



Aqua Master

USMS 2004 Newsletter of the Year

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“Swimming for Life”

Two Great Fitness Events



In 2007 there are two great opportunities for Oregon Swimmers to track their fitness and training levels. This month the Aqua Master features both of these events. For the ninth year in a row the Tualatin Hills Barracudas will sponsor the February Fitness Challenge. To honor the Northwest, Steve George of Corvallis, designed a logo inspired by the art work of the First Nation Tribes. This is so fitting with the Northwest hosting the USMS SCY Nationals in Washington, a National Open Water Championship in Idaho and the 3000 / 6000 Postal by the Sawtooth Masters. February is a great month to really build your fitness level and base as you look ahead to Federal Way. Use the February Fitness to keep your goals and training in focus. Following February maintain your base and continue your consistency by continuing to track your training by participating in the USMS Sponsored “Go The Distance” Fitness Event. Alison Moore, an Oregon swimmer living in Virginia, designed the logo for the USMS Fitness Committee. Mary Sweat, the OMS Top Ten Chair, is coordinating this event. Note: this event began Jan. 1, so go back and post your January yardage. Oregon is totally involved in both of these fun and challenging swimming activities. The entry blank for the February Fitness Challenge is on page 8 and the “Go The Distance” information and entry blank is on page 9. Let’s support them!

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Here’s the plan of your Aqua Master Editor: I decided that going the distance, to me meant, making it to Federal Way for SCY Nationals. Looking at Map Quest I figured it was about 160 miles to the pool. In February I plan to swim 50 miles and track it on the February Fitness Entry blank. Then I hope to continue the 50 miles a month for March and April as part of the Go The Distance event. Now I am 150 miles on my way to Federal Way. That leaves 10 miles for a nice taper in May and I am ready to go. Since I have done all of this training then for sure I am heading up to Idaho for the National Open Water swim. After that the 3000/6000 Postal is a given. So that’s my swimming year and the two Fitness Events highlighted in the Aqua Master this month are what are going to get me going and on my way. Join me and other Oregon and USMS swimmers and let’s have a great 2007.

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Chair's Corner by Jody Welborn

Jeanne Teisher, OMS Vice Chair, submitted the article for Chair's Corner this month.

We are over 5 months into the swimming year (September – August). So far we have had two outstanding meets. The Annual Patriot Games (SCM) in Camas on September 9 was another successful and well organized event but what else would you expect with Bert Petersen, as the meet director, and his outstanding volunteers. As always there were many records broken.

We haven't had a meet at the MAC Club for quite a few years. That is until December 3 when they hosted a high school format meet. The longest event was the 800 meter freestyle and the shortest event was the 25 meter freestyle. There were 50s, 100s, 200s and one relay – a 200 meter kick relay. A special thanks to Sharon Foley, meet director, and her many volunteers for hosting an incredibly fun meet.

As I write this article, there are two upcoming meets that are guaranteed to be fun and exciting. On January 20 is the 3rd Annual Animal Meet in Canby, hosted by the Canby Swim Club. This meet includes the Animal Sprint Masters events (100 IM, 50 Fly, 200 Free), the Animal Masters events (200 IM, 100 Fly, 500 Free) and the Animal Grand Masters events (400 IM, 200 Fly, 1000 Free). What a variety! There is something for everyone. Megan Quann Jendrick is the featured Olympian speaker for the meet.

The Chehalem Swim Team is hosting the Chehalem Super Bowl Sunday SCY Meet, February 4, at the Chehalem Aquatic Center. Whether you're a football fan or not, this is one meet you don't want to miss. Not only does Chehalem Swim Team organize an outstanding meet, their meets are always fun. Also, it will be the last meet before the OMS Association Championships where swimmers will get an opportunity to swim some distance events.

Just a reminder, for those of you who participate in any of the meets, to please be sure to go to the OMS website (www.swimmoregon.org) to complete and email the Participant Evaluation. I share the comments and scores (NOTE: evaluator names and identity remain confidential) with the OMS board and meet directors since it is our mission to continue offering quality competitive events for all Masters' swimmers. We appreciate your comments. Jeanne

*From Jody,
Just a reminder:*

**To
Remember,**

**Swimming is for Life
and Life Matters.**



(c)swimgraphics.com

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

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OPEN WATER CORRECTION

The Eel Lake Open Water Swim has been cancelled for 2007 and 2008.

MAJOR CORRECTION

In the January edition the USMS SCY Nationals were listed as being in Coral Springs, Florida. That was the location for 2006. In 2007 the SCY Nationals are in Federal Way, Washington. We apologize for this "goof". Federal Way is just next door for Oregonians, so let's plan on a great showing this year. The last time the Nationals were held in Federal Way, Oregon won the Large Team Title. Let's get ready to REPEAT!!!! *Entry Blank for USMS SCY Nationals is on page 16*

New Year's Day Swim at the MAC



F i t n e s s



**Rachel
Skoss**



You've just completed a hard workout – main set was 10 x 200 descending, with the last two of them close to full speed, with not a whole lot of rest. You are pretty tired – and you've got to get to work. What do you do next? An easy 50? Get out and have a shower? A thorough cool-down? Most of us will often do a combination of the first two options. We can get away with this when we have been doing an easy workout, but if we have been doing intervals that have stressed our muscles and energy systems close to their limits, then a swim down (or active recovery) is much more important.

Why should you swim down? After a hard workout or race, some aspects of your physiology take some time to return to baseline levels. The purpose of a cool-down is to help this process occur. During a thorough cool-down, you gradually reduce heart rate, breathing rate, and core temperature. Cooling down can prevent blood pooling (thus no dizzy spells from low blood pressure). Adrenaline and

noradrenaline are rapidly released at high working rates, and are removed more efficiently through an active recovery (as opposed to standing around). The lactate you accumulated in your muscles from swimming the last few 200's hard will decrease more rapidly during active recovery. Other benefits of a cool down are to reduce the immediate post-exercise tendency for muscle spasm or cramping, reduce muscle soreness and stiffness, and prepare you to do another workout in the near future, rather than in two weeks time when the memory of this one has subsided.

What should you do to cool down? Basically more of the same but slower is the general rule. Studies looking at the removal of lactate have good news for masters swimmers – there doesn't seem to be an age effect on the efficiency of lactate removal. Optimal clearance of metabolites from the blood occurred if active recovery was about 65-75% of your maximal heart rate, with most swimmers choosing 65% velocity as a comfortable pace to start at. You should cool down until you've reduced your heart rate to a reasonable level – for example, when you can carry on a conversation without puffing. (Coaches, please note – that is why we chat at the end of the lanes...we're testing this theory out!) Stretching after the swim down is a good idea as your muscles are warm and have good blood flow – so they are more likely to stretch without injury. If you want to work on your flexibility, the cool-down is the ideal time to do it. Next hard workout, take the time to swim down. In the long run, it will do more for you than the extra 5-10 minutes of chatting in the locker room.

