



# Aqua Master

USMS 2004 Newsletter of the Year

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*“Swimming for Life”*

## LCM Season is here!



The LCM Season began on June 10th with the Sizzling Summer Meet, host by the Tualatin Hills Barracudas. The 2nd Heat of the 800 Free is on the blocks and ready to go in the picture above. Full results of the meet are on pages 16 - 19.

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### 30 Minutes Off Record for Gil



Gil Young had an outstanding National Meet. He won 6 events and set Zone / Oregon Records in 4 of those events. In the 1650 he took over 30 minutes off of Roy Webster's record which had stood for over 20 years. Way to go Gil!

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# Chair's Corner by Jody Welborn

Hi everyone:

It has been a busy spring with fast swimming all around. Everyone should be very excited after a wonderful Association Championship hosted by COMA. Everything surrounding the event was superb: the new, fast pool, the hospitality of the host team and fantastic Awards banquet. Thank you COMA for a terrific event.

Personally, I would also like to thank Oregon Masters Swimming for the Ol' Barn award. It is an honor to volunteer for Oregon Masters Swimming and give back to the sport that has given me so much. Thank you for the recognition but remember it wouldn't be possible without you.

As many of you know, I was not at the Association Championships because of a once-in-a-lifetime opportunity to travel to the Galapagos Islands. If any of you have an opportunity to take this trip-do it! It really brings home what a miracle nature is and how fragile our planet is. The wildlife, the ecology, the land and the culture was eye-opening. And I even did some open-water swimming.

Which brings me to Oregon Open Water swimming. It is time to get ready for some outstanding swims. While the lakes of Oregon may not seem exotic to us, since we are so accustomed to their beauty, participate in the swim series this summer. Open your eyes anew to the beauty that surrounds and enjoy our great swimming community.

And

**Remember,**

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



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# Swim Bits by Ralph Mohr

Mark Spitz #1

I first met Mark Spitz during Spring Vacation of 1963 at the Pleasant Hill (CA) Swimming Pool. I had just finished my second season as a member of the University of Oregon Swimming Team, and I came back to my old AAU age group team. The Pleasant Hill Swim Club. Mark was in between Arden Hills and Santa Clara Swim Teams following a stint at the Berkeley Aquabears. We were lumped together at Pleasant Hill in lane one with four other kids. Mark and I had fun running over them in the crowded pool.

The coach of the Pleasant Hill Swim Club then was Ervin Zador, a Hungarian water polo player at the Melbourne Olympics in 1956. Zador had come out of the pool bloodied from a cheap shot from a Russian. The Hungarians refought the Hungarian invasion in the pool and won.

While Mark and I were swimming, a man would come over on the deck occasionally and tell Mark what he was doing wrong and to swim faster. After practice was over, the same man was in the locker room, giving stroke instructions to the other boys in our lane with Mark as the example on how to swim.

I said, "Shouldn't you leave that for the coach?" The man looked up and replied, "Who are you?" I found out later from a parent of the Pleasant Hill Swim Club that the man was Arnold Spitz, Mark's father. Shortly thereafter the Spitz family moved to Santa Clara to swim with George Haines.

If you want to know more about, Ervin Zador, check out the documentary film on the Russian invasion of Hungary and the later water polo match. It's called "Freedom's Fury," and it's narrated by Mark Spitz.



## The Watering Hole

The Watering Hole is a Social Networking Site just for Oregon Masters Swimmers. It is designed to share ideas, share photos and videos, and participate in blogs and discussions with other swimmers in our community. You could think of it as a living extension of the Aqua Master.

To join The Watering Hole go to this web site: <http://oregonmasters.ning.com/>

Pictures and videos from the SCY National Meet have just been added. Attach your best photos, and others can comment and enjoy them. Should be fun. See you online!



The Aqua Master begins a new column this month. WOW (Wonders On Water) and PR (Personal Record) will highlight your outstanding accomplishments. To do this, the Aqua Master needs to hear from you. Please let us know and you will see these WOWs and PRs in upcoming issues. We thank Allen Stark for this great idea.

We begin with a fantastic WOW from Bill Holman.

*When in Mexico I swim with a group of Mexican, American, and Canadian swimmers at one of the world's most beautiful beaches: Carrizalillo beach, in Puerto Escondido, Mexico. Three mornings each week we swim about 500 meters into the Pacific ( water temperature about 78 degrees ), rest a few minutes and return. One warm and sunny morning ( all the mornings are warm and sunny there ) this past February while the seven of us were treading water waiting to start our return to the beach a pod of dolphins, about 12 to 15, swam by approximately 10 feet away. A sight so beautiful that we spent the next few weeks discussing that morning swim. And incidentally all of these magnificent animals were doing a most perfect dolphin kick.*

Tim Nelson sent in this WOW.

*I think a WOW swim is Sara winning the 1000 free just six months after having baby Sophie. She went 11:15 (averaging 1:07), but swam a 1:04.32 on the last 100 to run down two ladies in her age group.*

Pam Snider sent in these PRs.

*I had 4 personal bests. I was really excited because in two of my events I hadn't made the entry time. SO....my goal was to make it in those two events. I did it! My 200 IM and 400 IM I dropped 3 and 4 seconds (respectively) and I made the entry time! I got my first medal as a Masters swimmer in the 200 breast (10th). Thank you for asking for this info. Not just for me but it is just as exciting for those who get PR's or WOW's as those who get World or National records. I think everyone on the CAT Masters had at least one PR as well.*

**Continued on page 4**

**WOW/PR continued from page 3**

From Doug Kabel, a family WOW.

My main goal at SCN was to get into the top 10 of an individual event. My best seed was 9<sup>th</sup> in the 50 breast with a seed of 31.30 (which was my PR). I felt like my swim was pretty good.

When I learned that it was a 29.54, I about fainted. That was just under a 2 second drop which got me a 4<sup>th</sup> place. The rest of the meet was a joy afterwards. I also have to mention that my father Robert Kabel, swam his very first meet of his life. The WOW part of this is that about two months ago, he had to calculate his seed times based on some swims in heavy swim trunks in a 12 yard, 85 degree, completely unmarked swim pool. He beat his seed time in the 200 free by 1 second, and matched his 100 free seed exactly. I am in awe that he agreed to do the meet and was so willing to experience first hand the excitement of swimming. (of course he did this as a parent for around 17 years). Perhaps the best part was the final 500 free where his wife, two kids, and three grandchildren could all be on deck cheering him on. A WOW experience for the Kabels.

Lou Boone writes:

Merely 4 weeks ago to the day in Bend, I broke my own Personal Record for the Mens 50 free (scy) that I'd been unable to break for 2 years. My Personal Record time had held at 27.58; In Bend, I managed to lower it to 27.41 Neither time "qualified" me for the Nationals. I was disappointed in myself, but encouraged that I did better my time. My 35 year break from swimming, was ensuring a steep road to return. Never the less, I would swim my 3 events at Nationals. Now for the wow part: I made the decision to give it everything; strict dicipline would dominate me. As a result, I destroyed my "new" PR, by nearly 2 seconds in the 50 free; I swam it in 25.88 for my individual time. On the Men's 200 free relay "C" team, I did it in 25.31! Of course in this age group, as expected, I did not "place". But, that's ok. I managed to "wow" myself. It was my day, and I was proud.

Wes Edwards sent this in about teammate Susan Shaw. At the Assn Meet in Bend, GVAM's Susan Shaw had a GREAT meet, with four PR's. She swam the 1650

for the first time as well, so you could say she established 5 PR's. Her 500 and 1000 Free times are pretty remarkable in comparison with her previous bests. Here's what I'm talking about:

100 Free was 1:11.88, now 1:10.46;  
200 Free was 2:33.26, now 2:32.52;  
500 Free was 7:19.92 now 6:52.15;  
1000 Free was 14:23.72, now 14:12.05;  
1650 Free was first time 23:27.93.

D.I. Dinneen, GVAM Team Member writes:

They were the "super six" of the Grass Valley Masters. Each and all more than met the unwritten code of master's swimming when they traveled to the USMasters National Championships in Federal Way, Washington on May 17-20. The driving force was not necessarily getting first—as great as that might have been—but more, they were pleased by reaching personal records as well as supporting the Oregon Masters. They simply did their best at that moment, in that space, at that time. For themselves, and for the Oregon Masters program. Each of the six believe they did their personal best in particular efforts in that national competition. Coach Bert Petersen is pleased with the 27.91 in the 50 butterfly and his 1:07.68 in the 100 fly. He made nothing but the most positive comments about the man who beat him by a nanosecond in the 50, the fellow who had to overturn a national record to do so. Wes Edwards is proud of breaking a minute in the 100 back for the first time in his life—a personal record of 58.49, and of taking 3 full seconds off his PR in the 200 back with a time of 2:10.14. He is also satisfied that he came through for Oregon Masters with 22.66 seconds in a mixed 200 medley relay. Doug Brockbank was elated about his 50 split of 23.75 in the mixed freestyle relay, and his 100 IM of 1:03.07. Arlene Delmage was more than satisfied with her 100 free of 56.61 and her 400 IM time of 5:05.24. She made it a point to compliment the success of her primary competitors. Doug Kabel did his best with a 29.54 in the 50 breaststroke and a 57.36 in the 100 fly. He said, "both PR's are both pretty surprising." Doug Kabel wanted to come through with a 23.52 in the freestyle relay, and he did just that. Allen Stark held his own in the 55+ relay, yielding even more points for the Oregon contingent. Mike Ditka commented that "Success isn't permanent, and failure isn't fatal." All the "super six" from Grass Valley understand this. No matter what, they can say is, "I did my best." What else could we ask of them? 💧



Pam on the left, Doug above and Bill and his wife in Mexico all had WOWs and PRs



# Long Distance Swimming



**Bob  
Bruce**



As we prepare for our summer romps in Oregon's scenic lakes, it's time to open my metaphorical mailbag and answer a few of the most commonly-asked questions about open water swimming.

**Question:** Should I warm up for an open water swim, or should I just use the first few hundred yards of the race as a warm-up?

**Answer:** Warm up if possible. You will perform much better and you will feel much better, particularly during the opening sprint stage of the swim, than if you skip the warm-up. Personally, I like to go in early and swim long. The Laws of Warm-up are not suspended just because you didn't feel like taking a dip in cool water! However, if you cannot swim for warm-up—some large swims and triathlons prohibit warming up on the course before the race—you can use a vigorous set of calisthenics and some gentle stretching on land to help. It's a poor but workable substitute under that condition.

**Question:** How can I avoid the turmoil of mass starts in open water swims?

**Answer:** Closely-packed mass starts can be very physical and intimidating with hands, elbows, knees, and feet flailing and simple etiquette seemingly abandoned. Here's how to minimize your exposure to the hurly-burly. If you're faster than average, pick a starting position at the front of the pack and take off quickly. Most swimmers cannot stay with you, and you can settle into your preferred racing pace after a few hundred meters. If you are of average speed, position yourself at the side of the pack and work your way inward gradually as the opening frenzy dies, or start near the rear of the pack and build your swim as you go. If you are slower than average, position yourself at the rear, begin easily, and build your swim at your own pace. And if you really, really hate to tangle at the start and don't mind playing catch-up, wait standing with Zen-like calm (repeating your favorite mantra) for ten seconds or so after the starting signal, and then begin a more peaceful swim.

