



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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"Swimming for Life"

Animals!

by Karen Andrus-Hughes

According to Webster:

An·i·mal \a-ne-mel\ *n*: any of a kingdom (Animalia) of living beings typically differing from plants in capacity for spontaneous movement and rapid motor response to stimulation...things that typically differ from plants in having cells without cellulose walls, in lacking chlorophyll (but not chlorine), with hair that has been known to turn greenish in hue...

These creatures were about at the 8th Annual Animal Master's swim meet in Canby on Sunday, February 14th, showing their animal-like prowess by finishing at the top of the heap. Complete results on page 6. (See a picture on page 7 of the cute trophy that was given to the category winners.)



Animal Grand Masters (400 IM, 200 fly, 1000 free)
Arlene Delmage, 47



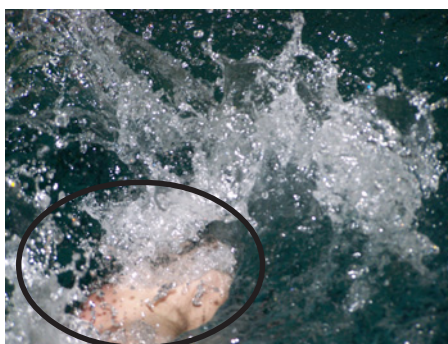
Robbert Van Andel, 35



Animal Master (200 IM, 100 fly, 500 free)
Briana Willis, 23



David Hathaway, 49



Camera-shy Olivia?



Animal Sprint Masters (100 IM, 50 fly, 200 free)
Olivia Schane, 21

Eric Wan, 43

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Chair's Corner by Jody Welborn

Hi everyone.

This month my message is simple.

Swimming is joy!

I was fortunate to recently take a vacation with my family to Maui. Hawaii has many sights and interests, but when I close my eyes I see the ocean, I see water, I see swimming.

This vacation was pure joy. My 5 month-old grandson was delighted when he went into the pool for the very first time and imitated grandma, putting his face in the water over and over.

My 6 year-old granddaughter was able to swim with me in the big pool and laughed with delight as I went down the water slide over and over (the only grandmother on the slide I might add).

My daughter and I started every morning with an ocean swim, in the same waters as pods of orcas that we could see in the distance. And when we swam we could hear their vocalizations. More than one person stopped us after our swim saying how much they enjoyed watching us stroking off the shore.

And we were also reminded of the power of water as we were part of a tsunami emergency which fortunately did not turn out to be serious.

So whether you swim for fitness or competition, alone or with a group, allow yourself to feel the joy.

And remember,

Swimming is for Life,

and Life Matters.



Editor's Note: If you requested an email copy of the Aqua Master and got a paper copy also, it is because, until the count gets low enough, we will be sending out at least 200 copies of the Aqua Master in order to receive the bulk mailing rate.

Photo credits: Karen Andrus-Hughes, Eric Wan, Valerie Anderson, Sue Calnek's friend

United States Masters Swimming Inc., is now, as 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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Send address changes to Susie Young, swim.pdx@gmail.com.



Off the Block



A Decade of Excellence

by Bob Bruce, OMS Long Distance Chair

The following chart is a summary of the National Placement of the Oregon Club in the USMS National Postal Championships in the ten-year period from 2000 through 2009.

Year	One-Hour	5-km	10-km	3000-yd	6000-yd
2000	3rd (Medium Clubs)	2nd	2nd	1st	1st
2001	1st (Medium Clubs)	1st	1st	4th	2nd
2002	1st (Medium Clubs)	2nd	1st	1st	2nd
2003	2nd (Medium Clubs)	2nd	3rd	1st	2nd
2004	1st (Medium Clubs)	5th	7th	1st	2nd
2005	4th (Medium Clubs)	4th	12th	1st	2nd
2006	1st (Large Clubs)	3rd	2nd	2nd	2nd
2007	4th (Large Clubs)	4th	7th	2nd	2nd
2008	3rd (Extra Large Clubs)	1st	3rd	1st	1st
2009	3rd (Extra Large Clubs)	1st	1st	1st	1st

This list includes 20 first place finishes, 15 second places, and 6 third places, totaling 41 podium places (out of fifty) during the decade. This is a record unparalleled anywhere! Way to go, Oregon Club!

What will the new decade bring?

Swim Bits

by Ralph Mohr

I saw a new Subway TV commercial in January, featuring Michael Phelps swimming his way through everything, (concrete, asphalt and cornfields), on his way to the Olympic Winter Games in Vancouver. I then had an "aha" moment, thinking of a Phelps commercial I'd like to see.

Scene: Michael is coming out on a pool deck with his goggles in his hands ready to swim. In the pool lanes are a porpoise, the fin of the great white shark from "Jaws," an empty lane for Michael, a mermaid, a killer whale dorsal fin, and in lane 6 a humpback whale with those distinguishing white fins.

Coach Bob Bowman, labeled as such, says, "Are you ready, Michael?"



Michael, looking at the lanes, answers, "What's all this?"

Bowman says, "Well, you wanted faster competition in practice."

Michael puts on his goggles, hears the porpoise squeaking at him, looks at the mermaid putting on her cap, sees the plume of the whale and says, "OK."

Michael is on the block and we hear a voice over-lay, "Take your marks." Horn sounds.

The next shot is Michael in the air about to hit the water with all of the other lanes full of action, too.

Blank screen with the words, "You are measured by your competition;" or, "Be all that you can be;" or, "Just do it;" or, the slogan of anyone who pays for the ad.

Shake and Swim with "Bake"

The Long and Short of it: Taper

Coach Dennis Baker



swimgraphics.com

I have written articles on "the taper" before, but going into meet season, I thought it would be a good time to go over a few basic fundamentals of tapering for a big meet or open water race. Tapering in swimming is still kind of a mystical process and there are a lot of different theories. People and types of swimmers are very different so strategies may vary. To "taper" means lowering your yardage and or intensity going into a meet or race so you feel rested and at your best. Here are some tips to remember that will help you in this process.

1. Whether you are a distance swimmer or sprinter you still need to rest and cut down on intensity and yardage. I constantly see distance swimmers do too much race pace work close to their race. The bulk of your race pace work should be done at least seven days before you race, otherwise you are just tiring yourself out and breaking down. You cannot get into shape a few days before a race! It is the same for sprinters. Sprinting fatigues you the most. Stay away from multiple sprints seven days out as this will also break you down.
2. Rest your mind as well as your body. Try and get a few days off or plan a vacation the week before a big event. If your mind is tired your body is sure to follow that lead.
3. Continue your dryland work up until three or four days out, but cut down on the amount and intensity. This will keep you snappy and not feeling like your getting out of shape.
4. Finally, "stay out of the middle"!! What does this mean? Stay away from threshold and harder sprint sets one to two weeks out of a competition. You should do LONGER aerobic sets and SHORT bursts of sprinting and race pace. The longer aerobic sets flush out all the lactic acid in your body so you will have more pep. You should barely tap the race pace and sprinting energy systems by doing very small amounts. For example, instead of doing 4x25s fast, just do 4x 25s with only the last one fast. For a middle or distance swimmer an example might be, instead of doing 6x100s at race pace do 6x100s descending to only the last two at race pace. These are small sets but good examples of how the first set can break you down and the latter set can make you feel good. Try these tips and you will be well on your way to a great "taper" and that is the long and short of it.



