



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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*“Swimming for Life”*

## Hagg Lake Kicks Off Open Water Season



On May 31st the Open Water Season officially began with the Hagg Lake swims. You could swim with the pack, set the pace and swim by yourself like Greg Jablonski, the overall winner of each swim did or you could swim with the “flock”. A large turn out of swimmers celebrated the opening of the Open Water Season. Full results on page 7. *Photos by E. Harrison*

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### Or you could swim with your dog at Foster Lake



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# Chair's Corner by Jody Welborn

*Reprinted from the 2005 July/August issue - This message is just as current and important today.*

Hi everyone:

Summer is just around the corner with a lot of swimming opportunities. But the thrill of sunny weather (I hope) brings a lot of other activities to distract from swimming. How do I get around the distractions? I use the mid-year to set my goals!

Goal setting is a very important part of my swimming. It allows me to evaluate where I am and where I want to be. And I have learned over the years that there are specific steps I must follow when I set goals.

First of all, the goal has to be specific. For me this means identifying the goal (swim the 5K/10K, achieve a certain time in a specific event in competition, etc.) and writing it down. It always amazes how my written goals are so much easier to reach than the ones that casually float through my mind.

The goal should be measurable. This is something great about swimming. Any goal you set is easily measurable whether it is a distance, a number of workouts, or a number of beers after evening practice.

The goal has to be attainable. It doesn't have to be easy, and indeed should be challenging and require commitment, but it does need to be something you believe you can achieve.

The goal should be relevant. It has to be something that interests you. For example, there is no reason for me to set "swimming an open water 10K" as a goal because it doesn't interest me to spend over 3 hours in bone chilling water when I could be on the shore visiting with my friends. On the other hand swimming the 5K postal event is something that does interest me and would be an excellent goal.

The goal should be timely. There must be a deadline that you can "see". As I read once, "A goal without a deadline is only a wish".

If you look back over the steps you will see they spell SMART and this is a method that I have used many times to set personal goals, in swimming and the rest of my life.

I encourage you to set goals, using a method that works for you. And when you are evaluating your swimming, looking for goals, include one or all of Oregon's terrific open water swims.

*and  
Remember,*

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



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

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# Off the Block

Dave Radcliff

Dave Radcliff, Aqua Master Editor, takes the dive off the block this month and recognizes our new Board Members

The Headline in the last Aqua Master read: **“Now is the Time for All good Swimmers to Come to the Aid of OMS”** and you did. The future of OMS is looking good with this new and highly skilled group of swimmers who have volunteered to be part of the OMS Board. Meet them now and when you see them in person, give them a big thank you.

## These are the Swimmers who Came to the Aid of OMS



Susie Young - Registrar



MJ Caswell - Web Master



Susan Shaw - Top Ten



Christina Fox - Membership



Jackie Parker - Membership



Dianne Sherwood - Awards



Alice Zabudsky - Aqua Master

Alice will head up an Aqua Master team that will publish the Newsletter. Alice will be the Board Rep and do the lay out and getting the Aqua Master ready for the Printer. Assisting Alice will be Karen Andrus-Hughes, who will do the front page. Jackie Parker will be the Open Water reporter and photographer, Colette Crabbe will handle the processing and mailing of the Aqua Master. Board Members will continue to supply their articles. Brent Washburn, Doug Brockbank, Fred Kawabata and Elizabeth Harrison will help with the pictures for the Aqua Master. Alice is still looking for someone to take over the Editorial Page. Are you interested? If so contact Alice at [azabudsky@msn.com](mailto:azabudsky@msn.com) and let her know that you are willing to help. Also the Aqua Master will be dependent on all of you for additional pictures. Brent, Doug, Fred and Elizabeth won't be at every OMS event. If you have some good pictures please send them to Alice.

# F i t n e s s



by

Helen

Thurlow



## Act now in the next 5 seconds....

Fat-B-Gone Z200X, the most revolutionary weight loss pill ever to be made! No gym, pool, or outside activities needed. Just a large glass of water and 15 pills a day while sitting on your couch and you will be amazed how inches just melt off your body. Only \$19.95 plus S&H for a 1 month supply. Testimonies from across the world have stated that the Fat-B-Gone Z200X is what they needed to lose those ugly pounds off their bodies when nothing else worked. And if you act now in the next 5 seconds we will send you a 2-month supply for the price of one. Our operators our standing by.

**OR**

Ab Crusher, the amazing machine that turns your not so hot abs into sexy, sleek Hollywood-looking abs! And it folds up into a tiny palm holding device when not in use. Take it anywhere, the beach, the office, the courtroom, the grocery store; anywhere you want to get in a quick moment of exercise for as little as 5 minutes a day. The Ab Crusher comes with a handy mat, a white jumpsuit with a silver belt all for 39.99 plus S&H. But wait, call now and will send you 2 Ab Crushers, 2 mats, 2 jumpsuits with silver belt for only 29.99 plus S&H.



## REALLY FOLKS!

With all these products you see on infomercials and at stores that sell the products with the logo "Seen on TV" why isn't everyone slim and trim. Then again, why do we buy into this media frenzy when the real weight loss plan is simply exercise and healthy eating?

Do you guys remember playing outside until mom called you in for supper or dreading the assigned shorts you had to wear in PE? We had fun when we were kids...so where did that go? Sigh.

And do you think these products really work? Do you think going to a "not an FDA approved" facility to get a colonic or whatever they offer to shed weight works?

Trust me, it doesn't. I'm a certified personal trainer and fitness instructor and I had to find out for myself if some of this stuff works. When I was teaching at Cambridge (the Beaverton location) I was in the middle of teaching about the digestive tract when I told my students I would be a guinea pig to try a colonic.

NEVER TRY THIS! Oh I lost weight all right, but not in a good way. Having a colonic is like giving birth to a unicorn out your #@&\*!

Just give me good ol' exercise and a nice spinach salad please.

I remember Mr. Parnell, my middle school PE teacher. He made me run track, run around the gym, run for the ball, run away from the ball or simply run. I hated it, I thought he was torturing me. I then entered high school and I lettered in cross-country and Track. (Thank you Mr. Parnell)

I had fun then, now I have to schedule my fun. I'm sometimes late for my fun because of work and traffic. And sometimes I have to skip out on the fun.

As adults it's not as easy when we were kids just playing and eating whatever we want. We actually have to work at it. Sometimes even jotting down on our calendars to remember to exercise, to have fun and to eat. But that is okay. As long as we go to the track, the pool, or another workout facility and modify our portion sizes when we eat, skip the junk/processed foods and eat our vegetables we should be

okay. Because whether we slim down or not we are staying healthy. And that is the fun part.

## Operators are standing by....

Look for these following topics in the next AquaMaster:

**September:** Powerfoods to stay healthy for the fall and winter months

**October:** Ask the Fitness Chick (ask me your fitness and nutrition questions/contact: [hjthurlow\\_28@hotmail.com](mailto:hjthurlow_28@hotmail.com))

# Shake and Swim with "Bake"

**Build, Build and Build**  
**Coach Dennis Baker**



swimgraphics.com

I wrote an article last year touching on this subject and it's time to refresh your memories on one of the most important ideas in swimming, especially in the Long Course season. I see so many swimmers young and old make the same mistakes day in and day out with regards to how they train and race. The concept of building up a race and a main set should be paramount to you as a swimmer. Here are some points to consider about building up your swims.

1. When you start a race or a main set you are starting from a rested state. This clouds your judgment on how much effort you should be putting into your arms and legs to go the speed you desire. This along with a dive in a race situation gives you plenty of speed on your first 25 of whatever race you are doing. I have seen many races where the swimmer over kicks and pulls in the first 25 thus losing too much energy to finish the race properly.

2. In Long Course swimming it is more critical to build up since you will have less turns to rest your body. Each 50 when swimming Long Course should be its own separate entity. One must try to increase turn over speed through out

## Editor's Comment:

I went to the USMS web site and pulled up the results of some of Dennis Baker's swims. It is amazing to see his splits and how he practices what he is preaching in this article about build, build and build. Check them out and you can see how he "builds, builds and builds". Notice how his splits are within the 2 second fade rule he talked about above. Achieving splits like these should be the goal of all swimmers. These splits are actual swims that Dennis did in the last couple of years.

### 500 Free - SCY

1	25.77
2	27.99
3	28.24
4	28.11
5	28.23
6	28.57
7	28.00
8	28.22
9	28.04
10	27.93

### 200 Free SCY

1	25.17
2	26.59
3	26.95
4	26.54

### 400 Free - LCM

1	29.54
2	31.71
3	32.02
4	32.32
5	32.90
6	32.96
7	32.18
8	31.53

### 200 Free - LCM

1	29.47
2	31.50
3	31.76
4	30.59

the 50. In reality you will be keeping your turnover the same because you will be fatiguing a little bit on each length.

3. You need to have energy to split the race or main set properly. Let's take a 200 free for example. Let's say you want to go a 2:00 flat for a Long Course race. Your splits should ideally look like this: :28.5, :30.5, :30.5 and :30.5 approximately. No more than a 2 second fade from first to last three 50's. In this example the swimmer could over swim the first 25 and kick or pull too hard and go out in a :28.00. The rest of the splits would look like :30.5, :31.5 and :32.00. Once energy is lost the race can fall apart fast.

4. You race like you train. Don't be the swimmer in practice that is ahead at the 25 or 50 of everything you do and then can barely finish the set. Plan ahead in the set and have some energy at the end to finish it good. Implement some negative split training in your workouts which is kind of a over correction and this will teach you to not go out too fast.

Make a plan, build everything you do, negative split in practice and you will be well on your way to training and racing properly.



You better work on those splits - Dennis is sitting there with a "mic" ready to announce them to the world.

# Long Distance Swimming



Bob  
Bruce



In addition to our full open water schedule this summer, the USMS 5 & 10-km Postal Championships beg for your participation (not to mention that your OMS Long Distance Chair is begging for your participation too!). These events offer great opportunities and challenges, either as stand-alone events or as preparation for the other events. These swims are relevant to YOU, for the following three reasons...

1. **PERSONAL BENEFIT:** Coaches love postal swims for their aerobic fitness and training benefits. Indeed, many swimmers treat them simply as training events. They provide you an opportunity for long aerobic swimming, a chance to practice your steady pacing, and a measurement of your fitness & conditioning. They can give you a big boost of confidence too. Participation is easy, cheap, and fun! Of course, looking at the huge Oregon participation in past postal events—particularly the One-Hour Swim during the past three years—many of you know this already.

All masters swimmers can benefit from doing the 5-km swim! It is designed to encourage endurance participation from the whole spectrum of fitness swimmers. You don't have to be fast. The distance is within everyone's physical capabilities if they have been swimming a bit lately, and the swim can be completed in little more than the time of a typical practice session. And if you plan to swim in any open water event, I strongly urge you to include the 5-km postal swim as part of your preparation.

The 10-km swim is admittedly twice as long—and sometimes feels much longer than that!—but it is the most challenging and most rewarding of all of the postal events. I swim this event every year (and I've done my swim this year already)

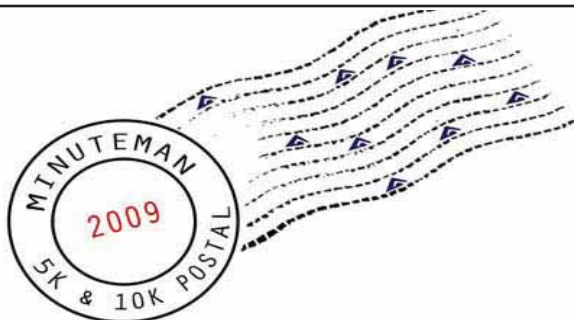
for the personal satisfaction of completing the distance and as a sound test of my mental discipline; I won't tell you if I passed or not.

