



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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"Swimming for Life"

NO WALLS, NO CHLORINE and THE MONSTER ...

by Karen Andrus-Hughes

The untamed environment, spectacular venues, no walls, no chlorine, less pressure, freedom, scenery above and below the water, fresh air, fun folks and even the monster lurking at the bottom — these are all elements that draw Oregon Master swimmers to the lakes, rivers, bays and oceans each year.

OK, let's get to the monster first. Jason Lassen, 37 ORM, swims many open water events every season, and says, "The monster down in any open body of water is a great draw for me. I know there is a monster down there because I am a rational person and if there isn't anything down there, what is it that occasionally gives me the Heebie-Jeebies? It must be a monster, sizing me up for a snack! Better pick up the pace for a bit."

The swimmers I spoke with also sighted the connection to nature as a key draw to open water events each year. Cyndi Smidt, 40, from COMA explains, "There is the simplicity of swimming in the natural environment — swimming in an uncontrolled environment with its own set of rules. She describes her first open water experience: "A group of five to six friends decided to swim across Elk

Lake from the main lodge to Sunset Beach Day Use Area. We had friends in canoes as our support team. The water was cold, but the day was comfortably warm. It was the water flowing over my body; the view of South Sister and the surrounding forestlands; the camaraderie of fellow swimmers achieving the same goal; the meditative nature of swimming in the open water and uncontrolled environment; and the beautiful green color of the water as the sun rays penetrated the surface. It was a very freeing experience to me. It was and still is a spiritual experience. On that day, I fell in love with the open water."

Todd Lantry, 34, of Rogue Valley Masters says, "Something about open water is magnetic — maybe it's swimming outdoors, maybe it's the lack of chlorine, maybe it's the long stretches of swimming without walls in the way, maybe it's the lower pressure atmosphere of the



JASON



CYNDI & HUSBAND JOHN



TODD

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Oregon Masters Swimming, Inc. Board

Chairperson of the Board

Jody Welborn
6687 SW Canyon Dr.
Portland, OR 97211 503-297-5889
jodywelborn@mac.com

Vice Chairperson - Sanctions

Tim Waud
989 NW Sequoia Avenue
Corvallis, OR 97330 503-341-3152
Tward@aol.com

Secretary

Bonnie Edwards
2825 NE 38th Ave
Portland, OR 97212 (503) 288-5140
pdxbon@comcast.net

Treasurer

Mark Braun
21601 NE Willow Glen Rd
Fairview, OR 97024 971-533-5264
nyurfacelabs@gmail.com

Registrar

Susie Young
14565 NW Salvia Ct.
Portland, OR 97229 503-475-8004
swim.pdx@gmail.com

Aqua Master Editor

Alice Zabudsky 503-630-7499
azabudsky@msn.com

Awards

Ginger Pierson 360-253-5712
gingerp@qwest.net

Coaches

Dennis Baker 503-679-4601
bakeswim@yahoo.com

Data Manager (for swim meets)

Gary Whitman
OMS Data Manager, PO Box 1072
Camas, WA 98607-1072 360-896-6818
all5reds@comcast.net

Fitness Chair

Helen Thurlow
hjtthurlow_28@hotmail.com

Host / Social

Ginger Pierson 360-253-5712
gingerp@qwest.net

Long Distance

Bob Bruce W 541-389-7665 H 541-317-4851
coachbob@bendbroadband.com

Membership

Christina Fox (Database) foxkohnert@peak.org
Jackie Parker (Promotion) parkejac@ohsu.edu

Officials (for swim meets)

Jacki Allender 541-753-5681
seewun@proaxis.com

OMS E-mail Group Maintenance

Susie Young 503-475-8004
swim.pdx@gmail.com

Records

Stephen Darnell 360-834-6020
financialwizard2@comcast.net

Safety

Joy Ward 503-777-5514
silenteclipse1210@hotmail.com

Souvenir

Briana Willa 541-223-2367
williab@onid.orst.edu

Sunshine

Sue Calnek 541-254-1150
squeegybug60@yahoo.com

Tap Ten

Susan Shaw 360-254-3951
Susan.M.Shaw@comcast.net

Web Master

MJ Caswell
mjcaswell@earthlink.net

Founders of OMS

Karl Von Tagen - Founder
Connie Wilson - Founder
Earl Walter - Historian

Membership Co-Chair's Report

by Jackie Parker
Membership Promotion

I have compiled the following report to determine initial interest in OMS and to further clarify that interest by determining how many of these people signed up. I have sent out a short informal survey to collect data regarding how people found out about Masters and how they were able to contact someone in the organization (mode of inquiry), how my response time and information might have helped or hindered this decision, and what the overall success rate has been in the endeavor. Data in this report includes the number of people that have made contact regarding Masters Swimming since October of '09. I have also posted any comments I received from the surveys.

In the interest of full disclosure, I did not send out this survey until June 1st, so it's only been a week. I expect to have a larger sample of respondents (I sent out 16 surveys and have received 4) by the next meeting and can compile an updated report to present then.

Informal Survey:

In the previous few months, you may have expressed an interest in joining a team via the Oregon Masters Website. In order to get some feedback to improve my communication with potential members and to determine who found a team or workout group, it would help me considerably if you could respond to the following short questions.

You can answer Yes, No, or N/A or provide any comment you would like. Any information at all would be appreciated.

I thank you in advance for your participation and feel free to contact me if you have any further questions-

Jackie Parker
OMS Membership Co-Chair

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Remember, Swimming is for Life,
and Life Matters.

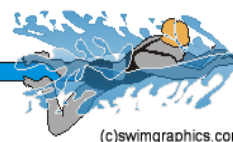


Photo credits: Karen Andrus-Hughes, Elizabeth Harrison, Ramsey Peters, Tim Waud, Brent Washburne

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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. Nonmembers 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.swimmoregon.org.

Send address changes to Susie Young, swim.pdx@gmail.com.



Off the Block



Membership Transfers

by Tracy Grilli

Thinking about transferring to a different club? You cannot represent your new club in competition until at least 60 days have passed since you last competed as a member of your previous club. There are some things you can do to ensure this process goes smoothly.

Let's pretend that Joe Swimmer is currently registered with Club ABC, in the Pacific LMSC. Joe's college buddies are all registered with Club XYZ, in the Ohio LMSC. They want Joe to transfer to their club so that they can swim on relays together at this year's Summer Nationals (August 9-13).

What are Joe's responsibilities? Ideally, Joe should do the following:

1. Contact the Pacific registrar, notify her that he is planning to transfer to a club outside of the Pacific

LMSC, and ask her to change his club to "UNAT" (Unattached) in his USMS membership record.

2. Contact the Ohio registrar and ask for a transfer form.

3. Enter the USMS Summer Nationals using his NEW club name (even if he hasn't officially transferred yet)

4. Enter and compete at all meets from June 9 - August 8 with a club affiliation of UNAT

5. Verify that the meet results from those meets show him as UNAT. (At the meets, he should confirm with the computer operator that he is entered as UNAT.)

Ultimately, it is the swimmer's responsibility to follow the rules when transferring clubs. For further assistance or information, contact Tracy Grilli, USMS membership coordinator, at the National Office.



Membership Co-Chair's Report

Continued from page 2

- 1) Did you receive an answer in a timely fashion?

Y: 3
N: 1
N/A:
Not yet responded: 12

- 2) Was the information you received helpful and or relevant to your particular situation?

Y: 4
N
N/A
Not yet responded: 12

- 3) Did you end up registering for Oregon Masters Swimming? If so, what team?

Y: 1 Salem Y
N: 2
N/A 1 Worked out with a team in Astoria while on vacation
Not yet responded: 12

- 4) If you did not end up registering for Oregon Masters Swimming, why? Is there anything that would influence your decision to join in the future?

Comments:

"Too expensive at this time"

"I didn't register for a team because I was unclear as to what my next step should be. Seems like there are a lot of different teams, costs, schedules. I didn't feel like I had the information to make an informed decision. I would like to consider joining. If I can find that it works with my schedule and financial ability."

---End Survey---

For the following two graphs, I had information from the e-mails dating back to October, 2009, so the sample size is 16.

Mode of Inquiry:

This graph was to determine what number of people used the website to get information about masters swimming. I do not know where the personal inquiry and e-mail people got my information from but I would interpret this as good, because it means that we have members that know where to send potential members for information.

Continued on page 4



Fitness

Exercising while Injured

Part 2

by Helen Thurlow



Knowing when to go back to exercising while injured, as mentioned before, is based on the pain threshold of the person. Usually physicians, physical therapists or trainers will ask the athlete from a scale of 1 to 10 what is the pain level. From there the injured person will slowly start training while waiting for the injured body part to heal.

Do you follow the same rules while being ill? You bet! If you take a gander at any sport magazines or books, they tell you to ask one question. Is it above the neck or below the neck? If all you have is the sniffles, then it's probably okay to go for a run or a swim. Normally if your cold or allergies is affecting your upper respiratory tract (head area) you are fine to exercise. I would just take it easy and bring lots of Kleenex. And I wouldn't expect any PR's if you are suffering during a race. Rule of thumb: just play it safe and don't push yourself.

If your symptoms are below the neck (i.e. chest congestion) the only thing you need to do is rest. Don't even think about lacing up your shoes or playing around with your goggles. Going out to exercise will just set you back for days or even months. Your body temperature rises when trying to exert yourself, making for longer setbacks and some serious fatigue and the tiny green

aliens that are hiding out in your lungs will only multiply. Plain and simple: the chest congestion can turn into bronchitis; the bronchitis can turn into pneumonia. Chest congestion equals bed rest; bronchitis equals going to the doctor; pneumonia equals going to the hospital. I think you guys get what I'm talking about. Just rest and get better.

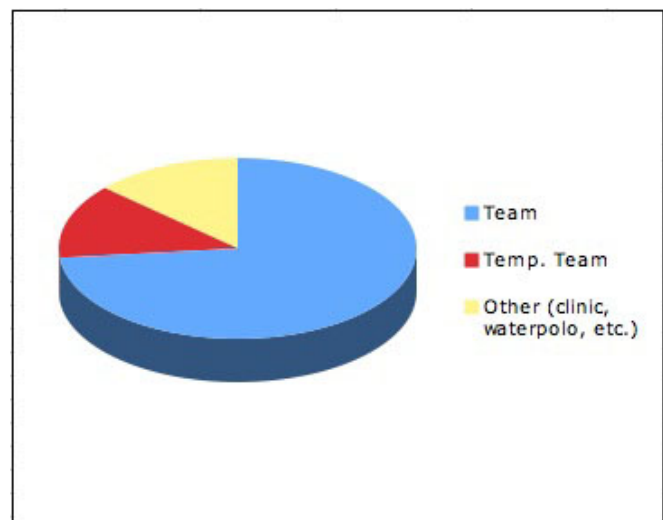
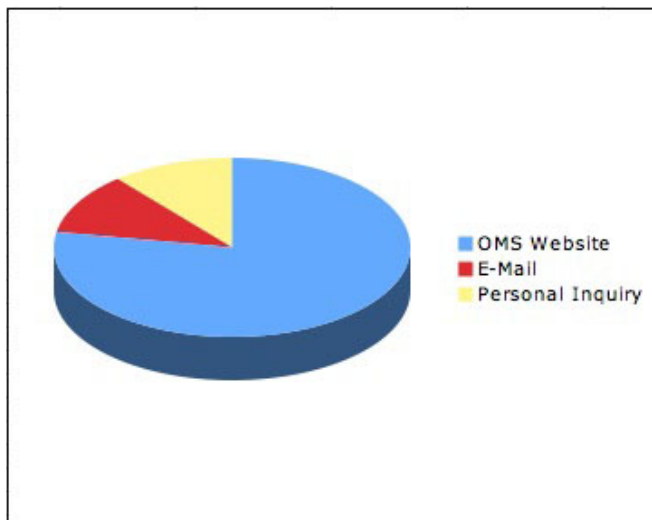
Allergies are a big whopper this season, which explains while a lot of people in the Northwest are getting sick. Allergy clinics around Portland have seen their clientele increase by at least 40% since last year. I don't know what the reason is; some say climate changes, but trees and grasses in the Northwest are just plain evil.

So do what you need to do to get better if you are being affected by this year's allergies. Drink lots of liquids; grandma was right; hot water, lemon juice and honey work wonders. Don't do what I did a few weeks ago and make a cayenne pepper paste and rub it on my chest (don't ask, I'll just never listen to my coworker again). But seriously; ask your doctor or advice nurse if you have questions in regard to your symptoms and simply rest; you'll bounce back faster and will be able to return to the activities you love.

Membership Co-Chair's Report

Continued from page 3

Area of Swimmer Interest:



Shake and Swim with "Bake"

Shoulder the Burden

by Coach Dennis Baker



Over the last couple of years many of my articles have discussed proper rotation while swimming the long axis strokes, Butterfly and Freestyle. The main problem I see most often is allowing the body to rotate too much thus creating resistance in the stroke. If a swimmer is not controlling the lower half of their body it wiggles from side to side too much and creates drag. Here are some tips for both strokes to help you swim in a straight line while properly rotating using a powerful stroke.

1. Proper rotation in the long axis strokes comes from above the waist. Use your stomach muscles or "core" to stabilize the lower body and try to kick straight up and down.
2. Keep the shoulders close to the ears when the above water recovery starts. Continue to keep the shoulder right next to the ear all the way through the stroke. The shoulder can move away from the ear only for a short time as the stroke finishes down by the waist.
3. Think of "shrugging" or "hunching" the shoulders when stroking. This will keep the shoulders close

the ear and give more ease for a narrow stroke.

This applies for straight arm Freestyle as well.

4. Never let the shoulders drop beneath or under the head. I see this a lot in the long axis strokes. In Freestyle your shoulder should never be under the chin and in Backstroke never underneath the head when the hand enters the water and the arm extends.
5. In Freestyle proper rotation is shooting the shoulder forward a couple of inches on hand entry and keeping the shoulder at the same level not dropping it. In Backstroke the shoulder may drop slightly more but make sure it is not too excessive.

Try these tips and you will be well on your way to a more efficient long axis stroke. Loosen up the shoulders and get them moving towards the ears. This will also help with shoulder injuries in swimming. If your shoulders remain still and away from your ears it puts too much strain on them and you are asking for an injury. Remember in swimming "shoulder the burden".

Really Cool Website of the Month

The Oregon Pool-less Elite Narwhals enjoy the benefits, sport, fun and camaraderie of swimming. The USMS newsletter "Streamlines" voted our OMS OPEN team as having the really cool website of the month. Congratulations OPEN!



Hood River, May 16, 2010

The Relay team consisting of (L to R)

Karen Andrus-Hughes

Arlene Delmage

Colette Crabbe

Valerie Jenkins

broke both the National and World records in the 400 Free Relay and the 400 Medley Relay 200-239 age group; SCM.

photo by Brent Washburne





Long Distance Swimming

by Arlene Delmage



USMS Open Water 1 Mile Championship

After Nationals in Atlanta a few brave souls ventured northward towards Charlotte, NC, for the USMS 1 mile championship swim. Actually, there is nothing brave about swimming in a NC lake which registered a balmy 80 degrees on race day. I loved it!

In attendance were David Hathaway, myself, and former Oregonian Kerri Roussain now with Florida GOLD. We were fortunate enough to be led down the back roads by David who was a former resident of Huntersville, NC. David raised his children in a home just a few streets over from the venue which took place on beautiful Gar Creek at Latta Plantation Nature Preserve, in Huntersville, N.C.

The night before the swim severe thunderstorms moved into the area. Its been a long time since any of us have seen that much lightning or heavy rain. We all questioned whether or not the swim would take place in the morning. Fortunately we were able to admire the storm from a cozy restaurant that Kerri's husband, David Roussain, had located on his handheld. Suffice it to say that David R. is an expert when it comes to these kinds of technological gadgets. After a wonderful dinner and a few bottles of red wine we were ready to face the downpour and return to the car.

The next morning we were all pleasantly surprised to see calm skies. We set off for the venue and were delighted to learn that we could stand around in our swimsuits prior to the race start without being cold. For

David this was his first open water swim and he approached it with some trepidation. After a rough start, my goggles were "punched" off my face, things settled down and we had a beautiful swim in very calm water. Kerri and I both finished first in our respective age groups and David finished fifth in his, a great finish for a first-timer.



Arlene Delmage, David Hathaway, Kerri Roussain with their medals.

TEAM ATLANTA



Association Meet SCY - April 9-11, 2010

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

O = Oregon Record

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

Z = Zone Record, (includes OR)

* = Split

Women 18-24**50 Yard Free**

1	Willia, Briana	23	CAT	27.19
2	Frangipani, Michelle	24	OPEN	27.85
3	Bowen, Kelsey	24	MAC	27.98
4	Brown, Traci	24	COMA	29.76
5	Roman, Zoe	22	AQDK	31.50
6	Hornli, Laila	20	LSWM	34.20
7	Goodman, Emily	23	CGM	39.17

100 Yard Free

1	Frangipani, Michelle	24	OPEN	1:00.29
2	Bowen, Kelsey	24	MAC	1:01.35
3	Esser, Elizabeth	23	PCCM	1:03.44
4	Roman, Zoe	22	AQDK	1:13.02
5	Goodman, Emily	23	CGM	1:22.88

200 Yard Free

1	Bowen, Kelsey	24	MAC	2:14.22
2	Frangipani, Michelle	24	OPEN	2:15.48
3	Esser, Elizabeth	23	PCCM	2:19.33
4	Brown, Traci	24	COMA	2:28.71
5	Roman, Zoe	22	AQDK	2:36.71

500 Yard Free

1	Bowen, Kelsey	24	MAC	5:57.96
2	Blair, Heather	24	EA	6:01.26
3	Esser, Elizabeth	23	PCCM	6:20.24
4	Brown, Traci	24	COMA	6:31.81
5	Roman, Zoe	22	AQDK	7:23.32

1000 Yard Free

1	Hornli, Laila	20	LSWM	15:18.74
2	Roman, Zoe	22	AQDK	15:40.67

1650 Yard Free

1	Bowen, Kelsey	24	MAC	20:47.28
2	Hornli, Laila	20	LSWM	25:49.75

50 Yard Back

1	Goodman, Emily	23	CGM	49.32
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50 Yard Breast

1	Blair, Heather	24	EA	33.71	O
2	Grier, Cassi	24	LSWM	34.84	
3	Brown, Traci	24	COMA	38.92	
4	Roman, Zoe	22	AQDK	42.09	
5	Goodman, Emily	23	CGM	49.63	

100 Yard Breast

1	Grier, Cassi	24	LSWM	1:16.60
2	Brown, Traci	24	COMA	1:23.24

200 Yard Breast

1	Blair, Heather	24	EA	2:33.33	O
2	Grier, Cassi	24	LSWM	2:44.74	

50 Yard Fly

1	Esser, Elizabeth	23	PCCM	34.53
2	Goodman, Emily	23	CGM	42.22

100 Yard Fly

1	Willia, Briana	23	CAT	1:06.68
2	Grier, Cassi	24	LSWM	1:06.84
3	Frangipani, Michelle	24	OPEN	1:10.61

100 Yard IM

1	Willia, Briana	23	CAT	1:07.53
2	Esser, Elizabeth	23	PCCM	1:18.64
3	Goodman, Emily	23	CGM	1:35.48

200 Yard IM

1	Blair, Heather	24	EA	2:22.97
2	Willia, Briana	23	CAT	2:29.06
3	Frangipani, Michelle	24	OPEN	2:33.06
4	Brown, Traci	24	COMA	2:41.23
5	Esser, Elizabeth	23	PCCM	2:53.44

400 Yard IM

1	Blair, Heather	24	EA	5:03.53	O
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2 Grier, Cassi

24 LSWM 5:21.90

Women 25-29**50 Yard Free**

1	Gustafson, Aubree	29	ORM	26.85
2	Ludwig, Sandra	26	CGM	27.01
3	Alexander, Emmelie	29	CGM	27.85
4	Mejia, Denise	27	THB	31.74
5	Schnaidt, Teresa	25	MAC	32.45
6	Placek, Christine	25	PCCM	32.76

100 Yard Free

1	Lee, Ellen	28	CAT	58.98
2	Ludwig, Sandra	26	CGM	59.87
3	Markwardt, Sheri	26	CBAT	1:04.66
4	Placek, Christine	25	PCCM	1:12.91
5	Sujanaprawira, Ava	28	THB	1:43.38

200 Yard Free

1	Louza, Loren	27	THB	2:05.53
1	Lee, Ellen	28	CAT	5:53.96
2	Markwardt, Sheri	25	CBAT	6:29.01
3	Callahan, Amanda	27	NCMS	7:32.83

500 Yard Free

1	Lee, Ellen	28	CAT	5:53.96
2	Markwardt, Sheri	25	CBAT	6:29.01
3	Callahan, Amanda	27	NCMS	7:32.83

100 Yard Back

1	Placek, Christine	25	PCCM	35.53
2	Mejia, Denise	27	THB	37.30
3	Sujanaprawira, Ava	28	THB	55.63

200 Yard Back

1	Callahan, Amanda	27	NCMS	2:57.49
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50 Yard Breast

1	Gustafson, Aubree	29	ORM	34.54
2	Alexander, Emmelie	29	CGM	34.84
3	Popelka, Erin	28	THB	35.23
4	Markwardt, Sheri	25	CBAT	36.01
5	Mejia, Denise	27	THB	42.45

100 Yard Breast

1	Popelka, Erin	28	THB	1:14.94
2	Gustafson, Aubree	29	ORM	1:16.53
3	Ludwig, Sandra	26	CGM	1:16.54
4	Alexander, Emmelie	29	CGM	1:17.39
5	Markwardt, Sheri	25	CBAT	1:17.97

200 Yard Breast

1	Gustafson, Aubree	29	ORM	2:45.58
2	Alexander, Emmelie	29	CGM	2:46.03
3	Shoemaker, Anna	25	OPEN	3:03.12

50 Yard Fly

1	Gustafson, Aubree	29	ORM	30.57
2	Shoemaker, Anna	25	OPEN	32.80
3	Schnaidt, Teresa	25	MAC	38.08

100 Yard Fly

1	Popelka, Erin	28	THB	1:04.37
2	Ludwig, Sandra	26	CGM	1:10.14
3	Gustafson, Aubree	29	ORM	1:11.17
4	Shoemaker, Anna	25	OPEN	1:14.92
5	Sujanaprawira, Ava	28	THB	2:23.13

200 Yard Fly

1	Popelka, Erin	28	THB	2:24.92
2	Shoemaker, Anna	25	OPEN	2:58.67

100 Yard IM

1	Louza, Loren	27	THB	1:06.26
2	Popelka, Erin	28	THB	1:07.90
3	Ludwig, Sandra	26	CGM	1:08.52
4	Alexander, Emmelie	29	CGM	1:10.18
5	Shoemaker, Anna	25	OPEN	1:16.59

6 Mejia, Denise 27 THB 1:23.42

7 Schnaidt, Teresa 25 MAC 1:23.51

8 Placek, Christine 25 PCCM 1:24.49

200 Yard IM

1	Lee, Ellen	28	CAT	2:25.65
2	Alexander, Emmelie	29	CGM	2:30.06
3	Ludwig, Sandra	26	CGM	2:32.81
4	Shoemaker, Anna	25	OPEN	2:45.11
5	Callahan, Amanda	27	NCMS	3:01.77

400 Yard IM

1	Lee, Ellen	28	CAT	5:04.15
2	Popelka, Erin	28	THB	5:07.28

Women 30-34**50 Yard Free**

1	Kirkwood, Erin	32	PCCM	27.37
2	Dhom, Gina	31	EA	27.50
3	Molenda, Anne	34	LSWM	29.26
4	Arata, Melissa	33	YTSM	29.35
5	Murphy, Megan	30	EA	29.62
6	Sitler, Kealey	32	LSWM	29.73
7	Strausbaugh, E.	33	COMA	30.77
8	Parker, Jacqueline	31	OPEN	33.58
9	Casey, Anna	33	THB	37.70

100 Yard Free

1	Dhom, Gina	31	EA	1:00.34
2	Gilbert, Sunny	31	CBAT	1:00.49
3	Arata, Melissa	33	YTSM	1:01.54
4	Murphy, Megan	30	EA	1:05.04
5	Pryor, Evelyn	33	CAT	1:06.67
6	Hoomans, Bree	30	CGM	1:27.55

200 Yard Free

1	Thayer, Kathleen	30	LSWM	2:10.22
2	Dhom, Gina	31	EA	2:14.67
3	Kirkwood, Erin	32	PCCM	2:18.95
4	Sullivan, Megan	30	EA	2:24.24
5	Strausbaugh, E.	33	COMA	2:25.56
6	Krupp, Katy	34	CAT	2:30.73
7	Parker, Jacqueline	31	OPEN	2:36.15
8	Casey, Anna	33	THB	2:42.77
9	Benzel, Natalie	31	LSWM	3:01.58

500 Yard Free

1	Thayer, Kathleen	30	LSWM	5:55.65
2	Gilbert, Sunny	31	CBAT	6:04.72
3	Krupp, Katy	34	CAT	6:45.17
4	Parker, Jacqueline	31	OPEN	6:55.75

1000 Yard Free

1	Thayer, Kathleen	30	LSWM	12:10.33
2	Krupp, Katy	34	CAT	13:38.93
3	Parker, Jacqueline	31	OPEN	14:29.22

1650 Yard Free

1	Gilbert, Sunny	31	CBAT	20:39.93
2	Parker, Jacqueline	31	OPEN	24:20.76

50 Yard Back

*	Thayer, Kathleen	30	LSWM	32.07
1	Arata, Melissa	33	YTSM	32.27
2	Dhom, Gina	31	EA	35.63
3	Hoomans, Bree	30	CGM	50.52

100 Yard Back

1	Arata, Melissa	33	YTSM	1:07.98
2	Thayer, Kathleen	30	LSWM	1:08.05
3	Kirkwood, Erin	32	PCCM	1:08.79
4	Jackson, Maresa	31	LSWM	1:15.74
5	Strausbaugh, E.	33	COMA	1:18.44
6	Sullivan, Megan	30	EA	1:18.45
7	Sitler, Kealey	32	LSWM	1:21.88

