



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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## "Swimming for Life"

### The AquaDucks from Eugene Make Their Debut in Newberg

by Karen Andrus-Hughes

Lead by coach Rick Rodriguez, the AquaDucks made their first appearance as a team at the Newberg meet with five team members swimming in their first Masters meet. AquaDuck Stephen Kevan, 55, made a strong showing by breaking three Oregon records in the 200 free, and 200 & 400 IMs. The team trains at the Downtown Athletic Club in Eugene.

Two brothers from the Portland metro area, Adam Arzner, 23, and John Arzner, 26, also swam their first Masters meet at Newberg, both making strong showings in their events. Adam broke the M18-24 Oregon record in the 100 IM with a 55.87.

Wink Lamb, 87, bested his own National records in the 500 and 1000 freestyles and also lowered his Zone record in the 50 freestyle. Brent Washburne, Arlene Delmage, Megan Lassen and Eric Wan teamed up to set a new Zone record in the Mixed 35+ 400 Freestyle Relay.



AquaDucks team photo (five people in this team picture were swimming their first Masters meet)

Thanks to Meet Director, Kathleen Buck and the many volunteers for making this meet possible again this year.

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Adam Arzner, 23, (top) and John Arzner, 26, swam in their first Masters meet in Newberg, representing the new Aqua Ducks team



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## Chairs Corner by Jody Welborn

## Hi Everyone:

Guess what is right around the corner? If you guessed "Spring" you would be partially correct, but if you guessed "Oregon Masters Swimming Association Championships hosted by Corvallis Aquatic Masters" you would be completely correct. Guessing correctly doesn't win a prize. But training hard with your teammates might. So get in the pool and encourage your teammates to join you. This is an opportunity for your training group to compete as a team. I guarantee fun will be had by all.

Make sure your team is registered. In the parlance of USMS your team is your work-up group and the Association Championships pit one team against another. Not sure if your team is registered? Go to the Oregon Masters website where you can find the registered teams under Places to Swim. If you have questions about your team or would like to

register your team, contact our Membership Chair, Christina Fox. (foxkohnert@peak.org).

And don't forget to get your entries in for the Tualatin Hills Pentathlon, March 20th. It is a fun meet and will be a great tune-up for the Association Championships.

I would also like to offer a welcome to the newest club in Oregon LMSC, Southwest Washington Masters Swimming. Wes Edwards is the contact person. And Oregon Masters Swimming is fortunate to have them in LMSC.

Finally, plan to attend the Awards Banquet April 10th. Celebrate swimming with us. And I encourage all of you to attend the open Board meeting prior to the banquet. Meet your board members and use this opportunity to ask questions and make recommendations. This organization is for you. As a board we are working on improving communication with our members and would love suggestions.

And remember,

Swimming is for Life,

and Life Matters.



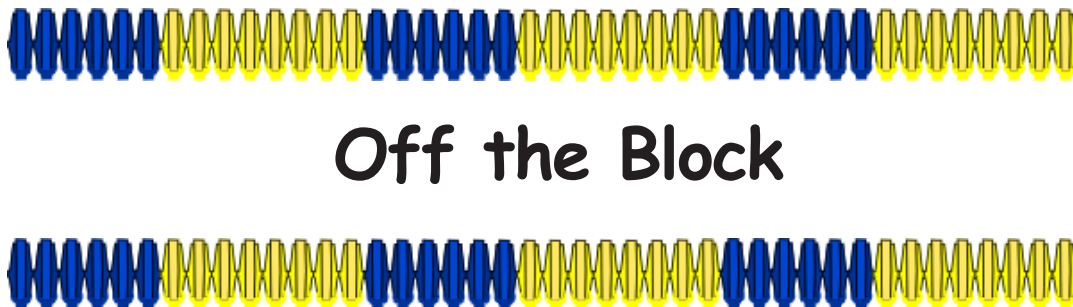
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### Photo credits: Ryan Arzner, Karen Andrus-Hughes, Peter Metsger's friend

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

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## Off the Block

### Swimming in Relays

by Brent Washburne

Most swimmers who compete in Masters swim meets come just for the individual events. They have been training hard towards a few events like the 50 Back, the 200 Breast, the 400 IM or the 1000 Free. Chances are, they swam the same events at the last meet, and are looking to improve their own personal records (PR) in those events, or maybe to beat a local club record. Some athletes even swim well enough to set Oregon, Zone, National or even World records in individual events.

These swimmers may watch with curiosity or interest during those times in the meet when groups of four swimmers meet behind the blocks for relays. Questions may arise, like: What are the different kinds of relays? Why are some all-men or all-women, while some are mixed? How do these people decide which relays to swim?

Relay teams always have four people. A Womens relay has four women, a Mens relay has four men, and a Mixed relay has two women and two men. Also, all four members must be from the same team or the same club. Teams are local groups, like ORM (Oregon Reign Masters), COMA (Central Oregon Masters) or THB (Tualatin Hills Barracudas). The club is usually OREG (Oregon Masters, which has all of the Oregon teams), PNA (Pacific Northwest, the Washington State club), or SWMS (the new Southwest Washington Masters club).

The program often says just Medley Relays or Mixed Free Relays, but the swimmers actually swim 50 yards, 100 yards or even 200 yards each. Let's talk about them briefly.

The Free Relays are the simplest — all four swimmers swim freestyle. There are three distances, the 200, 400 and 800 Free Relays, where each swimmer goes 50, 100 or 200 yards (or meters), respectively. Already it's getting complicated: there can be a Womens, Mens and Mixed 200 Free Relay, a Womens, Mens and Mixed

400 Free Relay and a Womens, Mens and Mixed 800 Free Relay!

The Medley relays are similar, but each swimmer swims a different stroke, kind of like an individual medley (IM) but in a different order. Since the backstroker needs to start in the water (and not on the block), backstroke is always the first stroke in the relay. That swimmer is followed by the breaststroke, butterfly and freestyle swimmers in that order. There are only two distances, the 200 and 400 Medley Relays. When you add all the combinations, you get a Womens, Mens and Mixed 200 Medley Relay and a Womens, Mens and Mixed 400 Medley Relay.

So there are nine possible Free relays and six possible Medley relays, or a total of fifteen relay events that could happen at any swim meet, but the events are usually combined to keep the meet from taking too long. Since a swimmer can't swim on both a Womens and Mens relay, they are both usually run at the same time. If the meet program says Free Relays, it will run the Womens and Mens 200 Free Relays as one event, followed by the 400 and 800 Free Relays. The Womens and Mens Medley Relays would also be combined (first the 200 and then the 400), so the meet only has ten events instead of fifteen. Some meets may even make swimmers choose between Womens/ Mens and Mixed (either one), so there are just five relay events, but that is rare. Some meets just swim the 200 relays.

OK, that all makes sense. Four swimmers (either Womens, Mens or Mixed), two kinds of relays and three distances. But wait, there's more! Like the individual events, which have age groups for every five years of age, there are age groups for the relays. In 25 yard pools, the age groups are determined by the youngest person on the relay. The groups are 18+, 25+, 35+, 45+, 55+, 65+.

Continued on page 9





# Fitness

## Staying Active while Injured

by Helen Thurlow



Aches and pains come and go, but when do you take time off when you become injured or can you even still be active while recovering? Whether your sport injury is from running, tennis, or even swimming, most injuries do require you to "rest, recover and regroup". For example if you injured your ankle while running you want to stay away from weight-bearing exercises for a while. But if you are like most people, who don't want to lose their fitness because you had to stop exercising, there are many alternatives for you to stay fit while recuperating.

Like with anything check with your doctor or physical therapist before starting any exercise. Ask questions like: When can you resume your normal routine of exercise, How much and what type if any of an alternative program you can do.

Tony Gentilcore, author of *Creating a Training Effect When You're Injured* puts it bluntly: "Just because you're hurt, doesn't mean you can't train. On the contrary, getting stronger and creating a training effect will undoubtedly be corrective in nature."

For instance a shoulder injury usually due to some impingement around the anterior, lateral or posterior aspect of the acromial process of the scapula during shoulder abduction or flexion. Sorry I had to get technical, but in other words, your shoulder really hurts. So what do you do? Stop working out...nope. You do an exercise that's the opposite of the pain. If your shoulder hurts when you move it, lay off the swimming or any throwing sports like baseball and no overheads in tennis. But you *can* do push-ups. With proper form of course. Think about it; when doing pushups you are in a stationary position, your hands don't move, thus leaving the scapula room to move around a bit. Also train your legs. Over 70% of your total muscle mass is below the waist. If that should still hurt, work those legs. Kick, Kick, Kick them legs in the pool, squats and leg presses in the gym or a nice bike ride or walk around the neighborhood.

What fascinated me about Tony's article is that if one side of you is injured, it's because the other side is off-balanced. Tony went on about improving one's hip mobility to help strengthen the

shoulder area. It makes sense. When applying force it's transference is applied in a diagonal pattern. If my right shoulder is hurting when I'm pulling in swimming (force), it's probably due to my lack of hip mobility on my left side (transferred diagonally). I love physics!

