happy campers".



2008 LCM Nationals

Alas! As most of you have heard by now, Oregon stands on the precipice of, once again, becoming a world class destination for competitive swimming. Since we have been given a "second chance" to host one of USMS most prestigious events, we believe it is incumbent upon us as the host of the 2008 United States Masters Swimming Long Course National Championships (August, 14-17) to put on the finest swimming meet ever orchestrated in Oregon. For this- we humbly request your help.

In order to host a fine event we will need a large cache of volunteers for our many committees and meet operations. Please consider being a part of such an outstanding opportunity for OMS and volunteer some of your precious time to help out with the meet. ANY help would be greatly appreciated. We will be assembling our main committees in the next few weeks and hope you will consider galvanizing our efforts with your support.

If you are interested in serving our cause and making your fine organization an even better one, I encourage you to contact myself or Dennis.

Thanks in advance. Be well and swim fast!

Brandon T. Drawz "B.D." Assistant Athletic Director, Director of Aquatics and Recreation



Revelers & Resolutions - MAC's Annual New Year's Day Swim

After partying away the last hours of 2006, revelers can roll into the pool and start their New Year's resolutions.

The annual New Year's Day swim will take place on Monday, January 1 from 10:00 a.m. - 1:00 p.m. at the MAC's 50m pool. Pool will open at 9:30. Participants will swim, kick, or pull 107 x 50's (or 25's) on a minute send-off. There will be music from every decade, a 2006 trivia contest, prizes, comraderie, commemorative swim caps, and lots of food after the swim. Come ring in the New Year and shake off the previous nights celebrations. Fitness swimmers, triathletes, and competitive swimmers welcome. You can use fins too!

Bring your friends. Cost is \$5 Please contact Sharon Foley @ SFEnrich@ATT.net for information or to preregister.



NW Zone Meet - Federal Way, WA - Nov. 18 - 19

N or W = Breaks listed National/World Record
Z = Zone Record
O = Oregon Record

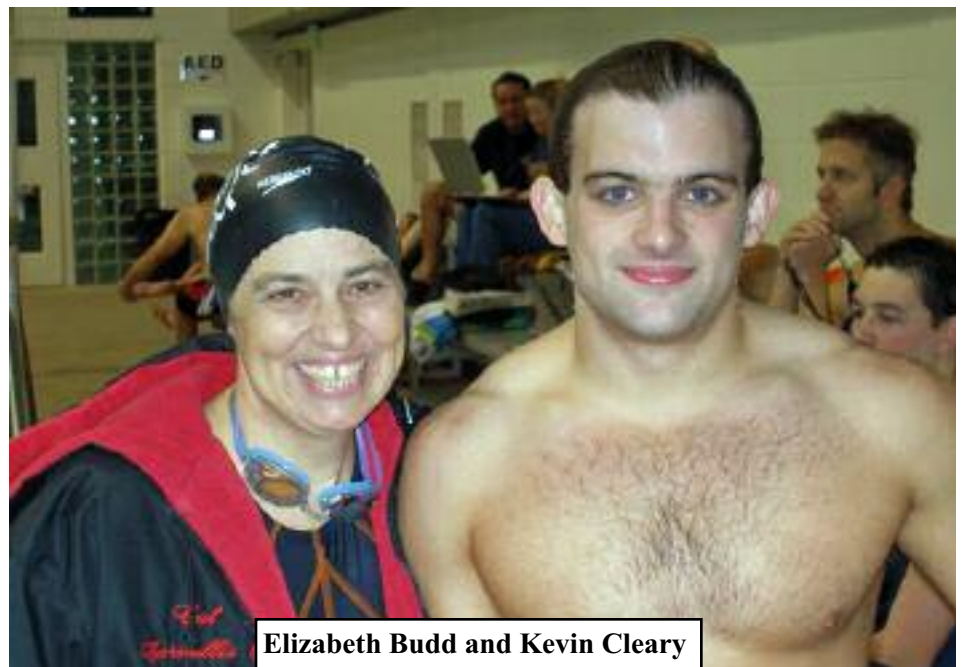
Women 18-24	2 Pare, Andrea	32	OREG	3:18.42	400 SC Meter IM		
100 SC Meter Backstroke	400 SC Meter IM				1 Delmage, Arlene	44	OREG 5:48.06 Z
1 Coburn, Angela	23	OREG1:14.21 O			Women 45-49		
200 SC Meter Backstroke	1 Criscione, Anicia	33	OREG	6:32.89	50 SC Meter Freestyle		
1 Coburn, Angela	23	OREG	2:41.78		2 Foley, Sharon	46	MACO 30.31
100 SC Meter Breaststroke	2 Shaw, Susan	39	OREG	35.69	4 Redwine, Roxanne	47	OREG 37.50
1 Coburn, Angela	23	OREG	1:26.93		100 SC Meter Freestyle		
200 SC Meter Breaststroke	4 Olbrich, Stephanie	37	OREG	45.65	1 Foley, Sharon	46	MACO 1:09.98
1 Coburn, Angela	23	OREG	3:06.69		5 Fox, Christina	46	OREG 1:22.22
100 SC Meter IM	100 SC Meter Freestyle				200 SC Meter Freestyle		
2 Coburn Angela	23	OREG1:17.25 O			1 Andrus-Hughes, K	49	OREG 2:30.33
Women 25-29	2 Alvord, Linnea	37	MACO	3:01.98	2 Krehbiel, Joanie	45	OREG 2:43.26
50 SC Meter Freestyle	400 SC Meter Freestyle				4 Fox, Christina	46	OREG 3:02.62
2 Upshaw, Meg	1 Shaw, Susan	39	OREG	5:54.93	400 SC Meter Freestyle		
3 Taylor, Tammy	800 SC Meter Freestyle				1 Krehbiel, Joanie	45	OREG 5:42.06
100 SC Meter Freestyle	2 Shaw, Susan	39	OREG	12:09.02	800 SC Meter Freestyle		
2 Upshaw, Meg	1500 SC Meter Freestyle				1 Krehbiel, Joanie	45	OREG 11:36.87
50 SC Meter Butterfly	1 Shaw, Susan	39	OREG	23:39.14	50 SC Meter Backstroke		
1 Taylor, Tammy	29	OREG	48.26		1 Andrus-Hughes, K	49	OREG 32.63
Women 30-34	50 SC Meter Backstroke				(Split) Andrus-Hughes, K	49	OREG 32.59 N
50 SC Meter Freestyle	2 Lewis, Robin	39	OREG	42.11	100 SC Meter Backstroke		
1 Strausbaugh, E.	30	OREG	33.39		1 Andrus-Hughes, K	49	OREG 1:12.50
100 SC Meter Freestyle	4 Olbrich, Stephanie	37	OREG	53.10	4 Fox, Christina	46	OREG 1:32.19
1 Kramer, Ellen	31	OREG	1:11.68		200 SC Meter Backstroke		
2 Strausbaugh, E.	2 Lewis, Robin	39	OREG	45.11	2 Fox, Christina	46	OREG 3:18.85
3 Wells, Janette	4 Olbrich, Stephanie	37	OREG	55.52	50 SC Meter Breaststroke		
4 Pare, Andrea	100 SC Meter Breaststroke				4 Redwine, Roxanne	47	OREG 46.15
200 SC Meter Freestyle	2 Lewis, Robin	39	OREG	1:41.00	100 SC Meter Breaststroke		
1 Kramer, Ellen	31	OREG	2:40.81		2 Snider, Pam	45	OREG 1:36.91
2 Strausbaugh, E.	4 Lewis, Robin	39	OREG	3:37.21	4 Redwine, Roxanne	47	OREG 1:42.04
400 SC Meter Freestyle	50 SC Meter Butterfly				5 Fox, Christina	46	OREG 1:42.09
1 Pare, Andrea	32	OREG	6:08.08		200 SC Meter Breaststroke		
800 SC Meter Freestyle	2 Olbrich, Stephanie	37	OREG	58.06	1 Snider, Pam	45	OREG 3:23.69
1 Criscione, Anicia	33	OREG	11:53.33		2 Fox, Christina	46	OREG 3:36.97
1500 SC Meter Freestyle	Women 40-44				50 SC Meter Butterfly		
1 Criscione, Anicia	33	OREG	22:36.51		2 Foley, Sharon	46	MACO 33.62
100 SC Meter Backstroke	50 SC Meter Freestyle				100 SC Meter Butterfly		
1 Pare, Andrea	32	OREG	1:33.35		1 Foley, Sharon	46	MACO 1:20.03
200 SC Meter Backstroke	1 Delmage, Arlene	44	OREG	29.53	2 Krehbiel, Joanie	45	OREG 1:25.12
1 Pare, Andrea	32	OREG	3:18.39		200 SC Meter Butterfly		
50 SC Meter Breaststroke	2 Simmons, Stephanie	40	OREG	34.52	1 Krehbiel, Joanie	45	OREG 3:05.78
1 Wells, Janette	34	OREG	41.35		100 SC Meter IM		
2 Strausbaugh, E.	3 Dansby, Ami	44	OREG	36.65	2 Andrus-Hughes, K	49	OREG 1:16.29
3 Criscione, Anicia	6 Wursta, Jacqueline	40	OREG	43.01	5 Redwine, Roxanne	47	OREG 1:33.79
4 Kramer, Ellen	100 SC Meter Freestyle				200 SC Meter IM		
100 SC Meter Breaststroke	50 SC Meter Freestyle				2 Snider, Pam	45	OREG 3:07.38
1 Wells, Janette	34	OREG	1:28.90		400 SC Meter IM		
2 Strausbaugh, E.	1 Delmage, Arlene	44	OREG	19:59.46 Z	1 Snider, Pam	45	OREG 6:41.62
3 Kramer, Ellen	2 Simmons, Stephanie	40	OREG	40.77	Women 50-54		
200 SC Meter Breaststroke	50 SC Meter Breaststroke				50 SC Meter Freestyle		
1 Wells, Janette	34	OREG	3:13.55		2 Brown, Toni	51	OREG 40.77
2 Criscione, Anicia	2 Dansby, Ami	44	OREG	49.47	3 Young, Maggi	51	OREG 45.28
100 SC Meter IM	50 SC Meter Butterfly				100 SC Meter Freestyle		
1 Strausbaugh, E.	30	OREG	1:22.92		1 Budd, Elizabeth	52	OREG 1:15.94
2 Wells, Janette	1 Delmage, Arlene	44	OREG	31.52 O	3 Young, Maggi	51	OREG 1:47.80
3 Kramer, Ellen	2 Dansby, Ami	44	OREG	42.56	200 SC Meter Freestyle		
4 Pare, Andrea	100 SC Meter Butterfly				1 Brown, Toni	51	OREG 3:16.12
200 SC Meter IM	(Split) Delmage, Arlene	44	OREG	1:14.27 O	2 Young, Maggi	51	OREG 3:43.30
1 Wells, Janette	34	OREG	3:05.53		400 SC Meter Freestyle		
	200 SC Meter Butterfly						
	1 Delmage, Arlene	44	OREG	2:41.95 O			
	100 SC Meter IM						
	4 Dansby, Ami	44	OREG	1:35.76			