**Question:** How often should I breathe?


**Answer:** The simple answer is 'often'! A more complicated answer deals with chucking years of coaches' exhortations to breath in specific patterns. Both bilateral breathing (alternating breathing sides) and restricted breathing (often called hypoxic training) have legitimate and time-honored places in swim training, and each has

specific benefits when used appropriately. However, long distance racing is neither the time nor place for these training tools. You need air! You need lots of air! You need air often! It's not called 'aerobic exercise' for nothing! So breathe! Do not restrict your breathing in the early and middle stages of the swim. Put your head down and go near the end when you're sprinting for pride, knowing that there's plenty of free air across the finish line and that it tastes better when you win.

**Question:** When should I stop swimming and stand to race for shore?

**Answer:** Many a close race has been decided at this point. Keep swimming until you have reached a water depth that does not cover your knees; if you stand in water that is deeper than that, you will find yourself wading slowly until you can lift your knees clear. This water depth is a lot shallower than most swimmers think. Practice some finishes to learn to gauge this depth for you.

**Question:** Should I warm down after an open water swim?

**Answer:** Of course! The Laws of Warm-down are not suspended just because you feel tired, because you don't want to return to the cool water, or because you are enraptured by the siren call of their cooler's contents! Warm down! Your body will thank you the next day. Good luck and good swimming! 

## *Last Splash - Sherin Lance*

Sherin Lance, a long time Masters swimmer, from the Portland area passed away on May 10. Sherin had courageously fought cancer for the last 7 years. Sherin swam for various teams including Portland Masters, North Clackamas Masters and Oregon Wet Masters. Sherin was able to make the first Fly Clinic that Dennis Baker hosted at David Douglas High School. I remember speaking with her about her concern that the Recreation Dept. of Portland City was not sponsoring a Masters Team for the residents of Portland. Masters swimming was an important part of her life. Sherin loved nature and the outdoors. She is pictured below finishing the Elk Lake mile swim. You will be missed.



# F i t n e s s



**Rachel  
Skoss**



Some of you need to travel frequently with work, and crossing time-zones can play havoc on your internal clock. This is also an issue you need to think about if going to a swim meet (so let us use the example of coming out to Perth next April for World's!) If your plan is to hit the water with peak levels of energy which will result in one of your all-time best efforts in a race, then a bit of forward planning can reduce the impact of jet-lag.

In the brain, we have specialised neurons located in the hypothalamic region which, amongst other things, help regulate hunger, sleep, and temperature. This internal system has difficulty in making rapid adjustments, so that long distance travel can disrupt the timing of these cyclical processes. In our example, there is a 15-17 hour difference between anywhere in Oregon and Perth (depending on day-light saving). This is quite the jump for our system to make in just the 24 hours (or thereabouts) that you would be travelling.

Symptoms of jet-lag are fatigue, disorientation, insomnia, loss of appetite, stomach distress, prolonged reaction time, decreased short term memory, decreased concentration, reduced anaerobic power and capacity, and a reduction in dynamic strength. Any of these are not conducive for that life-time best swim. However, the effects of jet-lag are worse when travelling from west to east (which means for our example, it will be lessened in Perth, but you may find it hits you when you get back home).

The general rule of thumb is that it takes one day for every time-zone crossed to regain normal rhythm and energy. However, there are some ways you can reduce this further, just by what you actually do when you travel.

Prior to leaving, get sufficient sleep for a few nights before departure – no partying! Some people suggest trying to get closer to the time-zone a few days before leaving, but this may not be feasible with very long distances (thus disparate time-zones).

While you are travelling, stay hydrated! Get as much sleep as you possibly can (without pharmaceutical help if possible), and consider ear-plugs to block out noise. If sleeping is not an option, try not to stay inactive for long periods of time – pick an aisle seat so you can move around with greater ease. Don't hit the alcohol or coffee, and try to have the lighter meals if possible. When you get to an airport, don't take the easy option of escalator or travelator – use those legs and get

the blood circulating.

When you arrive, try and get into the time-zone as quickly as possible – if your plane arrives early in the day, then stay up for as long as you can; if you arrive in the evening, try and go to bed at the normal time. On the day you get there, take some gentle exercise then get back into your usual training routine the next day. Find a pool <http://www.swimmersguide.com/query/Main1.cfm> to get back into the swim of things.

In my experience of travelling between Oregon and Perth (a number of times over the past 5 years), various jet-lag preparations haven't had much of an effect on me. However, some people feel that their particular herbal remedy does work (for them). Apparently recent research has found that Viagra can help reduce the impact of jet-lag by as much as 50%, but bear in mind this study was done on hamsters, and showed no difference when altering the (hamster) body clock as if travelling west. It is probably best if you don't try this out on your way to Perth so you don't create an awkward international incident!

Speaking of Perth, here are some hints to help you get a flight to Worlds in April of 2008.

Anyone who is considering travelling to Perth for World's should consider getting that plane fare now. These days, many people are quite happy to book using the internet. For those trying to save a few \$\$\$, here are some tips (from my experience). Please note, there may actually be cheaper options!

The cheapest way I've found to get from Oregon to Perth (and vice versa) is to search around and book the long haul flight through some web-site like expedia.com, cheaptickets.com, cheapflights.com, etc... Sometimes those web-sites will give you good options from PDX (or where-ever else in Oregon that you would be travelling from), but they can also limit your options. By long-haul flight, I mean from LAX or SFO to Sydney, Brisbane or Melbourne – which ever you want your entry point to be. It is worthwhile considering which route you want to take. Air New Zealand will fly through Auckland (NZ). Air Singapore, Cathay, etc... may have shorter legs with a stop over in Tokyo, Singapore, Hong Kong, etc... before flying direct to Perth. Sometimes it is definitely worth a look at some of the carrier's web-sites for deals (for example, Qantas, United, Air New Zealand, Air Singapore, Cathay Pacific).

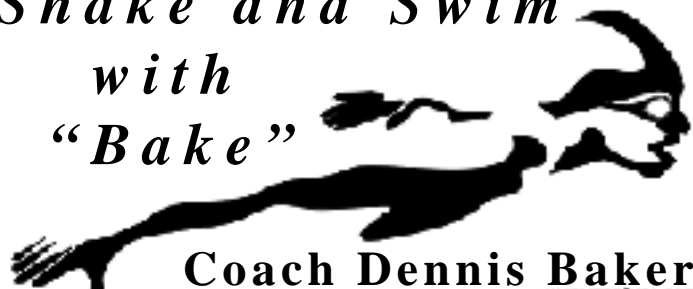
Then, once you know your long-haul option (if it doesn't land you in Perth via somewhere in Asia), find the "within Australia" leg of your flight. You've two choices – Qantas or Virgin Blue. If you're booking now (or soon), their best deals are on their web-sites but they do get sold out quickly.

I hope this is helpful and that I see some of you here in Perth!!



# Shake and Swim

with  
"Bake"



Coach Dennis Baker

## Will you "Fly" with me?

Going into the Long Course season and having completed my last Butterfly clinic until next fall, I would like to take this opportunity to go over what the swimmers learned and what I learned through the clinic process.

First, we know that Butterfly is one of the short-axis strokes along with Breaststroke. Freestyle and Backstroke are the long-axis strokes. To visualize this, let's think of the long-axis strokes as if you were lying on top of a pole the long way. While you swim you have to keep your head and feet on the pole. Conversely, I like to think of the short-axis strokes with a pole in front of you as if you're facing a high jump bar. With every stroke you must propel yourself over the bar without touching it. Here in lies the true "feeling" of "Flying". Butterfly is such a "feeling" stroke.

We often fight against ourselves when doing this stroke. How do we fight against ourselves? The number one reason is the timing of the kick. There are two kicks in Butterfly. I'll call them the big kick and the little kick. The big kick should propel the upper body over the high jump bar and the little kick stabilizes the lower body to prevent the toes from touching the bar as we finish the dolphin-like undulation.

Now if this seems all too confusing or complicated and you know you are kicking at the wrong time what should you do? TAKE THE KICK OUT of our stroke for a while! Here we go forward over the high jump bar again. Without kicking, pull yourself over the bar. As your hands come around for recovery and hit the water your rear-end immediately pops up as to avoid from touching the bar. The feet just follow the downward path your upper body and rear-end created; and thus not touching the bar with your toes.

If you can effectively pop your rear-end up every time your hands hit the water you are on your way to true "Flying". Once you get this feeling, you can add the big kick back into your Butterfly at the correct time. As you are pulling your arms down underwater to get over the bar, the big kick happens at the same time. Practice this for a couple of weeks before adding back the small second kick. Through

this progression you will have a greater chance to achieve an efficient Butterfly.

Another way we fight against ourselves in the Butterfly is by crashing our hands too hard into the water upon entry. This is an unnecessary use of energy that you will need at the end of the race. It also makes it more difficult to anchor your hands for the proper catch phase in the front of the stroke. The visualization here is to place your hands in the water as if they were feathers falling to the floor. Soft hand entry in Butterfly is a must.

Lastly, I will leave you with the three "B's" of Butterfly. They are Breakout, Build and Breathing. A good breakout is so important to have a strong length of Butterfly. You must be able to harness and keep the momentum from your push off the wall. If you stay under water too long or start swimming before you have reached the surface you have stopped the momentum and are virtually starting from a dead stop. Practice Butterfly breakouts often in workout. Experiment with varying the number of dolphin kicks off the wall. You might be surprised that one less or one more kick could make all the difference in the world in preserving your momentum on the push off. Try starting your stroke at different times until you get that certain feeling of continuation off the wall.

While "Flying" you must constantly think about building your stroke rate. While swimming Butterfly fatigue sets in quicker than the other three strokes. By increasing your turnover rate as you get tired, in reality, you will keep your stroke rate the same and not fade quite as bad. Your mind will play great tricks on you when you are dying in a race. You may think 'wow' I'm turning over so fast, but in reality you are holding your rate the same. Try this in practice and your next race, and have your coach check your stroke rate on the first length and the last, you will be surprised!!

Breathing in Butterfly is a very personal issue. Michael Phelps breathes every stroke. Some swimmers try and breathe every other stroke. Some hold their breath even more. The most important factor in Butterfly breaths is that they are relaxed. Breathe from your stomach if possible. This can be achieved by exhaling underwater through your nose and mouth together. This prevents you from blowing too hard. Try not to gasp in hard on the inhaling phase. Just like the stroke rate, you want your breathing rate to stay constant throughout your swim.

These tips will help you attain the feeling of "Flying". It may be a small feeling at first, but you will know it when it happens. Keep reaching and searching for that feeling until you can implement it into your training and races. Come on gang, come "Fly" with me.