2. **TEAM BENEFIT:** Both the 5 & 10-km postal swims are also competitive team events, and by swimming in these postal events you can help not only yourself but also your Oregon team. It sure would be fun to defend the team championship that we won last year in the 5-km event (defending a championship is hard!) And it sure would be even more fun to move up from our third place finish last year in the 10-km event! As we learned by our narrow team wins in both the USMS 5-km and 3000-yard Postal Championships last year, **EVERYONE COUNTS**, so remember to enter the national events when you complete the swims.

3. **SPECIAL AWARD:** We have extra, new motivation this year! As you know, USMS offers a special patch for those who participate in all five national postal championships in a calendar year; only about 50 swimmers in the nation meet the challenge each year (among them five Oregonians last year!). To help Oregon swimmers step towards this challenge, the OMS Board has authorized a participation award for completing three postal swims. Starting this year, every Oregon swimmer who completes and enters the USMS Postal Championships in the One-Hour Swim, the 5 or 10-km Swim, and the 3000 or 6000-yd Swim (held September 15-November 15) in a calendar year will receive this award. At this point, 156 Oregon swimmers are in the running because they entered the One-Hour Swim in January. The second leg—the 5 or 10-km swim—awaits!

These postal events must be done in a 50-meter pool, and completed by September 15, so start lining up your pool time and counter. Your best bets are to contact the masters team rep or coach at these 50-meter pools: Tualatin Hills Recreation Center, Multnomah Club, or Mt. Hood Community College in the Metro area, Osborn Aquatic Center in Corvallis, Amazon Pool in Eugene, or Juniper Swim & Fitness Center in Bend. The entry information and forms may be found at <http://www.usms.org/longdist/ldnats09/5k10kpostalentry.pdf>. Online entry is also possible this year. The 5K/10K Entry was also in the last issue of the Aqua Master.

Good luck and good swimming!



## 2009 United States Masters Swimming 5K and 10K Postal National Championships

Hosted by Minuteman Masters  
Swim Club

Sanctioned by New England Masters  
for USMS, Inc. # 040-011-SLCY

# Hagg Lake Open Water Swim - May 31

## Hagg Lake 2009: 800-meter Results

AgeGp	Pl	Name	Age	Team	Time	Ov'al	
F	25-29	1	Burnett, Lauren	25	OR-thb	13:25	10
F	30-34	1	Doel, Michelle	30	UNAT	11:24	3
F	30-34	2	Macy, Michelle	32	OR-thb	11:38	5
F	30-34	3	Neal, Leanne	31	OR-cgm	12:34	8
F	35-39	1	Lassen, Megan	38	OR-orm	10:33	1
F	40-44	1	Corbeau, Shannon	43	OR-thb	12:15	7
F	45-49	1	Young, Joni	47	OR-scc	11:23	2
F	45-49	2	Burger, Heather	47	PNA	13:13	9
F	45-49	3	Orner, Gayle	46	OR-cbat	15:12	11
F	50-54	1	Cappaert, Marlys	50	OR-cbat	12:11	6
F	55-59	1	Budd, Elizabeth	55	OR-cat	11:36	4
F	55-59	2	Gillis, Louise	55	UNAT	22:20	12
M	35-39	1	Carlson, Brad	38	PNA	12:12	6
M	40-44	1	Waud, Tim	41	OR-orm	9:43	2
M	40-44	2	Casterline, Theodore	43	OR-ncms	9:50	3
M	45-49	1	Schlemmer, Bob	49	PNA	9:29	1
M	50-54	1	Ramsey, Ed	53	OR-thb	11:11	4
M	55-59	1	Carew, Mike	59	OR-coma	11:17	5

## Hagg Lake 2009: 2000-meter Results

F	18-24	1	Bowen, Kelsey	23	OR-mac	27:25	3
F	18-24	2	Markwardt, Sherri	24	?	31:33	14
F	25-29	1	Thies, Lauren	29	OR-mac	23:37	1
F	30-34	1	Macy, Michelle	32	OR-thb	29:05	7
F	30-34	2	Kirkwood, Erin	32	OR-pccm	30:52	13
F	30-34	3	Neal, Leanne	31	OR-cgm	35:05	22
F	35-39	1	Lassen, Megan	38	OR-orm	27:45	5
F	35-39	2	Young, Susie	39	OR-thb	28:12	6
F	35-39	3	Edwards, Susie	37	UNAT	34:53	19
F	40-44	1	Watkins, Elizabeth	43	OR-orm	26:14	2
F	40-44	2	Gardner, Karin	40	PNA	27:40	4
F	40-44	3	Broberg, Willee	44	UNAT	31:54	15
F	45-49	1	Caswell, MJ	48	OR-cgm	29:17	8
F	45-49	2	Young, Joni	47	OR-scc	29:29	9
F	45-49	3	Thomas, Ann	45	OR-fast	32:54	18
F	45-49	4	Burger, Heather	47	PNA	34:57	20
F	45-49	5	Davidson, Ann	45	OR-thb	34:59	21
F	45-49	6	Juurma, Anne	47	UNAT	35:53	23
F	45-49	7	Orner, Gayle	46	OR-cbat	39:50	24
F	50-54	1	Schob, Laura	50	OR-coma	29:55	10
F	50-54	2	McCormack, Eliz.	51	PNA	32:02	16
F	50-54	3	Cappaert, Marlys	51	OR-cbat	32:32	17
F	55-59	1	Budd, Elizabeth	55	OR-cat	30:24	11
F	60-64	1	Binder, Lauren	61	OR-crm	30:28	12
F	60-64	2	Ziemer, Judy	64	UNAT	42:28	25
M	25-29	1	Irelan, David	25	OR-mjcc	35:09	19
M	35-39	1	Carlson, Brad	38	PNA	31:47	14
M	35-39	2	Lassen, Jason	36	OR-orm	33:52	17

M	35-39	3	Braun, Mark	37	OR-orm	34:55	18
M	35-39	1	Skogland, Paul	41	PNA	23:49	1
M	40-44	2	Waud, Tim	41	OR-orm	25:36	2
M	40-44	3	McComish, John	43	OR-orm	26:10	4
M	40-44	4	Higley, Rob	43	OR-coma	26:46	8
M	40-44	5	Young, Brian	42	OR-thb	37:23	21
M	45-49	1	Schlemmer, Bob	49	PNA	25:50	3
M	45-49	2	Thompson, Ron	49	OR-coma	26:33	6
M	45-49	3	Livengood, David	46	OR-open	33:07	16
M	45-49	4	Bragg, Robin	49	OR-open	35:38	20
M	50-54	1	Dow, Keith	53	OR-open	27:03	9
M	50-54	2	Ramsey, Ed	53	OR-thb	29:53	12
M	55-59	1	Stevenson, Michael	56	OR-cgm	27:05	10
M	55-59	2	Yensen, Kermit	59	OR-thb	29:37	11
M	55-59	3	Carew, Mike	59	OR-coma	30:48	13
M	55-59	4	Simon, Jack	58	UNAT	32:47	15
M	60-64	1	Cronin, Jed	60	OR-thb	26:17	5
M	75-79	1	Radcliff, Dave	75	OR-thb	26:40	7

## Hagg Lake 2009: 4000-meter Results

F	18-24	1	Markwardt, Sherri	24	?	1:11:29	11
F	25-29	1	Pidkowitz, Jennifer	25	OR-thb	1:14:28	14
F	30-34	1	Macy, Michelle	32	OR-thb	58:13	1
F	30-34	2	Casey, Anna	32	OR-thb	1:05:42	7
F	30-34	3	Neal, Leanne	31	OR-cgm	1:14:36	15
F	35-39	1	Rosen, Liz	39	PNA	1:01:01	6
F	40-44	1	Tyrrell, Laura	42	OR-mac	58:54	2
F	40-44	2	Watkins, Elizabeth	43	OR-orm	58:57	3
F	45-49	1	Bjornson, Debbie	47	UNAT	59:21	4
F	45-49	2	Young, Joni	47	OR-scc	1:00:42	5
F	45-49	3	Malloy, Janie	47	OR-cbm	1:09:34	10
F	45-49	4	Burger, Heather	47	PNA	1:14:08	13
F	45-49	5	Orner, Gayle	46	OR-cbat	1:25:16	16
F	50-54	1	Schob, Laura	50	OR-coma	1:07:29	8
F	55-59	1	Budd, Elizabeth	55	OR-cat	1:07:31	9
F	55-59	2	Devine, Ann	56	OR-cat	1:12:10	12
M	35-39	1	Lang, Brent	38	UNAT	53:44	1
M	35-39	2	Ramsey, Christopher	36	OR-thb	59:59	10
M	35-39	3	Oleafson, Kaigin	36	OR-nike	1:06:27	12
M	35-39	4	Lassen, Jason	36	OR-orm	1:13:46	14
M	40-44	1	Waud, Tim	41	OR-orm	55:06	4
M	40-44	2	Higley, Rob	43	OR-coma	55:24	6
M	40-44	3	Casterline, Theodore	43	OR-ncms	57:06	8
M	45-49	1	Schlemmer, Bob	49	PNA	54:29	3
M	45-49	2	Thompson, Ron	49	OR-coma	55:10	5
M	45-49	3	Livengood, David	46	OR-open	1:13:40	13
M	45-49	4	Bragg, Robin	49	OR-open	1:20:11	15
M	50-54	1	Dow, Keith	53	OR-open	59:46	9
M	55-59	1	Needham, Bob	56	UNAT	54:22	2
M	55-59	2	Carew, Mike	59	OR-coma	1:02:46	11
M	60-64	1	Cronin, Jed	60	OR-thb	55:35	7



Thank you - Jim, Marisa and Tim for a great open water swim.

# T Hills Sizzling / Drizzling Summer Meet - June 6

**W = Breaks listed World Record, N = Breaks listed National Record, Z = Zone Record O = Oregon Record (N & W includes Zone, Oregon, - Z includes Oregon,)**

**Women 18-24**

50 LC Meter Freestyle			
1	Willia, Briana	23 OREG	31.40
2	Esser, Elizabeth	23 OREG	32.09
100 LC Meter Freestyle			
1	Esser, Elizabeth	23 OREG	1:09.05
200 LC Meter Freestyle			
<b>1</b>	<b>Willia, Briana</b>	<b>23 OREG</b>	<b>2:25.39 O</b>
2	Esser, Elizabeth	23 OREG	2:32.35
800 LC Meter Freestyle			
1	Hornli, Laila	20 OREG	13:28.04
50 LC Meter Breaststroke			
1	Willia, Briana	23 OREG	41.70
2	Woolner, Ursula	19 UNAT	45.29
3	Hornli, Laila	20 OREG	45.75
100 LC Meter Breaststroke			
1	Woolner, Ursula	19 UNAT	1:38.90
2	Hornli, Laila	20 OREG	1:42.05
50 LC Meter Butterfly			
1	Esser, Elizabeth	23 OREG	36.42
2	Woolner, Ursula	19 UNAT	36.82
100 LC Meter Butterfly			
1	Willia, Briana	23 OREG	1:16.66
200 LC Meter IM			
1	Willia, Briana	23 OREG	2:45.01
<b>Women 30-34</b>			
50 LC Meter Freestyle			
1	Molenda, Anne	34 OREG	32.19
2	Arata, Melissa	33 OREG	32.34
100 LC Meter Freestyle			
1	Thies, Lauren	30 OREG	1:01.31
2	Pryor, Evelyn	32 OREG	1:13.20
3	Molenda, Anne	34 OREG	1:13.73
4	Sitler, Kealey	32 OREG	1:15.59
5	Alkezweeny, Tina	34 PNA	1:24.49
200 LC Meter Freestyle			
1	Thayer, Kathleen	30 OREG	2:34.95
2	Pryor, Evelyn	32 OREG	2:43.74
800 LC Meter Freestyle			
1	Thies, Lauren	30 OREG	10:05.85
2	Thayer, Kathleen	30 OREG	11:03.33
50 LC Meter Backstroke			
1	Arata, Melissa	33 OREG	36.05
100 LC Meter Backstroke			
1	Arata, Melissa	33 OREG	1:18.91
2	Thayer, Kathleen	30 OREG	1:22.32
3	Pryor, Evelyn	32 OREG	1:29.38
4	Sitler, Kealey	32 OREG	1:34.62
5	Alkezweeny, Tina	34 PNA	1:35.30
200 LC Meter Backstroke			
1	Arata, Melissa	33 OREG	2:49.53
2	Thayer, Kathleen	30 OREG	3:03.62
50 LC Meter Breaststroke			
<b>1</b>	<b>Thies, Lauren</b>	<b>30 OREG</b>	<b>37.80 Z</b>
2	Molenda, Anne	34 OREG	42.00
3	Alkezweeny, Tina	34 PNA	51.39
100 LC Meter Breaststroke			
1	Molenda, Anne	34 OREG	1:34.78
100 LC Meter Butterfly			