200 Yard Back

1 Arata, Melissa	33 YTSM	2:27.14
2 Thayer, Kathleen	30 LSWM	2:29.53
3 Jackson, Maresa	31 LSWM	2:41.39
50 Yard Breast		
1 Murphy, Megan	30 EA	39.47
2 Hoomans, Bree	30 CGM	44.70
3 Parker, Jacqueline	31 OPEN	45.07
100 Yard Breast		
1 Molenda, Anne	34 LSWM	1:19.05
200 Yard Breast		
1 Krupp, Katy	34 CAT	3:30.40
2 Hoomans, Bree	30 CGM	3:40.66
50 Yard Fly		
1 Kirkwood, Erin	32 PCCM	30.71
2 Dhom, Gina	31 EA	31.03
3 Sitler, Kealey	32 LSWM	33.26
4 Sullivan, Megan	30 EA	35.44
5 Murphy, Megan	30 EA	36.19
6 Jackson, Maresa	31 LSWM	38.60
7 Casey, Anna	33 THB	43.74
100 Yard Fly		
1 Dhom, Gina	31 EA	1:08.28
2 Pryor, Evelyn	33 CAT	1:20.29
100 Yard IM		
1 Arata, Melissa	33 YTSM	1:11.04
2 Kirkwood, Erin	32 PCCM	1:11.30
3 Strausbaugh, E.	33 COMA	1:15.42
4 Sullivan, Megan	30 EA	1:15.64
5 Murphy, Megan	30 EA	1:16.55
6 Jackson, Maresa	31 LSWM	1:16.72
7 Sitler, Kealey	32 LSWM	1:17.79
8 Casey, Anna	33 THB	1:29.85
200 Yard IM		
1 Gilbert, Sunny	31 CBAT	2:35.98
2 Murphy, Megan	30 EA	2:46.85
3 Pryor, Evelyn	33 CAT	2:49.14
400 Yard IM		
1 Strausbaugh, E.	33 COMA	5:55.58
Women 35-39		
50 Yard Free		
1 Zak, Hope	37 ORM	27.42
2 Godlove, Tara	37 COMA	28.90
3 Shindel, Marci	36 CAT	28.95
4 Uesugi, Sandra	36 CBAT	29.70
5 Ready, Jodi	38 CGM	32.34
6 Foytek, Terry	39 EA	36.64
100 Yard Free		
1 Edwards, Bonnie	38 ORM	1:05.97
2 Ready, Jodi	38 CGM	1:10.91
3 Jacobs-Brown, M.	38 LSWM	1:11.69
4 Foytek, Terry	39 EA	1:21.19
200 Yard Free		
1 Uesugi, Sandra	36 CBAT	2:26.40
2 Ready, Jodi	38 CGM	2:46.98
500 Yard Free		
1 Lassen, Megan	39 ORM	5:50.38
2 Jacobs-Brown, M.	38 LSWM	7:15.88
1000 Yard Free		
1 Lassen, Megan	39 ORM	12:04.71
2 Edwards, Bonnie	38 ORM	13:05.15
3 Jacobs-Brown, M.	38 LSWM	14:49.96
1650 Yard Free		
1 Lassen, Megan	39 ORM	19:56.48
2 Uesugi, Sandra	36 CBAT	22:00.31
3 Criscione, Anicia	36 CAT	22:23.57
50 Yard Back		
1 Criscione, Anicia	36 CAT	37.40
2 Foytek, Terry	39 EA	46.76
100 Yard Back		
1 Ready, Jodi	38 CGM	1:30.53
2 Foytek, Terry	39 EA	1:55.31
200 Yard Back		
1 Criscione, Anicia	36 CAT	2:41.41

2 Jacobs-Brown, M.	38 LSWM	3:05.59
50 Yard Breast		
1 Shindel, Marci	36 CAT	34.98
2 Edwards, Bonnie	38 ORM	39.53
3 Ready, Jodi	38 CGM	41.42
4 Foytek, Terry	39 EA	51.22
100 Yard Breast		
1 Zak, Hope	37 ORM	1:15.54
2 Godlove, Tara	37 COMA	1:15.64
3 Shindel, Marci	36 CAT	1:17.37
200 Yard Breast		
1 Criscione, Anicia	36 CAT	3:08.58
50 Yard Fly		
1 Godlove, Tara	37 COMA	32.28
2 Edwards, Bonnie	38 ORM	33.35
3 Uesugi, Sandra	36 CBAT	36.40



200 Yard Fly		
1 Uesugi, Sandra	36 CBAT	3:06.30
100 Yard IM		
1 Edwards, Bonnie	38 ORM	1:15.45
2 Ready, Jodi	38 CGM	1:22.81
3 Foytek, Terry	39 EA	1:45.08
400 Yard IM		
1 Uesugi, Sandra	36 CBAT	5:54.09
Women 40-44		
50 Yard Free		
1 Corbeau, Shannon	44 OREG	25.02 O
2 Moss, Susan	44 BASS	26.48
3 Law, Cathy	42 CBAT	29.99
4 Jampolsky, Camille	44 AQDK	31.01
5 Gorman, Susan	44 COMA	31.35
6 Hart, Jen	41 CGM	32.73
7 Thurlow, Helen	40 ORM	39.66
X Topp, Suzanne	42 SALT	28.83
100 Yard Free		
1 Moss, Susan	44 BASS	58.66
2 Tyrrell, Laura	42 MAC	1:03.10
3 Law, Cathy	42 CBAT	1:08.09
4 Clevenger, Robin	43 AQDK	1:09.66
5 Shaw, Susan	43 ORM	1:10.40
6 Briar, Jc	44 CAT	1:15.30
7 Shreeve, Kristin	43 CAT	1:26.57
8 Thurlow, Helen	40 ORM	1:35.00
200 Yard Free		
1 Salton, Gillian	41 COMA	2:16.94
2 Austin, Connie	41 COMA	2:24.06
3 Frieder, Marisa	40 THB	2:29.26
4 Clevenger, Robin	43 AQDK	2:30.66
5 Shaw, Susan	43 ORM	2:38.30
6 Shreeve, Kristin	43 CAT	3:05.28
500 Yard Free		
1 Watkins, Elizabeth	44 ORM	5:52.93
2 Young, Susie	40 THB	5:59.79
3 Clevenger, Robin	43 AQDK	6:44.82
4 Shaw, Susan	43 ORM	6:53.48

5 Shreeve, Kristin	43 CAT	8:02.83
1000 Yard Free		
1 Young, Susie	40 THB	12:07.66
2 Salton, Gillian	41 COMA	13:14.07
3 Clevenger, Robin	43 AQDK	13:47.01
4 Frieder, Marisa	40 THB	14:06.73
5 Shaw, Susan	43 ORM	14:12.20
1650 Yard Free		
1 Young, Susie	40 THB	20:18.73
2 Austin, Connie	41 COMA	21:58.38
3 Clevenger, Robin	43 AQDK	23:05.07
4 Shaw, Susan	43 ORM	24:01.06
50 Yard Back		
1 Corbeau, Shannon	44 OREG	29.21
2 Salton, Gillian	41 COMA	32.01
3 Briar, Jc	44 CAT	45.01
4 Thurlow, Helen	40 ORM	1:04.04
100 Yard Back		
1 Salton, Gillian	41 COMA	1:09.68
200 Yard Back		
1 Salton, Gillian	41 COMA	2:34.69
2 Tyrrell, Laura	42 MAC	2:42.79
3 Kam, Lynn	42 CBAT	2:43.94
50 Yard Breast		
1 Corbeau, Shannon	44 OREG	32.28 O
2 Moss, Susan	44 BASS	35.37
3 Hart, Jen	41 CGM	37.26
4 Tyrrell, Laura	42 MAC	39.02
5 Law, Cathy	42 CBAT	39.30
6 Briar, Jc	44 CAT	43.41
7 Angvick, Ann	42 EA	49.72
8 Thurlow, Helen	40 ORM	1:15.11
100 Yard Breast		
1 Hart, Jen	41 CGM	1:23.03
2 Austin, Connie	41 COMA	1:23.72
3 Law, Cathy	42 CBAT	1:26.95
4 Gorman, Susan	44 COMA	1:31.76
5 Shreeve, Kristin	43 CAT	1:33.93
6 Angvick, Ann	42 EA	1:46.31
200 Yard Breast		
1 Tyrrell, Laura	42 MAC	2:59.87
2 Kam, Lynn	42 CBAT	3:07.59
3 Law, Cathy	42 CBAT	3:14.57
4 Shreeve, Kristin	43 CAT	3:23.32
50 Yard Fly		
1 Moss, Susan	44 BASS	29.31
2 Young, Susie	40 THB	32.69
3 Austin, Connie	41 COMA	34.79
X Topp, Suzanne	42 SALT	33.79
100 Yard Fly		
1 Young, Susie	40 THB	1:13.41
2 Clevenger, Robin	43 AQDK	1:27.91
200 Yard Fly		
1 Kam, Lynn	42 CBAT	2:51.79
100 Yard IM		
1 Corbeau, Shannon	44 OREG	1:02.98 Z
2 Moss, Susan	44 BASS	1:09.13
3 Young, Susie	40 THB	1:13.37
4 Austin, Connie	41 COMA	1:15.18
5 Topp, Suzanne	42 SALT	1:16.89
6 Law, Cathy	42 CBAT	1:19.48
7 Hart, Jen	41 CGM	1:22.32
8 Gorman, Susan	44 COMA	1:24.63
9 Shreeve, Kristin	43 CAT	1:37.03
10 Thurlow, Helen	40 ORM	2:10.05
200 Yard IM		
1 Salton, Gillian	41 COMA	2:41.97
2 Kam, Lynn	42 CBAT	2:45.51
3 Shaw, Susan	43 ORM	3:06.39
400 Yard IM		
1 Austin, Connie	41 COMA	5:43.42
2 Kam, Lynn	42 CBAT	5:47.09
Women 45-49		

50 Yard Free

1 Squires, Lynn	46 ORM	26.85
2 Caswell, Mj	49 CGM	27.85
3 Foley, Sharon	49 MAC	29.00
4 Wheeler, Kendra	48 KAM	30.00
5 Candelaria, Sharron	46 CAT	31.30
X Andrade, Julie	49 UNAT	33.44

100 Yard Free

1 Delmage, Arlene	47 ORM	57.77
2 Wheeler, Kendra	48 KAM	1:04.84
3 Chesler-Clark, L.	46 THB	1:11.54
4 Orner, Gayle	47 CBAT	1:22.81
5 Kessler, Ingrid	46 EA	1:27.67
X Andrade, Julie	49 UNAT	1:18.50



200 Yard Free

1 Delmage, Arlene	47 ORM	2:04.76
2 Jenkins, Valerie	46 ORM	2:06.36
3 Squires, Lynn	46 ORM	2:08.90
4 Wheeler, Kendra	48 KAM	2:17.00
5 Fox, Christina	49 CAT	2:47.41
6 Orner, Gayle	47 CBAT	2:54.37
7 Croucher, Denise	46 LSWM	2:59.00

500 Yard Free

1 Delmage, Arlene	47 ORM	5:35.43
* Delmage, Arlene	47 ORM	5:41.28
2 Jenkins, Valerie	46 ORM	5:55.02
3 Wheeler, Kendra	48 KAM	6:06.12
4 Snider, Pam	48 CAT	6:36.14
5 Fox, Christina	49 CAT	7:26.99
6 Orner, Gayle	47 CBAT	7:47.01
7 Johns, Linda	49 NCMS	8:12.64
8 Kessler, Ingrid	46 EA	8:25.07

1000 Yard Free

* Delmage, Arlene	47 ORM	11:35.94	O
1 Wheeler, Kendra	48 KAM	12:11.74	
2 Orner, Gayle	47 CBAT	15:53.22	
3 Croucher, Denise	46 LSWM	16:29.55	
4 Johns, Linda	49 NCMS	17:10.43	

1650 Yard Free

1 Delmage, Arlene	47 ORM	19:20.86
2 Orner, Gayle	47 CBAT	26:04.42
3 Burkard, Anita	46 LSWM	26:24.73
4 Johns, Linda	49 NCMS	28:23.23
5 Kessler, Ingrid	46 EA	29:23.62

50 Yard Back

1 Jenkins, Valerie	46 ORM	28.83
2 Moe, Paula	46 BASS	34.69
3 Candelaria, Sharron	46 CAT	38.58
4 Kessler, Ingrid	46 EA	52.92
X Andrade, Julie	49 UNAT	42.11

100 Yard Back

* Jenkins, Valerie	46 ORM	1:00.93	Z
1 Jenkins, Valerie	46 ORM	1:04.09	
2 Moe, Paula	46 BASS	1:14.27	
3 Viales, Dianne	48 ORM	1:15.46	
4 Fox, Christina	49 CAT	1:26.79	

200 Yard Back

1 Moe, Paula	46 BASS	2:38.99
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50 Yard Breast

1 Jenkins, Valerie	46 ORM	34.36
2 Caswell, Mj	49 CGM	35.26
3 Viales, Dianne	48 ORM	39.33
4 Candelaria, Sharron	46 CAT	42.07
5 Kessler, Ingrid	46 EA	50.18
X Andrade, Julie	49 UNAT	43.40

100 Yard Breast

1 Snider, Pam	48 CAT	1:23.92
2 Foley, Sharon	49 MAC	1:31.02
3 Croucher, Denise	46 LSWM	1:40.93

200 Yard Breast

1 Caswell, Mj	49 CGM	2:50.17
2 Snider, Pam	48 CAT	3:00.64
3 Fox, Christina	49 CAT	3:20.66

50 Yard Fly

1 Caswell, Mj	49 CGM	28.91
2 Viales, Dianne	48 ORM	33.26
3 Foley, Sharon	49 MAC	33.79
X Andrade, Julie	49 UNAT	40.00

200 Yard Fly

1 Delmage, Arlene	47 ORM	2:18.97
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100 Yard IM

1 Jenkins, Valerie	46 ORM	1:05.35
2 Caswell, Mj	49 CGM	1:09.76
3 Squires, Lynn	46 ORM	1:13.86
4 Viales, Dianne	48 ORM	1:14.88
5 Moe, Paula	46 BASS	1:18.18
6 Candelaria, Sharron	46 CAT	1:20.58
7 Foley, Sharon	49 MAC	1:20.93
8 Andrade, Julie	49 UNAT	1:29.70
9 Orner, Gayle	47 CBAT	1:33.83
10 Burkard, Anita	46 LSWM	1:37.17
11 Croucher, Denise	46 LSWM	1:37.53

200 Yard IM

1 Delmage, Arlene	47 ORM	2:26.22
2 Viales, Dianne	48 ORM	2:39.43
3 Snider, Pam	48 CAT	2:50.64

400 Yard IM

1 Caswell, Mj	49 CGM	5:13.47
2 Viales, Dianne	48 ORM	5:44.26
3 Moe, Paula	46 BASS	5:57.19



Women 50-54

50 Yard Free

1 Andrus-Hughes, Karen	52 ORM	26.33
2 Buck, Donna	51 CAT	28.06
3 Vincent, Nancy	50 LSWM	29.65
4 Fitzpatrick, Jana	52 KAM	31.30
5 Lamoureux, Lori	50 PCCM	31.40
6 Redwine-Baker, R.	50 ORM	32.48
7 Bender, Sherry	51 LSWM	33.19
8 Cappaert, Marlys	51 CBAT	33.33
9 Miles, Carole	54 ORM	42.35

100 Yard Free

1 Vincent, Nancy	50 LSWM	1:06.06
2 Fitzpatrick, Jana	52 KAM	1:08.20
3 Lamoureux, Lori	50 PCCM	1:08.93
4 Bender, Sherry	51 LSWM	1:15.23

200 Yard Free

1 Harris, Barb	50 COMA	2:24.95
2 Vincent, Nancy	50 LSWM	2:28.13
3 Albright, Susan	54 THB	2:40.87
4 Bender, Sherry	51 LSWM	2:49.05

500 Yard Free

* Sweat, Mary	52 OREG	6:01.35
1 Fitzpatrick, Jana	52 KAM	6:32.77
2 Cappaert, Marlys	51 CBAT	6:54.19
3 Albright, Susan	54 THB	7:18.76
4 Bender, Sherry	51 LSWM	7:34.72

1000 Yard Free

* Sweat, Mary	52 OREG	12:05.95
1 Cappaert, Marlys	51 CBAT	14:32.71
2 Albright, Susan	54 THB	15:09.04
3 Bender, Sherry	51 LSWM	15:30.96

1650 Yard Free

1 Sweat, Mary	52 OREG	20:02.62	Z
2 Goodman, Ann	50 CGM	22:32.11	
3 Harris, Barb	50 COMA	22:34.25	
4 Cappaert, Marlys	51 CBAT	24:27.69	
5 Bender, Sherry	51 LSWM	24:51.26	
6 Albright, Susan	54 THB	24:52.75	
7 Eckert-Mason, Kathy	52 CAT	25:12.95	

50 Yard Back

1 Andrus-Hughes, Karen	52 ORM	30.00
2 Goodman, Ann	50 CGM	35.21
3 Redwine-Baker, R.	50 ORM	37.58

100 Yard Back

1 Andrus-Hughes, Karen	52 ORM	1:04.16
2 Harsey, Laura	51 OREG	1:10.75
3 Goodman, Ann	50 CGM	1:14.74
4 Harris, Barb	50 COMA	1:16.81

200 Yard Back

1 Goodman, Ann	50 CGM	2:37.87
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50 Yard Breast

1 Buck, Donna	51 CAT	36.36
2 Vincent, Nancy	50 LSWM	37.70
3 Andrus-Hughes, Karen	52 ORM	38.32
4 Redwine-Baker, R.	50 ORM	38.90
5 Lamoureux, Lori	50 PCCM	40.19
6 Miles, Carole	54 ORM	47.41

100 Yard Breast

1 Crabbe, Colette	53 ORM	1:16.73
2 Buck, Donna	51 CAT	1:19.56
3 Vincent, Nancy	50 LSWM	1:23.61
4 Redwine-Baker, R.	50 ORM	1:23.79
5 Lamoureux, Lori	50 PCCM	1:31.11

200 Yard Breast

1 Crabbe, Colette	53 ORM	2:49.25
2 Vincent, Nancy	50 LSWM	3:03.53
3 Redwine-Baker, R.	50 ORM	3:11.48
4 Miles, Carole	54 ORM	3:49.76

50 Yard Fly

1 Fitzpatrick, Jana	52 KAM	33.50
2 Goodman, Ann	50 CGM	35.61
3 Lamoureux, Lori	50 PCCM	35.91
4 Cappaert, Marlys	51 CBAT	38.05

100 Yard Fly

1 Andrus-Hughes, Karen	52 ORM	1:06.70
2 Crabbe, Colette	53 ORM	1:07.19
3 Fitzpatrick, Jana	52 KAM	1:18.84

200 Yard Fly

1 Fitzpatrick, Jana	52 KAM	3:10.46
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100 Yard IM

1 Andrus-Hughes, Karen	52 ORM	1:06.05
2 Crabbe, Colette	53 ORM	1:07.85
3 Harsey, Laura	51 OREG	1:10.67
4 Goodman, Ann	50 CGM	1:17.12

5 Redwine-Baker, R. 50 ORM 1:18.09
 6 Miles, Carole 54 ORM 1:46.83
 200 Yard IM
 1 Crabbe, Colette 53 ORM 2:31.99
 400 Yard IM
 1 Crabbe, Colette 53 ORM 5:09.42
 2 Lamoureux, Lori 50 PCCM 6:43.95

**Women 55-59**

50 Yard Free
 1 Towne, Charris 58 CGM 40.58
 2 Anderson, T. 55 LSWM 41.60
 3 Coffeen, Linda 58 ORM 54.07
 100 Yard Free
 1 Summers, Jeanna 56 ORM 1:11.45
 2 Towne, Charris 58 CGM 1:33.91
 3 Summers, Ellen 56 ORM 1:59.44
 200 Yard Free
 1 Holmberg, Madeleine 57 COMA 2:36.36
 2 Asleson, Elke 58 CAT 2:54.67
 3 Towne, Charris 58 CGM 3:31.41
 4 Anderson, T. 55 LSWM 3:39.60
 500 Yard Free
 1 Budd, Elizabeth 56 CAT 6:40.72
 1000 Yard Free
 1 Holmberg, Madeleine 57 COMA 14:15.31
 2 Summers, Jeanna 56 ORM 14:28.65
 50 Yard Back
 1 Coffeen, Linda 58 ORM 55.55
 2 Towne, Charris 58 CGM 57.08
 3 Summers, Ellen 56 ORM 57.29
 100 Yard Back
 1 Summers, Jeanna 56 ORM 1:19.51
 2 Holmberg, Madeleine 57 COMA 1:21.79
 3 Coffeen, Linda 58 ORM 1:57.41
 200 Yard Back
 1 Summers, Jeanna 56 ORM 2:52.57
 2 Holmberg, Madeleine 57 COMA 2:54.06
 3 Coffeen, Linda 58 ORM 4:09.13
 50 Yard Breast
 1 Coffeen, Linda 58 ORM 1:00.10
 50 Yard Fly
 1 Asleson, Elke 58 CAT 39.93
 200 Yard Fly
 1 Asleson, Elke 58 CAT 3:19.89
 2 Summers, Jeanna 56 ORM 3:20.01
 100 Yard IM
 1 Holmberg, Madeleine 57 COMA 1:19.47
 200 Yard IM
 1 Holmberg, Madeleine 57 COMA 2:55.27
 2 Summers, Jeanna 56 ORM 3:06.89
 400 Yard IM
 1 Budd, Elizabeth 56 CAT 6:07.14
 2 Asleson, Elke 58 CAT 6:53.52

Women 60-64

50 Yard Free

1 Rousseau, Sandi 62 CGM 32.73
 2 Sacks, Lynn 64 OPEN 43.63
 3 Edwards, Nadine 62 LSWM 1:25.77
 100 Yard Free
 1 Rousseau, Sandi 62 CGM 1:14.59
 200 Yard Free
 1 Markwardt, Kristen 63 NCMS 3:47.33
 2 Sacks, Lynn 64 OPEN 3:51.96
 500 Yard Free
 1 Sacks, Lynn 64 OPEN 9:59.87
 1000 Yard Free
 1 Sacks, Lynn 64 OPEN 19:41.89
 2 Stark, Carol 61 ORM 22:14.18
 1650 Yard Free
 1 Markwardt, Kristen 63 NCMS 35:03.33
 2 Stark, Carol 61 ORM 38:13.09
 50 Yard Back
 1 Rousseau, Sandi 62 CGM 40.71
 2 Stark, Carol 61 ORM 49.86
 3 Edwards, Nadine 62 LSWM 1:05.70
 100 Yard Back
 1 Stark, Carol 61 ORM 1:55.37
 2 Markwardt, Kristen 63 NCMS 2:01.68
 3 Edwards, Nadine 62 LSWM 2:32.14
 200 Yard Back
 1 Pierson, Ginger 64 ORM 3:21.63
 2 Stark, Carol 61 ORM 4:24.87
 50 Yard Breast
 1 Pierson, Ginger 64 ORM 41.09
 2 Markwardt, Kristen 63 NCMS 59.15
 100 Yard Breast
 1 Pierson, Ginger 64 ORM 1:29.38
 200 Yard Breast
 1 Pierson, Ginger 64 ORM 3:23.03
 2 Markwardt, Kristen 63 NCMS 4:42.20
 50 Yard Fly
 1 Rousseau, Sandi 62 CGM 34.45
 100 Yard Fly
 1 Rousseau, Sandi 62 CGM 1:27.37
 100 Yard IM
 1 Rousseau, Sandi 62 CGM 1:27.51
 2 Pierson, Ginger 64 ORM 1:27.86
 3 Markwardt, Kristen 63 NCMS 2:06.85
 200 Yard IM
 1 Pierson, Ginger 64 ORM 3:19.70
Women 65-69
 50 Yard Free
 1 Ward, Joy 67 ORM 32.05
 2 Frid, Barbara 67 THB 32.61
 3 Bello, Jeanette 66 NCMS 56.83
 100 Yard Free
 1 Frid, Barbara 67 THB 1:12.31
 2 Ellis, Esther 65 LSWM 1:42.88
 3 Bello, Jeanette 66 NCMS 2:03.66
 200 Yard Free
 1 Ellis, Esther 65 LSWM 3:43.08
 2 Bello, Jeanette 66 NCMS 4:38.51
 500 Yard Free
 1 Ellis, Esther 65 LSWM 9:54.43
 2 Bello, Jeanette 66 NCMS 11:28.31
 1000 Yard Free
 1 Ellis, Esther 65 LSWM 20:27.73
 1650 Yard Free
 1 Ellis, Esther 65 LSWM 33:10.05
 2 Bello, Jeanette 66 NCMS 38:11.36
 50 Yard Back
 * Ward, Joy 67 ORM 35.07
 1 Ward, Joy 67 ORM 36.87
 2 Frid, Barbara 67 THB 39.86
 200 Yard Back
 1 Ward, Joy 67 ORM 2:56.99
 50 Yard Breast
 1 Frid, Barbara 67 THB 42.38

200 Yard Breast
 1 Ellis, Esther 65 LSWM 4:58.83
 50 Yard Fly
 1 Ward, Joy 67 ORM 35.22
 2 Frid, Barbara 67 THB 37.03
 100 Yard IM
 1 Frid, Barbara 67 THB 1:23.75
Women 70-74
 50 Yard Free
 1 Hodge, Peggie 70 COMA 43.55
 2 Schroder, Kaleo 73 COMA 49.79
 1000 Yard Free
 1 Hodge, Peggie 70 COMA 20:29.80
 50 Yard Back
 1 Schroder, Kaleo 73 COMA 58.67
 100 Yard Back
 1 Hodge, Peggie 70 COMA 2:08.60
 2 Schroder, Kaleo 73 COMA 2:19.16
 50 Yard Breast
 1 Schroder, Kaleo 73 COMA 1:06.44
 100 Yard Breast
 1 Hodge, Peggie 70 COMA 1:54.95
 2 Schroder, Kaleo 73 COMA 2:28.37
 200 Yard Breast
 1 Schroder, Kaleo 73 COMA 5:13.59
 100 Yard IM
 1 Hodge, Peggie 70 COMA 1:54.71
Men 18-24
 50 Yard Free
 1 Neal, Kreston 24 CAT 28.06
 100 Yard Free
 1 Esser, Thomas 21 PCCM 1:00.83
 200 Yard Free
 1 Doggett, Rumen 20 CAT 2:00.94
 500 Yard Free
 1 Doggett, Rumen 20 CAT 5:25.05
 2 Neal, Kreston 24 CAT 6:11.90
 1650 Yard Free
 1 Doggett, Rumen 20 CAT 19:07.26
 100 Yard Back
 1 Neal, Kreston 24 CAT 1:14.09
 50 Yard Breast
 1 Esser, Thomas 21 PCCM 34.45