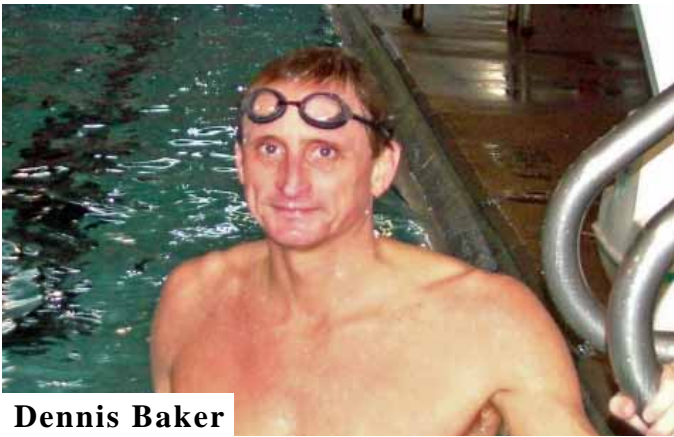








O M S N a t i o n a l S C Y W i n n e r s



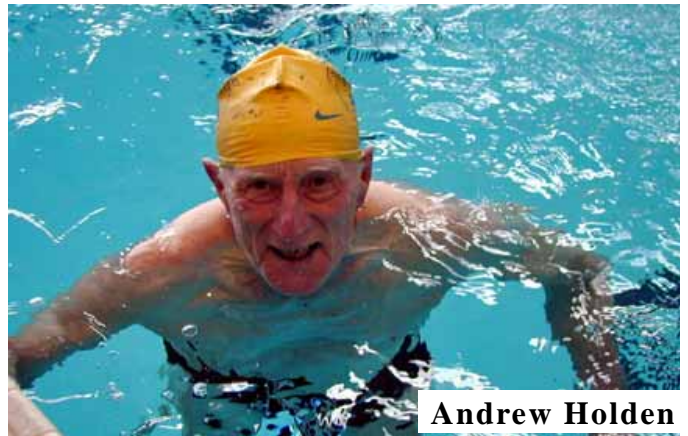
**Dennis Baker**



**Colette Crabbe**



**Barb Frid**



**Andrew Holden**



**Tom Landis**



**Steve Mann**



**Sara Nelson**



**Ginger Pierson**

a t F e d e r a l W a y , W a s h i n g t o n



Chip Polito



Dave Radcliff



Susanne Schumann



Lavelle Stoinoff



Curtis Taylor



Joy Ward



Nikki Weeks



Gil Young

100 Free	56.61	29	50 Breast	43.74	18	50 Free	24.91	14
50 Free	25.91	34	200 Breast	3:35.89	14	50 Fly	27.25	16
50 Fly	29.00	21	100 Breast	1:36.09	15	Stoinoff, Lavelle M		
Philbrick, Larry K			Sherwood, Reggie			1000 Free	15:51.51	1
50 Breast	31.15	10	50 Breast	35.98	16	200 Free	3:03.48	4
100 IM	1:01.17	13	100 Free	1:04.12	22	500 Free	7:45.57	1
50 Back	29.44	11	50 Free	27.13	17	Stout, Jon		
100 Free	53.38	9	100 Breast	1:20.09	14	100 Back	1:10.94	6
50 Free	24.08	12	Showell, Brianna			100 IM	1:06.64	7
100 Breast	1:08.81	11	<b>50 Breast</b>	<b>32.26</b>	<b>3 O</b>	50 Back	32.20	4
Pierson, Ginger L			200 Free	2:04.38	11	100 Free	57.98	8
50 Breast	37.30	2	100 IM	1:05.51	14	50 Free	26.50	13
200 Fly	3:00.65	1	100 Free	57.06	16	Strausbaugh, Elizabeth A		
200 Breast	3:09.69	1	Silvey, Michael R			50 Breast	38.29	9
100 Breast	1:22.31	1	100 Fly	1:12.33	6	200 Free	2:19.24	14
Polito, Chip			100 Free	1:00.78	17	100 IM	1:13.79	18
100 Fly	54.11	5	50 Free	26.76	14	100 Free	1:04.29	19
400 IM	4:19.54	1	50 Fly	30.32	8	50 Free	28.97	19
200 Breast	2:17.39	2	Simmons, Stephanie J			100 Breast	1:22.30	11
200 IM	2:01.29	3	50 Back	37.23	12	Sumerfield, Bill H		
100 Breast	1:02.58	5	100 Free	1:09.18	20	50 Breast	33.31	19
Rabe, Jim D			50 Free	30.86	25	200 Free	2:04.24	29
50 Free	25.57	37	Smith, Andrea R			100 Free	55.46	35
50 Fly	27.49	24	50 Breast	38.28	17	50 Free	24.79	25
Radcliff, David A			100 IM	1:13.64	33	100 Breast	1:11.94	20
<b>1000 Free</b>	<b>12:24.51</b>	<b>1 Z</b>	200 Breast	2:55.17	19	Taylor, Curtis L		
<b>200 Free</b>	<b>2:09.83</b>	<b>1 Z</b>	200 IM	2:39.86	17	100 Fly	54.75	5
<b>100 Free</b>	<b>59.21</b>	<b>2 Z</b>	100 Breast	1:20.94	21	200 Free	1:44.43	3
<b>500 Free</b>	<b>5:57.07</b>	<b>1 Z</b>	Smith, Robert S			100 IM	55.35	4
<b>Split 50 Free</b>	<b>27:03</b>	<b>Z</b>	50 Breast	33.83	9	100 Free	46.99	1
Redding, Tom			100 Back	1:06.54	3	50 Free	21.70	1
<b>1650 Free</b>	<b>18:07.03</b>	<b>2 O</b>	100 IM	1:06.58	6	50 Fly	24.68	4
100 Fly	59.55	20	50 Back	29.47	2	Thayer, George D		
Redwine, Roxanne J			50 Free	24.15	2	50 Breast	41.21	7
50 Breast	39.56	24	50 Fly	28.23	3	100 Back	1:20.21	2
100 IM	1:20.80	35	Smith, William R			Thompson, Jennifer L		
100 Breast	1:28.39	22	1650 Free	25:37.72	12	50 Back	32.81	8
Rodgers, Jeff M			100 IM	1:36.13	18	100 Free	1:00.78	9
100 Free	49.17	5	200 Breast	3:29.46	10	50 Free	28.03	12
50 Free	22.43	3	Snider, Pam J			Ward, Joy		
<b>50 Fly</b>	<b>24.32</b>	<b>3 O</b>	400 IM	5:55.97	12	100 Fly	1:27.12	3
Rousseau, Sandi			100 IM	1:15.11	22	100 Back	1:20.70	1
100 Fly	1:27.13	6	200 Breast	2:59.75	10	100 IM	1:22.80	4
50 Breast	45.82	6	200 IM	2:42.51	11	50 Back	37.21	1
50 Back	41.31	8	Stangel, Pauline B			50 Free	31.11	3
100 Free	1:13.44	8	200 Free	5:09.46	4	50 Fly	33.69	2
50 Free	31.64	10	100 Free	2:18.71	4	Washburne, Brent C		
50 Fly	34.12	4	Stark, Allen L			100 IM	1:03.85	31
Schroder, Kaleo B			50 Breast	31.25	3	50 Back	29.79	18
100 Back	2:04.00	5	<b>200 Breast</b>	<b>2:31.82</b>	<b>4 Z</b>	100 Free	55.14	32
50 Back	53.98	4	100 Breast	1:07.86	3	50 Fly	27.37	23
100 Free	1:46.81	6	Stephenson, Michael R			100 Breast	1:14.23	23
Schumann, Susanne			200 Free	2:17.39	40	Watkins, Elizabeth A		
1000 Free	16:54.62	1	Stewart, Doug K			1000 Free	11:46.73	3
500 Free	7:55.19	3	200 Free	2:03.27	18	50 Breast	35.90	7
Sherwood, Dianne			100 IM	1:04.12	17	200 Free	2:09.03	9
			100 Free	55.16	23	500 Free	5:39.08	5

