



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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"Swimming for Life"

Chehalem Meet Draws Large Crowd

by Charlie Helm

Around 100 swimmers attended the Chehalem SCY meet in Newberg on January 28th, which was the largest turnout yet for this meet. Speculation on the large turnout varied from We haven't had a meet for a while, It's a nice pool with great hosts, It's time to start working towards Associations, to my ending my self-imposed ban on trash talking for 2012 until this meet. A wide variety in age groups attending made this an enjoyable and a very competitive day. The young U

of O Masters team showed up in full force, making it "hard to not hit a Duck swimmer" in the warm up lanes, according to several competitors. Colombia Gorge Masters also had an enthusiastic group that made the trip as well, and were seen cheering each other on throughout the day. The "COMA Guys" Mike and George were a little more laid back on deck but had some great swims in the water.

Speaking of great swims, there were nine new Oregon records set plus one Zone record set in a relay. Colette Crabbe decided this was a good day to set some new records, so she had four new Oregon records to add to her collection for her age group. Michael Baele set two records of his own, and David Hathaway set a record in his favorite event, the 200 fly. The team of MJ Caswell, Terri Tynismaa, Ann Goodman, and Valerie Jenkins set a new Oregon record in the women 45-54 400 Yard Free Relay. Not to be outdone, Joy Ward, Ginger Pierson, Colette Crabbe, and Kathleen Buck decided to set an Oregon and a Zone record in the Women 55-64 400 Yard Medley Relay. So who says you can't have fast swims in these small town pools?! Several swimmers also commented on setting some new personal records as well. Another enjoyable meet in Newberg to start off the 2012 season!

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Jackie Parker and her husband John Notis

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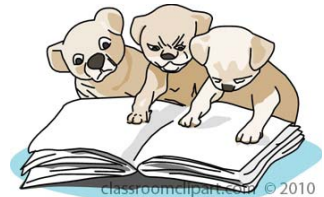
Chair's Corner

April 13 – 15 are the dates of this year's Association Meet. The meet will be held for the first time in Hood River. The team and organizing committee have been working really hard to make this event an experience you will enjoy and remember. I hope you're planning to attend.

On Saturday, at 5:00, will be the OMS Annual Meeting in which OMS members are encouraged to attend and participate. The meeting will only be an hour, at the most. This is a great opportunity for the board to hear from the membership their ideas, suggestions, concerns, questions, comments, etc. It is also our opportunity to share with the membership what we've been working on as well as present some of the short and long term goals and plans we have been discussing. Please plan to attend the meeting as your input is very important to your Board of Directors.

Quote of the month:

"Mainly, I like to have fun. Swimming is all about having fun, and I am a firm believer that you should keep swimming as long as you are having fun, but I can say that it becomes much more fun as you get older and learn more about the sport, life, and especially more about yourself!" **Scott Goldblatt**



2012 USMS Spring Nationals



Online entry for the 2012 USMS Spring National Championship is now open. Online entries received by March 9 will receive a \$10 discount on their entry fee, so be sure to enter early. The final entry deadline is March 23. Spring Nationals will be held in Greensboro, N.C. from April 26-29.

They will be held in the country's newest major aquatic center, the Greensboro Aquatic Center. The 80,000 square-foot, 2500-seat state-of-the-art Greensboro Aquatic Center features three pools including a 50-meter double-bulkhead competition pool, full diving well and tower, and instructional pool. Spring Nationals are expected to be run in two adjacent 10-lane courses in the competition pool. The competition pool is very fast, more than 9' deep throughout. The diving well and instructional pool provide an additional 12 lanes of warmup and warmdown space.

Photo credit: Charlie Helm, Sandi Rousseau, Alice Zabudsky, Unknown

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Aqua-Master is the official publication of Oregon Masters Swimming. It is a source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. A subscription is part of membership in OMS. Contact Susie Young or Jackie Parker for membership information. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming, Inc. Information is also available on line at www.swimoregon.org.

Send address changes to *Susie Young*

Volume 39, Number 3, March 2012



Off the Block

In the February, 2012, *Aqua Master*, Kathy talked about roadblocks that happen in our lives when we try to start our lives right each new year. Here she continues on how to overcome those roadblocks.

Overcoming the Inevitable Roadblocks to Success

by Katie Irwin

I wrote about starting the New Year off right with some SMART goals. As a reminder, SMART goals are Specific, Measurable, Adjustable, Realistic and Time-based. By following this acronym when setting goals, you are setting yourself up for success. Many people tend to stop working on their resolutions after just a few months of hard work. This year, however, is going to be different. We are going to set effective goals that will be achieved!