1	Pryor, Evelyn	32 OREG	1:30.61
200 LC Meter IM			
1	Arata, Melissa	33 OREG	2:54.17
2	Pryor, Evelyn	32 OREG	3:06.14
3	Sitler, Kealey	32 OREG	3:21.72
4	Alkezweeny, Tina	34 PNA	3:35.86

**Women 35-39**

50 LC Meter Freestyle			
1	Shindel, Marci	35 OREG	33.29
2	Edwards, Bonnie	37 OREG	34.41
3	Harrison, Eliz.	35 OREG	48.98
100 LC Meter Freestyle			
1	Jacobs-Brown, M.	38 OREG	1:16.61
2	Edwards, Bonnie	37 OREG	1:17.39
200 LC Meter Freestyle			
1	Harrison, Eliz.	35 OREG	3:55.04
50 LC Meter Breaststroke			
1	Shindel, Marci	35 OREG	40.18
100 LC Meter Breaststroke			
1	Shindel, Marci	35 OREG	1:31.89
50 LC Meter Butterfly			
1	Harrison, Eliz.	35 OREG	1:03.54
200 LC Meter IM			
1	Harrison, Eliz.	35 OREG	4:59.70

**Women 40-44**

50 LC Meter Freestyle			
1	Corbeau, Shannon	43 OREG	29.55
2	Shaw, Susan	42 OREG	36.93
100 LC Meter Freestyle			
1	Frieder, Marisa	40 OREG	1:18.95
800 LC Meter Freestyle			
1	Young, Susie	40 OREG	11:25.75
50 LC Meter Backstroke			
1	Corbeau, Shannon	43 OREG	35.47
2	Young, Susie	40 OREG	41.70
3	Frieder, Marisa	40 OREG	43.86
4	Brennan, Tammy	41 OREG	52.42
100 LC Meter Backstroke			
1	Marsh, Kathy	42 OREG	1:35.17
2	Shaw, Susan	42 OREG	1:42.28
200 LC Meter Backstroke			
1	Young, Susie	40 OREG	3:09.60
50 LC Meter Breaststroke			
1	Corbeau, Shannon	43 OREG	39.42
2	Frieder, Marisa	40 OREG	43.50
3	Young, Susie	40 OREG	45.23
100 LC Meter Breaststroke			
1	Frieder, Marisa	40 OREG	1:34.39
2	Shaw, Susan	42 OREG	1:46.64
50 LC Meter Butterfly			
1	Young, Susie	40 OREG	37.59
2	Frieder, Marisa	40 OREG	44.76
200 LC Meter IM			
1	Marsh, Kathy	42 OREG	3:22.73

**Women 45-49**

50 LC Meter Freestyle			
1	Fox, Christina	49 OREG	39.37
200 LC Meter Freestyle			
1	Fox, Christina	49 OREG	3:08.42

100 LC Meter Backstroke			
1	Black, Jill	47 OREG	1:24.94
2	Fox, Christina	49 OREG	1:42.46
50 LC Meter Breaststroke			
1	Caswell, Mj	48 OREG	41.72
2	Black, Jill	47 OREG	47.87
100 LC Meter Breaststroke			
1	Fox, Christina	49 OREG	1:48.74
200 LC Meter Breaststroke			
1	Caswell, Mj	48 OREG	3:16.80
2	Fox, Christina	49 OREG	3:45.47

**Women 50-54**

50 LC Meter Freestyle			
1	Buck, Donna	50 OREG	31.40
2	Lamoureux, Lori	50 OREG	34.77
3	Bender, Sherry	50 OREG	39.30
4	Barron, Dana	51 OREG	58.16
100 LC Meter Freestyle			
1	Vincent, Nancy	50 OREG	1:18.11
2	Bender, Sherry	50 OREG	1:27.02
3	Barron, Dana	51 OREG	2:07.14
200 LC Meter Freestyle			
1	Bender, Sherry	50 OREG	3:16.77
800 LC Meter Freestyle			
1	Bender, Sherry	50 OREG	14:33.46
100 LC Meter Backstroke			
1	Andrus-Hughes, K52	OREG	1:19.50
2	Crabbe, Colette	53 OREG	1:22.33
3	Buck, Donna	50 OREG	1:28.47
50 LC Meter Breaststroke			
1	Vincent, Nancy	50 OREG	43.51
2	Lamoureux, Lori	50 OREG	45.09
3	Barron, Dana	51 OREG	1:09.38
100 LC Meter Breaststroke			
1	Barron, Dana	51 OREG	2:46.88
200 LC Meter Breaststroke			
1	Vincent, Nancy	50 OREG	3:28.51
50 LC Meter Butterfly			
1	Andrus-Hughes, K52	OREG	35.34
2	Buck, Donna	50 OREG	36.18

**Women 55-59**

50 LC Meter Freestyle			
1	Budd, Elizabeth	55 OREG	37.33
2	Gray, Jane	58 OREG	39.26
100 LC Meter Freestyle			
1	Budd, Elizabeth	55 OREG	1:19.37
2	Summers, Jeanna	55 OREG	1:21.90
3	Gray, Jane	58 OREG	1:30.59
200 LC Meter Freestyle			
1	Gray, Jane	58 OREG	3:27.37
800 LC Meter Freestyle			
1	Budd, Elizabeth	55 OREG	12:25.39
50 LC Meter Backstroke			
1	Summers, Jeanna	55 OREG	41.70
2	Budd, Elizabeth	55 OREG	43.00
100 LC Meter Backstroke			
1	Budd, Elizabeth	55 OREG	1:30.80
50 LC Meter Butterfly			
1	Summers, Jeanna	55 OREG	51.42



200 LC Meter Butterfly	2	Esser, Thomas	21 OREG	30.88	2	Odegard, Kyle	35 OREG	1:27.50
1 Asleson, Elke	57 OREG	3:58.25	100 LC Meter Freestyle		1	Jelen, Doug	36 PNA	2:34.90
200 LC Meter IM			1 Barron, James	20 OREG	1:00.01	50 LC Meter Breaststroke		
1 Asleson, Elke	57 OREG	3:41.98	1 Asleson, Kris	21 OREG	33.16	1 Daniels, Joseph	35 OREG	35.07
400 LC Meter IM			2 Esser, Thomas	21 OREG	40.35	2 Layng, Brent	39 OREG	36.54
1 Summers, Jeanna	55 OREG	7:27.63	100 LC Meter Breaststroke			3 Braun, Mark	38 OREG	40.88
<b>Women 60-64</b>			1 Esser, Thomas	21 OREG	1:32.89	100 LC Meter Breaststroke		
200 LC Meter Freestyle			100 LC Meter Butterfly			1 Layng, Brent	39 OREG	1:23.23
1 Ellis, Esther	64 OREG	4:20.02	1 Barron, James	20 OREG	1:10.83	2 Braun, Mark	38 OREG	1:30.62
800 LC Meter Freestyle			200 LC Meter IM			200 LC Meter Breaststroke		
1 Binder, Lauren	62 OREG	13:45.81	1 Esser, Thomas	21 OREG	2:59.11	1 Elliott, Scot	35 OREG	3:02.66
2 Ellis, Esther	64 OREG	18:35.34	<b>Men 25-29</b>			2 Layng, Brent	39 OREG	3:02.92
50 LC Meter Backstroke			50 LC Meter Freestyle			3 Daniels, Joseph	35 OREG	3:05.10
1 Stark, Carol	61 OREG	57.11	1 Cook, Alexander	27 OREG	30.61	50 LC Meter Butterfly		
100 LC Meter Backstroke			100 LC Meter Freestyle			1 Jelen, Doug	36 PNA	29.55
1 Stark, Carol	61 OREG	2:10.14	1 Johns, Brock	25 OREG	1:00.64	2 Tujo, Christian	38 OREG	29.88
200 LC Meter Backstroke			2 Kaden, Will	29 OREG	1:06.77	3 Odegard, Kyle	35 OREG	33.38
1 Stark, Carol	61 OREG	5:00.17	3 Cook, Alexander	27 OREG	1:10.72	100 LC Meter Butterfly		
2 Ellis, Esther	64 OREG	5:25.79	100 LC Meter Backstroke			1 Tujo, Christian	38 OREG	1:09.26
50 LC Meter Breaststroke			1 Kaden, Will	29 OREG	1:26.19	2 Odegard, Kyle	35 OREG	1:26.92
1 Pierson, Ginger	63 OREG	45.56	50 LC Meter Breaststroke			200 LC Meter Butterfly		
100 LC Meter Breaststroke			1 Johns, Brock	25 OREG	34.94	1 Tujo, Christian	38 OREG	2:53.76
1 Pierson, Ginger	63 OREG	1:39.41	2 Kaden, Will	29 OREG	36.85	400 LC Meter IM		
200 LC Meter Breaststroke			3 Cook, Alexander	27 OREG	40.64	1 Jelen, Doug	36 PNA	5:29.95
1 Pierson, Ginger	63 OREG	3:40.22	100 LC Meter Breaststroke			2 Tujo, Christian	38 OREG	6:05.57
50 LC Meter Butterfly			1 Johns, Brock	25 OREG	1:21.26	<b>Men 40-44</b>		
1 Ellis, Esther	64 OREG	1:27.78	2 Cook, Alexander	27 OREG	1:35.29	50 LC Meter Freestyle		
<b>Women 65-69</b>			200 LC Meter Breaststroke			1 Wan, Eric	43 OREG	25.86
50 LC Meter Freestyle			1 Johns, Brock	25 OREG	3:01.08	2 Kaufman, Seth	41 OREG	28.34
1 Ward, Joy	67 OREG	38.27	50 LC Meter Butterfly			3 Karyukin, Andrei	44 OREG	31.99
100 LC Meter Freestyle			1 Cleary, Kevin	26 OREG	31.66	4 Rudolph, Chris	40 OREG	32.24
1 Sitter, Darby	66 OREG	2:16.56	2 Johns, Brock	25 OREG	32.11	5 Young, Brian	42 OREG	33.04
50 LC Meter Backstroke			3 Kaden, Will	29 OREG	33.57	6 Roberts, Evan	40 OREG	33.36
1 Ward, Joy	67 OREG	43.51	4 Cook, Alexander	27 OREG	35.61	7 Courtney, Daryl	40 OREG	41.83
2 Sitter, Darby	66 OREG	1:26.18	400 LC Meter IM			100 LC Meter Freestyle		
100 LC Meter Backstroke			1 Cleary, Kevin	26 OREG	6:13.81	1 Wan, Eric	43 OREG	56.77
1 Ward, Joy	67 OREG	1:34.58	<b>Men 30-34</b>			2 Shoup, David	43 OREG	1:01.50
50 LC Meter Breaststroke			50 LC Meter Freestyle			3 Kaufman, Seth	41 OREG	1:03.13
1 Sitter, Darby	66 OREG	1:20.19	1 Johnson, Steven	34 OREG	33.87	4 Karyukin, Andrei	44 OREG	1:10.84
50 LC Meter Butterfly			100 LC Meter Freestyle			5 Young, Brian	42 OREG	1:18.29
1 Ward, Joy	67 OREG	41.86	1 Johnson, Steven	34 OREG	1:18.36	6 Roberts, Evan	40 OREG	1:18.70
2 Sitter, Darby	66 OREG	1:17.98	200 LC Meter Freestyle			200 LC Meter Freestyle		
<b>Women 75-79</b>			1 Johnson, Steven	34 OREG	3:07.24	1 Shoup, David	43 OREG	2:20.93
100 LC Meter Freestyle			50 LC Meter Backstroke			2 Rudolph, Chris	40 OREG	2:46.30
1 L'Esperance, Bev	77 OREG	2:39.09	1 Bogdan, Sander	31 PNA	38.97	800 LC Meter Freestyle		
200 LC Meter Freestyle			100 LC Meter Backstroke			1 Kaufman, Seth	41 OREG	11:35.62
1 L'Esperance, Bev	77 OREG	5:47.53	1 Johnson, Steven	34 OREG	1:40.53	50 LC Meter Backstroke		
800 LC Meter Freestyle			50 LC Meter Breaststroke			1 Roberts, Evan	40 OREG	44.38
1 Varty, Eulah	75 MSBC	17:56.73	1 Bogdan, Sander	31 PNA	34.82	2 Courtney, Daryl	40 OREG	55.56
50 LC Meter Backstroke			50 LC Meter Butterfly			100 LC Meter Backstroke		
1 L'Esperance, Bev	77 OREG	1:22.10	1 Bogdan, Sander	31 PNA	32.44	1 Wan, Eric	43 OREG	1:14.01
100 LC Meter Backstroke			<b>Men 35-39</b>			2 Young, Brian	42 OREG	1:46.77
1 L'Esperance, Bev	77 OREG	2:58.35	50 LC Meter Freestyle			50 LC Meter Breaststroke		
200 LC Meter Backstroke			1 Odegard, Kyle	35 OREG	31.25	1 Waud, Timothy	42 OREG	35.29
1 L'Esperance, Bev	77 OREG	6:42.92	100 LC Meter Freestyle			2 Roberts, Evan	40 OREG	42.65
100 LC Meter Breaststroke			1 Odegard, Kyle	35 OREG	1:10.12	3 Rudolph, Chris	40 OREG	43.22
1 Varty, Eulah	75 MSBC	2:13.01	200 LC Meter Freestyle			4 Young, Brian	42 OREG	43.75
200 LC Meter Breaststroke			1 Jelen, Doug	36 PNA	2:19.00	5 Courtney, Daryl	40 OREG	49.28
1 Varty, Eulah	75 MSBC	4:34.95	2 Layng, Brent	39 OREG	2:34.91	100 LC Meter Breaststroke		
200 LC Meter IM			800 LC Meter Freestyle			1 Waud, Timothy	42 OREG	1:19.00
1 Varty, Eulah	75 MSBC	4:27.62	1 Elliott, Scot	35 OREG	11:14.99	2 Roberts, Evan	40 OREG	1:40.73
<b>Men 18-24</b>			100 LC Meter Backstroke			200 LC Meter Breaststroke		
50 LC Meter Freestyle			1 Jelen, Doug	36 PNA	1:10.40	1 Waud, Timothy	42 OREG	2:52.10
1 Asleson, Kris	21 OREG	26.65				50 LC Meter Butterfly		