More Oregon swimmers:

Colette Crabbe

Kathleen Buck



Calling all Oregon Masters Swimmers with pictures of other members before 1990:

Many of you have been in Masters swimming for many years and have lots of good memories. If you have a picture before the year 1990, and a memory of that person, we would love to put that picture and your comments in the Aqua Master. Scan the picture and send it along with your comments to azabudsky@msn.com.



Long Distance Swimming

by Bob Bruce



Alas, the official results for the One-Hour Postal Swim are not available yet. Based on the preliminary results, I can report that the Oregon LMSC did a fantastic job, but we'll have to wait another month for a full report.

Meanwhile, here is the Long Distance Honors Report for 2009 from Oregon. Fabulous!

USMS Long Distance All-Stars:

Bob Bruce
Dave Radcliff

USMS Long Distance Individual All-Americans:

Bob Bruce	2-mile Open Water Cable, 5-km Postal, 6000-yard Postal
Sue Calnek-Morris	3000-yard Postal
Steve Johnson	10-km Postal (National Record), 3000-yard Postal
Brent Lake	6000-yard Postal
Tom Landis	1-mile Open Water, 1-hour Postal
Dave Radcliff	1-mile Open Water, 1-hour Postal, 5-km Postal (National Record), 10-km Postal (National Record), 3000-yard Postal (National Record), 6000-yard Postal (National Record)
Mary Sweat	5-km Postal

USMS Long Distance Relay All-Americans:

Alexandre, Mary	Allender, Pat
Boal, Nathan	Bowen, Kelsey
Bruce, Bob	Budd, Elizabeth
Calnek-Morris, Sue	Calvin, Kris
Carew, Mike	Christiansen, Lynda
Copeland, Teresa	Cronin, Jed
Delmage, Arlene	Ellis, John
Hathaway, David	Higley, Rob
Hodge, Peggie	Jenkins, Tam
Johnson, Steve	Landis, Tom

Larson, Allen
Lussier, Hardy
Mohr, Ralph
Popelka, Erin
Radcliff, Dave
Schultz, Stephanie
Swanson, Charlie
Tujo, Chris
Ward, Joy
Waud, Tim

Lassen, Jason
Matson, Karen
Otto, Doug
Pryor, Evelyn
Rogers, Pat
Summers, Jeanna
Sweat, Mary
Tyynismaa, Terri
Watkins, Betsy
Young, Joni

USMS Long Distance National Relay Records:

4 x 5-km Postal: Mixed 55+ 5:31:00.95
Jeanna Summers, Elizabeth Budd, Jed Cronin, Bob Bruce
4 x 3000-yard Postal: Mixed 55+ 2:43:41.54
Jeanna Summers, Elizabeth Budd, Charlie Swanson, Steve Johnson
3 x 6000-yard Postal: Women's 45+ 3:58:40.59
Mary Sweat, Karen Matson, Arlene Delmage
4 x 6000-yard Postal: Mixed 55+ 6:04:34.44
Tam Jenkins, Elizabeth Budd, Dave Radcliff, Bob Bruce

USMS Postal Participation Award:

Larry Beck	Bob Bruce
Elizabeth Budd	Mike Carew
Teresa Copeland	John Ellis
Rob Higley	Tam Jenkins
Evelyn Pryor	Dave Radcliff
Pat Rogers	Joni Young

USMS Club Championship Placing for Oregon Club:

One-Hour Swim:	3 rd (Extra Large Club category)
5-km Postal	1 st
10-km Postal	1 st
3000-yard Postal	1 st
6000-yard Postal	1 st

Canby Animal Meet SCY - February 14, 2010

ANIMAL GRAND MASTERS

Women

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>400 IM</u>	<u>200 FLY</u>	<u>1000 FR</u>	<u>Total</u>
1	Delmage, Arlene	47	OREG	5:10.34	2:22.93	11:47.43	19:20.70
2	Crabbe, Colette	53	OREG	5:17.77	2:33.29 OR	12:46.36	20:37.42
3	Broberg, Willee	44	UNAT	6:27.35	3:17.09	14:23.05	24:07.49
4	Asleson, Elke	57	OREG	6:53.95	3:23.54	15:44.68	26:02.17

Men

1	Van Andel, Robbert	35	OREG	4:49.68	2:27.83	11:26.31	18:43.82
2	Higley, Rob	44	OREG	5:12.54	2:37.28	11:57.97	19:47.79
3	Oliver, Gary	52	OREG	5:13.05	2:41.14	12:17.76	20:11.95
4	Dowd, Mike B	51	OREG	5:43.05	2:45.16	13:46.02	22:14.23
	Ellis, John	63	SWMS	7:11.75	NS	NS	NA

ANIMAL MASTERS

Women

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>200 IM</u>	<u>100 FLY</u>	<u>500 FR</u>	<u>Total</u>
1	Willia, Briana M	23	OREG	2:27.01	1:04.91	6:03.66	09:35.58
2	Grier, Cassi M	23	SWMS	2:30.06	1:09.32	6:23.51	10:02.89
3	Esser, Elizabeth	23	OREG	2:42.39	1:17.20	6:15.51	10:15.10
4	Vincent, Nancy C	50	SWMS	2:48.80	1:18.17	6:35.98	10:42.95
5	Lester, Tracey K	22	UNAT	2:53.40	1:20.01	6:42.03	10:55.44
6	Budd, Elizabeth H	56	OREG	2:58.25	1:29.78	6:50.65	11:18.68
7	Zoppo, Jeanne M	27	OREG	3:02.16	1:29.54	7:02.92	11:34.62
8	Summers, Jeanna	56	OREG	3:05.90	1:33.73	7:06.22	11:45.85
	Andrus-Hughes, Karen	52	OREG	2:30.47	NT	NT	NA
	Gray, Jane	58	OREG	NT	NT	7:52.72	NA
	Fox, Christina M	49	OREG	3:04.35	NT	7:11.02	NA
	Ward, Joy	67	OREG	3:08.06	1:31.29	NT	NA

Men

1	Hathaway, David	49	OREG	2:16.85	1:02.36	5:29.49	8:48.70
2	Whitlow, Scott	40	OREG	2:21.10	1:02.81	5:41.87	9:05.78
3	Thorpe, Nick	30	OREG	2:22.27	1:10.03	5:54.59	9:26.89
4	Benjamin, Jacob W	23	OREG	2:26.78	1:06.42	6:06.17	9:39.37
5	Karyukin, Andrei	44	OREG	2:32.61	1:09.99	6:00.29	9:42.89
6	Kevan, Stephen D	55	OREG	2:18.85	1:05.20	NT	NA