100 Yard Breast
 1 Esser, Thomas 21 PCCM 1:15.44
 2 Neal, Kreston 24 CAT 1:19.20
 50 Yard Fly
 1 Esser, Thomas 21 PCCM 29.61
 2 Neal, Kreston 24 CAT 30.64
 100 Yard Fly
 1 Esser, Thomas 21 PCCM 1:06.95
 100 Yard IM
 1 Esser, Thomas 21 PCCM 1:08.26
 2 Neal, Kreston 24 CAT 1:12.19
 200 Yard IM
 1 Doggett, Rumen 20 CAT 2:19.22

Men 25-29**50 Yard Free**

1 Leirness, Jeffery	28 CBAT	25.44
2 Kalk, Michael	29 CAT	28.44

100 Yard Free

1 Leirness, Jeffery	28 CBAT	54.41
2 Dalton, Ryan	27 OPEN	58.10

200 Yard Free

1 Dalton, Ryan	27 OPEN	2:17.11
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500 Yard Free

1 Dalton, Ryan	27 OPEN	6:15.69
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1000 Yard Free

1 Dalton, Ryan	27 OPEN	13:14.65
2 Kalk, Michael	29 CAT	13:24.22

50 Yard Back

1 Cleary, Kevin	26 THB	30.90
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50 Yard Breast

1 Schramek, Alec	25 THB	30.41
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100 Yard Breast

1 Schramek, Alec	25 THB	1:10.25
2 Leirness, Jeffery	28 CBAT	1:10.86

200 Yard Breast

1 Dalton, Ryan	27 OPEN	2:46.51
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50 Yard Fly

1 Schramek, Alec	25 THB	26.68
2 Leirness, Jeffery	28 CBAT	29.23
3 Kalk, Michael	29 CAT	35.99

100 Yard Fly

1 Cleary, Kevin	26 THB	59.35
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100 Yard IM

1 Leirness, Jeffery	28 CBAT	1:04.48
2 Kalk, Michael	29 CAT	1:19.92

200 Yard IM

1 Leirness, Jeffery	28 CBAT	2:23.06
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Men 30-34**50 Yard Free**

1 Parker, Aaron	32 MAC	24.80
2 Ryan, Daniel	32 YTSM	26.47
3 Dunn, Alex	30 YTSM	26.54

100 Yard Free

1 Parker, Aaron	32 MAC	54.65
2 Boal, Nathan	32 CAT	54.85
3 Dunn, Alex	30 YTSM	57.05

200 Yard Free

1 Polito, Chip	33 ORM	1:52.71
2 Parker, Aaron	32 MAC	2:03.11
3 Mull, Jeremy	31 CBAT	2:05.23

500 Yard Free

1 Mull, Jeremy	31 CBAT	5:48.66
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1000 Yard Free

1 Polito, Chip	33 ORM	10:07.17
2 Boal, Nathan	32 CAT	11:17.71
3 Mull, Jeremy	31 CBAT	12:04.95

50 Yard Back

1 Parker, Aaron	32 MAC	30.44
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200 Yard Back

1 Polito, Chip	33 ORM	2:02.59
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50 Yard Breast

1 Boal, Nathan	32 CAT	31.90
2 Parker, Aaron	32 MAC	32.72
3 Dunn, Alex	30 YTSM	34.34
4 Ryan, Daniel	32 YTSM	36.15

100 Yard Breast

1 Dunn, Alex	30 YTSM	1:17.68
2 Ryan, Daniel	32 YTSM	1:23.83

200 Yard Breast

1 Thorpe, Nick	30 OREG	2:27.48
2 Ryan, Daniel	32 YTSM	2:59.93

100 Yard Fly

1 Boal, Nathan	32 CAT	1:00.11
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100 Yard IM

1 Parker, Aaron	32 MAC	1:03.97
2 Ryan, Daniel	32 YTSM	1:13.57

200 Yard IM

1 Polito, Chip	33 ORM	1:59.80
2 Thorpe, Nick	30 OREG	2:19.77
3 Boal, Nathan	32 CAT	2:20.81
4 Dunn, Alex	30 YTSM	2:28.37

400 Yard IM

1 Boal, Nathan	32 CAT	5:02.96
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Men 35-39**50 Yard Free**

1 Self, Mike	39 ORM	22.38
2 Romera, Joaquin	35 MAC	22.61
3 Nason, Jeff	35 CBAT	24.62
4 Braun, Mark	38 ORM	26.55
5 Dall'Olmo, Giorgio	36 CBAT	27.08
6 Hatler, Neil	39 THB	27.93
7 Hamilton, Scott	38 CGM	33.78

100 Yard Free

1 Reese, Scott	38 AQDK	54.23
2 Odegard, Kyle	35 YTSM	1:02.19
3 Meneghelli, Luigi	38 CBAT	1:05.70
4 Hamilton, Scott	38 CGM	1:11.05

**200 Yard Free**

1 Self, Mike	39 ORM	1:47.63
2 Nason, Jeff	35 CBAT	1:58.84
3 Dall'Olmo, Giorgio	36 CBAT	2:27.18
4 Hatler, Neil	39 THB	2:31.10
5 Meneghelli, Luigi	38 CBAT	2:37.15
6 Hamilton, Scott	38 CGM	2:37.58

500 Yard Free

1 Erickson, Kraig	39 AQDK	5:25.17
2 Nason, Jeff	35 CBAT	5:32.26
3 Hamilton, Scott	38 CGM	7:17.80
4 Lassen, Jason	37 ORM	7:47.28

1000 Yard Free

1 Lassen, Jason	37 ORM	16:05.49
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1650 Yard Free

1 Erickson, Kraig	39 AQDK	19:57.97
2 Vegter, Brian	38 BASS	23:53.63
3 Lassen, Jason	37 ORM	26:06.02

50 Yard Back

1 Nason, Jeff	35 CBAT	28.86
2 Odegard, Kyle	35 YTSM	34.02

100 Yard Back

1 Self, Mike	39 ORM	55.63
2 Nason, Jeff	35 CBAT	1:01.98

200 Yard Back

1 Nason, Jeff	35 CBAT	2:14.61
2 Vegter, Brian	38 BASS	3:08.31

50 Yard Breast

1 Braun, Mark	38 ORM	33.52
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100 Yard Breast

1 Romera, Joaquin	35 MAC	1:07.23
2 Braun, Mark	38 ORM	1:14.12
3 Meneghelli, Luigi	38 CBAT	1:25.08

200 Yard Breast

1 Vegter, Brian	38 BASS	3:10.49
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50 Yard Fly

1 Romera, Joaquin	35 MAC	24.94
2 Tujo, Christian	38 COMA	26.66
3 Reese, Scott	38 AQDK	26.83
4 Dall'Olmo, Giorgio	36 CBAT	28.35
5 Braun, Mark	38 ORM	30.15
6 Odegard, Kyle	35 YTSM	30.42

100 Yard Fly

1 Tujo, Christian	38 COMA	58.37
2 Reese, Scott	38 AQDK	58.71
3 Odegard, Kyle	35 YTSM	1:11.44

200 Yard Fly

1 Tujo, Christian	38 COMA	2:13.99
2 Vegter, Brian	38 BASS	3:25.21

100 Yard IM

1 Romera, Joaquin	35 MAC	57.27
2 Reese, Scott	38 AQDK	1:03.88
3 Dall'Olmo, Giorgio	36 CBAT	1:09.74
4 Odegard, Kyle	35 YTSM	1:12.22
5 Vegter, Brian	38 BASS	1:20.46

200 Yard IM

1 Erickson, Kraig	39 AQDK	2:17.58
2 Reese, Scott	38 AQDK	2:21.01
3 Vegter, Brian	38 BASS	2:59.59

400 Yard IM

1 Tujo, Christian	38 COMA	4:49.90
2 Reese, Scott	38 AQDK	5:04.53
3 Odegard, Kyle	35 YTSM	6:18.30

Men 40-44**50 Yard Free**

1 Latta, Gregory	40 CBAT	22.85
2 Wan, Eric	43 MAC	23.11
3 Mccomish, John	44 ORM	23.69
4 Clydesdale, William	42 ORM	24.38
5 Watt, Bryan	44 OPEN	24.92
6 Parmenter, Rod	44 CGM	27.50
7 Karyukin, Andrei	44 THB	28.61
8 Ciannelli, Lorenzo	40 CBAT	32.04

100 Yard Free

1 Wan, Eric	43 MAC	49.92
2 Karyukin, Andrei	44 THB	1:01.17
3 Parmenter, Rod	44 CGM	1:01.38
4 Ciannelli, Lorenzo	40 CBAT	1:10.10

200 Yard Free

1 Wan, Eric	43 MAC	1:54.40
2 Clydesdale, William	42 ORM	1:59.41

500 Yard Free

1 Casterline, Theodore	44 NCMS	5:50.84
2 Wursta, Steve	44 COMA	6:17.31

1000 Yard Free

1 Casterline, Theodore	44 NCMS	12:08.32
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1650 Yard Free

1 Casterline, Theodore	44 NCMS	20:25.31
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2 Gabriel, John	44 CBAT	21:20.42
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50 Yard Back

1 Karyukin, Andrei	44 THB	36.57
2 Parmenter, Rod	44 CGM	37.09

100 Yard Back

1 Mccomish, John	44 ORM	1:01.44
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50 Yard Breast

1 Clydesdale, William	42 ORM	30.52
2 Wan, Eric	43 MAC	31.90
3 Wursta, Steve	44 COMA	35.78
4 Parmenter, Rod	44 CGM	36.94
5 Ciannelli, Lorenzo	40 CBAT	41.07

100 Yard Breast

1 Latta, Gregory	40 CBAT	1:01.11
2 Anderson, Anthony	42 ORM	1:03.17

200 Yard Breast

1 Wursta, Steve	44 COMA	2:54.76
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50 Yard Fly

1 Latta, Gregory	40 CBAT	24.70
2 Mccomish, John	44 ORM	25.92
3 Watt, Bryan	44 OPEN	29.11

4 Karyukin, Andrei 44 THB 29.47
 5 Parmenter, Rod 44 CGM 33.52
 6 Ciannelli, Lorenzo 40 CBAT 35.86

100 Yard Fly
 1 Karyukin, Andrei 44 THB 1:08.71

100 Yard IM

1 Latta, Gregory 40 CBAT 55.19 Z
 2 Anderson, Anthony 42 ORM 1:00.27
 3 Wan, Eric 43 MAC 1:00.61
 4 Clydesdale, William 42 ORM 1:00.86
 5 Karyukin, Andrei 44 THB 1:08.75
 6 Parmenter, Rod 44 CGM 1:13.72
 7 Ciannelli, Lorenzo 40 CBAT 1:22.25

200 Yard IM

1 Clydesdale, William 42 ORM 2:15.38
 2 Wursta, Steve 44 COMA 2:44.02

400 Yard IM

1 Clydesdale, William 42 ORM 4:50.54
 2 Wursta, Steve 44 COMA 5:46.50

Men 45-49

50 Yard Free

1 Ivelich, Jim 47 COMA 23.50
 2 Washburne, Brent 48 MAC 23.55
 3 Corbeau, James 45 OREG 24.26
 4 Hanson, Donald 47 AQDK 24.86
 5 Sumerfield, Bill 49 CGM 25.05
 6 Sumerfield, Dick 47 CGM 26.05
 7 Shellhammer, Thomas 46 CBAT 26.99
 8 Gaarder, Chris 45 ORM 27.56
 9 Ribkoff, Mark 49 CGM 28.66
 10 Livengood, David 47 OPEN 29.04
 11 Barnes, Warren 48 AQDK 29.44
 12 Lamoureux, Ric 49 PCCM 31.58

100 Yard Free

* Washburne, Brent 48 MAC 51.10 O

1 Washburne, Brent 48 MAC 51.42
 2 Hathaway, David 49 ORM 53.85
 3 Baker, Dennis 48 ORM 54.28
 4 Heaman, Allen 45 EA 54.81
 5 Hanson, Donald 47 AQDK 55.01
 6 Sumerfield, Dick 47 CGM 56.38
 7 McNulty, Osh 48 CGM 57.71
 8 Boone, Lou 48 OPEN 58.09
 9 Ribkoff, Mark 49 CGM 1:05.43

200 Yard Free

1 Baker, Dennis 48 ORM 1:45.50
 2 Hathaway, David 49 ORM 1:57.64
 3 Calvin, Kris 48 COMA 2:01.18
 4 Ivelich, Jim 47 COMA 2:06.78
 5 McNulty, Osh 48 CGM 2:11.17
 6 Christian, Scott 47 NCM5 2:17.62
 7 Barnes, Warren 48 AQDK 2:21.29
 8 Livengood, David 47 OPEN 2:31.11
 9 Croucher, Robert 46 LSWM 2:47.26
 10 Lamoureux, Ric 49 PCCM 2:59.16

500 Yard Free

1 Baker, Dennis 48 ORM 4:56.97
 2 Calvin, Kris 48 COMA 5:32.24
 3 Sumerfield, Bill 49 CGM 5:40.69
 4 Sumerfield, Dick 47 CGM 5:41.22
 5 Heaman, Allen 45 EA 5:44.10
 6 Rodriguez, Rick 47 AQDK 5:58.48
 7 Boone, Lou 48 OPEN 6:24.36
 8 Ribkoff, Mark 49 CGM 7:03.87

1000 Yard Free

1 Sumerfield, Bill 49 CGM 12:15.49
 2 Christian, Scott 47 NCM5 13:33.04
 3 Livengood, David 47 OPEN 14:10.80
 4 Croucher, Robert 46 LSWM 15:57.37

1650 Yard Free

1 Baker, Dennis 48 ORM 17:05.12 Z
 2 Hathaway, David 49 ORM 18:37.26
 3 Sumerfield, Dick 47 CGM 19:24.12

4 Shellhammer, Thomas 46 CBAT 21:35.62
 5 Barnes, Warren 48 AQDK 22:45.02
 6 Roberts, Tom 48 OREG 23:23.86
 7 Ribkoff, Mark 49 CGM 24:37.38

50 Yard Back

1 Butcher, Gano 46 ORM 28.12
 2 Gaarder, Chris 45 ORM 34.32

100 Yard Back

1 Butcher, Gano 46 ORM 59.81
 2 Rodriguez, Rick 47 AQDK 1:03.81
 3 Miller, Scott 45 COMA 1:10.55
 4 Livengood, David 47 OPEN 1:15.27
 5 Barnes, Warren 48 AQDK 1:22.52
 6 Croucher, Robert 46 LSWM 1:46.40



200 Yard Back

1 Baker, Dennis 48 ORM 2:06.08 O
 2 Calvin, Kris 48 COMA 2:20.20
 3 Rodriguez, Rick 47 AQDK 2:28.27
 4 Butcher, Gano 46 ORM 2:36.45

50 Yard Breast

1 Corbeau, James 45 OREG 27.77
 2 Butcher, Gano 46 ORM 30.63
 3 Sumerfield, Bill 49 CGM 30.75
 4 Ivelich, Jim 47 COMA 30.83
 5 Hanson, Donald 47 AQDK 32.41
 6 Sumerfield, Dick 47 CGM 32.90
 7 Shellhammer, Thomas 46 CBAT 33.06
 8 Gaarder, Chris 45 ORM 33.09
 9 Boone, Lou 48 OPEN 33.20
 10 Ribkoff, Mark 49 CGM 38.08

100 Yard Breast

1 Butcher, Gano 46 ORM 1:05.98
 2 Sumerfield, Bill 49 CGM 1:09.05
 3 Washburne, Brent 48 MAC 1:09.50
 4 Gaarder, Chris 45 ORM 1:11.98
 5 Boone, Lou 48 OPEN 1:13.11
 6 Shellhammer, Thomas 46 CBAT 1:13.32
 7 Hanson, Donald 47 AQDK 1:13.49
 8 Ribkoff, Mark 49 CGM 1:28.56
 9 Croucher, Robert 46 LSWM 1:34.65

200 Yard Breast

1 Sumerfield, Bill 49 CGM 2:37.97
 2 Shellhammer, Thomas 46 CBAT 2:40.88
 3 Ivelich, Jim 47 COMA 2:43.23

50 Yard Fly

1 Washburne, Brent 48 MAC 25.66
 2 Butcher, Gano 46 ORM 25.96
 3 McNulty, Osh 48 CGM 28.70
 4 Miller, Scott 45 COMA 29.36
 5 Boone, Lou 48 OPEN 29.92
 6 Gaarder, Chris 45 ORM 29.93
 7 Barnes, Warren 48 AQDK 32.64

100 Yard Fly

1 Washburne, Brent 48 MAC 58.02
 2 Hathaway, David 49 ORM 59.43
 3 McNulty, Osh 48 CGM 1:05.55
 4 Miller, Scott 45 COMA 1:06.20

200 Yard Fly

1 Baker, Dennis 48 ORM 2:01.45
 2 Calvin, Kris 48 COMA 2:23.35

100 Yard IM

1 Ivelich, Jim 47 COMA 1:02.17
 2 Hanson, Donald 47 AQDK 1:03.94
 3 Rodriguez, Rick 47 AQDK 1:04.78
 4 McNulty, Osh 48 CGM 1:05.74
 5 Boone, Lou 48 OPEN 1:06.83
 6 Shellhammer, Thomas 46 CBAT 1:06.92
 7 Miller, Scott 45 COMA 1:07.38
 8 Sumerfield, Dick 47 CGM 1:07.71
 9 Livengood, David 47 OPEN 1:13.53

200 Yard IM

1 Hathaway, David 49 ORM 2:14.15
 2 Calvin, Kris 48 COMA 2:23.71
 3 Miller, Scott 45 COMA 2:32.80

400 Yard IM

1 Calvin, Kris 48 COMA 4:54.20
 2 Miller, Scott 45 COMA 5:39.31

Men 50-54

50 Yard Free

1 George, Steve 50 CBAT 23.52
 2 Jampolsky, David 50 AQDK 25.62
 3 Dow, Keith 54 OPEN 26.12
 4 Wren, Mark 51 ORM 26.16
 5 Peyton, Mike 54 MAC 26.21
 6 Stelzer, Keith 50 CGM 27.11
 7 Roberts, Steve 51 PCCM 28.93
 8 Sappe', Dean 53 BASS 29.68
 9 Hammon, Kipp 52 EA 30.04
 X Clark, Philip 51 UNAT 25.51

100 Yard Free

1 George, Steve 50 CBAT 51.94
 2 Ambrose, Daniel 54 AQDK 58.51
 3 Dow, Keith 54 OPEN 58.84
 4 Stelzer, Keith 50 CGM 1:02.71
 5 Roberts, Steve 51 PCCM 1:03.15
 6 Bergstrom, Robert 53 ORM 1:03.90
 7 Mayhew, Daniel 52 AQDK 1:04.26
 8 Sappe', Dean 53 BASS 1:06.84
 9 Hammon, Kipp 52 EA 1:07.42
 10 Tribe, Mark 51 EA 1:07.65
 X Clark, Philip 51 UNAT 57.23

200 Yard Free

1 Peyton, Mike 54 MAC 2:11.87
 2 Dow, Keith 54 OPEN 2:15.11
 3 Roberts, Steve 51 PCCM 2:23.39
 4 Williams, Tom 50 AQDK 2:23.41
 5 Bergstrom, Robert 53 ORM 2:23.62
 X Clark, Philip 51 UNAT 2:07.80

500 Yard Free

1 La Count, Curt 51 PCCM 5:48.92
 2 Wren, Mark 51 ORM 6:11.99
 3 Dow, Keith 54 OPEN 6:23.03
 4 Roberts, Steve 51 PCCM 6:40.23
 5 Tribe, Mark 51 EA 7:00.70
 6 Mayhew, Daniel 52 AQDK 7:09.17
 7 Helm, Charlie 53 OPEN 8:02.66

1000 Yard Free

1 Wren, Mark 51 ORM 12:55.62
 2 Dow, Keith 54 OPEN 13:24.18
 3 Dowd, Mike 51 MAC 13:38.35
 4 Tribe, Mark 51 EA 14:26.65
 5 Helm, Charlie 53 OPEN 17:20.60
 6 Carter, Walter 54 COMA 17:34.57

1650 Yard Free

1 Bergstrom, Robert 53 ORM 21:46.49
 2 Williams, Tom 50 AQDK 22:14.01
 3 Dow, Keith 54 OPEN 22:22.29
 4 Roberts, Steve 51 PCCM 23:16.37
 5 Mayhew, Daniel 52 AQDK 24:14.83
 6 Helm, Charlie 53 OPEN 28:44.02

50 Yard Back

1 George, Steve	50 CBAT	27.13
2 La Count, Curt	51 PCCM	28.99
3 Metzger, Peter	54 COMA	29.48
4 Hammon, Kipp	52 EA	39.66
5 Stelzer, Keith	50 CGM	40.29
6 Mayhew, Daniel	52 AQDK	43.31
7 Helm, Charlie	53 OPEN	47.60
X Clark, Philip	51 UNAT	29.42

100 Yard Back

1 George, Steve	50 CBAT	57.28	O
2 La Count, Curt	51 PCCM	1:03.08	
3 Otto, Douglas	51 MAC	1:05.93	
4 Metzger, Peter	54 COMA	1:06.40	
5 Helm, Charlie	53 OPEN	1:51.15	
X Clark, Philip	51 UNAT	1:05.24	

200 Yard Back

1 George, Steve	50 CBAT	2:08.32	O
2 Otto, Douglas	51 MAC	2:25.38	
3 Metzger, Peter	54 COMA	2:27.77	
4 Moon, Robert	54 BASS	3:05.41	
X Clark, Philip	51 UNAT	2:26.79	

50 Yard Breast

1 Allender, Patrick	51 CAT	29.81
2 Stelzer, Keith	50 CGM	40.56
3 Carter, Walter	54 COMA	57.68

100 Yard Breast

1 Allender, Patrick	51 CAT	1:04.70
2 Otto, Douglas	51 MAC	1:08.84
3 Dowd, Mike	51 MAC	1:14.76
4 Kopp, Kurt	50 THB	1:19.88
5 Moon, Robert	54 BASS	1:32.37
6 Carter, Walter	54 COMA	1:59.06

200 Yard Breast

1 Allender, Patrick	51 CAT	2:20.63
2 Otto, Douglas	51 MAC	2:35.76
3 Moon, Robert	54 BASS	3:27.80
4 Carter, Walter	54 COMA	4:12.64

50 Yard Fly

1 La Count, Curt	51 PCCM	26.24
2 Metzger, Peter	54 COMA	28.62
3 Ambrose, Daniel	54 AQDK	28.82
4 Wren, Mark	51 ORM	28.97
5 Peyton, Mike	54 MAC	30.55
6 Dowd, Mike	51 MAC	31.64
7 Kopp, Kurt	50 THB	31.73
8 Stelzer, Keith	50 CGM	32.94
9 Hammon, Kipp	52 EA	36.56



100 Yard Fly

1 La Count, Curt	51 PCCM	59.39
2 Ambrose, Daniel	54 AQDK	1:05.61
3 Bergstrom, Robert	53 ORM	1:16.32
4 Carter, Walter	54 COMA	1:52.11

200 Yard Fly

1 Ambrose, Daniel	54 AQDK	2:45.11
2 Dowd, Mike	51 MAC	2:46.35
3 Moon, Robert	54 BASS	3:54.93
4 Carter, Walter	54 COMA	4:31.54

100 Yard IM

1 George, Steve	50 CBAT	59.09
2 La Count, Curt	51 PCCM	1:02.10
3 Otto, Douglas	51 MAC	1:02.63
4 Metzger, Peter	54 COMA	1:06.18
5 Jampolsky, David	50 AQDK	1:06.95
6 Wren, Mark	51 ORM	1:07.49
7 Peyton, Mike	54 MAC	1:08.88
8 Ambrose, Daniel	54 AQDK	1:10.06
9 Dowd, Mike	51 MAC	1:11.52
10 Kopp, Kurt	50 THB	1:11.56
11 Stelzer, Keith	50 CGM	1:16.92
12 Bergstrom, Robert	53 ORM	1:17.51
13 Hammon, Kipp	52 EA	1:21.10
14 Helm, Charlie	53 OPEN	1:40.51

200 Yard IM

1 Otto, Douglas	51 MAC	2:21.02
2 Bergstrom, Robert	53 ORM	2:57.07
3 Moon, Robert	54 BASS	3:05.42
4 Tribe, Mark	51 EA	3:39.93

400 Yard IM

1 Moon, Robert	54 BASS	6:56.41
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Men 55-59

50 Yard Free

1 Tennant, Mike	56 COMA	23.09
2 Brockbank, Doug	56 ORM	24.55
3 Mann, Steve	57 COMA	24.92
4 Dwight, Charles	55 PCCM	25.88
5 Sherwood, Reggie	58 MAC	28.25
6 Tremblay, Vic	59 CBAT	30.10
7 Mierjeski, Edward	59 COMA	30.92
8 Brooks, Raymond	59 CBAT	31.25
9 Shuman, Thomas	56 COMA	33.12

100 Yard Free

1 Tennant, Mike	56 COMA	51.45
2 Brockbank, Doug	56 ORM	53.97
3 Mann, Steve	57 COMA	55.56
4 Jensen, Kermit	56 THB	57.61
5 Maestre, Robert	59 KAM	1:02.18
6 Larson, Allen	57 ORM	1:02.20
7 Sherwood, Reggie	58 MAC	1:02.77
8 Mierjeski, Edward	59 COMA	1:10.50
9 Brooks, Raymond	59 CBAT	1:16.36
10 Shuman, Thomas	56 COMA	1:24.85

200 Yard Free

1 Kevan, Stephen	55 AQDK	1:58.34
2 Tennant, Mike	56 COMA	2:02.54
3 Jensen, Kermit	56 THB	2:07.25
4 Larson, Allen	57 ORM	2:15.84
5 Maestre, Robert	59 KAM	2:19.26
6 Toole, Chris	58 THB	2:37.49
7 Mierjeski, Edward	59 COMA	2:44.00
8 Shuman, Thomas	56 COMA	3:00.25

500 Yard Free

1 Kevan, Stephen	55 AQDK	5:51.04
2 Stephenson, Michael	57 CGM	5:51.83
3 Larson, Allen	57 ORM	6:21.33
4 Maestre, Robert	59 KAM	6:26.14
5 Shuman, Thomas	56 COMA	8:11.51

1000 Yard Free

1 Stephenson, Michael	57 CGM	12:10.56
2 Larson, Allen	57 ORM	13:17.07
3 Cecil, Patrick	55 THB	16:17.87

1650 Yard Free

1 Stephenson, Michael	57 CGM	20:17.14
2 Larson, Allen	57 ORM	22:06.56
3 Dwight, Charles	55 PCCM	22:10.34
4 Sherwood, Reggie	58 MAC	23:17.07
5 Toole, Chris	58 THB	24:35.91
6 Tremblay, Vic	59 CBAT	24:38.92