Accommodations in Perth, Australia for the 2008 FINA Worlds

So you're thinking about getting to Perth for Worlds in 2008... Unfortunately I don't have sufficient bedrooms to put you all up, so where are you going to stay?

The following map should give you an idea of where Challenge Stadium (the swimming pool complex) is with respect to the city.

<http://www.whereis.com/whereis/retrieveEmailMap.do?linkId=-3759985102223541062>

There are hotels in the central business district. Other areas that hotels can be found are in the coastal suburbs of Scarborough (slightly to the north of this map), Cottesloe (slightly to the south), and Fremantle (further south). There are also some hotels in Subiaco and West Perth that are reasonably close to the pool complex.

This may be a place to start looking for a hotel:

<http://www.discoverwest.com.au/>

<http://www.hotel.com.au/Perth/>

If serviced apartments are more your style, try:

<http://www.accommodate.com.au/properties.htm>

<http://www.moveandstay.com.au/perth/>

Budget accommodation is generally closer into the CBD. This is a good place to start:

<http://www.streetsofperth.com.au/perth/accommodation/backpackers.htm>

For those of you who want to start looking around for a place to stay, I hope this gives you a starting point. If you want to run past your options by me, I'm happy to give advice (all care, no responsibility)!

See you here? Rachel

PS - The Scoreboard at Challenge Stadium is ready for you.



Long Distance Swimming



**Bob Bruce
Long Distance
Chair**



Oregon had another fine showing in the results for the 2006 USMS 3000 & 6000-yard National Postal Championships. Here's a summary:

3000-yard: 40 swimmers from Oregon (19 women & 20 men) entered the event, slightly more than last year. Kerri Roussain, Dave Radcliff, and Ray Allen each won the national title in their respective age groups. Five Oregon Relay teams won their events, with the Women's 35+ 3 x 3000 team breaking the National Record. In the club scoring, Oregon placed second in the Combined title.

6000-yard: Only 7 Oregon swimmers (3 women & 4 men), the same number as last year, entered this longer distance event. Mary Sweat, Ralph Mohr, Dave Radcliff, and Ray Allen won national titles, and two Oregon relay teams won events in their age group. Oregon placed second in the Combined club title standings, continuing our streak of finishing second in this event for six consecutive years after winning the Combined title in 2000.

Congratulations to...

- Our 7 individual National Champions (USMS Long Distance All-Americans!);
- Our 7 relay team National Champions (USMS Long Distance Relay All-Americans);
- Our 8 Oregon Individual Record breakers—Susie Young (THB), Arlene Delmage (GVAM), Kerri Roussain (GVAM), Mary Sweat (Unat), Tim Nelson (COMA), Tom Landis (COMA), Dave Radcliff (THB), and Ray Allen (SOM)—

TWICE;

- Our National Relay Record team— Women's 35+ 3 x 3000 relay team of Stephanie Schultz (COMA), Karen Matson (COMA), and Arlene Delmage (GVAM);
- Our four Oregon Relay Record teams;
- Everyone who participated!

Look for the full Oregon results in this Aqua Master.

Last year at this time I wrote about the new club scoring system for postal swims that was used for the first time in 2006. I said "This new system will be a great opportunity for everyone to increase meaningful participation in these events." We met this opportunity by increasing our total participation, however slightly. Personally, I believe that far too few of us take advantage of the many benefits of swimming these two postal events in the fall.

I also said "...this system will also present a great challenge to our streaks as defending team champion in the 3000-yard event and runner-up in the 6000-yard event. It is quite likely that many more swimmers and clubs nationwide will choose to enter this event—club participation being a powerful motivator!—and therefore that more clubs will seriously challenge us for the national team titles". This came to pass in the 3000, an event in which the Great Bay Masters club from New England organized well, had a huge percentage of their members swim the event, and snapped our four-year National Title winning streak. I asked "Will we be ready to respond to this challenge?" Well, we didn't quite rise far enough this year, but wait until 2007! And while we're at it, let's see if we can add some swims and improve our club standing in the 6000—six years of placing second is enough!

Postal series: Nine Oregon swimmers qualified for the 2006 Oregon Postal Series by swimming in three or more of the National Postal Swims during the year. Well done! Mary Sweat and Bob Bruce—masochists that they are—swam all five events, qualifying for the USMS Postal Participation Award. Better done! See the results in this Aqua-Master. Good luck and good swimming!