ANIMAL SPRINT MASTERS

Women

<u>Pl</u>	<u>Name</u>	<u>Age</u>	<u>Team</u>	<u>100 IM</u>	<u>50 FLY</u>	<u>200 FR</u>	<u>Total</u>
1	Schane, Olivia M	21	OREG	1:12.14	31.43	2:23.71	4:07.28
2	Edwards, Bonnie B	38	OREG	1:15.08	34.01	2:22.74	4:11.83
3	Cortez, Jessica L	22	UNAT	1:17.61	34.20	2:25.04	4:16.85
4	Shanks, Lynn	44	OREG	1:24.98	37.97	2:45.03	4:47.98
5	Caloca, Victoria C	27	OREG	1:23.89	37.81	2:47.32	4:49.02
6	Malloy, Janie	47	OREG	1:30.41	39.01	2:48.08	4:57.50
7	Cooper, Amanda B	20	UNAT	1:25.44	41.52	2:58.22	5:05.18
8	Andrade, Julie	48	UNAT	1:28.55	39.67	3:00.68	5:08.90
9	Kessler, Ingrid	46	OREG	1:44.70	48.50	3:14.81	5:48.01
10	Thurlow, Helen	39	OREG	2:13.51	58.25	3:56.96	7:08.72
11	Ellis, Esther	65	SWMS	dq	1:02.76	NT	NA
	Fox, Christina M	49	OREG	NT	45.24	NT	NA
	Andrus-Hughes, Karen	52	OREG	NA	NT	2:13.62	NA

Men

1	Wan, Eric	43	OREG	1:00.34	26.94	1:58.62	3:25.90
2	Costigliola, Gianluca	27	UNAT	1:02.42	25.07	2:03.47	3:30.96
3	Washburne, Brent C	48	OREG	1:02.35	26.79	2:04.12	3:33.26
4	Bruzual, Igor E	39	OREG	1:03.14	25.56	2:05.63	3:34.33
5	La Count, Curt	51	OREG	1:03.31	26.44	2:06.99	3:36.74
6	Anderson, Jon C	48	SWMS	1:08.06	30.33	2:13.61	3:52.00
7	Boone, Lou	48	OREG	1:08.12	29.27	2:19.66	3:57.05
8	Esser, Thomas	21	OREG	1:08.06	29.27	2:23.98	4:01.31
9	Larson, Allen J	57	OREG	1:23.80	34.86	2:24.79	4:23.45
10	Brotton, Steven R	41	UNAT	1:13.58	32.18	2:38.07	4:23.83
11	Johnson, Steven M	35	OREG	1:22.37	35.30	2:43.45	4:41.12
12	Helm, Charlie E	53	OREG	1:51.07	46.82	3:02.85	5:40.74
13	Langsdorf, Michael	68	SWMS	dq	1:01.80	4:15.15	NA

Long Distance Swimming

Continued from page 6

OMS Mike Morehouse Open Water Award:

Elizabeth Budd
Jamie Proffitt

OMS Open Water Series Champions:

Laura Schob
Keith Dow

OMS Postal Series Champions:

Elizabeth Budd
Dave Radcliff

OMS Postal Participation Award:

Larry Beck	Bob Bruce
Elizabeth Budd	Kris Calvin
Mike Carew	Walt Carter
Teresa Copeland	Jed Cronin
Arlene Delmage	Wes Edwards
John Ellis	Dallas Figley
Christina Fox	Larry Gillham
David Hathaway	Rob Higley
Peggie Hodge	Tam Jenkins
Steve Johnson	Michael Kalk
Tom Landis	Alan Larson
Ralph Mohr	Gayle Orner
Connie Peterson	Erin Popelka
Evelyn Pryor	Dave Radcliff
Pat Rogers	Sue Sanders
Carol Stark	Jeanna Summers
Mary Sweat	Chris Tujo
Terri Tyynismaa	Tim Waud
Joni Young	

In Memorium

Susanne Schumann, age 72, died January 4, 2010, of pancreatic cancer. She left this life as she lived it: on her own terms.

Susanne was a world class swimmer. In her teens she won the coveted title of Berlin Swimming Champion. She accepted an invitation to come to the United States to swim competitively. She first attended Colby Junior College in New Hampshire and then University of Michigan at Ann Arbor where she earned a PhD in Clinical Psychology.

She was a member of the Multnomah Athletic Club, after being invited on an athletic scholarship to swim on its senior swimming team. Susanne set many records, won dozens of medals, and on a number of occasions held top 10 in world times for her age.



Isn't this just the cutest trophy — and so appropriate for an 'animal' meet! The winners in each category of the Canby Animal meet are proud owners of this special critter.

My Swimming Weight Loss Story — Another Big Loser!

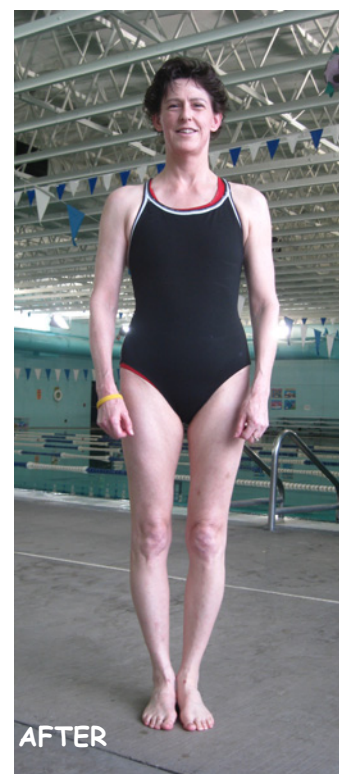
by Valerie Anderson, age 53

After reading the [February, 2010], Aqua Master my husband encouraged me to share my weight loss story with you. When my two youngest daughters decided to join the local swim team 3 years ago, I decided it was time for me to get back in the water. I had been a part of club and high school swimming growing up, but through 26 years of marriage and home schooling six busy children I hadn't had much time or energy for swimming. At just over 185 pounds I was the heaviest I had ever been in my life. I had heard that swimming was not a good way to lose weight but I knew it would at least give me a good cardiovascular workout. Thus I began to swim during lap swim just prior to my girls' swim team practice.

I set myself an easy goal of swimming 20 minutes per day, 3 times per week and included a bit of kicking with fins. I gradually began doing 4-5 days per week and worked my way up to swimming 30 minutes at a stretch. During this time I also cut in half my meal portions and quit taking seconds. At home we had already begun to focus on a more healthy diet with more use of whole grains, brown rice, dried beans, lentils, and less processed foods. We completely eliminated trans-fats as much as possible and began incorporating vegetarian meals and less red meat into our meal plans. Desserts became a Sunday afternoon occurrence only, with the exception of home made cookies now and then during the week. After several months I was swimming for a full hour 4-5 days per week and slowly losing inches and weight.