50 Yard Back

1 Edwards, Wes	56 LSWM	27.95
2 Mann, Steve	57 COMA	29.62

3 Brockbank, Doug	56 ORM	29.86
4 Mierjeski, Edward	59 COMA	41.54
5 Shuman, Thomas	56 COMA	41.69
6 Storer, Andrew	58 BASS	45.27



100 Yard Back

1 Edwards, Wes	56 LSWM	1:11.15
2 Maestre, Robert	59 KAM	1:14.87
3 Darnell, Stephen	56 LSWM	1:29.81
4 Storer, Andrew	58 BASS	1:39.12

200 Yard Back

1 Edwards, Wes	56 LSWM	2:29.50
2 Stephenson, Michael	57 CGM	2:39.03
3 Maestre, Robert	59 KAM	2:44.57
4 Darnell, Stephen	56 LSWM	3:25.02
5 Storer, Andrew	58 BASS	3:40.15

50 Yard Breast

1 Mann, Steve	57 COMA	31.86
2 Cotter, Patrick	59 OREG	33.44
3 Dwight, Charles	55 PCCM	33.66
4 Edwards, Wes	56 LSWM	33.93
5 Sherwood, Reggie	58 MAC	35.12
6 Warren, Mike	59 COMA	40.12
7 Mierjeski, Edward	59 COMA	42.33
8 Brooks, Raymond	59 CBAT	43.80
9 Darnell, Stephen	56 LSWM	44.91
10 Storer, Andrew	58 BASS	46.72

100 Yard Breast

1 Cotter, Patrick	59 OREG	1:13.17
2 Dwight, Charles	55 PCCM	1:14.60
3 Sherwood, Reggie	58 MAC	1:19.75
4 Toole, Chris	58 THB	1:29.65
5 Warren, Mike	59 COMA	1:34.65
6 Darnell, Stephen	56 LSWM	1:38.72
7 Storer, Andrew	58 BASS	1:45.45

200 Yard Breast

1 Cotter, Patrick	59 OREG	2:43.45
2 Amperse, David	55 YTSM	3:00.80
3 Sherwood, Reggie	58 MAC	3:01.79
4 Darnell, Stephen	56 LSWM	3:49.56
5 Storer, Andrew	58 BASS	3:54.99

50 Yard Fly

1 Brockbank, Doug	56 ORM	27.48
2 Edwards, Wes	56 LSWM	27.57
3 Mann, Steve	57 COMA	28.11
4 Dwight, Charles	55 PCCM	28.22
5 Tremblay, Vic	59 CBAT	34.28
6 Brooks, Raymond	59 CBAT	35.68
7 Toole, Chris	58 THB	40.42

100 Yard Fly

1 Kevan, Stephen	55 AQDK	1:00.04	O
2 Brockbank, Doug	56 ORM	1:02.07	
3 Jensen, Kermit	56 THB	1:06.06	
4 Amperse, David	55 YTSM	1:15.99	

200 Yard Fly

1 Jensen, Kermit	56 THB	2:38.25
2 Amperse, David	55 YTSM	3:00.86

100 Yard IM

1 Kevan, Stephen	55 AQDK	1:01.37
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2	Tennant, Mike	56	COMA	1:01.59
3	Brockbank, Doug	56	ORM	1:01.89
4	Mann, Steve	57	COMA	1:03.73
5	Edwards, Wes	56	LSWM	1:06.64
6	Stephenson, Michael	57	CGM	1:11.60
7	Amperse, David	55	YTSM	1:13.39
8	Toole, Chris	58	THB	1:25.13
9	Mierjeski, Edward	59	COMA	1:25.77
10	Darnell, Stephen	56	LSWM	1:26.22
11	Brooks, Raymond	59	CBAT	1:26.36
200 Yard IM				
1	Kevan, Stephen	55	AQDK	2:15.20
2	Yensen, Kermit	56	THB	2:27.38
3	Amperse, David	55	YTSM	2:43.38
4	Brooks, Raymond	59	CBAT	3:16.57



400 Yard IM				
1	Kevan, Stephen	55	AQDK	4:52.39 O
2	Yensen, Kermit	56	THB	5:20.73
3	Amperse, David	55	YTSM	5:57.78

Men 60-64

50 Yard Free				
1	Dasch, Vern	60	ORM	26.58
2	Stout, Jon	63	THB	27.07

3	Hirschberg, Bren	64	COMA	29.03
4	Katz, Gary	62	AQDK	29.33
5	Jenkins, Richard	61	COMA	35.40
6	Jenkins, James	62	ORM	39.00

100 Yard Free				
1	Dasch, Vern	60	ORM	58.63
2	Katz, Gary	62	AQDK	1:04.11

3	Hirschberg, Bren	64	COMA	1:08.63
4	Coakley, James	63	CBAT	1:16.44
5	Shelfer, Robert	64	LSWM	1:17.60
6	Jenkins, Richard	61	COMA	1:22.98
7	Jenkins, James	62	ORM	1:27.53

200 Yard Free				
1	Johnson, Steve	62	EA	2:06.33
2	Dasch, Vern	60	ORM	2:11.40

3	Stout, Jon	63	THB	2:21.88
4	Katz, Gary	62	AQDK	2:26.72
5	Coakley, James	63	CBAT	2:44.39
6	Gray, Daniel	64	OPEN	2:56.49
7	Jenkins, James	62	ORM	3:25.84

500 Yard Free				
1	Johnson, Steve	62	EA	5:43.51
2	Coakley, James	63	CBAT	7:18.73

3	Ellis, John	63	LSWM	7:24.87
4	Gray, Daniel	64	OPEN	7:48.40
5	Shelfer, Robert	64	LSWM	8:28.17
6	Jenkins, James	62	ORM	9:17.45

1000 Yard Free				
1	Ellis, John	63	LSWM	15:21.75
2	Gray, Daniel	64	OPEN	16:20.62

3	Shelfer, Robert	64	LSWM	17:44.56
1650 Yard Free				
1	Bruce, Bob	62	COMA	21:47.36

2	Coakley, James	63	CBAT	24:52.90
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3	Ellis, John	63	LSWM	25:03.65
4	Gray, Daniel	64	OPEN	27:21.60
5	Shelfer, Robert	64	LSWM	30:39.64

50 Yard Back				
1	Hirschberg, Bren	64	COMA	40.04
2	Jenkins, Richard	61	COMA	49.28

3	Jenkins, James	62	ORM	54.79
100 Yard Back				
1	Bruce, Bob	62	COMA	1:16.83

2	Gray, Daniel	64	OPEN	1:41.60
200 Yard Back				
1	Johnson, Steve	62	EA	2:31.02

2	Bruce, Bob	62	COMA	2:44.07
3	Gray, Daniel	64	OPEN	3:43.98

50 Yard Breast				
1	Stark, Allen	61	ORM	32.50
2	Dasch, Vern	60	ORM	35.35

3	Shelfer, Robert	64	LSWM	44.86
100 Yard Breast				
1	Stark, Allen	61	ORM	1:08.52

2	Bruce, Bob	62	COMA	1:21.10
3	Ellis, John	63	LSWM	1:31.47

200 Yard Breast				
1	Stark, Allen	61	ORM	2:40.19
2	Ellis, John	63	LSWM	3:23.92

50 Yard Fly				
1	Hirschberg, Bren	64	COMA	31.98
100 Yard Fly				
1	Stark, Allen	61	ORM	1:06.93

200 Yard Fly				
1	Stark, Allen	61	ORM	2:39.41 O
100 Yard IM				
1	Dasch, Vern	60	ORM	1:09.92

2	Hirschberg, Bren	64	COMA	1:17.84
3	Jenkins, Richard	61	COMA	1:44.25

200 Yard IM				
1	Stark, Allen	61	ORM	2:37.69
2	Dasch, Vern	60	ORM	2:43.51

3	Ellis, John	63	LSWM	3:20.03
400 Yard IM				
1	Bruce, Bob	62	COMA	5:48.87

Men 65-69				
50 Yard Free				
1	Schaefer, Don	65	COMA	31.93

2	Rudolph, Roger	66	COMA	34.40
3	Mellow, Bill	68	CGM	36.65

3	Smith, William	65	OPEN	36.65
5	Langsdorf, Michael	68	LSWM	40.10

100 Yard Free				
1	Landis, Tom	67	COMA	58.24
2	Spence, John	68	COMA	1:11.31

3	Schaefer, Don	65	COMA	1:16.52
4	Rudolph, Roger	66	COMA	1:22.54

200 Yard Free				
1	Landis, Tom	67	COMA	2:13.29
2	Spence, John	68	COMA	2:40.87

3	Mohr, Ralph	68	COMA	2:43.74
4	Smith, William	65	OPEN	2:58.84
5	Schaefer, Don	65	COMA	3:10.06

500 Yard Free				
1	Landis, Tom	67	COMA	6:04.48
2	Mohr, Ralph	68	COMA	7:01.89

3	Spence, John	68	COMA	7:36.91
4	Rudolph, Roger	66	COMA	8:08.83
5	Mellow, Bill	68	CGM	8:32.15

1000 Yard Free				
*	Landis, Tom	67	COMA	12:42.70
1	Spence, John	68	COMA	16:10.89

2	Mellow, Bill	68	CGM	17:51.55
1650 Yard Free				
1	Landis, Tom	67	COMA	20:55.49

2	Mohr, Ralph	68	COMA	24:29.54
3	Spence, John	68	COMA	26:21.22

50 Yard Back				
1	Schaefer, Don	65	COMA	47.10
2	Rudolph, Roger	66	COMA	49.23

3	Langsdorf, Michael	68	LSWM	54.81
100 Yard Back				
1	Smith, William	65	OPEN	1:51.00

50 Yard Breast				
1	Mellow, Bill	68	CGM	43.07
2	Schaefer, Don	65	COMA	43.63

3	Langsdorf, Michael	68	LSWM	49.49
100 Yard Breast				
1	Mellow, Bill	68	CGM	1:41.12

2	Langsdorf, Michael	68	LSWM	1:51.34
200 Yard Breast				
1	Mellow, Bill	68	CGM	3:49.04

50 Yard Fly				
1	Mohr, Ralph	68	COMA	36.97
2	Rudolph, Roger	66	COMA	40.83

3	Langsdorf, Michael	68	LSWM	1:04.61
100 Yard Fly				
1	Mohr, Ralph	68	COMA	1:29.82

100 Yard IM				
1	Mohr, Ralph	68	COMA	1:25.57
2	Rudolph, Roger	66	COMA	1:35.81

3	Smith, William	65	OPEN	1:38.07
4	Langsdorf, Michael	68	LSWM	1:52.57

400 Yard IM				
1	Landis, Tom	67	COMA	5:45.57

Men 70-74

50 Yard Free				
1	Hiatt, Chris	70	AQDK	29.74
2	Thayer, George	74	COMA	31.21

3	Dielman, Gary	70	BASS	35.05
100 Yard Free				
1	Dielman, Gary	70	BASS	1:17.19

2	Thayer, George	74	COMA	1:18.48
200 Yard Free				
1	Dielman, Gary	70	BASS	2:51.55

2	Thayer, George	74	COMA	2:56.33
500 Yard Free				
1	Sylva, Richard	71	THB	7:57.46

2	Dielman, Gary	70	BASS	8:02.78
1000 Yard Free				
1	Sylva, Richard	71	THB	16:17.28

2	Dielman, Gary	70	BASS	16:50.88
1650 Yard Free				
1	Sylva, Richard	71	THB	27:10.15

2	Dielman, Gary	70	BASS	28:49.56
50 Yard Back				
1	Hiatt, Chris	70	AQDK	33.35 Z

2	Thayer, George	74	COMA	38.25
100 Yard Back				
1	Hiatt, Chris	70	AQDK	1:17.12

2	Thayer, George	74	COMA	1:25.10
200 Yard Back				
1	Hiatt, Chris	70	AQDK	2:44.14 O

2	Thayer, George	74	COMA	3:10.22
100 Yard IM				
1	Hiatt, Chris	70	AQDK	1:14.25 O

Men 75-79

50 Yard Free				
1	Radcliff, David	75	THB	27.61
100 Yard Free				
1	Radcliff, David	75	THB	59.97

200 Yard Free				
1	Radcliff, David	75	THB	2:11.90
500 Yard Free				
1	Radcliff, David	75	THB	6:05.44 N

1000 Yard Free				
1	Radcliff, David	75	THB	12:50.15
1650 Yard Free				
1	Radcliff, David	75	THB	21:30.22

Men 85-89

50 Yard Free		
1 Lamb, Willard	87 ORM	34.27
100 Yard Free		
1 Lamb, Willard	87 ORM	1:18.43 Z
200 Yard Free		
1 Lamb, Willard	87 ORM	2:56.80 Z
500 Yard Free		
1 Lamb, Willard	87 ORM	8:06.85
1000 Yard Free		
1 Lamb, Willard	87 ORM	16:52.37
1650 Yard Free		
1 Lamb, Willard	87 ORM	28:02.21 N

Relays — Women

Women 18-24 200 Yard Free Relay

1 COMA	1:55.92
1) Salton, Gillian	2) Strausbaugh, Elizabeth
3) Brown, Traci	4) Godlove, Tara
2 PCCM	2:01.51
1) Placek, Christine	2) Lamoureux, Lori
3) Esser, Elizabeth	4) Kirkwood, Erin
3 CGM	2:04.44
1) Goodman, Emily	2) Alexander, Emmelie
3) Ready, Jodi	4) Ludwig, Sandra
4 CAT	2:09.14
1) Snider, Pam	2) Krupp, Katy
3) Fox, Christina	4) Willia, Briana
5 LSWM	2:10.51
1) Hornli, Laila	2) Benzel, Natalie
3) Grier, Cassi	4) Jacobs-Brown, Michelle
6 OPEN	2:16.45
1) Shoemaker, Anna	2) Sacks, Lynn
3) Parker, Jacqueline	4) Frangipani, Michelle

Women 18-24 200 Yard Medley Relay

1 COMA	2:12.44
1) Salton, Gillian	2) Holmberg, Madeleine
3) Brown, Traci	4) Harris, Barb
2 LSWM	2:13.39
1) Thayer, Kathleen	2) Grier, Cassi
3) Jackson, Maresa	4) Jacobs-Brown, Michelle
3 EA	2:19.42
1) Foytek, Terry	2) Blair, Heather
3) Dhom, Gina	4) Murphy, Megan
4 OPEN	2:35.91
1) Shoemaker, Anna	2) Frangipani, Michelle
3) Parker, Jacqueline	4) Sacks, Lynn

Women 25-34 200 Yard Free Relay

1 THB	1:50.69
1) Popelka, Erin	2) Louzao, Loren
3) Casey, Anna	4) Mejia, Denise
2 LSWM	1:54.53
1) Jackson, Maresa	2) Molenda, Anne
3) Sither, Kealey	4) Thayer, Kathleen
3 CBAT	1:55.62
1) Uesugi, Sandra	2) Law, Cathy
3) Markwardt, Sheri	4) Gilbert, Sunny
4 EA	2:06.10
1) Dhom, Gina	2) Murphy, Megan
3) Sullivan, Megan	4) Foytek, Terry
5 ORM	2:10.19
1) Gustafson, Aubree	2) Shaw, Susan
3) Redwine-Baker, Roxanne	4) Thurlow, Helen

Women 25-34 200 Yard Medley Relay

1 ORM	2:11.30
1) Lassen, Megan	2) Gustafson, Aubree
3) Edwards, Bonnie	4) Shaw, Susan
2 CBAT	2:15.93
1) Markwardt, Sheri	2) Kam, Lynn
3) Gilbert, Sunny	4) Law, Cathy
3 CGM	2:17.37
1) Ready, Jodi	2) Hart, Jen
3) Ludwig, Sandra	4) Alexander, Emmelie
4 CAT	2:36.03
1) Pryor, Evelyn	2) Krupp, Katy
3) Shreeve, Kristin	4) Lee, Ellen
5 NCMS	3:30.14
1) Bello, Jeanette	2) Markwardt, Kristen

3) Callahan, Amanda	4) Johns, Linda
Women 35-44 200 Yard Free Relay	
1 ORM	1:54.54
1) Viales, Dianne	2) Lassen, Megan
3) Edwards, Bonnie	4) Zak, Hope
2 COMA	2:00.56
1) Harris, Barb	2) Holmberg, Madeleine
3) Gorman, Susan	4) Austin, Connie
3 THB	2:05.11
1) Frid, Barbara	2) Chesler-Clark, Laurie
3) Albright, Susan	4) Young, Susie
4 CAT	2:09.06
1) Candelaria, Sharron	2) Shindel, Marci
3) Asleson, Elke	4) Budd, Elizabeth

Women 35-44 200 Yard Medley Relay

1 CAT	2:32.58
1) Fox, Christina	2) Briar, JC
3) Criscione, Anicia	4) Snider, Pam
2 ORM	2:45.99
1) Coffeen, Linda	2) Redwine-Baker, Roxanne
3) Viales, Dianne	4) Thurlow, Helen



Women 45-54 200 Yard Free Relay

1 ORM	1:45.44
1) Andrus-Hughes, Karen	2) Squires, Lynn
3) Delmage, Arlene	4) Jenkins, Valerie
2 CGM	2:11.88
1) Caswell, MJ	2) Goodman, Ann
3) Rousseau, Sandi	4) Towne, Charris
3 LSWM	2:15.54
1) Bender, Sherry	2) Burkard, Anita
3) Croucher, Denise	4) Vincent, Nancy

Women 45-54 200 Yard Medley Relay

1 CGM	2:24.09
1) Goodman, Ann	2) Caswell, MJ
3) Rousseau, Sandi	4) Towne, Charris
2 LSWM	3:20.46
1) Edwards, Nadine	2) Vincent, Nancy
3) Ellis, Esther	4) Bender, Sherry

Women 45-54 400 Yard Medley Relay

1 ORM	4:12.53
1) Jenkins, Valerie	2) Crabbe, Colette
3) Delmage, Arlene	4) Andrus-Hughes, Karen

Women 55-64 200 Yard Free Relay

1 ORM	2:26.29
1) Pierson, Ginger	2) Summers, Jeanna
3) Stark, Carol	4) Ward, Joy

Women 55-64 200 Yard Medley Relay

1 ORM	2:34.93
1) Summers, Jeanna	2) Pierson, Ginger
3) Ward, Joy	4) Stark, Carol

Relays — Men

Men 18-24 200 Yard Free Relay

1 PCCM	1:46.27
1) La Count, Curt	2) Esser, Thomas
3) Roberts, Steve	4) Dwight, Charles

Men 18-24 200 Yard Medley Relay

1 PCCM	2:00.45
1) La Count, Curt	2) Esser, Thomas
3) Dwight, Charles	4) Roberts, Steve

Men 25-34 200 Yard Free Relay

1 MAC	1:32.22
1) Romera, Joaquin	2) Washburne, Brent
3) Parker, Aaron	4) Wan, Eric
2 CBAT	1:34.43
1) Nason, Jeff	2) Leirness, Jeffery
3) George, Steve	4) Latta, Gregory
3 OPEN	1:42.90
1) Dow, Keith	2) Dalton, Ryan
3) Boone, Lou	4) Watt, Bryan
4 CBAT	1:45.53
1) Shellhammer, Thomas	2) Dall'Olmo, Giorgio
3) Gabriel, John	4) Mull, Jeremy
5 ORM	1:46.99
1) Polito, Chip	2) Gaarder, Chris
3) Braun, Mark	4) Lassen, Jason
6 YTSM	1:48.06
1) Ryan, Daniel	2) Odegard, Kyle
3) Amperse, David	4) Dunn, Alex
7 THB	1:50.07
1) Kopp, Kurt	2) Schramek, Alec
3) Karyukin, Andrei	4) Hatler, Neil

Men 25-34 200 Yard Medley Relay

1 ORM	1:51.51
1) Hathaway, David	2) Braun, Mark
3) Polito, Chip	4) Clydesdale, William
2 CBAT	1:52.64
1) Nason, Jeff	2) Leirness, Jeffery
3) Mull, Jeremy	4) George, Steve
3 THB	1:57.80
1) Schramek, Alec	2) Karyukin, Andrei
3) Cleary, Kevin	4) Yensen, Kermit
4 YTSM	2:08.17
1) Amperse, David	2) Dunn, Alex
3) Odegard, Kyle	4) Ryan, Daniel
5 OPEN	2:12.14
1) Dow, Keith	2) Dalton, Ryan
3) Boone, Lou	4) Helm, Charlie

Men 35-44 200 Yard Free Relay

1 ORM	1:32.56
1) Clydesdale, William	2) Anderson, Anthony
3) McComish, John	4) Self, Mike
2 COMA	1:39.44
1) Ivelich, Jim	2) Metzger, Peter
3) Tujo, Christian	4) Calvin, Kris
3 AQDK	1:39.61
1) Kevan, Stephen	2) Reese, Scott
3) Hanson, Donald	4) Rodriguez, Rick
4 CGM	1:56.09
1) Parmenter, Rod	2) Hamilton, Scott
3) Ribkoff, Mark	4) Stephenson, Michael
5 CBAT	2:00.54
1) Brooks, Raymond	2) Ciannelli, Lorenzo
3) Meneghelli, Luigi	4) Tremblay, Vic
6 BASS	2:00.77
1) Moon, Robert	2) Sappe', Dean
3) Vegter, Brian	4) Storer, Andrew

Men 35-44 200 Yard Medley Relay

1 COMA	1:52.14
1) Metzger, Peter	2) Ivelich, Jim
3) Tujo, Christian	4) Calvin, Kris
2 AQDK	1:52.34
1) Rodriguez, Rick	2) Hanson, Donald
3) Kevan, Stephen	4) Reese, Scott
3 AQDK	2:09.90
1) Erickson, Kraig	2) Mayhew, Daniel
3) Ambrose, Daniel	4) Hiatt, Chris
4 CBAT	2:14.90
1) Shellhammer, Thomas	2) Ciannelli, Lorenzo
3) Gabriel, John	4) Brooks, Raymond
5 CGM	2:18.05
1) Stephenson, Michael	2) Mellow, Bill
3) Parmenter, Rod	4) Ribkoff, Mark

6 BASS	2:27.94
1) Moon, Robert	2) Storer, Andrew
3) Vegter, Brian	4) Sappe', Dean
Men 45-54 200 Yard Free Relay	
1 ORM	1:37.81
1) Baker, Dennis	2) Butcher, Gano
3) Wren, Mark	4) Hathaway, David
2 CGM	1:42.84
1) Sumerfield, Bill	2) Sumerfield, Dick
3) McNulty, Osh	4) Stelzer, Keith
3 MAC	1:46.16
1) Otto, Douglas	2) Sherwood, Reggie
3) Dowd, Mike	4) Peyton, Mike
4 AQDK	1:49.14
1) Ambrose, Daniel	2) Barnes, Warren
3) Williams, Tom	4) Jampolsky, David
5 OPEN	2:13.55
1) Gray, Daniel	2) Smith, William
3) Helm, Charlie	4) Livengood, David
Men 45-54 200 Yard Medley Relay	
1 ORM	1:53.55
1) Butcher, Gano	2) Gaarder, Chris
3) Baker, Dennis	4) Bergstrom, Robert
2 CGM	2:00.94
1) McNulty, Osh	2) Sumerfield, Bill
3) Stelzer, Keith	4) Sumerfield, Dick
3 EA	2:14.41
1) Johnson, Steve	2) Heaman, Allen
3) Hammon, Kipp	4) Tribe, Mark
Men 55-64 200 Yard Free Relay	
1 COMA	1:43.34
1) Mann, Steve	2) Landis, Tom
3) Bruce, Bob	4) Tennant, Mike
2 THB	1:51.42
1) Jensen, Kermit	2) Stout, Jon
3) Radcliff, David	4) Toole, Chris
3 ORM	1:53.73
1) Brockbank, Doug	2) Larson, Allen
3) Lamb, Willard	4) Dasch, Vern
4 COMA	2:06.16
1) Hirschberg, Bren	2) Warren, Mike
3) Mierjeski, Edward	4) Shuman, Thomas
5 LSWM	2:10.96
1) Edwards, Wes	2) Ellis, John
3) Darnell, Stephen	4) Langsdorf, Michael



Men 55-64 200 Yard Medley Relay	
1 ORM	2:00.05
1) Brockbank, Doug	2) Stark, Allen
3) Larson, Allen	4) Dasch, Vern
2 COMA	2:06.07
1) Bruce, Bob	2) Mann, Steve
3) Landis, Tom	4) Hirschberg, Bren
3 COMA	2:43.69
1) Mierjeski, Edward	2) Warren, Mike

3) Shuman, Thomas	4) Jenkins, Richard
Men 65-74 200 Yard Free Relay	
1 COMA	2:13.53
1) Mohr, Ralph	2) Rudolph, Roger
3) Spence, John	4) Schaefer, Don
Men 65-74 200 Yard Medley Relay	
1 COMA	2:40.05
1) Spence, John	2) Mohr, Ralph
3) Rudolph, Roger	4) Schaefer, Don

