



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

Volume 37, Number 1

Published 10 Times Yearly by OMS, Inc.

January 2010

"Swimming for Life"

COMA Pentathlon

by Karen Andrus-Hughes

Bend, Oregon - November 14th: As Oregon, Zone and National records fell in both individual and relay events, just two OMS swimmers, Jason Lassen, 37 and Steve Wursta, 44 completed the three Brute Squad events, both putting in over 30 minutes of racing in about three hours. The 200 fly, 400 IM and 1500 free are considered by most of us the most brutal swim pool events, and these guys took them all on in one afternoon. Congratulations Jason and Steve!

In the other pentathlon events, seven Oregon swimmers - Tara Godlove, Brian Vegter, Hardy Lussier, Rob Higley, Steve Sloop, Kris Calvin and David Amperse swam the grueling Long Pentathlon events, swimming a 200 of each stroke, plus the 400 IM. The lion's share of swimmers stuck with the medium and sprint formats - which is still a lot of racing in one afternoon. Congratulation to all participants!

Individual Oregon and Zone records were set by Mary Sweat, 52, in the 800 and 1500 SCM free; and David Radcliff, 75, added Oregon and Zone SCM 50 fly and

279 SCM 400 Medley Relay in a time of 5:43.15, which is an astounding 26 seconds under the former national record set by DC Masters in 2001. As a bonus, they get to lay claim to the Oregon, Zone and National records as well. Kris Calvin, James Proffitt, Rob Higley and Hardy Lussier set an Oregon Record and established a World record in the M160-199 800 SCM free relay, and the M200-239 SCM free relay Oregon and Zone records now belong to Bill Summerfield, David Hathaway, Steve Mann and Brent Washburne. See pages 7 & 8 for complete meet results.

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100 IM records to his long list of freestyle records. Individual Oregon records were set by Emmelie Alexander, 28 in the 50 SCM breaststroke and Brent Washburne, 48 in the 50 SCM fly.

On the relay front, Joy Ward, Ginger Pierson, MJ Caswell and Sandi Rousseau teamed up to set a World Record in the W240-



L to R: Joy Ward, Ginger Pierson, MJ Caswell, Sandi Rousseau



L to R: Brent Washburne, Bill Sumerfield, Stephen Mann, David Hathaway

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Chairs Corner by Jody Welborn

Hi Everyone:

I hope the holiday season treated you well and you had many joyous moments with friends and family.

Now that the calendar year is about to change, it is time to focus on your fitness. Every year at this time I peruse magazines and look at the internet for ideas to motivate me for the next year. And every year I come back to an old standby: the fitness log. The fitness log has served me well over the years. Sometimes it is mainly a record of the days I work out, other times it details exactly what my workouts are, down to the time, yards and location. In the past it has served as a record of my weights and blood pressure, and in my motivated years as a dietary log.

And that is what is great about the fitness log;

It is flexible. It can act as whatever tool I need to motivate me to good health.

It tracks my progress. When I don't necessarily see the fitness changes in the mirror, I can see the changes on paper and know that progress is being made.

It has kept me accountable. And when I am accountable I perform at my best.

Fitness logs do not have to be fancy or expensive. My best log was a small, spiral bound notebook that fit in my purse. But the varieties are as diverse as the people that use them and there are many types available either paper or on line.

And for USMS members there is a members-only on-line Fitness Log that allows you to record swim workouts as well as other fitness activities in a calendar format tracking your weekly, monthly and yearly totals on-line. Go to the website at usms.org and check it out.

Swimming is for Life,
and Life Matters.



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Even if you're on the right track,
you'll get run over if you just sit there.

Photo credits: Doug Brockbank, Tim Waud, Charlie Helm

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Aqua-Master is the official publication of Oregon Masters Swimming, Inc., 1211 SW Fifth Ave., Portland, OR 97204-3795. It is the source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact Susie Young (Registrar) or Jackie Parker (Membership) for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$12.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming, Inc. Information is also available on line at www.swimoregon.org



Off the Block

by Sandi Rousseau



Sponsor an Athlete in Need – OMS' Scholarship Program

You may have noticed the Gold Medal and Diamond Sponsors on the OMS registration form but did not have a clue as to how these funds might be used. Please read on and consider making a tax deductible donation to OMS, a 501(c) 3 non-profit organization.

The OMS Gold and Diamond sponsorship programs have been in existence since 2003 (Gold Medal) and 2007 (Diamond) when the OMS Board saw how successful the Gold Medal Sponsorship program was for our national championships. At nationals, one does get meals for being a sponsor of the meet, so the Board decided that a primary purpose should be designated for these OMS contributions. This was the genesis for the OMS athlete scholarship program.

Periodically, OMS receives a request for financial assistance for athletes who desire to swim with OMS, attend meets, enter postal championships, etc. but may not be financially able to join or participate. Most frequently, these persons have already been members of our organization but, for possibly unforeseen circumstances, are no longer able to afford to participate.

The request most commonly comes into someone on the OMS Board rather than from the person who needs the assistance. The information is passed on to only a select few of the Board that includes our Chair, Vice Chair, and Treasurer. This group considers the request and makes the decision about supporting the individual for the next year. The remainder of the Board only knows a scholarship for a certain amount is being provided but does not know the swimmers name nor financial status.

The mission of the program is to promote

participation in adult swimming for life as a means of fitness and promoting health. The goals of the program are to assist with expenses associated with swimming and/or OMS sponsored events in situations where a swimmers financial ability to pay limits his/her participation in these activities. Such activities may include but are not limited to costs associated with OMS registration fees, Oregon LMSC swim meets and open water entry fees, USMS postal events hosted by the Oregon LMSC or an Oregon team, etc. OMS funds shall not be used for team dues or team functions as it is believed that teams can consider funding of these fees.

In some years several scholarships have been awarded, but in other years, we have had very few or none requested. The scholarship is not automatically renewable after a year but may be reapplied for at the end of a year. So there is money in the OMS coffers available for this purpose. No documentation of a swimmers income is required. This is on the honor system. If a person qualifies for a public assistance program, e.g. welfare, food stamps, Oregon Health Plan, housing assistance, etc., approval shall be automatic.

If you know of anyone who is having a tough time financially at this time and they desire to continue membership in OMS, please contact the OMS Chair, Jody Welborn jodywelborn@mac.com or OMS Vice Chair, Tim Waud twaud@aol.com.

**Our success will be
measured by what we do
with the circumstances...not by the circumstances
themselves.**



Fitness

Someone once told me...

by Helen Thurlow



Someone once told me that if swimming were easy, everyone would be doing it. Sometimes one just needs to hear comments like that to put life back into perspective. Like a lot of people fitness wasn't my top priority. Funny since that's my job! With a new assignment at work my hours went from crazy to crazier. Working out myself was put on the top shelf. I dabbled in the weight room and jumped into the pool from time to time, but not like I was doing before September came.

I stopped attending practice at Mt. Hood. Not only did it impact me physically, but mentally and socially as well. Physically I was turning into a slug, mentally into a drone from all the hours at work and socially I was missing my teammates and coach who are my friends as well.

And then my mom had a mammogram. A couple of tests later she got a phone call; and she

received the call when she was by herself.

These last few months my family and I have been dealing with the "C" word. I shouldn't be ashamed of the word, just don't like saying it. I'm always the tough one in the family who doesn't show that I care. Always the positive, it-will-get-better scenario, type of person. Lighten up I say, may seem callous to some, but that's how I deal with issues in my life.

So, here it is with the year winding down and a small message to share. Hug your family and loved ones. Keep in touch with your friends. Read a book, brush and floss your teeth, hug your pets. Go for a quiet walk, swim or stretch. Just breathe. Smile.