Oregon Postal Series Results 2006

Women 30-34

1 Elizabeth Strausbaugh 30 COMA 42 pts

Women 35-39

1 Cyndi Smidt 36 COMA 34 pts

Women 40-44

1 Stephanie Schultz 40 COMA 37 pts

Women 45-49

1 Mary Sweat 49 Unat 56 pts

Men 55-59

1 Bob Bruce 58 COMA 53 pts

Men 65-69

1 Brent Lake 68 COMA 39 pts

2 Ralph Mohr 65 COMA 37 pts

Men 70-74

1 David Radcliff 72 THB 42 pts

Men 80-84

1 Ray Allen 80 SOM 42 pts

Oregon LMSC Postal 3000/ 6000 Yard Swim Results 2006

Place numbers are national places

OR = Oregon Record; NR = National Record

3000

Women 30-34

5 Elizabeth Strausbaugh 30 COMA 42:02.00

Women 35-39

9 Connie Austin 38 COMA 42:52.99

12 Cyndi Smidt 36 COMA 48:05.99

16 Bridget McGinn 39 COMA 51:19.00

Women 40-44

3 Arlene Delmage 44 GVAM 36:48.71 OR

5 Karen Matson 43 COMA 37:34.00

7 Stephanie Schultz 40 COMA 39:25.53

Women 45-49

1 Kerri Roussain 47 GVAM 37:28.14 OR

2 Mary Sweat 49 unat 37:41.31

6 Joanie Krehbiel 45 COMA 41:43.00

9 Cynthia Larkin 47 COMA 48:41.00

11 Lisa Nirell 45 COMA 49:12.37

Women 50-54

15 Toni Brown 51 COMA 53:41.99

16 Calli Roberts 52 COMA 54:13.00

22 Denise Abbott 50 EA 1:07:16.07

Women 55-59

3 Darlene Staley 56 THB 48:19.63

12 Stephanie Harris 56 EA 1:02:27.00

Women 60-64

6 Peggy Whiter 63 COMA 59:31.28

10 Gail Newton 62 EA 1:08:11.00

Men 35-39

8 Dave Cloninger 37 COMA 36:42.87

13 Jeff Keith 35 COMA 41:40.99

14 Christian Tujo 35 COMA 42:04.99

Men 40-44

4 Tim Nelson 40 COMA 34:55.50 OR

12 Steve Wursta 40 COMA 43:00.00

22 Sam Schonstal 43 THB 53:26.74

Men 45-49

2 Doug Asbury 45 COMA 35:28.72

4 John Peterson 46 EA 37:28.69

Men 50-54

11 Jim Wallace 53 EA 43:46.29

13 Wes Edwards 53 GVAM 45:01.12

Men 55-59

2 Steve Johnson 58 EA 35:39.97

6 Bob Bruce 58 COMA 39:37.02

Men 60-64

3 Tom Landis 64 COMA 39:31.06 OR

8 John Ellis 60 GVAM 49:37.79

9 Roger Rudolph 63 COMA 51:48.99

Men 65-69

2 Ralph Mohr 65 COMA 45:12.00

3 Brent Lake 68 COMA 52:43.00

Men 70-74

1 Dave Radcliff 72 THB 41:26.07

4 George Thayer 70 COMA 55:22.91

Men 75-79

3 George Weber 76 COMA 1:18:26.99

Men 80-84

1 Ray Allen 80 SOM1:12:56.01 OR

Women 25+: 3 x 3000

1 OREG (Smidt, Austin, Strausbaugh)

2:12:58.98

Women 35+: 3 x 3000

1 OREG (Schultz, Matson, Delmage)

1:53:48.24 NR

Women 45+: 3 x 3000

1 OREG (Krehbiel, Sweat, Roussain)

1:56:52.45

Women 55+: 3 x 3000

2 OREG (Harris, Whiter, Staley) 2:50:17.91

Men 35+: 3 x 3000

2 OREG (Cloninger, Asbury, Nelson)

1:47:07.09 OR

Men 55+: 3 x 3000

2 OREG (Bruce, Landis, Johnson)

1:54:48.05

Men 65+: 3 x 3000

1 OREG (Lake, Mohr, Radcliff) 2:19:21.07

Mixed 35+: 4 x 3000

2 OREG (Matson, Delmage, Cloninger, Nelson)2:26:01.08

OR

Mixed 45 +: 4 x 3000

2 OREG (Sweat, Peterson, Roussain, Asbury)2:28:06.85

OR

Mixed 55+: 4 x 3000

1 OREG (Whiter, Staley, Landis, Johnson)3:03:01.94

Combined National Team Scores:

1 Great Bay Masters 48,849 pts

2 Oregon 30,662

3 Florida Aquatic Combined Team 12,309

6000

Women 30-34

3 Elizabeth Strausbaugh 30 COMA 1:35:10.99

Women 35-39

3 Susie Young 37 THB 1:21:18.00 OR

Women 45-49

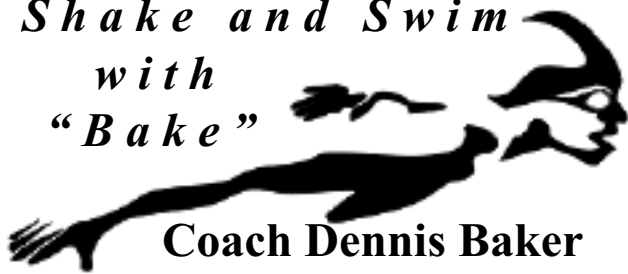
1 Mary Sweat 49 unat 1:16:52.16 OR

Men 55-59

3 Bob Bruce 58 COMA 1:21:54.99

continued on page 7

Shake and Swim with "Bake"



Coach Dennis Baker

Cycles of Life and Cycles of Swimming

Greetings to all and I thank David Radcliff and Oregon Masters Swimming for letting me write this column. We are in a busy time for all levels of swimming right now, Age Group, High School and Masters. It is always my favorite time of the year because I get to see some great swimming. I am very lucky to be able to coach at all these levels and participate in a few of them as well. So here is hoping you all can benefit some from my observations and perspectives.

I'm sure you have heard the saying life is just one big cycle. You know the times when everything is going your way. Then there are some days you think you should have never gotten out of bed because nothing is going right. We have those same type of days or cycles in swimming. The difference is we induce these cycles on our own by the type of training we do.

In swimming you hear the term cycle all the time. We hear about macro, micro and mini cycles constantly in training for swimming. It is a little different when we apply these terms to a Masters swimmer. The average Masters swimmer does not swim quite as much yardage or as many consecutive days and double workouts like a USS swimmer would.

I know some would like to, but is just not possible because of what I call "life stuff". Family and jobs just take up so much time and there are only so many hours in a day. However, we still can apply these principles to a shortened training cycle.

As many of you are gearing up for the next Masters meet or Associations or Nationals, you are going into a micro cycle of your own. This is what I believe Masters swimmers deal with throughout the year, MANY CONSECUTIVE MICRO CYCLES IN A ROW. The USS swimmer is on a more macro cycle plan with only a few micro or mini

cycles placed at strategic times over a course of a three or four year period.

Here are some tips to ensure that you have a great micro cycle leading up to your competition. These tips apply to the Open Water swimmer as well:

1) The most important perhaps is to make sure you are hitting all the different energy systems all the time. We sometimes get in a rut and just do the same type of training all the time. Some may just like to train aerobically and others may just sprint all the time. Whatever race you are training for, short or long, you still need to mix it up. A good way for the Masters swimmer to do this, in a micro cycle, is to hit at least one of each a week.

The main three systems you should get to are Aerobic, Anerobic and Threshold. Aerobic, as you know, is longer swims with a small amounts of rest. Anerobic is sprinting with with a lot of rest. Threshold training is where you keep your heart rate at a fairly high level for twenty to thirty minutes with medium to small amounts of rest.

2) You must realize that you are not going to feel great all the time. After a Anerobic or sprint workout you may loose the feel of the water a little. This is normal, you are in a cycle. It is important to push through this and move on to the next type of workout. Do not get stuck for a week doing long aerobic practices just to get your feel back.

3) Increase your amount of cool down (see Fitness Article) or recovery yardage at the end of each practice. This is so valuable during a intense micro cycle leading up to a competition. We tend to forget to do this because we are so focused on the main part of the workout.

4) Lastly, through all the ups and downs of these micro cycles **HOLD YOUR FORM.**

When we get tired we go back to all our bad habits technique wise. Even if you think it is slowing you down in practice you must keep focusing on your stroke. It may be as subtle as lowering your head one inch or keeping a three pattern breathing rate. Whatever it is, do not let it slide and you will be rewarded by the time you start your taper and get ready to compete.