I probably say this in all my articles, but breathing is king. Try improving your breathing patterns. Have you ever noticed that when you are injured you actually breath like you should (filling the entire lungs!) But be aware; when you take that breath try not to raise the shoulders and the trapezeus. Good ol' Tony states we tighten up when we do.

National Academy of Sports Medicine is 100% supportive of what Tony Gentilcore tells his clients. In actuality Tony Gentilcore is going by the NASM guidelines of what corrective exercise does to our bodies. Corrective exercise simply encourages movement assessment, inhibitory techniques and muscle activation techniques that help to improve imbalances/impairments in our musculoskeletal structure, even improves/corrects any post-rehabilitation issues.

As always, know when to return full force to the sport you love. It may take several months before you are 100% recovered, but at least during that time you are cross-training and staying active. I think the key is to have the right attitude while recovering from an injury. Option A: stay active, cross train, slowing work the injured part or, Option B: feel sorry for yourself and eat a bag of Oreos. Funny how I've actually done both.

I'm going to share the website I discovered because there is a great example of a 3 day gym workout that Tony wrote if one is injured with a shoulder impingement, but also I used his article as a reference.

Next month I talk further on staying active while injured with a little nutrition as a side dish. Until then keep swimming.

Tony Gentilcore, *Creating a Training Effect When You're Injured*, [www.tmuscle.com/portal\\_includes/articles/2008/08-079-training.html](http://www.tmuscle.com/portal_includes/articles/2008/08-079-training.html)

# Shake and Swim with "Bake"

## Body Body Body

Coach Dennis Baker



swimgraphics.com

We always hear lately that we must engage our "core" while swimming, what does that really mean? It means that you can't just use your arms and legs to swim. You must be connected with the middle area of your body to use your arms and legs effectively in swimming. Let's go through the four strokes and look at some tips to use your entire body and your core.

**Butterfly** - The key to swimming a good Butterfly stroke is not so much with the strength of your arms and legs but how you move through the water. You must drop your chest as the hands enter the water and pop your hips out and up at the same time. Your "core" comes into play because your stomach muscles must tighten and be secure to allow this to happen. So in Butterfly we shouldn't think of arms and legs but instead think of chest and hips.

**Backstroke** - The long axis strokes have not been taught correctly for a number of years. There is a great misconception of over rotation in the teaching of Freestyle and Backstroke. Rotation should be thought of from the belly button up and not the hips and the legs. Using our "core" we must stabilize our hips and try to keep our hips and legs from floundering from side to side. Can or should we keep them from moving at all? No, but by tightening our stomach muscles to stop from excess lower body movement is key to swimming in a straight line which is our ultimate

goal in long axis strokes. Rotating our shoulders and keeping our head still and keeping our stomach flat and tight are paramount. So in Backstroke think of shoulders head and stomach.

**Breaststroke** - Much like Butterfly we must think of how we move through the water. As we pull and take a breath, thrust the hips forward and throw the chest straight ahead. This will allow us to undulate and maneuver through the water in a more efficient manner. So again like Butterfly think of hips and chest while keeping the stomach muscles tight.

**Freestyle** - Similar to Backstroke, our ultimate goal is to swim in a straight line. Over rotating the hips and legs will ultimately take us out of the correct path. Make sure, as you're stroking that your shoulders stay up near your ears at all times. This will help you not to over rotate. Keep the head as still as possible while not breathing. Your stomach is your surfboard and will allow you to ride through the water at a much higher level if you keep it tighter and flatter. As in backstroke, think shoulders, head and stomach.

Stop arming it and legging it through the water. You will swim much smoother and waste less energy that can be saved for the end of the race!

Don't think of arms and legs think body, body, body.



**Mark Braun** is the new Treasurer for OMS, taking the position voluntarily vacated by Doug Christensen. He began swimming in the Masters program only a year ago and swims with the Oregon Reign Masters. His favorite stroke is breaststroke.

He has a "wonderful son of 17 and a fantastic girlfriend who is also one of my coaches."

He works for a financial company and is responsible for implementing software solutions, within his organization, that improve productivity and efficiency.

Mark grew up in Australia and moved to the States when he was 13 year old.

We welcome you, Mark.

# Chehalem/Newberg SCY - January 30, 2010

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

Z = Zone Record, (includes OR)

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

O = Oregon Record

## Women 18-24

50 Yard Free			
1 Daugherty, G.	21	OREG	29.66
2 Roman, Z.	22	OREG	31.40
100 Yard Free			
1 Somera, C.	24	OREG	57.03
2 Daugherty, G.	21	OREG	1:07.17
3 Roman, Z.	22	OREG	1:08.81
200 Yard Free			
1 Somera, C.	24	OREG	2:07.37
500 Yard Free			
1 Hornli, L.	20	SWMS	7:33.33
50 Yard Back			
1 Schane, O.	21	OREG	33.02
100 Yard Back			
1 Schane, O.	21	OREG	1:12.22
200 Yard Back			
1 Schane, O.	21	OREG	2:37.70
100 Yard Breast			
1 Grier, C.	23	SWMS	1:16.54
2 Daugherty, G.	21	OREG	1:29.25
3 Hornli, L.	20	SWMS	1:34.02
200 Yard Breast			
1 Hornli, L.	20	SWMS	3:24.79
100 Yard Fly			
1 Somera, C.	24	OREG	1:08.68
2 Daugherty, G.	21	OREG	1:24.10
100 Yard IM			
1 Schane, O.	21	OREG	1:14.25
2 Daugherty, G.	21	OREG	1:19.47
200 Yard IM			
1 Grier, C.	23	SWMS	2:30.75
<b>Women 25-29</b>			
50 Yard Free			
1 Alexander, E.	28	OREG	27.97
2 Caloca, V.	27	OREG	32.75
200 Yard Free			
1 Alexander, E.	28	OREG	2:11.60
2 Caloca, V.	27	OREG	2:46.83
1000 Yard Free			
1 Caloca, V.	27	OREG	16:39.48
50 Yard Breast			
1 Gustafson, A.	28	OREG	35.07
2 Alexander, E.	28	OREG	35.19
3 Callahan, A.	27	OREG	43.20
4 Caloca, V.	27	OREG	43.71
100 Yard Breast			
1 Gustafson, A.	28	OREG	1:16.33
2 Callahan, A.	27	OREG	1:30.23
200 Yard Breast			
1 Gustafson, A.	28	OREG	2:46.33
50 Yard Fly			
1 Caloca, V.	27	OREG	38.18
100 Yard Fly			
1 Gustafson, A.	28	OREG	1:11.57
100 Yard IM			
1 Gustafson, A.	28	OREG	1:10.55
2 Alexander, E.	28	OREG	1:11.70
200 Yard IM			
1 Alexander, E.	28	OREG	2:31.97
2 Callahan, A.	27	OREG	2:57.36
<b>Women 30-34</b>			
50 Yard Free			
1 Kirkwood, E.	32	OREG	28.09
200 Yard Free			
1 Krupp, K.	34	OREG	2:34.72

## 500 Yard Free

1 Morgan, C.	31	OREG	5:50.84
2 Thayer, K.	30	SWMS	6:04.59
3 Krupp, K.	34	OREG	6:47.85
1000 Yard Free			
1 Morgan, C.	31	OREG	11:59.07
2 Krupp, K.	34	OREG	14:01.27
50 Yard Back			
1 Arata, M.	33	OREG	31.90
2 Kirkwood, E.	32	OREG	32.73
100 Yard Back			
1 Arata, M.	33	OREG	1:08.94
2 Thayer, K.	30	SWMS	1:12.74
200 Yard Back			
1 Arata, M.	33	OREG	2:28.65
2 Thayer, K.	30	SWMS	2:32.12
100 Yard Breast			
1 Morgan, C.	31	OREG	1:18.57
50 Yard Fly			
1 Kirkwood, E.	32	OREG	31.57
100 Yard IM			
1 Arata, M.	33	OREG	1:09.90
2 Kirkwood, E.	32	OREG	1:15.98
200 Yard IM			
1 Arata, M.	33	OREG	2:37.30
400 Yard IM			
1 Morgan, C.	31	OREG	5:13.18
<b>Women 35-39</b>			
50 Yard Free			
1 Edwards, B.	37	OREG	30.29
2 Rigert, J.	37	OREG	30.79
3 Harrison, E.	35	OREG	41.61
100 Yard Free			
1 Edwards, B.	37	OREG	1:06.77
2 Rigert, J.	37	OREG	1:06.78
200 Yard Free			
1 Lassen, M.	39	OREG	2:06.96
2 Rigert, J.	37	OREG	2:37.08
3 Harrison, E.	35	OREG	3:17.25
500 Yard Free			
1 Lassen, M.	39	OREG	5:45.37
1000 Yard Free			
1 Lassen, M.	39	OREG	12:01.53
100 Yard Breast			
1 Edwards, B.	37	OREG	1:28.06
50 Yard Fly			
1 Harrison, E.	35	OREG	52.76
100 Yard IM			
1 Harrison, E.	35	OREG	2:02.67
<b>Women 40-44</b>			
50 Yard Free			
1 Simmons, S.	43	OREG	31.65
100 Yard Free			
1 Simmons, S.	43	OREG	1:11.22
2 Banks, M.	43	OREG	1:19.26
200 Yard Free			
1 Banks, M.	43	OREG	2:48.47
500 Yard Free			
1 Banks, M.	43	OREG	7:29.73
1000 Yard Free			
1 Banks, M.	43	OREG	15:29.57
50 Yard Back			
1 Simmons, S.	43	OREG	38.60
<b>Women 45-49</b>			
50 Yard Free			
1 Andrade, J.	48	UNAT	33.97