Someone once told me it's not about who finishes first, it's about who keeps on swimming. I love you mom.

Swim Bits

by Ralph Mohr

Last month we talked about goals and how mine for 2010 are to swim all of the postal events. Most Master swimmers in Oregon, however, do not compete in meets, much less go 3000 plus yards in a timed event.

What, then, are suitable goals for someone who just wants to swim regularly? The easiest is to count the number of days per week. I personally feel that three a week is a minimum for anyone who simply wants to sustain a certain level of fitness. I try to go 5 a week and at least 20 per month.

The question then is how far, or rather, how long? Thirty minutes of swimming is the easy answer. Notice, please, that I said the swimming time should be at least 30 minutes. It may take you 40 minutes in the pool to do the 30 minutes of swimming. Keep track with a wrist watch or the pool clock on how long you swim and record it in your swim log.



Keeping a swim log is your next goal. I have logs that go back to 1975. You can get a blank diary, as I do, or buy a log for runners or triathletes for Christmas. Keep track of what days you swim, how far and how long you swam, and how you felt.

The last simple goal for swimmers who just want to work out is to choose one meet or postal event or open water swim to participate in for the year. Why? It's a lot of fun to swim with friends urging you on!

The group I swim with focuses mainly on postal meets because we are isolated on the Oregon coast. Others, such as in Bend, are big open water swim devotees. People in Portland only seem to want meets between concrete walls.

It doesn't matter. Choose one meet or venue for 2010 and swim at least one individual event. If it is a pool meet, you could also go all of the 50s, or swim only one stroke but all of the distances, 50, 100, and 200. Try a 100 IM which means you have to learn butterfly. Whatever you do, set some goals for 2010.

Shake and Swim with "Bake"

IM for YOU

Coach Dennis Baker



swimgraphics.com

In the past we have discussed various training methods, energy systems and technique methods. There is one great way to combine all of these into your workouts. Do more individual medley (IM) sets in practice! Here is a list of things that will help you with your IM sets and with becoming a better swimmer.

1. The hardest part of the set is usually the butterfly part, if this becomes difficult for you, switch to drill fly to get through the set until you become stronger at fly.
2. Once you master all the strokes try doing some reverse order IMs. This is very challenging to your aerobic system and will increase your stamina for all strokes.
3. Think about your technique first on IM sets and the speed will come later.
4. Doing IM sets works different muscle groups all within one swim. This makes the swimmer become more coordinated in all strokes because you are trying to maintain technique while fatigued.
5. You will feel shortness of breath during IM sets; this will go away the more of them you do as your body adapts to changing strokes.
6. It is a myth in swimming IM that you should work your best strokes the hardest. You must maintain equal energy to all strokes during an IM swim so you do not overload your system and fatigue at the end.
7. Try to maintain Distance Per Stroke (DPS) during IM sets and races. A great set to practice this is doing 50 IMs. You must get all four strokes in during 50 meters or yards. Try to do an equal amount of cycles for the four strokes. I do 3 cycles of each stroke for 50 yards.
8. It is a myth that triathletes shouldn't do IM sets because they just swim freestyle in their races. If you are a triathlete and can do all the strokes, IM sets are one of the best things you can do. You are working different muscle groups and this is excellent training for switching to your bike or to your run.

Try to incorporate more IM sets into your workouts and you will be well on your way to becoming a better swimmer, because IM for YOU!!!!





Long Distance Swimming

by Bob Bruce



We won the most recent National Club Title in the 5-km Postal. We won the 10-km too. We will also win the Club Titles 3000-yard and 6000-yard events! Are we ready to climb the final unconquered peak? Are we ready to challenge for the big one? Is the Oregon Club ready to put it on the line this January to win the granddaddy of all of the postal championships, the One-Hour Swim?

What is it? The One-Hour Swim is the first USMS postal swim each year, occurring during the month of January only. It is the largest single-event participation event on the USMS calendar; more than 2500 swimmers across the nation swam the hour last year. It is the oldest of the postal swims, started in 1977. It is not only a spirited competition, but also an excellent early-in-the-year fitness event suitable for everyone.

How has the Oregon Club fared in the past? Although we have never won this event before, our club history shows improving participation and improving club placement. Here's a summary of our past five years...

- 2005—62 swimmers, 5th place in the Medium club category
- 2006—81 swimmers, 1st place in the Large club category
- 2007—127 swimmers, 4th place in the Extra Large club category
- 2008—114 swimmers, 3rd place in the Extra Large club category
- 2009—156 swimmers, 3rd place in the Extra Large club category

What will it take to win the Club Championship? COMMITMENT & MASSIVE PARTICIPATION. There are several other huge clubs in the nation whose main goal each year is to win the One-Hour Swim, so this will not be easy. To beat these teams and pull this off, we will need...

- A commitment from EVERYONE to prepare for the swim.

- A commitment from each local team to schedule opportunities for swimmers to swim it.
- A commitment from each local coach and captain to motivate teammates to swim it.
- Participation from everyone!

Can we do it? Of course! We rallied like crazy to crush the rest of the nation when we hosted the Long Course Pool Championships in 2008, and we have dominated the other postal championships in the past year. But I estimate that it will take 400 swims to win this thing. That's right, 400! Sure, that's way more than we've ever had before, but that's fewer than half of our membership. Together, we can do this! Yes we can!

As OMS Long Distance Chair, I will put together information packets for each team and distribute them in late December. These packets will include...

- An information letter to Coaches, Team Reps, and One-Hour Swim Captains;
- A copy of the event information and entry form;
- Instructions on how to run a successful group postal swim;
- Our current OMS One-Hour Swim Top Twelve; and
- A large-print copy of the "Top Ten Reasons to Do the One-Hour Swim", suitable for posting.

I would like to see a swimmer from each local team with more than ten swimmers to step forward to be Team Captain for this event and help your coach coordinate this effort and rally the troops. Please work it out within your team structure, then let me know who you are at coachbob@bendbroadband.com. This would be an enormous help!

Good luck and good swimming.

COMA (Bend) Pentathlon SCM- November 14, 2009

W = Breaks listed World Record (includes National, Zone & OR)

Z = Zone Record, (includes OR)

N = Breaks listed National Record (includes Zone & OR)

O = Oregon Record

* = Split

Women 25-29

50 SC Meter Free			
1 Gustafson, Aubree	28 OREG	30.70	
2 Alexander, Emmelie	28 OREG	31.67	
100 SC Meter Free			
1 Taylor, Kathryn	28 OREG	1:17.99	
200 SC Meter Free			
1 Alexander, Emmelie	28 OREG	2:30.80	
1500 SC Meter Free			
1 Caloca, Victoria	27 OREG	28:09.14	
50 SC Meter Back			
1 Gustafson, Aubree	28 OREG	38.90	
100 SC Meter Back			
1 Taylor, Kathryn	28 OREG	1:37.05	
50 SC Meter Breast			
1 Alexander, Emmelie	28 OREG	39.34	O
2 Gustafson, Aubree	28 OREG	39.89	
100 SC Meter Breast			
1 Taylor, Kathryn	28 OREG	1:45.46	
50 SC Meter Fly			
1 Gustafson, Aubree	28 OREG	35.28	
2 Alexander, Emmelie	28 OREG	35.55	
100 SC Meter Fly			
1 Taylor, Kathryn	28 OREG	1:31.39	
100 SC Meter IM			
1 Gustafson, Aubree	28 OREG	1:17.69	
2 Alexander, Emmelie	28 OREG	1:19.36	
3 Caloca, Victoria	27 OREG	1:38.67	