1 Shoup, David 43 OREG 30.34	2 Morita-Mcvey, T. 52 UNAT 34.10	3 Ellis, John 63 OREG 1:28.07
2 Karyukin, Andrei 44 OREG 32.47	100 LC Meter Backstroke	200 LC Meter Freestyle
3 Rudolph, Chris 40 OREG 34.92	1 Morita-Mcvey, T. 52 UNAT 1:18.46	1 Dasch, Vern 60 OREG 2:33.68
4 Young, Brian 42 OREG 40.04	2 Scoville, Brent 52 OREG 1:22.48	2 Ellis, John 63 OREG 3:15.11
100 LC Meter Butterfly	3 Helm, Charlie 53 OREG 2:16.72	3 Smith, William 64 OREG 3:26.04
1 Karyukin, Andrei 44 OREG 1:20.11	200 LC Meter Backstroke	4 Shelfer, Robert 64 OREG 3:35.78
200 LC Meter IM	1 Morita-Mcvey, T. 52 UNAT 2:54.17	800 LC Meter Freestyle
1 Rudolph, Chris 40 OREG 3:08.00	2 Ramsey, Ed 53 OREG 2:58.56	1 Ellis, John 63 OREG 13:42.38
<b>Men 45-49</b>	3 Scoville, Brent 52 OREG 3:00.61	50 LC Meter Breaststroke
50 LC Meter Freestyle	50 LC Meter Breaststroke	1 Shelfer, Robert 64 OREG 48.16
1 Washburne, Brent 48 OREG 26.66	1 Dowd, Mike 51 OREG 39.76	100 LC Meter Breaststroke
2 Hathaway, David 49 OREG 28.11	2 Roberts, Steve 51 OREG 45.25	<b>1 Stark, Allen 60 OREG 1:22.76 Z</b>
3 Cossey, Terry 45 OREG 31.09	100 LC Meter Breaststroke	200 LC Meter Breaststroke
4 Turcott, Michael 46 PNA 33.59	1 Dowd, Mike 51 OREG 1:26.35	1 Smith, William 64 OREG 4:07.92
5 Engstrom, Ken 47 OREG 37.20	200 LC Meter Breaststroke	2 Shelfer, Robert 64 OREG 4:29.63
100 LC Meter Freestyle	1 Dowd, Mike 51 OREG 3:09.55	50 LC Meter Butterfly
1 Hathaway, David 49 OREG 1:01.53	50 LC Meter Butterfly	1 Stark, Allen 60 OREG 32.45
2 Cossey, Terry 45 OREG 1:09.78	1 La Count, Curt 51 OREG 29.24	100 LC Meter Butterfly
3 Boone, Lou 48 OREG 1:12.05	2 Dwight, Charles 54 OREG 31.62	1 Ellis, John 63 OREG 2:06.60
4 Turcott, Michael 46 PNA 1:17.42	3 Peyton, Mike 54 OREG 34.77	200 LC Meter Butterfly
200 LC Meter Freestyle	100 LC Meter Butterfly	<b>1 Stark, Allen 60 OREG 2:58.82 Z</b>
1 Cossey, Terry 45 OREG 2:41.46	1 Dowd, Mike 51 OREG 1:32.90	200 LC Meter IM
2 Turcott, Michael 46 PNA 3:11.73	200 LC Meter IM	1 Ellis, John 63 OREG 3:52.20
800 LC Meter Freestyle	1 Scoville, Brent 52 OREG 2:55.66	400 LC Meter IM
1 Turcott, Michael 46 PNA 13:40.25	2 Brunner, Ted 53 OREG 3:11.37	1 Smith, William 64 OREG 8:50.68
50 LC Meter Backstroke	400 LC Meter IM	<b>Men 65-69</b>
1 Washburne, Brent 48 OREG 34.50	1 Dowd, Mike 51 OREG 6:53.64	50 LC Meter Freestyle
2 Palladino, Doug 46 FLAQ 34.77	<b>Men 55-59</b>	1 Smith, Robert 66 OREG 31.03
3 Boone, Lou 48 OREG 38.82	50 LC Meter Freestyle	2 Keudell, David 69 OREG 39.96
50 LC Meter Breaststroke	1 Edwards, Wes 56 OREG 27.13	50 LC Meter Breaststroke
<b>1 Corbeau, James 45 OREG 32.17 Z</b>	2 Yensen, Kermit 56 OREG 29.64	1 Smith, Robert 66 OREG 42.00
2 Washburne, Brent 48 OREG 37.19	3 Darnell, Stephen 55 OREG 38.31	2 Keudell, David 69 OREG 45.93
3 Palladino, Doug 46 FLAQ 38.79	100 LC Meter Freestyle	100 LC Meter Breaststroke
4 Boone, Lou 48 OREG 39.15	1 Larson, Allen 56 OREG 1:12.43	1 Keudell, David 69 OREG 1:46.05
5 Cossey, Terry 45 OREG 42.10	200 LC Meter Freestyle	<b>Men 70-74</b>
6 Engstrom, Ken 47 OREG 50.08	1 Yensen, Kermit 56 OREG 2:29.82	50 LC Meter Freestyle
100 LC Meter Breaststroke	2 Larson, Allen 56 OREG 2:44.33	1 Petersen, Bert 71 OREG 34.80
1 Corbeau, James 45 OREG 1:12.75	800 LC Meter Freestyle	2 Mills, Bill 70 UNAT 39.89
2 Boone, Lou 48 OREG 1:29.45	1 Larson, Allen 56 OREG 12:14.92	100 LC Meter Freestyle
3 Engstrom, Ken 47 OREG 1:51.06	50 LC Meter Backstroke	1 Mills, Bill 70 UNAT 1:28.17
50 LC Meter Butterfly	1 Edwards, Wes 56 OREG 31.37	200 LC Meter Freestyle
1 Washburne, Brent 48 OREG 28.52	2 Darnell, Stephen 55 OREG 44.80	1 Mills, Bill 70 UNAT 3:33.82
2 Palladino, Doug 46 FLAQ 31.87	100 LC Meter Backstroke	50 LC Meter Butterfly
3 Boone, Lou 48 OREG 33.91	1 Darnell, Stephen 55 OREG 1:36.91	1 Petersen, Bert 71 OREG 35.21
4 Turcott, Michael 46 PNA 41.16	50 LC Meter Breaststroke	2 Mills, Bill 70 UNAT 48.38
200 LC Meter Butterfly	1 Cotter, Patrick 59 UNAT 38.12	<b>Men 75-79</b>
1 Hathaway, David 49 OREG 2:47.53	2 Darnell, Stephen 55 OREG 51.06	50 LC Meter Freestyle
<b>Men 50-54</b>	100 LC Meter Breaststroke	<b>1 Radcliff, David 75 OREG 31.08 N</b>
50 LC Meter Freestyle	1 Cotter, Patrick 59 UNAT 1:26.30	100 LC Meter Freestyle
1 La Count, Curt 51 OREG 28.64	200 LC Meter Breaststroke	1 King, Bill 76 OREG 1:24.91
2 Peyton, Mike 54 OREG 28.94	1 Cotter, Patrick 59 UNAT 3:19.68	200 LC Meter Freestyle
3 Dwight, Charles 54 OREG 29.30	50 LC Meter Butterfly	<b>1 Radcliff, David 75 OREG 2:25.66 W</b>
4 Morita-Mcvey, T. 52 UNAT 30.04	<b>1 Edwards, Wes 56 OREG 29.78 O</b>	2 King, Bill 76 OREG 3:19.61
5 Roberts, Steve 51 OREG 32.50	2 Yensen, Kermit 56 OREG 32.45	50 LC Meter Breaststroke
6 Helm, Charlie 53 OREG 37.69	100 LC Meter Butterfly	1 Weick, Dick 75 OREG 45.70
100 LC Meter Freestyle	1 Tennant, Mike 56 OREG 1:13.26	2 Marks, Milton 79 OREG 46.45
1 La Count, Curt 51 OREG 1:04.56	200 LC Meter Butterfly	100 LC Meter Breaststroke
2 Peyton, Mike 54 OREG 1:05.95	<b>1 Tennant, Mike 56 OREG 2:57.56 O</b>	1 Marks, Milton 79 OREG 1:52.46
3 Morita-Mcvey, T. 52 UNAT 1:07.23	2 Yensen, Kermit 56 OREG 3:11.19	200 LC Meter Breaststroke
4 Scoville, Brent 52 OREG 1:08.89	200 LC Meter IM	1 Marks, Milton 79 OREG 4:11.87
5 Roberts, Steve 51 OREG 1:12.24	<b>1 Tennant, Mike 56 OREG 2:38.58 O</b>	200 LC Meter IM
6 Helm, Charlie 53 OREG 1:27.34	2 Yensen, Kermit 56 OREG 2:51.00	1 Weick, Dick 75 OREG 3:39.35
200 LC Meter Freestyle	<b>Men 60-64</b>	<b>Men 85-89</b>
1 Peyton, Mike 54 OREG 2:33.50	50 LC Meter Freestyle	50 LC Meter Freestyle
2 Scoville, Brent 52 OREG 2:35.47	1 Dasch, Vern 60 OREG 29.47	1 Lamb, Willard 87 OREG 38.26
3 Brunner, Ted 53 OREG 2:42.94	2 Head, David 61 OREG 36.05	2 Fixott, Rupert 88 OREG 1:02.00
4 Helm, Charlie 53 OREG 3:28.00	100 LC Meter Freestyle	3 Bushey, Charles 88 OREG 1:03.98
50 LC Meter Backstroke	1 Dasch, Vern 60 OREG 1:04.79	100 LC Meter Freestyle
1 La Count, Curt 51 OREG 32.97	2 Head, David 61 OREG 1:21.71	1 Lamb, Willard 87 OREG 1:31.70