## 50 Yard Back

1 Moe, P.	46	OREG	36.37
100 Yard Back			
1 Moe, P.	46	OREG	1:16.14
200 Yard Back			
1 Moe, P.	46	OREG	2:41.83
50 Yard Breast			
1 Delmage, A.	47	OREG	35.90
2 Snider, P.	48	OREG	41.38
3 Andrade, J.	48	UNAT	44.05
100 Yard Breast			
1 Snider, P.	48	OREG	1:26.51
2 Andrade, J.	48	UNAT	1:39.29
200 Yard Breast			
1 Snider, P.	48	OREG	3:01.27
50 Yard Fly			
1 Delmage, A.	47	OREG	27.74
100 Yard Fly			
1 Delmage, A.	47	OREG	1:19.11
100 Yard IM			
1 Delmage, A.	47	OREG	1:07.23
2 Moe, P.	46	OREG	1:19.32
3 Andrade, J.	48	UNAT	1:30.67
200 Yard IM			
1 Delmage, A.	47	OREG	2:41.55
2 Snider, P.	48	OREG	2:52.86
<b>Women 50-54</b>			
50 Yard Free			
1 Andrus-Hughes, K.	52	OREG	26.84
2 Buck, D.	50	OREG	28.54
3 Vincent, N.	50	SWMS	30.10
4 Lamoureux, L.	50	OREG	30.91
5 Anderson, V.	53	OREG	31.60
6 Bender, S.	50	SWMS	34.75
100 Yard Free			
1 Buck, D.	50	OREG	1:04.03
2 Bender, S.	50	SWMS	1:21.66
200 Yard Free			
1 Bender, S.	50	SWMS	2:56.21
500 Yard Free			
1 Andrus-Hughes, K.	52	OREG	6:11.18
2 Bender, S.	50	SWMS	7:54.63
1000 Yard Free			
1 Buck, D.	50	OREG	13:50.50
2 Bender, S.	50	SWMS	16:32.03
50 Yard Back			
1 Larson, L.	54	FLAQ	37.61
100 Yard Back			
1 Andrus-Hughes, K.	52	OREG	1:08.49
2 Larson, L.	54	FLAQ	1:20.51
200 Yard Back			
1 Larson, L.	54	FLAQ	2:51.31
50 Yard Breast			
1 Buck, D.	50	OREG	36.77
2 Vincent, N.	50	SWMS	39.11
3 Lamoureux, L.	50	OREG	40.23
4 Anderson, V.	53	OREG	44.76
100 Yard Breast			
1 Buck, D.	50	OREG	1:20.79
2 Vincent, N.	50	SWMS	1:23.69
3 Lamoureux, L.	50	OREG	1:30.72
4 Anderson, V.	53	OREG	1:40.13
200 Yard Breast			
1 Vincent, N.	50	SWMS	3:01.78
100 Yard IM			
1 Vincent, N.	50	SWMS	1:20.33





1 Butcher, G. 46 OREG 59.89  
 100 Yard IM  
 1 Butcher, G. 46 OREG 1:03.77  
 200 Yard IM  
 1 Anderson, J. 48 SWMS 2:34.40  
 400 Yard IM  
 1 Hathaway, D. 49 OREG 4:51.41

**Men 50-54**

50 Yard Free  
 1 Roberts, S. 51 OREG 28.71  
 2 Mayhew, D. 52 OREG 28.80  
 3 Needham, J. 53 UNAT 28.83  
 4 Moon, R. 54 OREG 31.84  
 5 Gipe, D. 50 OREG 32.14  
 6 Helm, C. 53 OREG 33.67

100 Yard Free  
 1 Williams, T. 50 OREG 1:02.82  
 2 Roberts, S. 51 OREG 1:03.52  
 3 Mayhew, D. 52 OREG 1:06.15  
 4 Helm, C. 53 OREG 1:17.28  
 5 Hoard, G. 50 OREG 1:17.67

200 Yard Free  
 1 Needham, J. 53 UNAT 2:09.26  
 2 Williams, T. 50 OREG 2:16.31  
 3 Hoard, G. 50 OREG 2:53.80  
 4 Helm, C. 53 OREG 3:01.20

500 Yard Free  
 1 Williams, T. 50 OREG 6:25.72  
 2 Neubert, M. 52 OREG 7:10.55  
 3 Hoard, G. 50 OREG 8:18.04

1000 Yard Free  
 1 Ambrose, D. 54 OREG 13:12.53  
 2 Williams, T. 50 OREG 13:23.06  
 3 Roberts, S. 51 OREG 13:50.84  
 4 Neubert, M. 52 OREG 14:44.62  
 5 Mayhew, D. 52 OREG 15:03.20

50 Yard Back  
 1 Neubert, M. 52 OREG 40.44  
 2 Mayhew, D. 52 OREG 40.63

200 Yard Back  
 1 Moon, R. 54 OREG 3:13.46  
 50 Yard Breast  
 1 Dowd, M. 51 OREG 33.05  
 2 Gipe, D. 50 OREG 40.35  
 3 Helm, C. 53 OREG 52.27

100 Yard Breast  
 1 Dowd, M. 51 OREG 1:12.08  
 2 Neubert, M. 52 OREG 1:27.21  
 3 Gipe, D. 50 OREG 1:28.05  
 4 Moon, R. 54 OREG 1:33.61

200 Yard Breast  
 1 Dowd, M. 51 OREG 2:36.36  
 50 Yard Fly  
 1 Ambrose, D. 54 OREG 28.65  
 2 Moon, R. 54 OREG 41.27

100 Yard Fly  
 1 Ambrose, D. 54 OREG 1:05.08  
 200 Yard Fly  
 1 Ambrose, D. 54 OREG 2:45.24  
 2 Dowd, M. 51 OREG 2:53.96

100 Yard IM  
 1 Moon, R. 54 OREG 1:25.25  
 2 Gipe, D. 50 OREG 1:25.35  
 200 Yard IM  
 1 Dowd, M. 51 OREG 2:38.25  
 2 Neubert, M. 52 OREG 3:01.73

**Men 55-59**

50 Yard Free  
 1 Brockbank, D. 56 OREG 26.00  
 2 Degiulio, J. 57 OREG 26.43  
 3 Yensen, K. 56 OREG 28.08  
 4 Larson, A. 56 OREG 28.78  
 5 Morgan, E. 56 OREG 28.88  
 6 Storer, A. 58 OREG 29.89

7 Ivie, M. 57 OREG 34.20  
 8 Henning, A. 55 OREG 39.43  
 100 Yard Free  
 1 Brockbank, D. 56 OREG 57.20  
 2 Degiulio, J. 57 OREG 59.06  
 3 Larson, A. 56 OREG 1:02.36  
 4 Henning, A. 55 OREG 1:32.20

200 Yard Free  
 1 Kevan, S. 55 OREG 1:57.74 O  
 2 Yensen, K. 56 OREG 2:17.24  
 3 Larson, A. 56 OREG 2:18.89  
 4 Dunlap, D. 58 OREG 2:27.11  
 5 Morgan, E. 56 OREG 2:31.32  
 6 Henning, A. 55 OREG 3:29.64

500 Yard Free  
 1 Edwards, W. 56 SWMS 6:04.87  
 2 Yensen, K. 56 OREG 6:21.40  
 3 Dunlap, D. 58 OREG 6:51.43  
 1000 Yard Free  
 1 Larson, A. 56 OREG 13:25.62

50 Yard Back  
 1 Brockbank, D. 56 OREG 30.11  
 100 Yard Back  
 1 Edwards, W. 56 SWMS 1:01.17  
 2 Amperse, D. 55 OREG 1:23.78

200 Yard Back  
 1 Edwards, W. 56 SWMS 2:12.12  
 2 Storer, A. 58 OREG 3:40.03  
 50 Yard Breast  
 1 Degiulio, J. 57 OREG 33.83