Good luck my fellow swimmers. Here is wishing you many good cycles in swimming and in life. May they both come together at the same time in your search for that "perfect

Men 65-69

1 Ralph Mohr 65 COMA 1:33:20.00

Men 70-74

1 Dave Radcliff 72 THB 1:22:05.75 OR

Men 80-84

1 Ray Allen 80 SOM 2:32:46.01 OR

Women 25+: 3 x 6000

1 OREG (Strausbaugh, Young, Sweat) 4:13:21.15

Men 55+: 3 x 6000

2 OREG (Mohr, Radcliff, Bruce) 4:17:20.74

Mixed 35+: 4 x 6000

1 OREG (Radcliff, Bruce, Young, Sweat) 5:22:10.90

Combined National Team Scores:

1 St. Pete Masters 6,790 pts

2 Oregon 6,198

3 Indy SwimFit 4,755



February Fitness Challenge 2007

Host: Tualatin Hills Barracudas, Beaverton, Oregon

Purpose: To promote fitness through aquatics by encouraging participants to visit the pool regularly and to track results over a monthly period.

Awards & Results: All participants receive final results and an achievement certificate. Three female and three male swimmers in each age group with the highest monthly yardage totals receive awards. A special FFC pin will be given to every swimmer who swims each day. Please allow at least 30 days after deadline for mailing of results and awards.

Group Awards: The top three groups with the largest number of participants will receive special awards. The group with the top total yardage will receive a special award.

Entry Fee: \$8.00 for one individual challenge. Select either "Counting Yardage" or "Counting Days" on the form (below). If you would like to do both individual challenges, select "Both" and add \$4 to your entry fee. All fees payable to **Tualatin Hills Barracudas**.

T-Shirts & Caps: \$15.00 for short sleeve, 100% cotton T-shirts, with the 2007 Fitness Frog. Custom Latex swim caps with frog logo available for \$4.00.

Entry Deadline: Entries must be RECEIVED by March 12, 2007. Late entries will not be accepted.

Entry Procedure: Send form below and fees to:
 February Fitness Challenge
 16055 SW Walker Road #126
 Beaverton, Oregon 97006
e-mail: FebFitness@swimoregon.org
web page: <http://www.barracudas.org>

International Entries: \$8.00 additional postage fee required; mail early to ensure arrival by entry deadline.

Workout/Fitness Brochure: Check the Barracuda Web Page for a special February Fitness Challenge Workout Brochure. (Can be down loaded as a pdf file) **web page:** <http://www.barracudas.org>

Rules & Eligibility: Use of training aids and equipment **IS** permitted. You must be at least 18 years of age.

Three Challenges: We have three challenges: 1) count your yardage; 2) count your days; and 3) count the number of people in your group.

Group Participation: To be eligible for one of the top Group Participation Awards, groups must send entries together, in one packet. Groups may consist of individuals who do either challenge. Please specify the group name and contact person. There is no additional fee.

Recording Results: Beginning February 1, 2007, record on the form below: either the number of **yards** completed each day (for lap swim, jog-a-lap, etc.), AND/OR the number of **days** you visit the pool for an aquatic fitness activity (e.g. water aerobics, etc.). PLEASE BE AS ACCURATE AS POSSIBLE!

Conversions: To convert meters to yards for yardage counting, add 10% to the meter distance to obtain the yard distance.

Monthly Totals: At month's end, add daily results to obtain monthly total.

Caution: Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

Age Groups: 18-24, 25-29, 30-34....etc., (in five-year increments). Age is determined by your age on February 28, 2007.

February Fitness Challenge 2007: Entry Form (please Print)

NAME: _____ AGE(as of 2/28/07) _____ SEX: _____
 ADDRESS: _____ CITY _____ STATE _____
 ZIP _____ COUNTRY _____ PHONE _____
 E-MAIL _____ NAME OF GROUP _____

RESULTS Electronic results via email address listed above Paper results via US Postal

Select Your Challenge(s) (please check one): 1) Counting Yardage _____ 2) Counting Days _____ 3) Both _____

Yards/Days		Yards/Days		Yards/Days		Yard/Days	
Thu Feb 1	_____	Sun Feb 11	_____	Wed Feb 21	_____	Sun Feb 25	_____
Fri Feb 2	_____	Mon Feb 12	_____	Thu Feb 22	_____	Mon Feb 26	_____
Sat Feb 3	_____	Tues Feb 13	_____	Fri Feb 23	_____	Tues Feb 27	_____
Sun Feb 4	_____	Wed Feb 14	_____	Sat Feb 24	_____	Wed Feb 28	_____
Mon Feb 5	_____	Thu Feb 15	_____				
Tues Feb 6	_____	Fri Feb 16	_____				
Wed Feb 7	_____	Sat Feb 17	_____				
Thu Feb 8	_____	Sun Feb 18	_____				
Fri Feb 9	_____	Mon Feb 19	_____				
Sat Feb 10	_____	Tues Feb 20	_____				

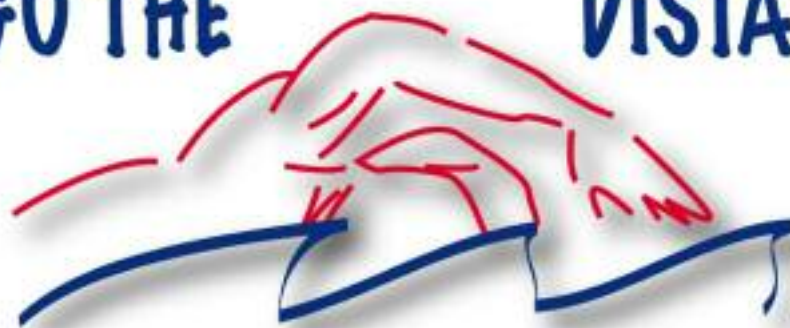
MONTHLY TOTALS = _____ **YDS** _____ **DAYS**

Signature: _____ **Date** _____

(I attest that the above results are accurate and true)

Fees:	Entry Fee	\$ 8.00	_____	(required)
	2nd Challenge	\$ 4.00	_____	(optional)
	T-Shirt	___ x \$15.00	_____	(optional)
	*Circle T-shirt size (s): S M L XL XXL			
	Swim Cap	___ x \$ 4.00	_____	(optional)
	International Fee	\$ 8.00	_____	(outside US)
Total: _____ (US funds only)				
(please make checks payable to Tualatin Hills Barracudas)				

GO THE DISTANCE



2007 USMS Fitness Event
Sponsored by the USMS Fitness Committee

Event Description / Objective: To track and tabulate the cumulative mileage each participant swims in 2007 using specific distance milestones as goals to achieve.

Each month participants will submit the mileage they swam (in yards, meters, miles or a combination) to be tabulated. When distance milestones are achieved, awards will be available. These achievements will be recognized on the USMS website (fitness section).

The results will also include monthly updates to graphs for each zone and Imisc to illustrate the progress of each as a group towards these goals.

The distance milestones include 50 miles, 100 miles, 250 miles, 500 miles, 750 miles and 1000 miles!

Date of Event: January 1, 2007 to December 31, 2007.

Forms of Entry: The information requested on the entry form below may be emailed directly to Mary Sweat at gothedistance@swimoregon.org or sent via regular mail if the participant does not wish to use email. Daily tracking of the distance swam is highly encouraged even though only the monthly total is needed to enter the event.