After one year of swimming on my own, I too joined the swim team and began working out with the coach as part of the "Masters" team. By this time my "Big Momma" swim suit was too big and a sleeker Speedo took its place. Swimming under the direction of a pushy coach caused a great improvement in my overall fitness and technique. By the end of the first year with the team I was swimming 1½ hours 4-5 days per week and had lost over 40 pounds. My friends began to make comments about how skinny I was. I even competed in a local Masters swim meet.

Now, three years after my feeble start at lap swimming, I have lost just over 50 pounds and have gone from size 16 pants to a size 6. My doctor does not want me to lose any more weight so I am no longer cutting back on my portions at meals. I still try to eat pretty healthy, very rarely drink sodas and now am swimming almost 2 hours per day 5 days per week with the same very pushy coach. My husband says I look great but best of all, I feel great.



Linda Larson
with her
brother Allen.

Jim Corbeau,
"gotta love
that hair!"





ATLANTA BY STORM!

Sixth in a series
by Jeanna Summers

More Numbers

There's still time to register for Short Course Nationals in Atlanta, GA, in May. Are you convinced yet to go swim? Hopefully you know by now that you are needed and wanted! In case you are still on the fence, here are a few more numbers so you can see how much of an impact you could actually make on the team score.

At Nationals, individuals swims are scored 11 for first place, then 9, 8, 7, 6, 5, 4, 3, 2, 1 down to tenth place. Here're some scenarios. Suppose you are a very strong competitor: you swim 6 events and get 2 firsts, a 3rd, a 5th, and a 6th. You would contribute 41 points. Suppose you get a 3rd, 4th, two 7^{ths} and a 9th. That's 25 points. Or, you enter 5 events and score in two: a 7th and a 10th. That's 5 more points than what Oregon would have had without you! Here's another hypothetical. You and a couple of friends decide to take the plunge and go to Nationals. Your strongest swimmer gets a 6th, a 7th, a 9th and a 10th. The other two between them tally up two 8^{ths}, a 9th and a 10th. The three of you have added 21 to Oregon's team score. And you've had a great time!

Now, for the relays. Relays are scored 22 for first place, then 18, 16, 14, 12, 10, 8, 6, 4, 2 down to tenth. At short course meets, relays are put together by age group. The relay categories go from 25+, 35+ etc. up to 75+. For example, if a relay consisted of swimmers ages

32, 33, 39 and 55, that team would swim in the 25+ age category. The guaranteed point getters in the relays are the older relay teams because there are fewer numbers of relays entered in those categories. At Texas in 2008 and Clovis in 2009, in the Men's and the Women's relay categories, the average number of 55+ teams was 10; the average number of 65+ teams was 5, and the average number of 75+ teams was 1. If you are 55 or older, you could be that fourth person who completes an Oregon 55+

relay; your relay will most likely score points if all you do is finish legally. If you happen to round out a 65+ or a 75+ relay, your relay will score LOTS of points. Relay competition is stiffer in the younger age groups. Even so, if Oregon has three hotshots and an average swimmer, or four strong swimmers, the relay could place well. Even a 6th place relay finish scores 10 points. Bottom line for the younger folks is that you could make a difference in the relays, whether you're the hotshot, the strong swimmer, or the modest swimmer who fills in the fourth spot.

If you're still thinking about going to Atlanta, get serious! Go to <http://www.usms.org/comp/scnats10/>, get registered and make your reservations. Remember, PNA topped Oregon at Clovis by a mere 8 points. Let's not let THAT happen again!

Remember, PNA topped Oregon at Clovis by a mere 8 points. Let's not let THAT happen again!

GO OREGON! TAKE ATLANTA BY STORM!



SWIMMER SPOTLIGHT

compiled by Karen Andrus-Hughes

Eric Wan, 43
Occupation: Associate Professor in Biomedical Engineering, OHSU
Local Team: Multnomah Athletic Club (MAC)

I started swimming competitively when I was 7 years old. By the time I finished high school I was burned-out. At Stanford, I knew I wouldn't be "good enough," so I stopped swimming. Fast forward almost 25 years. To keep in shape I had been swimming laps occasionally, but on my own schedule. I guess the chlorine was still in my blood. I was getting into the pool maybe twice a week. 1,500 yards seemed like a long workout. A buddy of mine, who I started to swim with regularly at the gym, encouraged me to check out a Masters meet. I had no idea what Masters was about. Intrigued, I entered my first meet in the summer of 2007 at Tualatin Hills. I was almost disqualified for putting my toes over the edge at the start in backstroke (a friendly referee corrected me). The sport of swimming had really changed. Still, I was pretty happy with all my freestyle times. Somehow, I hadn't slowed down that much in two decades. But here's the really embarrassing thing - getting out of the pool after the 200 free, I slipped and rammed my side into some cables on the deck. My first masters swim meet, and I wind up with two cracked ribs! I couldn't swim again for three months, but I was still hooked on Masters swimming.

It's been almost three years now since my first Masters meet. I work out at the MAC with a fun group of friends. I still only swim about three times a week. 3,000 meters doesn't scare me



(much). I love how friendly and supportive everyone is in Masters. It's a great community. It still shocks me when I get out of the pool and I've done well. I think everyone looks faster than me during the meet warm-up! A few Oregon state records and top ten times (50 and 100 free), and there's a bit more self-pressure to perform. *(editor's note: Eric has "All Time" Oregon #1 times for the Men's 40-44 age group in all three courses of the 100 free - SCY, SCM and LCM, as well as the LCM 50 free).* My goals this year are to keep improving my free sprint times, really work on my other strokes, and maybe, just maybe, do a bit more mid-distance.

Rob Higley, 44
Occupation: Aquatics Director, Athletic Club of Bend
Local Team: Central Oregon Masters Association (COMA)

Fifty percent fish, 50% man, 100% friendly. Rob's favorite thing about swimming is getting to know others. Although he enjoys some competitive rivalries in his age group, when he attends meets it is for the experience of having fun. If he swims fast, all the better. Although Rob swam for the Green Bay Barracudas growing up, he did not swim competitively again until 15 years later. At 33, Rob wanted to improve his fitness level and stop smoking, so he started swimming laps. Coach Bob Bruce encouraged Rob to join Masters, and the rest is history. Not so surprising, Rob met his wife of six years in the pool. One of Rob's favorite

swimming experiences is...he can't narrow it down...he likes it all. However, when pressed to choose, lake swims are his favorite. He enjoys camping and discussing the races around the campfire with a cold beer in hand. Will you see Rob in the 50? No. He's a long-distance guy, participating annually in the one-hour swim, the Animal Meet, and 5K/10K postals. A Bend resident, Rob swims with his local team, Central Oregon Masters Aquatics. Fittingly, he has served as Social Chair of the COMA board. Rob currently supports COMA in his position as Aquatics Director

Continued on next page

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of the Athletic Club of Bend where he coaches some of the team workouts. As the Aquatics Director, Rob will try to make you a swimmer if you are not one already. What does Rob do in his personal time (that is after helping out around the house and lending a hand with his two dogs and two teenage boys)? Although he does not have a lot of free time, Rob volunteers with hospice and Special Olympics. And, on sunny days, you may see and hear him on his 1981 Harley Davidson shovelhead. So, if you see Rob around the pool or at the lake, stop and say "hello." He'll be glad to make another swimming friend. Also, he will bet anyone \$5 that the Packers will win the Super Bowl, so if you need to make a few bucks....