1	Budd, Elizabeth	52	OREG	5:55.50
2	Brown, Toni	51	OREG	6:47.44
3	Peterson, Connie	51	OREG	7:55.02
800 SC Meter Freestyle				
1	Budd, Elizabeth	52	OREG	11:55.92
3	Peterson, Connie	51	OREG	16:05.02
1500 SC Meter Freestyle				
2	Budd, Elizabeth	52	OREG	23:16.02
100 SC Meter Backstroke				
2	Roberts, Calli	52	OREG	1:46.77
200 SC Meter Backstroke				
2	Roberts, Calli	52	OREG	3:44.11
100 SC Meter IM				
2	Roberts, Calli	52	OREG	1:45.37
3	Peterson, Connie	51	OREG	2:00.80
Women 55-59				
50 SC Meter Freestyle				
1	Rousseau, Sandi	59	OREG	37.64
100 SC Meter Freestyle				
1	Rousseau, Sandi	59	OREG	1:25.31
50 SC Meter Backstroke				
2	Rousseau, Sandi	59	OREG	46.99
50 SC Meter Butterfly				
2	Rousseau, Sandi	59	OREG	41.40
100 SC Meter Butterfly				
2	Rousseau, Sandi	59	OREG	1:50.22
Women 60-64				
50 SC Meter Freestyle				
1	Ward, Joy	64	OREG	35.57
100 SC Meter Freestyle				
2	Ward, Joy	64	OREG	1:22.60
400 SC Meter Freestyle				
1	Whiter, Peggy	63	OREG	7:39.57
50 SC Meter Backstroke				
2	Whiter, Peggy	63	OREG	54.71
50 SC Meter Breaststroke				
1	Pierson, Ginger	60	MACO	43.92
100 SC Meter Breaststroke				
1	Pierson, Ginger	60	MACO	1:37.63
200 SC Meter Breaststroke				
1	Pierson, Ginger	60	MACO	3:34.86
100 SC Meter Butterfly				
1	Ward, Joy	64	OREG	1:35.40
200 SC Meter Butterfly				
1	Pierson, Ginger	60	MACO	3:38.57
200 SC Meter IM				
1	Ward, Joy	64	OREG	3:23.86
Women 65-69				
100 SC Meter Freestyle				
1	Hodge, Peggie	66	OREG	1:44.49
2	Dinneen, Dolores	69	OREG	2:04.76
800 SC Meter Freestyle				
1	Dinneen, Dolores	69	OREG	19:35.80
1500 SC Meter Freestyle				
1	Dinneen, Dolores	69	OREG	37:44.64
50 SC Meter Breaststroke				
1	Hodge, Peggie	66	OREG	57.22 O
100 SC Meter Breaststroke				
1	Hodge, Peggie	66	OREG	2:02.55
100 SC Meter IM				
1	Hodge, Peggie	66	OREG	1:53.19
200 SC Meter IM				
1	Hodge, Peggie	66	OREG	4:19.00
400 SC Meter IM				