2	Fixott, Rupert	88 OREG	2:30.56
200 LC Meter Freestyle			
1	Lamb, Willard	87 OREG	3:31.82
2	Bushey, Charles	88 OREG	5:56.50
800 LC Meter Freestyle			
1	Lamb, Willard	87 OREG	15:44.60
50 LC Meter Backstroke			
1	Lamb, Willard	87 OREG	51.14
2	Fixott, Rupert	88 OREG	1:10.88
3	Bushey, Charles	88 OREG	1:22.83
200 LC Meter Backstroke			
1	Bushey, Charles	88 OREG	6:41.91
50 LC Meter Breaststroke			
1	Fixott, Rupert	88 OREG	1:15.07
<b>Men 90-94</b>			
50 LC Meter Freestyle			
1	<b>Holden, Andrew</b>	<b>90 OREG</b>	<b>49.45 Z</b>
50 LC Meter Backstroke			
1	<b>Holden, Andrew</b>	<b>90 OREG</b>	<b>1:03.62 O</b>
50 LC Meter Breaststroke			
1	<b>Holden, Andrew</b>	<b>90 OREG</b>	<b>1:20.23 O</b>
50 LC Meter Butterfly			
1	<b>Holden, Andrew</b>	<b>90 OREG</b>	<b>1:05.95 Z</b>
<b>Relays</b>			
<b>Women 120-159 200 LC Meter Free Relay</b>			
1	OREG		2:35.71
1)	Marsh, K. 42	2)	Shaw, S. 42
3)	Brennan, T. 41	4)	Hornli, L. 20
<b>Women 120-159 800 LC Meter Free Relay</b>			
1	OREG		11:11.69 Z
1)	Molenda, A. 34	2)	Sitler, K. 32
3)	Jacobs-Brown, M. 38	4)	Thayer, K. 30
<b>Women 120-159 200 LC Meter Med. Relay</b>			
1	OREG		3:01.86

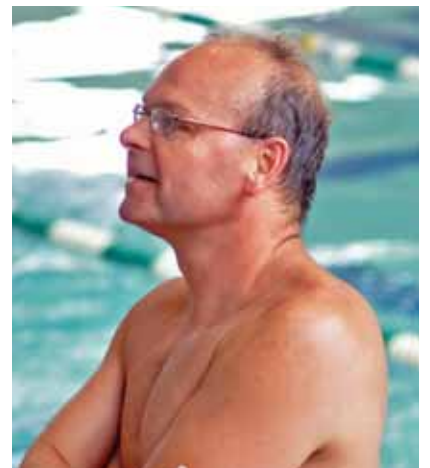
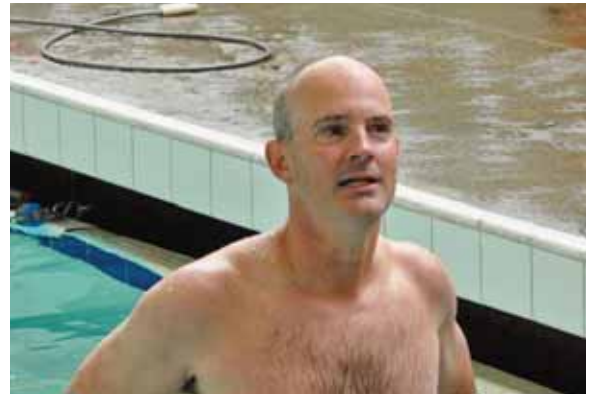
1)	Brennan, T. 41	2)	Hornli, L. 20
3)	Marsh, K. 42	4)	Shaw, S. 42
<b>Women 200-239 200 LC Meter Free Relay</b>			
1	OREG		3:11.52
1)	Binder, L. 62	2)	Stark, C. 61
3)	Barron, D. 51	4)	Bender, S. 50
<b>Men 120-159 200 LC Meter Free Relay</b>			
1	OREG		2:00.32
1)	Rudolph, C. 40	2)	Layng, B. 39
3)	Barron, J. 20	4)	Shoup, D. 43
<b>Men 160-199 200 LC Meter Free Relay</b>			
1	OREG		2:05.92
1)	Esser, T. 21	2)	Roberts, S. 51
3)	Dwight, C. 54	4)	La Count, C. 51
2	OREG		2:11.49
1)	Karyukin, A. 44	2)	Young, B. 42
3)	Brunner, T. 53	4)	Head, D. 61
3	OREG		2:13.50
1)	Larson, A. 56	2)	Braun, M. 38
3)	Helm, C. 53	4)	Boone, L. 48
<b>Men 160-199 200 LC Meter Medley Relay</b>			
1	OREG		2:30.02
1)	Darnell, S. 55	2)	Layng, B. 39
3)	Shoup, D. 43	4)	Rudolph, C. 40
<b>Men 160-199 400 LC Meter Medley Relay</b>			
1	OREG		4:38.11 Z
1)	<b>La Count, C. 51</b>	2)	<b>Waud, T. 42</b>
3)	<b>Cleary, K. 26</b>	4)	<b>Wan, E. 43</b>
<b>Men 200-239 800 LC Meter Free Relay</b>			
1	OREG		9:58.88 Z
1)	Dowd, M. 51	2)	Washburne, B. 48
3)	Peyton, M. 54	4)	Hathaway, D. 49
<b>Mixed 120-159 200 LC Meter Free Relay</b>			
1	OREG		2:14.38

1)	Esser, E. 23	2)	Roberts, S. 51
3)	Lamoureux, L. 50	4)	Esser, T. 21
2	OREG		2:33.82
1)	Darnell, S. 55	2)	Rudolph, C. 40
3)	Hornli, L. 20	4)	Shaw, S. 42
<b>Mixed 120-159 400 LC Meter Free Relay</b>			
1	OREG		4:23.21 Z
1)	<b>Willia, B. 23</b>	2)	<b>Pryor, E. 32</b>
3)	<b>Washburne, B. 48</b>	4)	<b>Wan, E. 43</b>
<b>Mixed 120-159 200 LC Meter Medley Relay</b>			
1	OREG		3:06.09
1)	Brennan, T. 41	2)	Darnell, S. 55
3)	Rudolph, C. 40	4)	Hornli, L. 20
<b>Mixed 160-199 200 LC Meter Free Relay</b>			
1	OREG		2:19.68
1)	Bender, S. 50	2)	Marsh, K. 42
3)	Barron, J. 20	4)	Layng, B. 39
<b>Mixed 160-199 200 LC Meter Medley Relay</b>			
1	OREG		2:28.35
1)	La Count, C. 51	2)	Lamoureux, L. 50
3)	Esser, E. 23	4)	Dwight, C. 54
2	OREG		2:43.38
1)	Shaw, S. 42	2)	Layng, B. 39
3)	Barron, J. 20	4)	Binder, L. 62
<b>Mixed 240-279 200 LC Meter Free Relay</b>			
1	OREG		2:51.27
1)	Petersen, B. 71	2)	Stark, A. 60
3)	Binder, L. 62	4)	Barron, D. 51
<b>Mixed 240-279 200 LC Meter Medley Relay</b>			
1	OREG		2:58.20
1)	Stark, C. 61	2)	Stark, A. 60
3)	Petersen, B. 71	4)	Bender, S. 50



**Elfie, glad you are OK - we want to keep seeing that smile at our meets!**

Candid Shots at the T Hills Meet by Fred Kawabata



## Foster Laker Open Water Swim - June 27, 2009

### Foster Lake 2009: 1000-meter Results

Sx	AgGrp	Pl	Name	Age	Club	Time	F/M	Overall
F	18-24	1	Markwardt, Sheri	24	HMS	17:50	4	7
F	25-29	1	Sernoffsky, Lara	28	UNAT	23:06	6	15
F	30-34	1	Kirkwood, Erin	32	OR-pccm	17:27	3	6
F	35-39	1	Lassen, Megan	38	OR-orm	15:22	1	3
F	40-44	1	Nyerges, Gyorgi	40	UNAT	25:58	7	17
F	45-49	1	Young, Joni	48	OR-scc	16:32	2	4
F	50-54	1	Schob, Laura	50	OR-coma	18:18	5	9
M	18-24	1	Yensen, Zachary	20	UNAT	16:53	3	5
M	25-29	1	Held, Martin	29	UNAT	25:25	10	16
M	40-44	1	Proffitt, Jamie	44	OR-coma	14:25	1	1
M	40-44	2	Waud, Tim	42	OR-orm	14:52	2	2
M	40-44	3	Sloop, Steve	44	OR-coma	18:18	5	10
M	45-49	1	Griley, John	48	OR-coma	19:15	6	11
M	45-49	2	Turcott, Michael	45	PNA	20:01	8	13
M	50-54	1	Neubert, Mark	52	OR-ncms	20:25	9	14
M	50-54	2	Cobarrubias, Mike	50	OR-unat	25:46	11	18
M	55-59	1	Yensen, Kermit	56	OR-thb	17:55	4	8
M	55-59	2	Carew, Mike	59	OR-coma	19:32	7	12



**Jamie Proffitt and Megan Lassen - 1000 Winners**

### Foster Lake 2009: 2000-meter Results

Sx	AgGrp	Pl	Name	Age	Club	Time	F/M	Overall
F	18-24	1	Teasdale, Claire	21	UNAT	37:04	5	11
F	18-24	2	Grundy, Allison	19	UNAT	40:46	8	14
F	30-34	1	Parker, Jackie	31	OR-open	37:43	6	12
F	35-39	1	Smidt, Cyndi	39	OR-coma	36:45	4	9
F	35-39	2	Vintrova, Renate	37	UNAT	44:18	10	17
F	40-44	1	Watkins, Betsy	44	OR-orm	31:22	1	2
F	45-49	1	Denney, Kris	49	OR-coma	32:32	2	6
F	45-49	2	Sullivan, Sheila	48	UNAT	38:13	7	13
F	45-49	3	Orner, Gayle	46	OR-cbat	45:30	11	19
F	55-59	1	Budd, Elizabeth	55	OR-cat	36:43	3	8
F	55-59	2	Hodesson, Deborah	58	OR-coma	43:48	9	16
M	18-24	1	Branche, Kyle	21	UNAT	32:29	4	5
M	30-34	1	Groesz, Jeremy	33	OR-coma	45:58	9	20
M	35-39	1	Lassen, Jason	36	OR-orm	43:08	7	15