100 Yard Breast  
 1 Degiulio, J. 57 OREG 1:13.30  
 2 Amperse, D. 55 OREG 1:21.40  
 3 Morgan, E. 56 OREG 1:27.61  
 4 Ivie, M. 57 OREG 1:36.97  
 5 Storer, A. 58 OREG 1:45.05

200 Yard Breast  
 1 Morgan, E. 56 OREG 3:22.64  
 2 Storer, A. 58 OREG 3:52.56  
 50 Yard Fly  
 1 Brockbank, D. 56 OREG 29.17  
 2 Yensen, K. 56 OREG 31.08  
 3 Ivie, M. 57 OREG 42.35

100 Yard Fly  
 1 Amperse, D. 55 OREG 1:14.91  
 200 Yard Fly  
 1 Yensen, K. 56 OREG 2:48.96  
 100 Yard IM  
 1 Amperse, D. 55 OREG 1:12.68  
 2 Morgan, E. 56 OREG 1:25.41  
 3 Ivie, M. 57 OREG 1:31.48  
 4 Storer, A. 58 OREG 1:34.10

200 Yard IM  
 1 Kevan, S. 55 OREG 2:13.86 O  
 2 Degiulio, J. 57 OREG 2:41.30  
 400 Yard IM  
 1 Kevan, S. 55 OREG 4:55.88 O  
 2 Amperse, D. 55 OREG 6:04.64

**Men 60-64**  
 50 Yard Free  
 1 Dasch, V. 60 OREG 26.32  
 2 Stout, J. 63 OREG 26.84  
 100 Yard Free  
 1 Dasch, V. 60 OREG 58.46  
 2 Ellis, J. 63 SWMS 1:14.72

200 Yard Free  
 1 Dasch, V. 60 OREG 2:11.41  
 500 Yard Free  
 1 Dasch, V. 60 OREG 6:25.28  
 2 Ellis, J. 63 SWMS 7:15.90  
 3 Smith, W. 64 OREG 8:02.91

1000 Yard Free  
 1 Ellis, J. 63 SWMS 14:57.40  
 50 Yard Back

1 Stout, J. 63 OREG 34.13  
 100 Yard Back  
 1 Smith, W. 64 OREG 1:58.30  
 100 Yard Breast  
 1 Stout, J. 63 OREG 1:21.69  
 2 Smith, W. 64 OREG 1:38.43  
 100 Yard Fly  
 1 Smith, W. 64 OREG 1:48.03

100 Yard IM  
 1 Stout, J. 63 OREG 1:11.57  
 2 Smith, W. 64 OREG 1:39.29

**Men 65-69**

50 Yard Free  
 1 Schaefer, D. 65 OREG 31.06  
 2 Langsdorf, M. 68 SWMS 38.70  
 100 Yard Free  
 1 Schaefer, D. 65 OREG 1:16.01  
 50 Yard Breast  
 1 Langsdorf, M. 68 SWMS 46.62

100 Yard Breast  
 1 Keudell, D. 69 OREG 1:33.12  
 2 Langsdorf, M. 68 SWMS 1:45.79  
 200 Yard Breast  
 1 Keudell, D. 69 OREG 3:27.60  
 100 Yard IM  
 1 Langsdorf, M. 68 SWMS 1:48.12

**Men 70-74**  
 50 Yard Free  
 1 Thayer, G. 73 OREG 30.45  
 2 Dielman, G. 70 OREG 34.67  
 100 Yard Free  
 1 Dielman, G. 70 OREG 1:18.35  
 200 Yard Free  
 1 Dielman, G. 70 OREG 2:53.98  
 500 Yard Free  
 1 Dielman, G. 70 OREG 8:02.58

50 Yard Back  
 1 Thayer, G. 73 OREG 37.35  
 100 Yard Back  
 1 Thayer, G. 73 OREG 1:22.95

**Men 75-79**  
 50 Yard Free  
 1 Radcliff, D. 75 OREG 28.49  
 2 Marks, M. 79 OREG 33.31  
 200 Yard Free  
 1 Radcliff, D. 75 OREG 2:17.08  
 1000 Yard Free  
 1 Radcliff, D. 75 OREG 13:01.26

50 Yard Breast  
 1 Marks, M. 79 OREG 41.69  
 100 Yard Breast  
 1 Marks, M. 79 OREG 1:34.68  
 200 Yard Breast  
 1 Marks, M. 79 OREG 3:36.78

**Men 85-89**  
 50 Yard Free  
 1 Lamb, W. 87 OREG 34.13 Z  
 2 Fixott, R. 88 OREG 1:02.21  
 100 Yard Free  
 1 Fixott, R. 88 OREG 2:18.79  
 500 Yard Free  
 1 Lamb, W. 87 OREG 8:01.16 N

1000 Yard Free  
 1 Lamb, W. 87 OREG 16:30.97 N  
 50 Yard Back  
 1 Fixott, R. 88 OREG 1:06.01  
 100 Yard Back  
 1 Lamb, W. 87 OREG 1:43.71

50 Yard Breast  
 1 Fixott, R. 88 OREG 1:14.88  
 100 Yard Breast  
 1 Fixott, R. 88 OREG 2:52.15

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75+, 85+, etc., but I don't think there have been any 95+ relay teams yet. If the youngest person on a relay is 44, the team would be in the 35+ age group.

In 25 and 50 meter pools, the age groups are determined by adding up the four ages. The groups are 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399, etc. If you have four people who are all 50 years old, they would be in the 200-239 age group. Since most other countries don't have pools in yards, the yard records only go up to the National level. Only the Long Course Meters (LCM) and Short Course Meters (SCM) relays can have World records. Both yard and meter relays have National, Zone and Oregon records.

If you don't care about records, simply get three other swimmers (according to the gender restrictions) and swim a relay together! Besides swimming the Medley relay in the correct order, there is just one other detail. A swimmer must finish their race (touch the wall) before the next swimmer starts (toes leave the blocks), or the entire team is disqualified. Some swimmers can cut it pretty close, starting their dive while the previous swimmer is still arriving, but as long as they are touching the block when the other swimmer finishes, it's legal.

That covers the basics of relays. For those swimmers who have been in relays before, there is often an element of psychology added to the mix. For example, teams usually put their fastest swimmer last on the Free relays. If you saw the American come-from-behind victory in the Mens 400 Free Relay at the last Olympics, it can be demoralizing to the other teams. They can also "psych out" the other team by "front stacking," or putting their fastest swimmers first and hoping they can hold on after they left the other teams behind early on.

A more difficult problem comes when deciding who will swim the different strokes in a Medley relay. For any four swimmers, there are 24 different combinations of relays! It can be hard to decide who should swim which stroke among four fairly even swimmers. The worst part is when one of the swimmers can't make it and you need a replacement, which may mean changing the order! Coaches who try to form many relay teams, and later have to reorganize all of them, can get noticeably irritated because of the many decisions involved. They probably wish there were a tool to help them create relay teams.

Since I am a computer programmer, I

decided to write a program to find relays. It takes a surprising amount of information, including the name, gender, age, team, and swim times for each swimmer, along with the kinds of relays, including the course, distances, age groups and genders for Oregon, Zone, National and World records. Fortunately, all of this information is provided at swimming web sites like [www.usms.org](http://www.usms.org) and [www.swimoregon.org](http://www.swimoregon.org). Even with all the information at hand, it may take a computer an entire week to find all the millions of possible relay teams from all the Masters swimmers in Oregon for just the 200 Medley Relay!

Since most meets only have a few dozen swimmers, it's pretty easy to find the best relays for each event at a meet. That doesn't mean that all the swimmers will swim in the relays, and sometimes it's back to on-the-deck recruiting for a relay if someone doesn't show up. Overall, though, the program has been very successful so far. It found most of the relay teams that broke World, National, Zone and Oregon records this past year. Oregon has a wealth of great swimmers, and there are still a number of records yet to be broken this coming year. So if I come looking for you, it probably means that I have found a nice relay with you in it that can beat a PNA record by a good margin!

On the other hand, don't just wait for someone to ask you to join a relay. Go and create one just for fun! It is incredibly rewarding, a true bonding experience, to be gasping for air on a lane line with your team mates, giving high-fives, after winning a relay event or breaking a record. It is an experience that you will remember at later meets when you see them again, and you will probably want to swim more relays. It's also a great excuse to meet that swimmer you've seen at other meets and swim together with them!