So now that you have had some time to start working on your own goals, how have they been going? What have you been doing well? What has been challenging? It's important to reflect on your goals as you strive to achieve them. There are times when we need to make a few adjustments along the way, so by checking on your own progress, you can monitor what needs to be done. Remember to keep a goal progress journal to assist you during this process. It is a rewarding experience to be able to go back and read about your journey. During this journey of working towards your long-term goal, you may encounter various roadblocks along the way.

How to Keep Moving Forward

One of the major roadblocks that you may encounter when goal setting is that you're trying to embark down this path on your own. You may be embarrassed to share your goals with your coach, teammates, friends or family, so you keep them to yourself. It may be that you feel safer if no one else is involved. However, people who support you are crucial when making any type of change. They can offer encouragement, motivation and accountability. They can even help you out during grueling workouts or at meets.

Think about whom you want to include in your support system. Choose people who will be positive—you'll need this positive reinforcement when things get tough. Also consider checking in with them on a regular basis so you can show them all the progress you're making. By having someone to share your progress with, it will help you stay motivated to keep up the hard work in and out of the pool.

Another roadblock that many people encounter is that life inevitably gets in the way. How many times have you been cruising along with your goals and then something happens and it throws you off your path? Just the other day, I was hit with an awful cold that left me out of the pool for about a week and left my body feeling completely worn out. It was such a challenge to get back into the pool and make up for lost time.

To help ensure that you stay on track, think of some things that make it difficult to achieve your goals. Does your work schedule change regularly? Do you have children? A busy social life? There are countless things that can get in the way of making a change in your life.

Make a list of these challenges on the left side of a piece of paper. Then, adjacent to each challenge, on the right, make a list of things that will help you overcome them. For example, if you have "Sometimes I am too tired to get to practice after a full day at work" in the left column, you could put "I will go to morning practice, which will help me jump start my day" in the right column.

By creating a list, you will be better prepared to overcome the various challenges. Try to remember the

Continued on Page 17



Fitness

Where a 5th Place Ribbon Is Like a Gold Medal

Trainer Helen Thurlow



I had a hearing impaired student in my yoga class last summer. Great kid, infectious laugh and ready to start the school year. He was ready to start his senior year and he was in my class to learn how to become more flexible so he can become a better athlete in school. His sports: track and field, basketball and bowling. His biggest goal, however, was to compete in the Special Olympics and win a medal.

I loved working with him and throughout the course he became an excellent yoga student. Out of all the students in that class, he was the best student; even his inclusion specialist was impressed that he was able to transform himself in the poses of downward dog, pigeon, to an awesome handstand. He had such grace about him that I forgot that he could not hear.

I recently checked out the Special Olympics web-site (www.soor.org) and was simply amazed how well organized and thoughtful it was. They really take care of their athletes. A great new program they have for aspiring athletes is the Healthy Athletes Program; a program that enables the athletes to stay healthy so they can improve their skills and compete in their events. They offer free health screenings in vision, dental, hearing, fitness, and health education and sports physicals.

If someone chooses to take the fitness screening, they are tested on flexibility, strength, endurance, and balance. They are then provided with a written summary of their results and are given a home exercise program based on those results. The goal is to motivate them to have an active lifestyle and to continue to participate in their sporting events.

These tests are similar evaluations that personal trainers or physical therapists give to their clients. I love it. The best thing I love about this organization is the way they help the athletes to be self-sufficient in their chosen sport. Check out the aquatic section; the events range from developmental events (10m

assisted swim and 25m flotation), crossover events (a 15m unassisted swim) this allows the swimmer to progress from the developmental events to the traditional events. The traditional events include all 4 competitive strokes from 25m to 200m (no 200 fly), including IM events and relay events.

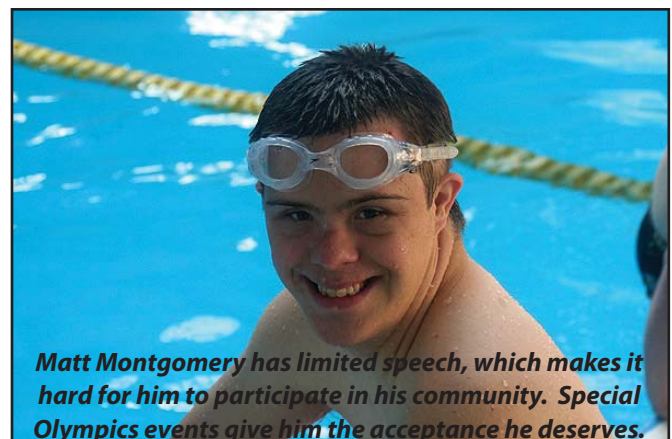
My yoga student has been giving updates on his training. He's completely stoked and feels he will medal this summer. I asked him if he had ever tried the swimming events and he said yes, but didn't like it. I asked him why and he stated he got a 5th place ribbon and it was pink. He doesn't like pink, but his little sister does and so he gave the ribbon to her. She thought she won a gold medal.