1	Hodge, Peggie	66	OREG	8:43.72
Women 70-74				
100 SC Meter Freestyle				
2	Schroder, Kaleo	70	OREG	2:01.01
200 SC Meter Freestyle				
2	Schroder, Kaleo	70	OREG	4:36.28
50 SC Meter Backstroke				
1	Schroder, Kaleo	70	OREG	1:00.45 O
100 SC Meter Backstroke				
1	Schroder, Kaleo	70	OREG	2:16.95 O
100 SC Meter Breaststroke				
2	Schroder, Kaleo	70	OREG	2:32.33
Women 80-84				
100 SC Meter Freestyle				
1	Wells, Margaret	80	OREG	3:02.02 O
50 SC Meter Backstroke				
1	Wells, Margaret	80	OREG	1:22.68
100 SC Meter Backstroke				
1	Wells, Margaret	80	OREG	2:55.80
50 SC Meter Breaststroke				
1	Wells, Margaret	80	OREG	1:42.22 O
Women 85-89				
50 SC Meter Freestyle				
1	Stangel, Pauline	85	OREG	1:03.75
100 SC Meter Freestyle				
1	Stangel, Pauline	85	OREG	2:28.38 Z
200 SC Meter Freestyle				
1	Stangel, Pauline	85	OREG	5:26.73 Z
50 SC Meter Breaststroke				
1	Stangel, Pauline	85	OREG	1:22.35 Z
Women 90-94				
50 SC Meter Freestyle				
1	Buel, Hilda	92	OREG	2:08.86
100 SC Meter Backstroke				
1	Buel, Hilda	92	OREG	4:36.60 Z
50 SC Meter Breaststroke				
1	Buel, Hilda	92	OREG	3:05.97
50 SC Meter Butterfly				
1	Buel, Hilda	92	OREG	5:22.79
100 SC Meter IM				
1	Buel, Hilda	92	OREG	6:11.08

Men 18-24				
800 SC Meter Freestyle				
1	Cleary, Kevin	23	OREG	11:19.60 O
200 SC Meter Backstroke				
1	Cleary, Kevin	23	OREG	3:02.89
50 SC Meter Breaststroke				
2	Cleary, Kevin	23	OREG	36.96
100 SC Meter Breaststroke				
1	Cleary, Kevin	23	OREG	1:24.99
200 SC Meter Breaststroke				
3	Cleary, Kevin	23	OREG	3:09.66
Men 30-34				
50 SC Meter Freestyle				
1	Fitzpatrick, William	33	OREG	25.58
400 SC Meter Freestyle				
1	Van Anandel, Robbert	32	OREG	4:30.64
800 SC Meter Freestyle				
1	Van Anandel, Robbert	32	OREG	9:20.47
1500 SC Meter Freestyle				
1	Van Anandel, Robbert	32	OREG	17:46.27 O
50 SC Meter Backstroke				
1	Fitzpatrick, William	33	OREG	30.29
50 SC Meter Breaststroke				
1	Van Anandel, Robbert	32	OREG	34.38
200 SC Meter Breaststroke				
1	Van Anandel, Robbert	32	OREG	2:41.26 O
400 SC Meter IM				
1	Van Anandel, Robbert	32	OREG	4:59.93
Men 35-39				
100 SC Meter Freestyle				
4	Pospisil, Radek	37	OREG	1:02.93
50 SC Meter Breaststroke				
1	Pospisil, Radek	37	OREG	34.90
100 SC Meter Breaststroke				
1	Pospisil, Radek	37	OREG	1:16.90
200 SC Meter Breaststroke				
1	Pospisil, Radek	37	OREG	2:50.84
Men 40-44				
50 SC Meter Freestyle				
2	Ivelich, Jim	44	OREG	26.91

continued on page 12



Elizabeth Budd and Kevin Cleary



Brent Lake, Tom Landis and Coach Bob Bruce

100 SC Meter Freestyle	3	Washburne, Brent	45	OREG	27.45						
1 Calvin, Kris	44	OREG	1:01.65	6	Sumerfield, Bill	46	OREG	28.06			
200 SC Meter Freestyle	1	Calvin, Kris	44	OREG	2:14.95	100 SC Meter Freestyle	2	Allender, Pat	48	OREG	59.60
400 SC Meter Freestyle	2	Calvin, Kris	44	OREG	4:48.20	3	Washburne, Brent	45	OREG	1:00.88	
800 SC Meter Freestyle	1	Calvin, Kris	44	OREG	10:06.96	5	George, Steve	47	OREG	1:01.64	
1 Wursta, Steve	41	OREG	11:43.03	6	Sumerfield, Bill	46	OREG	1:01.92			
50 SC Meter Backstroke	1	Butcher, Gano	42	OREG	31.77	200 SC Meter Freestyle	3	Sumerfield, Bill	46	OREG	2:23.86
3 Ivelich, Jim	44	OREG	35.74	1	George, Steve	47	OREG	31.80			
4 Gaarder, Chris	41	OREG	38.20	4	Washburne, Brent	45	OREG	33.05			
5 Wursta, Steve	41	OREG	40.93	5	Allender, Pat	48	OREG	34.51			
100 SC Meter Backstroke	2	Butcher, Gano	42	OREG	1:09.18	100 SC Meter Backstroke	1	George, Steve	47	OREG	1:09.43
50 SC Meter Breaststroke	2	Gaarder, Chris	41	OREG	34.75	200 SC Meter Backstroke	1	George, Steve	47	OREG	2:30.89
3 Ivelich, Jim	44	OREG	35.86	50 SC Meter Breaststroke	2	Allender, Pat	48	OREG	34.28		
5 Wursta, Steve	41	OREG	39.16	3	Sumerfield, Bill	46	OREG	37.59			
100 SC Meter Breaststroke	2	Gaarder, Chris	41	OREG	1:17.91	100 SC Meter Breaststroke	2	Allender, Pat	48	OREG	1:13.44
200 SC Meter Breaststroke	3	Wursta, Steve	41	OREG	3:13.48	3	Sumerfield, Bill	46	OREG	1:23.07	
50 SC Meter Butterfly	1	Ivelich, Jim	44	OREG	31.05	200 SC Meter Breaststroke	1	Allender, Pat	48	OREG	2:38.89
2 Gaarder, Chris	41	OREG	32.06	50 SC Meter Butterfly	3	George, Steve	47	OREG	30.18		
100 SC Meter Butterfly	1	Butcher, Gano	42	OREG	1:07.50	100 SC Meter Butterfly	1	Baker, Dennis	45	OREG	58.35 Z
2 Calvin, Kris	44	OREG	1:09.57	200 SC Meter Butterfly	1	Baker, Dennis	45	OREG	2:06.40 W		
100 SC Meter IM	1	Butcher, Gano	42	OREG	1:06.81	100 SC Meter IM	1	George, Steve	47	OREG	1:09.69
2 Gaarder, Chris	41	OREG	1:12.06	1	George, Steve	47	OREG	1:09.69			
3 Ivelich, Jim	44	OREG	1:13.16	2	Washburne, Brent	45	OREG	1:11.06			
200 SC Meter IM	1	Butcher, Gano	42	OREG	2:28.43	200 SC Meter IM	1	Allender, Pat	48	OREG	2:26.62
2 Wursta, Steve	41	OREG	3:00.87	Men 50-54	100 SC Meter Freestyle	1	Pendleton, Mike	54	OREG	1:04.66	
400 SC Meter IM	1	Calvin, Kris	44	OREG	5:32.96	200 SC Meter Freestyle	1	Pendleton, Mike	54	OREG	2:25.25