Entry Deadlines: Entries will be accepted until the 5th of the following month (for example, mileage swam in January can be submitted up until 2/5 for inclusion in the January results). Results will be generated and updated on the website prior to the 10th of each month.

Tracking Forms: An Excel spreadsheet designed for this event is available on the USMS website (fitness section) if you wish to track your daily swim mileage using the form. However, it is not required to use this form to enter this event.

Eligibility: Each participant must be USMS registered for 2007.

Awards: Awards will be available when each distance milestone is achieved. The awards will consist of caps, t-shirts, patches and certificates indicating the milestone achieved with the event logo. These may be purchased for a minimal fee. The list of the awards and how to purchase them will be available soon.

Fees: No entry fees. Minimal fees only if awards are purchased.

Results/Achievements: Results will be updated on the USMS Website (fitness section) by the 10th of each month.

Entry Form – Please email or mail this information to Mary Sweat by the 5th of each month.

Name: _____

USMS ID: _____ Email Address (for confirmation & reminders) _____

Sex: _____ Age: _____

Distance swam per month: _____ yards _____ meters _____ miles
Distance may be submitted as yards, meters or miles (or any combination). 1 mile = 1610 meters = 1760 yards.

Contact Information:
Mary Sweat
6744 NW 30th St.
Redmond, OR 97756
gothedistance@swimoregon.org



Top Ten

LCM

USA

Mary Sweat

Top Ten

Chair



Women 30-34

10	50 Breast	Tara Godlove	33	OREG	39.88
5	50 Free	Nicole Weeks	34	OREG	28.90
8	100 Free	Nicole Weeks	34	OREG	1:04.44
6	50 Breast	Nicole Weeks	34	OREG	38.29
9	100 Breast	Nicole Weeks	34	OREG	1:25.17
3	50 Fly	Nicole Weeks	34	OREG	30.86

Women 35-39

6	200 Fly	Shauna Simpson	35	OREG	2:41.40
10	200 Fly	Susie Young	37	OREG	3:03.33

Women 40-44

6	400 Free	Arlene Delmage	44	OREG	4:59.24
2	1500 Free	Arlene Delmage	44	OREG	19:50.68
8	50 Fly	Arlene Delmage	44	OREG	31.02
3	100 Fly	Arlene Delmage	44	OREG	1:08.48
3	200 Fly	Arlene Delmage	44	OREG	2:34.48
8	400 IM	Arlene Delmage	44	OREG	5:51.98
2	50 Back	Valerie Jenkins	43	OREG	32.41
10	100 Back	Valerie Jenkins	43	OREG	1:15.70
5	200 Back	Valerie Jenkins	43	OREG	2:41.29
9	200 IM	Valerie Jenkins	43	OREG	2:43.07
10	200 Fly	Martina Ralle	41	OREG	3:06.23

Women 45-49

10	50 Free	K Andrus-Hughes	49	OREG	29.58
8	100 Free	K Andrus-Hughes	49	OREG	1:04.92
9	200 Free	K Andrus-Hughes	49	OREG	2:24.46
1	50 Back	K Andrus-Hughes	49	OREG	33.34
2	100 Back	K Andrus-Hughes	49	OREG	1:14.59
6	200 Back	K Andrus-Hughes	49	OREG	2:44.91
6	200 IM	K Andrus-Hughes	49	OREG	2:48.69
10	100 Back	Laura Harsey	48	OREG	1:17.12
8	400 Free	Kerri Roussain	47	OREG	5:01.49
6	1500 Free	Kerri Roussain	47	OREG	21:21.32
10	200 Breast	Nancy Vincent	47	OREG	3:19.07
8	100 Fly	Laura Worden	49	OREG	1:16.72
10	200 Fly	Laura Worden	49	OREG	2:58.14

Women 50-54

7	1500 Free	Elizabeth Budd	52	OREG	24:09.72
9	50 Back	Teri Hendryx	53	OREG	39.19
10	200 Back	Teri Hendryx	53	OREG	3:08.51

Women 55-59

6	50 Breast	Janet Gettling	58	OREG	43.88
7	100 Breast	Janet Gettling	58	OREG	1:38.94
5	200 Fly	Janet Gettling	58	OREG	3:40.09
2	50 Breast	Catherine Imwalle	56	OREG	42.19
2	100 Breast	Catherine Imwalle	56	OREG	1:31.32
2	200 Breast	Catherine Imwalle	56	OREG	3:19.68
2	200 IM	Catherine Imwalle	56	OREG	3:00.27
2	400 IM	Catherine Imwalle	56	OREG	6:31.98

Women 60-64

8	800 Free	Sue Calnek-Morris	63	OREG	13:20.88
4	50 Free	Barbara Frid	64	OREG	35.72
10	100 Free	Barbara Frid	64	OREG	1:24.33
5	50 Back	Barbara Frid	64	OREG	44.75
8	100 Back	Barbara Frid	64	OREG	1:43.10
8	50 Breast	Barbara Frid	64	OREG	49.61
10	100 Breast	Barbara Frid	64	OREG	1:49.97
5	50 Fly	Barbara Frid	64	OREG	40.15
1	50 Breast	Ginger Pierson	60	MACO	42.56
3	100 Breast	Ginger Pierson	60	MACO	1:35.87
3	200 Breast	Ginger Pierson	60	MACO	3:35.99
4	100 Fly	Ginger Pierson	60	MACO	1:39.14
2	200 Fly	Ginger Pierson	60	MACO	3:33.79
8	200 IM	Ginger Pierson	60	MACO	3:37.96
6	400 IM	Ginger Pierson	60	MACO	7:33.75
10	50 Free	Joy Ward	64	OREG	36.46
2	50 Back	Joy Ward	64	OREG	41.49
3	100 Back	Joy Ward	64	OREG	1:31.98
4	200 Back	Joy Ward	64	OREG	3:24.76
1	50 Fly	Joy Ward	64	OREG	37.74
3	100 Fly	Joy Ward	64	OREG	1:37.98
5	200 IM	Joy Ward	64	OREG	3:28.65

Women 65-69

10	50 Breast	Peggie Hodge	66	OREG	55.86
7	100 Fly	Peggie Hodge	66	OREG	2:06.62
4	200 Fly	Peggie Hodge	66	OREG	4:42.79
7	400 IM	Peggie Hodge	66	OREG	9:09.95
7	400 Free	Susanne Schumann	69	OREG	7:12.25
6	800 Free	Susanne Schumann	69	OREG	14:23.67

Women 75-79

9	1500 Free	Betsy Austen	79	MACO	45:20.74
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Women 80-84