If you would like more information on the Special Olympics contact Sue Wallace, local program coordinator for Multnomah County at:

503/721-4357
P.O. Box 90214
Portland, Oregon 97290

If you live outside of Multnomah County check out the web-site: www.soor.org

2012 State Games will be held in Newberg, July 14-15. Nationals will be held in New Jersey, 2014.



Matt Montgomery has limited speech, which makes it hard for him to participate in his community. Special Olympics events give him the acceptance he deserves.

Shake and Swim with “Bake”

Into the Tumble, Again?

Coach Dennis Baker



I have written many articles about the Freestyle flip turn. Recently, I have noticed a lot of swimmers doing the flip turn incorrectly which always spurs me on to write an article. Australian swimming has many unique terms that we in the USA never use. One such term is “The Tumble”. The Tumble is what we call Freestyle flip turn. Let’s change our visualization from a “Flip Turn” into a “Tumble Turn”. OK, ready? Here are some tips and drills to help us with our new “Tumble Turn”.

When you do a “Tumble” or “Somersault” you keep your knees close to your chin and heels near your rear end. I constantly see swimmers get halfway around their flip turn and open up the body and extend the legs to the wall too soon. When you do this you take your body out of a powerful push off position. So now, you are upside down on your back with your feet on the wall and almost fully extended and the knees are barely bent. This is not a great power push off position! Often times this also creates a slapping effect with the feet on the wall because your legs are accelerating too fast after coming out of the tuck too soon.

Remember, it’s not how fast you can whip your feet around to the wall but how you place your feet solidly and bend the knees. Take a look at Michael Phelps or Ryan Lochte “underwater flip turns” on YouTube. What you will see is a controlled tight flip or tumble, great knee bend and a great push off. What they do after that is a topic for another article.



Let’s summarize into a series of thoughts going into the wall for your new “Tumble Turn”.

- * Get closer to the wall, stay tightly tucked longer.
- * Take time to place feet on wall, not slap them.
- * Let your body absorb into the wall and bend the knees a little more.
- * Hands come together above your head for a streamline push-off.

Here are a couple of drills to help you on your way to the “Tumble”. First, just go to the deep end and do some tightly tucked somersaults. Take a little break after each one so you don’t get dizzy! Make sure you flip all of the way around. After 10 of these go directly to the wall and try a flip turn.

Secondly, do a flip turn and when your feet hit the wall stop underwater and get your hands above your head. Scull with your hands and count to three. Bend the knees while you are sculling and then push off. Do this 10 times then go back and try a normal flip turn.

Try these tips and use the imagery. Try these drills and you will be well on your way to a great “Tumble Turn”.





Long Distance Swimming

Coach Bob Bruce



Why Is COMA Hosting “Wonderful Water Weekend” in May?

by Bob Bruce, COMA Head Coach & Event Director

What is “Wonderful Water Weekend?” What do those crazies up in the mountains have for us this spring? Here is the story of one man’s odyssey to breathe some new swimming excitement into your lives.

This adventure began last summer when I noted that the FINA World Championships were slated for June and the USMS Long Course Championships were scheduled for Omaha in July, one week after the U.S. Olympic trials held in the same awesome pool. As COMA Event Director, I asked myself, what are we going to do in Oregon to promote these unique opportunities and how can I help? The immediate and obvious answer was to host a long course meet one month after the Association Championships, to help swimmers make the competitive jump from short course to long course and pick up some seed times along the way. Done!

This meet is scheduled at the 50-meter pool at Juniper Swim & Fitness Center in Bend, the same pool at which COMA has hosted previous Association Championships and our annual All-Around Challenge Meet. The meet will run on Saturday afternoon, so that swimmers driving to the meet may travel that morning and return at night if they wish. The meet will include 16 of the possible 17 individual events (sorry milers, no 1500). This will be your last chance to get long course seed times locally for Omaha. And, loving multi-stroke swimming challenges as I do, I carefully prepared an order of events that allows swimmers to tackle pentathlon challenges if they choose, without lumping all of the single-stroke events and IMs. We’ll give special awards to those who complete an official five-event pentathlon. As extra incentive, I note that the Oregon Pentathlon record book has a lot of holes.

But the long history of Masters meets in Bend suggests that folks from the Metro area are often reticent to travel to Bend for a single-day swim meet. So my next thought was, what can I add to the weekend to increase value for those who might travel to only a one-day event reluctantly? As OMS Long Distance Chair, I’ve always wanted to try a pool meet one weekend day and an open water event the other day nearby. Perhaps this was the chance. OK, Elk Lake was out, still being a cross-country ski paradise in early May. Flash! I came up with a unique alternative, an open water event in the pool! Done!