Women 30-34

100 SC Meter Free			
1 Pryor, Evelyn	32 OREG	1:14.54	
100 SC Meter Back			
1 Pryor, Evelyn	32 OREG	1:30.79	
100 SC Meter Breast			
1 Pryor, Evelyn	32 OREG	1:43.93	
100 SC Meter Fly			
1 Pryor, Evelyn	32 OREG	1:30.61	
200 SC Meter IM			
1 Pryor, Evelyn	32 OREG	3:06.06	

Women 35-39

50 SC Meter Free			
1 Hoekstra, Tashia	37 OREG	52.21	
200 SC Meter Free			
1 Godlove, Tara	36 OREG	2:38.27	
2 Criscione, Anicia	36 OREG	2:45.75	
50 SC Meter Back			
1 Hoekstra, Tashia	37 OREG	49.03	
200 SC Meter Back			
1 Criscione, Anicia	36 OREG	2:56.08	
2 Godlove, Tara	36 OREG	3:06.12	
50 SC Meter Breast			
1 Hoekstra, Tashia	37 OREG	58.86	
100 SC Meter Breast			
1 Hoekstra, Tashia	37 OREG	2:04.97	
200 SC Meter Breast			
1 Godlove, Tara	36 OREG	3:01.22	
2 Criscione, Anicia	36 OREG	3:29.47	
200 SC Meter Fly			
1 Godlove, Tara	36 OREG	3:13.55	
200 SC Meter IM			
1 Criscione, Anicia	36 OREG	3:01.86	
400 SC Meter IM			
1 Godlove, Tara	36 OREG	6:31.57	

Women 45-49

50 SC Meter Free			
1 Caswell, Mj	48 OREG	31.02	

2 Candelaria, Sharron	45 OREG	35.56	
3 Schmidt, Sandra	45 OREG	36.45	
200 SC Meter Free			
1 Fox, Christina	49 OREG	3:06.59	
50 SC Meter Back			
1 Candelaria, Sharron	45 OREG	43.87	
2 Schmidt, Sandra	45 OREG	47.83	
100 SC Meter Back			
1 Fox, Christina	49 OREG	1:37.66	
50 SC Meter Breast			
1 Schmidt, Sandra	45 OREG	49.98	
100 SC Meter Breast			
1 Caswell, Mj	48 OREG	1:28.65	
2 Candelaria, Sharron	45 OREG	1:41.21	
200 SC Meter Breast			
1 Fox, Christina	49 OREG	3:42.86	
50 SC Meter Fly			
1 Schmidt, Sandra	45 OREG	46.92	
2 Fox, Christina	49 OREG	51.34	
100 SC Meter Fly			
1 Caswell, Mj	48 OREG	1:15.31	
100 SC Meter IM			
1 Candelaria, Sharron	45 OREG	1:33.69	
2 Schmidt, Sandra	45 OREG	1:39.45	

Women 50-54

100 SC Meter Free			
1 Peterson, Connie	54 OREG	1:56.85	
200 SC Meter Free			
1 Goodman, Ann	50 OREG	2:47.46	
* Sweat, Mary	52 OREG	2:41.74	
400 SC Meter Free			
* Sweat, Mary	52 OREG	5:27.08	
800 SC Meter Free			
* Sweat, Mary	52 OREG	11:00.01	Z
1500 SC Meter Free			
1 Sweat, Mary	52 OREG	20:44.78	Z
100 SC Meter Back			
1 Peterson, Connie	54 OREG	2:24.44	
200 SC Meter Back			
1 Goodman, Ann	50 OREG	2:58.66	
100 SC Meter Breast			
1 Peterson, Connie	54 OREG	2:16.60	
100 SC Meter Fly			
1 Peterson, Connie	54 OREG	2:21.81	
200 SC Meter IM			
1 Goodman, Ann	50 OREG	3:16.28	
2 Peterson, Connie	54 OREG	4:36.93	

Women 55-59

50 SC Meter Free			
1 Douglas, Deb	55 OREG	39.02	
200 SC Meter Free			
1 Gray, Jane	58 OREG	3:17.91	
1500 SC Meter Free			
1 Summers, Jeanna	55 OREG	25:27.46	
2 Gray, Jane	58 OREG	27:39.37	
50 SC Meter Back			
1 Summers, Jeanna	55 OREG	41.13	
2 Douglas, Deb	55 OREG	43.84	
50 SC Meter Breast			
1 Douglas, Deb	55 OREG	54.42	
2 Summers, Jeanna	55 OREG	56.37	
50 SC Meter Fly			
1 Douglas, Deb	55 OREG	50.27	
100 SC Meter IM			
1 Douglas, Deb	55 OREG	1:42.47	
400 SC Meter IM			

1 Summers, Jeanna	55 OREG	7:15.96	
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Women 60-64

100 SC Meter Free			
1 Rousseau, Sandi	62 OREG	1:23.69	
50 SC Meter Back			
1 Rousseau, Sandi	62 OREG	45.27	
50 SC Meter Fly			
1 Rousseau, Sandi	62 OREG	39.52	
100 SC Meter IM			
1 Rousseau, Sandi	62 OREG	1:37.13	

Women 65-69

50 SC Meter Free			
1 Ward, Joy	67 OREG	38.25	
50 SC Meter Back			
1 Ward, Joy	67 OREG	41.91	
50 SC Meter Breast			
1 Ward, Joy	67 OREG	54.77	
50 SC Meter Fly			
1 Ward, Joy	67 OREG	41.34	
100 SC Meter IM			
1 Ward, Joy	67 OREG	1:42.85	

Men 18-24

100 SC Meter Breast			
1 Mays, Dayton	21 OREG	1:33.43	
100 SC Meter Fly			
1 Mays, Dayton	21 OREG	1:06.89	

Men 30-34

100 SC Meter Free			
1 Overley, Travis	31 OREG	1:09.03	
100 SC Meter Back			
1 Overley, Travis	31 OREG	1:28.74	
100 SC Meter Breast			
1 Overley, Travis	31 OREG	1:32.65	
100 SC Meter Fly			
1 Overley, Travis	31 OREG	1:14.78	
200 SC Meter IM			
1 Overley, Travis	31 OREG	3:00.63	

Men 35-39

50 SC Meter Free			
1 Singer, Andrew	36 OREG	27.10	
2 Binder, Franz	36 OREG	27.59	
3 Williams, Trevor	38 OREG	27.79	
100 SC Meter Free			
1 Yanes, Ralph	38 OREG	1:02.76	
200 SC Meter Free			
1 Vegter, Brian	38 OREG	2:55.20	
1500 SC Meter Free			
1 Lassen, Jason	37 OREG	26:18.44	
50 SC Meter Back			
1 Binder, Franz	36 OREG	34.94	
2 Williams, Trevor	38 OREG	36.53	
3 Singer, Andrew	36 OREG	39.86	
100 SC Meter Back			
1 Yanes, Ralph	38 OREG	1:20.22	
200 SC Meter Back			
1 Vegter, Brian	38 OREG	3:38.95	
50 SC Meter Breast			
1 Singer, Andrew	36 OREG	36.71	
2 Binder, Franz	36 OREG	38.90	
3 Williams, Trevor	38 OREG	39.48	
100 SC Meter Breast			
1 Yanes, Ralph	38 OREG	1:26.20	
200 SC Meter Breast			
1 Vegter, Brian	38 OREG	3:49.33	
50 SC Meter Fly			
1 Williams, Trevor	38 OREG	31.49	