Christina Fox, 49

Occupation: Chemist at AVI BioPharma

Local Team: Corvallis Aquatics Team (CAT)

My (not so) illustrious swimming career started with the local swim club in London, England, a few (too many) years ago. Competition consisted mostly of swimming for the B team in local "swimming galas" (British term) swum in the well known 33-yard course pools. Most swim meet experience/time was spent in the balcony watching my younger (and much faster) sister work her way up to national and international standards.

After quitting swimming at about age 16 to focus on school work (official excuse but really I couldn't keep up in workouts), I swam only occasionally for the next 10 years while in college and graduate school in England and while as a post doc at OSU and UW. I got back into the water on a regular basis after deciding to stay in the US for romantic reasons (promise of a house in the vineyard) and joining a Masters group at the YMCA in Eugene in 1989. I swam with various groups in Eugene for the next five years before finally moving to Corvallis to a new job (and a mobile home in the vineyard) in 1994. Again, I swam with various groups in Corvallis or on my own until joining CAT in 2002.

Swimming today consists of three (maybe) workouts a week - when "life" does not get in the way - with a fun group of people who make it worthwhile to drag myself to the pool even if it is only for 30 minutes. I joined OMS in 1989 and have been competing in pool meets ever since. My major motivations for competing are to see the laps (pain) in the pool pay off and to have an excuse to get out of town and travel places and because my teammate (Pam) makes me! I enjoy swimming meets with my CAT teammates who give

encouragement and commiseration - "remind me why I do this again?" - as necessary.

Outside of swimming and work, other activities include the vineyard, which for me means making sure the vineyard manager (husband Rodger) is on top of things

so we can escape occasionally to travel and hike, and most importantly, working on designing and building (soon) the house in the vineyard that was promised. I also enjoy quilting and book arts in any remaining free time (not much).

Swimming is my main mode of physical exercise and mental sanity and my goal is to stay healthy and keep swimming (hopefully without getting much slower) as I get older. I enjoy being able to use swim meets as a reason to travel and see new places and I will continue to enjoy the camaraderie of all the friends I have met through swimming and, particularly, competing with Masters within Oregon and beyond at Zone and National meets (3 events only) as I keep swimming.



More New Lane Mates!

by Sue Calnek

"Pardon me, but may I join you?"

"Certainly, by all means," I replied as I stood shivering on a beach in southern Portugal on a cold spring day. I was dressed in my David Douglas lap swim suit, when suddenly, another New Lane Mate, an older British gent, walked up next to me *au natural* (not even a speedo). What the heck ... we both walked forward into the cold Mediterranean surf, now sans lap suit and wearing only my OWET swim cap from Dennis Baker's team and foggy goggles.

On my backpacking or touring visits to Spain and Portugal I was usually limited to swimming in the Atlantic or Mediterranean; one day I stowed my backpack and moved to Cadiz ... and a pool.

My first rented piso (apartment) was in Rio San Pedro, a suburb of Puerto Santa Maria, and a twenty minute bus ride to Cadiz. I made some new friends, Anna and Toni, and would soon be teaching English lessons to Toni's daughter, Maria. She was age 13 and attended a private school where English and French were mandatory. My new friend, Anna, would let me ride on the back of her gray Vespa each day as she rode home on her break....dropping me off at the pool or the beach. Riding on the back of this Vespa sparked memories of Audry Hepburn and Gregory Peck in the great movie classic, Roman Holiday.

The Club Natacion was located in the Pavillion de Deportes, an immense municipal sports complex by anyone's standards. The 50 meter pool was all deep water with ozone filtration, complete with a continuous flow gutter system and covered

with a grate that was level with the pool water. Twelve feet or so of concrete separated the 50 meter pool from a 25 meter pool that was about 3 feet deep.

The first day at the pool, I paid my entry money, changed in the locker room and walked out onto the deck. I was immediately turned back and directed to put on my flip flop deck shoes; no bare feet and no street shoes allowed! Every single person in the water had to wear a swim cap. There were two lanes dedicated to faster swimmers or Master swim practice. Getting out of the deep water was easy thanks to the deep cut steps built into the pool ends. I mentioned to the younger lap swimmers that I would like to join the Masters group and enter competitions with them. The group saw that I was fast for my age and thought the idea agreeable, so they offered to put in a good word for me. I was directed to a very busy office up three flights of stairs. Working my way through a labyrinth of desks and doors, I learned there was a two year waiting period...at least, to become a regular pool member and join the team. The dues must also be automatically deducted from a local checking account. I was so eager to join the Masters team; however, nothing in Spain that involves ANY kind of paperwork whatsoever is easy! Soon, I was told to go to yet another office back downstairs and at the outside of the building. The blinds were closing and the doors locking as I approached; everyone was leaving for the three hour afternoon break. This is not a siesta, but a very busy time for workers to run home, make meals or shop. When the office reopened at 5:00 p.m., I was waiting. I explained my story to two people and finally, success! Ricardo used to coach the Cadiz team. He asked to see my passport, residence card, USMS Card and swim times. Ricardo asked me to return in five days. I took the bus back to Rio San Pedro and stopped by the bank. There, I was told that I could not even apply for a checking account for the first two years of my residence. Oy! I stopped by the office where my new friends, Toni and Anna worked, and explained to them the problem with the bank and the pool. Toni walked to the bank and convinced the lone banker to allow me to open a checking account. Soon the puzzle pieces were assembled and I became an official member of the Andalucian Federation of Spanish Masters ... with automatic deductions from my Cadiz checking account. I really love this Calvin Coolidge quotation, in part ...



Sue is the center person in the back row. This was taken in a very old traditional restaurant in Cadiz.

Continued on next page

My New Lane Mates

Continued from previous page

"Persistence and determination alone are omnipotent." But, politics and connections help!