The open water swim is scheduled for Sunday morning at the 50-meter pool at JSFC, hereafter to be known fondly as “Lake Juniper.” The swim will be 1200 meters, to be run as twelve 100-meter loops around buoys. Naturally, we’ll remove the lane lines, but so far I have resisted the temptation to drop the pool level to get waves. We’ll run the swim in small seeded heats to manage crowding. This will be a great kick-off to the Oregon Open Water Series (the earliest ever), a fine opportunity to dust off those open water skills, and a wonderful chance to race. In fact, this swim might be the most strategically and technically challenging race of the open water season. To my knowledge, this will be the first USMS-sanctioned open water swim ever held in a pool, and the first ever to be held indoors (the removable roof at JSFC will still be up)—history in the making!

So far, so good. But believing that ‘excess is not enough’, I continued my quest for value. What if I added an open water clinic? Surely we need them, and I teach several of them every spring anyway. Done! The basic open water clinic will run on Sat-

Chehalem SCY Meet, Newberg, OR — January 28, 2012

W = World Record (includes National, Zone & OR)
 N = National Record (includes Zone & OR)
 Z = Zone Record, (includes OR)

⊙ = Oregon Record
 * = Split

Women 18-24

50 Yard Free			
1	Krimmer, Tess	18 DUCK	27.43
2	Cleaver, Kristina	19 SAWS	28.42
3	Watling, Carolyn	19 DUCK	29.28
4	Williams, Nicole	21 SAWS	29.68
5	Schierholtz, Allison	18 DUCK	30.27
6	Lent, Samantha	18 DUCK	32.06
7	Mohr, Shannon	18 DUCK	33.80
100 Yard Free			
1	Krimmer, Tess	18 DUCK	1:00.97
2	Cleaver, Kristina	19 SAWS	1:02.16
3	Wanzenried, A.	18 OREG	1:02.80
4	Watling, Carolyn	19 DUCK	1:04.04
5	Schierholtz, Allison	18 DUCK	1:06.26
6	Mohr, Shannon	18 DUCK	1:16.31
200 Yard Free			
1	Derousseau, Karissa	18 DUCK	2:08.46
2	Watling, Carolyn	19 DUCK	2:19.52
500 Yard Free			
1	Watling, Carolyn	19 DUCK	6:05.10
50 Yard Back			
1	Derousseau, Karissa	18 DUCK	30.94
2	Williams, Nicole	21 SAWS	34.00
100 Yard Back			
1	Sturr, Ariana	18 DUCK	1:14.25
2	Williams, Nicole	21 SAWS	1:14.62
50 Yard Breast			
1	Lent, Samantha	18 DUCK	39.59
100 Yard Breast			
1	Sturr, Ariana	18 DUCK	1:21.59
2	Krimmer, Tess	18 DUCK	1:23.34
3	Berg, Tia	18 DUCK	1:28.31
50 Yard Fly			
1	Wanzenried, A.	18 OREG	31.79
2	Berg, Tia	18 DUCK	33.49
3	Schierholtz, Allison	18 DUCK	34.35
100 Yard Fly			
1	Williams, Nicole	21 SAWS	1:15.68
100 Yard IM			
1	Derousseau, Karissa	18 DUCK	1:05.44
2	Cleaver, Kristina	19 SAWS	1:13.03
3	Berg, Tia	18 DUCK	1:16.63
Women 25-29			
50 Yard Free			
1	Legault, Aubrie	29 OREG	29.17
200 Yard Free			
1	Legault, Aubrie	29 OREG	2:25.42
500 Yard Free			
1	Legault, Aubrie	29 OREG	6:28.90
100 Yard IM			
1	Legault, Aubrie	29 OREG	1:16.99
Women 30-34			