## Relays

### Men 35-44 200 Yard Free Relay

1 OREG	2:05.30
1) Dunlap, Douglas	2) Gipe, Dan
3) Ivie, Michael	4) Platman, Steve

### Mixed 18-24 200 Yard Medley Relay

1 OREG	2:27.12
1) Moe, Paula	2) Moon, Robert
3) Daugherty, Gretchen	4) Storer, Andrew

### Mixed 25-34 400 Yard Medley Relay

1 OREG	4:16.04
1) Kirkwood, Erin	2) Washburne, Brent
3) Delmage, Arlene	4) Wan, Eric

### Mixed 35-44 400 Yard Free Relay

1 OREG	3:40.88	Z
1) Washburne, Brent	2) Delmage, Arlene	
3) Lassen, Megan	4) Wan, Eric	

### Mixed 45-54 200 Yard Free Relay

1 SWMS	2:34.04
1) Bender, Sherry	2) Langsdorf, Michael
3) Ellis, Esther	4) Ellis, John



# ATLANTA BY STORM!

Fifth in a series  
by Jeanna Summers

## The Buck Does Not Stop Here

As many of you know, this series of articles has a purpose: persuading you to be a part of taking Atlanta by Storm, i.e. bringing a big, strong contingent of Oregon swimmers to Short Course Nationals in Atlanta, GA, May 20 - 23. As was explained in the last issue, we could contend, and possibly win, depending on our showing.

This article focuses on the financial end of the effort.

There may be some of you who want to go to Atlanta but are financially squeezed right now and could use assistance. And there are others of you that are in a position to help. If you are able, please consider helping a teammate. This could be in the form of money, an airplane ticket from frequent flyer miles, hotel nights, or restaurant gift cards. Your almost-obsolete tech suit might even be welcome! This would be an excellent way to support your team.

There are two ways to donate:

### 1. The Personal Donation:

Donate directly to someone known to you. To identify someone, you can listen to the chatter around the pool, or ask your coach or a teammate for leads.

If you don't know of someone personally, please contact me, Jeanna, and tell me that you're able to contribute. I will match you with a recipient and, if the two of you don't mind being identified to each other, you'll just pass your donation directly to them.

### 2. The Anonymous Donation:

If you'd rather remain anonymous, contact me and tell me that you'd like to make

a donation and you'd rather remain anonymous. I will explain the safeguards that are in place to assure you that your donation goes to the Atlanta effort, and tell you how to make the donation. ANY amount is welcome, from \$5, to a full scholarship.

If you're on the other end and need some help to go to Atlanta, please contact me. I will ask you what you need in order to make the trip. I will not be verifying your means or asking you anything else. Initially, your request will be completely confidential. If you agree to be identified to a donor, I will pair you with a donor who will make their donation directly to you. (This is the only way that some donations can be handled, such as frequent flyer miles.) If someone personally offers to help you, accept if you can. If you don't need help or have decided not to go, thank them for their offer and direct them back to me. Someone else can use it!

A few years ago my daughter's basketball team was raising money to go to their nationals. Those cute little 9 and 10 year old faces could sprout donations from a concrete wall. We Masters' swimmers don't quite have that appeal any more. Instead we are looking to the diversity of circumstances within our own ranks. The process described above is a simple way to funnel assistance and further the Atlanta effort.

No, the buck does not stop here. The bucks flow, from one, to another, to another. Be a part of the circle. Let someone have the honor of being a giver or a receiver. Jeanna Summers, jeannabike@aol.com; 503-313-8389

# GO OREGON! — ATLANTA BY STORM!

## SWIMMER SPOTLIGHT

compiled by Karen Andrus-Hughes

**Willard "Wink" J. Lamb, 87**

**Occupation:** Retired from Linnton Plywood in 2002 (after 51 years)

**Local Team:** OREGON, Swims at Lakeshore Athletic Club, Vancouver, WA.

Wink got back into swimming in 2005 after decades away from the pool with the goal of getting a little exercise. He quickly found that he could still swim. After a few month of lap swimming, he called the YMCA in Longview to see if they had a phone number for Andrew Holden, 90 (another OMS standout who is spotlighted in this issue), who was a former teammate and coach from his high school and college swimming days in the 1930s. "I found out he was still hanging in there! said Wink, so I went to visit him and he gave me a copy of the Aqua Master. Wally (Wink calls Andrew "Wally" so that's how he'll be referred to in this article) got me entered in my first master's swim meet - the Tualatin-Hills Pentathlon on March 11, 2006." The January meet in Newberg was Wink's 28<sup>th</sup> Masters meet.

Soon after joining OMS and entering swim meets, Wink started setting national and world records in his age group, and currently owns 17 National and/or World Records in freestyle and backstroke events. To fully appreciate Wink's journey back to the pool and competition, we need to look back about 75 years to when Wink and Wally were in high school together. Wink met Wally at R.A. Long High School in Longview where Wally was a senior when Wink was a freshman. When asked about a favorite swim memory, Wink says "I blame Wally for this one!" In Wink's last year of high school, he won the 220 yard free at the state championship in record time (2:23.4\*). To his surprise Wally was there at the end of the race pulling him from the pool - knowing that in a few minutes he had a 100 free to swim. "He gave me a good rub down to make me feel the best possible for the next race and I got 3<sup>rd</sup> place. I didn't even know that he was at the meet, because he was in his 4<sup>th</sup> year at the University of Washington at the time." Wink added that Masters swimming has provided many more favorite memories, relays especially, but another notable memory was when Bert Peterson paced him in an 800

free LCM, where he broke his old World Record by 45.93 seconds at the Tualatin-Hills pool in April, 2008. Bert finished less than one second ahead.

After high school, Wink followed Wally to the University of Washington, but after the bombing of Pearl Harbor he returned home to Longview to build wood dry docks for the government (60 hours per week for \$1.20/hour), and then in the beginning of 1943 he was drafted into the Army and was part of the first Airborne Division formed. He eventually was chosen for the exclusive 511<sup>th</sup> Parachute Infantry Regiment. He made all 15 jumps his company made, one into combat 60 miles south of Manila in the Philippines. In 1946 he came back from the war and married his high school sweetheart, Jean. Wink and Jean were married 63 years until her death on March 1<sup>st</sup>, 2009.

Wink trains in a 32 yard pool (56 laps equals one mile). He swims on his own, but receives coaching at most masters meets from Wally. His workout each weekday is: 14 laps free, 30-seconds break; 16 laps free, 30 seconds break; 14 laps free, 30-seconds break; 14 laps free, 30 seconds break, 16 laps more makes 60 laps. On Fridays he swims 60 laps without a break, followed by 6 laps backstroke (similar to a 200 backstroke, which he may enter in a meet soon) and then finishes with 2 laps sprint free; 30-second break, another 2 laps sprint free/30-second break, and then a two lap cool down. This makes a 72 lap workout and takes Wink about 50 minutes. He has kept this workout routine for about five years.

"I feel the exercise has been a real benefit to my health. I dropped 20 lbs, which was a surprise!" says Wink. Reuniting with Wally after all these years was also a bonus.



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"Wally was four years ahead of me and my first coach in 1937," explains Wink. "He was my star - a great swimmer at R.A. Long High school and four years at University of Washington too! Masters swimming has been an unbelievable experience and such an accident for me. Plus, I've had somewhat respectable times for my age group," he adds.

When Wink isn't swimming or working with one of his two sons to build a cabin near Mt Hood, or maintaining the home he built in

1962 in Vancouver, you might find him on the ski slopes. He has a trip planned for mid-March at one of his favorite spots - Heavenly Valley near Lake Tahoe. He is also planning to join the Oregon team in their quest to "Take Atlanta By Storm" at Nationals in May.

\*Wink notes that this high school record still stands, because after World War II the championship courses changed from 220 yard races to 200 yard races.

### Andrew Holden, 90

**Local Team: OREGON, trains at the YMCA Longview pool**

Andrew's first swim meet was a high school meet at the Longview, YMCA, 1933. He hadn't taken swim lessons prior to his freshman year, but lived on Puget Island during some of his childhood, so learned to swim on his own. He attended and swam for R.A. Long High school in Longview, WA, and the University of Washington, and served time with the U.S. Navy during World War II. Andrew is currently a "Read Program" volunteer for the Longview Library, and does English-Spanish tutoring.

He started Masters swimming in 1978 in San Diego, and after a few years broke his first national records in the SCY and LCM 100 fly. There were many records after this for Andrew in just about every stroke, but breaststroke. He has dominated his age group in butterfly throughout his Master's swimming career, and when asked if he was always good at butterfly, he replies, "Butterfly didn't exist when I started swimming!" Before that time, Andrew explains that breaststroke was a combination of today's butterfly and breaststroke, and arms could recover either over or under the water with a breaststroke kick. The butterfly stroke, that we know today, was made an official stroke sometime in the 1950s.

Andrew has achieved All American times (fastest time in your age group in an event) many, many times over during more than three decades he has competed in Masters swimming. In 2004, at the age of 85, he earned the distinguished USMS Pool All-Star Award for the most #1 times in his age group (combination of SCY, SCM & LCM). He had the



fastest time in 17 events from the 50 free to the 400 IM. He currently owns eight National and/or World records - and has retained the National Record in the M80-84 SCY 100 fly since 1999. Last year was a light racing year due to chronic leg cramping, but he still posted the fastest LCM 50 fly in the M90-94 age group. One of his fondest Masters swim memories was in USMS Nationals at Mission Viejo in 1979, where he was a member of two winning relays.