2	Shuman, Thomas	53	OREG	3:15.99		
400 SC Meter Freestyle	1	Kevan, Steve	52	OREG	4:54.70	
2	Pendleton, Mike	54	OREG	5:15.41		
3	Shuman, Thomas	53	OREG	7:15.90		
800 SC Meter Freestyle	2	Shuman, Thomas	53	OREG	14:57.90	
100 SC Meter Backstroke	3	Shuman, Thomas	53	OREG	1:42.11	
50 SC Meter Breaststroke	1	Taylor, Charles	50	OREG	37.69	
100 SC Meter Breaststroke	1	Taylor, Charles	50	OREG	1:22.78	
50 SC Meter Butterfly	1	Kevan, Steve	52	OREG	29.50 O	
3	Bannan, Charles	54	OREG	32.27		
100 SC Meter IM	1	Edwards, Wes	53	OREG	1:10.20	
3	Pendleton, Mike	54	OREG	1:17.21		
5	Shuman, Thomas	53	OREG	1:44.57		
200 SC Meter IM	1	Kevan, Steve	52	OREG	2:31.45 O	
400 SC Meter IM	1	Kevan, Steve	52	OREG	5:30.66	
Men 55-59	50 SC Meter Freestyle	1	Bruce, Bob	58	OREG	28.39
5	Sherwood, Reggie	55	OREG	33.94		
100 SC Meter Freestyle	3	Sherwood, Reggie	55	OREG	1:18.72	
200 SC Meter Freestyle	1	Sherwood, Reggie	55	OREG	2:59.72	
400 SC Meter Freestyle	2	Worden, Mark	55	OREG	5:14.26	
800 SC Meter Freestyle	2	Worden, Mark	55	OREG	11:04.63	
800 SC Meter Freestyle	(Split)	Bruce, Bob	58	OREG	20:04.73 O	
1500 SC Meter Freestyle	1	Bruce, Bob	58	OREG	20:04.73 O	
50 SC Meter Breaststroke	1	Sherwood, Reggie	55	OREG	43.66	
100 SC Meter Breaststroke	1	Stark, Allen	57	OREG	1:15.95	
2	Sherwood, Reggie	55	OREG	1:35.11		
200 SC Meter Breaststroke	1	Stark, Allen	57	OREG	2:48.34	
2	Sherwood, Reggie	55	OREG	3:32.86		
100 SC Meter Butterfly	1	Worden, Mark	55	OREG	1:11.98	
200 SC Meter Butterfly	1	Worden, Mark	55	OREG	3:04.18 O	
200 SC Meter IM	1	Worden, Mark	55	OREG	2:43.58 O	
Men 60-64	50 SC Meter Freestyle	1	Smith, Robert	63	OREG	27.98
5	Juhala, Richard	63	OREG	40.93		
100 SC Meter Freestyle	1	Landis, Tom	64	OREG	1:03.30	
5	Ellis, John	60	OREG	1:24.94		
9	Juhala, Richard	63	OREG	1:31.18		
200 SC Meter Freestyle	1	Landis, Tom	64	OREG	2:37.04	

3 Lambert, Roy	60 OREG	3:01.28
800 SC Meter Freestyle		
1 Landis, Tom	64 OREG	11:01.24
3 Ellis, John	60 OREG	13:46.39
1500 SC Meter Freestyle		
2 Landis, Tom 64 OREG	20:08.21 O	
50 SC Meter Backstroke		
3 Juhala, Richard	63 OREG	51.74
200 SC Meter Backstroke		
1 Smith, Robert	63 OREG	3:12.03
50 SC Meter Breaststroke		
3 Juhala, Richard	63 OREG	45.62
100 SC Meter Breaststroke		
1 Lambert, Roy	60 OREG	1:31.51
200 SC Meter Breaststroke		
2 Ellis, John	60 OREG	3:36.59
50 SC Meter Butterfly		
3 Juhala, Richard	63 OREG	48.70
100 SC Meter IM		
1 Smith, Robert	63 OREG	1:15.87
2 Ellis, John	60 OREG	1:35.80
4 Juhala, Richard	63 OREG	1:38.92
400 SC Meter IM		
1 Landis, Tom 64 OREG	6:11.36 O	
2 Ellis, John	60 OREG	7:44.79
Men 65-69		
50 SC Meter Freestyle		
1 Nakata, Ronald	67 OREG	31.53
100 SC Meter Freestyle		
1 Nakata, Ronald	67 OREG	1:12.23
200 SC Meter Freestyle		
1 Mohr, Ralph	65 OREG	2:58.58
400 SC Meter Freestyle		
2 Mohr, Ralph	65 OREG	6:11.35
3 Lake, Brent	68 OREG	6:40.04
800 SC Meter Freestyle		
1 Lake, Brent	68 OREG	13:22.78
1500 SC Meter Freestyle		
1 Mohr, Ralph	65 OREG	24:28.33
50 SC Meter Backstroke		
1 Lake, Brent	68 OREG	41.19
100 SC Meter Backstroke		
1 Lake, Brent	68 OREG	1:30.98
200 SC Meter Backstroke		
2 Lake, Brent	68 OREG	3:20.85
50 SC Meter Butterfly		
1 Petersen, Bert	68 OREG	32.26
2 Nakata, Ronald	67 OREG	34.30
100 SC Meter Butterfly		
1 Mohr, Ralph	65 OREG	1:36.30
100 SC Meter IM		
1 Nakata, Ronald 67 OREG	1:20.58 Z	
200 SC Meter IM		
1 Nakata, Ronald	67 OREG	3:08.46
Men 70-74		
100 SC Meter Freestyle		
1 King, Bill	73 OREG	1:20.51
200 SC Meter Freestyle		
1 King, Bill	73 OREG	3:05.53
800 SC Meter Freestyle		
1 King, Bill	73 OREG	14:41.82
50 SC Meter Backstroke		
1 Thayer, George	70 OREG	41.40
100 SC Meter Backstroke		



Anicia Criscione, Pat Allender, Steve George and Pam Snider

1 Thayer, George	70 OREG	1:33.37	1) Criscione, A. 33	2) Snider, P. 45
200 SC Meter Backstroke				
1 Thayer, George	70 OREG	3:21.29	3) Budd, E. 52	4) Olbrich, S. 37
100 SC Meter Breaststroke				
1 Thayer, George	70 OREG	1:52.12	Women 240-279 200 SC M Medley Relay	
2 OREG 3:40.47 O				
1) Whiter, P. 63 2) Hodge, P. 66				
3) Peterson, C. 51 4) Schroder, K. 70				
Men 160-199 200 SC Meter Medley Relay				
1 OREG 2:05.73				
1) George, S. 472) Allender, P. 48				
3) Cleary, K. 234) Worden, M. 55				
Men 240-279 200 SC Meter Free Relay				
1 OREG 1:50.57 W				
1) Baker, D. 45 2) Petersen, B. 68				
3) Landis, T. 64 4) Smith, R. 63				
2 OREG 2:15.92				
1) Shuman, T. 53 2) Thayer, G. 70				
3) Mohr, R. 65 4) Bruce, B. 58				
Men 240-279 200 SC Meter Medley Relay				
1 OREG 2:03.09 W				
1) Edwards, W. 53 2) Stark, A. 57				
3) Petersen, B. 68 4) Smith, R. 63				
Mixed 120-159 200 SC Meter Free Relay				
1 OREG 2:00.00				
1) Pospisil, R. 37 2) Andrus-Hughes, K. 49				
3) Gaarder, C. 41 4) Upshaw, M. 29				
2 OREG 2:01.65				
1) Butcher, G. 422) Simmons, S. 40				
3) Kramer, E. 314) Baker, D. 45				
Mixed 160-199 200 SC Meter Medley Relay				
2 OREG 2:19.03				
1) George, S. 47 2) Snider, P. 45				
3) Allender, P. 48 4) Criscione, A. 33				
Mixed 200-239 200 SC Meter Medley Relay				
1 OREG 2:01.94 W				
1) Andrus-Hughes, K. 49 2) Stark, A. 57				
3) Delmage, A. 44 4) Edwards, W. 53				
Mixed 320-359 200 SC Meter Medley Relay				
1 OREG 5:42.87				
1) Ward, J. 64 2) Buel, H. 92				
3) Holden, A. 87 4) Lamb, W. 84				