2 Binder, Franz 36 OREG 32.10
3 Singer, Andrew 36 OREG 33.65

100 SC Meter Fly
1 Yanes, Ralph 38 OREG 1:12.85
200 SC Meter Fly

1 Vegter, Brian 38 OREG 4:01.32
2 Lassen, Jason 37 OREG 4:24.44

100 SC Meter IM
1 Singer, Andrew 36 OREG 1:13.84
2 Binder, Franz 36 OREG 1:15.74
3 Williams, Trevor 38 OREG 1:18.37

400 SC Meter IM
1 Lassen, Jason 37 OREG 7:21.86
2 Vegter, Brian 38 OREG 7:39.82

Men 40-44

50 SC Meter Free
1 Miller, Scott 44 OREG 29.31

200 SC Meter Free
1 Lussier, Hardy 44 OREG 2:11.97
2 Higley, Robert 44 OREG 2:27.78
3 Wursta, Steve 44 OREG 2:34.50
4 Sloop, Steven 44 OREG 2:58.92

1500 SC Meter Free
1 Wursta, Steve 44 OREG 23:04.26

50 SC Meter Back
1 Miller, Scott 44 OREG 36.98
200 SC Meter Back

1 Proffitt, James 44 OREG 2:26.60
2 Lussier, Hardy 44 OREG 2:38.98
3 Higley, Robert 44 OREG 2:46.74
4 Sloop, Steven 44 OREG 3:38.15

50 SC Meter Breast
1 Miller, Scott 44 OREG 41.49

200 SC Meter Breast
1 Lussier, Hardy 44 OREG 2:45.04
2 Higley, Robert 44 OREG 3:09.80
3 Wursta, Steve 44 OREG 3:18.21
4 Sloop, Steven 44 OREG 3:25.70

50 SC Meter Fly
1 Miller, Scott 44 OREG 32.37

200 SC Meter Fly
1 Lussier, Hardy 44 OREG 2:21.58
2 Higley, Robert 44 OREG 2:54.73
3 Wursta, Steve 44 OREG 3:37.48
4 Sloop, Steven 44 OREG 4:01.37

100 SC Meter IM
1 Miller, Scott 44 OREG 1:20.26

400 SC Meter IM
1 Lussier, Hardy 44 OREG 5:17.60
2 Proffitt, James 44 OREG 5:34.89
3 Higley, Robert 44 OREG 5:53.88
4 Wursta, Steve 44 OREG 6:48.19
5 Sloop, Steven 44 OREG 7:20.83

Men 45-49

50 SC Meter Free
1 Washburne, Brent 48 OREG 26.02
2 Hathaway, David 49 OREG 28.01
3 Ribkoff, Mark 49 OREG 34.75
* Sumerfield, Bill OREG 28.08

100 SC Meter Free
1 Sumerfield, Bill 49 OREG 1:02.92
200 SC Meter Free
1 Calvin, Kris 47 OREG 2:21.72

50 SC Meter Back
1 Washburne, Brent 48 OREG 32.24
2 Hathaway, David 49 OREG 32.92
200 SC Meter Back
1 Calvin, Kris 47 OREG 2:40.85

50 SC Meter Breast
1 Hathaway, David 49 OREG 36.44
2 Washburne, Brent 48 OREG 36.64
3 Ribkoff, Mark 49 OREG 45.67
100 SC Meter Breast
1 Sumerfield, Bill 49 OREG 1:18.42

200 SC Meter Breast

1 Calvin, Kris 47 OREG 3:02.70
50 SC Meter Fly

1 Washburne, Brent 48 OREG 28.61 O
2 Hathaway, David 49 OREG 30.50
3 Sumerfield, Bill 49 OREG 35.27
4 Ribkoff, Mark 49 OREG 42.78

200 SC Meter Fly
1 Calvin, Kris 47 OREG 2:42.40

100 SC Meter IM
1 Washburne, Brent 48 OREG 1:07.39
2 Hathaway, David 49 OREG 1:09.21
200 SC Meter IM
1 Sumerfield, Bill 49 OREG 2:51.54

400 SC Meter IM
1 Calvin, Kris 47 OREG 5:42.78

Men 50-54

50 SC Meter Free
1 Peyton, Mike 54 OREG 29.84
2 Douglas, Michael 52 OREG 31.66
3 Thompson, Ron 50 OREG 32.25
4 Carter, Walter 54 OREG 44.56

50 SC Meter Back
1 Peyton, Mike 54 OREG 38.73
2 Douglas, Michael 52 OREG 42.39
3 Thompson, Ron 50 OREG 48.45
4 Carter, Walter 54 OREG 59.41

50 SC Meter Breast
1 Peyton, Mike 54 OREG 42.71
2 Thompson, Ron 50 OREG 44.10
3 Douglas, Michael 52 OREG 45.20
4 Carter, Walter 54 OREG 1:21.30

50 SC Meter Fly
1 Peyton, Mike 54 OREG 33.62
2 Douglas, Michael 52 OREG 38.71
3 Thompson, Ron 50 OREG 46.09

100 SC Meter IM
1 Douglas, Michael 52 OREG 1:29.71
2 Thompson, Ron 50 OREG 1:29.74
3 Carter, Walter 54 OREG 2:09.65

Men 55-59

50 SC Meter Free
1 Mann, Stephen 57 OREG 28.19
2 Larson, Allen 56 OREG 34.16
200 SC Meter Free
1 Amperse, David 55 OREG 2:51.47

1500 SC Meter Free
1 Penn, William 58 PNA 19:13.18

50 SC Meter Back
1 Mann, Stephen 57 OREG 35.91

200 SC Meter Back
1 Amperse, David 55 OREG 3:21.44
50 SC Meter Breast
1 Mann, Stephen 57 OREG 37.19
2 Larson, Allen 56 OREG 53.26

200 SC Meter Breast
1 Amperse, David 55 OREG 3:20.32
50 SC Meter Fly
1 Mann, Stephen 57 OREG 31.85
2 Larson, Allen 56 OREG 41.61

200 SC Meter Fly
1 Amperse, David 55 OREG 3:19.29
100 SC Meter IM
1 Mann, Stephen 57 OREG 1:11.82
2 Larson, Allen 56 OREG 1:38.25

400 SC Meter IM
1 Penn, William 58 PNA 6:37.10
2 Amperse, David 55 OREG 6:44.91

Men 60-64

50 SC Meter Free
1 Dasch, Vern 60 OREG 29.53
2 Carew, Michael 60 OREG 40.04
3 Gillham, Larry 60 OREG 46.68
100 SC Meter Free

1 Monahan, Bill 61 OREG 1:38.77
2 Gillham, Larry 60 OREG 1:40.91

1500 SC Meter Free
1 Carew, Michael 60 OREG 26:17.35

50 SC Meter Back
1 Dasch, Vern 60 OREG 40.86
2 Gillham, Larry 60 OREG 55.20
3 Carew, Michael 60 OREG 55.51

100 SC Meter Back
1 Monahan, Bill 61 OREG 1:57.71

50 SC Meter Breast
1 Dasch, Vern 60 OREG 39.18
2 Carew, Michael 60 OREG 50.96
50 SC Meter Fly
1 Dasch, Vern 60 OREG 34.44