Relays — Mixed

Mixed 18-24 200 Yard Free Relay	
1 PCCM	1:48.79
1) Dwight, Charles	2) Lamoureux, Lori
3) Esser, Elizabeth	4) La Count, Curt
2 OPEN	1:50.23
1) Dow, Keith	2) Shoemaker, Anna
3) Frangipani, Michelle	4) Dalton, Ryan
3 COMA	1:51.55
1) Miller, Scott	2) Salton, Gillian
3) Brown, Traci	4) Wursta, Steve
4 AQDK	1:52.20
1) Erickson, Kraig	2) Hanson, Donald
3) Roman, Zoe	4) Clevenger, Robin
5 LSWM	1:56.10
1) Edwards, Wes	2) Ellis, John
3) Grier, Cassi	4) Jacobs-Brown, Michelle
6 EA	1:56.25
1) Blair, Heather	2) Tribe, Mark
3) Hammon, Kipp	4) Dhom, Gina
7 CGM	2:05.22
1) Ribkoff, Mark	2) Goodman, Emily
3) Ready, Jodi	4) Parmenter, Rod
Mixed 18-24 400 Yard Free Relay	
1 MAC	3:43.10
1) Washburne, Brent	2) Tyrrell, Laura
3) Bowen, Kelsey	4) Wan, Eric
2 CAT	3:44.80
1) Boal, Nathan	2) Lee, Ellen
3) Willia, Briana	4) Doggett, Rumen
Mixed 18-24 200 Yard Medley Relay	
1 CAT	2:01.05
1) Willia, Briana	2) Shindel, Marci
3) Doggett, Rumen	4) Boal, Nathan
2 PCCM	2:01.68
1) Kirkwood, Erin	2) Esser, Thomas
3) Esser, Elizabeth	4) La Count, Curt
3 MAC	2:05.45
1) Schnaidt, Teresa	2) Romera, Joaquin
3) Bowen, Kelsey	4) Wan, Eric
4 OPEN	2:05.89
1) Frangipani, Michelle	2) Boone, Lou
3) Watt, Bryan	4) Shoemaker, Anna
5 AQDK	2:07.35
1) Rodriguez, Rick	2) Roman, Zoe
3) Kevan, Stephen	4) Jampolsky, Camille
6 LSWM	2:07.73
1) Edwards, Wes	2) Molenda, Anne
3) Grier, Cassi	4) Croucher, Robert
7 COMA	2:12.87
1) Bruce, Bob	2) Brown, Traci
3) Miller, Scott	4) Gorman, Susan
8 CAT	2:32.52
1) Neal, Kreston	2) Krupp, Katy
3) Shreeve, Kristin	4) Kalk, Michael
9 CGM	2:36.53
1) Ready, Jodi	2) Ribkoff, Mark
3) Goodman, Emily	4) Sumerfield, Dick
Mixed 18-24 400 Yard Medley Relay	
1 MAC	4:24.31
1) Bowen, Kelsey	2) Otto, Douglas
3) Washburne, Brent	4) Foley, Sharon
Mixed 25-34 200 Yard Free Relay	

1 ORM	1:38.37
1) Butcher, Gano	2) Andrus-Hughes, Karen
3) Jenkins, Valerie	4) Polito, Chip
2 CBAT	1:43.77
1) Gilbert, Sunny	2) Markwardt, Sheri
3) Nason, Jeff	4) George, Steve
3 CGM	1:44.42
1) McNulty, Osh	2) Alexander, Emmelie
3) Ludwig, Sandra	4) Sumerfield, Bill
4 THB	1:49.49
1) Popelka, Erin	2) Cleary, Kevin
3) Mejia, Denise	4) Schramek, Alec
5 ORM	1:51.69
1) Braun, Mark	2) Crabbe, Colette
3) Gustafson, Aubree	4) Bergstrom, Robert



Mixed 25-34 200 Yard Medley Relay	
1 ORM	1:54.57
1) Butcher, Gano	2) Zak, Hope
3) Gustafson, Aubree	4) Self, Mike
2 ORM	1:57.42
1) Lassen, Megan	2) Polito, Chip
3) Hathaway, David	4) Edwards, Bonnie
3 CBAT	1:57.50
1) Nason, Jeff	2) Markwardt, Sheri
3) Latta, Gregory	4) Uesugi, Sandra
4 THB	1:58.01
1) Louzao, Loren	2) Popelka, Erin
3) Cleary, Kevin	4) Schramek, Alec
5 COMA	2:00.86
1) Salton, Gillian	2) Ivelich, Jim
3) Tujo, Christian	4) Strausbaugh, Elizabeth
6 CBAT	2:07.09
1) George, Steve	2) Law, Cathy
3) Kam, Lynn	4) Leirness, Jeffery
7 CGM	2:13.33
1) Stelzer, Keith	2) Alexander, Emmelie
3) Ludwig, Sandra	4) Parmenter, Rod
8 PCCM	2:13.97
1) Placek, Christine	2) Lamoureux, Lori
3) Dwight, Charles	4) Roberts, Steve
9 EA	2:25.15
1) Sullivan, Megan	2) Murphy, Megan
3) Hammon, Kipp	4) Tribe, Mark
10 OPEN	2:30.15
1) Livengood, David	2) Dalton, Ryan
3) Parker, Jacqueline	4) Sacks, Lynn
11 THB	2:33.01
1) Casey, Anna	2) Frieder, Marisa
3) Cecil, Patrick	4) Hatler, Neil
Mixed 35-44 200 Yard Free Relay	
1 COMA	1:47.81
1) Ivelich, Jim	2) Godlove, Tara
3) Harris, Barb	4) Mann, Steve
2 BASS	1:56.24

1) Storer, Andrew
3) Sappe', Dean
3) THB
1) Yensen, Kermit
3) Chesler-Clark, Laurie
4) ORM
1) Gaarder, Chris
3) Edwards, Bonnie
5) ORM
1) Lamb, Willard
3) Redwine-Baker, Roxanne

Mixed 35-44 200 Yard Medley Relay

1) ORM 1:50.69
1) Andrus-Hughes, Karen
3) McComish, John
2) COMA
1) Mann, Steve
3) Calvin, Kris
3) ORM
1) Redwine-Baker, Roxanne
3) Clydesdale, William
4) BASS
1) Moe, Paula
3) Moss, Susan
5) THB
1) Young, Susie
3) Kopp, Kurt
6) ORM
1) Coffeen, Linda
3) Dasch, Vern

2) Moe, Paula
4) Moss, Susan
1:57.89
2) Frid, Barbara
4) Karyukin, Andrei
2:02.99
2) Miles, Carole
4) Clydesdale, William
2:18.13
2) Shaw, Susan
4) Jenkins, James

7) NCMS 2:49.42
1) Casterline, Theodore
3) Christian, Scott
Mixed 45-54 200 Yard Free Relay
1) ORM 1:42.67
1) Baker, Dennis
3) Delmage, Arlene
2) CGM 1:51.83
1) Caswell, MJ
3) Goodman, Ann
3) LSWM 2:16.63
1) Vincent, Nancy
3) Bender, Sherry

Mixed 45-54 200 Yard Medley Relay

1) ORM 1:54.56
1) Jenkins, Valerie
3) Baker, Dennis
2) CGM 2:01.15
1) Goodman, Ann
3) Caswell, MJ
3) COMA 2:08.93
1) Harris, Barb
3) Tennant, Mike
4) THB 2:15.91
1) Frid, Barbara
3) Stout, Jon
5) CBAT 2:24.56
1) Shellhammer, Thomas
3) Tremblay, Vic

6) ORM 2:27.20
1) Lamb, Willard
3) Delmage, Arlene
7) LSWM 2:34.91
1) Darnell, Stephen
3) Ellis, John

Mixed 55-64 200 Yard Free Relay

1) ORM 1:56.88
1) Brockbank, Doug
3) Summers, Jeanna
2) ORM 2:15.30
1) Stark, Allen
3) Pierson, Ginger
3) CGM 2:21.73

1) Stephenson, Michael
3) Mellow, Bill

Mixed 55-64 200 Yard Medley Relay

1) ORM 2:12.33
1) Ward, Joy
3) Brockbank, Doug
2) CGM 2:34.16
1) Stephenson, Michael
3) Rousseau, Sandi
3) ORM 2:53.91
1) Stark, Carol
3) Summers, Jeanna
Mixed 65-74 200 Yard Medley Relay
1) COMA 2:58.78
1) Schroder, Kaleo
3) Landis, Tom

Hood River Meet SCM - May 16, 2010**Women 18-24**

50 SC Meter Free
1) Phillips, Kristin 23 OREG 38.68
100 SC Meter Free
1) Willia, Briana 24 OREG 1:06.95
2) Esser, Elizabeth 24 OREG 1:13.77
3) Phillips, Kristin 23 OREG 1:33.45
200 SC Meter Free
1) Willia, Briana 24 OREG 2:31.37
2) Stephens, Kate 21 OREG 2:33.05
3) Esser, Elizabeth 24 OREG 2:39.74
400 SC Meter Free
1) Esser, Elizabeth 24 OREG 5:33.92
50 SC Meter Back
1) Stephens, Kate 21 OREG 33.31 Z
2) Schane, Olivia 22 OREG 36.41
3) Phillips, Kristin 23 OREG 44.32
100 SC Meter Back
1) Stephens, Kate 21 OREG 1:12.45 O
2) Schane, Olivia 22 OREG 1:19.46
200 SC Meter Back
1) Stephens, Kate 21 OREG 2:34.33 Z
50 SC Meter Fly
1) Schane, Olivia 22 OREG 34.31
100 SC Meter Fly
1) Willia, Briana 24 OREG 1:16.32
100 SC Meter IM
1) Willia, Briana 24 OREG 1:17.81
2) Stephens, Kate 21 OREG 1:17.93
3) Esser, Elizabeth 24 OREG 1:29.82
200 SC Meter IM
1) Willia, Briana 24 OREG 2:53.87
Women 25-29
50 SC Meter Free
1) Ludwig, Sandra 27 OREG 30.73
2) Prendergast, Emily 28 PNA 32.71
3) Smay, Grace 26 OREG 34.03
4) Anderson, Britta 27 OREG 47.33
100 SC Meter Free
1) Ludwig, Sandra 27 OREG 1:07.45

2) Prendergast, Emily 28 PNA 1:13.57
400 SC Meter Free
1) Prendergast, Emily 28 PNA 5:55.51
800 SC Meter Free
1) Alexander, Emmelie 29 OREG 10:33.87
50 SC Meter Back
1) Smay, Grace 26 OREG 38.04
2) Anderson, Britta 27 OREG 59.47
100 SC Meter Back
1) Smay, Grace 26 OREG 1:25.73
50 SC Meter Breast
1) Alexander, Emmelie 29 OREG 38.81 O
100 SC Meter Breast
1) Alexander, Emmelie 29 OREG 1:26.17
2) Ludwig, Sandra 27 OREG 1:29.09
3) Smay, Grace 26 OREG 1:36.47
200 SC Meter Breast
1) Alexander, Emmelie 29 OREG 3:07.40
50 SC Meter Fly
1) Prendergast, Emily 28 PNA 35.50
2) Anderson, Britta 27 OREG 54.02
100 SC Meter IM
1) Ludwig, Sandra 27 OREG 1:21.32
200 SC Meter IM
1) Alexander, Emmelie 29 OREG 2:50.96

Women 35-39

50 SC Meter Free
1) Kasenga, Amy 36 OREG 31.21
2) Ready, Jodi 39 OREG 35.40
100 SC Meter Free
1) Kasenga, Amy 36 OREG 1:10.08
2) Ready, Jodi 39 OREG 1:20.81
3) Strelkauskas, J. 39 OREG 1:33.57
400 SC Meter Free
1) Kasenga, Amy 36 OREG 5:25.95
50 SC Meter Back
1) Strelkauskas, J. 39 OREG 51.11
200 SC Meter Back
1) Strelkauskas, J. 39 OREG 4:21.34
50 SC Meter Breast

1) Kasenga, Amy 36 OREG 40.14
2) Ready, Jodi 39 OREG 48.49
100 SC Meter Breast
1) Kasenga, Amy 36 OREG 1:28.56
50 SC Meter Fly
1) Ready, Jodi 39 OREG 41.50
2) Strelkauskas, J. 39 OREG 56.65
100 SC Meter IM
1) Ready, Jodi 39 OREG 1:34.01
Women 40-44
50 SC Meter Free
1) Hart, Jen 41 OREG 36.19
2) Mears, Julianna 41 OREG 45.08
100 SC Meter Free
1) Kendall, Kris 43 OREG 1:23.74
200 SC Meter Free
1) Kendall, Kris 43 OREG 3:03.46
400 SC Meter Free
1) Young, Susie 41 OREG 5:16.39
2) Kendall, Kris 43 OREG 6:16.82
800 SC Meter Free
1) Young, Susie 41 OREG 10:40.59
50 SC Meter Back
1) Kendall, Kris 43 OREG 46.74
50 SC Meter Breast
1) Hart, Jen 41 OREG 41.18
2) Young, Susie 41 OREG 43.80
100 SC Meter Breast
1) Hart, Jen 41 OREG 1:30.84
200 SC Meter Breast
1) Mears, Julianna 41 OREG 4:04.91
200 SC Meter Fly
1) Young, Susie 41 OREG 3:05.63

Women 45-49

50 SC Meter Free
1) Delmage, Arlene 48 OREG 29.93
2) Caswell, Mj 49 OREG 33.49
3) Andrade, Julie 49 UNAT 38.35
4) Sutherland, Susan 48 OREG 38.51
5) Welty-Fick, Carolyn 46 OREG 41.08

200 SC Meter Free			
1 Hastings, Patricia	75 MM	3:56.21	Z
800 SC Meter Free			
1 Allen, Barbara	76 PNA	21:06.56	
50 SC Meter Back			
1 Allen, Barbara	76 PNA	1:01.60	
100 SC Meter Back			
1 Allen, Barbara	76 PNA	2:16.60	
200 SC Meter Back			
1 Allen, Barbara	76 PNA	4:59.11	
50 SC Meter Breast			
1 Hastings, Patricia	75 MM	1:10.24	
Men 25-29			
50 SC Meter Free			
1 Weston, Benjamin	29 OREG	24.47	
100 SC Meter Free			
1 Weston, Benjamin	29 OREG	53.05	O
200 SC Meter Free			
1 Weston, Benjamin	29 OREG	2:02.27	O
50 SC Meter Breast			
1 Schramek, Alec	26 OREG	34.13	
100 SC Meter Breast			
1 Cleary, Kevin	27 OREG	1:20.55	
2 Schramek, Alec	26 OREG	1:20.69	
100 SC Meter Fly			
1 Weston, Benjamin	29 OREG	1:00.01	
2 Schramek, Alec	26 OREG	1:11.28	
Men 30-34			
50 SC Meter Free			
1 Hjelm, Joseph	30 OREG	29.09	
2 Mcgeeney, Bryan	32 OREG	30.47	
3 Hart, Joel	33 OREG	36.60	
100 SC Meter Free			
1 Adams, James	32 HMS	58.32	
2 Hjelm, Joseph	30 OREG	1:05.83	
3 Mcgeeney, Bryan	32 OREG	1:16.61	
4 Hart, Joel	33 OREG	1:32.16	
200 SC Meter Free			
1 Adams, James	32 HMS	2:10.45	
2 Donnermeyer, Chris	33 OREG	2:20.27	
400 SC Meter Free			
1 Adams, James	32 HMS	4:32.39	
2 Donnermeyer, Chris	33 OREG	5:04.87	
800 SC Meter Free			
1 Donnermeyer, Chris	33 OREG	10:32.40	
50 SC Meter Breast			
1 Thorpe, Nick	31 OREG	33.97	
200 SC Meter Breast			
1 Thorpe, Nick	31 OREG	2:47.74	
50 SC Meter Fly			
1 Mcgeeney, Bryan	32 OREG	33.70	
2 Hart, Joel	33 OREG	46.79	
100 SC Meter Fly			
1 Adams, James	32 HMS	1:04.69	
2 Donnermeyer, Chris	33 OREG	1:11.20	
200 SC Meter Fly			
1 Adams, James	32 HMS	2:26.45	
100 SC Meter IM			
1 Thorpe, Nick	31 OREG	1:11.24	
200 SC Meter IM			
1 Thorpe, Nick	31 OREG	2:45.66	
Men 35-39			
50 SC Meter Free			
1 Hamilton, Scott	39 OREG	33.88	
* Hamilton, Scott	39 OREG	34.93	
2 Kreps, Eric	38 OREG	37.26	
100 SC Meter Free			
1 Hamilton, Scott	39 OREG	1:15.21	
2 Kreps, Eric	38 OREG	1:29.67	
400 SC Meter Free			
1 Hamilton, Scott	39 OREG	6:01.91	
50 SC Meter Back			
1 Kreps, Eric	38 OREG	53.96	

50 SC Meter Breast
1 Kreps, Eric 38 OREG 47.06

50 SC Meter Fly
1 Van Andel, Robbert 36 OREG 31.15

Men 45-49

50 SC Meter Free
1 Washburne, Brent 49 OREG 27.39
2 Cossey, Terry 45 OREG 29.85
3 Paul, Barry 45 OREG 36.11
4 Brinster, Michael 46 OREG 41.16
5 Jas, Daniel 45 PNA 43.20

100 SC Meter Free
1 McNulty, Osh 49 OREG 1:04.54
2 Parmenter, Rod 45 OREG 1:07.95
3 Cossey, Terry 45 OREG 1:08.67
4 Jas, Daniel 45 PNA 1:25.93

400 SC Meter Free
1 McNulty, Osh 49 OREG 5:07.89
2 Brinster, Michael 46 OREG 7:26.66

800 SC Meter Free
1 Peterson, Eric 45 OREG 13:39.96

50 SC Meter Back
1 Washburne, Brent 49 OREG 34.06
2 Parmenter, Rod 45 OREG 41.94
3 Paul, Barry 45 OREG 45.09

100 SC Meter Back
1 Brinster, Michael 46 OREG 1:58.29

50 SC Meter Breast
1 Washburne, Brent 49 OREG 38.00
2 Cossey, Terry 45 OREG 40.57
3 Parmenter, Rod 45 OREG 42.87
4 Peterson, Eric 45 OREG 43.47
5 Paul, Barry 45 OREG 47.09
6 Brinster, Michael 46 OREG 56.68

100 SC Meter Breast
1 Engbersen, Rutger 45 OREG 1:30.47
2 Peterson, Eric 45 OREG 1:36.89

200 SC Meter Breast
1 Engbersen, Rutger 45 OREG 3:15.20

50 SC Meter Fly
1 Washburne, Brent 49 OREG 30.67
2 Cossey, Terry 45 OREG 34.87
3 Peterson, Eric 45 OREG 39.25

100 SC Meter Fly
1 Parmenter, Rod 45 OREG 1:29.32

100 SC Meter IM
1 McNulty, Osh 49 OREG 1:14.00
2 Cossey, Terry 45 OREG 1:21.18
3 Parmenter, Rod 45 OREG 1:27.10
4 Engbersen, Rutger 45 OREG 1:27.98
5 Peterson, Eric 45 OREG 1:37.98
6 Brinster, Michael 46 OREG 1:53.45

200 SC Meter IM
1 McNulty, Osh 49 OREG 2:43.41

Men 50-54

50 SC Meter Free
1 George, Steve 51 OREG 27.07
2 Sumerfield, Bill 50 OREG 28.57
3 Van Dooren, Mike 52 OREG 31.80
4 Roberts, Steve 52 OREG 32.39
5 Helm, Charlie 54 OREG 37.42

100 SC Meter Free
1 La Count, Curt 52 OREG 1:00.89
2 Sumerfield, Bill 50 OREG 1:03.23
3 Roberts, Steve 52 OREG 1:10.79
4 Ribkoff, Mark 50 OREG 1:15.66

200 SC Meter Free
1 Van Dooren, Mike 52 OREG 2:44.60

400 SC Meter Free
1 Hathaway, David 50 OREG 4:54.59
2 La Count, Curt 52 OREG 5:01.71
3 Van Dooren, Mike 52 OREG 5:51.51
4 Ribkoff, Mark 50 OREG 6:16.74

800 SC Meter Free

1 Dowd, Mike 52 OREG 12:21.03

50 SC Meter Back

1 George, Steve 51 OREG 31.16
2 Hathaway, David 50 OREG 33.42
3 Helm, Charlie 54 OREG 54.00

100 SC Meter Back

1 La Count, Curt 52 OREG 1:09.59
2 George, Steve 51 OREG 1:11.59
3 Hathaway, David 50 OREG 1:14.10

200 SC Meter Back

1 George, Steve 51 OREG 2:31.95

50 SC Meter Breast

1 Allender, Patrick 52 OREG 34.80
2 Sumerfield, Bill 50 OREG 36.53
3 Dowd, Mike 52 OREG 39.69
4 Van Dooren, Mike 52 OREG 42.01
5 Roberts, Steve 52 OREG 43.98
6 Helm, Charlie 54 OREG 53.95

100 SC Meter Breast

1 Allender, Patrick 52 OREG 1:15.54
2 Hathaway, David 50 OREG 1:24.95
3 Dowd, Mike 52 OREG 1:25.65

200 SC Meter Breast

1 Allender, Patrick 52 OREG 2:42.00
2 Dowd, Mike 52 OREG 3:08.41

50 SC Meter Fly

1 La Count, Curt 52 OREG 29.25
2 Sumerfield, Bill 50 OREG 36.92

100 SC Meter Fly

1 La Count, Curt 52 OREG 1:06.92 O
2 Hathaway, David 50 OREG 1:11.68

200 SC Meter Fly

1 Dowd, Mike 52 OREG 3:12.54

100 SC Meter IM

1 Roberts, Steve 52 OREG 1:24.04
2 Van Dooren, Mike 52 OREG 1:30.14
3 Helm, Charlie 54 OREG 1:49.45

200 SC Meter IM

1 Allender, Patrick 52 OREG 2:35.27

Men 55-59

50 SC Meter Free
1 Brockbank, Doug 57 OREG 28.28

800 SC Meter Free
1 Sherwood, Reggie 59 OREG 13:16.96

50 SC Meter Back

1 Brockbank, Doug 57 OREG 33.31
2 Stephenson, Michael 58 OREG 37.80

100 SC Meter Back

1 Stephenson, Michael 58 OREG 1:22.23
2 Darnell, Stephen 56 SWMS 1:39.89

200 SC Meter Back

1 Stephenson, Michael 58 OREG 2:55.08
2 Darnell, Stephen 56 SWMS 3:43.20

50 SC Meter Breast

1 Dwight, Charles 55 OREG 39.04

200 SC Meter Breast

1 Dwight, Charles 55 OREG 3:17.55

50 SC Meter Fly

1 Brockbank, Doug 57 OREG 31.84

100 SC Meter IM

1 Dwight, Charles 55 OREG 1:20.00
2 Darnell, Stephen 56 SWMS 1:42.29

Men 60-64

100 SC Meter Free
1 Ellis, John 63 SWMS 1:23.80

Men 65-69

50 SC Meter Free
1 Mellow, Bill 69 OREG 40.09

800 SC Meter Free

1 Smith, Robert 66 OREG 13:03.67
2 Mellow, Bill 69 OREG 15:14.67

50 SC Meter Breast

1 Smith, Robert 66 OREG 40.99

2 Mellow, Bill 69 OREG 47.50

100 SC Meter Breast

1 Mellow, Bill 69 OREG 1:54.09

200 SC Meter Breast

1 Mellow, Bill 69 OREG 4:06.27

Men 70-74**50 SC Meter Free**

1 Dielman, Gary 71 OREG 39.00

100 SC Meter Free

1 Dielman, Gary 71 OREG 1:27.30

200 SC Meter Free

1 Dielman, Gary 71 OREG 3:19.49

400 SC Meter Free

1 Dielman, Gary 71 OREG 7:10.44

800 SC Meter Free

1 Dielman, Gary 71 OREG 15:04.63

Relays — Women

Women 100-119 200 SC Meter Free Relay
1 OREG 2:12.50

1) Esser, Elizabeth 2) Lamoureux, Lori

3) Schane, Olivia 4) Stephens, Kate

Women 120-159 200 SC Meter Medley Relay

1 OREG 2:28.98

1) Stephens, Kate 2) Lamoureux, Lori

3) Schane, Olivia 4) Esser, Elizabeth

Women 200-239 400 SC Meter Free Relay

1 OREG 4:24.69 O,Z,N,W

1) Andrus-Hughes, Karen 2) Crabbe, Colette

3) Delmage, Arlene 4) Jenkins, Valerie

Women 200-239 400 SC Meter Medley Relay

1 OREG 4:52.08 O,Z,N,W

1) Jenkins, Valerie 2) Crabbe, Colette

3) Delmage, Arlene 4) Andrus-Hughes, Karen

Relays — Men

Men 100-119 400 SC Meter Free Relay

1 OREG 4:05.65 O,Z

1) Schramek, Alec 2) Thorpe, Nick

3) Cleary, Kevin 4) Weston, Benjamin

Men 100-119 400 SC Meter Medley Relay

1 OREG 4:35.75 O,W

1) Weston, Benjamin 2) Thorpe, Nick

3) Cleary, Kevin 4) Schramek, Alec

Men 160-199 400 SC Meter Free Relay

1 OREG 4:58.03

1) Engbersen, Rutger 2) Van Dooren, Mike

3) Peterson, Eric 4) Parmenter, Rod

Relays — Mixed

Mixed 100-119 400 SC Meter Free Relay

1 OREG 4:18.43 O,Z,W

1) Schramek, Alec 2) Ludwig, Sandra

3) Kasenga, Amy 4) Weston, Benjamin

Mixed 120-159 200 SC Meter Free Relay

1 OREG 2:08.36

1) Esser, Elizabeth 2) Roberts, Steve

3) Dwight, Charles 4) Stephens, Kate

Mixed 120-159 200 SC Meter Medley Relay

1 OREG 2:12.85

1) Stephens, Kate 2) Dwight, Charles

3) La Count, Curt 4) Schane, Olivia

Mixed 120-159 400 SC Meter Medley Relay

1 OREG 4:57.90 O,Z

1) Washburne, Brent 2) Allender, Patrick

3) Willia, Briana 4) Esser, Elizabeth

Mixed 160-199 200 SC Meter Free Relay

1 OREG 2:21.44

1) Hamilton, Scott 2) Welty-Fick, Carolyn

3) Van Dooren, Mike 4) Caswell, MJ

Hagg Lake, May 23, 2010

800-meter Results

Sx	AgGrp	Pl	Name	Age	Team	Time	W/M Overall	
F	18-24	1	Groat, Natalie	18	OREG-thb	12:14	4	12
F	18-24	2	Wolsborn, Maureen	22	OREG-orm	16:13	13	27
F	30-34	1	Macy, Michelle	33	OREG-thb	11:29	2	8
F	30-34	2	Mercede, Jennifer	30	OREG-unat	15:55	12	26
F	35-39	1	Lassen, Megan	39	OREG-orm	11:07	1	5
F	35-39	2	Winter, Neva	36	OREG-unat	15:42	11	25
F	35-39	3	Harrison, Elizabeth	36	OREG-thb	19:53	15	31
F	40-44	1	Gardner, Karin	41	PNA	11:58	3	10
F	40-44	2	Frieder, Marisa	40	OREG-thb	13:18	6	17
F	40-44	3	Hall, Sarah	42	OREG-rac	16:16	14	28
F	45-49	1	Young, Joni	48	OREG-unat	12:59	5	16
F	45-49	2	Burger, Heather	48	PNA	14:34	8	21
F	45-49	3	Orner, Gayle	47	OREG-cbat	15:17	9	23
F	50-54	1	Wolsborn, Barbara	50	OREG-orm	25:33	16	33
F	55-59	1	Budd, Elizabeth	56	OREG-cat	13:24	7	18
F	65-69	1	Prather, Mirjana	66	OREG-kam	15:19	10	24
M	25-29	1	Fulkerson, Dustin	37	UNAT	11:11	5	6
M	30-34	1	van Velthuyzen, John	PNA	10:22	3	3	
M	30-34	2	Williams, Sumner	30	OREG-bcac	11:24	6	7
M	30-34	3	Bergin, Adam	30	OREG-orm	17:10	15	30
M	35-39	1	Sawyer, Ralph	37	OREG-rac	10:16	2	2
M	35-39	2	Shaar, Andrew	38	OREG-unat	12:09	8	11
M	35-39	3	Lassen, Jason	37	OREG-orm	16:44	14	29
M	40-44	1	Jablonski, Greg	43	OREG-thb	9:33	1	1
M	40-44	2	Casterline, Theodore	44	OREG-ncms	10:37	4	4
M	40-44	3	Hatler, Neil	40	OREG-thb	12:45	11	15
M	45-49	1	Livengood, David	47	OREG-open	13:31	12	19
M	60-64	1	Bruce, Bob	62	OREG-coma	11:44	7	9
M	60-64	2	Carew, Mike	60	OREG-coma	12:28	9	13
M	60-64	3	Zell, Ken	62	OREG-unat	12:33	10	14
M	60-64	4	Teisher, Jim	60	OREG-thb	13:52	13	20
M	60-64	5	Wolsborn, Charles	60	OREG-orm	25:32	15	32
M	65-69	1	Mohr, Ralph	68	OREG-coma	14:53	14	22