For 32 years, until last year, Andrew swam six days a week, but now is mainly using the bike at the Longview YMCA as his chief form for exercise. The cramps that attack his legs during continuous swimming movements aren't so debilitating on the bike. And though we will miss seeing him race, he will frequently be at OMS meets coaching Wink Lamb, same as he did back in the 1930s. "If I make it to 95," Andrew says with a smile and chuckle, "I just might make a comeback!"

**Elfie Joanne Stevenin, 88**

**Occupation: Ballet Teacher (retired)**

**Local team: Tualatin Barracudas**

Looking at Elfie's Masters swimming history, it is clear she relishes the challenge of long races - and has regularly swum grueling ones like the 400 IM and 200 fly that would make many of us weak in the knees to even contemplate. And though she feels it gives her a better opportunity to make the USMS top ten list each year, it does not make the repeated feats any less inspirational. "I love the challenges of long races, she says, but at age 88, one slows down a little bit." She is thinking that 2010 will be a different racing year for her and that she will focus on 50s and the 100 IM.

Elfie learned to swim in high school in Germany (Red Cross style), and came to the United States in 1948. She joined OMS in 1974, when her daughter Susan was an age group swimmer for the Tualatin Hills Barracudas, and encouraged her mom to join the Masters program there. Her first meet was at the University of Oregon under Meet Director Don van Rossen. "In those days, age groups were still in 10 year increments," she says. Throughout most of her masters swim career she has swum about one mile, four times a week, but now swims a bit less because she does not have a car and must walk to the Courthouse Athletic Club in Salem to get in her swims.

An especially fond memory for Elfie was in 2006 when she earned All American status (earned when a swimmer has the nation's #1 time in an event, in their age group) in five events in the W85-89 age group - SCY 100 fly and 200 IM and LCM 100 & 200 fly and 400 IM. "I have stopped counting the awards I have," she says. "It's a whole wall full as well as several scrapbooks full of awards and clippings! My first USMS Nationals in Spokane, Washington, in 1977 made the biggest impression on me, and I have entered several Nationals since then," she explains. She loves swim meets, meeting other Master swimmers and sharing in the camaraderie.

Swimming was not always Elfie's main physical activity. She was a certified member of the Royal Academy of Dance in London, England, and had her own ballet school in Salem, and also taught Aerobic Jazz at the Salem YWCA for 22 years. Unfortunately she was forced to give up dancing after surgeries on both feet in 1998. Up until that time it was a common sight to see Elfie dancing to music played over the loudspeaker on the pool deck during swim meet breaks.

Elfie was also very involved in age group swimming. She was a Red Cross Swim Instructor, and coached the YWCA swim team. In 1983 she was

appointed Columbia Basin Swim League Director for the Oregon Age Group Association, a post she held for 20 years. She is a member of the First Presbyterian Church choir, and also

volunteers three times a week in the church office.



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## Congratulations to Charlie Helm

At a meeting of the Governor's Council on Physical Fitness and Sports (OGCPFS) on January 9, Charlie was elected Chair of the Council for 2010. (See the December, 2009, issue of *Aqua Master*, "Off the Block," to read Charlie's article about the Governor's Council on which he serves).

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See page 17 for comments on these pictures.





## Emergency Rule Change

Message from USMS

Due to the change in Masters swimwear rules published by FINA January 16, 2010, and pursuant to Article 601.4.8, the USMS Rules Committee and the USMS Executive Committee have approved the following emergency changes to the USMS swimwear rules. These changes are effective immediately for short course meters and long course meters competition. The changes are effective June 1, 2010, for short course yards competition. Note that the new swimwear rules no longer allow modesty/privacy wear underneath the competition suit nor zippers or fasteners of any kind except for a waist tie on a brief or jammer. The new swimwear rules will not govern the One Hour Swim being conducted January, 2010.

Changes to the swimwear rules are underlined below.

### 102.14 SWIMWEAR

**102.14.1 Design** The swimsuits worn for competition shall be nontransparent and conform to the current concept of the appropriate. The referee shall have authority to bar offenders from competition until they comply with this rule.

**102.14.2** Swimwear shall include only a swimsuit, cap and goggles (a nose clip and ear plugs are allowed). Arm bands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.

**102.14.3** In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. Except for open water competitions, for men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knees.

**102.14.4** Only swimsuits complying with FINA swimsuit specifications may be worn in any U.S. Masters Swimming sanctioned or recognized competition.

**102.14.5** Exemptions to the foregoing restrictions may be granted to a swimmer, on a case by case basis, by the Chair of the Rules Committee or designee. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs or verified medical conditions.

## Open Water Swimsuit Rules

Message from USMS

The January swimsuit ruling made by U.S. Masters Swimming applies to all USMS sanctioned and recognized pool events (including meets and postal events). However, **it does not apply to open water events.**

The USMS Open Water swimsuit rules have not changed from 2009 and are not impacted by FINA's recent decisions. ***Swimwear that was approved for pool use in 2009 is still legal for USMS sanctioned open water events in 2010.***

The following rules apply to open water competition:

### 303.6 Swimwear

**303.6.1** Swimwear shall be the same as defined in articles 102.14.1 and 102.14.7. Goggles, ear plugs, watches, and grease shall be allowed. The suit shall be made of a porous material.

**102.14.1 Design**-The swimsuits worn for competition shall be nontransparent and conform

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**A** Procedures for applying for an exemption will be established by the Rules Committee and posted on the U.S. Masters Swimming website.

**B** No exemption to these restrictions will be granted for a swimsuit that will give the swimmer a competitive advantage.

**C** The decision of the Rules Chair may be appealed only to the entire Rules Committee whose decision shall be final and binding on all parties.

**102.14.6** Swimmers are not permitted to wear or use any device or substance or swimsuit to help their speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Any kind of tape on the body is not permitted unless approved by the Referee.

**102.14.7 Advertising** Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule.



Continued from page 14

to the current concept of the appropriate. The referee shall have authority to bar offenders from competition until they comply with this rule.

**102.14.7** Advertising-Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule.

**303.6.2** Swim cap(s), including those made of neoprene, may be permitted. Swim caps shall be defined as head gear conforming to a traditional swim cap design and shall not extend to protect the neck or shoulders.

**303.6.3** Wetsuits may be allowed at the discretion of the event director when the water temperature does not exceed 78°F. If awards are given to wetsuit competitors, they shall be awarded separately from those for non-wetsuit competitors. Any published results or records must clearly indicate which swimmers wore wetsuits.

**303.6.4** Devices used to maintain body heat are illegal, except for those listed in articles 303.6.1, 303.6.2 and 303.6.3.

**303.6.5** Flotation or propulsive devices are not permitted, apart from those listed in articles 303.6.2 and 303.6.3, except in designated events where all swimmers are using similar devices.

**303.6.6** A wrist watch may be worn in open water competition.

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## How to Maximize Swimsuit Durability

by the Professionals at Kiefer

Even if you are one of the lucky ones to be free from pressures from the tough economy, making the most of your swimsuit purchases should be a priority! Whether you favor polyester or Lycra, eventually your swimsuit will discolor, fade, stretch, tear, or if you're lucky enough to have it for a really long time, dry rot. With a little extra care, it is possible to get weeks or even months of extra use out of your non-technical swimsuit. Follow these simple guidelines for long-lasting swimsuits.

### Fit

When purchasing a swimsuit, be sure the fit is snug and comfortable on the body. Seams should not pop, fabric should not rip, and bottoms and tops shouldn't be sagging or baggy.

### Inspection

Before trying your swimsuit in the pool, give it a good examination. While suit packaging doesn't need to be in perfect condition (sometimes suit boxes and tags get damaged in shipping), check the suit for fabric flaws, improperly sewn seams or straps, missing drawstrings, and other oddities. If the suit is not in good condition upon purchase, it should be exchanged.

### Pre-rinse

If you're sure that you like the suit and are going to keep it, a good pre-rinse in a "suit saving" solution is the ideal way to introduce your suit to

water. Products such as Penguin Sport-Wash help prepare your suit for harsh pool chemicals and salt water.

### Rinse

At the very least, rinse your suit in the shower after your swim. For a better cleanse, hand washing your suit in a combination of cold fresh water and products such as Suit Solutions or Suit Saver will help neutralize and remove residual chlorine and its odor. After rinsing, always hang your suit where it can air dry, away from heat and direct sunlight. Machine washing your swimsuit with bleach or detergent and drying it in a suit drier, home drier, or by wring drying is not recommended — this can lead to unnecessary stretching and deterioration. Naturally, ironing your suit is not recommended.

### Storage

Finally, proper suit storage should always be practiced. A wet swimsuit should never be thrown into a swim bag and forgotten until the next practice, nor should it be wrapped in a towel to rot. Consider a mesh gear bag to allow for ventilation of damp gear until it can be hung to dry, or clip it securely to the outside of your swim bag.

Now that you have all the tips to keeping your suit brighter, cleaner, and lasting longer, go for a swim and give your suit a rinse!