2 Carew, Michael 60 OREG 52.10
100 SC Meter IM
1 Dasch, Vern 60 OREG 1:18.65

Men 65-69

200 SC Meter Free
1 Landis, Tom 67 OREG 2:28.22

400 SC Meter Free
* Landis, Tom 67 OREG 5:37.85

800 SC Meter Free
* Landis, Tom 67 OREG 11:24.4

1500 SC Meter Free
1 Landis, Tom 67 OREG 21:19.03

Men 70-74

100 SC Meter Free
1 Thayer, George 73 OREG 1:21.69

Men 75-79

50 SC Meter Free
1 Radcliff, David 75 OREG 31.31

2 Weick, Dick 75 OREG 33.46
3 Weber, George 79 OREG 51.34

50 SC Meter Back
1 Weick, Dick 75 OREG 43.38

2 Radcliff, David 75 OREG 45.96
50 SC Meter Breast
1 Radcliff, David 75 OREG 45.24

2 Weick, Dick 75 OREG 45.56
50 SC Meter Fly
1 Radcliff, David 75 OREG 38.05 Z

2 Weick, Dick 75 OREG 40.63
100 SC Meter IM
1 Radcliff, David 75 OREG 1:29.33 Z

2 Weick, Dick 75 OREG 1:32.07

-----Relays-----**Women 160-199 400 SC Meter Medley Relay**

1 OREG 5:45.61
1) Goodman, Ann 2) Criscione, Anicia
3) Pryor, Evelyn 4) Fox, Christina

Women 240-279 400 SC Meter Medley Relay

1 OREG 5:43.15 W
1) Ward, Joy 2) Pierson, Ginger
3) Caswell, MJ 4) Rousseau, Sandi

Men 160-199 800 SC Meter Free Relay

1 OREG 9:06.65 W
1) Calvin, Kris 2) Proffitt, James
3) Higley, Robert 4) Lussier, Hardy

Men 200-239 200 SC Meter Free Relay

1 OREG 1:49.56 Z
1) Sumerfield, Bill 2) Hathaway, David
3) Mann, Stephen 4) Washburne, Brent

Men 200-239 200 SC Meter Medley Relay

1 OREG 2:05.37
1) Washburne, Brent 2) Sumerfield, Bill
3) Hathaway, David 4) Mann, Stephen

Mixed 160-199 200 SC Meter Medley Relay

1 OREG 2:46.13
1) Higley, Robert 2) Candelaria, Sharron
3) Amperse, David 4) Hoekstra, Tashia

Third Quarter, 2009, USMS Business Report

Edited from an article by Rob Butcher

This report of the third quarter business update for U.S. Masters Swimming will include a look forward into 2010. We covered the look back into 2009 in the December, 2009, *Aqua Master*.

Moving Forward

In 2010, we will continue to build on these four pillars while taking additional action with the initiatives outlined below. All initiatives support our purpose, "to promote health, wellness, fitness and competition through aquatics."

Club Development

- In 2009, USMS staff visited more than 10 states. Our goal was to meet with coaches, promote the value of USMS, encourage membership and incubate new USMS programs. We visited in part because of our club development efforts, USMS has added 46 new clubs in 2009 for a total of 626, or an 8 percent growth rate from 2008.
- Under Mel Goldstein's leadership of our club services program, we have added the following regional club development coordinators:
 - Jim Halstead - Jim is a coach with Curl Burke Masters. He will be responsible for Dixie Zone and Colonies Zone.
 - Susan Ingraham - Susan is head coach of Masters of Southwest Texas. Susan will be responsible for South Central Zone, Southwest Zone and the SPMA LMSC
 - Lisa Dahl - Lisa is Vice President of the Pacific Northwest LMSC. Lisa will be responsible for the Northwest Zone and the Pacific LMSC.
- With the help of The Woodlands Masters Swim Team, we hosted our first ever Masters coaches experiential weekend. More than 35 Masters coaches attended the inaugural SwimFest, sharing best practices from the dry side of coaching as well as learning from each other in both the pool and open water environment. SwimFest 2010 is planned for San Diego.

Events

- USMS will serve as the host for the 2010 Summer Nationals in Puerto Rico.

Mark Gill will serve as our event director, with all of the USMS staff providing support. Our goal is to create a truly rewarding experience for our members, sponsors and the swimming community.

- Our open water task force has recommended the creation of the H₂Open Series, an open water series under the U.S. Masters Swimming banner. The idea for H₂Open is to use the national reach of U.S. Masters Swimming to provide national exposure, promotion and event enhancement for key open water events that are part of the series. We have included some seed capital in the 2010 budget to secure clinicians and for branding at the venues.
- The 2010 YMCA Masters Nationals will become a U.S. Masters Swimming sanctioned event.

Membership Enhancement

- We are reviewing our insurance offerings to members to see what new benefits we can add that would increase the value of membership.
- We are supportive and are encouraging LMSC sanctioning of even more events. Our new membership coordinator will be a resource to LMSCs in this initiative.
- *SWIMMER* magazine is getting a shot of energy with new features and departments, more letters from members, more authentic photos and product reviews.
- Beginning in 2011, the national office staff has been charged with operation and promotion of our Postal events. We will be crafting and implementing a strategy that allows for additional participation from both fitness and competitive swimmers.

Marketing and Promotion

- The January/February issue of *SWIMMER* magazine will include a pullout, high-energy event promotion poster and accompanying feature article on USMS's 2010 event lineup.
- We are adding more marketing tools that can be available to LMSCs and clubs.
- We will seek additional publicity from the media and continue to grow promotional partnerships with organizations that share our values.



ATLANTA BY STORM!

Third in a series
by Jeanna Summers

Nationals For First Timers

Never swam in a Masters' Nationals Meet? Worried about if you're 'good enough'? Haven't swam in a big meet for decades, if at all? This article will address some of your concerns.

First of all, "am I good enough?" Start out by going to <http://www.usms.org/comp/scnats10/> and navigate to 'qualifying times.' Find your age and sex. Have you met any of those qualifying times? If you haven't met any, you can swim three individual events at nationals. Have you met one? If so, you can swim that event plus three other individual events. And so forth. Relays don't count.

Maybe you aren't sure of your current times. You don't have to be exact. You just need to do your best to enter a time that you can reasonably expect to swim. If you know your times from a different course, go to <http://www.swimmingworldmagazine.com/results/conversions.asp> to estimate what your short course yards times would be. No one will send you home packing if you're off a bit.

"Is it REALLY OK to swim at nationals if I haven't met qualifying times?" There is absolutely nothing wrong with going to nationals and swimming one, two or three events. They even have a registration category for people who swim relays only! (More on relays in subsequent articles) The Masters Swimming powers that be have weighed in on this issue. In keeping with the philosophy of supporting and encouraging ALL masters swimmers, and to prevent national meets from becoming a twice-annual gathering of the same old folks, ANY master's swimmer can swim at Nationals. New blood is welcome, wanted and needed.

OK, let's be honest here. How many of you are thinking "What if I am LAST?" Well, someone has to be last, and that person who is last is at least at the meet swimming, and is not at home being a couch potato! If you do want to get some idea of how you might fare, go to <http://www.usms.org/comp/nationals.php> and click on

'results from previous nationals'. Again, you can use the conversion website to compare your times from meters courses.

There are a lot of similarities to those age group meets you might have swam as a kid. Except there are a few clear advantages to swimming as a master. Remember being hungry and waiting for someone to take you to a restaurant, or give you money for a snack? As a master, you eat whenever you want! Remember sharing a hotel room or tent with any old teammate who happens to be your gender? Masters choose their roommates! Not only do you choose your roommates, you also choose your accommodations. Check out the accommodations section of the meet website for designated meet lodgings. You can, however, stay anywhere you want, from a Hilton penthouse to a tent at the KOA Kampground.

Would your partner or another family member like to come? Family members who attend Masters meets do so because they want to, not out of parental obligation. Nancy Radcliff, wife of acclaimed Oregon master swimmer Dave Radcliff, has refined the art of Master's Swimmer Spouse. Often, she lends valuable assistance at meets. At other times, she can be seen lounging in a comfortable chair, reading a book, chatting with friends, or reviewing plans for travel adventures after the meet. On the other hand, many masters swimmers attend meets on their own. Oregon swimmers congregate together at away National meets; bring your gear and a friendly smile, and you won't be alone.