50 Yard Free			
1	Buelow, Vicky	30 OREG	28.00
2	Faith, Jennifer	30 OREG	28.01
50 Yard Breast			
1	Faith, Jennifer	30 OREG	34.19
100 Yard Breast			
1	Faith, Jennifer	30 OREG	1:15.86
50 Yard Fly			
1	Buelow, Vicky	30 OREG	29.46
100 Yard Fly			
1	Buelow, Vicky	30 OREG	1:08.33
100 Yard IM			
1	Faith, Jennifer	30 OREG	1:10.38
Women 35-39			
50 Yard Free			
1	Winter, Neva	38 OREG	40.87
500 Yard Free			
1	Hoffman, Robin	39 OREG	6:49.69
50 Yard Back			
1	Winter, Neva	38 OREG	46.72
50 Yard Breast			
1	Winter, Neva	38 OREG	56.92
50 Yard Fly			
1	Winter, Neva	38 OREG	48.43
100 Yard IM			
1	Hoffman, Robin	39 OREG	1:33.35
2	Winter, Neva	38 OREG	1:42.89
Women 40-44			
50 Yard Free			
1	Starr, Sarah	43 OREG	34.91
2	Thurlow, Helen	41 OREG	38.91
100 Yard Free			
1	Thurlow, Helen	41 OREG	1:33.35
200 Yard Free			
1	Thurlow, Helen	41 OREG	3:31.23
500 Yard Free			
1	Thurlow, Helen	41 OREG	8:54.10
50 Yard Breast			
1	Starr, Sarah	43 OREG	47.61
Women 45-49			
50 Yard Free			
1	Jenkins, Valerie	48 OREG	28.13
2	Tynnismaa, Terri	49 OREG	30.22
3	Fox, Linda	48 OREG	33.07
4	Mcdaniel Boenisch, K	45 OREG	41.01
5	Gormley, Linda	48 OREG	41.80
100 Yard Free			
1	Jenkins, Valerie	48 OREG	59.93
2	Tynnismaa, Terri	49 OREG	1:05.04
3	Fox, Linda	48 OREG	1:11.67
200 Yard Free			
1	Jenkins, Valerie	48 OREG	2:13.84
2	Tynnismaa, Terri	49 OREG	2:21.78

3	Fox, Linda	48 OREG	2:44.65
500 Yard Free			
1	Jenkins, Valerie	48 OREG	5:54.78
2	Tynnismaa, Terri	49 OREG	6:19.24
1000 Yard Free			
1	Tynnismaa, Terri	49 OREG	13:06.92
50 Yard Back			
1	Daubersmith, Britta	46 OREG	34.95
2	Smith, Darcy	46 OREG	42.35
3	Mcdaniel Boenisch, K	45 OREG	50.99
100 Yard Back			
1	Fox, Linda	48 OREG	1:28.33
50 Yard Breast			
1	Daubersmith, Britta	46 OREG	41.23
2	Smith, Darcy	46 OREG	42.62
3	Gormley, Linda	48 OREG	47.15
4	Mcdaniel Boenisch, K	45 OREG	50.27
100 Yard Breast			
1	Smith, Darcy	46 OREG	1:39.55
2	Mcdaniel Boenisch, K	45 OREG	1:52.46
200 Yard Breast			
1	Smith, Darcy	46 OREG	3:33.23
100 Yard IM			
1	Daubersmith, Britta	46 OREG	1:16.45
2	Smith, Darcy	46 OREG	1:35.34
3	Mcdaniel Boenisch, K	45 OREG	1:53.86
200 Yard IM			
1	Daubersmith, Britta	46 OREG	2:48.32
Women 50-54			
50 Yard Free			
1	Lamoureux, Lori	52 OREG	29.86
2	Harrington, Sue	54 OREG	31.03
100 Yard Free			
1	Caswell, Mj	50 OREG	1:03.67
2	Harrington, Sue	54 OREG	1:09.90
3	Fox, Christina	51 OREG	1:20.88
200 Yard Free			
1	Goodman, Ann	52 OREG	2:28.59
500 Yard Free			
1	Fox, Christina	51 OREG	7:35.04
1000 Yard Free			
1	Lamoureux, Lori	52 OREG	14:12.66
50 Yard Back			
1	Goodman, Ann	52 OREG	33.42
2	Worden, Laura	54 OREG	35.48
100 Yard Back			
1	Goodman, Ann	52 OREG	1:11.51
200 Yard Back			
1	Goodman, Ann	52 OREG	2:35.23
2	Snider, Pam	50 OREG	2:56.79
50 Yard Breast			
1	Lamoureux, Lori	52 OREG	40.20
2	Harrington, Sue	54 OREG	40.82