Relays

Women 120-159 200 SC Meter Medley Relay

1 OREG 2:42.57

1) Pare, A. 32 2) Wells, J. 34

3) Strausbaugh, E. 30 4) Taylor, T. 29

Women 160-199 200 SC Meter Free Relay

4 OREG 2:43.39

1) Krehbiel, J. 45 2) Brown, T. 51

3) Peterson, C. 51 4) Roberts, C. 52

Women 160-199 200 SC Meter Medley Relay

1 OREG 2:54.35

MAC Club Meet - Portland - Dec. 4

N = Breaks listed National Record

Z = Zone Record

O = Oregon Record

Women 18-24

50 SC Meter Freestyle		
1 Heath, Kristen	24 OREG	32.94
100 SC Meter Freestyle		
1 Heath, Kristen	24 OREG	1:12.64
50 SC Meter Breaststroke		
1 Heath, Kristen	24 OREG	43.74
100 SC Meter Breaststroke		
1 Heath, Kristen	24 OREG	1:34.00

Women 25-29

100 SC Meter Freestyle		
1 Schunk, Kari	26 UNAT	1:09.97
2 Smith, Andrea	25 OREG	1:17.19
800 SC Meter Freestyle		
1 Schunk, Kari	26 UNAT	11:25.12
50 SC Meter Backstroke		
1 Smith, Andrea	25 OREG	41.79
100 SC Meter Backstroke		
1 Schunk, Kari	26 UNAT	1:26.35
50 SC Meter Breaststroke		
1 Smith, Andrea	25 OREG	42.88
100 SC Meter Breaststroke		
1 Smith, Andrea	25 OREG	1:30.60
50 SC Meter Butterfly		
1 Schunk, Kari	26 UNAT	39.05
200 SC Meter IM		
1 Smith, Andrea	25 OREG	3:03.81
2 Schunk, Kari	26 UNAT	3:04.18

Women 30-34

50 SC Meter Freestyle		
1 Goldring, Laila	30 OREG	34.13
100 SC Meter Freestyle		
1 Goldring, Laila	30 OREG	1:13.55
200 SC Meter Freestyle		
1 Goldring, Laila	30 OREG	2:40.63

800 SC Meter Freestyle		
1 Strausbaugh, E.	30 OREG	12:13.59
100 SC Meter Backstroke		
1 Goldring, Laila	30 OREG	1:26.95
50 SC Meter Butterfly		
1 Strausbaugh, E.	30 OREG	39.32
200 SC Meter IM		
1 Goldring, Laila	30 OREG	2:58.88
2 Strausbaugh, E.	30 OREG	3:04.24

Women 35-39

50 SC Meter Freestyle		
1 Beyer, Kiran	36 OREG	35.76
100 SC Meter Freestyle		
1 Beyer, Kiran	36 OREG	1:17.99
200 SC Meter Freestyle		
1 Beyer, Kiran	36 OREG	2:49.65
800 SC Meter Freestyle		
1 Beyer, Kiran	36 OREG	12:12.42
2 Alvard, Linnea	37 MACO	13:06.57
50 SC Meter Backstroke		
1 Shaw, Susan	39 OREG	49.00
50 SC Meter Breaststroke		
1 Frieder, Marisa	37 OREG	43.60
2 Shaw, Susan	39 OREG	46.19
100 SC Meter Breaststroke		
1 Frieder, Marisa	37 OREG	1:32.83
50 SC Meter Butterfly		
1 Tyrrell, Laura	39 MACO	35.76
2 Shaw, Susan	39 OREG	45.51

Women 40-44

50 SC Meter Freestyle		
1 Squires, Lynn	42 OREG	29.84
100 SC Meter Freestyle		
1 Squires, Lynn	42 OREG	1:04.46
2 Malloy, Janie	44 OREG	1:22.50

3 Dansby, Ami	44 OREG	1:22.68
200 SC Meter Freestyle		
1 Squires, Lynn	42 OREG	2:22.76 O
2 Ferguson, Ellen	44 OREG	2:24.84
3 Dansby, Ami	44 OREG	3:02.49
100 SC Meter Breaststroke		
1 Ferguson, Ellen	44 OREG	1:25.03
2 Malloy, Janie	44 OREG	1:47.49
50 SC Meter Butterfly		
1 Dansby, Ami	44 OREG	43.63
100 SC Meter Butterfly		
1 Malloy, Janie	44 OREG	1:43.80
200 SC Meter IM		
1 Malloy, Janie	44 OREG	3:36.94

Women 45-49

25 SC Meter Freestyle		
1 Foley, Sharon	46 MACO	14.44
50 SC Meter Freestyle		
1 Andrus-Hughes, Karen	49 OREG	28.73
2 Foley, Sharon	46 MACO	30.18
3 Redwine, Roxanne	47 OREG	37.80
100 SC Meter Freestyle		
1 Andrus-Hughes, Karen	49 OREG	1:02.98
50 SC Meter Breaststroke		
1 Redwine, Roxanne	47 OREG	46.22
100 SC Meter Breaststroke		
1 Redwine, Roxanne	47 OREG	1:38.16
100 SC Meter Butterfly		
1 Foley, Sharon	46 MACO	1:20.93

Women 50-54

800 SC Meter Freestyle		
1 Budd, Elizabeth	52 OREG	12:04.97
50 SC Meter Backstroke		
1 Budd, Elizabeth	52 OREG	41.82
2 Summers, Jenna	52 OREG	45.70
100 SC Meter Backstroke		
1 Summers, Jenna	52 OREG	1:35.14
50 SC Meter Breaststroke		
1 Budd, Elizabeth	52 OREG	47.57
2 Summers, Jenna	52 OREG	59.81
50 SC Meter Butterfly		
1 Summers, Jenna	52 OREG	47.50
200 SC Meter IM		
1 Summers, Jenna	52 OREG	3:38.36

Women 55-59

25 SC Meter Freestyle		
1 Rousseau, Sandi	59 OREG	16.97
50 SC Meter Freestyle		
1 Rousseau, Sandi	59 OREG	36.83
100 SC Meter Freestyle		
1 Rousseau, Sandi	59 OREG	1:22.47
50 SC Meter Butterfly		
1 Rousseau, Sandi	59 OREG	40.06
100 SC Meter Butterfly		
1 Rousseau, Sandi	59 OREG	1:43.36