**Work like you don't need the money.
Love like you've never been hurt.
Dance like nobody's watching.
Sing like nobody's listening.
Live like it's Heaven on Earth.**

SWIMMER SPOTLIGHT

compiled by Karen Andrus-Hughes

Dan Gray, 64

Occupation: Semi-retired building contractor

Local Team: Rogue Valley Masters (OPEN for team events)

Following a 23 year hiatus, I was reintroduced to swimming in 1984 when the Rogue Valley Masters Club was formed. I am Dan Gray, a 64 year old, semi-retired building contractor from Ashland. Locally there are no Masters Swim Clubs that offer coaching. Lynn Sacks and I swim on our own at the Ashland YMCA where we maintain our fitness level as best we can. The upside to the "Y" is the access to the fitness equipment and the Tai Chi classes that have enriched me in body, mind and spirit. While in Hawaii this past winter we did receive some personalized coaching from Karlyn Pipes-Neilson. Once I discovered the joy of open water swimming the pool meets held less interest for me, though I love going to Association Championships to see who's still standing! Pool events are difficult, as it is physically unwise for me to do flip turns or dive off the blocks. To *compete*, one must be somewhat whole in body and spirit. Darwin reminds us to adapt in order to survive. This past decade has created lifestyle changes for me which are injury related. Two auto wrecks, two serious construction falls added to an already fused back and shattered ankle and make me realize how lucky I am just to be here. These injuries have required a seemingly endless cycle of inactivity, weight gain, rehab and recovery which are tough on a training schedule, and can leave a person emotionally drained. Swimming is my physical and mental therapy. I enjoy *participating* in Masters events, especially the open water. Summer brings the open water events, training in the lake, camping, barbecues as well as the family of friends that continue to expand. If I miss an open water event, I am probably rafting on some river. While as an OMS board member, I worked with Steve Johnson, Matt Mercer and others beginning in 1996 to develop the Oregon Open Water program. Seeing participation expand and watching Masters swimmers encourage their children to participate is a great joy. Finally, at Applegate Lake, when Doug Stewart was passed by his son Taos he was such a proud Papa. Truly, this is what it is all about!



Lynn Thompson, 51

Occupation: Elementary School Teacher/English Language Development

Local Team: Oregon Reign Masters (ORM)

Her personal philosophy is you're never too old to learn, and thus Lynn started swimming Masters with Oregon Reign in July, 2008, at the age of 50. She was in good shape from an active lifestyle, and had also begun training for and competing in biking, running and triathlon events near the same time. She thought the transition to swimming would be smooth since she enjoyed quick success in other sports. Her first running competition was the annual Portland Shamrock Run in March, 2009, and she placed third! So far swimming has been a bit more difficult, so she hasn't entered a meet yet. Just getting past the swimming lingo has been a challenge, she explains. "I can't tell you how many times Dennis (Baker) has explained a set to me, which itself is a challenge because of the language: descending, building, 2-1-2, on the 2:40, etc., it was all foreign



Continued on page 12

Continued from page 11

to me. And I'm thinking to myself, I've never rested such a short time, and I don't have four different speeds!"

However, she has worked to stay positive and has continuously been surprised that she is able to do the sets Dennis throws her way, even if at times she has to reach for her fins to get through it. "Dennis has really helped me stretch my limits," Lynn says. "As I look back to where I was a year ago, my times have improved and my rest time has decreased." Currently her goals for swimming are #1) to stick with it and #2) to compete someday. It's clear Lynn is quite self-motivated as evidenced by the Abraham Lincoln quote she shared: I will study and get ready and perhaps my chance will come. She says she feels this way about swimming, that you are never too old to learn. "I love to learn new things. Don't you?!" she quips.



Lynn Sacks, 64

Occupation: Retired teacher

Local Team: Rogue Valley Masters (OPEN for team events)

My early morning aerobics class has been canceled, now what do I do? My answer, more than 15 years ago, was to join Rogue Valley Masters in Ashland. Growing up in Southern California I spent endless hours swimming and body surfing, and loved everything about water ... sailing, boating, and fishing ... so how difficult could 5:30 a.m. workouts be? Little did I know how much I needed to learn about the art and science of swim technique.

As I reflect on those early years of learning how to swim at 50, I remember words of wisdom from team mate, Dan Gray, "Lynn, don't get discouraged, 'cause it's going to take you a year to build strength and endurance, one days practice at a time." And I'm still at it! As a novice, I committed to swimming because of the energy, enthusiasm and encouragement of my teammates and friends. As a member of RVM, I served on the board as a planning committee

member for open water events.

Now, as a recently retired teacher, I no longer need to get up early, so the Y offers many pool time options for me, and my lane mate, Dan Gray. Swimming is a passion in my life for both my physical and emotional well being. As a fitness swimmer, participating in competitive events was not an easy transition, but I have come to enjoy the challenges of open water. So, I stay in shape as best I can, which now includes water aerobics and Tai Chi, and look forward to the Open Water swim series each summer. Swimming outdoors, in our beautiful Oregon lakes, camping, and the camaraderie of friends from all around the state embodies the spirit of Oregon Masters Swimming to me.

News Flash!

A NEW WORLD RECORD!

The Mens 200-239, 400 SC Meters Free Relay from the Lincoln City Meet, has been confirmed as a world record. The winning guys are Brent Washburne, Wes Edwards, Pat Allender and David Hathaway. Congratulations! Great swim!



Differences In Swim Cap Materials

by Eric Teske, Kast-A-Way Swimwear, Inc.
December 4, 2009

A swim cap is any of a number of rubberized or otherwise elastic devices worn on the head during participation in aquatic activities. Over the years, the swim cap has fluctuated in popularity as a result of its function, composition, and style of the times. Nowadays, the swim cap is considered essential equipment for competitive swimming - just don't call it a "hat," or you're sure to invite some confused expressions from your teammates.

Different materials and styles offer different functional advantages. The variety of caps available today is driven by the needs of swimmers.

Lycra Spandex Caps

Fabric caps made of Lycra spandex are designed to cover the head and hair, and stay in place without a chin-strap, unlike older cloth or rubberized bathing caps. Lycra caps are used to protect hair and skin from UV rays, and to keep the hair out of your face. These caps don't provide much in the way of drag reduction, but can easily be put on or taken off without pulling hair. Because the caps are made of fabric, they do not keep hair dry. Lycra caps are perfect for anyone looking for a comfortable and affordable way to keep their hair tucked back and covered while swimming.

Latex Caps

These stretchy, tight-fitting swim caps became standard equipment for competitive swimmers in the 1980's. The latex material is non-permeable, and holds hair tightly against the scalp

- significantly decreasing resistance through the water. Because latex caps are so elastic, they are considered one size fits all. Latex caps are thin and inexpensive, so they may rip as a result of regular use. Because latex caps are not sized, it is common for extra material to gather in wrinkles on the top of the head. These wrinkles can cause turbulence in the water, a problem that was addressed by later developments.

Silicone Caps

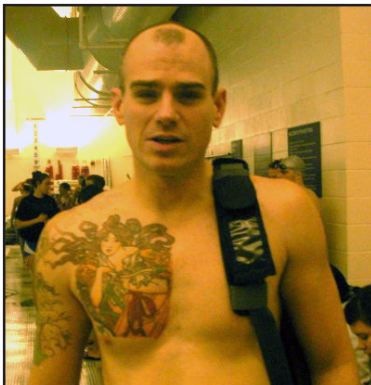
These caps are thicker and slightly less elastic than their latex counterparts - which means they are more durable and provide a sleeker profile in the water. Silicone caps are still very stretchy, but are offered in youth and adult sizes, and even a style designed for long hair, to provide a more custom fit for racing. These caps carry a noticeably higher price tag when compared to latex. However, because of their durability, they have become the new favorite among most competitive swimmers.

The most advanced racing caps are also made of silicone, and include a multi-density design. This new design has a panel of thicker silicone covering the top of the head, thus eliminating all wrinkles. After extensive testing, such caps have shown to significantly decrease drag.