3 Andrade, Julie	50 OREG	41.99	1 Ward, Joy	69 OREG	2:55.47	2 Delavan, Timothy	22 SAWS	1:13.04
4 Fox, Christina	51 OREG	45.26	50 Yard Breast			3 Brooklier, Chris	20 DUCK	1:29.16
100 Yard Breast			1 Pierson, Ginger	65 OREG	42.21	200 Yard IM		
1 Caswell, Mj	50 OREG	1:24.20	100 Yard Breast			1 Delavan, Timothy	22 SAWS	2:45.13
2 Lamoureux, Lori	52 OREG	1:28.05	1 Pierson, Ginger	65 OREG	1:31.12	400 Yard IM		
3 Snider, Pam	50 OREG	1:28.78	200 Yard Breast			1 Delavan, Timothy	22 SAWS	5:47.42
4 Harrington, Sue	54 OREG	1:30.37	1 Pierson, Ginger	65 OREG	3:16.65	Men 25-29		
5 Andrade, Julie	50 OREG	1:30.78	100 Yard Fly			50 Yard Back		
200 Yard Breast			1 Pierson, Ginger	65 OREG	1:40.38	1 Cleary, Kevin	28 OREG	31.95
1 Snider, Pam	50 OREG	3:06.19	200 Yard Fly			50 Yard Breast		
2 Andrade, Julie	50 OREG	3:14.56	1 Pierson, Ginger	65 OREG	3:22.83	1 Cleary, Kevin	28 OREG	31.96
3 Harrington, Sue	54 OREG	3:15.43	200 Yard IM			50 Yard Fly		
4 Fox, Christina	51 OREG	3:19.80	1 Ward, Joy	69 OREG	3:11.27	1 Cleary, Kevin	28 OREG	27.72
50 Yard Fly			Men 18-24			Men 30-34		
1 Caswell, Mj	50 OREG	31.16	50 Yard Free			50 Yard Free		
2 Worden, Laura	54 OREG	32.22	1 Burr, Justin	21 DUCK	24.24	1 Matthews, Jonathan	32 SWMS	25.75
3 Andrade, Julie	50 OREG	40.55	2 James, Stephen	23 OREG	24.90	100 Yard Free		
100 Yard Fly			3 Boudreau, Benjamin	21 DUCK	26.46	1 Thorpe, Nick	32 OREG	56.26
1 Worden, Laura	54 OREG	1:12.27	4 Brand, Kevin	18 DUCK	30.92	2 Matthews, Jonathan	32 SWMS	57.13
2 Caswell, Mj	50 OREG	1:12.28	100 Yard Free			3 Miller, Matt	34 OREG	57.95
100 Yard IM			1 Burr, Justin	21 DUCK	53.84	200 Yard Free		
1 Caswell, Mj	50 OREG	1:14.11	2 Hui, Shawn	18 DUCK	54.42	1 Miller, Matt	34 OREG	2:03.52
2 Worden, Laura	54 OREG	1:19.91	3 Sutherland, Duncan	18 DUCK	56.44	500 Yard Free		
3 Snider, Pam	50 OREG	1:22.27	4 James, Stephen	23 OREG	56.95	1 Miller, Matt	34 OREG	5:36.63
4 Andrade, Julie	50 OREG	1:26.33	5 Boudreau, Benjamin	21 DUCK	59.04	2 Jones, Brock	30 OREG	5:47.00
200 Yard IM			6 Delavan, Timothy	22 SAWS	59.53	1000 Yard Free		
1 Worden, Laura	54 OREG	2:51.29	7 Bryan, Graham	18 DUCK	1:03.34	1 Miller, Matt	34 OREG	11:31.34
2 Fox, Christina	51 OREG	3:07.89	200 Yard Free			100 Yard Back		
400 Yard IM			1 Burr, Justin	21 DUCK	2:02.87	1 Jones, Brock	30 OREG	1:10.22
1 Goodman, Ann	52 OREG	5:57.13	500 Yard Free			200 Yard Back		
Women 55-59			1 Tsoi, Jeffrey	22 DUCK	6:09.16	1 Jones, Brock	30 OREG	2:29.75
100 Yard Back			1000 Yard Free			1 Thorpe, Nick	32 OREG	30.08
1 Larson, Linda	56 UNAT	1:19.82	1 Wood, Nick	22 OREG	11:50.15	2 Jones, Brock	30 OREG	34.69
200 Yard Back			50 Yard Back			100 Yard Breast		
1 Larson, Linda	56 UNAT	2:53.37	1 Bryan, Graham	18 DUCK	34.89	1 Thorpe, Nick	32 OREG	1:07.26
50 Yard Breast			2 Brooklier, Chris	20 DUCK	37.06	2 Jones, Brock	30 OREG	1:15.35
1 Crabbe, Colette	55 OREG	35.57	100 Yard Back			100 Yard IM		
200 Yard Breast			1 Hui, Shawn	18 DUCK	1:06.98	1 Thorpe, Nick	32 OREG	1:04.29
1 Crabbe, Colette	55 OREG	2:50.52	2 Sutherland, Duncan	18 DUCK	1:10.94	2 Miller, Matt	34 OREG	1:09.76
50 Yard Fly			200 Yard Back			Men 35-39		
1 Larson, Linda	56 UNAT	38.10	1 Brooklier, Chris	20 DUCK	3:11.61	50 Yard Free		
100 Yard Fly			50 Yard Breast			1 Slotemaker, Paul	37 OREG	24.37
1 Crabbe, Colette	55 OREG	1:08.40	1 Wood, Nick	22 OREG	31.70	2 Rainwater, Rob	35 OREG	28.08
100 Yard IM			2 James, Stephen	23 OREG	33.45	3 Casey, Duane	35 OREG	28.42
1 Crabbe, Colette	55 OREG	1:10.39	3 Tsoi, Jeffrey	22 DUCK	34.25	4 Notis, John	38 OREG	28.62
200 Yard IM			4 Brand, Kevin	18 DUCK	36.61	100 Yard Free		
1 Crabbe, Colette	55 OREG	2:32.85	100 Yard Breast			1 Slotemaker, Paul	37 OREG	53.64
2 Larson, Linda	56 UNAT	3:00.28	1 Wood, Nick	22 OREG	1:10.77	2 Casey, Duane	35 OREG	1:03.39
400 Yard IM			2 James, Stephen	23 OREG	1:13.17	3 Notis, John	38 OREG	1:04.20
1 Larson, Linda	56 UNAT	6:30.41	3 Brand, Kevin	18 DUCK	1:24.59	500 Yard Free		
Women 60-64			200 Yard Breast			1 Boles, Matthew	38 OREG	5:57.45
100 Yard Free			1 Wood, Nick	22 OREG	2:27.79	1000 Yard Free		
1 Buck, Kathleen	61 OREG	1:14.34	50 Yard Fly			1 Notis, John	38 OREG	14:58.62
100 Yard Breast			1 Hui, Shawn	18 DUCK	26.01	50 Yard Back		
1 Buck, Kathleen	61 OREG	1:41.18	2 Boudreau, Benjamin	21 DUCK	29.61	1 Boles, Matthew	38 OREG	31.56
100 Yard IM			100 Yard Fly			2 Rainwater, Rob	35 OREG	32.98
1 Buck, Kathleen	61 OREG	1:32.73	1 Hui, Shawn	18 DUCK	59.11	100 Yard Back		
Women 65-69			200 Yard Fly			1 Slotemaker, Paul	37 OREG	1:02.05
100 Yard Back			1 Wood, Nick	22 OREG	2:17.64	50 Yard Breast		
* Ward, Joy	69 OREG	1:22.62	100 Yard IM			1 Rainwater, Rob	35 OREG	36.76
200 Yard Back			1 Tsoi, Jeffrey	22 DUCK	1:08.11			