100 Breast	1:18.85	10	Mixed 200 Medley Relay	1:54.76	12	<b>Bannan, Charles</b>	<b>M55</b>	
Waud, Timothy P			Coburn, Angela M	F23		<b>Stout, Jon</b>	<b>M60</b>	
50 Breast	31.11	12	Cleary, Kevin H	M23		<b>Pendleton, Mike L</b>	<b>M55</b>	
100 IM	1:03.27	19	Gustafson, Aubree M	F26		<b>Smith, Robert S</b>	<b>M63</b>	
200 Breast	2:33.40	13	Fitzpatrick, William J	M34	Men 200 Free Relay	1:33.53	5	
200 IM	2:23.74	10			Yee, Justin C	M36		
100 Breast	1:10.43	13	<b>Mixed 200 Medley Relay</b>	<b>2:21.01</b>	<b>2 Z</b>	Johnsen, Nathan H	M26	
Weeks, Nikki L			<b>Frid, Barbara</b>	<b>F65</b>		Elliott, Scot J	M32	
100 IM	1:05.40	6	<b>Nakata, Ronald K</b>	<b>M68</b>		Fitzpatrick, William J	M34	
100 Free	56.83	5	<b>Petersen, Bert L</b>	<b>M68</b>	Men 200 Free Relay	1:31.71	3	
50 Free	25.41	3	<b>Stoinoff, Lavelle M</b>	<b>F74</b>	Taylor, Curtis L	M35		
50 Fly	27.55	1	<b>Mixed 200 Medley Relay</b>	<b>1:52.03</b>	<b>4 Z</b>	Butcher, Gano	M43	
Wells, Janette			<b>Andrus-Hughes, Karen</b>	<b>F49</b>		Drawz, Troy A	M39	
50 Breast	36.94	5	<b>Philbrick, Larry K</b>	<b>M54</b>		Kabel, Douglas A	M41	
200 Breast	2:49.11	8	<b>Foley, Sharon E</b>	<b>F47</b>	Men 200 Free Relay	2:40.57	4	
100 Breast	1:17.99	9	<b>Edwards, Wes</b>	<b>M53</b>	Lamb, Willard J	M84		
Weyhrauch, Thomas A			Mixed 200 Medley Relay	1:54.51	3	Holden, Andrew W	M88	
1650 Free	23:15.60	12	Butcher, Gano	M43		Young, Gilbert N	M85	
200 IM	2:42.12	19	Watkins, Elizabeth A	F41		Miesen, Lee J	M80	
500 Free	6:41.32	20	Kabel, Douglas A	M41	<b>Men 200 Free Relay</b>	<b>1:47.39</b>	<b>1 Z</b>	
Wikander, Carroll D			Tyrrell, Laura L	F39	<b>Landis, Tom</b>	<b>M65</b>		
50 Breast	36.68	17	Mixed 200 Medley Relay	1:51.69	6	<b>Nakata, Ronald K</b>	<b>M68</b>	
200 Breast	3:15.02	13	Johnsen, Nathan H	M26		<b>Petersen, Bert L</b>	<b>M68</b>	
50 Free	27.54	19	Showell, Brianna	F27		<b>Radcliff, David A</b>	<b>M73</b>	
100 Breast	1:23.23	15	Elliott, Scot J	M32	Men 200 Free Relay	2:19.57	2	
Worden, Mark F			Macy, Michelle L	F30	Lake, Brent L	M69		
100 Fly	1:05.07	7	Mixed 200 Medley Relay	1:57.38	4	King, Bill	M73	
400 IM	5:14.29	4	Taylor, Curtis L	M35		Mellow, Bill	M65	
200 Fly	2:35.93	5	Law, Cathy	F39		Mohr, Ralph W	M65	
100 Free	57.73	11	Drawz, Troy A	M39	Men 200 Free Relay	1:47.46	7	
200 IM	2:26.70	10	Chesler, Laurie K	F43	Dasch, Vern E	M57		
500 Free	5:57.63	10	Mixed 200 Medley Relay	2:01.17	12	Stark, Allen L	M58	
Wren, Mark B			Goodman, Ann R	F48		Silvey, Michael R	M62	
200 Free	2:09.75	37	Mann, Steve A	M55		Wikander, Carroll D	M55	
100 IM	1:07.73	40	Kevan, Stephen D	M52	Men 200 Free Relay	1:39.43	6	
50 Free	26.15	46	Harrington, Susan E	F49	Waud, Timothy P	M39		
50 Fly	28.66	31	Mixed 200 Medley Relay	3:16.45	7	Volckening, Bill	M41	
Yee, Justin C			Thayer, George D	M71		Wren, Mark B	M48	
50 Breast	30.17	10	Schroder, Kaleo B	F71		Stewart, Doug K	M43	
200 Breast	2:25.13	7	Mohr, Ralph W	M65	Men 200 Free Relay	1:40.71	12	
50 Free	23.23	13	Stangel, Pauline B	F85	Mann, Steve A	M55		
100 Breast	1:06.41	11	Mixed 200 Medley Relay	2:02.76	13	Mann, Edward R	M49	
Young, Gilbert N			Hendryx, Teri L	F53		Kevan, Stephen D	M52	
<b>1650 Free</b>	<b>32:10.13</b>	<b>1 Z</b>	Sumerfield, Bill H	M46		Sumerfield, Bill H	M46	
50 Breast	56.78	1	Hathaway, David L	M46	<b>Men 200 Free Relay</b>	<b>1:35.23</b>	<b>4 O</b>	
<b>200 Free</b>	<b>3:28.68</b>	<b>1 Z</b>	Caswell, Mary J	F46	<b>Philbrick, Larry K</b>	<b>M54</b>		
100 Free	1:28.93	1	<b>Men 200 Free Relay</b>	<b>1:35.23</b>	<b>4 O</b>	<b>Hathaway, David L</b>	<b>M46</b>	
50 Free	37.52	1	<b>Philbrick, Larry K</b>	<b>M54</b>		<b>Otto, Douglas E</b>	<b>M48</b>	
<b>500 Free</b>	<b>9:13.75</b>	<b>1 Z</b>	<b>Hathaway, David L</b>	<b>M46</b>		<b>Edwards, Wes</b>	<b>M53</b>	
<b>Split 1000 Free</b>	<b>19:15.81</b>	<b>Z</b>	<b>Men 200 Free Relay</b>	<b>1:35.23</b>	<b>4 O</b>	<b>Men 200 Free Relay</b>	<b>1:39.63</b>	<b>3 Z</b>
Young, Susie S			<b>Philbrick, Larry K</b>	<b>M54</b>				
1650 Free	20:29.35	6	<b>Hathaway, David L</b>	<b>M46</b>	<b>Women 200 Free Relay</b>	<b>1:50.94</b>	<b>3 O</b>	
100 Fly	1:10.25	7	<b>Otto, Douglas E</b>	<b>M48</b>	<b>Andrus-Hughes, Karen</b>	<b>F49</b>		
200 Free	2:13.16	12	<b>Edwards, Wes</b>	<b>M53</b>				
500 Free	5:52.03	8	<b>Men 200 Free Relay</b>	<b>1:39.63</b>	<b>3 Z</b>			
Relays								

Harrington, Susan E	F49	Otto, Douglas E	M48	Women 200 Medley Relay	2:02.28	3 O
Goodman, Ann R	F48	Men 200 Medley Relay	1:52.36	Andrus-Hughes, Karen	F49	
Foley, Sharon E	F47	Smith, Robert S	M63	Crabbe, Colette M	F50	
Women 200 Free Relay	1:56.16	Stark, Allen L	M58	Foley, Sharon E	F47	
Kramer, Ellen M	F32	Pendleton, Mike L	M55	Goodman, Ann R	F48	
Smith, Andrea R	F25	Dasch, Vern E	M57	Women 200 Medley Relay	2:21.48	9
Heath, Kristen B	F24	Men 200 Medley Relay	2:06.69	Hendryx, Teri L	F53	
Coburn, Angela M	F23	Nakata, Ronald K	M68	Redwine, Roxanne J	F47	
Women 200 Free Relay	1:49.75	Landis, Tom	M65	Snider, Pam J	F45	
Macy, Michelle L	F30	Petersen, Bert L	M68	Fox, Christina M	F46	
Strausbaugh, Elizabeth A	F30	Radcliff, David A	M73	Mixed 200 Free Relay	2:00.29	2 N
Gustafson, Aubree M	F26	Men 200 Medley Relay	1:50.04	Radcliff, David A	M73	
Showell, Brianna	F27	Waud, Timothy P	M39	Schumann, Susanne	F69	
Women 200 Free Relay	2:08.31	McCarthy, Darren M	M41	Frid, Barbara	F65	
Ward, Joy	F64	Kabel, Douglas A	M41	Landis, Tom	M65	
Pierson, Ginger L	F61	Stewart, Doug K	M43	Mixed 200 Free Relay	1:37.14	5
Rousseau, Sandi	F59	Men 200 Medley Relay	1:52.34	Fitzpatrick, William J	M34	
Frid, Barbara	F65	Brockbank, Doug	M53	Gustafson, Aubree M	F26	
Women 200 Free Relay	1:51.46	Mann, Steve A	M55	Weeks, Nikki L	F34	
Chesler, Laurie K	F43	Kevan, Stephen D	M52	Yee, Justin C	M36	
Young, Susie S	F37	Washburne, Brent C	M45	Mixed 200 Free Relay	1:45.00	9
Watkins, Elizabeth A	F41	Men 200 Medley Relay	2:08.99	Butcher, Gano	M43	
Tyrrell, Laura L	F39	Stout, Jon	M60	Chesler, Laurie K	F43	
Women 200 Free Relay	2:06.26	Wikander, Carroll D	M55	Law, Cathy	F39	
Caswell, Mary J	F46	Silvey, Michael R	M62	Kabel, Douglas A	M41	
Hendryx, Teri L	F53	Sherwood, Reggie	M55	Mixed 200 Free Relay	DQ	0
Redwine, Roxanne J	F47	Men 200 Medley Relay	1:55.42	Edwards, Wes	M53	
Mann, Charlene M	F49	Hathaway, David L	M46	Foley, Sharon E	F47	
Women 200 Free Relay	2:05.37	Sumerfield, Bill H	M46	Andrus-Hughes, Karen	F49	
Budd, Elizabeth	F53	Wren, Mark B	M48	Otto, Douglas E	M48	
Snider, Pam J	F45	Boone, Lou	M46	Mixed 200 Free Relay	1:51.36	3
Fox, Christina M	F46	Women 200 Medley Relay	2:05.15	Pendleton, Mike L	M55	
Law, Cathy	F39	Strausbaugh, Elizabeth A	F30	Rousseau, Sandi	F59	
Men 200 Medley Relay	3:02.40	Smith, Andrea R	F25	Ward, Joy	F64	
Lamb, Willard J	M84	Weeks, Nikki L	F34	Smith, Robert S	M63	
Miesen, Lee J	M80	Gustafson, Aubree M	F26	Mixed 200 Free Relay	1:45.97	8 O
Holden, Andrew W	M88	Ward, Joy	F64	Washburne, Brent C	M45	
Young, Gilbert N	M85	Pierson, Ginger L	F61	Goodman, Ann R	F48	
Men 200 Medley Relay	1:44.37	Rousseau, Sandi	F59	Crabbe, Colette M	F50	
Johnsen, Nathan H	M26	Frid, Barbara	F65	Brockbank, Doug	M53	
Yee, Justin C	M36	Women 200 Medley Relay	2:05.73	Mixed 200 Free Relay	1:59.61	8
Elliott, Scot J	M32	Thompson, Jennifer L	F40	Dasch, Vern E	M57	
Fitzpatrick, William J	M34	Watkins, Elizabeth A	F41	Asleson, Elke M	F55	
Men 200 Medley Relay	1:43.55	Young, Susie S	F37	Pierson, Ginger L	F61	
Butcher, Gano	M43	Tyrrell, Laura L	F39	Bannan, Charles	M55	
Taylor, Curtis L	M35	Women 200 Medley Relay	2:04.02	UNAT Unattached		
Rodgers, Jeff M	M40	Coburn, Angela M	F23	Ladd, Courtney R		
Drawz, Troy A	M39	Wells, Janette	F34	100 Back	1:18.51	14
Men 200 Medley Relay	1:45.76	Showell, Brianna	F27	100 IM	1:19.70	31
Edwards, Wes	M53	Macy, Michelle L	F30	50 Back	36.18	14
Philbrick, Larry K	M54			200 IM	2:55.65	9
Baker, Dennis G	M45			100 Breast	1:29.21	11

## A B I G W O W f r o m L a u r a S c h o b

Are you searching for swimmer heaven? A little lake nirvana with a side of delectable pool? Or a huge freshwater pool with a lake bottom? I tell you, goggle dogs, West Texas is the place for you.

Balmorhea State Park, (pronounced Bal-More-Ray), is a 45.9 acre park 200 miles southeast of El Paso. Our local paper, The Bend Bulletin, ran an article about this beautiful pool. My husband and I were fascinated with the idea of an acre and a half, spring-fed pool in a desert oasis.


In early April we met friends to camp at Balmorhea, a thirty-six hour drive from Bend. The pool was everything we'd dreamed of, starting with a year-round temperature of 72-76 degrees – perfect for open water swimming. Catfish, rare pupfish, tetras, turtles and ducks frequent the waters, swimming in and out at will.

The pool was built by the Civilian Conservation Corps from 1935 – 1938 and named after local settlers, Balcom, Moore and Rhea. A 200 foot diameter, circular section was first constructed over the San Solomon Springs. At twenty-five feet deep, this is the focal point of the pool. A 50 yard, rectangular elbow comes off one side of the pool, while an approximately 40 yard pool forms the opposite elbow from the circle. Much of the bottom is landscaped with rocks and vegetation, lending to a lake swim experience. I guessed a perimeter swim of the pool was close to 300 yards. (For math heads, you can swim more than half of the circumference of the pool.)

Camping with hookups is \$24.00 a night; this includes \$14.00 for camping and \$5.00 apiece for use of the pool; swimming is allowed from sunrise to sunset with lifeguards present from May through August. An outflow creek surrounds the motel at the park with rooms renting from \$75.00 to \$100.00 a night. Bird watching is popular in the park.

If you can tear yourself away from the pool, the tiny town of Balmorhea's library has six computers available with free internet access. The charming elderly librarian encourages paperback exchanges and a viewing of her semi-tame turkeys a block away. The town also has two motels, a grocery store, a gas station, and two decent restaurants.