Although swim cap technology is obviously moving forward, a wide variety of caps are still available because the form and composition offered truly follow the function desired. A wide variety of swim caps are available for purchase from Kast-A-Way Swimwear. Kast-A-Way, a USMS sponsor, also offers custom printing for team caps. Custom caps are a great way to show team spirit, and can be ordered in latex or silicone.

Brute Squad

Jason Lassen is one of only two OMS swimmers who completed the three Brute Squad events at the COMA Pentathlon. The Brute Squad group of events consist of the 200 fly, 400 IM and 1500 free. These guys took them all on in one afternoon. Congratulations Jason and Steve (no picture)!



Editors Note: In order to not confuse swimmers by the tips on Page 8 of the December, *Aqua Master*, we just wanted to add the following. Those tips were not USMS or FINA rules, just tips that some places follow and some do not. Sue Calnek wrote that she swam in Spain and these tips were very strictly followed; Pat and Jacki Allender and Walt Reid wrote that some events run 'over the swimmer' starts to help large meets run faster. Pat also said that touch-pads are deactivated once a particular race is finished. However, in relays, it is a good idea that swimmers 1 through 3 hang onto the lane lines and away from the touch-pads after they complete their swim, since other swimmers would like their splits to be accurate.

NOTICE TO ALL U. S. MASTERS SWIMMING MEMBERS

December 6, 2009 Update
from USMS Member News

The following is U.S. Masters Swimming's official interpretation of Swimwear rule 102.14. U.S. Masters Swimming has chosen to maintain its rules and interpretations until FINA has completed its processes and informed us of its interpretation as it applies to Masters Swimming. The FINA Bureau will meet January 15-16, 2010. While our policy remains unchanged during this interim period, there is new information in the questions and answers following the interpretations.

#1. USMS SWIMWEAR INTERPRETATION
FINA approval or rejection of new swimsuits introduced after September 30, 2007, will be accepted by U.S. Masters Swimming for USMS sanctioned and recognized competition.

#2. USMS SWIMWEAR INTERPRETATION
For purposes of Article 102.14 of U.S. Masters Swimming Rules of Competition, Swimwear, the use of more than one swimsuit at a time during any USMS sanctioned or recognized competition is prohibited.

QUESTIONS & ANSWERS:

1. Question: If FINA changes the Masters swimwear rule in mid-January, will the new swimwear rule then immediately apply to the remaining two weeks of the One Hour Postal Swim in January?

Answer: No. The swimwear rule in effect on January 1, 2010 will apply for the duration of the One Hour Postal Swim being conducted in January 2010. The swimwear rule in effect on January 1, 2010, will be the interpretations as published in this notice.

2. Question: Can I still wear my LZR, TYR Tracer, or Blueseventy at meets including short course yard meets?

Answer: Yes, because the LZR, the TYR Tracer, and Blueseventy models are on the list of FINA-approved suits that was published June 22, 2009. LZR, TYR, and Blueseventy suits on the FINA-approved list are legal for Masters until FINA issues a ruling on swimwear for Masters. Those suits could be banned by FINA in mid-January if the FINA Bureau, which meets January 15-16, approves the recommendation of the FINA Masters Technical Committee that Masters follow the elite swimwear rules.

3. Question: Why don't I see the Xterra suit on the June 22, 2009 list of FINA-approved suits?

Answer: One model, the Xterra Velocity Red (1), was inadvertently left off the June 22, 2009 FINA-approved list. It was approved by FINA.

4. Question: Can I wear a regular racing suit that is not a body suit?

Answer: Yes, suits introduced prior to September 30, 2007, are legal for USMS competition.

5. Question: How will this impact Masters competitors?

Answer: Suits on the FINA list that was published June 22, 2009, or suits that were introduced prior to September 30, 2007, are legal at this moment. The USMS swimwear interpretation will be reconsidered by the USMS Rules Committee and the USMS Executive Committee when the FINA Bureau, which meets January 15-16, issues a swimwear ruling for Masters or issues more definitive information on its new swimwear rules.

6. Question: My coach is forcing me to swim the 1650 Free as a training swim. Can I wear a drag suit over my jammers?

Answer: No. Although wearing an extra drag suit may not be perceived as having an advantage, the interpretation is that only one swimsuit is permitted.

7. Question: Does "one suit for competition" mean I can only wear one suit for the whole meet?

Answer: No. You can change suits during the meet, but you can only wear one suit at a time. This restriction applies only to the actual races (competition). You can wear more than one suit during warm-up and warm-down.

8. Question: Does "one suit for competition" mean I can't wear a modesty suit under my competition suit?

Answer: No. This restriction applies to all types, makes, and models of swim suits, but it is not intended to apply to athletic supporters or modesty type wear (a single set of garments such as a pair of "briefs" or "bikini bottoms and/or top" or a sports bra worn to ensure modesty and privacy) that must be for modesty only, not for the purpose of providing additional compression.

Disqualified!

by Donna Springer and Ashley Gangloff
October, 2009

Because U.S. Masters Swimming invites and embraces athletes of every shape, size, age, ability and experience level, this often means that we see adults in their forties, fifties and beyond at the starting blocks for the first time. Racing can be intimidating for anyone, but not understanding the rules of a race can cause even more angst for the newbie behind the blocks. Donna Springer of St. Louis, Missouri, shares her experience of getting disqualified, the confusion it caused her and her disqualification research that she hopes will help others better understand the race and all of its elements.

"In my forties I breaststroked along a 50-meter pool in my first race ever. Nearing the end of the race I looked ahead to see that I had no more than three strokes until I would touch the wall. One... two... three. 'Finished.' As I climbed out of the pool, satisfied, I heard, 'Disqualified.' What?! Why?! How?! Evidently I had not touched the wall with both hands simultaneously and thus provided grounds for disqualification."

For more information on this disqualification refer to rule 101.2.4 on page 2 of the U.S. Masters Swimming Rule Book.

"Some years later, at my first Senior Olympic competition, I decided to try the 50 breaststroke again. As I made my way down the lane a huge wave from a nearby competitor came rushing at me. With an open mouth I swallowed some water and began to panic. To regain my cool I stepped on the bottom of the pool and re-established my breathing pattern. Refocused, I returned to my breaststroke and finished the race. 'If you stand on the bottom, you're disqualified,' one of the officials explained to me. 'You might as well learn this early in your swimming career.' Although I was 54, it was early in my swimming career. Discouraged? Yes, but I appreciated this official's implication that there was, "life ahead" for me. She was right; I had many more breaststroke races to swim."

For more information on this disqualification refer to rule 102.15.5 on page 14 of the U.S. Masters Swimming Rule Book.

"Now, fast forward a few more years and see me at the age of 60. This time I was on deck to swim the 200 meter individual medley. At some point during my swimming career I got the impression that breaststroke was the first leg of the IM. I was wrong. 'We start with the fly,' a man in my heat said. I immediately tracked down my coach to get some clarity on the subject of stroke order. He gave me a clear explanation of the stroke order and I promptly made my way back to the block."

For more information on this disqualification refer to rule 101.6.3B on page 4 of the U.S. Masters Swimming

Rule Book.

"After my race I looked over to my coach who seemed somewhat confused as he held up the yellow disqualification slip. 'Wrong order?' he asked. Evidently I had heard and understood bits and pieces of his stroke order explanation, but it seemed as though I had not paid close attention to the explanation of the middle two strokes, which I had swum out of order. The order of my strokes was not the only mistake that I had made during that race. I also read, 'underwater recovery' on my yellow slip."

For more information on this disqualification, you may refer to rule 101.3.2 on page 3 of the U.S. Masters Swimming Rule Book.