M	40-44	1	Higley, Rob	43	OR-coma	31:05	1	1
M	45-49	1	Henderson, Matt	49	UNAT	36:47	6	10
M	50-54	1	Ramsey, Ed	53	OR-thb	32:23	2	3
M	50-54	2	Dow, Keith	53	OR-open	33:37	5	7
M	50-54	3	Carter, Walt	53	OR-coma	44:56	8	18
M	75-79	1	Radcliff, Dave	75	OR-thb	32:28	3	4



Steve Johnson, Wet Suit Winner; Rob Higley and Betsy Watkins, 2000 Winners

**Foster Lake 2009: 2000-meter Results (wetsuit)**

Sx	AgGrp	Pl	Name	Age	Club	Time	F/M	Overall
F	35-39	1	Ebbert, Cari	35	UNAT	41:26	3	5
F	45-49	1	Nirell, Lisa	47	OR-coma	37:02	1	2
F	45-49	2	Juurma, Anne	47	OR-unat	38:21	2	4
F	55-59	1	Asleson, Elke	57	OR-cat	43:07	4	6
M	55-59	1	Simon, Jack	58	OR-unat	37:31	2	3
M	60-64	2	Johnson, Steve	61	OR-ea	28:20	1	1

**Foster Lake 2009: 3 x 400 Pursuit Relay**

Pl	Team Name
1	Drei Herr ( Z Yensen, Bragg, Waud)
2	Slooping on the Den of the Bud (Denney, Budd, Sloop)
3	Nudibranches (Orner, Kirkwood, Ramsey)
4	Tres Amigos (Carter, K Yensen, Higley)
5	Old Man of the Sea and the Mermaids (Nyerges, Parker, Radcliff)
6	The Good, the Bad, and the Ugly (Dow, Ebbert, Branche)
7	Three Blind Men (J Lassen, Neubert, Proffitt)
8	Water Retainers (Young, Smidt, M Lassen)

**Foster Lake 2009: Dog Tandem Challenge**

Pl	Team Name	Time
1	Jeremy Groesz & Dozer	54.79
2	Erin Kirkwood & Chugach	56.93
3	Matt Denney & Loki	59.66
4	Kyle Branche & Blue	1:03.13
5	Ed Ramsey & Daisy	1:05.26
6	Kris Denney & Paisley	1:07.71
7	Robin Bragg & Bella	1:10.19
8	Cari Ebbert & Sterling	1:14.09
9	Deb Hoddeson & Skaana	1:14.26
10	Tim Waud & Missy	1:19.32
x	Gayle Orner & Bear	DNF



**Short Course Meters Pentathlon**

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #379-09  
 Eligibility: Currently registered USMS swimmers, 18 years and older.  
 Unregistered swimmers must submit a 2010 registration form and fee with this form.

Hosted by: Central Oregon Masters Aquatics (COMA)  
 Juniper Swim & Fitness Center  
 800 NE 6th St., Bend, OR

DATE: Saturday, November 14, 2009

25 meters  
 6-8 lanes competition-Colorado electronic timing system  
 At least 4 lanes of continuous warm-up/down

**WARM-UPS: NOON**  
**MEET STARTS: 1PM**

Meet director: Bob Bruce • Phone: 541-317-4851 • E-mail: coachbob@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. Park in the North Lot or adjacent streets.

**ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2010 REGISTRATION FORM WITH THIS ENTRY.**

**ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY, OCTOBER 30, 2009**

*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 12-31-09) \_\_\_\_\_ SEX \_\_\_\_\_  
 2009 USMS # \_\_\_\_\_  
 USMS CLUB (OREG, PNA, ETC) \_\_\_\_\_  
 IS THIS YOUR FIRST MASTERS MEET?     YES     NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. RELAY AGE GROUPS: 72-99, 100-119, 120-159, ETC. **YOU MAY ENTER 5 INDIVIDUAL EVENTS AND ONE (1) RELAY (SAME SEX OR MIXED) PER RELAY EVENT.** ENTER RELAYS AT THE MEET. THE 400M AND 800M RELAYS WILL BE SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. **ENTRY DEADLINE FOR RELAYS IS BEFORE THE 1500 FREE. CHECK IN DEADLINE FOR THE 1500 FREE IS BEFORE THE 400 IM.** ALL EVENTS WILL BE SEEDED SLOW TO FAST.

*Regular OMS ribbons for places 1-3. Special ribbons for places 1-3 for Pentathlon and Brute Divisions, based on cumulative time. Short pentathlon events include 50 fly, 50 back, 50 breast, 50 free & 100 IM (marked \* below). Medium Pentathlon events include 100's of each stroke & 200 IM (marked \*\* below). Long Pentathlon events include 200's of each stroke & 400 IM (marked \*\*\* below) Brute Squad events are 200 fly, 400 IM, 1500 free (marked # below). The 1500 will be limited to one (1) heat unless there are more than 16 Brute Squad entrants. First priority goes to Brute Squad entrants. Second priority is based on date of entry mailing.*

Saturday, November 14, 2009

- 200 FLY\*\*\*# (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 FLY\*\* (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 FLY\* (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 BACK\*\*\* (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 BACK\*\* (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 BACK\* (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 BREAST\*\*\* (7) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 BREAST\*\* (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 BREAST\* (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 FREE\*\*\* (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 FREE\*\* (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 50 FREE\* (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

- 400 IM\*\*\*# (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 200 IM\*\* (14) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 100 IM\* (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- 1500 FREE# (16) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_
- (Two swimmers per lane, hand timed)
- 200 MEDLEY RELAY (17, 18, 19)
- 400 MEDLEY RELAY (20, 21, 22)
- 200 FREE RELAY (23, 24, 25)
- 400 FREE RELAY (26, 27, 28)
- 800 FREE RELAY (29, 30, 31)

"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 18 & 19, at APPLGATE LAKE

### **SATURDAY, JULY 18:**

**1500-METER OPEN WATER SWIM  
3 X 500-METER PURSUIT RELAY**

#### **Saturday:**

8:00-9:00am 1500M Registration/Check-in  
(Check-in will close promptly at 9:00am)  
9:15am Pre-race instructions  
9:30am 1500M Race start  
11:00am Relay Check-in/Instructions  
11:20am 3 x 500 Pursuit Relay start

#### **Lunch hosted by RVM**

Relay rules & information will be available at registration.

### **SUNDAY, JULY 19:**

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

#### **Sunday:**

7:30-8:30am 5000M Registration/Check-in  
(Check-in will close promptly at 8:30am)  
8:45am Pre-race instructions  
9:00am 5000M Race start

#### **Awards and light brunch**

**ENTRY FEES:** Saturday - 1500M: \$30.00  
Sunday - 5000M: \$20.00  
Both events: \$45.00  
Relay: Free!

**ENTRIES MUST BE POSTMARKED BY JUNE 30.** There will be an additional \$10.00 per event surcharge for race-day entries, so please sign up early. There will be a limited number of t-shirts for sale on race day at a cost of \$20.00. Race-day entrants are not guaranteed a shirt but orders may be taken and shirts will be sent promptly after the event. Swimmers must provide their own caps. 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 #379-OW3. 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. The 1500M and 5000M are qualifying swims for the Oregon Open Water Swim Series.

**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 craft 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 18 years of age as of July 18, 2009. All entrants must submit a copy of their 2009 USMS registration card with their entry. One event USMS registration will be available for \$15.00 on race day.

**PARKING:** There is a day-use parking fee of \$7.00 payable to the park concessionaire at Hart-Tish Park.

**CAMPING:** RVM has reserved all 10 tent camping sites and 4 self-contained RV camping spaces (no hookups) at Hart-Tish Park, the race site. Camping fee includes day use. \$7 Day Use Pass at Hart-Tish Park is available at the park concessionaire; for information call 541-899-9220 or [www.applegatelake.com](http://www.applegatelake.com). If you want something more scenic and secluded away from the race site you can reserve a camping spot at Beaver Sulfer campground at [www.reserveamerica.com](http://www.reserveamerica.com).

**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 HWY 238 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 Applegate dam for another .7 miles until you turn left at Hart-Tish Park. 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 541.210.0146 [nathan@redarrow.org](mailto:nathan@redarrow.org)



## APPLEGATE LAKE OPEN WATER SWIMS 2009 – ENTRY FORM

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

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

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_ Club: \_\_\_\_\_ Local 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 Swim: \_\_\_\_\_ \$30.00

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

Both Events: \_\_\_\_\_ \$45.00

T-Shirt: \_\_\_\_\_ \$15.00 S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL (\$2 extra) \_\_\_

Lunch: \_\_\_\_\_ \$8.00 per person (includes lunch on both days)

Camping: Tent site \_\_\_\_\_ \$15.00/per site/night (sites can have multiple tents)

Camping: RV space \_\_\_\_\_ \$15.00/per vehicle/night

**TOTAL:** \$ \_\_\_\_\_ Please make checks payable to RVM Lake SwimMAIL ENTRY FORM, COPY OF 2009 USMS REGISTRATION, & CHECK 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:** \_\_\_\_\_

## 14<sup>th</sup> ANNUAL CASCADE LAKES SWIM SERIES & FESTIVAL

Elk Lake, Oregon July 31 & August 1-2, 2009 500, 1000, 1500, 3000, & 5000-meter swims 5 Swims in 3 Days!

Hosted by Central Oregon Masters Aquatics and Bend Metro Park & Recreation District

Sanctioned by Oregon Masters Swimming Inc. for United States Masters Swimming #379-OW4 and USA-Swimming Approval TBA.

Operating under Special Permit from the United States Forest Service

**LOCATION:** Elk Lake, a beautiful, clear mountain lake nestled in the sunny Oregon Cascades 32 miles from Bend. Water temperature has varied from 67-72 degrees Fahrenheit and will be posted on race days.

**RACES:** The **Cascade Lakes Swim Series** features five open water swims over three days! Adult participants may enter any or all of the five swims. Friday's swim is a **3000-meter** swim on a triangular course. Saturday's swims are an individual **500-meter** time trial on an out-and-back continuous floating line course and a **1500-meter** swim around a triangular course. Sunday's swims will include a **5000-meter** swim consisting of three loops of a diamond & triangular course and a **1000-meter** swim on an irregular course following the shoreline.

**SERIES:** The **Cascade Lakes Swim Series** includes a **Short Series** (500, 1000, & 1500-meter swims) and a **Long Series** (1500, 3000, & 5000-meter swims). Each swimmer may enter one distance series only and must complete all three series swims to be eligible for Series awards. For Series awards, points will be based on finish order in each race, with points deducted for wearing wetsuits. 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 experience and extravaganza. We plan fun events for children on Saturday morning and great hospitality throughout the weekend.

**ELIGIBILITY:** Open to all 2009 USMS registered swimmers. USA-Swimming registered swimmers 13 years or older may enter any of the swims, while USA swimmers 10-12 years old may enter only the 500, 1000, & 1500-meter swims. A photocopy of your 2009 USMS or USA-Swimming registration card (or foreign equivalent) **MUST** accompany your entry. USMS "One-Event" registration—covering all races—is available for adults for \$15.

**RULES:** Current USMS rules will govern this event.

**WETSUITS:** Each race has a wetsuit and non-wetsuit category, so wetsuits are allowed in all five swims. When determining the Series awards, there is a deduction for wetsuits for the sake of fairness.

**STARTS & SEEDING:** The 1500, 3000 & 5000-meter swims will use a mass start, with wetsuit swimmers starting in a separate heat. The 500-meter swim will use an individual start and the 1000-meter swim will use small heats; both of these swims will be seeded fastest-to-slowest based on 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, so enter accurately.*

**SAFETY—OUR PRIMARY CONCERN:** Numerous safety boats will monitor the entire course and medical personnel will be on-site. Swimmers must wear a brightly colored swim cap, have their race number on their arms or hands, and follow all announced safety rules.