A fishing lake sporting carp, perch, and catfish is only two miles from the town. We also enjoyed visiting the historic town of Fort Davis 36 miles south. If you go, plan to see the Marfa lights, explore the college town of Alpine and hike in Big Bend National Park, 150 miles south of Balmorhea. We treasure our memories of the open, empty cycling roads, the wildflowers, the local attractions, the smiley "y'all" people, and the divine aquamarine pool-lake.

For more information, you can google Balmorhea and check out the various websites. 



## Tualatin Hills LCM - Beaverton - June 10

All Records set in this meet will be listed in the next Aqua Master

### Women 18-24

50 LC Meter Freestyle			
1 Vukmanic, Jill	24 OREG	29.78	
100 LC Meter Freestyle			
1 Vukmanic, Jill	24 OREG	1:07.23	
200 LC Meter Freestyle			
1 Vukmanic, Jill	24 OREG	2:27.78	
50 LC Meter Butterfly			
1 Vukmanic, Jill	24 OREG	31.42	
100 LC Meter Butterfly			
1 Vukmanic, Jill	24 OREG	1:11.85	

### Women 30-34

50 LC Meter Freestyle			
1 Wallace, Shannon	32 OREG	29.21	
100 LC Meter Freestyle			
1 Wallace, Shannon	32 OREG	1:05.67	
50 LC Meter Backstroke			
1 Criscione, Anicia	34 OREG	42.86	
100 LC Meter Backstroke			
1 Criscione, Anicia	34 OREG	1:30.05	
200 LC Meter Backstroke			
1 Criscione, Anicia	34 OREG	3:07.55	
50 LC Meter Breaststroke			
1 Criscione, Anicia	34 OREG	44.96	
50 LC Meter Butterfly			
1 Wallace, Shannon	32 OREG	31.30	
2 Criscione, Anicia	34 OREG	42.43	
100 LC Meter Butterfly			
1 Wallace, Shannon	32 OREG	1:12.64	
200 LC Meter IM			
1 Wallace, Shannon	32 OREG	2:49.03	

### Women 35-39

50 LC Meter Backstroke			
1 Moorhead, Elizabeth	39 OREG	45.98	
100 LC Meter Backstroke			
1 Wells, Janette	35 OREG	1:33.11	
200 LC Meter Backstroke			
1 Moorhead, Elizabeth	39 OREG	3:37.85	
50 LC Meter Breaststroke			
1 Wells, Janette	35 OREG	42.61	

### 100 LC Meter Breaststroke

1 Wells, Janette	35 OREG	1:33.35	
200 LC Meter Breaststroke			
1 Wells, Janette	35 OREG	3:22.11	
50 LC Meter Butterfly			
1 Moorhead, Elizabeth	39 OREG	45.71	
200 LC Meter IM			
1 Moorhead, Elizabeth	39 OREG	3:54.93	

### Women 40-44

50 LC Meter Freestyle			
1 Simmons, Stephanie	41 OREG	35.42	
2 Shaw, Susan	40 OREG	36.27	
100 LC Meter Freestyle			
1 Marsh, Kathy	40 OREG	1:18.39	
2 Simmons, Stephanie	41 OREG	1:20.90	
200 LC Meter Freestyle			
1 Shreeve, Kristin	41 OREG	3:52.42	
800 LC Meter Freestyle			
1 Marsh, Kathy	40 OREG	12:44.22	
50 LC Meter Backstroke			
1 Simmons, Stephanie	41 OREG	42.86	
2 Shaw, Susan	40 OREG	48.42	
100 LC Meter Backstroke			
1 Marsh, Kathy	40 OREG	1:34.13	
50 LC Meter Breaststroke			
1 Marsh, Kathy	40 OREG	45.09	
2 Shaw, Susan	40 OREG	51.35	
3 Shreeve, Kristin	41 OREG	52.09	
100 LC Meter Breaststroke			
1 Shaw, Susan	40 OREG	1:46.54	
200 LC Meter Breaststroke			
1 Shreeve, Kristin	41 OREG	3:58.20	
2 Shaw, Susan	40 OREG	3:59.57	
200 LC Meter IM			
1 Marsh, Kathy	40 OREG	3:16.76	
2 Shreeve, Kristin	41 OREG	4:15.62	

### Women 45-49

50 LC Meter Freestyle			
1 Buck, Donna	48 OREG	32.00	
2 Redwine, Roxanne	48 OREG	35.54	

### 100 LC Meter Freestyle

1 Buck, Donna	48 OREG	1:13.51	
2 Caswell, Mary	46 OREG	1:15.02	
50 LC Meter Breaststroke			
1 Redwine, Roxanne	48 OREG	46.83	
100 LC Meter Breaststroke			
1 Buck, Donna	48 OREG	1:36.76	
2 Redwine, Roxanne	48 OREG	1:45.02	
50 LC Meter Butterfly			
1 Caswell, Mary	46 OREG	37.67	
100 LC Meter Butterfly			
1 Caswell, Mary	46 OREG	1:30.53	
200 LC Meter IM			
1 Caswell, Mary	46 OREG	3:10.54	

### Women 50-54

50 LC Meter Freestyle			
1 Sherwood, Dianne	54 OREG	41.33	
100 LC Meter Freestyle			
1 Andrus-Hughes, K	50 OREG	1:07.85	
2 Sherwood, Dianne	54 OREG	1:40.64	
800 LC Meter Freestyle			
1 Andrus-Hughes, K	50 OREG	11:26.03	
50 LC Meter Backstroke			
1 Andrus-Hughes, K	50 OREG	34.55	
2 Budd, Elizabeth	53 OREG	42.74	
100 LC Meter Backstroke			
1 Andrus-Hughes, K	50 OREG	1:18.69	
200 LC Meter Backstroke			
1 Budd, Elizabeth	53 OREG	3:13.97	
50 LC Meter Breaststroke			
1 Budd, Elizabeth	53 OREG	50.64	
2 Sherwood, Dianne	54 OREG	50.77	
100 LC Meter Breaststroke			
1 Sherwood, Dianne	54 OREG	1:50.61	
200 LC Meter Breaststroke			
1 Budd, Elizabeth	53 OREG	3:51.02	

### Women 55-59

50 LC Meter Freestyle			
1 Smith, Elizabeth	59 MSBC	34.24	
100 LC Meter Freestyle			



Dolores Dinneen and John Ellis





**Chris Gaarder and Kathy Marsh**

1 Smith, Elizabeth	59 MSBC	1:16.58	200 LC Meter Breaststroke	1 Pierson, Ginger	61 OREG	3:46.53	3 Pronk, Bonnie	65 MSBC	40.61
200 LC Meter Freestyle			100 LC Meter Butterfly	1 Pierson, Ginger	61 OREG	1:38.44	100 LC Meter Butterfly		
1 Smith, Elizabeth	59 MSBC	2:51.27	200 LC Meter Butterfly	1 Pierson, Ginger	61 OREG	3:44.23	1 Ward, Joy	65 OREG	1:44.20
800 LC Meter Freestyle			<b>Women 65-69</b>				<b>Women 70-74</b>		
1 Staley, Darlene	57 OREG	13:50.71	50 LC Meter Freestyle				100 LC Meter Freestyle		
50 LC Meter Backstroke			1 Frid, Barbara	65 OREG	35.90		1 Dinneen, Dolores	70 OREG	2:08.00
1 Smith, Elizabeth	59 MSBC	41.29	2 Ward, Joy	65 OREG	36.59		200 LC Meter Freestyle		
100 LC Meter Backstroke			50 LC Meter Backstroke				1 Dinneen, Dolores	70 OREG	4:26.87
1 Smith, Elizabeth	59 MSBC	1:30.80	1 Pronk, Bonnie	65 MSBC	40.76		800 LC Meter Freestyle		
200 LC Meter Backstroke			2 Frid, Barbara	65 OREG	43.73		1 Varty, Eulah	73 MSBC	16:42.59
1 Staley, Darlene	57 OREG	3:42.18	100 LC Meter Backstroke				2 Dinneen, Dolores	70 OREG	19:12.51
100 LC Meter Butterfly			1 Pronk, Bonnie	65 MSBC	1:29.94		100 LC Meter Backstroke		
1 Asleson, Elke	55 OREG	1:38.85	2 Ward, Joy	65 OREG	1:35.97		1 Varty, Eulah	73 MSBC	2:12.08
200 LC Meter Butterfly			200 LC Meter Backstroke				50 LC Meter Breaststroke		
1 Staley, Darlene	57 OREG	3:48.36	1 Pronk, Bonnie	65 MSBC	3:12.21		1 Dinneen, Dolores	70 OREG	1:43.86
2 Asleson, Elke	55 OREG	3:49.18	50 LC Meter Breaststroke				200 LC Meter Breaststroke		
200 LC Meter IM			1 Pronk, Bonnie	65 MSBC	41.69		1 Varty, Eulah	73 MSBC	4:31.61
1 Asleson, Elke	55 OREG	3:32.54	100 LC Meter Breaststroke				200 LC Meter IM		
400 LC Meter IM			1 Frid, Barbara	65 OREG	1:47.02		1 Varty, Eulah	73 MSBC	4:25.20
1 Staley, Darlene	57 OREG	7:47.49	50 LC Meter Butterfly				400 LC Meter IM		
<b>Women 60-64</b>			1 Ward, Joy	65 OREG	38.47		1 Varty, Eulah	73 MSBC	9:17.21
50 LC Meter Breaststroke			2 Frid, Barbara	65 OREG	39.84		<b>Women 80-84</b>		
1 Pierson, Ginger	61 OREG	44.04					200 LC Meter Backstroke		
100 LC Meter Breaststroke							1 Wells, Margaret	81 OREG	6:47.61
1 Pierson, Ginger	61 OREG	1:40.17					200 LC Meter IM		



**Mike Pendleton and Mike Tennant**

1 Wells, Margaret	81 OREG	8:18.91
<b>Women 85-89</b>		
200 LC Meter Backstroke		
1 Stevenin, Elfie	86 OREG	8:12.37
50 LC Meter Breaststroke		
1 Stangel, Pauline	86 OREG	1:26.61
200 LC Meter Breaststroke		
1 Stangel, Pauline	86 OREG	6:58.82
50 LC Meter Butterfly		
1 Stevenin, Elfie	86 OREG	2:24.39
200 LC Meter IM		
1 Stevenin, Elfie	86 OREG	9:18.13
400 LC Meter IM		
1 Stevenin, Elfie	86 OREG	20:20.02

<b>Men 18-24</b>		
50 LC Meter Freestyle		
1 Maier, Marc	24 OREG	25.55
100 LC Meter Freestyle		
1 Maier, Marc	24 OREG	58.76
800 LC Meter Freestyle		
1 Cleary, Kevin	24 OREG	11:22.91
200 LC Meter Backstroke		
1 Cleary, Kevin	24 OREG	3:16.71
200 LC Meter Breaststroke		
1 Cleary, Kevin	24 OREG	3:20.20

<b>Men 25-29</b>		
50 LC Meter Freestyle		
1 Wallace, Colin	29 OREG	26.62
100 LC Meter Freestyle		
1 Wallace, Colin	29 OREG	1:01.07
50 LC Meter Backstroke		
1 Wallace, Colin	29 OREG	31.67
100 LC Meter Butterfly		
1 Wallace, Colin	29 OREG	1:09.08
200 LC Meter IM		
1 Wallace, Colin	29 OREG	2:41.42