9	800 Free	Margaret Wells	80	OREG	26:18.83
10	100 Back	Margaret Wells	80	OREG	2:53.00
8	200 Back	Margaret Wells	80	OREG	5:56.48
7	200 Breast	Margaret Wells	80	OREG	8:49.95
7	100 Fly	Margaret Wells	80	OREG	4:20.92
9	200 IM	Margaret Wells	80	OREG	7:06.41
7	400 IM	Margaret Wells	80	OREG	15:16.96

Women 85-89

6	50 Free	Pauline Stangel	85	OREG	1:06.53
5	100 Free	Pauline Stangel	85	OREG	2:39.86
3	50 Breast	Pauline Stangel	85	OREG	1:24.72
2	100 Breast	Pauline Stangel	85	OREG	3:16.51
8	50 Back	Elfie Stevenin	85	OREG	1:47.10
7	100 Back	Elfie Stevenin	85	OREG	3:59.44
6	200 Back	Elfie Stevenin	85	OREG	7:56.42
4	50 Fly	Elfie Stevenin	85	OREG	2:34.02

1	100 Fly	Elfie Stevenin	85	OREG	6:45.39	2	200 Breast	Allen Stark	57	OREG	2:52.11
1	200 Fly	Elfie Stevenin	85	OREG	15:37.46	8	200 Fly	Mark Worden	55	OREG	3:00.00
3	200 IM	Elfie Stevenin	85	OREG	9:54.04	9	200 IM	Mark Worden	55	OREG	2:49.07
1	400 IM	Elfie Stevenin	85	OREG	21:19.5	6	400 IM	Mark Worden	55	OREG	6:00.76
Women 90-94						Men 60-64					
5	50 Free	Hilda Buel	92	OREG	2:18.62	5	50 Free	Robert Smith	63	OREG	27.81
5	50 Back	Hilda Buel	92	OREG	2:06.36	3	50 Back	Robert Smith	63	OREG	33.70
6	100 Back	Hilda Buel	92	OREG	4:57.01	4	100 Back	Robert Smith	63	OREG	1:17.05
1	50 Breast	Hilda Buel	92	OREG	3:16.47	10	200 IM	Robert Smith	63	OREG	2:55.65
1	100 Breast	Hilda Buel	92	OREG	7:33.42	Men 65-69					
1	50 Fly	Hilda Buel	92	OREG	4:42.00	7	1500 Free	Brent Lake	68	OREG	25:56.55
1	200 IM	Hilda Buel	92	OREG	14:56.55	7	200 Back	Brent Lake	68	OREG	3:17.97
Men 18-24						10	800 Free	Bert Petersen	68	OREG	13:07.91
9	50 Breast	Kevin Cleary	23	OREG	38.34	2	50 Fly	Bert Petersen	68	OREG	31.93
5	100 Breast	Kevin Cleary	23	OREG	1:28.12	4	100 Fly	Bert Petersen	68	OREG	1:26.98
3	200 Fly	Kevin Cleary	23	OREG	3:01.58	Men 70-74					
Men 25-29						3	50 Free	David Radcliff	72	OREG	30.69
6	50 Breast	Noel Berlin	27	MACO	32.35	2	100 Free	David Radcliff	72	OREG	1:06.63
8	100 Breast	Noel Berlin	27	MACO	1:13.13	1	200 Free	David Radcliff	72	OREG	2:27.27
4	200 Breast	Noel Berlin	27	MACO	2:42.34	1	400 Free	David Radcliff	72	OREG	5:18.48
Men 30-34						1	800 Free	David Radcliff	72	OREG	10:49.02
9	100 Back	William Fitzpatrick	33	OREG	1:06.32	1	1500 Free	David Radcliff	72	OREG	22:02.45
8	800 Free	Robbert Van Andel	32	OREG	9:37.91	7	50 Fly	David Radcliff	72	OREG	36.87
8	200 Breast	Robbert Van Andel	32	OREG	2:48.58	8	50 Free	George Thayer	70	OREG	33.37
6	400 IM	Robbert Van Andel	32	OREG	5:08.93	8	50 Back	George Thayer	70	OREG	42.54
Men 35-39						7	100 Back	George Thayer	70	OREG	1:31.82
3	50 Breast	Gregory Latta	37	OREG	31.70	7	200 Back	George Thayer	70	OREG	3:25.92
3	100 Breast	Gregory Latta	37	OREG	1:10.61	Men 80-84					
4	200 IM	Gregory Latta	37	OREG	2:18.97	9	200 Free	Herb Hoeptner	84	OREG	3:56.34
Men 40-44						9	800 Free	Herb Hoeptner	84	OREG	17:47.62
9	800 Free	Hardy Lussier	41	OREG	9:33.13	3	50 Free	Willard Lamb	84	OREG	37.66
8	200 Breast	Darren McCarthy	40	OREG	2:50.76	4	100 Free	Willard Lamb	84	OREG	1:30.35
8	800 Free	Timothy Nelson	41	OREG	9:32.07	4	200 Free	Willard Lamb	84	OREG	3:29.94
7	400 Free	Doug Stewart	42	OREG	4:26.61	4	50 Back	Willard Lamb	84	OREG	49.15
3	200 Fly	Doug Stewart	42	OREG	2:18.60	7	200 Free	Gilbert Young	84	OREG	3:48.22
6	400 IM	Doug Stewart	42	OREG	5:03.80	7	800 Free	Gilbert Young	84	OREG	16:58.87
Men 45-49						3	1500 Free	Gilbert Young	84	OREG	32:48.79
5	100 Breast	Pat Allender	48	OREG	1:13.53	9	50 Back	Gilbert Young	84	OREG	56.76
3	200 Breast	Pat Allender	48	OREG	2:41.33	Men 85-89					
5	200 Free	Dennis Baker	45	OREG	2:05.59	9	100 Free	Charles Bushey	85	OREG	2:21.75
1	400 Free	Dennis Baker	45	OREG	4:15.16	1	800 Free	Charles Bushey	85	OREG	22:15.02
3	100 Fly	Dennis Baker	45	OREG	1:00.65	2	1500 Free	Charles Bushey	85	OREG	44:33.70
1	200 Fly	Dennis Baker	45	OREG	2:06.94	8	50 Back	Charles Bushey	85	OREG	1:18.40
1	200 IM	Dennis Baker	45	OREG	2:16.12	6	100 Back	Charles Bushey	85	OREG	2:48.84
1	400 IM	Dennis Baker	45	OREG	4:50.73	4	200 Back	Charles Bushey	85	OREG	6:27.30
Men 50-54						9	50 Free	Rupert Fixott	85	OREG	55.95
7	50 Back	Wes Edwards	53	OREG	31.68	6	100 Free	Rupert Fixott	85	OREG	2:12.71
5	100 Back	Wes Edwards	53	OREG	1:09.00	8	50 Breast	Rupert Fixott	85	OREG	1:09.77
6	200 Back	Wes Edwards	53	OREG	2:34.13	5	100 Breast	Rupert Fixott	85	OREG	2:43.96
10	50 Free	Mike Tennant	53	OREG	26.38	1	50 Free	Andrew Holden	87	OREG	41.94
Men 55-59						2	50 Back	Andrew Holden	87	OREG	52.18
6	1500 Free	Bob Bruce	58	OREG	20:41.82	9	50 Breast	Andrew Holden	87	OREG	1:11.14
6	400 Free	Steve Johnson	58	OREG	4:55.77	2	50 Fly	Andrew Holden	87	OREG	53.49
9	800 Free	Steve Johnson	58	OREG	10:23.25	4	400 Free	Joseph Mallon	85	OREG	12:49.67
2	50 Breast	Allen Stark	57	OREG	35.08	2	800 Free	Joseph Mallon	85	OREG	25:47.86
1	100 Breast	Allen Stark	57	OREG	1:17.08	3	1500 Free	Joseph Mallon	85	OREG	50:50.34