**ENTRY FEES:** One race is \$30, and each additional race is \$5 more. Entry fee includes a swim cap and the post race lunch. Entries must be **postmarked by July 20<sup>th</sup>**. Late or day-of-race entries must pay an additional \$10 late fee.

**RESULTS:** Will be posted at Elk Lake promptly after each race and at [www.comaswim.org](http://www.comaswim.org) and [www.swimoregon.org](http://www.swimoregon.org) after verification.

### RACE SCHEDULE:

#### **Friday, July 31, 2009**

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

#### **Saturday, August 1, 2009**

7:45—8:45am Registration/Check-In for 500 & 1500-meter races  
9:30am Start of 500-meter race  
10:15—11:00am Check-in for the 1500-meter  
11:45am Start of 1500-meter race

#### **Sunday, August 2, 2009**

7:15—8:15am Registration/Check-In for 5000 & 1000-meter races  
8:45 am Start of 5000-meter race  
10:00—11:00am Check-In for the 1000-meter race  
11:45 am Start of 1000-meter race

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

**AWARDS:** Masters age groups will be 18-24, 25-29, 30-34, and so on in five-year increments as high as necessary for both women and men. USA-swimming age groups will be 12-un, 13-14, 15-16, & 17-over. Awards to individual swimmers by age group:

- Ribbons to the top three finishers in each age group in each race in both wetsuit and non-wetsuit categories.
- Ceramic coasters to the top 3 Series finishers in each age group.

Awards to individual swimmers regardless of age group:

- Ceramic mug to the top masters male & female in each Series.
- Special Survivor glass mug to everyone completing all five swims.

**DIRECTIONS & PARKING:** From Century Drive in Bend, take the Cascade Lakes Highway approximately 33 miles to Elk Lake. The start & finish for all swims is the Beach Day Use Area, the last Elk Lake exit if coming from Bend. Signs will be posted for parking and all important sites. Parking is limited to two large pullouts off the Cascades Lakes Highway and the nearby campgrounds. A shuttle bus will run Saturday and Sunday between nearby campgrounds and the race site before & during registration and after races are completed. There will be no general parking at the race site until after all event activities have concluded. **Your car must display a 2009 NW Forest Pass to park anywhere other than the highway pullouts or the campground.**

**CAMPING & LODGING:** The Group Camping Site at Little Fawn is NOT AVAILABLE this year. All other camping sites at Elk Lake are on a first-come basis, so send a teammate early to secure sites. Other lakes nearby offer reserved sites through [www.recreation.gov](http://www.recreation.gov). For cabins at the lake, go to [www.elklakeresort.com](http://www.elklakeresort.com). Bend and Sunriver offer many lodging choices at various price levels, but reserve EARLY due to other big events in Bend on this weekend.

**DOGS: NO DOGS at Elk Lake** (USFS Rule), but they may be in the campground on a leash. Never leave your dog unattended in a car!

**WEBSITE FOR COMPLETE INFO:** [www.comaswim.org](http://www.comaswim.org)

**EVENT DIRECTOR:**

**Bob Bruce** [coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com) 541-317-4851

**Entry Form – CASCADE LAKES SWIM SERIES & FESTIVAL 2009 – 5 Swims in 3 Days**

<b>Swimmer Information</b>			
Name: First:	Last:		
Address:	City:	State:	Zip:
E-mail Address:	Phone – evening: ( )		
Emergency Contact (Important):	Emergency Contact Phone: ( )		
<b>USMS / USA-S Information (include a photocopy copy of your registration card—this is required!)</b>			
Gender (circle): M F	Birth Date (mm/dd/yyyy):	Age on Race Day:	
USMS or USA-S Number:			
Club:	Local Oregon Team (if applicable):		
<b>Swims</b>			
Race Entry: Circle your events!	Seeding for 500 & 1000-meter events		
Friday: <b>3000-meter</b>			
Saturday: <b>500-meter</b>	_____ Current pool time for 500 yards		
Saturday: <b>1500-meter</b>			
Sunday: <b>5000-meter</b>			
Sunday: <b>1000-meter</b>	_____ Current pool time for 500 yards		
<b>Swim Series Option:</b> Select ONE series only - Circle your choice! <b>Short</b> <b>Long</b> [Short Series—500, 1000, & 1500-meter] <b>OR</b> [Long Series—1500, 3000, & 5000-meter]			
<b>\$30 for first swim &amp; \$5 each additional swim. Series entry FREE</b>		<b>Enter Total Cost for Swims:</b>	
<b>Spectator Meals (free for racers)</b>	Number of spectator meals	Cost/meal	Sub-Total
Friday dinner		x \$5.00	
Saturday lunch		x \$5.00	
Sunday lunch		x \$5.00	
<b>Enter Total Cost for Spectator Meals:</b>			
<b>Shirts: Premium quality!</b>	One T-shirt per entrant at \$5.00. Add \$15.00 for each extra T-shirt.	Cost	Sub-Total
Size (S, M, L, XL) XXL – add \$2.00	Number & Size(s)		XXXXXX
T-shirt – short sleeve (first one)	Women's style ___ or Men's style ___	x \$5.00	
T-shirt – short sleeve (extras)	Women's style ___ or Men's style ___	Each \$15.00	
Commemorative hats		Each \$10.00	
<b>Enter Total Cost for Shirts &amp; Hats:</b>			
<b>Miscellaneous Fees</b>		Cost	Sub-Total
USMS/Oregon One Event Registration Fee (complete form at registration) <b>OR</b>		x \$15.00	
USMS/Oregon Full Registration Fee (complete form at registration) if needed		x \$38.00	
Late Entry Fee: Postmarked after July 20 <b>OR</b> Day-of-Race		x \$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)

**Include Completed Entry Form, Copy of USMS Card, & Check (payable to COMA)  
Send Entries to Bob Bruce, 61200 Parrell Rd., Bend, OR 97702**

2009 OPEN WATER SWIM— DORENA LAKE

SUNDAY, AUGUST 16

SPONSORED BY EMERALD AQUATICS

WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS

Sanctioned by OMS, Inc. for USMS, Inc. All swimmers must be current USMS member to compete.

USMS Sanction #: 378-OW4 One-day registration will be available at the meet for \$15.00.

Schedule:

1500 Open Water Swim 1500m: Check-in closes 8:30 am Pre-race instructions 8:45 am Race starts 9:00 am
Whiteley 1000 1000m: Check-in closes 10:30 am Pre-race instructions 10:45 am Race starts 11:00 am
Flatfoot Kick 500m: Check-in closes 11:30 am Pre-race instructions 11:45 am Race starts 12:00 am

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. 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 kicking 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.

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 to 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 July 27th

add \$10 for late entries

Mail entries EA Lake Swim check all that apply: 1500m Whitely Flatfoot
to: P.O. Box 3708 1500m Whitely Flatfoot
Eugene, OR 97403
USMS Reg#

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

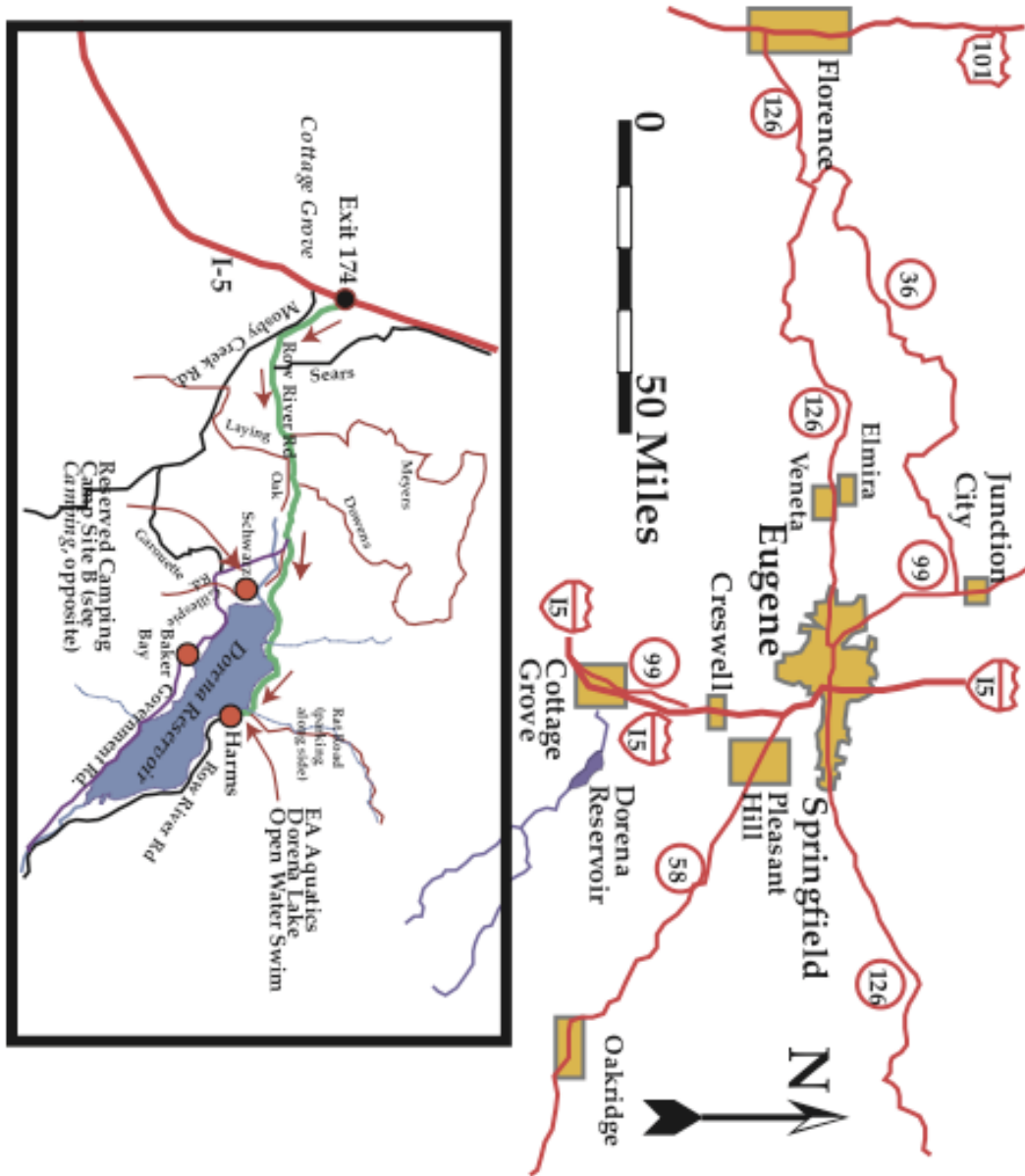
City/State/Zip Local Team

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).]



## The Eel Lake Open Water Swims on the Southern Oregon Coast

### Featuring the Oregon Masters Swimming 1500-meter Association Championships

Sanctioned by USMS (#379-OW5) & USA-Swimming, Inc. (#5-067)

**What:** Open Water Swims – 3000 & 1500-meter Swims and a 500-meter Everyone-Wins-A-Prize Mystery Swim. Three races in one day, you choose what to swim. We will start with a 3000-meter swim twice around a triangular course. Then we will have a 500-meter swim, out and around the cove, where everyone who participates wins a prize. Last will be the 1500-meter swim, the Association Individual & Team Championships, once around the same course as the 3000.

**When:** Saturday, August 22, 2009, starting at 9:00 a.m.

**Where:** Eel Lake is a freshwater lake on the Oregon coast halfway between Reedsport and Coos Bay on U.S. Highway 101. Water temperature can be between 67 and 71 degrees Fahrenheit. Campground at William M. Tugman State Park has both reservable and first-come, first-served campsites, as well as reservable yurts. Call 1-800-452-5687 for reservations.