<b>Men 30-34</b>		
100 LC Meter Freestyle		
1 Percival, Anthony	32 OREG	1:11.78
200 LC Meter Freestyle		
1 Percival, Anthony	32 OREG	2:37.03
800 LC Meter Freestyle		
1 Percival, Anthony	32 OREG	11:56.51
100 LC Meter Backstroke		

1 Percival, Anthony	32 OREG	1:24.25
50 LC Meter Butterfly		
1 Percival, Anthony	32 OREG	36.42
<b>Men 40-44</b>		
50 LC Meter Freestyle		
1 Wan, Eric	41 UNAT	26.90
2 Corbeau, James	43 OREG	28.11
3 Larsen, Jon-Erik	40 OREG	28.12
100 LC Meter Freestyle		
1 Wan, Eric	41 UNAT	58.68
2 Corbeau, James	43 OREG	1:03.98
3 Larsen, Jon-Erik	40 OREG	1:07.65
4 Karyukin, Andrei	42 OREG	1:11.96
200 LC Meter Freestyle		
1 Wan, Eric	41 UNAT	2:22.95

50 LC Meter Backstroke		
1 Butcher, Gano	43 OREG	32.78
2 Wan, Eric	41 UNAT	34.65
3 Waud, Timothy	40 OREG	34.86
100 LC Meter Backstroke		
1 Butcher, Gano	43 OREG	1:11.90
2 Waud, Timothy	40 OREG	1:17.26
200 LC Meter Backstroke		
1 Butcher, Gano	43 OREG	2:41.58

50 LC Meter Breaststroke		
1 Corbeau, James	43 OREG	33.88
2 Waud, Timothy	40 OREG	35.96
3 Larsen, Jon-Erik	40 OREG	37.28
4 Gaarder, Chris	42 OREG	37.36
5 Karyukin, Andrei	42 OREG	40.95
100 LC Meter Breaststroke		
1 Corbeau, James	43 OREG	1:20.55
2 Waud, Timothy	40 OREG	1:20.89
3 Gaarder, Chris	42 OREG	1:23.84
200 LC Meter Breaststroke		
1 Gaarder, Chris	42 OREG	3:11.98

50 LC Meter Butterfly		
1 Larsen, Jon-Erik	40 OREG	30.29
2 Waud, Timothy	40 OREG	31.76
3 Karyukin, Andrei	42 OREG	32.53
100 LC Meter Butterfly		
1 Karyukin, Andrei	42 OREG	1:20.49
400 LC Meter IM		
1 Butcher, Gano	43 OREG	5:46.65

<b>Men 45-49</b>		
50 LC Meter Freestyle		
1 Hathaway, David	47 OREG	27.95
2 Sumerfield, Bill	47 OREG	28.52
800 LC Meter Freestyle		
1 Sumerfield, Bill	47 OREG	11:31.79
50 LC Meter Breaststroke		
1 Sumerfield, Bill	47 OREG	38.02
2 Hathaway, David	47 OREG	39.90
100 LC Meter Breaststroke		
1 Sumerfield, Bill	47 OREG	1:28.07
50 LC Meter Butterfly		
1 Hathaway, David	47 OREG	30.68
200 LC Meter IM		
1 Hathaway, David	47 OREG	2:41.92

<b>Men 50-54</b>		
50 LC Meter Freestyle		
1 Tennant, Mike	54 OREG	27.24
2 Taylor, Charles	51 OREG	30.63
3 Nakhei, Toraj	52 OREG	32.46
4 Darnell, Stephen	53 OREG	34.46
100 LC Meter Freestyle		
1 Tennant, Mike	54 OREG	1:01.42
2 Edwards, Wes	54 OREG	1:01.62
3 Darnell, Stephen	53 OREG	1:26.08

200 LC Meter Freestyle		
1 Tennant, Mike	54 OREG	2:23.07
800 LC Meter Freestyle		
1 Munro, Stuart	50 OREG	11:26.89
2 Ramsey, Ed	51 OREG	11:39.64
50 LC Meter Backstroke		
1 Ramsey, Ed	51 OREG	37.21
100 LC Meter Backstroke		
1 Ramsey, Ed	51 OREG	1:20.60
2 Darnell, Stephen	53 OREG	1:43.14
200 LC Meter Backstroke		
1 Edwards, Wes	54 OREG	2:31.13
2 Ramsey, Ed	51 OREG	3:03.68
50 LC Meter Breaststroke		
1 Taylor, Charles	51 OREG	39.09
100 LC Meter Breaststroke		
1 Taylor, Charles	51 OREG	1:24.26
2 Darnell, Stephen	53 OREG	1:51.04
200 LC Meter Breaststroke		



Pat Allender and Willard Lamb

1 Taylor, Charles	51 OREG	3:12.82
100 LC Meter Butterfly		
1 Munro, Stuart	50 OREG	1:25.85
200 LC Meter Butterfly		
1 Munro, Stuart	50 OREG	3:05.41
200 LC Meter IM		
1 Munro, Stuart	50 OREG	3:10.95
<b>Men 55-59</b>		
50 LC Meter Freestyle		
1 Sherwood, Reggie	56 OREG	31.28
2 Bruce, Bob	59 OREG	31.37
3 Butler, James	55 OREG	37.48
100 LC Meter Freestyle		
1 Stephenson, Michael	55 OREG	1:11.81
2 Sherwood, Reggie	56 OREG	1:15.54
3 Butler, James	55 OREG	1:34.10
200 LC Meter Freestyle		
1 Pendleton, Mike	55 OREG	2:27.29
2 Stephenson, Michael	55 OREG	2:37.07
3 Maestre, Robert	57 OREG	2:45.21
4 Butler, James	55 OREG	3:37.64
800 LC Meter Freestyle		
1 Pendleton, Mike	55 OREG	11:01.00
2 Maestre, Robert	57 OREG	12:01.26
50 LC Meter Backstroke		
1 Sherwood, Reggie	56 OREG	41.91
200 LC Meter Backstroke		
1 Maestre, Robert	57 OREG	3:05.73
50 LC Meter Breaststroke		
1 Stark, Allen	58 OREG	36.09
2 Sherwood, Reggie	56 OREG	40.31
100 LC Meter Breaststroke		
1 Stark, Allen	58 OREG	1:21.72
2 Sherwood, Reggie	56 OREG	1:35.86
50 LC Meter Butterfly		

1 Pendleton, Mike	55 OREG	32.79
2 Butler, James	55 OREG	54.22
<b>Men 60-64</b>		
50 LC Meter Freestyle		
1 Smith, Robert	64 OREG	28.29
2 Stout, Jon	61 OREG	29.85
3 Lewis, William	64 OREG	41.12
100 LC Meter Freestyle		
1 Stout, Jon	61 OREG	1:07.58
2 Smith, Robert	64 OREG	1:08.18
200 LC Meter Freestyle		
1 Lewis, William	64 OREG	3:55.06
800 LC Meter Freestyle		
1 Rueff, Daniel	60 OREG	12:09.91
2 Ellis, John	61 OREG	14:44.58
50 LC Meter Backstroke		
1 Smith, Robert	64 OREG	34.35
2 Stout, Jon	61 OREG	36.58
100 LC Meter Backstroke		
1 Smith, Robert	64 OREG	1:21.42
100 LC Meter Breaststroke		
1 Ellis, John	61 OREG	1:47.86
50 LC Meter Butterfly		
1 Rueff, Daniel	60 OREG	35.54
200 LC Meter IM		
1 Rueff, Daniel	60 OREG	3:08.19
<b>Men 65-69</b>		
800 LC Meter Freestyle		
1 Landis, Tom	65 OREG	10:25.94
200 LC Meter IM		
1 Landis, Tom	65 OREG	2:48.63
400 LC Meter IM		
1 Landis, Tom	65 OREG	6:03.31
<b>Men 70-74</b>		
50 LC Meter Freestyle		

1 Thayer, George	71 OREG	33.85
50 LC Meter Backstroke		
1 Thayer, George	71 OREG	43.54
100 LC Meter Backstroke		
1 Thayer, George	71 OREG	1:36.53
<b>Men 75-79</b>		
50 LC Meter Freestyle		
1 Marks, Milton	77 OREG	36.15
2 Lertzman, Alan	79 OREG	43.08
50 LC Meter Breaststroke		
1 Marks, Milton	77 OREG	46.39
100 LC Meter Breaststroke		
1 Marks, Milton	77 OREG	1:48.42
<b>Men 85-89</b>		
100 LC Meter Freestyle		
1 Lamb, Willard	85 OREG	1:27.36
2 Bushey, Charles	86 OREG	2:33.57
200 LC Meter Freestyle		
1 Lamb, Willard	85 OREG	3:23.62
2 Bushey, Charles	86 OREG	5:38.04
800 LC Meter Freestyle		
1 Lamb, Willard	85 OREG	15:30.10
2 Bushey, Charles	86 OREG	24:06.56
100 LC Meter Backstroke		
1 Lamb, Willard	85 OREG	1:58.02
2 Bushey, Charles	86 OREG	3:01.44
200 LC Meter Backstroke		
1 Bushey, Charles	86 OREG	6:28.22
<b>Relays</b>		
Men 200-239 800 LC Meter Free Relay		
1 OREG		10:31.82
1) Stephenson, M. 55	2) Sherwood, R. 56	
3) Sumerfield, B. 47	4) Pendleton, M. 55	



The "Real Action" was in the warm down area

# 2007 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS

Recognized by Oregon LMSC for USMS, Inc. #377-06R

ELIGIBILITY: STATE OF OREGON RESIDENT AND/OR REGISTERED OMS MEMBER

Mt. Hood Community College,  
26000 SE Stark, Gresham, Oregon  
8 lanes competition, elec. timing, 1 lane warm-up/down  
Packet pick-up at pool only.

DATE: Saturday & Sunday, July 7 & 8, 2007

**WARM-UPS: 1PM SATURDAY & SUNDAY**  
**MEET STARTS: 2PM SATURDAY & SUNDAY**

*Mt. Hood Community College - Home of the 2008 USMS Long Course Nationals!!*

Meet Director: Colette Crabbe • Phone 503-762-2429 • E-mail: colettecrabbe@hotmail.com

Meet Hotels: Best Western Inn 23525 NE Halsey 503-491-9700 • Holiday Inn Exp. 1000 NW Graham Rd. 503-492-2900 Hampton Inn 3039 NE 181st 503-669-7000

AWARDS: T-SHIRTS FOR ALL ENTRANTS • MEDALS FOR 1ST 2ND & 3RD PLACES (EXTRA CHARGE FOR RELAY AWARDS, \$1.50)

ALL REGISTERED MASTERS SWIMMERS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.