My New Lane Mates were an ophthalmologist, civil service managers, high school athletics teacher in Seville, an attorney and some surfers, twelve in all. One team member, Karissa was on a three month holiday with her boyfriend from Ireland. Karissa was an architect about 38 years old, and we often swam together. To enter the Pavillion I had to show my plastic ID card to the guards at the front desk. This card was run through a machine that magnified the information onto a large TV screen behind the counter; displaying my photo, passport information and address. The gate then automatically released and I could advance to the locker rooms. Plenty of hair dryers in the rooms ... but never paper towels: even toilet paper was rarely available anywhere in the city. (Thank goodness for the bidet ... they were everywhere, even gas stations.)

Each practice began and ended with a total of thirty minutes of deck stretching, often each person assisting the other with body stretch techniques, and, as usual, everything always accompanied with talking, talking and more talking. In Cadiz, they speak with the Gaditano accent, or in the Andalucian manner. The word ends are cut off and they speak super quickly and kind of slangish at times.

There was no formal coach and as a result there were many captains. Workouts were designed by Eva, the high school gym teacher who worked in Seville, but came to her home in Cadiz on



Looking North from the South end of Cadiz, hence Cadiz and the beach are in the background. Sue (left)

weekends to swim. During the intervals, the guys would discuss and argue the workout ... loud, but friendly. Their arms and heads would all be moving in different directions. This spectacle made me laugh, and of course, they knew they were entertaining me, so would continue with even greater enthusiasm. These younger swimmers made no lane allowance for my slower speed; either I moved over at the wall or in the lane, or suffered the consequences of the fast swimmers.

Often at the end of our 4,500 meter work outs, Karissa (my Irish lane mate) and I would walk to a beach cafe where I would enjoy a *Tocino de Cielo* (heavenly bacon). It was not bacon at all, but brown caramelized sugar similar to a flan and covered with whipping cream. To me, it was an absolute Turkish Delight.

Free Massage Anyone?

Everest Institute students gave free massages at the Chehalem/Newberg meet. Even though they are just getting practice by doing this, it was still a lot of work to haul their tables, and whatever else they needed, to Newberg to provide these services during the meet. Rumor is that they may come to some other meets also. Hope you got to enjoy a free massage they provided.

I looked up the Everest Institute online and found they provide "students with short-term, career training in the health care, business, and legal fields. Most diploma programs take just 9-months to complete."

Pictured is Arlene Dalmage getting her free massage.



OREGON MASTERS SWIMMING SHORT COURSE YARD ASSOCIATION CHAMPIONSHIPS

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #370-04

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit a 2010 registration form and fee with this form.

Hosted by: Osborn Aquatic Center
1940 NW Highland Dr.
Corvallis, OR 97330

25 yards • 8 lanes competition - electronic timing
6 lane continuous warm-up/down area

DATE: Fri., Sat. & Sun. April 9-11, 2010

FRIDAY: WARM-UPS: 3PM • MEET STARTS: 4PM
SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM
SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM

OMS souvenir/participation award for all OMS entrants

Meet director: Christina Fox • Phone: 541-929-5991 • E-mail: foxkohnert@peak.org

Directions to the pool: Take I-5 to Exit 228 (Hwy 34 Corvallis/Lebanon) Go West on Hwy 34 10 miles to Corvallis. Keep going straight over the Willamette River and through four (4) traffic lights making a right at the fifth (5) light onto 9th Street. Go approx. 1.5 miles to Circle Blvd and turn left (there is a RiteAid on the left and Bi-Mart on the right). Go one long block to Highland Drive and turn left. Pool is on the right.

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

ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 23, 2010

FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2010 USMS # _____

If OMS, LOCAL TEAM (SEE LISTINGS ON GUIDELINES PAGE) _____

USMS CLUB (OREG, SWMS PNA, ETC) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+ AND 75+. YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY. ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE COUNTED FOR TEAM POINTS. YOU MAY SWIM THE 200, 400 & 800 YARD DISTANCE OF EACH RELAY ONLY ONCE. THE 400IM, 500, 1000 & 1650 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE POSTED ON-LINE OR IN THIS AQUAMASTER FOR TIMES REGARDING CHECK-IN DEADLINES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDS SLOW TO FAST. SEE GUIDELINES PAGE ON-LINE OR IN THIS AQUAMASTER FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2010 IN ORDER TO SCORE POINTS.

Friday, April 9, 2010**400 IM (1) _____ : _____ . _____****1650 FREE (2) _____ : _____ . _____****Saturday, April 10, 2010****100 IM (3) _____ : _____ . _____****100 BREAST (4) _____ : _____ . _____****200 FREE (5) _____ : _____ . _____****50 FLY (6) _____ : _____ . _____***** break*****FREE RELAYS (7-12)****100 BACK (13) _____ : _____ . _____****200 FLY (14) _____ : _____ . _____****50 FREE (15) _____ : _____ . _____***** break*****MIXED MEDLEY RELAYS (16-17)****1000 FREE (18) _____ : _____ . _____**

**ASSOCIATION AWARDS BANQUET - 6PM,
HISTORIC ADAIR VILLAGE OFFICERS CLUB
6907 NE EBONY LANE**

Sunday, April 11, 2010**500 FREE (19) _____ : _____ . _____****Break- 20 minute warm-up, event 20 will not start before 10 am****100 FLY (20) _____ : _____ . _____****200 BACK (21) _____ : _____ . _____****50 BREAST (22) _____ : _____ . _____***** break*****MEDLEY RELAYS (23-26)****100 FREE (27) _____ : _____ . _____****200 BREAST (28) _____ : _____ . _____****50 BACK (29) _____ : _____ . _____****200 IM (30) _____ : _____ . _____***** break*****MIXED FREE RELAYS (31-33)**

Please plan
to attend the OMS Annual Meeting on Saturday at
5pm - Adair Village Officers Club - and be a part of
this great organization!

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

SIGNATURE _____ DATE _____

Association Awards Banquet • Saturday Evening \$22.00 (all ages) _____ each @ \$22.00

Association t-shirts S _____ M _____ L _____ XL _____ \$12.00 each

AWARDS BANQUET _____

T-SHIRT _____

MEET ENTRY FEE **25.00**

TOTAL ENCLOSED _____

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

Oregon Association Championship

April 9-11, 2010

OFFICIAL RULES AND GUIDELINES

DISTANCE EVENTS: CHECK-IN DEADLINES

Friday, April 9: **400 IM** – 3:30 p.m. / **1650 Free** – 4:00 p.m.

Saturday, April 10: **1000 Free** – Between the start of the 200 Free and the start of the 200 Fly

Sunday, April 11: **500 Free** - 8:30 a.m.