2000-meter Results

Sx	AgGrp	Pl	Name	Age	Team	Time	W/M Overall	
F	18-24	1	Willia, Briana	23	OREG-cat	39:38	19	43
F	25-29	1	Markwardt, Sherri	25	OREG-cbat	35:00	11	27
F	25-29	2	Hudson, Rachel	25	OREG-unat	35:28	13	29
F	25-29	3	Placek, Christine	25	OREG-pccm	40:06	20	44
F	30-34	1	Thies, Lauren	30	OREG-maco	26:02	1	4
F	30-34	2	Macy, Michelle	33	OREG-thb	29:20	3	10
F	30-34	3	Fonner, Molly	31	OREG-unat	29:58	5	15
F	30-34	4	McRae, Michelle		PNA	30:18	6	18
F	35-39	1	Lassen, Megan	39	OREG-orm	29:34	4	11
F	35-39	2	Lantagne, Angie	37	SWWM-una	35:09	12	28
F	40-44	1	Young, Susie	40	OREG-thb	29:19	2	9
F	40-44	2	Alvord, Linnea	40	OREG-maco	38:26	17	40
F	45-49	1	Young, Joni	48	OREG-unat	32:42	7	21
F	45-49	2	Broberg, Willie	45	Unat	35:55	14	30
F	45-49	3	Burger, Heather	48	PNA	36:55	15	34
F	45-49	4	Malloy, Janie	48	OREG-unat	37:35	16	38
F	45-49	5	Orner, Gayle	47	OREG-cbat	43:06	23	51
F	50-54	1	Schob, Laura	51	OREG-coma	32:46	8	22
F	50-54	2	Congreves, Maryann	51	OREG-orm	39:31	18	41
F	55-59	1	Budd, Elizabeth	56	OREG-cat	33:46	10	25
F	60-64	1	Binder, Lauren	62	OREG-mac	33:22	9	24
F	65-69	1	Prather, Mirjana	66	OREG-kam	40:48	21	47
F	65-69	2	Ziemer, Judy	65	OREG-coma	43:04	22	50
M	25-29	1	Schramek, Alec	26	OREG-thb	39:37	24	42
M	30-34	1	van Velthuyzen, John		PNA	27:27	5	6



M	30-34	2	Williams, Sumner	30	OREG-bcac	29:42	8	12
M	30-34	3	Lutz, Kevin	33	OREG-unat	37:01	20	35
M	30-34	4	Ayoub, Phillip	30	OREG-thb	37:17	22	37
M	35-39	1	Sawyer, Ralph	37	OREG-rac	27:04	4	5
M	35-39	2	Shaar, Andrew	38	OREG-unat	29:44	9	13
M	35-39	3	Layng, Brent	39	SWWM-lsw	29:47	10	14
M	35-39	4	Lassen, Jason	37	OREG-orm	42:41	28	49
M	40-44	1	Jablonski, Greg	43	OREG-thb	24:09	1	1
M	40-44	2	Graves, Rick	42	OREG-unat	24:41	2	2
M	40-44	3	Greene, Todd	40	OREG-unat	25:33	3	3
M	40-44	4	Skoglund, Paul	PNA	27:58	6	7	
M	40-44	5	Albrecht, Gary	40	OREG-orm	32:33	14	20
M	40-44	6	Young, Brian	43	OREG-thb	37:05	21	36
M	45-49	1	Coenen, Toby	PNA	33:07	15	23	
M	45-49	2	Livengood, David	47	OREG-open	36:49	19	33
M	45-49	3	Bergfald, Oren	46	OREG-ncms	47:09	29	52
M	50-54	1	Thompson, Ron	50	OREG-coma	28:43	7	8
M	50-54	2	Dow, Keith	54	OREG-open	30:03	11	16
M	50-54	3	Morita-McVey, Timothy	53	OREG-unat	36:10	18	32
M	50-54	4	Neubig, Mike	50	OREG-unat	40:39	25	45
M	50-54	5	Bragg, Robin	50	OREG-open	40:41	26	46
M	50-54	6	Carter, Walt	54	OREG-coma	42:22	27	48
M	60-64	1	Bruce, Bob	62	OREG-coma	30:07	12	17
M	60-64	2	Carew, Mike	60	OREG-coma	32:05	13	19
M	60-64	3	Teisher, Jim	60	OREG-thb	34:48	16	26
M	60-64	4	Stegner, Terry	Florida	36:08	17	31	
M	65-69	1	Mohr, Ralph	68	OREG-coma	37:42	23	39

4000-meter Results

Sx	AgGrp	Pl	Name	Age	Team	Time	W/M	Overall
F	18-24	1	Groat, Natalie	18	OREG-thb	1:05:42	8	17
F	25-29	1	Lee, Ellen	28	OREG-cat	55:59	1	2
F	30-34	1	Macy, Michelle	33	OREG-thb	1:00:37	5	10
F	30-34	2	Mercede, Jennifer	30	OREG-unat	1:20:12	16	32
F	35-39	1	Lassen, Megan	39	OREG-orm	1:02:03	6	12
F	35-39	2	Zak, Hope	37	OREG-orm	1:05:43	9	18
F	40-44	1	Young, Susie	40	OREG-thb	57:24	2	3
F	40-44	2	Gardner, Karin	41	PNA	1:00:01	3	7
F	40-44	3	Rosen, Liz	PNA	1:00:02	4	8	
F	40-44	4	Frieder, Marisa	40	OREG-thb	1:07:17	10	20
F	45-49	1	Viales, Dianne	48	OREG-orm	1:02:39	7	14
F	45-49	2	Young, Joni	48	OREG-unat	1:08:48	11	24
F	45-49	3	Burger, Heather	48	PNA	1:18:12	14	30
F	45-49	4	Orner, Gayle	47	OREG-cbat	1:31:21	17	36
F	50-54	1	Schob, Laura	51	OREG-coma	1:14:00	13	28
F	55-59	1	Budd, Elizabeth	56	OREG-cat	1:10:26	12	26
F	55-59	2	Devine, Ann	56	OREG-cat	1:18:55	15	31
M	30-34	1	van Velthuyzen, John	PNA	58:03	2	4	
M	30-34	2	Williams, Sumner	30	OREG-BCAC	1:09:59	14	25
M	35-39	1	Chapin, Joe	35	OREG-unat	59:02	3	5
M	35-39	2	Sawyer, Ralph	37	OREG-rac	1:01:33	6	11
M	35-39	3	Darby, Brian	46	OREG-orm	1:02:10	7	13
M	35-39	4	Shaar, Andrew	38	OREG-unat	1:02:52	8	15
M	35-39	5	Lassen, Jason	37	OREG-orm	1:29:45	19	35
M	40-44	1	Jablonski, Greg	43	OREG-thb	52:25	1	1
M	45-49	1	Livengood, David	47	OREG-open	1:20:17	17	33
M	50-54	1	Thompson, Ron	50	OREG-coma	59:46	4	6
M	50-54	2	Bergstrom, Robert	53	OREG-orm	1:00:10	5	9
M	50-54	3	Roberts, Steve	51	OREG-pccm	1:07:26	11	21
M	50-54	4	Dow, Keith	54	OREG-open	1:07:40	12	22
M	50-54	5	Bingle, Michael	54	OREG-vcsc	1:16:07	16	29
M	50-54	6	Neubig, Mike	50	OREG-unat	1:26:45	18	34
M	50-54	7	Bragg, Robin	50	OREG-open	1:33:44	20	37
M	50-54	8	Carter, Walt	54	OREG-coma	1:51:06	21	38
M	60-64	1	Zell, Ken	62	OREG-unat	1:04:19	9	16
M	60-64	2	Bruce, Bob	62	OREG-coma	1:06:43	10	19
M	60-64	3	Carew, Mike	60	OREG-coma	1:07:55	13	23
M	60-64	4	Teisher, Jim	60	OREG-thb	1:11:17	15	27



USMS National Championships SCY - May 20-23, 2010

Atlanta, GA

OMS Members' times

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

O = Oregon Record

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

Z = Zone Record, (includes OR)

* = Split

WOMEN

PLSWIMMER	AGE	EVENT	TIME
17 Aubree M Gustafson	25-29	50 Breast	34.95
15 Aubree M Gustafson	25-29	100 Breast	1:15.31
10 Aubree M Gustafson	25-29	200 Breast	2:45.79
24 Aubree M Gustafson	25-29	50 Fly	30.01
21 Aubree M Gustafson	25-29	100 Fly	1:10.46
23 Aubree M Gustafson	25-29	100 IM	1:07.49
19 Bonnie B Edwards	35-39	100 Free	1:05.44
17 Bonnie B Edwards	35-39	200 Free	2:22.85
4 Bonnie B Edwards	35-39	1000 Free	13:06.67
19 Bonnie B Edwards	35-39	100 Breast	1:25.83
26 Bonnie B Edwards	35-39	50 Fly	33.92
25 Bonnie B Edwards	35-39	100 IM	1:16.43
5 Shannon K Corbeau	40-44	50 Free	25.12
5 Shannon K Corbeau	40-44	50 Back	29.08
2 Shannon K Corbeau	40-44	50 Breast	31.77 Z
3 Shannon K Corbeau	40-44	50 Fly	27.43 O
5 Shannon K Corbeau	40-44	100 IM	1:03.14
21 MJ Caswell	45-49	200 Free	2:13.86
10 MJ Caswell	45-49	200 Breast	2:51.80
10 MJ Caswell	45-49	50 Fly	28.63
7 MJ Caswell	45-49	100 Fly	1:04.18
15 MJ Caswell	45-49	100 IM	1:09.21
9 MJ Caswell	45-49	200 IM	2:28.85
5 Arlene Delmage	45-49	100 Free	56.36
3 Arlene Delmage	45-49	200 Free	2:03.06
6 Arlene Delmage	45-49	50 Fly	27.50
1 Arlene Delmage	45-49	100 Fly	1:00.34
2 Arlene Delmage	45-49	200 Fly	2:15.89
6 Valerie G Jenkins	45-49	200 Free	2:04.07
* Valerie G Jenkins	45-49	50 Back	27.95 O
2 Valerie G Jenkins	45-49	50 Back	28.17
2 Valerie G Jenkins	45-49	100 Back	1:01.19
3 Valerie G Jenkins	45-49	200 Back	2:20.07 O
5 Valerie G Jenkins	45-49	50 Fly	27.37
7 Valerie G Jenkins	45-49	100 IM	1:03.94 O
3 Karen Andrus-Hughes	50-54	50 Free	25.86
1 Karen Andrus-Hughes	50-54	50 Back	29.45
1 Karen Andrus-Hughes	50-54	100 Back	1:03.34
1 Karen Andrus-Hughes	50-54	200 Back	2:18.08 Z
4 Karen Andrus-Hughes	50-54	50 Fly	29.08
7 Donna M Buck	50-54	50 Free	27.19
5 Donna M Buck	50-54	100 Free	1:01.48
6 Donna M Buck	50-54	50 Breast	35.74
8 Donna M Buck	50-54	100 Breast	1:18.02
6 Donna M Buck	50-54	100 IM	1:10.05
5 Colette M Crabbe	50-54	100 Breast	1:14.37Z
2 Colette M Crabbe	50-54	200 Breast	2:41.73 Z
3 Colette M Crabbe	50-54	100 Fly	1:05.39
1 Colette M Crabbe	50-54	200 Fly	2:24.36 Z
2 Colette M Crabbe	50-54	200 IM	2:23.94 Z
1 Colette M Crabbe	50-54	400 IM	5:07.47 Z
11 Roxanne J Redwine-Baker	50-54	50 Breast	38.23

16 Roxanne J Redwine-Baker	50-54	100 Breast	1:26.87
9 Roxanne J Redwine-Baker	50-54	200 Breast	3:09.84
12 Roxanne J Redwine-Baker	50-54	50 Back	35.94
16 Roxanne J Redwine-Baker	50-54	100 IM	1:18.75
13 Jeanna Summers	55-59	50 Free	31.43
6 Jeanna Summers	55-59	1000 Free	14:34.55
6 Jeanna Summers	55-59	50 Back	36.63
7 Jeanna Summers	55-59	100 Back	1:18.85
7 Jeanna Summers	55-59	200 Back	2:54.73
12 Sandi Rousseau	60-64	50 Free	32.40
11 Sandi Rousseau	60-64	100 Free	1:12.29
5 Sandi Rousseau	60-64	50 Back	39.27
6 Sandi Rousseau	60-64	100 Back	1:26.33
4 Sandi Rousseau	60-64	50 Fly	33.43
6 Sandi Rousseau	60-64	100 Fly	1:24.67
3 Barbara Frid	65-69	50 Free	32.32
3 Barbara Frid	65-69	50 Back	39.46
3 Barbara Frid	65-69	100 Back	1:28.70
2 Barbara Frid	65-69	50 Breast	42.06
1 Barbara Frid	65-69	50 Fly	35.17
2 Barbara Frid	65-69	100 IM	1:23.47
1 Joy Ward	65-69	50 Back	36.93
1 Joy Ward	65-69	100 Back	1:21.56
3 Joy Ward	65-69	200 Back	2:53.71 O
2 Joy Ward	65-69	50 Fly	35.97
2 Joy Ward	65-69	100 Fly	1:29.72
3 Joy Ward	65-69	100 IM	1:27.18

MEN

40 Kevin H Cleary	25-29	50 Free	25.18
21 Kevin H Cleary	25-29	50 Back	31.75
21 Kevin H Cleary	25-29	100 Breast	1:07.80
34 Kevin H Cleary	25-29	50 Fly	26.46
26 Kevin H Cleary	25-29	100 Fly	58.23
11 Kevin H Cleary	25-29	200 Fly	2:16.68
1 Chip Polito	30-34	1000 Free	10:04.91
2 Chip Polito	30-34	200 Back	1:59.92
8 Chip Polito	30-34	200 Breast	2:20.18
4 Chip Polito	30-34	200 IM	2:01.07
2 Chip Polito	30-34	400 IM	4:22.39
21 Seth M Warren	30-34	50 Breast	32.50
22 Seth M Warren	30-34	100 Breast	1:12.97
24 Mark Braun	35-39	50 Breast	32.28
13 Mark Braun	35-39	200 Breast	2:31.57
13 Keith D Peters	40-44	50 Back	27.79
8 Keith D Peters	40-44	100 Back	58.79
10 Keith D Peters	40-44	200 Back	2:11.43
10 Keith D Peters	40-44	100 IM	55.62
10 Keith D Peters	40-44	200 IM	2:02.54
28 Timothy P Waud	40-44	50 Breast	31.38
24 Timothy P Waud	40-44	100 Breast	1:09.47
14 Timothy P Waud	40-44	200 Breast	2:32.06
44 Timothy P Waud	40-44	100 IM	1:02.77
32 Timothy P Waud	40-44	200 IM	2:26.98
1 Dennis G Baker	45-49	500 Free	4:40.98

1	Dennis G Baker	45-49	200 Fly	1:53.19		5	Stephen D Kevan	55-59	500 Free	5:18.32	O
1	Dennis G Baker	45-49	400 IM	4:14.17	N	10	Stephen D Kevan	55-59	100 Fly	1:00.73	
35	Lou Boone	45-49	50 Free	24.79		4	Stephen D Kevan	55-59	200 IM	2:14.20	
44	Lou Boone	45-49	50 Breast	33.30		4	Stephen D Kevan	55-59	400 IM	4:53.44	
34	Lou Boone	45-49	100 Breast	1:14.39		4	Mike L Pendleton	55-59	1000 Free	11:24.71	
52	Lou Boone	45-49	50 Fly	29.63		14	Mike L Pendleton	55-59	200 Breast	2:44.58	
42	Lou Boone	45-49	100 IM	1:03.54		21	Mike L Pendleton	55-59	50 Fly	28.74	
2	James L Corbeau	45-49	50 Breast	27.22		20	Mike L Pendleton	55-59	100 Fly	1:07.63	
3	James L Corbeau	45-49	100 Breast	59.96		20	Mike L Pendleton	55-59	100 IM	1:06.26	
15	David Hathaway	45-49	500 Free	5:14.19		10	Mike L Pendleton	55-59	400 IM	5:07.19	
9	David Hathaway	45-49	1000 Free	10:59.07		25	Mike H Warren	55-59	50 Breast	39.50	
15	David Hathaway	45-49	200 Breast	2:36.66		19	Mike H Warren	55-59	100 Breast	1:31.20	
14	David Hathaway	45-49	200 Fly	2:24.24		24	Kermit D Yensen	55-59	50 Free	26.38	
21	David Hathaway	45-49	200 IM	2:14.22		19	Kermit D Yensen	55-59	100 Fly	1:06.64	
14	David Hathaway	45-49	400 IM	4:54.78		11	Kermit D Yensen	55-59	200 Fly	2:45.72	
35	Bill H Sumerfield	45-49	100 Free	53.77		13	Kermit D Yensen	55-59	200 IM	2:26.93	
11	Bill H Sumerfield	45-49	1000 Free	11:33.20		13	Kermit D Yensen	55-59	400 IM	5:26.85	
24	Bill H Sumerfield	45-49	50 Breast	30.45		8	Vern E Dasch	60-64	50 Free	25.38	
22	Bill H Sumerfield	45-49	100 Breast	1:07.91		10	Vern E Dasch	60-64	100 Free	56.07	
13	Bill H Sumerfield	45-49	200 Breast	2:33.46		9	Vern E Dasch	60-64	200 Free	2:05.52	
47	Bill H Sumerfield	45-49	100 IM	1:04.51		9	Vern E Dasch	60-64	100 Breast	1:18.76	
44	Charlie E Helm	50-54	50 Free	32.17		14	Vern E Dasch	60-64	100 IM	1:11.00	
58	Charlie E Helm	50-54	100 Free	1:11.83		2	Allen L Stark	60-64	50 Breast	30.94	
46	Charlie E Helm	50-54	200 Free	2:49.84		2	Allen L Stark	60-64	100 Breast	1:07.21	
46	Mike W Peyton	50-54	100 Free	57.96		3	Allen L Stark	60-64	200 Breast	2:28.58	
42	Mike W Peyton	50-54	200 Free	2:10.50		10	Allen L Stark	60-64	50 Fly	28.30	
33	Mike W Peyton	50-54	100 Fly	1:12.28		7	Allen L Stark	60-64	100 Fly	1:04.81	
9	Doug Brockbank	55-59	100 Free	53.48		1	Willard J Lamb	85-89	50 Free	33.76	Z
4	Doug Brockbank	55-59	50 Back	27.98		1	Willard J Lamb	85-89	100 Free	1:18.23	Z
13	Doug Brockbank	55-59	50 Fly	27.36		1	Willard J Lamb	85-89	200 Free	2:57.96	
11	Doug Brockbank	55-59	100 Fly	1:01.25		1	Willard J Lamb	85-89	500 Free	8:17.25	
9	Doug Brockbank	55-59	100 IM	1:01.99		1	Willard J Lamb	85-89	1650 Free	28:42.72	
9	Stephen D Kevan	55-59	200 Free	1:57.15	O	1	Willard J Lamb	85-89	200 Back	3:37.95	

OMS RELAYS AT NATIONALS

PL	SWIMMER 1	SPLIT	SWIMMER 2	SWIMMER 3	SWIMMER 4	GENDER	AGE	EVENT	TIME
2	Valerie G Jenkins	27.95	Colette M Crabbe	Arlene Delmage	Karen Andrus-Hughes	Women	45	200 Medley Relay	1:54.02 N
2	Valerie G Jenkins	25.65	Arlene Delmage	MJ Caswell	Karen Andrus-Hughes	Women	45	200 Free Relay	1:44.11 Z
5	Joy Ward	37.43	Barbara Frid	Sandi Rousseau	Jeanna Summers	Women	55	200 Medley Relay	2:24.89
4	Joy Ward	32.76	Jeanna Summers	Sandi Rousseau	Barbara Frid	Women	55	200 Free Relay	2:09.74
27	Keith D Peters	28.56	Mike H Warren	Timothy P Waud	Seth M Warren	Men	25	200 Medley Relay	2:00.93
24	Kevin H Cleary	25.64	Seth M Warren	Keith D Peters	Mark Braun	Men	25	200 Free Relay	1:41.40
21	Charlie E Helm	45.28	Mark Braun	Lou Boone	Mike W Peyton	Men	35	200 Medley Relay	2:14.00
6	David Hathaway	28.53	James L Corbeau	Dennis G Baker	Bill H Sumerfield	Men	45	200 Medley Relay	1:43.23 Z
14	Dennis G Baker	22.96	Vern E Dasch	Bill H Sumerfield	David Hathaway	Men	45	200 Free Relay	1:35.78
3	Doug Brockbank	28.29	Allen L Stark	Mike L Pendleton	Kermit D Yensen	Men	55	200 Medley Relay	1:51.39
2	Mike L Pendleton	25.43	Doug Brockbank	Kermit D Yensen	Stephen D Kevan	Men	55	200 Free Relay	1:38.33
27	Kevin H Cleary	25.65	Aubree M Gustafson	Seth M Warren	Bonnie B Edwards	Mixed	25	200 Free Relay	1:47.46
21	Mike L Pendleton	32.23	Timothy P Waud	MJ Caswell	Roxanne J Redwine-Baker	Mixed	35	200 Medley Relay	2:03.47
18	Keith D Peters	23.85	Donna M Buck	Arlene Delmage	David Hathaway	Mixed	35	200 Free Relay	1:41.90
23	Mark Braun	25.95	MJ Caswell	Colette M Crabbe	Lou Boone	Mixed	35	200 Free Relay	1:45.85
1	Valerie G Jenkins	28.29	James L Corbeau	Dennis G Baker	Karen Andrus-Hughes	Mixed	45	200 Medley Relay	1:45.57 Z
15	Doug Brockbank	29.92	Colette M Crabbe	David Hathaway	Donna M Buck	Mixed	45	200 Medley Relay	1:58.77
5	Bill H Sumerfield	24.16	Valerie G Jenkins	Karen Andrus-Hughes	Doug Brockbank	Mixed	45	200 Free Relay	1:38.73 Z
18	Jeanna Summers	31.66	Roxanne J Redwine-Baker	Stephen D Kevan	Kermit D Yensen	Mixed	45	200 Free Relay	1:53.04
4	Joy Ward	37.21	Allen L Stark	Stephen D Kevan	Sandi Rousseau	Mixed	55	200 Medley Relay	2:07.01
5	Mike L Pendleton	25.48	Barbara Frid	Joy Ward	Allen L Stark	Mixed	55	200 Free Relay	1:55.82

Congratulations: DENNIS BAKER: NATIONAL RECORD, 400 IM

Congratulations: WOMENS 200 MEDLEY RELAY (Valerie Jenkins, Colette Crabbe, Arlene Delmage, Karen Andrus-Hughes): NATIONAL RECORD (see photo on page 5)

Summary of Western Oregon University Student Comments USMS Oregon Association Meet, April 8 - 10, 2010

by Elke Asleson

My Western Oregon University PE students had an option of a PE/Community Event to volunteer at the Association meet for a portion of their grade. We did this at Osborn Pool and the comments and notes were fascinating once again this year. I have summarized the observations from our 22 students. Enjoy!

1. Average age: Men: 50 Women: 45
2. More men than women, although some events dominated by men.
3. Reasons to swim (according to swimmer "interviews"):
 - love of swimming
 - passion
 - thrill of competing
 - staying active & fit
 - hobby
 - consider themselves good enough for competition because they are in good health
 - swimming is not as much strain on the body
 - friendship and enjoyment of the sport
 - achieve personal records, "PRs"
4. General corrections WOU students noted:
 - Swim on the lane, not circle swim
 - Always do flip turns
 - Head back in back crawl
 - Not poised at the start
5. General comments on swimmers:
 - Everyone knew what they were doing.
 - Compared to me, masters swimmers are INCREDIBLE!
 - Most looked like former professional swimmers.
 - Relationships built over the years.
 - Showed a lot of respect and camaraderie for each other.
 - Young men very competitive; older men swam more for fun.
 - Team atmosphere - cheer other members of other master teams.
 - All did finish, no matter how slow; lots of cheering for FIRST!
 - Even when swimmers lost, people were cheering for them!
 - Swimmers very excited for their race, and very supportive of each other.
 - Motto discussed with volunteers: "Master swimmers swim for fun, fitness and friendship".
 - Now having been exposed, I may join Masters.
 - Looked like there were a lot of former Olympians who wanted Master records.
 - Master swimmers were very friendly and thanked us for volunteering.
 - Swimmers seemed grateful for their skills with smiles and thumbs up cheering for each other.
 - Great exchanges: "Have a great race", "Wow, you swam great!"
 - Swimmers were much more laid back than high school swimmers.
 - (The Best One!) Surprised to see swimmers looked so sleek and smooth in the water; only when they got out could I see they were older and had wrinkles.

Oregon Trail Invitational

The La Grande Swim Club would like to invite you to our Oregon Trail Meet held August 6-8. This should be a great meet to finish the summer season. We have a beautiful 25 yard indoor pool (think no sun in your eyes) located in a city park. This is a great opportunity for newer swimmers to compete in a more relaxed atmosphere. We are offering 25 yard swims for the 8 and unders as well as some competitive races for the older swimmers, including the mile. We have a 15 and over division, which allows college and masters' swimmers to compete if they are USA Swimming members. This is a great meet for the fall-season high school swimmers to gear up for competition. The meet coincides with the Union County Fair which offers some interesting activities for the evening, including rides, exhibits and entertainment. Check www.visitlagrande.com for more ideas of things to do while you are visiting La Grande. Please refer to the Inland Empire Swimming web site (www.ieswim.org) for the team manager files. If you have any questions, call or email me. (The Aqua Master had no room to print all this meet entry information, so please look it up online if you want to enter.)