Women 60-64

25 SC Meter Freestyle		
-----------------------	--	--

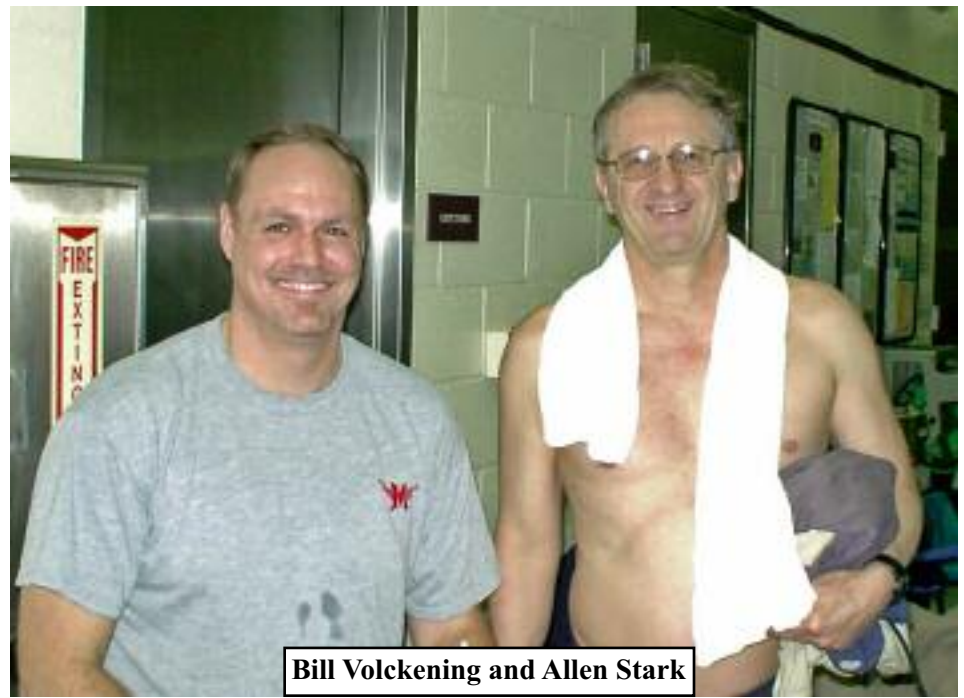


Laurie Kilbourn and Sharon Foley

1 Ward, Joy	64	OREG	15.83
50 SC Meter Freestyle			
1 Sitter, Darby	63	OREG	1:00.86
200 SC Meter Freestyle			
1 Pierson, Ginger	60	MACO	3:42.96
50 SC Meter Backstroke			
1 Pierson, Ginger	60	MACO	55.40
2 Sitter, Darby	63	OREG	1:19.04
50 SC Meter Breaststroke			
1 Pierson, Ginger	60	MACO	46.33
2 Sitter, Darby	63	OREG	1:25.71
100 SC Meter Breaststroke			
1 Pierson, Ginger	60	MACO	1:42.97
2 Sitter, Darby	63	OREG	2:55.40
50 SC Meter Butterfly			
1 Ward, Joy	64	OREG	38.18
2 Sitter, Darby	63	OREG	1:10.00
100 SC Meter Butterfly			
1 Ward, Joy	64	OREG	1:35.60
2 Pierson, Ginger	60	MACO	1:44.24
Women 65-69			
800 SC Meter Freestyle			
1 Dinneen, Dolores	69	OREG	20:04.82
Women 75-79			
50 SC Meter Freestyle			
1 Snyder, Hannelor	76	IM	1:07.43
100 SC Meter Freestyle			
1 Snyder, Hannelor	76	IM	2:36.06
200 SC Meter Freestyle			
1 Snyder, Hannelor	76	IM	5:20.31
50 SC Meter Breaststroke			
1 Snyder, Hannelor	76	IM	1:07.19
100 SC Meter Breaststroke			
1 Snyder, Hannelor	76	IM	2:29.97
Women 85-89			
100 SC Meter Freestyle			
1 Stevenin, Elfie	85	OREG	4:04.17
800 SC Meter Freestyle			
1 Stevenin, Elfie	85	OREG	34:37.06 Z
100 SC Meter Backstroke			
1 Stevenin, Elfie	85	OREG	3:51.21 O
100 SC Meter Butterfly			
1 Stevenin, Elfie	85	OREG	6:13.75 Z
200 SC Meter IM			
1 Stevenin, Elfie	85	OREG	9:51.94 Z
Men 18-24			
25 SC Meter Freestyle			
1 Cleary, Kevin	23	OREG	13.86
50 SC Meter Freestyle			
1 Cleary, Kevin	23	OREG	28.76
Men 30-34			
50 SC Meter Freestyle			
1 Van Andel, Robbert	32	OREG	27.91
100 SC Meter Freestyle			
1 Van Andel, Robbert	32	OREG	1:00.13
2 Mcclure, Cory	30	UNAT	1:08.18
200 SC Meter Freestyle			
1 Johnson, Josh	33	UNAT	2:10.85
2 Mcclure, Cory	30	UNAT	2:37.06
800 SC Meter Freestyle			
1 Van Andel, Robbert	32	OREG	9:17.01

100 SC Meter Breaststroke			
1 Van Andel, Robbert	32	OREG	1:13.04
2 Johnson, Josh	33	UNAT	1:17.18
100 SC Meter Butterfly			
1 Van Andel, Robbert	32	OREG	1:05.20
Men 35-39			
25 SC Meter Freestyle			
1 Kaufman, Seth	38	MAM	13.28
2 Drawz, Troy	38	MACO	13.35
3 Cooper, Greg	39	MACO	13.73
50 SC Meter Freestyle			
1 Yee, Justin	35	OREG	26.23
2 Kaufman, Seth	38	MAM	27.54
100 SC Meter Freestyle			
1 Kaufman, Seth	38	MAM	1:03.38
100 SC Meter Backstroke			
1 Cohen, Joshua	35	OREG	1:16.57
50 SC Meter Breaststroke			
1 Yee, Justin	35	OREG	34.77
2 Cooper, Greg	39	MACO	35.81
3 Kaufman, Seth	38	MAM	38.81
100 SC Meter Breaststroke			
1 Yee, Justin	35	OREG	1:17.34
2 Cohen, Joshua	35	OREG	1:17.64
50 SC Meter Butterfly			
1 Cooper, Greg	39	MACO	29.17
2 Drawz, Troy	38	MACO	29.65
200 SC Meter IM			
1 Cohen, Joshua	35	OREG	2:42.34
Men 40-44			
25 SC Meter Freestyle			
1 Volckening, Bill	40	MACO	13.62
2 Livengood, David	43	OREG	16.97
50 SC Meter Freestyle			
1 Trainor, Lance	42	OREG	29.49
2 Livengood, David	43	OREG	31.23
100 SC Meter Freestyle			
1 Butcher, Gano	42	OREG	59.29

2 Trainor, Lance	42	OREG	1:09.38
200 SC Meter Freestyle			
1 Butcher, Gano	42	OREG	2:34.26
2 Trainor, Lance	42	OREG	2:38.89
800 SC Meter Freestyle			
1 Gaarder, Chris	41	OREG	11:19.13
2 Livengood, David	43	OREG	12:30.58
50 SC Meter Backstroke			
1 Livengood, David	43	OREG	37.09
100 SC Meter Backstroke			
1 Livengood, David	43	OREG	1:22.34
50 SC Meter Breaststroke			
1 Gaarder, Chris	41	OREG	35.46
100 SC Meter Breaststroke			
1 Gaarder, Chris	41	OREG	1:18.95
50 SC Meter Butterfly			
1 Butcher, Gano	42	OREG	28.68
2 Trainor, Lance	42	OREG	33.78
Men 45-49			
25 SC Meter Freestyle			
1 Stelzer, Keith	47	OREG	14.39
50 SC Meter Freestyle			
1 Sumerfield, Bill	46	OREG	28.52
2 Stelzer, Keith	47	OREG	28.80
3 Hathaway, David	46	OREG	29.17
4 Boone, Lou	45	OREG	31.73
100 SC Meter Freestyle			
1 Otto, Douglas	47	MACO	1:01.47
2 Sumerfield, Bill	46	OREG	1:02.79
3 Hathaway, David	46	OREG	1:06.28
4 Stelzer, Keith	47	OREG	1:08.52
5 Boone, Lou	45	OREG	1:14.39
200 SC Meter Freestyle			
1 Sumerfield, Bill	46	OREG	2:19.90
50 SC Meter Backstroke			
1 Hathaway, David	46	OREG	36.24
100 SC Meter Backstroke			
1 Otto, Douglas	47	MACO	1:10.92
2 Boone, Lou	45	OREG	1:27.11
50 SC Meter Breaststroke			