RELAYS: CHECK-IN DEADLINES

Saturday, April 10: **Free Relays** – 9:30 a.m. / **Mixed Medley Relay** - By the end of the 100 Back

Sunday, April 11: **Medley Relays** – By the end of the 100 Fly / **Mixed Free Relays** - By the end of the 100 Free

**THE EVENTS LISTED ABOVE WILL BE OFFICIALLY CLOSED AT THE STATED TIMES.
SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY AT THESE TIMES.
THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.**

TEAM SCORING: Only teams registered by March 30, 2010, will be able to score points. There will be three team categories (Small, Medium, and Large) based upon the number of swimmers entered in the meet for each team. There will be a meeting of all the team representatives on Saturday, April 10, 2010 at 8:45 a.m. to vote on the breakdown of the teams into these three categories. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. Full team names and their abbreviations are listed below and on the 2010 OMS registration form in this issue of the Aqua Master. Someone from your team must register the team for 2010.

The team registration form is included in this issue. Please make sure your team is registered.

As of February 1, 2010, there were 24 teams registered (NOTE: Full team names and their abbreviations are listed below and on the 2010 OMS registration form in this issue of the Aqua Master)

AQDK (Aquaducks)
COMA (Central Oregon)
EA (Emerald Aquatics)
MAC (Multnomah Athletic)
ORM (Oregon Reign)
RVM (Rogue Valley)
THB (Tualatin Hills Barracudas)

AST (All-Star Tri.)
CBAT (Circumnavig. Beaver)
KBM (Klamath Basin)
MJCC (Mittleman Jewish CC)
PCCM (Portland Comm. Coll)
SYD (Sherwood Y Dragons)

BASS (Baker Area)
CAT (Corvallis Aquatics)
KAM (Salem Kroc Masters)
NCMS (North Clackamas)
PEND (Pendleton Masters)
SOM (Southern Oregon)

BCAC (NWBlueCrush)
CGM (Columbia Gorge)
LSWM (LaCamas SW Wash)
OPEN (OrPool-LessElite Narw)
PSM (Portland State)
SYM (Salem YMCA)

What you write down on your entry form is your team designation for the meet and no exceptions will be allowed. If you leave this Local Team space blank you will be entered as representing the team listed on your 2010 USMS Registration for scoring purposes.

TEAM AWARDS: Awards for First, Second, and Third Place will be awarded for each team category

**IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET,
PLEASE CONTACT: Tim Waud Twaud@aol.com (503)341-3152**

Accommodations: The following hotel information is provided for your convenience.

Hilton Garden Inn
2500 SW Western Blvd.
(541)752-5000

Days Inn
1113 NW 9th St.
(541)754-7474

Holiday Inn Express
781 NE 2nd St.
(541)752-0800

Ramada Inn
1550 NW 9th St.
(541)753-9151

Motel 6
935 NW Garfield Ave.
(541)758-9125

Travel Inn
1562 SW 3rd St.
(541)752-5917

Best Western Grand Manor Inn
925 NW Garfield Ave.
(541)758-8571

Corvallis Budget Inn
1480 SW 3rd St.
(541)752-8756

Econo Lodge
345 NW 2nd St
(541)752-9601

Hood River Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #370-05

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

Unregistered swimmers must submit a 2010 registration form and fee with this form.

Hosted by: Columbia Gorge Masters &
Hood River Valley Swim Team
Hood River Aquatic Center
1601 May Street
Hood River, Oregon

6-8 lanes competition-electronic timing
Separate warm-up/down area

DATE: Sunday, May 16, 2010

WARM-UPS: 8AM • MEET STARTS: 9AM

Meet director: Sandi Rousseau, 503-806-7020, swim@gorge.net

Directions to the pool: Eastbound: Take I-84 to Exit#62 (first Hood River Exit), turn right onto Cascade and go toward town for 1.2 miles to the first stoplight. Turn right on 13th, go up the hill and turn right on May St (just past the hospital on the left). Pool will be on your left just past the park. Westbound: Take I-84 to Exit #63 (second Hood River Exit), turn left and go into town. Go through the blinking red light and go one block to State Street. Turn right and go .6 mile to 13th Street. Turn left, proceed up the hill and turn right on May Street (just past hospital). Pool will be on your left just past the park.

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

HOST (HOUSE OUR SWIMMERS TONIGHT): CONTACT SANDI ROUSSEAU 541-354-2580 OR E-MAIL SWIM@GORGE.NET

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY APRIL 30, 2010



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY



NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2010 USMS # _____

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

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. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC 31, 2010. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400 & 800 FREESTYLE & 400 IM WILL BE DECK SEEDED. **CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM.** ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Sunday, May 16, 2010

400 FREE (1) _____ : _____ . _____

50 BACK (2) _____ : _____ . _____

200 BREAST (3) _____ : _____ . _____

100 FREE (4) _____ : _____ . _____

break

MIXED MEDLEY RELAYS (5-6)

400 IM (7) _____ : _____ . _____

50 BREAST (8) _____ : _____ . _____

200 BACK (9) _____ : _____ . _____

100 FLY (10) _____ : _____ . _____

break

FREE RELAYS (11-16)

200 IM (17) _____ : _____ . _____

50 FREE (18) _____ : _____ . _____

200 FLY (19) _____ : _____ . _____

100 BACK (20) _____ : _____ . _____

break

MIXED FREE RELAYS (21-23)

50 FLY (24) _____ : _____ . _____

200 FREE (25) _____ : _____ . _____

100 BREAST (26) _____ : _____ . _____

100 IM (27) _____ : _____ . _____

MEDLEY RELAYS (28-31)

break

800 FREE (32) _____ : _____ . _____

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

SIGNATURE _____ DATE _____

**MEET ENTRY FEE: \$18.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072**

TUALATIN HILLS "SIZZLING SUMMER" LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #370-06

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

Place: Tualatin Hills Aquatic Center Pool

15707 SW Walker Rd.

Beaverton, Oregon

50 meters - 6-8 lanes competition-electronic timing

50 meter races will be 3 button timing

Continuous warm-up/down in 1-2 lanes

DATE: Saturday, June 5, 2010

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

Meet director: Marisa Frieder • (503) 452-7053 • mmfrieder@yahoo.com

Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

Submit a 2010 registration card or 2010 registration form and fee with this form.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY MAY 21, 2010

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 12-31-10) _____ SEX _____

2010 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 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 AS OF DEC. 31ST, 2010. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS.** 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 IM AND 800 FREESTYLE WILL BE DECK SEED. CHECK-IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS ARE TO BE SWUM. ALL EVENTS WILL BE SEED. SLOW TO FAST.

THE 800 FREE WILL BE LIMITED TO THE FIRST 16 ENTRIES RECEIVED.**Saturday, June 5, 2010****800 FREE* (1) _____ : _____ . _____****100 FLY (2) _____ : _____ . _____****200 FREE (3) _____ : _____ . _____****50 BREAST (4) _____ : _____ . _____***** BREAK *****MEDLEY RELAYS (5-8)****100 BACK (9) _____ : _____ . _____****200 BREAST (10) _____ : _____ . _____****50 FREE (11) _____ : _____ . _____****200 IM (12) _____ : _____ . _____***** BREAK *****MIXED FREE RELAYS (13-15)****100 BREAST (16) _____ : _____ . _____****200 BACK (17) _____ : _____ . _____****50 FLY (18) _____ : _____ . _____****MIXED MEDLEY RELAYS (19-20)****100 FREE (21) _____ : _____ . _____****200 FLY (22) _____ : _____ . _____****50 BACK (23) _____ : _____ . _____****FREE RELAYS (24-29)****400 IM (30) _____ : _____ . _____**

"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



OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING YEAR 2010 REGISTRATION

☐ Renewal - 2009 USMS # _____ ☐ New Member

Last Name: _____ First Name: _____ M.I.: _____
(Please register with the name you will use for competition.)