New Pool in Bend for the Association and SCY Zone Meet



The JSFC 50-meter Pool:

Home of the 2007 Oregon Association Championships

The new pool at the Juniper Swim & Fitness Center in Bend opened in April 2006. It is a true Olympic distance, measuring 50 meters long and 20 meters wide. The pool can be divided by a rolling bulkhead, and pool distances can be set easily, quickly, and accurately to any of the three competitive pool lengths. For the Oregon Association Championships on April 20-22, the bulkhead will be set at a measured 25 yards.

The short course racing end has eight lanes, each of which is 8-feet wide (in contrast the usual 7-feet), and extra space, inset ladders, and deck-level overflow outside the end lanes. The water depth is 7 to 7½ feet deep throughout the whole course. The floating lane markers are the wave-reducing variety. The bottom lane lines and wall target markers are set in tile, beautifully finished and highly visible, while turns on the bulkhead are likewise clear and easy to spot. The water temperature will be set at approximately 80 degrees Fahrenheit.

The shallow end—4 to 4½ feet deep—will have eight lanes running across the 20-meter pool width. These lanes will be available for warm-up and warm-down swimming during the warm-up session and throughout the meet.

By popular demand, we retained an indoor/outdoor capability for the new pool, featuring a removable double-paneled PVC cover set on a permanent metal frame. The Association Championships will be run under the roof to insure consistent competitive conditions. You'll be impressed with how well the powerful new ventilation system keeps the pool air comfortable and warm. There will be lots of deck space and ample poolside bleacher seating for all.

Central Oregon Masters Aquatics, the Bend Swim Club, and the three local high schools have already hosted plenty meets and other events in Oregon's newest pool. The unanimous judgment...BEAUTIFUL and FAST!

Come swim with us.

Our new pool is only part of an expanded fitness facility. If you are coming to the meet and are bringing family members, there is plenty to occupy them. Of course there is skiing, Nordic skiing, and snowshoeing and the fine activities in Bend. But there is so much to do at Juniper Swim and Fitness Center, they may never leave. There are endless classes Friday, Friday night and Saturday. These include water classes, yoga, pilates, indoor cycling, and various aerobic classes. Then there is lap swimming and working out in the huge weight room, too. Anyone can participate and the fees never run above \$6 per class. And don't forget the Duck Pond wading pool for the little ones. Photos show the new weight room, cycling studio, and some beautiful COMA women showing off the new big locker rooms.

Banquet:

This year we have selected a great Five Star restaurant for your banquet. The Restaurant at Aubrey Glen Golf Course is one of Bend's finest and sure to be a fine way to spend Saturday evening. The fully dressed tables open to a spectacular view of the golf course. The food will be excellent. Your dinner will include many kinds of pasta, salad, fruit, grilled chicken, bread, dessert, and non-alcoholic beverages. A complete open bar will be available throughout the festivities. In addition to a great speaker and a short awards ceremony, we will again feature the enlarged COMA raffle. Everything imaginable, even some grain fed, organic Central Oregon Beef! You have to be there as this will be an evening to remember.





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

OREGON MASTERS SWIMMING ASSOCIATION SHORT COURSE YARDS CHAMPIONSHIPS & NORTHWEST ZONE SHORT COURSE YARDS CHAMPIONSHIPS

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #377-04

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit an Oregon 2007 registration form and fee with this form.

Hosted by: Central Oregon Masters Aquatics
Juniper Swim & Fitness Center
Bend, Oregon

DATE: Fri., Sat. & Sun. April 20-22, 2007

25 yards
8 lanes competition-electronic timing
8 20 yd. lanes for continuous warm-up/down area

FRIDAY: WARM-UPS: 5PM • MEET STARTS: 6PM
SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM
SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM

OMS souvenir/participation award for all OMS entrants

Meet director: George Thayer • Phone: 541-388-3392 • E-mail gthayer@bendbroadband.com

Directions to the pool: From North or South, take Business highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool.

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

ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 30, 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 # _____
If OMS, LOCAL TEAM (SEE LISTINGS ON 2007 REG. FORM) _____
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: 18+, 25+, 35+, 45+, 55+, 65+ AND 75+. YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY. ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE COUNTED FOR TEAM POINTS. YOU MAY SWIM THE 200, 400 & 800 YARD DISTANCE OF EACH RELAY ONLY ONCE. THE 400IM, 500, 1000 & 1650 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE POSTED ON-LINE OR IN NEXT AQUAMASTER FOR TIMES REGARDING CHECK-IN DEADLINES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDED SLOW TO FAST. SEE GUIDELINES PAGE ON-LINE OR IN NEXT AQUAMASTER FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2007 IN ORDER TO SCORE POINTS.

Friday, April 20, 2007

400 IM (1) _____ : _____ . _____
1650 FREE (2) _____ : _____ . _____

Saturday, April 21, 2007

100 IM (3) _____ : _____ . _____
200 FREE (4) _____ : _____ . _____
100 BREAST (5) _____ : _____ . _____
50 FLY (6) _____ : _____ . _____

* break*

FREE RELAYS (7-12)

200 BACK (13) _____ : _____ . _____
50 FREE (14) _____ : _____ . _____
100 FLY (15) _____ : _____ . _____

* break*

MIXED MEDLEY RELAYS (16-17)

1000 FREE (18) _____ : _____ . _____

ASSOCIATION/AWARDS BANQUET - THE RESTAURANT AT AUBREY GLEN

Please plan to attend the OMS Annual Meeting at 4:30pm at Aubrey Glen and be a part of this great organization.