Bill Volckening and Allen Stark



Gil Young and Joy Ward

1 Sumerfield, Bill	46	OREG	37.72
2 Munro, Stuart	49	MACO	43.30
100 SC Meter Breaststroke			
1 Djang, Lincoln	47	MVN	1:14.70
2 Sumerfield, Bill	46	OREG	1:22.67
3 Munro, Stuart	49	MACO	1:30.23
50 SC Meter Butterfly			
1 Hathaway, David	46	OREG	32.43
2 Stelzer, Keith	47	OREG	34.43
3 Boone, Lou	45	OREG	35.76
100 SC Meter Butterfly			
1 Munro, Stuart	49	MACO	1:24.79
200 SC Meter IM			
1 Djang, Lincoln	47	MVN	2:24.98
2 Hathaway, David	46	OREG	2:50.76
3 Boone, Lou	45	OREG	3:02.01
4 Munro, Stuart	49	MACO	3:04.88
Men 50-54			
25 SC Meter Freestyle			
1 Metzger, Peter	51	OREG	13.45
2 Bowen, Marc	53	MACO	15.10
50 SC Meter Freestyle			
1 Peyton, Mike	51	MACO	28.73
2 Pendleton, Mike	54	OREG	29.50
3 Bannan, Charles	54	OREG	29.57
4 Bowen, Marc	53	MACO	31.26
100 SC Meter Freestyle			
1 Edwards, Wes	53	OREG	1:02.62
2 Pendleton, Mike	54	OREG	1:05.68
3 Peyton, Mike	51	MACO	1:06.03
4 Bowen, Marc	53	MACO	1:09.55
200 SC Meter Freestyle			
1 Coffey, John	51	OREG	2:44.95
800 SC Meter Freestyle			
1 Ramsey, Ed	50	OREG	11:40.21
2 Coffey, John	51	OREG	12:21.37
50 SC Meter Backstroke			
1 Metzger, Peter	51	OREG	32.09
2 Pendleton, Mike	54	OREG	36.62
100 SC Meter Backstroke			

1 Edwards, Wes	53	OREG	1:05.99 Z
50 SC Meter Breaststroke			
1 Metzger, Peter	51	OREG	36.82
2 Pendleton, Mike	54	OREG	39.53
100 SC Meter Breaststroke			
1 Metzger, Peter	51	OREG	1:26.14
50 SC Meter Butterfly			
1 Metzger, Peter	51	OREG	30.24
2 Pendleton, Mike	54	OREG	31.99
3 Bannan, Charles	54	OREG	32.27
4 Peyton, Mike	51	MACO	33.24
Men 55-59			
25 SC Meter Freestyle			
1 Stark, Allen	57	OREG	17.11
50 SC Meter Freestyle			
1 Wyatt, Joseph	56	OREG	32.63
2 Sherwood, Reggie	55	OREG	32.98
100 SC Meter Freestyle			
1 Sherwood, Reggie	55	OREG	1:18.59
50 SC Meter Backstroke			
1 Sherwood, Reggie	55	OREG	43.48
50 SC Meter Breaststroke			
1 Stark, Allen	57	OREG	34.77
2 Sherwood, Reggie	55	OREG	42.43
100 SC Meter Breaststroke			
1 Stark, Allen	57	OREG	1:16.30
2 Sherwood, Reggie	55	OREG	1:34.97
50 SC Meter Butterfly			
1 Wyatt, Joseph	56	OREG	34.72
Men 60-64			
25 SC Meter Freestyle			
1 Juhala, Richard	63	OREG	18.67
50 SC Meter Freestyle			
1 Juhala, Richard	63	OREG	40.99
100 SC Meter Freestyle			
1 Silvey, Michael	61	MACO	1:11.09
200 SC Meter Freestyle			
1 Silvey, Michael	61	MACO	2:40.93
800 SC Meter Freestyle			
1 Juhala, Richard	63	OREG	15:32.24

50 SC Meter Backstroke			
1 Juhala, Richard	63	OREG	51.42
50 SC Meter Butterfly			
1 Juhala, Richard	63	OREG	45.67
Men 65-69			
50 SC Meter Freestyle			
1 McGinnis, Fred	69	OREG	33.57
100 SC Meter Freestyle			
1 McGinnis, Fred	69	OREG	1:17.57
200 SC Meter Freestyle			
1 Lake, Brent	68	OREG	3:02.61
50 SC Meter Backstroke			
1 Lake, Brent	68	OREG	41.73
100 SC Meter Backstroke			
1 Lake, Brent	68	OREG	1:32.87
50 SC Meter Butterfly			
1 Petersen, Bert	68	OREG	31.83
2 McGinnis, Fred	69	OREG	38.20
100 SC Meter Butterfly			
1 Petersen, Bert	68	OREG	1:25.49
Men 70-74			
50 SC Meter Freestyle			
1 Harrington, David	71	GSM	42.52
50 SC Meter Butterfly			
1 Harrington, David	71	GSM	48.20
100 SC Meter Butterfly			
1 Harrington, David	71	GSM	2:07.61
200 SC Meter IM			
1 Harrington, David	71	GSM	4:20.75
Men 75-79			
50 SC Meter Freestyle			
1 Marks, Milton	76	OREG	36.11
2 Miesen, Lee	79	MACO	53.90
100 SC Meter Freestyle			
1 Marks, Milton	76	OREG	1:30.52
50 SC Meter Backstroke			
1 Marks, Milton	76	OREG	47.47
2 Miesen, Lee	79	MACO	58.61
100 SC Meter Backstroke			
1 Miesen, Lee	79	MACO	1:56.30
50 SC Meter Breaststroke			
1 Marks, Milton	76	OREG	45.69
100 SC Meter Breaststroke			
1 Marks, Milton	76	OREG	1:44.08
50 SC Meter Butterfly			
1 Miesen, Lee	79	MACO	1:02.27
Men 80-84			
800 SC Meter Freestyle			
1 Young, Gilbert	84	OREG	16:09.44
Men 85-89			
25 SC Meter Freestyle			
1 Fixott, Rupert	85	OREG	29.66
50 SC Meter Freestyle			
1 Bushey, Charles	85	OREG	55.74
2 Fixott, Rupert	85	OREG	1:04.80
100 SC Meter Freestyle			
1 Bushey, Charles	85	OREG	2:16.94
200 SC Meter Freestyle			
1 Bushey, Charles	85	OREG	4:53.49 Z
50 SC Meter Backstroke			
1 Bushey, Charles	85	OREG	1:18.35
100 SC Meter Backstroke			
1 Bushey, Charles	85	OREG	2:59.18
50 SC Meter Breaststroke			
1 Fixott, Rupert	85	OREG	1:14.42

Fifth Annual Animal Masters Meet

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



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

Date: Saturday, January 20, 2007

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

Hosted by: Canby Swim Club "The GATORS"

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

Directions to the pool: Southbound- I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto HWY 99E (Oregon City, Canby).
continue south on 99E, turn left on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center •
Northbound- I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn
right on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center

Lodging: Holiday Inn Wilsonville, 24525 SW 95th Ave, Wilsonville (North Wilsonville exit off I-5) 503-682-2211

Ask for the Canby Swim Club preferred rate

Swimmers will receive one basic Heat Sheet upon completion of final seeding. Commemorative Heat Sheets with color logo will be available for
purchase. An ample assortment of refreshments, including espresso will be available for purchase throughout the meet.