**Who:** Open to all USMS registered swimmers 18 years or older on August 22, 2009. USA-Swimming registered swimmers 13 years or older may enter any of the swims and USA-Swimming registered swimmers 10-12 years old may enter the 500 & 1500-meter swims—a parent or guardian must sign the liability waiver for all swimmers under 18. A photocopy of your USMS or USS Swimming registration card (or foreign equivalent) must accompany your entry. A single event USMS registration, covering all races, is available at the race site for adults 18 years or older for \$15.

**Rules:** Current USMS rules shall govern these swims. The use of neoprene wetsuits or other nonporous attire is allowed, with the restrictions noted in the team scoring below.

#### Rules for the Oregon Masters Swimming 1500-meter Association Championships only:

- **Team Affiliation and Scoring:**
  - A swimmer will represent the local team indicated on the entry form. If no local team is indicated, a swimmer will represent the local team listed on his or her USMS membership card.
  - Team scoring shall be based upon point value by age group: 8-6-4-3-2-1.
  - Cumulative team scoring will be kept and banner awards given for both large and small teams.
- **Wetsuits:** swimmers wearing wetsuits may score team points only under the following conditions:
  - The water temperature is less than 70 degrees Fahrenheit.
  - Swimmers wearing wetsuits shall be scored in order of finish behind all swimmers not wearing wetsuits.
  - No wetsuit swimmer shall score more than one-half of the first place points (rounded down to the nearest whole number if necessary)

**Procedure:** The 3000 and 1500 swims will use a mass start. The 500 swim will be seeded fastest to slowest, based upon the swimmer's estimated 500 yard time. Day of the Race entries or those not submitting a seeded time will not be seeded in advance and will swim last in order of registration. No changes will be allowed in 500 seeding at the race.

**Safety:** Lifeguards and safety boats will monitor the entire course. Swimmers must wear a bright colored swim cap (provided or use your own) and have a race number on their arms or hands. Medical personnel will available near the site.

**Entry Fee:** Either the 1500 or 3000 is \$25. Both the 1500 and 3000 are \$30. There is no charge for the 500 Mystery Everyone-Wins-A-Prize Swim. Entry fee includes a swim cap. Entries must be postmarked by Monday, August 10, 2009 or pay an additional late fee of \$10. T-shirts & lunches are not provided; please bring your own. Beverages and snack foods will be available.

**Awards:** There will be awards for each race for first through third places for USMS & USS swimmers. Awards for the 3000 and 1500 swims will be based upon time. There will be special awards for the Oregon 1500-meter Championship swim. Awards for the 500 swim will be explained at the time of the race (remember: it is a "Mystery" Swim).

**Schedule:**

- Registration/Check in & warm-up for all races – 8:00-8:45 AM
- Pre-race meetings – 10 minutes before each swim
- 3000 meter swim – 9:00 AM
- Check in for 500 and 1500-meter swims – after the 3000 swim
- 500 meter Predicted Time Swim – approximately 11:00 AM
- 1500 meter swim – approximately 12:00 Noon
- Awards – approximately 1:00 PM

**Information:** Contact Event Director Ralph Mohr at [rmohr1565@charter.net](mailto:rmohr1565@charter.net) or 541-269-1565.

## The Eel Lake Open Water Swims on the Southern Oregon Coast

### Featuring the Oregon Masters Swimming Association 1500-meter Championships

### Registration Form

**What:** Open Water Swims

3000-meter Swim – USMS

1500-meter Swim – USMS

500-meter Mystery Swim – USMS

Best 500-yard Time: \_\_\_\_\_

3000-meter Swim – USA-Swimming

1500-meter Swim – USA-Swimming

500-meter Mystery Swim – USA-Swimming

Best 500-yard Time: \_\_\_\_\_

**Where:** Eel Lake

**When:** Saturday, August 22, 2009 starting at 9:00 AM

**Who:** Any registered USMS swimmer, and any registered USA-Swimming swimmer aged 13 and over, is eligible to swim any events. Any registered USA-Swimming swimmer aged 10-12 may swim the 500m and/or 1500m events only.

**Information:** Contact Event Director Ralph Mohr at [rmohr1565@charter.net](mailto:rmohr1565@charter.net) or 541-269-1565.

**Registration information:**

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_ Age: \_\_\_\_ Sex: \_\_\_\_

Address: \_\_\_\_\_ USMS or USS number: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

USMS or USA-Swimming Club \_\_\_\_\_ USMS Local Team: \_\_\_\_\_

**Entry Fee:** \$25 for either the 1500 or 3000. \$30 for both the 1500 and 3000. No fee for the Mystery Swim.

\$25 for either the 1500 or the 3000. You may swim the 1500 or the 3000 plus the Mystery Swim.

\$30 for both the 1500 and 3000. There is no additional fee for the Mystery Swim.

**Waiver:** 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 THERE TO, 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:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Complete** this entry form legibly, **sign** the waiver, **attach** a photocopy of your registration card, and **enclose** fee payment

**Mail entries to:**

Ralph Mohr  
P.O. Box 186  
Coos Bay, OR 97420

## The 6th Sense

(A special article submitted to the Aqua Master

by

Amanda and Lincoln Djang

### THE 6TH SENSE, THE MIND MAP, AND THE BREASTSTROKE

After 2008 Long Course Nationals, I sat down with Lincoln to look at the upcoming season. I told him, "We're going to change your breast stroke?" His reaction was shock.

"Why?"

"Because I think you can go faster, you can get that World Record."

I know he said to himself, there is no way. He's not a breaststroker. Never has been.

The biggest and most important thing he needed to change was his pull. He's tried all kinds of stroke changes since college:

- the push and the pop,
- shoot the hands,
- cleaning the bowl,
- sweeping it wide,
- catching the corners,
- python striking,
- riding the wave,
- and just about every other stroke method that's come and gone.

We set out studying video of every aspect of Lincoln's stroke motion, looking for areas of improvement, identifying weaknesses, making changes, studying the results, and incorporating the feedback. For the first several weeks, all he did was get slower. On the good days, he said it was awkward. On the bad days, it wasn't worth it. It was an exercise in patience and an endurance test of frustration.

The most important change was incorporating a steeper hand angle on the in-sweep motion of the stroke.

The worst part of accomplishing the change was that no matter how hard he tried, he just didn't get it. Week after week, we studied, we videotaped, we took still photos, we did dry land, we videotaped underwater, but he just couldn't put it all together. One afternoon, I was about ready to give up. "I just can't see it."

Figure 1 shows his "before" hand position, where he is trying to "push" straight back.





**FIGURE 1. "Straight push-back" hand position.**

I suggested, "Why do you need to see it? Just try closing your eyes and going with it. Try using your 6th sense." Figure 2 shows his "after" hand position.



**FIGURE 2. "Steep angle" in-sweep hand position.**

## The 6th Sense

Proprioception is sometimes called the 6th sense – it is the brain's ability to sense the position, movement, and speed of all the muscles and joints in the body. Proprioception can be thought of as the brain's map of the body. Because of proprioception, we are able to know exactly where our hand is as it moves through space, even if our eyes are closed.

There are millions of microscopic receptors located throughout the body. When they are stimulated by a motion or a force, they send signals to a part of the brain devoted to sensing that part of the body. Your brain assembles all these signals from the different sources and determines exactly where everything is and what it is doing. In essence, your brain creates a map of your body that it uses to decide how to move.

### **Make your map work:**

There are several interesting characteristics of the map. First, the map is all yours. Nobody else's is like it. Some parts of the map are naturally more detailed than others. If you scan your body with your eyes closed, you will see that some areas will be easier to feel, while others are obscure. Areas that are extremely coordinated contain more receptors and therefore have a better map.

Next, your map is very flexible. You have the ability to change your map over time with enough repetitions in a coordinated, mindful, and PATIENT manner. Given enough repetitions and PATIENCE, you can make physical changes in your brain to occur. This is part of the reason why you get better at what you practice.

You have to work very persistently to make a good map of a particular stroke change. As you repeat the stroke, it will be easier for your brain to find and repeat the precise, coordinated movement. The better and more detailed the map, the better and more precise the movement. But, at first, you should expect your stroke to be horribly awkward, because your motor patterns are not established. Don't be surprised, if you get overwhelmed, because it may feel like every muscle in your body is being used to change your stroke - including your abdomen, neck, shoulders, arms, hands and fingers. Improve your map.

Even as a master swimmer, you can learn a new stroke motion. You can improve regardless of your age. As you practice, your brain can process updates to your map second by second. The receptors used in your new stroke will send a flow of signals to your brain, which your brain will use to fill in the details on the new part of your technique. Of course, the additional clarity is only temporary. Long-term changes to the map need to be made by repeated practice. If you can't see your stroke change, have your coach help you. You can get additional feedback from still images and full motion video. The keys to changing your stroke:

- Do the stroke as precisely as possible.
- Visualize your stroke, if you can.
- Use your 6th sense to make your map.

- If you lose your stroke during practice, have your coach help you fix it right away.
- Be patient with yourself. Be persistent and practice, practice, practice.

### Conclusion.

It took several months of patience and practice to apply a steeper hand angle on the in sweep motion of Lincoln's breaststroke. I think he's catching on.

This year, his breaststroke improved far beyond what I thought. He swam a time of 2:32.06 and set a new World Record in the 200m breaststroke for Men 50-54. Before 2009, the previous mark had stood for 4 years. The process to improvement was simple, but it was also very hard work. Patience was the real key to the breakthrough. If it can work for him, it can work for you. Next swim practice, try using your 6<sup>th</sup> sense and you can make yourself a better map, too!



**FIGURE 3. Amanda and Lincoln Djang with the New World Record.**

Lincoln sent the following message about his remarkable coach and wife:

*Amanda is my full-time coach, wife, and mother of our twins.*

*She has a remarkable gift for stroke analysis and is fully responsible for the remodeling of my breaststroke. Frankly, I never thought I could do it, but she has faith in me.*

# Aqua Master

July / August 2009

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

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Permit No. 1292

Inside: Results - T Hills, Hagg Lake & Foster Lake

# 2009



**Date - - - - - Event - - - - - Location - - - - - Contact**

### Pool Meets

July 10-12 - - - - - LCM - - - - - Gil Young Memorial LCM/ NW Zone LCM Meet     Aubree Gustafson - - - - - -gustafsona@usa.redcross.org  
\*Nov. 14 - - - - - SCM - - - - - Pentathlon - Bend - - - - -     Bob Bruce - - - - - -coachbob@bendbroadband.com

### Open Water Swims

July 18-19, '09 - - - - - 1500, 5 K - - - - - Applegate Lake - - - - - -nathan@redarrow.org  
\*July 31-Aug. 2,     3000, 500, 1500, 5 K, 1000 - - - - - Elk Lake (Cascade Lake Swim) - -coachbob@bendbroadband.com  
\*Aug. 16 - - - - - 1500, 1000 Equipment, 500 Kick - - - - - Dorena Lake - - - - - Steve Johnson - 541 -683-5758  
\*Aug. 22 - - - - - 3000, 500, 1500 Assn. Champs - - - - - Eel Lake - - - - - -Ralph Mohr - mohr1565@charter.net

### National Championships

Aug. 6-10 - - - - - LCM USMS Champs - - - - - Indianapolis, IN - - - - - -USMS.org

### Postal Championships 2009

\*May 15 - Sept. 15 5K / 10K - - - - - USMS.org  
Sept. 15 - Nov. 15 3000 / 6000 - - - - - USMS.org

•ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER

### Board Meetings

All Board Meetings are open. OMS members are encouraged to attend.  
Contact Jody Welborn, OMS Chair, for details.  
July 12 (contingent upon Zone LCM Meet date)

Aug. 18  
Oct 9-10 Retreat (tentative)