Sunday, April 22, 2007

500 FREE (19) _____ : _____ . _____

Break- Event 20 will not begin before 10 am

200 BREAST (20) _____ : _____ . _____

100 FREE (21) _____ : _____ . _____

50 BACK (22) _____ : _____ . _____

* break*

MEDLEY RELAYS (23-26)

200 FLY (27) _____ : _____ . _____

100 BACK (28) _____ : _____ . _____

50 BREAST (29) _____ : _____ . _____

200 IM (30) _____ : _____ . _____

MIXED FREE RELAYS (31-33)

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

SIGNATURE _____ DATE _____
Association/Awards Banquet • Saturday Evening \$20.00 (all ages) _____ each @ \$20.00

Association Champs Shirt : Men's T-Shirts \$16.00 ea.,
Wmn's T-Shirts \$16.00 ea. or Crew Neck sweatshirts \$25 ea. (indicate style and size to the right)

Mens T Wmns T Sweat
S M L XL XXL (\$2 add.)

AWARDS BANQUET _____
T-SHIRTS ____ X \$ ____ = _____
MEET ENTRY FEE **23.00**
TOTAL ENCLOSED _____

MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072

2007 USMS NATIONAL SHORT COURSE CHAMPIONSHIPS OFFICIAL ENTRY FORM

Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. - Sanction number 367-002

Last name:* _____ First: _____ MI: _____
 Street Address: _____ City: _____ State: _____ ZIP: _____ Country: _____
 E-Mail: _____ Day Phone: _____ Eve. Phone: _____
 Emergency contact: _____ Phone: _____ Age: _____ (on 5/20/07)** D.O.B: _____ Sex: _____
 Club Name or Unattached: _____ USMS or International Reg. #: _____

* Print name as it appears on USMS registration card. ** 18-year-olds must be 18 on 5/16/07

Before completing, read meet information on previous page. Check in for all deck-seeded events.

Check-in for Thursday starts **THE DAY BEFORE** and ends at 7 a.m. on Thursday for the 1000, and one hour before the start of the 1650.

Check-in for all Friday through Sunday events ends at 11 a.m. the day of the event.

Event #	Entry Time Women	Date	6	Event	Event #	Entry Time Men	Date	6
Thursday, May 17, 2007				Warm-Up 6:30-7:50 a.m.		Start 8:00 a.m.		
2				1000 Freestyle**	1			
4				1650 Freestyle**	3			
Friday, May 18, 2007				Warm-Up 6:30-7:50 a.m.		Start 8:00 a.m.		
6				100 Butterfly	5			
8				50 Breaststroke	7			
10				100 Backstroke	9			
12				200 Freestyle	11			
13/14	See Relay Form			200 Mixed Medley Relay	13/14	See Relay Form		
16	See Relay Form			200 Free Relay	15	See Relay Form		
18				400 IM	17			
Saturday, May 19, 2007				Warm-Up 6:30-7:50 a.m.		Start 8:00 a.m.		
20				100 IM	19			
22				200 Butterfly	21			
24				50 Backstroke	23			
26				100 Freestyle	25			
28				200 Breaststroke	27			
30	See Relay Form			200 Medley Relay	29	See Relay Form		
32				500 Freestyle (Women)				
Sunday, May 20, 2007				Warm-Up 6:30-7:50 a.m.		Start 8:00 a.m.		
34				200 Backstroke	33			
36				50 Freestyle	35			
38				200 IM	37			
40				50 Butterfly	39			
42				100 Breaststroke	41			
43/44	See Relay Form			200 Mixed Free Relay	43/44	See Relay Form		
				500 Freestyle (Men)	45			

***** WEYERHAEUSER KING COUNTY AQUATIC CENTER**
 Federal Way, Wash.
 May 17-20, 2007

***** ENTRIES MUST BE U.S. POSTMARKED BY APRIL 5, 2007, OR RECEIVED BY APRIL 12, 2007.**

ENTRY CHECKLIST

- Entry form filled out completely?
 - "Date" and "6" events clearly marked? (Date is for NQTs that have been met. Mark "6" only if entering six events.)
 - Seed times in proper columns?
 - No more than three events per day entered?
 - Liability release signed and dated?
 - Fees payable to "USMS" enclosed?
 - International registration card attached?
 - SASE enclosed? (Indicate purpose on envelope.)
 - Entry postmarked by April 5, 2007, or received by April 12, 2007, deadline?
- Questions?** Call 253-759-4956 (before 9 p.m. PT)



**You may enter either the 1000 and 1650 Free, but not both.

*** FEES:

Meet Surcharge (required for all events) \$40
 Number of Individual Events x \$4
 Final Results x \$15
 Social x \$35
 Gold Medal Sponsor x \$65

TOTAL FEES ENCLOSED

Check or money order payable to
United States Masters Swimming

Internet entries will be accepted starting Feb. 1, 2007. Please see www.usms.org for additional information.

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



Swim Clinics

Improve your strokes.

swimgraphics.com

**Dennis Baker
OMS Coaches Rep
will be hosting
two clinics
this Winter.
Don't miss them!**

**February 11th - Sunday
at David Douglas High School
SE 130th and Taylor Ct. (Between Stark and Division)**

3:00 pm to 6:00 pm

**Cost: \$10 dollars at the door
Who can "fly"?**

**Butterfly for beginners to elite.
Swimming demonstrations and
Video demonstrations.**



swimgraphics.com



swimgraphics.com

Dennis will be in the water to help all swimmers with their "fly".

Secondary topic: Goal setting for all your Masters swimmers

(Optional Dinner at McMennemins at Mall 205 after the clinic for further discussion -

Note: you pay for your dinner and drinks)

**March 18th - Sunday
at David Douglas High School
SE 130th and Taylor Ct. (Between Stark and Division)**

3:00 pm to 6:00 pm

**Cost: \$10 dollars at the door
Getting "back" to the basics.**

A general overview of backstroke



swimgraphics.com

Swimming demonstrations and Video demonstrations.

Dennis will be in the water to help all swimmers with their "back stroke".

Secondary topic: Coaching different levels of master swimmers during one workout.

Are we leaving out the novice swimmer?

(Optional Dinner at McMennemins at Mall 205 after the clinic for further discussion -

Note: you pay for your dinner and drinks)

(Please RSVP to Dennis Baker at bakeswim@yahoo.com

or call 503 679 4601) to reserve a spot in one or both of the clinics)



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			
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	
July 7-8	LCM - St. Games	Mt. Hood C.C.	
Open Water			
June 17	Hagg Lake		
July 14-15	Applegate Lake		
July 27-29	Elk Lake		
Aug. 19	Dorena		
National Championships			
*May 17-20	USMS - SCY	Federal Way, Washington	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			
*February Fitness Challenge	Month long postal		dave@theradcliffs.com
*Go The Distance	Year long postal		gothedistance@swimoregon.org
International Championships			
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

Board Meetings All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details Feb. 28 NIKE April 21 General Membership Meet in Bend May 23 TBA	July 8 Mt. Hood Com. College August 22 TBA October Retreat - TBA
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Aqua Master
February 2007

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

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Inside: Results -LCM Top Ten & Entry Blanks