50 Yard Fly
 1 Slotemaker, Paul 37 OREG 28.54
 2 Casey, Duane 35 OREG 33.87
 100 Yard IM

1 Rainwater, Rob 35 OREG 1:12.20
 2 Casey, Duane 35 OREG 1:17.70

Men 40-44

50 Yard Free
 1 Self, Mike 41 OREG 22.96
 2 Fletcher, Mark 41 OREG 27.56
 3 Mason, Patrick 43 OREG 27.57
 4 Ferguson, Scott 43 OREG 29.67
 100 Yard Free

1 Self, Mike 41 OREG 49.72
 2 Fletcher, Mark 41 OREG 1:00.26
 3 Mason, Patrick 43 OREG 1:01.11
 4 Ferguson, Scott 43 OREG 1:05.78
 200 Yard Free

1 Mason, Patrick 43 OREG 2:18.69
 2 Ferguson, Scott 43 OREG 2:31.05
 500 Yard Free

1 Waud, Timothy 44 OREG 5:59.97
 1000 Yard Free

1 Waud, Timothy 44 OREG 12:04.35
 50 Yard Back

1 Self, Mike 41 OREG 25.91
 2 Moore, Eric 43 OREG 28.58
 100 Yard Back

1 Moore, Eric 43 OREG 1:00.90
 2 Waud, Timothy 44 OREG 1:10.30
 200 Yard Back

1 Self, Mike 41 OREG 2:04.64
 2 Moore, Eric 43 OREG 2:12.18
 50 Yard Breast

1 Fletcher, Mark 41 OREG 34.68
 100 Yard Breast

1 Fletcher, Mark 41 OREG 1:16.15
 50 Yard Fly

1 Waud, Timothy 44 OREG 30.02
 100 Yard Fly

1 Waud, Timothy 44 OREG 1:07.44
 100 Yard IM

1 Ferguson, Scott 43 OREG 1:18.90
 200 Yard IM

1 Moore, Eric 43 OREG 2:18.33

Men 45-49

50 Yard Free
 1 Baele, Michael 47 OREG 22.97
 2 Cleaver, Oliver 48 SAWS 25.08
 3 Lajoie, Darrin 46 OREG 25.50
 4 May, Gary 47 UNAT 25.87
 5 Butcher, Gano 48 OREG 26.19
 6 Hancock, Douglas 49 OREG 27.81
 100 Yard Free

1 Baele, Michael 47 OREG 50.16
 2 Lajoie, Darrin 46 OREG 54.49
 3 Watt, Bryan 46 OREG 55.85
 4 May, Gary 47 UNAT 59.20
 5 Hancock, Douglas 49 OREG 1:04.67
 200 Yard Free