J.D. Pence will be on-site to fill your swimwear and swim gear needs.

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

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

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

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

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

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

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



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

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

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

SIGNATURE _____ DATE _____

Shirt size (circle) S M L XL 2XL

MEET ENTRY FEE: WITH T-SHIRT \$27.00 OR WITHOUT T-SHIRT \$15.00

MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072

Chehalem "Super Bowl Sunday" Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #377-02

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

Unregistered swimmers must submit a 2007 registration form and fee with this form.

Hosted by: Chehalem Swim Team

Location: Chehalem Aquatic Center
1802 Haworth
Newberg, OR 97132

25 yards ~ 6 lanes competition-electronic timing
separate warm-up/down area

DATE: Sunday February 4, 2007

WARM-UPS: 8AM
MEET STARTS: 9AM

Meet Director: Kathleen Buck • Phone 503-625-5747 • e-mail kbuckcheney@comcast.com

Directions to Pool: I-5 north or south, take exit 289 (99W or Pacific Hwy). Go west on 99W until you reach Newberg. In Newberg, turn Right on Villa Rd. (Walgreens will be on your left). Turn Right on Haworth and the pool is on the right.

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

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY JANUARY 19, 2007



NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2007 USMS # _____

USMS CLUB (OREG, MACO, PNA, ETC) _____

IS THIS YOUR FIRST MASTERS MEET? YES NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). THE 500 & 1000 FREESTYLES & 400 IM WILL BE DECK SEEDED. *CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM.* ALL EVENTS WILL BE SEEDED SLOW TO FAST.

SUNDAY, FEBRUARY 4

400 IM (1) _____ : _____ . _____

50 BACK (2) _____ : _____ . _____

200 BREAST (3) _____ : _____ . _____

100 FREE (4) _____ : _____ . _____

* break*

FREE RELAYS (5-10)

50 BREAST (11) _____ : _____ . _____

200 BACK (12) _____ : _____ . _____

100 FLY (13) _____ : _____ . _____

MIXED MEDLEY RELAYS (14-15)

* break*

500 FREE (16) _____ : _____ . _____

200 IM (17) _____ : _____ . _____

50 FREE (18) _____ : _____ . _____

200 FLY (19) _____ : _____ . _____

100 BACK (20) _____ : _____ . _____

* break*

MIXED FREE RELAYS (21-23)

100 IM (24) _____ : _____ . _____

50 FLY (25) _____ : _____ . _____

200 FREE (26) _____ : _____ . _____

100 BREAST (27) _____ : _____ . _____

MEDLEY RELAYS (28-31)

* break*

1000 FREE (32) _____ : _____ . _____

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

SIGNATURE _____ DATE _____

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



Tualatin Hills Pentathlon

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

"One of the most fun, highly competitive and best attended meets in the OMS schedule year!"

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

Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #377-03

Place: Nike's Lance Armstrong Fitness Center

Date: Sunday, March 18, 2007

One Bowerman Dr., Beaverton, Oregon

Meet limited to first 100 entrants!

6 lanes competition-electronic timing

Warm-ups: 8AM

Separate continuous warm-up/down lanes

Meet Starts: 9AM

Hosted by the Tualatin Hills Barracudas

Meet director: Marisa Frieder • (503) 452-7053 • friederm@ohsu.edu

Directions to the pool: From Hwy 26 (Sunset Hwy), exit Murray Blvd. Turn left (south) on Murray Blvd and cross over overpass bridge. Turn right (west) on Walker Rd. Turn left (south) at the 1st stop light onto the Nike campus (will go by water fall/fountain). If the guard stops you, tell him you are going to a swim meet at the Lance. Turn right at stop sign past guard station. Go past 2 stop signs and a wide stairway on right, then at the next parking lot entrance turn right into parking lot and park. Walk across the street you were just driving on. The long building you drove past was the Mia Hamm building. The Lance Armstrong Building is the next building to your right (look for basketball courts and outdoor volleyball courts).

Please note: Swimmers will have pool access only and not access to the steam room, sauna, or hot tub. Swimmers will need to sign the release waiver located at the front desk the day of the meet.

All entrants must submit a photocopy of their current 2007 registration card or 2007 registration form and fee with this entry.

ENTRY DEADLINE: POSTMARK NO LATER THAN March 2, 2007

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

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

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

"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."

Sprint Mar 18, 2007
50 FLY (1) _____ : _____ . _____
50 BACK (3) _____ : _____ . _____

50 BREAST (5) _____ : _____ . _____
50 FREE (7) _____ : _____ . _____

100 I.M. (9) _____ : _____ . _____

Mid Distance
100 FLY (2) _____ : _____ . _____
100 BACK (4) _____ : _____ . _____
Break
100 BREAST (6) _____ : _____ . _____
100 FREE (8) _____ : _____ . _____
Break
200 I.M. (10) _____ : _____ . _____

* 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 FALSE 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 those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOSTS FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____ DATE _____

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

Local Team Registration

This form must be postmarked by the entry deadlines of the 2007 OMS Association Championship and the 2007 OMS Open Water Championships, in order for a team to compete as a "local team" at those events.

TEAM NAME _____ **ABBREVIATION** _____

TEAM REPRESENTATIVE INFORMATION (must be an OMS member)

Rep. Name _____
Address _____
Phone 1 _____ **Phone 2** _____
Email _____

TEAM INFORMATION

Approximate Number of swimmers on team _____
Practice Schedule _____

COACH INFORMATION

Coach Name _____
Address _____
Phone 1 _____ **Phone 2** _____
Email _____

POOL INFORMATION

Pool Name _____
Address _____
Phone _____

Mail to: Tia Sitton, Membership Chair, 42455 N River Dr. Sweet Home, OR 97386
 email - sweethomebuilder@centurytel.net

2007



Date	Event	Location	Contact
Pool Meets			
*Jan. 20	SCY	Animal Meet - Canby	Eric Laitinen eric@canby.com
*Feb. 4	SCY	Newberg	Kathleen Buck, kbuckcheney@comcast.net
*March 18	SCY	Beaverton - NIKE	Marisa Frieder friederm@ohsu.edu
April 20-22	Assn. Champs	Bend	
June 10	LCM	Beaverton	
Open Water			
June 17	Hagg Lake		
July 14-15	Applegate Lake		
July 27-29	Elk Lake		
Aug. 11	Eel Lake		
Aug. 19	Dorena		
National Championships			
May 11-14	USMS - SCY	Coral Springs, Florida	www.usms.org
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			
January 2007	One Hour Postal		www.usms.org or USMS Swimmer Magazine
International Championships			
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

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

Aqua Master
January 2007

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

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

Inside: Results - NW Zone and MAC Meets