## Swim Bits

by Ralph Mohr

### The Tipping Point

I went out too fast in the Hour Swim this year, and I had to stop, use an inhaler and then continue slower to the end. Afterwards I went over my splits and noticed something interesting.

The difference between my early 200 splits and my later ones was about 2 seconds. Somewhere in between I had crossed a spot where it was far more comfortable to swim. In the parlance of the times, I'll call that a "tipping point."

Since January I've played with this idea in workouts, especially in longer swims. I've found I can do reasonable 400s if I make the last 200 close to that Hour Swim pace and not worry too much about the first 200.



Some will say, "That's negative swimming." Of course, but the idea is make the pace close to what your fastest is over a long distance. In other words, a very good VO2 workout based upon the Hour Swim splits.

Your hour swim pace can be used, too, in one of Bob Bruce's favorite workouts - a half-hour of 100s with 10 or more seconds rest. I say don't worry about what your rest is at the start. Instead do the 100s at your Hour Swim pace and figure out what rest you need to hold that time.

You always can do the 100s faster than the Hour Swim pace, and I suspect most swimmers do. I'm curious if you can do a half hour of 200s at that Hour Swim pace with minimum rest. 400s? I'm working on it.

## Oregon Masters Swimming and Club Assistant Online Meet Registration

by Tim Waud, OMS Vice-Chairperson

The OMS Board of Directors has decided to go online with meet registration using Club Assistant Online Club and Team Management Software. We will still be using our current United States Postal Service (USPS) meet entry forms provided in the Aqua Master Newsletter in conjunction with Club Assistant online meet entries.

Unfortunately, we had a problem with the Chehalem Short Course Yard Meet entry form deadline. ***The entry deadline for all OMS meets will be two (2) weeks prior to the competition date on both the USPS and the Club Assistant online entry system.*** I apologize for the wrong date being published for the Chehalem online meet entry.

The Canby Animal Meet deadline is January 30, 2010 for both Club Assistant and the Aqua Master Newsletter entries. The online URL link is provided on the OMS website at [www.swimoregon.org](http://www.swimoregon.org) as well as the USPS entry form.

All USMS/OMS members pass through a quick and easy USMS ID number validation within the Club Assistant online meet registration, no more photocopies of your registration card. Personal entry times are confirmed with a quick link to the USMS website. Swimmers can pay for their meet entry fee, T-shirts and more, using a credit/debit card that is authorized on the spot. No more writing personal checks. *This is a secure website so your credit/debit card information is safe.* Upon completion of your online entry you will receive an automated confirmation and receipt via your email address. Credit/debit card statements will be charged by "Club Assistant.com Event Billing."

OMS is excited about this new service to our membership. This service will save time, money and stress to our membership, create less paper trails and less administrative work for our date entry manager.

## Swimming in Antarctica

Thanks to Peter Metzger, Carl Davis, Gary Oliver and Dave Radcliff for information

**Peter Metzger writes from Antarctica:**

I know all of you are dying to hear about the swimming in the 7th Continent. I've been looking for pools ever since I arrived [a few] weeks ago and to this point I hadn't found any — and then it hit me! The whole time I had been looking with my eyes closed, it's been here the whole time right under my feet. So with my eyes wide open I went for the plunge, I just dove right in ... I do have to admit it was just a short swim and I really didn't go very far; ahhhh but it was exhilarating.

The Antarctica Swim Team,  
Capt. Peter



Some friends respond: "Peter, you truly are the pioneer of our brave little group of Garage Masters.. —Carl Davis

[The Garage Masters are a small Portland-based team. They do not really have a pool or coach.]

[Your swim] puts a whole new perspective on "Crawlstroke"! ("Metzgers Antarctic Crawl")  
—Gary Oliver — COMA Swimmer: — Residing in Lincoln City; a.k.a. The Riptide!

These pictures are of Pete Metzger, (Proud Oregon Master

Swimmer from Portland) who is presently down at the South Pole. It appears that Pete and some friends are doing some Industrial Painting in the Antarctic. In Pete's words "...as I like to say, 'Painting, it's not just a job, it's an adventure from Alaska to Antarctica' and that's just this year, next year we move down the alphabet." (See page 13 for more pictures.)



## Let's Not Forget Our Heritage

by Dave Radcliff

The Aqua Master will be occasionally including pictures of swimmers from the earlier days of OMS. These swimmers helped to establish the outstanding reputation of OMS in USMS.

Pictured here are Gil Young and Andrew Holden at the 1999 USMS Championship in Santa Clara. Both won numerous National Championships and were always in the Top Ten. Gil passed on several years ago and the NW Zone LCM Championship is now named in his honor and is held each year at Gil's home pool, the Mt. Hood Community College 50 Meter pool. If you get a chance, try to swim in Lane 7. There is a plaque which dedicates that Lane to Gil.

"Wally" Holden is still active in OMS. Although he is not swimming in the meets this year, he is the Coach/Mentor for Willard Lamb and attends most of the meets to cheer on and guide his star pupil.

Many thanks to Gil and Andrew for their many years of swimming and friendship in the OMS Community.







## Tualatin Hills Pentathlon

**OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET**  
 Eligibility: Currently registered USMS swimmers, 18 years and older.  
 Sanctioned by Oregon LMSC for USMS, Inc. • Sanction #370-03

Place: Tualatin Hills Aquatic Center Pool  
 15707 SW Walker Rd.  
 Beaverton, Oregon  
 6-8 lanes competition-electronic timing  
 Separate continuous warm-up/down lanes

**Date: Saturday, March 20, 2010**

Warm-ups: 8AM  
 Meet Starts: 9AM

Meet director: Jenn Pidkowicz • Jenn.pidkowicz@gmail.com • 661-714-4178 (only if necessary please)  
 Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south.  
 Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

**All entrants must submit a photocopy of their current 2010 registration card or 2010 registration form and fee with this entry.**

**ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 5, 2010**

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

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

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
 2010 USMS # \_\_\_\_\_  
 USMS CLUB (OREG, SWMS, PNA, ETC) \_\_\_\_\_

Enter as many as five events. If you choose to not enter all 5 events in any distance category, you will not be scored as a pentathlon.

### Sprint

Mar 20, 2010

### Mid Distance

**50 FLY** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 BACK** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
  
**50 BREAST** (7) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FREE** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
  
**100 I.M.** (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FLY** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 BACK** (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
  
**100 BREAST** (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 FREE** (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
  
**200 I.M.** (14) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

### Distance

**200 FLY** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 BACK** (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 Break  
**200 BREAST** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FREE** (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 Break  
**400 I.M.** (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**RULES: A DISQUALIFICATION IN ONE OF THE FIVE PENTATHLON EVENTS WILL DISQUALIFY YOU FROM THE ENTIRE PENTATHLON EVENT AND YOUR COMBINED TIME WILL NOT BE RECORDED. HOWEVER, YOU WILL STILL BE ABLE TO SWIM THE OTHER INDIVIDUAL EVENTS AND YOUR TIMES FOR THOSE EVENTS WILL BE RECORDED.**

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

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

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

**OREGON MASTERS SWIMMING SHORT COURSE YARD ASSOCIATION CHAMPIONSHIPS**

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #370-03

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

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

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

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

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

OMS souvenir/participation award for all OMS entrants

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

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

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

**ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 23, 2010**

FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

2010 USMS # \_\_\_\_\_

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

USMS CLUB (OREG, SWMS PNA, ETC) \_\_\_\_\_

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

**Friday, April 9, 2010****400 IM** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**1650 FREE** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**Saturday, April 10, 2010****100 IM** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**100 BREAST** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**200 FREE** (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**50 FLY** (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

**FREE RELAYS (7-12)****100 BACK** (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**200 FLY** (14) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**50 FREE** (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

**MIXED MEDLEY RELAYS (16-17)****1000 FREE** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

**Sunday, April 11, 2010****500 FREE** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

Break- 20 minute warm-up, event 20 will not start before 10 am

**100 FLY** (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**200 BACK** (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**50 BREAST** (22) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

**MEDLEY RELAYS (23-26)****100 FREE** (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**200 BREAST** (28) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**50 BACK** (29) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_**200 IM** (30) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

**MIXED FREE RELAYS (31-33)**

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

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

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

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

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

AWARDS BANQUET \_\_\_\_\_

T-SHIRT \_\_\_\_\_

MEET ENTRY FEE **25.00**

TOTAL ENCLOSED \_\_\_\_\_

MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

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

# Oregon Association Championship

April 9-11, 2010

## OFFICIAL RULES AND GUIDELINES

### **DISTANCE EVENTS: CHECK-IN DEADLINES**

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

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

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

### **RELAYS: CHECK-IN DEADLINES**

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

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

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

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

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

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

AQDK (Aquaducks)	AST (All-Star Tri.)	BASS (Baker Area)	BCAC (NWBlueCrush)
COMA (Central Oregon)	CBAT (Circumnavig. Beaver)	CAT (Corvallis Aquatics)	CGM (Columbia Gorge)
EA (Emerald Aquatics)	KBM (Klamath Basin)	KAM (Salem Kroc Masters)	LSWM (LaCamas SW Wash)
MAC (Multnomah Athletic)	MJCC (Mittleman Jewish CC)	NCMS (North Clackamas)	OPEN (OrPool-LessElite Narw)
ORM (Oregon Reign)	PCCM (Portland Comm. Coll)	PEND (Pendleton Masters)	PSM (Portland State)
RVM (Rogue Valley)	SYD (Sherwood Y Dragons)	SOM (Southern Oregon)	SYM (Salem YMCA)