**ENTRY DEADLINE: RECEIVED BY FRIDAY, JUNE 22, 2007**

FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

Use this entry form or register on-line at [www.stategamesoforegon.org](http://www.stategamesoforegon.org)

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_  
E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
2007 USMS # (IF A MEMBER) \_\_\_\_\_  
USMS CLUB \_\_\_\_\_  
IS THIS YOUR FIRST MASTERS MEET? \_\_\_\_ Yes \_\_\_\_ No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 95+. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE BY DEC. 31ST, 2007. DISABLED SWIMMERS MAY ENTER AS "DISABLED" AND BE TREATED AS A SEPARATE AGE GROUP CATEGORY FOR AWARDS. ENTER RELAYS AT THE MEET. 200, 400, AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400, 800 AND 1500 FREESTYLES & 400 IM WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS IS TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

**Saturday, July 7, 2007**

**400 IM (1)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
\*\*\*break\*\*\*  
**100 BACK (2)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FLY (3)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 BREAST (4)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
\*\*\*break\*\*\*  
**FREE RELAYS (5-10)**  
**100 FREE (11)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 BREAST (12)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FLY (13)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**MIXED MEDLEY RELAYS (14-15)**  
\*\*\*break\*\*\*  
**800 FREE (16)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**Sunday, July 8, 2007**

**400 FREE (17)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 BREAST (18)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FREE (19)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 BACK (20)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
\*\*\*break\*\*\*  
**MEDLEY RELAYS (21-24)**  
**100 FLY (25)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 BACK (26)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FREE (27)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 IM (28)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
\*\*\*break\*\*\*  
**MIXED FREE RELAYS (29-31)**  
**1500 FREE (32)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

I am a disabled swimmer and wish to enter the meet in this special category. \_\_\_\_\_ (check if appropriate)

In consideration of being allowed to participate in any way in the State Games of Oregon Athletic and/or Sports Program, and related events and activities, the undersigned: acknowledges and fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time; assumes all the foregoing risk and accepts personal responsibility for the damages following such injury, permanent disability or death; releases, waives, discharges and covenants not to sue the State Games of Oregon, its affiliated clubs, their respective administrators, directors, agents, coaches, volunteers, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, the National Congress of State Games, and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasess", from any and all liability to each of the undersigned, his/her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage of property, caused or alleged to be caused in whole or in part by the negligence of the releasess or otherwise. In the event of injury, the athlete will pay all medical costs. I have read the above waiver and release, understand that I give up substantial rights by signing it and sign it voluntarily.

T-SHIRT SIZE: (CIRCLE ONE)  
SMALL MEDIUM LARGE X-LARGE

Meet Entry (\$18 for first 2 events) \$18.00  
\$5 for each additional event \_\_\_\_\_  
(limit of 6 individual events and no more than 5 events in one day)  
Total enclosed \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**MAIL ENTRY FEE AND FORM TO: STATE GAMES OF OREGON  
4840 SW WESTERN AVENUE, SUITE 900, BEAVERTON, OREGON 97005**

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

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

DATE: Sunday, September 9, 2007

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

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

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

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

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

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

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

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

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_  
 STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_  
 E-MAIL \_\_\_\_\_

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

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

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

Sunday September 9, 2007 Sprint

Sunday September 9, 2007 Mid Distance

**50m FLY (1)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100m FLY (2)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50m BACK (3)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100m BACK (4)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

Break before the Medley relay

**MEDLEY RELAY (5-8)**

**50m BREAST(9)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100m BREAST(10)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**MIXED FREE RELAYS (11-13)**

**50m FREE (14)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100m FREE (15)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

Break before the mixed medley relay

**MIXED MEDLEY RELAY (16-17)**

**100m I.M. (18)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200m I.M. (19)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

Break before the Free relay

**FREE RELAY (20-25)**

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

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

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

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

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



**ROGUE VALLEY MASTERS OPEN WATER WEEKEND  
SATURDAY & SUNDAY, JULY 14 & 15--APPLEGATE LAKE**

**SATURDAY, JULY 14:**

**1500 METER OREGON OPEN WATER  
ASSOCIATION CHAMPIONSHIP**

--AND--

**3 X 500 METER RELAY**

**Saturday:**

8:00-9:30am 1500M Registration/Check-in  
**(Check-in will close promptly at 9:30am)**  
9:45am Pre-race instructions  
10:00am 1500M Race start  
**"Burgers are back" lunch hosted by RVM**  
2:00-2:30pm Relay Check-in/Instructions  
2:45pm Relay start  
Relay rules & information will be  
available at 1500M registration.

**ENTRIES MUST BE POSTMARKED BY JUNE 30.**

**There will be an additional \$5.00 per event surcharge for race-day entries.** Entry fees include lunch. T-shirts are sold separately for \$12.00. Swimmers must provide their own caps. Additional lunches are available for \$5.00 per person. Race-day entrants are not guaranteed a shirt but orders may be taken and shirts will be sent promptly after the event. There will be a limited number of t-shirts for sale on race day at a cost of \$12.00. Fifty percent of all fees are refundable with at least 7 days prior notice via phone or e-mail to the Race Director.

**SANCTIONS & RULES:** These events are sanctioned by OMS, Inc for USMS #377-OW2. In addition, the 1500M and 5000M are part of the Oregon Open Water Swim Series. Current USMS rules apply to all swims. The use of pull buoys, hand paddles and fins are prohibited. Start and finish for the 1500M & 5000M will be in the water.

**AWARDS:** 1<sup>st</sup> through 3<sup>rd</sup> place in each male & female 5-year age group and the fastest overall male & female swimmers will receive awards in both distance races. For the series awards, points will be based on the age group finish order in each race. Relay winners get bragging rights. Complete results will be posted on the OMS website: [www.swimoregon.org](http://www.swimoregon.org) and in the Aqua Master.

**SAFETY:** Lifeguards in safety crafts will monitor the course for both events. Medical personnel will be on site near the start/finish area.

**ELIGIBILITY:** All events are open to USMS registered swimmers 19 years of age as of July 14, 2007. All entrants must submit a copy of their 2007 USMS registration card with their entry. One event USMS registration will be available for \$15.00 on race day.

**SUNDAY, JULY 15:**

**5000 METER (3.1 MILE) OPEN WATER SWIM**

**Sunday:**

9:00-10:00am 5000M Registration/Check-in  
**(Check-in will close promptly at 10:00am)**  
10:15am Pre-race instructions  
10:30am 5000M Race start  
**Sandwich & salad lunch hosted by RVM**

**ENTRY FEES:** Saturday - 1500M: \$25.00  
Sunday - 5000M: \$20.00  
Both events: \$40.00  
Relay: Free!

**PARKING:** There is a day-use parking fee of \$5.00 payable to the park concessionaire at Hart-Tish Park.

**CAMPING:** Rogue Valley Masters has reserved Beaver Sulfur Campground located 11 miles northeast of Applegate Lake. This is a very scenic and secluded campground with vault toilets and well water. Beaver Sulfur is a group campground with 10 individual sites and each site can accommodate several tents. Camping at Beaver Sulfur is \$5/person/night and must be reserved in advance on a first-come/first-served pre-paid basis. At Hart-Tish Park, there will also be 2-3 small sites (each site holds 2 tents only) that may be reserved in advance at a cost of \$7.00/person/night with day-use parking included. Self-contained RV camping at Hart-Tish Park is \$10/site/night, payable to the park concessionaire (includes the day-use fee.) There are no hookups.

**DIRECTIONS:** From either north or south on I-5 take exit #27, Barnett Rd, in Medford. Go west to Riverside Av. and turn right (north.) Proceed to East Main St, Hwy 238, turning left (west.) Continue on this highway through Medford and Jacksonville, turning right in Jacksonville. Highway 238 continues to the town of Ruch at which point the road will fork. Go left, following the signs to Applegate Lake. Proceed past the dam for another .7 miles until you reach Hart-Tish Park on the left. There will be signs posted along the way directing you to the park. It is a 45-minute drive from Medford to Hart-Tish Park. This event is under special use authorization with the Rogue River National Forest.

**Forest Service rules: No pets allowed at Hart-Tish Park.**

**RACE DIRECTOR:** Nate Sanford 541-488-6435;  
[nathan@redarrow.org](mailto:nathan@redarrow.org)

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address/City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_ Club: \_\_\_\_\_ Team \_\_\_\_\_

USMS Reg # \_\_\_\_\_ (Please attach copy of card.)

**ALL SWIMMERS MUST BE CURRENT MEMBERS OF USMS, INC. (One-event registration available @\$15.00)**

1500 Meter Championship: \_\_\_\_\_ \$25.00

5000 Meter Swim: \_\_\_\_\_ \$20.00

Both Events: \_\_\_\_\_ \$40.00

T-Shirt: \_\_\_\_\_ \$12.00 S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL (\$2 extra) \_\_\_\_\_

Extra Lunch: \_\_\_\_\_ \$5.00 per person

Camping: Beaver Sulfur \_\_\_\_\_ \$5.00/person/night

Camping: Hart-Tish Park \_\_\_\_\_ \$7.00/person/night

**TOTAL:** \$ \_\_\_\_\_ Please make checks payable to: RVM Lake Swim

MAIL ENTRY FORM, CHECK, & COPY OF 2007 USMS REGISTRATION TO: RVM LAKE SWIM  
PO BOX 3338  
ASHLAND, OR 97520

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: US MASTERS SWIMMING, INC, THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# A p p l e g a t e L a k e





## CASCADE LAKES SWIM SERIES & FESTIVAL

July 27, 28 & 29, 2007 500, 1000, 1500, 3000, & 5000-meter swims at Elk Lake

Hosted by Central Oregon Masters Aquatics and Bend Metro Park and Recreation District  
Sanctioned by Oregon Masters Swimming Inc. for USMS #377-OW3, USA Sanction 7-031.  
Operating under Special Permit from the U.S. Forest Service

**RACES:** The Cascade Lakes Swim Series features five open water swims over three days! Participants may enter any or all of the five swims. Friday's swim is a **3000-meter** swim in a triangular course. Saturday begins with a **500-meter** swim in a "time-trial" style with swimmers starting individually at intervals and following an out-and-back course marked by a continuous floating line. The second swim on Saturday is a **1500-meter** around a triangular course. The first swim on Sunday, the **5000-meter**, will consist of three loops of a triangular course. The final event, the **1000-meter**, will follow a short irregular course, following the shoreline.

**SERIES:** The Cascade Lakes Swim Series includes a **Short Series** (three swims: 500, 1000, & 1500-meter) and a **Long Series** (three swims: 1500, 3000, & 5000-meter). Each swimmer may enter only one series and must complete all of the designated series swims to be eligible for Series awards. Swimmers who complete all FIVE swims will be eligible for special **Survivor** awards.

**FESTIVAL:** Elk Lake is a great place to bring your family for an outdoors extravaganza. Fun events for the whole family are being planned for Saturday between the two swims.

**LOCATION:** All swims take place at Elk Lake, a beautiful, clear mountain lake nestled in the sunny Central Oregon Cascades 32 miles from Bend. Water temperature can vary from 66-72 degrees Fahrenheit and will be posted at registration.

**ELIGIBILITY:** This event is open to all USMS registered swimmers 18 years or older as of July 29, 2007. USA-Swimming registered swimmers 13 years or older may enter any of the swims. USA swimmers 10 years and older may enter only the 500, 1000, & 1500-meter swims. A photocopy of your 2007 USMS or USA-Swimming registration card or foreign equivalent must accompany your entry. "Single event" USMS registration, covering all races, is available for adults 18 and over for \$15. A parent or guardian must sign the liability waiver for all swimmers under 18.