"Determined not to let this race affect my upcoming events, I refocused; my next race, the 50-meter butterfly, was about to begin. Whoosh ... I dove in for the 50-meter butterfly and much to my dismay, my goggles slid down my cheeks. Careful not to touch the bottom of the pool (I had already learned this lesson), I adjusted my goggles for the next 40 or more meters as I swam. 'Your stroke looked good this time, but any non-stroke movement during a competition means automatic disqualification,' said the official. Ugh. Again?!"

For more information on this disqualification, you may refer to rule 101.3.2 on page 3 of the U.S. Masters Swimming Rule Book. According to the Rule Book, both arms must be brought forward over the water and pulled back simultaneously in butterfly. A break in the stroke cycle is not allowed (not even to adjust goggles).

Disqualifications can be a hazard in the life of the swimmer. Each of us learns the hard way most of the time. Some of us are lucky enough to learn from others' mistakes. After a string of disqualifications, Donna researched her DQs in the U.S. Masters Swimming Rule Book.

Donna Springer hopes that her experiences have shed some light on the issue of disqualification and encourages everyone to learn the rules of racing.

Chehalem Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #370-01

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

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

Hosted by: Chehalem Swim Team

Location: Chehalem Aquatic Center
1802 Haworth
Newberg, OR 97132

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

DATE: Saturday January 30, 2010

WARM-UPS: 8AM
MEET STARTS: 9AM

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

Directions to Pool: Take I-5 (North or South) to the Tualatin/Sherwood Exit (289). Turn West onto Nyberg Road, which becomes the Tualatin/Sherwood Road. Proceed through the community of Tualatin until you reach Sherwood (5 miles). In Sherwood, immediately past the Albertson's shopping complex, take a left (South) onto Hwy 99W. Continue on 99W to Newberg. In Newberg, turn Right onto Villa Road (Walgreens will be on your left). Turn right onto Haworth, and the pool is on your right.

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

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY JANUARY 15, 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: 18+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). THE 500 & 1000 FREESTYLES & 400 IM WILL BE DECK SEEDED. *CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM.* ALL EVENTS WILL BE SEEDED SLOW TO FAST.

SATURDAY, January 30

400 IM (1) _____ : _____ . _____

50 FREE (2) _____ : _____ . _____

200 BACK (3) _____ : _____ . _____

100 FLY (4) _____ : _____ . _____

*** break***

MIXED MEDLEY RELAYS (5-6)

50 BACK (7) _____ : _____ . _____

200 FREE (8) _____ : _____ . _____

100 BREAST (9) _____ : _____ . _____

*** break***

FREE RELAYS (10-15)

500 FREE (16) _____ : _____ . _____

50 FLY (17) _____ : _____ . _____

200 BREAST (18) _____ : _____ . _____

100 FREE (19) _____ : _____ . _____

100 IM (20) _____ : _____ . _____

*** break***

MEDLEY RELAYS (21-24)

50 BREAST (25) _____ : _____ . _____

200 FLY (26) _____ : _____ . _____

100 BACK (27) _____ : _____ . _____

200 IM (28) _____ : _____ . _____

*** break***

MIXED FREE RELAYS (29-31)

1000 FREE (32) _____ : _____ . _____

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

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$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

Seventh Annual Animal Masters Meet

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
 Eligibility: Currently registered USMS swimmers, 18 years and older.
 Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #370-02



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

Date: Sunday, February 14, 2010

Positive Check-in at Clerk of Course: 3PM
 Warm-ups: 2:30PM
 Meet Starts: 3:30PM

Hosted by: Canby Swim Club "The GATORS"

Meet Director: DeeAnna Smith. Phone: 503-651-1543. Email: deemarie1964@yahoo.com.

Directions to the pool: **Southbound-** I-205 South to Exit 9 (99E, Oregon City, Gladstone), turn left onto HWY 99E (Oregon City, Canby). continue south on 99E, turn left on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center •

Northbound- I-5 North to Exit 278 (Aurora), turn right on Ehlen Rd and follow into Aurora, turn left onto 99E, drive North into Canby, turn right on Ivy (7-Eleven on corner), go 12 1/2 blocks, pool is on the left and shares parking with Adult Center

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

Ask for the Canby Swim Club preferred rate.

Swimmers will receive one basic Heat Sheet upon completion of final seeding.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR 2010 USMS REGISTRATION CARD OR 2010 REGISTRATION FORM WITH THIS ENTRY
ENTRY DEADLINE: POSTMARK NO LATER THAN Friday, January 29, 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) _____

TWO OPTIONS: Enter meet only (no T-shirt) **OR** Enter meet and receive a cool T-shirt

(If entry is received after January 12th, a T-shirt is not guaranteed).

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

Animal Sprint Masters

100 I.M. (1-2) _____ : _____ . _____

50 FLY (7-8) _____ : _____ . _____

200 FREE (13-14) _____ : _____ . _____

All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 5 seconds for Disqualifications. Slowest time of all swimmers plus 20 seconds for no show.

Animal Masters

200 I.M. (3-4) _____ : _____ . _____

100 FLY (9-10) _____ : _____ . _____

500 FREE (15-16) _____ : _____ . _____

All swimmers must enter above 3 events to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 15 seconds for Disqualifications. Slowest time of all swimmers plus 60 seconds for no show.

Animal Grand Masters

400 I.M. (5-6) _____ : _____ . _____

200 FLY (11-12) _____ : _____ . _____

1000 FREE (17-18) _____ : _____ . _____

All swimmers must enter the 3 events to the left to be scored for an award. Times are cumulative. Slowest time of all swimmers plus 30 seconds for Disqualifications. Slowest time of all swimmers plus 2 minutes for no show.

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

SIGNATURE _____ DATE _____

Shirt size (circle) S M L XL 2XL

MEET ENTRY FEE: **WITH T-SHIRT \$30.00 OR WITHOUT T-SHIRT \$18.00**

MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

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



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** _____

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



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. (for name, see groups below) <input type="checkbox"/> SWMS <input type="checkbox"/> OREG <input type="checkbox"/> UNATTACHED	Do you coach a Masters Team <input type="checkbox"/> Yes <input type="checkbox"/> No
--	--	--

Local Workout Group Name _____ **Abbreviation** _____

Choose name and abbreviation from list below. See page 15 for teams who have and have not registered for 2010.

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

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 (To get this discount, you must register via paper copy, not internet)

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

Aqua Master

January 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: COMA (Bend) Pentathlon

2 0 1 0

Meet **SCHEDULE**

(c)swimgraphics.com

<u>Date</u>	<u>Event</u>	<u>Team/Location</u>	<u>Contact</u>
Pool Meets			
*Jan. 30	SCY	Chehalem, Newberg	https://www.ClubAssistant.com/club/meet_information.cfm?c=1352&smid=1896
*Feb. 14	SCY	Canby Animal Meet	online entry: swimoregon.org
March 20	SCY	THB Pentathlon	swimoregon.org
April 10	SCY	Association Meet	swimoregon.org
May 16	SCM	Hood River	swimoregon.org
May 20-23	SCY	USMS Nationals, Atlanta, GA	USMS.org
June 5	LCM	Summer Sizzler, Tualatin Hills	swimoregon.org
July 9-11	LCM	Gil Young Meet/MHCC, Gresham	swimoregon.org
Aug 9-13	LCM	USMS Nationals, Puerto Rico	USMS.org
•ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER			
You may also enter on-line at http://swimoregon.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:

Jan. 12, 2010 Rivermark
Feb. 9, 2010 Oregon Clinic
Mar. 9, 2010 Rivermark
April, 2010 Association Meet
May 11, 2010 Oregon Clinic
June 8, 2010 Rivermark
July, 2010 Gil Young Meet
Aug. 24, 2010 Oregon Clinic

**KEEP
SWIMMING!**