Swim Bits

by Ralph Mohr

The Sun is an Enemy to Swimmers, Not a Friend

Some swimmers may think it is too early to start thinking about summer, but there is one area that needs caution every year, and that is proper protection from the sun.

Since I swim in an outdoor pool all year around, I put sun screen on all year round. Too many swimmers, however, put sun screen on only as an afterthought. If you will swim outdoors more than one quarter of an hour, no matter what time of the day, you should put on sun screen.

It also matters what type. My dermatologist thinks most sun screens that protect only with chemicals are better than nothing, but for real protection swimmers should use lotions with either titanium dioxide or zinc oxide. They are physical blockers and don't wash off fast.

Look at the labels. Put back any sun screen that has only fancy chemicals, no matter how good they say they are. Octinoxate, Oxybenzone, Octisalate, Octocrylene, Homosalate, and Avobenzone are good, if you put them on 15 minutes before you swim and replenish them after every hour in the water.

I speak with some experience on this as every six months I see my dermatologist. Because I have spent most of my life at an outdoor pool, she usually takes some skin off along with the pre-cancerous spots, called



clinically, *actinic keratoses*. She sprays liquid nitrogen on the spot; it makes a blister; and in a few days the dead skin sloughs off. In six months, we repeat the process. No big deal. The procedure beats having cancer.

Only physical blockers, such as TiO₂ or ZnO, really do the job. It also makes a difference what percentage of TiO₂ or ZnO is in the tube. Two percent is minimum. I have seen some as high as 14%. For those who worry about the whiteness of either of these, there are now transparent sun screens with TiO₂ and ZnO.

Use such sun screens regularly, and that means more than daily. Put sun screen on in the morning before getting that first coffee or going to work. Put some on your arms if you wear short sleeve shirts or blouses, especially on your left arm if you drive a lot. Put more on before practice if you swim at noon or in the afternoon as I do. Do it every day.

You can wear a sun shirt during practice, too. Big 5 stores sell a cheap Body Glove top that I wore in Kauai. Kiefer has a full body life guard sun suit for \$60 that I wear in lakes. Use them as a drag suit as well as protection in practice. These still will not protect your face. Even put sunscreen on your bald pate, if necessary, or wear a cap. Block that sun.

ATLANTA BY STORM!

Eighth, and last, in a series
by Jeanna Summers

USMS Short Course Nationals were held in Atlanta, Georgia, May 20 - 23. This is the final article in a series focused on that meet.

When my friends ask me about Atlanta, here's what I say: It was great fun! It was an adolescent déjà Vu: hanging around pool, picking apart our events, moaning, smiling, laughing and teasing. Atlanta, the host city, measured up and then some to their pre-meet enticements: convenient transportation, warm soft air, sitting outside in the evening at restaurants...

Oh, and the swimming? 6th Place! Pretty good for folks who had to cross the continent! We scored 817.5 to beat our friends to the north, PNA, at 746. We held our own behind Michigan, 860, and Wisconsin 838.5, who only had half as far to travel. Winner was of course host Georgia (their shirts said 'Gaja') at 2,083.5, followed closely by neighbor North Carolina at 2,076.5. Colorado turned in an exemplary team effort at 1,287 points for third place. Not only did they beat us in the pool, their Denver airport nabbed a good number of Oregon swimmers on the way home from the meet. Supposedly, the flight cancellations were due to weather, but I wonder if they were just flashing a final gloat.



We 35 Oregonians swam a total of 170 individual races. Of those, 98 were top ten finishes (those are the ones that garner medals). Oregon's premier performer: Willard Lamb with six first places. Another high point: Dennis Baker's national record in the 400IM. Fifteen other Oregon state records were set; about half of those were also Zone records. On a different note, Oregon swimmer Shannon Corbeau scored one of two brand new, legal, technical swimsuits given away in the drawing! For those who want more details (on the swimming, not the doorprizes) you can go usms.org now. (See pages 22-23 for National results for OMS swimmers.)

No Walls...

Continued from page 1

events, maybe it's just about going out and having a nice swim in the lake or ocean. I also like how every event is different — courses are never exactly the same, even at the same event, the conditions are different. It's hard to compare from one swim to another — 'oh jeez I went faster last time' — it's more about 'wow, the wind was up today, wasn't it?' Or 'what a beautiful swim, the conditions were perfect!' Or 'what a fun course that was!'"

Mary Sweat is a seasoned open water swimmer, as well as pool swimmer. She encourages "pool swimmers" to give open water a try "because it's sooooo much fun - no black lines, walls to get in your way or pace clocks — just water to play in." She describes her most memorable open water swim to date: "At the FINA World Championships in 2006 — there was a 3K open water event held in the San Francisco Bay near Alameda. What a hoot! There were over 900 of us (all ages) that gathered for this event. The water was pretty chilly (70 degrees — and no wetsuits were allowed), the tide was coming in (as we were going out!), and there was a wicked 2 foot chop. The course took us through a marina, a zigzag around some breakwater structures and then into the open bay (just love that wind). Then we had to go around some buoys and finally head for the finish line. Things started out pretty good as we swam into the marina. Then, — I managed to get lost. Yes, lost ... geeeshh! I should have taken a sharp right turn at the buoy instead of a mild drift to the

"You will never know if you like it until you try it!" says Todd Lantry.

right like I did. All of a sudden there was a huge wave that slapped me in the face (how can this be — I was in a no wake marina?). Well ... it was the Alameda Police that cruise the bay on jet skis (really!). They were trying to get my attention to let me know I was off course. How I would love to say they stopped me because I was going too fast — ha! They pointed me in the right direction and I thanked them. My-oh-my — but that buoy was far away. I'm guessing I was off course by about 150-200 meters or so. I swam my heart out trying to catch up and get back on course — not quite the race strategy I had been training for! All in all, the race was a blast even though I wandered around the course!"

Jason Lassen's most memorable experience — one which solidified his love for open water took place in Greece. He and his wife, Megan spent their honeymoon in Greece swimming between the Cyclades with a tour group called SwimTrek. He explains, "On our second day of swimming we sailed to the island of Naxos from Anti-Paros and swam 4K to the island of Koufinisi. During the trip to Naxos conditions began turning and by the time we entered the water the swells were up to 4

and 5 feet high; not exactly the best of conditions. I began the swim with freestyle and quickly figured out I didn't have the strength to swim on top of waves that high, so I began breaststroking through and under the waves. This was the first time I had the feeling of flying in the water and I have been hooked since. I experienced something important about myself that day. I enjoy "poor" conditions more than ideal or glassy conditions; I want nature to make it difficult. I also found my love for distance breaststroke during that swim; it may be slower in ideal conditions but I find it faster and more efficient in bad chop or rough water." Jason adds, "Many swimmers find 'it' in the pool; they break records, put in PRs and dazzle the deck with displays of quickness that constantly surprise me. For me, pools are great, but they hold nothing against the freedom of lakes, rivers, seas and open ocean." A goal of Jason's this season is to swim all the Open Water Series events breaststroke!

"You will never know if you like it until you try it!" says Todd Lantry.



Mary Sweat says: I use my Hobie kayak (my favorite water toy besides my paddles) to cruise around the open water courses prior to racing. It's a perfect way to identify "landmarks" for sighting - especially since I'm very near the water surface without actually being in the water! Since one can "peddle" this kayak, I save my arms for the swim.

Many of the swimmers I talked with recommended Applegate Lake in southern Oregon (July 17-18) as a great event for an open water newcomer due to the warm, clear water, lots of features to sight on, beautiful venue and even a shorter 500 meter event. Check out the OMS website for the many other great events to choose from this summer: www.swimoregon.org/calendar. kah

SWIMMER SPOTLIGHT

compiled by Karen Andrus-Hughes

Tom Shellhammer, 46
Professor, Oregon State University
Local Team: Circumnavigating Beavers Aquatic Team (CBAT)

Tom grew up in San Jose, California and spent summers hanging out at a swim and racquet club. The focus was more on the racquet than swimming - he competed in Junior Davis Cup tennis and swam only recreationally - until high school. Tom's geometry teacher, the high school boy's water polo and swim coach, asked him one day if he knew how to swim. "Of course," Tom replied. "Stretch your arms out," the coach asked. And when he saw Tom's six-foot plus wing span, the coach asked if he would consider being a goalie on the boy's water polo team. Thus, high school water polo was Tom's entry into competitive water sports. Fast forward to graduate school at U.C. Davis where Tom discovered Masters swimming. The Davis Aquatic Masters team was a wonderful introduction to USMS. Being one of the largest USMS teams in the nation, DAM provided 10 separate workout sessions per day, stroke clinics on the weekends, the Lake Berryessa Open Water Swim and a strong community of swimmers.

Tom is a professor in the Department of Food Science and Technology at Oregon State University, where he leads the teaching, research and outreach program in brewing science. Yes, he has the enviable job of being a beer, and specifically a hops, expert. He swims with the Circumnavigating Beavers Aquatic Team on the OSU campus under the coaching direction of Bill Winkler, the OSU men's swim coach (when OSU had a men's swim team). CBAT is technically part of OSU's Faculty and Staff Fitness program. This program was initiated by Bill in the spring of 1984 with 10 activity classes enrolling 100 individuals. Today it has grown to 30-40 classes (only six of which are swimming) serving over 800 faculty/staff, GTA's/GRA's, spouses/partners, and retirees of the university each term.

As part of the CBAT swimming community, Tom has met other swimmers who enjoy open water swimming. During Oregon's warm month, they swim in Oregon lakes or participate in organized outdoor events such as the Roy

Webster Columbia River Cross Channel Swim and the Trans-Tahoe Relay. His greatest swimming adventure so far, was an island hopping swim last summer in the Greek Cyclades. This was a six day journey from island-to-island as well as coastal

swims in the Aegean, on and around the islands of Schinoussa and Koufonisi. The trip was organized by Swim Trek, a British-based company that runs swim tours. Like many other USMS swimmers, the appeal of Masters swimming for Tom is both the feel of being in the water and the community of others who enjoy the sport.

CB Dwight, 55
Founder/co-owner: Complete Financial Group
Local Team: PCC Masters

I grew up in Hawaii, spending all my free time in the water. My father introduced me to surfing, body-surfing and swimming. My goal as a youth was to body-surf giant waves. My parents started me in age group swimming so I would have a better chance of surviving my goal.

I was introduced to water polo through my high school (Punahou School) and fell in love with the sport. I played competitively until my early 40s (I swam in high school, at UC Berkeley and after as cross-training for water polo).

Growing up I life guarded on Oahu's north and east shores (great place for big wave body-surfing). The pastimes I enjoy are generally centered around water, body-surfing, free diving, scuba diving, swimming (both pool and open water), white water rafting, kayaking, and hiking to (driving to is just fine with me) and camping in remote locations.

In my 30s I relocated my family to Kailua-Kona to start my law practice. While in Kona, I continued to swim daily, at lunch, in Kona Bay (1 to 2 miles depending on how lazy I was feeling). I also started a water polo team there and realized at that time that water polo is a young man's sport! While in Kona, I had the pleasure of working as a coordinator with Iron Man for more than 5 years—that was a blast and very educational as to the advances in open water swimming.

A little over 10 years ago I retired from law and moved with my family to Portland, so my wife could be with her aging mother. After two years of being unproductive, my wife felt that I should go back to work—so I did, by starting a business. During my unproductive stage I gained more than 40 pounds and knew that I would have to do something about it. I decided that I would try to get back in swimming shape.

PCC Sylvania (close to work) had a pool and for \$74 a semester I could swim in one of the swim conditioning classes, have access to the pool, weight room and gym for individual training in the morning, at lunch and in the evening. I was in heaven! After swimming in the classes for more than a year, the School of Health and Technology asked me if I would be interested in developing a Master Swimming Class that would meet two times a week in the evening to help attract an older demographic to the school—I was and we did. About three years ago, several of the women swimmers in the class convinced me to help get a Masters Swim Team going and



to compete at meets—we did. The first few meets were awkward for me. I was the only guy on the team, but we recruited some more guys and now the team has a better balance. Oregon Masters Swimming is a joy to participant in. I love the meets as we get to see our own and other's personal improvement. The PCC Team is fun and continues to grow in both talent and size. It appears that I will be swimming for as long as I can.



More New Lane Mates!

by Sue Calnek

Returning to Cadiz via Seville, the AVE train travels up to 220 mph. Now and then you could see ancient crumbling castles far off in the landscape behind olive trees.

Every day I would walk along one of the beaches, sometimes finding small shells, watching men on their day off work fishing for *dorados*, (a local and very wonderful fish) or looking out in the distance at the sailboats or windsurfers. I had picked up *chocos* (cuttlebone from squid) that had washed up on the shore. This was the first time I had ever seen a cuttlebone outside of a parakeet bird cage. I picked up several to find out more about them, and to mail a few back to my grandchildren in Portland. The cuttlefish are interesting. The locals thrive on seafood, and the middle age choco squid, or the cuttlefish is the most popular ... well, maybe the *pulpo* (octopus) comes in first. The cuttlebone is not really a bone after all, but a degenerate, internal shell composed of lime with countless tiny nitrogen pockets that serve as a float in the ocean. The surfboard shaped bones average about 8 inches long and mine was about to become the *piece de resistance* (the showpiece, or highlight) of my costume.

February brought yet another Carnival to Cadiz. My friends called and said to be ready to leave in one hour ... for a Carnival in Cadiz, and that we were going to join the festival and see many costumes. I was quite positive that I should have a costume as well! I opened the closet but saw nothing that appeared to be costume type clothes. Thinking quickly; the idea came to me! What else but a Master Swimmer ... only with a twist. My costume came together quickly, making additions as I was dressing. First, I put on my dark blue nylon warm ups and the purple tee shirt from the Nike World Games. Over this I stretched my swim suit of purple, pink and black. Red Zoomers hung from my waist, with pink flip flops on my feet. Next, a purple swim cap, dark lens goggles with a pink head strap and an old swim medal hanging around my neck. From my ears dangled a pair of large green and pink plastic fish. My lips were painted huge with bright red lipstick, and of course, for added slapstick ... the old standby ... falsies! Two HUGE oranges thrusting out from under my David Douglas lap swim suit. I was ready ... yet, my costume was lacking that special something, yes, the choco, the *piece de resistance*. What could be more incongruous than an Indian feather just like Tonto. I attached a long choco to my purple cap using clear tape and making it stand straight up on the back of my head. This Tonto

feather stole the show.

Every street in Cadiz was filled not only with locals, but a flood of European visitors on holiday, just for this Carnival in February. Everywhere was a sea of laughter. I discovered most of the children were wearing costumes: pirates, Cinderella, princesses ... but, no other women in costume. Some men were wearing huge blond or red wigs, dresses and falsies. Enormous falsies! I had misunderstood about needing a costume for myself, but as it turned out, my costume was the cause for much laughter. Everyone told me it was the most original they had ever seen. Countless locals, French, German and British tourists put their arms around me to pose for photos taken from their cameras or cell phones. No one had ever before incorporated the lowly choco in a costume. The whole world knows about The Lone Ranger and Tonto, after all it was perfect, very American! Suddenly, I was being lifted up onto the float that was filled with singers and merrymakers. A tractor was pulling the float ... while the driver was pulling from a bottle of wine! The carnival continued into the night.

Every time I would visit Madrid, I would never fail to visit the Prado, Thyssen, and (Museum) Museo Raina Sophia. I studied art history years ago, and to be able to stand right in front of some of my favorite masterpieces since a teenager, was always overwhelming...sometimes, I would just stand and cry. This time I decided to see the Templo de Debod, a gift to Spain from Egypt. This ancient Egyptian temple was originally from Aswan and rebuilt in a Madrid park.

My friend, Helen Moss, from the David Douglas team came to Madrid with her mother for a whirlwind visit. They promised to try to come down for a visit. They did visit for two days. It was good to see an old buddy from home. We went out to dinner one night joined by my friends Toni, Maria and Anna. Helen is fluent in Spanish, and it was fun listening to them visit.

Every single day was a trip to Cadiz, either on the bus or the Vespa. I would walk the beach, visit an Internet cafe, movie theater, walk the length of Cadiz, visit the large department store and of course, swim. I mentioned to Toni that I would like to find a piso closer to downtown and the pool. Toni knew of just the right place.

I moved to a 4th floor piso on the Avenida Leon de Carranza, directly across from the pool. This magnificent piso was owned by a Spanish woman, Clarita, who lived in Paris. Toni and Clarita had been friends for many years. This piso had never before been rented out and would cost the same as the very plain accommodation in Rio San Pedro plus, it was fully furnished with beautiful French antique furniture. The front balcony overlooked the avenida and from the back, a vista of the white sandy beach. No more Vespa. Besides, the famous European motorcycle races in Jerez de la Frontera, were coming soon. Fancy ultra-expensive crotch rockets were coming into Cadiz. They were not fast ... they were beyond fast. One cyclist would race down the main avenue once daily. I would stand on the sidewalk and hear him coming, pedestrians would run back to the curb. I could never tell what the color of his rocket was ... his cycle was only a blur as he flew by. The police might or might not, bother to give chase in their small car. It was a game. No way to catch the rocket. To me it was now a good time to get away from the motorcycles during this time of Jerez races, and a good time to stay off the Vespa.

Our team was beginning to have very serious practices with less entertainment of arguing before the intervals. The next competition was coming soon. This time we were going to Ceuta, Africa. We would depart from Algeciras on a hydrofoil.

My Oregon Masters cap from Dennis's WetMaster Team was going to be replaced very soon by my new cap from Cadiz.

2010 Pendleton Invitational
Pendleton Aquatic Center, Pendleton, Oregon
 July 9 - 11, 2010

Held under approval of USA Swimming, Inc. and Inland Empire Swimming, Inc., **SANCTION # IE1026**

and under sanction **USMS/OMS #370-09**. *In granting this approval it is understood and agreed that USA Swimming (USAS) and Inland Empire Swimming (IES) shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

Host: Pendleton Swim Association (PSA), PO Box 431, Pendleton, OR 97801

Location: Pendleton Aquatic Center, 1800 NW Carden Ave., Pendleton, OR 97801

Schedule:

	Friday	Saturday	Sunday
Warm-ups	5:00 pm	8:00 am (13 & Over)	8:00 am (13 & Over)
Events Begin:	6:15 pm	9:00 am	9:00 am

Facility: Outdoor, 25 meters x 50 meters, 10 lanes 2.5 meters per lane, starting blocks at both ends of the pool. Starting blocks meet USAS height and water depth requirements at both ends. Shallow end is 48" and the deep end is 72". Colorado timing system with touch pads at both ends of the pool. The competition course has not been certified in accordance 104.2.2C(4). Considerable parking and handicap access is available plus grass seating for 600 plus spectators.

Rules: Current USAS rules will govern. The rules and procedures of IES also apply. The whistle start protocol and the no recall rule will be in effect. There is positive check-in for the 1500 free and the IES scratch rule will be in effect for this deck-seeded event. Any protests or questions concerning the outcome of an event shall be directed in writing to the meet referee by the team coach. The referee will be the final authority for the conduct of the competition. Coaches must be 2010 members of USAS or Swimming. Only swimmers, coaches, officials and meet workers are permitted in the deck area. USMS swimmers will be seeded in the 15 and over events; they will not score in the events.

Eligibility: All age group/senior swimmers must currently be registered with USA Swimming. Athletes with a disability are welcome and are asked to provide advance notice of necessary accommodations. Age on the first day of the meet determines the age group to enter. **NO ON DECK REGISTRATION SHALL BE PERMITTED.**

Entry Limit: All events are timed finals. Friday night participants may enter 1 event. On Saturday and Sunday, swimmers may enter a maximum of four (4) individual events and one (1) relay per day. Entries are limited to those which cause the total number of swimmers to be less than or equal to approximately 425 swimmers.

Entries: 1. Legible Hardcopy of Meet Entry Form (Swimmers' D.O.B. and USA Swimming I.D. numbers)
 2. Full Payment (Please indicate which team when writing check)
 3. Master Entry Fee Summary (signed)

Entries received after the Entry Deadline will not be accepted. Updates of entry times after the entry deadline will not be accepted. Entry times should be Long Course Meters (LCM) only. Short Course Meters (SCM) qualifying times are to be entered at the LCM qualifying standard. "NT" entries will be accepted. Updates and/or "Adds" to e-mail messages will not be accepted. No phone entries will be accepted.

Entry Fees: \$10.00 IES surcharge per swimmer
 \$ 3.00 Individual Event Fee
 \$12.00 Relay Entry Fee

Fees must accompany Master entry form. Entries not accompanied by payment will not be accepted. Make checks payable to: Pendleton Swim Association

Entry Deadline: Entries must be received as follows: Postmarked no later than Monday, June 28, 2010.

Entry Address: Pendleton Swim Association E-Mail: team@pendletonswims.org
 PO Box 431
 Pendleton, OR 97801

If you have questions concerning the meet or your entries, please contact: Kris Kirsch (541) 276-4389 after 6pm.

Please see the web site, team@pendletonswims.org, for complete information.

Friday July 9, 2010

Session 1**Girls**

1	10 & Under	200 Freestyle
3	11-12	400 Freestyle
5	13 & Over	1500 Freestyle

Boys

2
4
6

Session 2

Saturday, July 10, 2010

7	10 & Under	200 IM	8
9	11-12	200 IM	10
11	13-14	200 IM	12
13	15 & Over	200 IM	14
15	8 & U	50 Breaststroke	16
17	9-10	50 Breaststroke	18
19	11-12	50 Breaststroke	20
21	13-14	100 Breaststroke	22
23	15 & Over	100 Breaststroke	24
25	8 & U	100 Freestyle	26
27	9-10	100 Freestyle	28
29	11-12	100 Freestyle	30
31	13-14	100 Freestyle	32
33	15 & Over	100 Freestyle	34

Session 3

Saturday, July 10, 2010

35	10 & Under	200 Free Relay	36
37	11-12	200 Free Relay	38
39	13-14	200 Free Relay	40
41	15 & Over	200 Free Relay	42
43	8 & Under	50 Backstroke	44
45	9 - 10	50 Backstroke	46
47	11-12	50 Backstroke	48
49	13-14	100 Backstroke	50
51	15 & Over	100 Backstroke	52
53	10 & Under	100 Butterfly	54

55	11-12	100 Butterfly	56
57	13 & Over	200 Butterfly	58
59	13-14	400 Freestyle	60
61	15 & Over	400 Freestyle	62

Session 4

Sunday July 11, 2010

63	10 & Under	200 Medley Relay	64
65	11-12	200 Medley Relay	66
67	13-14	200 Medley Relay	68
69	15 & Over	200 Medley Relay	70
71	8 & Under	50 Freestyle	72
73	9 - 10	50 Freestyle	74
75	11-12	50 Freestyle	76
77	13-14	50 Freestyle	78
79	15 & Over	50 Freestyle	80
81	10 & Under	100 Breaststroke	82
83	9-10	100 Breaststroke	84
85	11-12	100 Breaststroke	86
87	13-14	200 Breaststroke	88
89	-15 & Over	200 Breaststroke	90

Session 5

Sunday July 11, 2010

91	8 & Under	50 Butterfly	92
93	9 - 10	50 Butterfly	94
95	11 - 12	50 Butterfly	96
97	13 - 14	100 Butterfly	98
99	15 & Over	100 Butterfly	100
101	10 & Under	100 Backstroke	102
103	11 - 12	100 Backstroke	104
105	13 - 14	200 Backstroke	106
107	15 & Over	200 Backstroke	108
109	11 - 12	200 Freestyle	110
111	13 - 14	200 Freestyle	112
113	15 & Over	200 Freestyle	114

2010 Pendleton Invitational July - 11, 2010

SWIMMER INFORMATION

Name: _____

Address: _____

Phone: _____

E-mail: _____

ENTRY FEE TABULATION

Surcharge	# Swimmers	_____ x \$10.00	=	\$ _____
Individual events	# Ind. Events	_____ x \$3.00	=	\$ _____
Relays	# Relays	_____ x \$12.00	=	\$ _____
TOTAL				\$ _____

Make checks payable to: **Pendleton Swim Association or PSA**Mail entries and payment to: **Pendleton Swim Association****PO Box 431****Pendleton, OR 97801**Or Email: team@pendletonswims.org**ENTRY DEADLINE IS MONDAY, JUNE 28, 2010**



ROGUE VALLEY MASTERS OPEN WATER WEEKEND SATURDAY & SUNDAY, JULY 17 & 18, at APPLGATE LAKE

SATURDAY, JULY 17:

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

Saturday:

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

Awards and Lunch hosted by RVM

SUNDAY, JULY 18:

**10,000-METER OPEN WATER SWIM
5000-METER OPEN WATER SWIM**

Sunday:

6:45-7:30am 5,000/10,000M Registration/Check-in
(Check-in will close promptly at 7:30am)
7:45am Pre-race instructions
8:00am 5,000/10,000M Race start

Awards and Lunch hosted by RVM

ENTRIES MUST BE POSTMARKED BY July 5th. There will be an additional \$10.00 per event surcharge for race-day entries, so please sign up early. Fifty percent of all fees are refundable with at least 7 days prior notice via phone or e-mail to the Race Director. There will be a limited number of t-shirts for sale on race day at a cost of \$20.00. Race-day entrants are not guaranteed a shirt, but orders may be taken and shirts will be sent promptly after the event.

SANCTION & RULES: This event is sanctioned by USA Swimming and OMS, Inc for USMS #370-OW4. Current USMS rules apply to all swims. Start and finish for all races will be in the water. For the Oregon Open Water Swim Series, the 1500M & 10,000M are featured swims, the 5,000M is a qualifying swim, and the relay is a participation swim. Color-coded caps will be provided for each race. **Entrants for the 10,000M must be able to complete the swim in four hours and thirty minutes!**

RULES FOR THE OREGON MASTERS SWIMMING 1500-METER ASSOCIATION CHAMPIONSHIPS:

- **Team Affiliation and Scoring:**
 - A swimmer will represent the local team indicated on the entry form. If no local team is indicated, a swimmer will represent the local team listed on his or her USMS membership card or registration.
 - Team scoring shall be based upon point value by age group: 8-6-4-3-2-1.
 - Cumulative team scoring will be kept and banner awards given for both large and small teams.
- **Wetsuits:** swimmers wearing wetsuits may score team points only if the water temperature is less than 70 degrees Fahrenheit, an unlikely possibility at Applegate Lake.