**ENTRY FEES:** One Race is \$30. Add just \$5 for each additional race up to four (the fifth race is FREE). Entry fee includes t-shirts, a swim cap, and the post race lunch. Entries must be **postmarked by July 17<sup>th</sup>**. Late or Day-of-Race entries pay an additional \$10 late fee.

**RULES:** Current USMS rules will govern this event. The use of neoprene wetsuits or other nonporous attire is allowed in all five swims. The five-swim Series will use a scoring system that deducts points from the swimmer's place when a wetsuit is worn. USA-swimmers may participate in all five swims as noted under Eligibility.

**SAFETY:** Lifeguards and safety boats will monitor the entire course. Swimmers must wear a brightly colored swim cap and have a race number on their arms or hands. Medical personnel will be at the site.

**STARTS:** The 1500, 3000 & 5000-meter swims will use a mass start. Wetsuit swimmers will start later in a separate heat in these events. The 500-meter swim will use an individual start and the 1000-meter swim will use small heats.

**SEEDING:** The 500 & 1000-meter swims will be seeded fastest-to-slowest based on the swimmer's entered 500-yard time. Day-of-Race entries or those not submitting a seed time will not be seeded in advance and will swim last. *No changes allowed in seeding times at the race.*

### SCHEDULE:

#### Friday, July 27, 2007

4:30—5:30 pm Registration/Check-In for 3000-meter race  
6:00 pm Start of 3000-meter race

#### Saturday, July 28, 2007

8:00—9:00 am Registration/Check-In for 500 & 1500-meter races  
9:45 am Start of 500-meter race  
10:30—11:30 am Check-in for the 1500-meter  
12:00 noon Start of the 1500-meter Championship race

#### Sunday, July 29, 2007

7:30 am—8:30am Check-In for 5000 & 1000-meter races  
9:00 am Start of the 5000-meter race  
10:30—11:15am Check-In for the 1000-meter race  
12:00 noon Start of 1000-meter race

Pre-race instructions will be given 15 minutes before the start time of each swim. A picnic lunch and awards ceremony will follow the finish of races each day.

**AWARDS:** Age groups are 18-24, 25-29, 30-34, and so on in five-year increments as high as necessary for both men and women. Ribbons will go to the top three finishers in each age group in each race in both wetsuit and non-wetsuit categories. For the series awards, points will be based on the age group finish order in each race, with deductions for wearing wetsuits. Handmade ceramic coasters will be awarded to the top 3 finishers in each age group. There will be a plate awarded the top male and female in each series. A special Survivor glass coffee mug will go to everyone completing all five swims.

**RESULTS:** To be posted on [www.swimoregon.org](http://www.swimoregon.org) and in *Aqua Master*.

**DIRECTIONS/PARKING:** Elk Lake is located on the Cascade Lakes Scenic Byway. From Century Drive in Bend, take the Cascade Lakes Highway to Mt Bachelor Ski Area, then continue approximately 10 miles past the Ski Area to Elk Lake. The start/finish area for all swims is located at the Beach Picnic Area—the last Elk Lake exit—if coming from Bend. Signs will be posted for parking and all important sites. Parking will be limited to two large pullouts off Cascades Lakes Highway and Little Fawn Group Campground. There will be no parking at the race site until after all event activities have concluded. A shuttle bus will run Saturday and Sunday between the campground and the race site during registration and after races are completed. **A 2007 NW Forest Pass is required if you park anywhere other than the highway pullouts or at the campground.**

**CAMPING/LODGING:** Swimmers and spectators may camp on the lake at Little Fawn Group Campground, reserved for the swim. Only tents or small & medium-sized motor homes are permitted. Camping fee is \$4 per adult per day—include fee with your entry form for Friday and Saturday night camping to secure your spot. If you wish other days, purchase them from the Camp Host. For cabins at the lake, go to [www.elklakeresort.com](http://www.elklakeresort.com). The Bend and Sunriver areas offer many lodging choices at various price levels.

**DOGS:** **This event DOES NOT allow dogs at the lake**, but they may be in the campground on a leash. Never leave your dog unattended in a car in the parking areas as temperatures can be hot.

#### **EVENT ADMINISTRATORS:**

Admin: Pam Himstreet, [himstreet@bendcable.com](mailto:himstreet@bendcable.com). 541-385-7770  
Operations: Bob Bruce, [coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com). 541-317-4851  
Data Entry: Calli Roberts, [calli@bendbroadband.com](mailto:calli@bendbroadband.com). 541-382-3598



# Entry Form – CASCADE LAKES SWIM SERIES & FESTIVAL 2007– 5 Swims in 3 Days

<b>Swimmer Information</b>				
<u>Name: First:</u>		<u>Last:</u>		
<u>Address:</u>				
<u>City:</u>				
<u>State:</u>		<u>Zip:</u>	<u>E-mail Address:</u>	
<u>Phone: Home:</u>		<u>Work:</u>		
<u>Emergency Contact:</u>				
<b>USMS / USA-S Information (include copy of card)</b>				
<u>Sex: M F</u>		<u>Birth Date:</u>	<u>Age on Race Day:</u>	
<u>USMS / USA-S ID number</u>				
<u>Club:</u>		<u>Local Oregon Team (if applicable):</u>		
<b>Swims</b>				
Race Entry: Circle your events!		Seeding: for 500 & 1000-meter events		
Friday:	<b>3000-meter</b>			
Saturday:	<b>500-meter</b>	_____ Pool time for 500 yards		
Saturday:	<b>1500-meter</b>			
Sunday:	<b>5000-meter</b>			
Sunday:	<b>1000-meter</b>	_____ Pool time for 500 yards		
<b>\$30 first swim, \$5 each additional swim. 5th Race free! Maximum \$45!</b>				<b>Enter Total Cost Swims:</b>
<b>Swim Series Option:</b> Select one series only and circle your choice! <b>Short    Long</b> [Short Series—500, 1000, & 1500-meter; Long Series—1500, 3000, & 5000-meter]				
<b>Spectator Meals (free for racers)</b>		Number of meals	Cost/meal	Sub-Total
Friday			FREE	\$0
Saturday			x \$5.00	
Sunday			x \$5.00	
<b>Enter Total Cost for Spectator Meals:</b>				
<b>Camping</b>		Number of adults	Cost/night	Sub-Total
Friday			x \$4.00	
Saturday			x \$4.00	
<b>Enter Total Cost for Camping:</b>				
<b>Shirts:</b> One per entrant at price given.		Extra shirts-add \$10.00 for each extra ordered	Cost	Sub-Total
Size (S, M, L, XL) XXL – add \$2		Number & Size		
T-shirt – short sleeve		Women’s style V Neck ____ or Men’s ____	Each \$6.00	
T-shirt – long sleeve			Each \$10.00	
Crew Neck Sweatshirt			Each \$12.00	
<b>Enter Total Cost for Shirts:</b>				
<b>Miscellaneous Fees</b>			Cost	Sub-Total
USMS One Event Registration Fee (complete the form at registration) <u>or</u>			\$15.00	
USMS Full Registration Fee (complete the form at registration)			\$38.00	
Late Fee: Postmarked after July 17 <u>or</u> Day-of-Race entry			\$10.00	
<b>Enter Total Miscellaneous Fees:</b>				
<b>Total: Swims + Meals + Camping + Souvenirs + Miscellaneous Fees</b>				<b>Enter Total Cost:</b>

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 of 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature: Signed \_\_\_\_\_ Date: \_\_\_\_\_  
 (Parent signature required for swimmers under the age of 18)

**Checks payable to COMA. Send entries to Calli Roberts, 254 SW James Dr., Bend, OR 97702**

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

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

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

Schedule:

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

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

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

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

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

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

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

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

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

ENTRIES MUST BE POSTMARKED BY August 4th

add \$10 for late entries

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

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

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

Please attach a copy of your USMS registration card.

TOTAL

Make checks payable to Emerald Aquatics

All fees are non-refundable.

Name Sex Age

Address

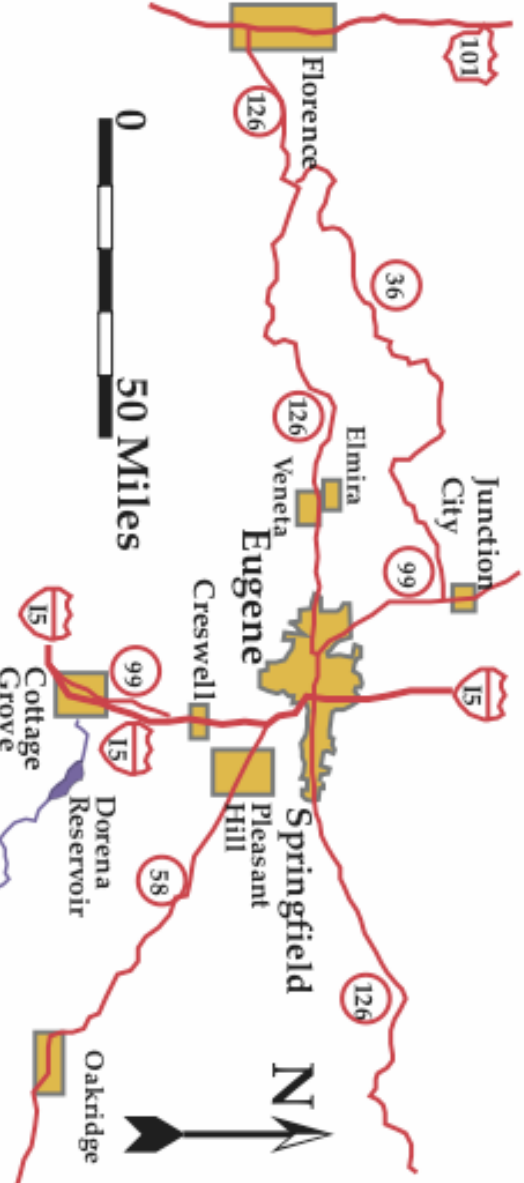
City/State/Zip Club Local Team

Birthdate Day phone Evening phone Fax

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

Signature Date

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



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



# 2007



Date	Event	Location	Contact
<b>Pool Meets</b>			
*July 7-8	LCM - St. Games	Mt. Hood C.C.	Colette Crabbe - colettecrabbe@hotmail.com
* Sept. 9	SCM - Patriot Games	Camas, Washington	Bert Petersen - bertbutterfly@msn.com
<b>Open Water</b>			
*July 14-15		Applegate Lake	Nate Sanford - nathan@redarrow.org
*July 27-29		Elk Lake	Pam Himstreet - himstreet@bendcable.com
* Aug. 19		Dorena	Steve Johnson - stevej@nsdssurvey.org
<b>National Championships</b>			
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
<b>Postal Championships 2007</b>			
Go The Distance	Year long postal	Where ever you are	Mary Sweat - gothedistance@swimoregon.org
<b>International Championships</b>			
* ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER			

<b>Board Meetings</b> All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details.	July 8	Mt. Hood Community College
	August 22	TBA
	October Retreat	TBA

**Aqua Master**  
*July 2007*

**Inside: Results - SCY Nationals & LCM T Hills**