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date of Birth: _____ Age: _____ Sex: ☐ M ☐ F

E-mail Address: _____
(Please print carefully)

Aqua Master - Electronic delivery is automatic. Please check the box if you would prefer a paper copy. <input type="checkbox"/> Paper Copy by USPS	Club: OMS is comprised of the following clubs as of 10/14/09, or you may form a new club*, or you may register unattached (unattached members cannot swim in relays). Please select one. <input type="checkbox"/> LSWM <input type="checkbox"/> OREG <input type="checkbox"/> UNATTACHED	Do you coach a Masters Team <input type="checkbox"/> Yes <input type="checkbox"/> No
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Local Team: Name _____ Abbreviation _____
Choose name and abbreviation from list below.

NOT REGISTERED FOR 2010	Baker Area Seasoned Swimmers BASS	Oregon Pool-Less Elite Narwhals OPEN
Albany YMCA Tiger Master Sharks YTSM	Central Oregon Masters Aquatics COMA	Oregon Reign Masters ORM
Fit Athletes Swimmers & Triathletes FAST	Circumnavigating Beavers Aquatic Team CBAT	Pendleton Masters PEND
Killer Whales Swim Club KWSC	Columbia Gorge Masters CGM	Portland Community College Masters PCCM
Seaside Masters SM	Corvallis Aquatic Team Masters CAT	Portland State Masters PSM
South Coast Aquatics Masters SCAM	Emerald Aquatics EA	Rogue Valley Masters RVM
Swimmers in Sweet Home SWISH	Klamath Basin Masters KBM	Salem Kroc Masters KAM
Tornadoes Master Team TOR	LaCamas SW Wash. Masters LSWM	Salem YMCA Masters SYM
Vancouver Swim Club VSC	Middleman Jewish Community Center MJCC	Sherwood YMCA Dragons SYD
REGISTERED FOR 2010	Multnomah Athletic Club MAC	Southern Oregon Masters SOM
Allstar Triathlon AST	North Clackamas Masters NCMS	Tualatin Hills Barracudas THB
Aquaducks Masters AQDK	Northwest Blue Crush Aquatic Club BCAC	

Registration: Valid November 1, 2009 to December 31, 2010. Make checks payable to OMS, Inc.

\$40.00 Single

\$20.00 Age Group 18 to 24 years and Seniors 65 years and older

Fee breakdown: USMS = \$27.00, Benefits of Membership include: A subscription to USMS's magazine, **SWIMMER**, during the length of the membership year. OMS = \$13.00 (OMS covers the additional cost for our younger and older members.)

Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

- ☐ I have added a contribution of \$_____ for Oregon Masters Swimming. We value your support!
- ☐ I have added a contribution of \$50 as a Gold Medal Sponsor of Oregon Masters Swimming.
- ☐ I have added a contribution of \$100 as a Diamond Medal Sponsor of Oregon Masters Swimming.
- ☐ I have added a contribution of \$1.00 (or \$_____) to the United States Masters Swimming Foundation.

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

Use of Image/Likeness: I grant permission to U.S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

Signature: _____ Date: _____

MAIL TO: SUSIE YOUNG, OMS REGISTRAR, 14565 NW Salvia Ct. Portland, OR 97229

This form is available on the OMS website: www.swimoregon.org

*Contact the OMS Registrar for more information on forming an OMS club. Susie Young: swim.pdx@gmail.com or 503-475-8004



2010 Local Team Registration

This form must be postmarked by the entry deadlines of the 2010 OMS Association Championship and the 2010 OMS Open Water Championships, in order for a team to compete as a "Local Team" at those events.

Team Name _____ **Abbreviation** (can be no longer than 4 characters) _____

Team Representative Information (must be an OMS member)

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

Team Information

Approximate number of swimmers on team _____
Practice Schedule _____

Head Coach Information

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

Ass't Coach Information

Ass't Coach Name _____
Address _____
Phone # 1 _____ Phone # 2 _____
Email _____

Pool Information

Pool Name _____
Address _____
Phone _____

Mail to: Christina Fox, Membership, 30587 Stout Lane, Corvallis OR 97333
foxkohnert@peak.org

Aqua Master

April 2010

Oregon Masters Swimming, Inc.
31701 SE Currin Road
Estacada, OR 97023-9737

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

RESULTS:

Canby Animal Meet SCY

2010 Meet SCHEDULE

Date	Type	Meet/Location	Deadline (approximately 2 weeks before the meet)
*April 9-11	SCY	Association/Corvallis	March 23 (see web link below)
*May 16	SCM	Hood River/Hood River	April 30
May 20-23	SCY	USMS Nationals/Atlanta, GA	April 8
May 22	OW	Clinic/Beaverton	
May 23	OW	Hagg Lake/Forest Grove	
*June 5	LCM	Summer Sizzler/Tualatin Hills	May 21
June 12	OW	OW Clinic/Lincoln City	
June 13	OW	Devil's Lake/Lincoln City	
June 26	OW	Foster Lake/Sweet Home	June 16: after June 16, \$10 extra
July 17-18	OW	Applegate Lake/Ashland	
July 30-31	OW	Elk Lake/Bend	July 19: July 20-24, \$10 extra; after July 24, \$20 extra
Aug 1	OW	Elk Lake/Bend	July 19: July 20-24, \$10 extra; after July 24, \$20 extra
Aug 7-8	LCM	Gil Young/Gresham	July 23
Aug. 9-13	LCM	USMS Nationals/Puerto Rico	
Aug 15	OW	Dorena Lake/Cottage Grove	
Aug 21	OW	Eel Lake/Reedsport, OR	Aug. 9: Late or day-of-race \$10 extra

•ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER
https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=2232
 Oregon Masters Swimming entry forms are available online at <http://www.swimoregon.org>
 USMS entry forms are available at <http://www.usms.org>

Board Meetings

All Board Meetings are open and OMS members are encouraged to attend.
Contact Jody Welborn, OMS Chair, or Tim Waud, OMS Vice Chair, for details.

Meeting Dates

Location

April, 2010 Association Meet
 May 11, 2010 Oregon Clinic
 June 8, 2010 TBD
 July, 2010 Gil Young Meet
 August 24, 2010 Oregon Clinic

**KEEP
SWIMMING!**