AWARDS: 1st through 3rd place in each male & female 5-year age group and the fastest overall male & female swimmers will receive awards in all individual races. Relay winners get bragging rights. Complete results will be posted on the OMS website www.swimoregon.org and in the newsletter Aqua Master.

SAFETY: We strongly recommend having a personal escort for each swimmer during the 10,000M swim. There will be a refueling station for swimmers near the start of the course and near the start of each loop. Lifeguards in safety craft will monitor the course for all events. Medical personnel will be on site near the start/finish area.

ELIGIBILITY: All events are open to USMS-registered swimmers 18 years of age as of July 17, 2010. All entrants must submit a copy of their 2010 USMS registration card with their entry. USMS One-event Registration will be available for \$18.00 on race day.

CAMPING: RVM has reserved all 10 tent camping sites and 4 self-contained RV camping spaces (no hookups) at Hart-Tish Park, the race site. Camping fee includes day use. \$7.00 Parking/Day Use Pass at Hart-Tish Park for non-campers is available at the park concessionaire; for information call 541-899-9220 or www.applegatelake.com. If you want something more scenic and secluded away from the race site you can reserve a camping spot at Beaver Sulfer campground at www.reserveamerica.com.

DIRECTIONS: From either north or south on I-5 take exit #27 (Barnett Rd) in Medford. Go west to Riverside Av. and turn right (north). Proceed to East Main St, Hwy 238, turning left (west). Continue on HWY 238 through Medford and Jacksonville, turning right in Jacksonville. Highway 238 continues to the town of Ruch, at which point the road will fork. Go left, following the signs to Applegate Lake. Proceed past the Applegate dam for another .7 miles until you turn left at Hart-Tish Park. This event is under special use authorization with the Rogue River National Forest. **Forest Service rules: No pets allowed at Hart-Tish Park.**



APPLEGATE LAKE OPEN WATER SWIMS 2010 – ENTRY FORM

Name: _____ DOB: ____/____/____ Age: _____ M__ F__

Address/City/State/Zip: _____

Phone: _____ E-mail: _____ Club: _____ Local Team: _____

USMS Reg #: _____ (Please attach copy of card.)

ALL SWIMMERS MUST BE CURRENT MEMBERS OF USMS, INC. (One-event registration available @\$18.00)

1500 Meter Swim: _____ \$30.00

5,000 or 10,000 Meter Swim: _____ \$25.00

All Events Saturday & Sunday: _____ \$50.00

Spectator Meals (Racers Free!) _____ \$7.00 Per meal

T-Shirt: (Pre-paid) _____ \$15.00 S ___ M ___ L ___ XL ___ XXL (\$2 extra) ___

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

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

Late Entry Fee (after July 5th) _____ \$10.00

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

MAIL ENTRY FORM, COPY OF 2010 USMS REGISTRATION, & CHECK TO: RVM LAKE SWIM

RACE DIRECTOR: Nate Sanford 541.210.0146 nathan@redarrow.org

P.O. BOX 3338

ASHLAND, OR 97520

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

Signature: _____ **Date:** _____

16th ANNUAL CASCADE LAKES SWIM SERIES & FESTIVAL

Elk Lake, OR July 30-31 & August 1, 2010 500, 1000, 1500, 3000, & 5000-meter swims 5 Swims in 3 Days!

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

Sanctioned by Oregon Masters Swimming for United States Masters Swimming #370-OW5; Approved by USA-Swimming TBA.

Operating under Special Use Permit from the United States Forest Service

LOCATION: Elk Lake, a beautiful, clear mountain lake nestled in the sunny Oregon Cascades 33 miles from Bend. Water temperature has varied from 68-72 degrees Fahrenheit and will be posted on race days.

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

SERIES: The **Cascade Lakes Swim Series** includes a **Short Series** (500, 1000, & 1500-meter swims) and a **Long Series** (1500, 3000, & 5000-meter swims). Each swimmer may enter one distance series only and must complete all three series swims to be eligible for series awards. For series awards, points will be based on finish order in each race, with a wetsuit deduction (see below). Those hardy swimmers who complete all FIVE swims will be eligible for special **Survivor** awards.

FESTIVAL: Elk Lake is a great place to bring your family for an outdoors experience and extravaganza. We plan fun events for children on Saturday morning, and fun events for adults all the time!

ELIGIBILITY: Open ONLY to 2010 USMS member swimmers and USA-Swimming member swimmers 10 & over. USMS swimmers may enter any of the swims. USA-Swimmers 13 years or older may enter any of the swims, while those 10-12 years old may enter only the 500, 1000, & 1500-meter swims. A photocopy of your 2010 USMS or USA-Swimming membership card (or foreign equivalent) MUST accompany your entry. USMS "One-Event" membership—covering all these races—is available for adults only for \$18.

RULES: Current USMS rules will govern this event.

WETSUITS: Wetsuits are allowed and welcomed in all five swims, but scored in a separate wetsuit category. Ten percent of final time will be added to wetsuit swims for integration into our Series scoring.

STARTS & SEEDING: The 1500, 3000 & 5000-meter swims will use a mass start, with wetsuit swimmers starting in a trailing separate heat. The 500-meter swim will use an individual start and the 1000-meter swim will start in small heats; both of these swims will be seeded fastest-to-slowest based on entered 500-yard time. Day-of-Race entries and those not submitting a seed time will not be seeded in advance and will swim last. *No changes allowed in seeding times at the race, do enter accurately.*

SAFETY—OUR PRIMARY CONCERN: Safety boats will monitor the entire course and medical personnel will be on-site. Swimmers must wear a brightly colored swim cap, have their race number on their arms or hands, and follow all announced safety rules without exception.

ENTRY FEES: One race is \$30, and each additional race is \$5 more. Entry fee includes a swim cap and post-swim meals on your race days. Entries should be **postmarked by July 19th**. Entries postmarked July 19-24 must pay an additional \$10 late fee—do not mail after these dates! Entries after these dates will be considered to be Day-of-Race entries and must pay an additional \$20. **Submit your entries on time**—it really helps our planning for a great event!

RACE SCHEDULE:

Friday, July 30, 2010

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

Saturday, July 31, 2010

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

Sunday, August 1, 2010

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

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

RESULTS: Will be posted at Elk Lake promptly after each race, and at www.comaswim.org and www.swimmoregon.org after the event.

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

- Ribbons to the top three finishers in each age group in each race in both wetsuit and non-wetsuit categories.
 - Ceramic coasters to the top 3 Series finishers in each age group.
- Awards to individual swimmers regardless of age group:
- Ceramic mug to the top masters male & female in each Series.
 - Special Survivor glass mug to everyone completing all five swims.

OREGON OPEN WATER SERIES: All swims count towards the cumulative season series. The 1500 & 5000 are featured swims (full points), while the 500, 1000, & 3000-meter swims are qualifying swims (half points).

DIRECTIONS & PARKING: From Century Drive in Bend, take the Cascade Lakes Scenic Highway approximately 33 miles to Elk Lake. The start & finish for all swims is the Beach Day Use Area, the southernmost and last Elk Lake exit if coming from Bend. Parking is limited to two large pullouts off the Cascades Lakes Highway and to the Little Fawn Group Campground. A shuttle bus will run Saturday and Sunday between the campground and the race site before & during registration and after races are completed. There will be no general parking at the race site until after all event activities have concluded. **Your car must display a 2010 NW Forest Pass to park anywhere other than the highway pullouts or the campground.**

CAMPING & LODGING: Little Fawn Group Campground on Elk Lake is reserved for swimmers and spectators. Only tents or small & medium-sized motor homes are permitted. Camping fee is \$5 per camper over 12 years of age per day—include fee with your entry form for Thursday, Friday, & Saturday night camping to secure your spot. Bend and Sunriver offer many lodging choices at various price levels.

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

WEBSITE FOR COMPLETE INFO: Well worth a visit...

www.comaswim.org

EVENT DIRECTOR:

Bob Bruce coachbob@bendbroadband.com 541-317-4851

Entry Form – CASCADE LAKES SWIM SERIES & FESTIVAL 2010 – 5 Swims in 3 Days

Swimmer Information			
Name: First: _____		Last: _____	
Address: _____		City: _____	State: _____ Zip: _____
E-mail Address: _____		Phone – evening: () _____	
Emergency Contact (Important): _____		Contact Phone: () _____	
USMS / USA-S Information (include a photocopy of your registration card—this is required!)			
Gender (circle): M F		Birth Date (mm/dd/yyyy): _____	
USMS or USA-S Number: _____		Age on Race Day: _____	
USMS or USA-S Club: _____		Local Oregon Team (if applicable): _____	
Swims: Circle your events!	Enter Seed Time for 500 & 1000-meter!	Cost/swim	
Friday: 3000-meter	_____	\$30 for first swim & \$5 each additional swim (\$50 maximum)	
Saturday: 500-meter	Current pool time for 500 yards _____		
Saturday: 1500-meter	_____		
Sunday: 5000-meter	_____		
Sunday: 1000-meter	Current pool time for 500 yards _____		
		Enter Total Cost for Swims:	
Swim Series Option: Select ONE series only - Circle your choice! Short Long [Short Series—500, 1000, & 1500-meter] <u>OR</u> [Long Series—1500, 3000, & 5000-meter]			
		Enter Total Cost for Series:	
		FREE	
Spectator Meals (free for racers)	Number of spectator meals	Cost/meal	Sub-Total
Friday dinner	_____	x \$5.00	_____
Saturday lunch	_____	x \$5.00	_____
Sunday lunch	_____	x \$5.00	_____
		Enter Total Cost for Spectator Meals:	
Camping	Number of campers over 12 years old	Cost/night	Sub-Total
Thursday night	_____	x \$5.00	_____
Friday night	_____	x \$5.00	_____
Saturday night	_____	x \$5.00	_____
		Enter Total Cost for Camping:	
Shirts: Premium quality!	One T-shirt per entrant at \$5. Add \$15 for each extra T-shirt. List Number & Size(s)	Cost	Sub-Total
Size (S, M, L, XL); XXL add \$2.00			
T-shirt – short sleeve (first one)	Women's style or Men's style	x \$5.00	_____
T-shirt – short sleeve (extras)	Women's style or Men's style	Each \$15.00	_____
Commemorative hats		Each \$10.00	_____
		Enter Total Cost for Shirts & Hats:	
Miscellaneous Fees (only as needed)		Cost	Sub-Total
USMS/Oregon One-Event Membership Fee (complete form at registration) <u>OR</u>		x \$18.00	_____
USMS/Oregon Full Membership Fee (complete form at registration) if needed		x \$40.00	
Late Fee: Postmarked between July 19 & July 24 – Do not mail after July 24!		x \$10.00	
Day-of-Race Fee: all entries after July 24, including days of races		x \$20.00	
		Enter Total Miscellaneous Fees:	
Swims + Series + Meals + Camping + Souvenirs + Miscellaneous Fees		Enter TOTAL COST:	

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

Include Completed Entry Form, Copy of USMS Card, & Check (payable to COMA)

Send Entries to Bob Bruce, 61200 Parrell Rd., Bend, OR 97702

GIL YOUNG MEMORIAL LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #370-08

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

Swimmers must submit a copy of their 2010 card and unregistered swimmers must submit a 2010 registration form and fee with this entry.

Location: Mt. Hood Community College

Outdoor pool

26000 SE Stark

Gresham, Oregon

7 lanes competition, elec. timing, Lane 8 for warm-up/down

DATE: Saturday & Sunday, August 7-8, 2010

SATURDAY WARM-UPS AT NOON MEET STARTS AT 1PM
SUNDAY WARM-UPS AT 9AM MEET STARTS AT 10AM

Meet Director: Aubree Gustafson • 971-404-6968 • aubree.gustafson@gmail.com

Directions to the pool: Take I-84. Use Exit 17. Follow Frontage Road to 257th and take a right. Follow 257th past Stark St. to 17th St. and take a left. Take the first left after the soccer field and left again into the aquatic center parking lot.

ALL REGISTERED MASTERS SWIMMERS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.**ENTRY DEADLINE: POSTMARKED BY FRIDAY, JULY 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 (AS OF 12-31-10) _____ SEX _____

2010 USMS # _____

USMS CLUB (OREG, PNA, SWMS) _____

IS THIS YOUR FIRST MASTERS MEET? ____ Yes ____ No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 95+. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH A MAXIMUM OF 5 INDIVIDUAL EVENTS PER DAY. YOUR COMPETITION AGE IS THE AGE YOU WILL BE ON DEC. 31ST, 2010. 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 1500 FREESTYLE & 400 IM WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS IS TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST. EACH APPLICANT CAN SWIM FIVE(5) INDIVIDUAL EVENTS IN ONE DAY AND SIX(6) TOTAL FOR TWO DAYS (UNLIMITED RELAYS).

Saturday, Aug 7, 2010**400 IM** (1) _____ : _____ . _____

break

50 FREE (2) _____ : _____ . _____**200 BACK** (3) _____ : _____ . _____**100 FLY** (4) _____ : _____ . _____

break

FREE RELAYS (5-10)**50 BACK** (11) _____ : _____ . _____**200 FREE** (12) _____ : _____ . _____**100 BREAST** (13) _____ : _____ . _____

break

MIXED MEDLEY RELAYS (14-15)**400 FREE** (16) _____ : _____ . _____**Sunday, Aug 8, 2010****50 FLY** (17) _____ : _____ . _____**200 BREAST** (18) _____ : _____ . _____**100 FREE** (19) _____ : _____ . _____**200 IM** (26) _____ : _____ . _____

break

MIXED FREE RELAYS (20-22)**50 BREAST** (23) _____ : _____ . _____**200 FLY** (24) _____ : _____ . _____**100 BACK** (25) _____ : _____ . _____

break

MEDLEY RELAYS (27-30)**1500 FREE** (31) _____ : _____ . _____

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SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$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 OPEN WATER SWIM — COTTAGE GROVE LAKE
SUNDAY, AUGUST 15
SPONSORED BY EMERALD AQUATICS
WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS**

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

USMS Sanction #: 370-0W6 One-day registration will be available at the meet for \$18.00.

Schedule:

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

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

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

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

Eligibility: Open to all USMS (U.S. Masters Swimming) members only.

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

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

Directions: From I-5 take exit 172 and go south 0.7 miles on S 6th St. Turn left on London Weyerhauser Rd and go 3.0 miles. Turn left on Cottage Grove Reservoir/Reservoir Rd. After 0.6 miles turn right to stay on CGR/Reservoir Rd. Go 2.8 miles to park (see map, opposite).

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

ENTRIES MUST BE POSTMARKED BY August 2nd

add \$10 for late entries

Mail entries EA Lake Swim	<table border="1"> <tr> <td align="center" colspan="3">check all that apply:</td> </tr> <tr> <td align="center">1500m</td> <td align="center">Whitely</td> <td align="center">Flatfoot</td> </tr> <tr> <td align="center"><input type="checkbox"/></td> <td align="center"><input type="checkbox"/></td> <td align="center"><input type="checkbox"/></td> </tr> </table>	check all that apply:			1500m	Whitely	Flatfoot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	all 3 events \$40.00	_____
check all that apply:												
1500m		Whitely	Flatfoot									
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>										
to: P.O. Box 3708	or 2 events \$35.00	_____										
Eugene, OR 97403	or 1 event \$30.00	_____										

USMS Reg# _____

Please attach a copy of your USMS registration card.

TOTAL _____

Make checks payable to Emerald Aquatics

All fees are non-refundable.

Name _____ Sex _____ Age _____

Address _____

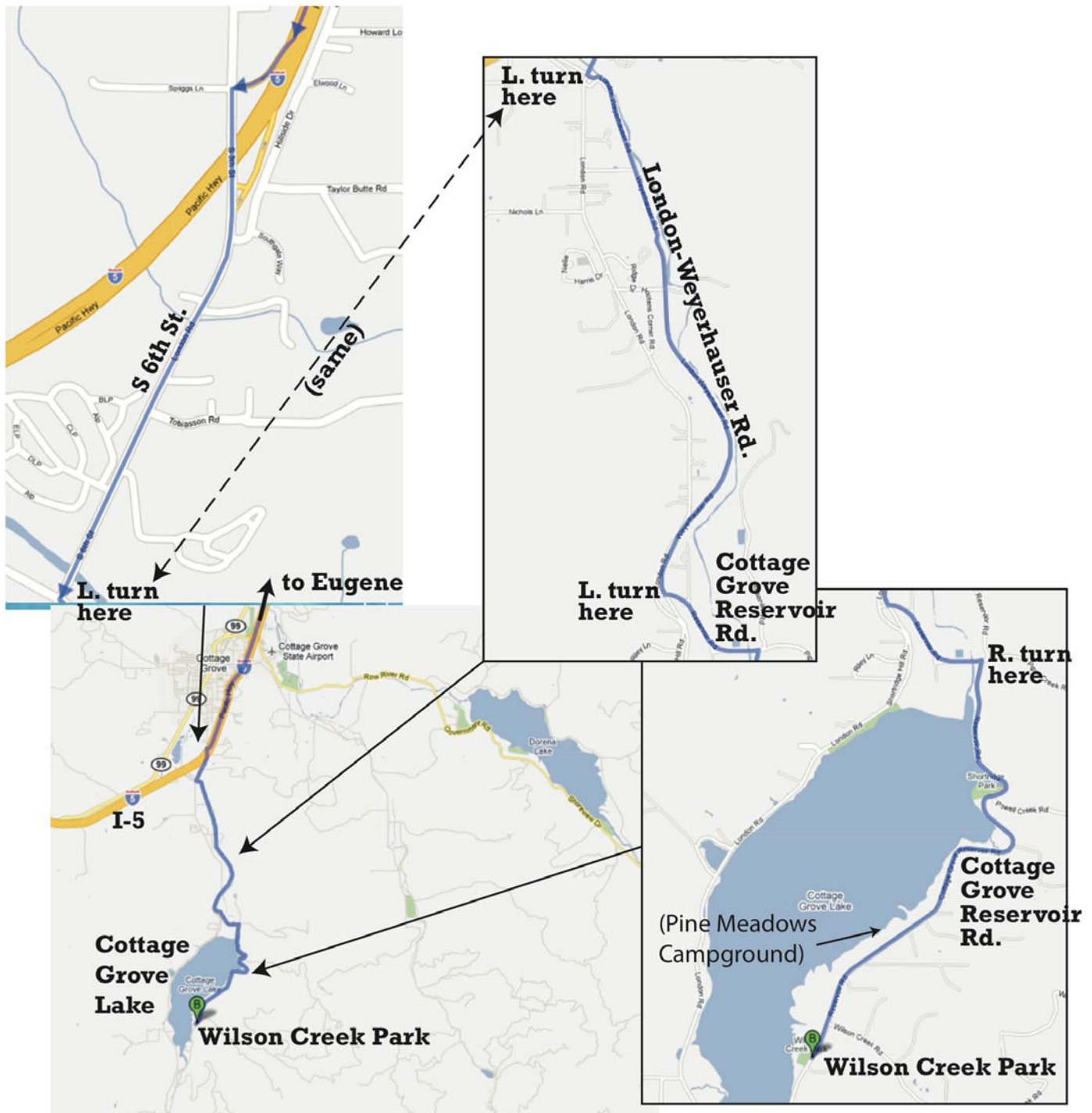
City/State/Zip _____ Local Team _____

Birthdate _____ Day phone _____ Evening phone _____ Fax _____

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Signature _____ Date _____

Camping: Individual camping sites can be reserved for Pine Meadows Campground. To reserve your campsite, go to www.reserveamerica.com and use the search engine to go to Pine Meadows in Oregon. You can also call 1-877-444-6777. The rules require a minimum two night stay and you can have 3 vehicles and 3 tents with up to 8 people, or one camper/trailer/RV and two tents for each site. The cost is \$16 per night. Directions: Same as to race site, Pine Meadows is approx. 0.5 miles before (N of) race site.



The Eel Lake Open Water Swims on the Southern Oregon Coast

What: Three Open Water Swims – 3000 & 1500-meter Swims and a 500-meter Predicted Time Swim. We will start with a 3000-meter swim on a triangular course, twice around the buoys. Then we will have a 500-meter Predicted Time Swim, free, no entry fee. Last will be the 1500-meter swim, once around the same course as the 3000. All swims are held under the sanctions of United States Masters Swimming (370-OW7) and USA-Swimming, Inc. (10-065).

When: Saturday, August 21, 2010, starting at 9:00 a.m.

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

Who: Open to all USMS registered swimmers 18 years or older. USA-Swimming registered swimmers 13 years or older may enter any of the swims, while USA-Swimming registered swimmers 10 years or older may enter only the 500 & 1500-meter swims—a parent or guardian must sign the liability waiver for all swimmers under 18. A photocopy of your USMS or USS Swimming registration card or proof of membership in a foreign Masters organization must accompany your entry. A single event USMS registration, covering all races, will be available at the race site for adults 18 years or older for \$18.

Rules: Current USMS rules shall govern these swims.

Wet Suit Rules: Wetsuits are allowed and welcomed in all events, but scored in a separate wetsuit category.

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

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

Entry Fee: The entry fee for one race (either the 1500 or 3000) is \$25; the entry fee for both the 1500 and 3000 races is \$30. There is no fee for 500-meter Predicted Time Swim. Entry fee includes a swim cap in a goody bag. **Entries must be postmarked by Monday, August 9, 2010,** or swimmers must pay an additional late fee of \$10. Beverages, brownies, cookies and fruit will be available, but lunch will not be provided.

Awards: There will be awards for each race for first through third places for USMS & USA-Swimming swimmers. Awards for the 3000 and 1500 swims will be based upon finish order. Awards for the 500 Predicted Time Swim will be based on how close each swimmer comes to predicted time.

Schedule:

- 8:00-8:45 A.M. Registration/Check in & warm-up for all races
- 8:50 A.M. Pre-race meeting for 3000-meter swim
- 9:00 A.M. 3000-meter swim
- 9:45-10:45 A.M. Check in for 500 and 1500-meter swims
- 10:50 A.M. Pre-race meeting for the 500-meter Predicted Time Swim
- 11:00 A.M. 500-meter Predicted Time Swim
- 11:50 A.M. Pre-race meeting for 1500-meter swim
- 12:00 Noon 1500-meter swim
- 1:00 P.M. Awards

Information: Contact Ralph Mohr at rmohr1565@charter.net or 541-269-1565.

Other Fun Things to Do On the Coast!

Charleston Seafood Festival - Charleston Marina – August 21 & 22 - 7:00am-6:00pm. A festival of fun and families! Live Entertainment both days, a variety of bands from Country to Jazz, singing and more. Contests for kids and adults including fish fling and crab race. Variety of vendors, arts and crafts and lots of different kinds of food. Beer & wine garden, harbor tours and a Coast Guard Open House. For more information contact the Charleston Visitor Center, 541-888-2311 or Coos Bay Visitor Center, 541-269-0215 (Directions: drive to Coos Bay/North Bend – Follow the signs for Empire/Charleston)

Sunday Morning Lake Swim – An Eel Lake tradition! Join us on Sunday, August 21, at 9:00 A.M. for a leisurely swim (about 2000 meters) across Eel Lake from the boat ramp to the walking trail rest stop on the other side.

Beach walks – Starting at Eel Creek Campgrounds across 101 from Tugman Park, there are at least seven different beach walks available within 30 miles. Walk across the dunes at Eel Creek. Go to Horsfall Beach north of McCullough Bridge. Drive through Charleston to Bastendorff Beach, Sunset Bay, and Shore Acres Gardens. At Cape Arago walk down to South Cove where Sir Francis Drake supposedly harbored one day. Go further south on Highway 101 for Bandon Old Town, beaches, and numerous golf courses.

The Eel Lake Open Water Swims on the Southern Oregon Coast

Registration Form

What: Open Water Swims (check the appropriate boxes)

☐ 3000-meter Swim – USMS

☐ 1500-meter Swim – USMS

☐ 500-meter Predicted Time Swim – USMS

Predict your 500-meter Time: _____

☐ 3000-meter Swim – USA-Swimming

☐ 1500-meter Swim – USA-Swimming

☐ 500-meter Predicted Time Swim – USA-Swimming

Predict your 500-meter Time: _____

Where: Eel Lake

When: Saturday, August 21, 2009 starting at 9:00 A.M.

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

Information: Contact Ralph Mohr at rmohr1565@charter.net or 541-269-1565.

Registration information:

Name: _____

Birth date: _____ Age: ____ Sex: ____

Address: _____

USMS or USS number: _____

City: _____ State: ____ Zip: _____

Phone: _____

USMS or USA-Swimming Club _____

USMS Local Team: _____

Entry Fee: \$25 for one swim (either the 1500 or 3000) or \$30 for both 1500 and 3000. No fee for 500-meter Predicted Time Swim. Late and Day-of-Race entries accepted for an additional fee of \$10

☐ \$25 for either the 1500 or 3000. You may swim the 1500 **or** the 3000 **plus** the 500-meter Predicted Time Swim.

☐ \$30 for both the 1500 and 3000.

☐ FREE. 500-meter Predicted Time Swim.

☐ \$10 for late or Day-of-Race entry

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

Signature: _____ Date: _____
(parent or guardian must sign for swimmers under 18 years old)

Complete this entry form legibly, **sign** the waiver, **attach** a photocopy of your USMS or USS registration card, and **enclose** the appropriate fee payment with a check made out to **Ralph Mohr**. Note: if a swimmer will swim only the 500-meter Predicted Time Swim, he or she **must** still fill out an entry form **and** provide either a copy of a USMS or USS registration card.

Mail entries **postmarked by Monday, August 9, 2010** to:

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

Aqua Master

July 2010

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

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SWIMMING RESULTS:

Association Meet SCY
Hood River SCM
Hagg Lake OW
USMS Nationals SCY

2010



Date	Type	Meet/Location	Deadline/Website
*July 9-11	LCM	Pendleton Invitational	June 28, 2010
*July 17-18	OW	Applegate Lake/Ashland	
*July 30- Aug 1	OW	Cascade Lakes /Bend	July 19: July 20-24, \$10 extra; after July 24, \$20 extra
*Aug 7-8	LCM	Gil Young/Gresham	https://www.ClubAssistant.com/club/meet_information.cfm?c=1352&smid=2450
Aug. 9-13	LCM	USMS Nationals/Puerto Rico	
*Aug 15	OW	Cottage Grove Lake	
*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

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
July, 2010	Gil Young Meet
August 24, 2010	Oregon Clinic

**KEEP
SWIMMING!**