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

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

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

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

Hilton Garden Inn 2500 SW Western Blvd. (541)752-5000	Days Inn 1113 NW 9 <sup>th</sup> St. (541)754-7474	Holiday Inn Express 781 NE 2 <sup>nd</sup> St. (541)752-0800	Ramada Inn 1550 NW 9 <sup>th</sup> St. (541)753-9151
Motel 6 935 NW Garfield Ave. (541)758-9125	Travel Inn 1562 SW 3 <sup>rd</sup> St. (541)752-5917	Best Western Grand Manor Inn 925 NW Garfield Ave. (541)758-8571	
Corvallis Budget Inn 1480 SW 3 <sup>rd</sup> St. (541)752-8756	Econo Lodge 345 NW 2 <sup>nd</sup> St. (541)752-9601		



## Hood River Short Course Meters Meet

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

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

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

Hosted by: Columbia Gorge Masters &  
Hood River Valley Swim Team  
Hood River Aquatic Center  
1601 May Street  
Hood River, Oregon  
6-8 lanes competition-electronic timing  
Separate warm-up/down area

DATE: Sunday, May 16, 2010

**WARM-UPS: 8AM • MEET STARTS: 9AM**

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

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

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

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

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



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY



NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

2010 USMS # \_\_\_\_\_

USMS CLUB (OREG, SWMS, PNA, ETC) \_\_\_\_\_

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359 ETC. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC 31, 2010. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400 & 800 FREESTYLE & 400 IM WILL BE DECK SEEDDED. *CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM.* ALL EVENTS WILL BE SEEDDED SLOW TO FAST.

### Sunday, May 16, 2010

**400 FREE** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BACK** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BREAST** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FREE** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

### **MIXED MEDLEY RELAYS (5-6)**

**400 IM** (7) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BREAST** (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BACK** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FLY** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

### **FREE RELAYS (11-16)**

**200 IM** (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FLY** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BACK** (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

### **MIXED FREE RELAYS (21-23)**

**50 FLY** (24) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FREE** (25) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BREAST** (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 IM** (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

### **MEDLEY RELAYS (28-31)**

\*\*\*break\*\*\*

**800 FREE** (32) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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

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

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



# OREGON MASTERS SWIMMING UNITED STATES MASTERS SWIMMING YEAR 2010 REGISTRATION

☐ Renewal - 2009 USMS # \_\_\_\_\_ ☐ New Member

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

Address: \_\_\_\_\_

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

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: ☐ M ☐ F

E-mail Address: \_\_\_\_\_  
(Please print carefully)

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

<b>NOT REGISTERED FOR 2010</b> Albany YMCA Tiger Master Sharks ..... YTSM Fit Athletes Swimmers & Triathletes ..... FAST Killer Whales Swim Club ..... KWSC Seaside Masters ..... SM South Coast Aquatics Masters ..... SCAM Swimmers in Sweet Home ..... SWISH Tornadoes Master Team ..... TOR Vancouver Swim Club ..... VSC <b>REGISTERED FOR 2010</b> Allstar Triathlon ..... AST Aquaducks Masters ..... AQDK	Baker Area Seasoned Swimmers ..... BASS Central Oregon Masters Aquatics ..... COMA Circumnavigating Beavers Aquatic Team ..... CBAT Columbia Gorge Masters ..... CGM Corvallis Aquatic Team Masters ..... CAT Emerald Aquatics ..... EA Klamath Basin Masters ..... KBM LaCamas SW Wash. Masters ..... LSWM Mittleman Jewish Community Center ..... MJCC Multnomah Athletic Club ..... MAC North Clackamas Masters ..... NCMS Northwest Blue Crush Aquatic Club ..... BCAC	Oregon Pool-Less Elite Narwhals ..... OPEN Oregon Reign Masters ..... ORM Pendleton Masters ..... PEND Portland Community College Masters ..... PCCM Portland State Masters ..... PSM Rogue Valley Masters ..... RVM Salem Kroc Masters ..... KAM Salem YMCA Masters ..... SYM Sherwood YMCA Dragons ..... SYD Southern Oregon Masters ..... SOM Tualatin Hills Barracudas ..... THB
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**Registration: Valid November 1, 2009 to December 31, 2010. Make checks payable to OMS, Inc.**

**\$40.00 Single**

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

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

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

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

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

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

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

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

**This form is available on the OMS website: [www.swimoregon.org](http://www.swimoregon.org)**

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



## 2010 Local Team Registration

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

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

### Team Representative Information (must be an OMS member)

Rep. Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone # 1 \_\_\_\_\_ Phone # 2 \_\_\_\_\_  
Email \_\_\_\_\_

### Team Information

Approximate number of swimmers on team \_\_\_\_\_  
Practice Schedule \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Head Coach Information

Coach Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone # 1 \_\_\_\_\_ Phone # 2 \_\_\_\_\_  
Email \_\_\_\_\_

### Ass't Coach Information

Ass't Coach Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone # 1 \_\_\_\_\_ Phone # 2 \_\_\_\_\_  
Email \_\_\_\_\_

### Pool Information

Pool Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

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



# Aqua Master

March 2010

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

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

Results: Chehalem/Newberg SCY

## 2010 Meet SCHEDULE

Date	Type	Team/Location	Deadline	Contact
*March 20	SCY	THB Pentathlon/Tualitan Hills	March 5	<a href="https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=2114">https://www.clubassistant.com/club/meet_information.cfm?c=1352&amp;smid=2114</a>
*April 9-10	SCY	Association/Corvallis	March 26	<a href="http://www.swimoregon.org">http://www.swimoregon.org</a>
*May 16	SCM	Hood River/Hood River	May 2	<a href="http://www.swimoregon.org">http://www.swimoregon.org</a>
May 20-23	SCY	USMS Nationals/Atlanta, GA	April 8	<a href="http://www.usms.org">http://www.usms.org</a>
May 22	OW	Clinic/Beaverton	None	<a href="http://www.swimoregon.org">http://www.swimoregon.org</a>
May 23	OW	Hagg Lake/Forest Grove	None	<a href="http://www.swimoregon.org">http://www.swimoregon.org</a>
June 5	LCM	Summer Sizzler/Tualitin Hills	May 22	<a href="http://www.swimoregon.org">http://www.swimoregon.org</a>
June 12	OW	OW Clinic/Lincoln City	None	<a href="http://www.swimoregon.org">http://www.swimoregon.org</a>
June 13	OW	Devil's Lake/Lincoln City	None	<a href="http://www.swimoregon.org">http://www.swimoregon.org</a>
June 26	OW	Foster Lake/Sweet Home	June 16: Day of race \$10 extra	<a href="http://www.swimoregon.org">http://www.swimoregon.org</a>
July 3	OW	Salmon Slalom/Bend	None	<a href="http://www.swimoregon.org">http://www.swimoregon.org</a>
July 17-18	OW	Applegate Lake/Ashland	None	<a href="http://www.swimoregon.org">http://www.swimoregon.org</a>
July 30-31	OW	Elk Lake/Bend	July 19: Late entry \$10 extra; Day of race \$20 extra	<a href="http://www.swimoregon.org">http://www.swimoregon.org</a>
Aug 1	OW	Elk Lake/Bend	July 19: Late entry \$10 extra; Day of race \$20 extra	<a href="http://www.swimoregon.org">http://www.swimoregon.org</a>
Aug 6-8	LCM	Gil Young Meet/Gresham	July 23	<a href="http://www.swimoregon.org">http://www.swimoregon.org</a>
Aug. 9-13	LCM	USMS Nationals/Puerto Rico		<a href="http://www.usms.org">http://www.usms.org</a>
Aug 15	OW	Dorena Lake/Cottage Grove	None	<a href="http://www.swimoregon.org">http://www.swimoregon.org</a>
Aug 21	OW	Eel Lake/Reedsport, OR	None	<a href="http://www.swimoregon.org">http://www.swimoregon.org</a>

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

### 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

March 16, 2010 ..... Rivermark  
April, 2010 ..... Association Meet  
May 11, 2010 ..... Oregon Clinic  
June 8, 2010 ..... Rivermark  
July, 2010 ..... Gil Young Meet  
August 24, 2010 ..... Oregon Clinic

**KEEP  
SWIMMING!**