1 Lajoie, Darrin 46 OREG 2:03.33

2 Hancock, Douglas 49 OREG 2:29.12
 500 Yard Free

1 Lajoie, Darrin 46 OREG 5:27.22
 1000 Yard Free

1 Lajoie, Darrin 46 OREG 11:20.58
 50 Yard Back

1 Butcher, Gano 48 OREG 29.54
 2 Cleaver, Oliver 48 SAWS 30.51
 3 Hancock, Douglas 49 OREG 36.90
 50 Yard Breast

1 Butcher, Gano 48 OREG 34.13
 50 Yard Fly

1 Baele, Michael 47 OREG 24.56
 2 Cleaver, Oliver 48 SAWS 27.52
 3 Butcher, Gano 48 OREG 27.70
 4 Watt, Bryan 46 OREG 29.25
 100 Yard Fly

1 Baele, Michael 47 OREG 55.16
 2 Cleaver, Oliver 48 SAWS 1:03.14
 100 Yard IM

1 Cleaver, Oliver 48 SAWS 1:03.75
 2 Watt, Bryan 46 OREG 1:05.17
 3 Hancock, Douglas 49 OREG 1:21.95

Men 50-54
 50 Yard Free

1 Mayhew, Daniel 54 OREG 29.36
 2 Barnes, Warren 50 OREG 29.43
 100 Yard Free

1 Washburne, Brent 50 OREG 54.62
 2 Howell, Richard 52 SWMS 1:00.73
 3 Barnes, Warren 50 OREG 1:03.27
 4 Mayhew, Daniel 54 OREG 1:05.89
 500 Yard Free

1 Allender, Patrick 53 OREG 5:37.67
 2 Barnes, Warren 50 OREG 6:23.88
 3 Williams, Tom 51 DUCK 6:39.77
 1000 Yard Free

1 Barnes, Warren 50 OREG 13:15.77
 2 Williams, Tom 51 DUCK 13:38.58
 3 Mayhew, Daniel 54 OREG 14:21.57
 100 Yard Back

1 Washburne, Brent 50 OREG 1:05.37
 50 Yard Breast

1 Howell, Richard 52 SWMS 32.00
 100 Yard Breast

1 Hathaway, David 51 OREG 1:12.65
 2 Howell, Richard 52 SWMS 1:12.68
 3 Washburne, Brent 50 OREG 1:14.68
 200 Yard Breast

1 Allender, Patrick 53 OREG 2:27.37
 50 Yard Fly

1 Barnes, Warren 50 OREG 32.22
 100 Yard Fly

1 Allender, Patrick 53 OREG 1:03.44
 200 Yard Fly

1 Hathaway, David 51 OREG 2:24.47
 100 Yard IM

1 Howell, Richard 52 SWMS 1:08.57
 200 Yard IM

1 Allender, Patrick 53 OREG 2:20.01

Men 55-59
 50 Yard Free

1 Gudman, Jon 56 OREG 26.56
 2 Helm, Charlie 55 OREG 36.26
 100 Yard Free

1 Gudman, Jon 56 OREG 57.77
 2 Brockbank, Doug 58 OREG 58.49
 3 Phipps, Tom 57 OREG 1:02.70
 4 Larson, Allen 58 OREG 1:03.71
 500 Yard Free

1 Phipps, Tom 57 OREG 6:05.29
 2 Larson, Allen 58 OREG 6:28.53
 1000 Yard Free

1 Helm, Charlie 55 OREG 18:40.93
 50 Yard Back

1 Adcock, Richard 56 PNA 37.63
 2 Helm, Charlie 55 OREG 52.32
 100 Yard Back

1 Brockbank, Doug 58 OREG 1:11.02
 50 Yard Breast

1 Adcock, Richard 56 PNA 34.51
 2 Helm, Charlie 55 OREG 54.62
 100 Yard Breast

1 Adcock, Richard 56 PNA 1:18.41
 200 Yard Breast

1 Adcock, Richard 56 PNA 2:54.07
 2 Larson, Allen 58 OREG 3:29.63
 50 Yard Fly

1 Larson, Allen 58 OREG 34.27
 100 Yard Fly

1 Brockbank, Doug 58 OREG 1:08.82
 2 Phipps, Tom 57 OREG 1:11.46
 100 Yard IM

1 Adcock, Richard 56 PNA 1:11.66
 2 Phipps, Tom 57 OREG 1:15.30
 200 Yard IM

1 Phipps, Tom 57 OREG 2:42.89
 2 Larson, Allen 58 OREG 3:05.27

Men 60-64
 50 Yard Free

1 Kelber, Michael 64 OREG 29.13
 2 Macaulay, Thomas 62 OREG 29.62
 100 Yard Free

1 Macaulay, Thomas 62 OREG 1:06.55
 2 Kelber, Michael 64 OREG 1:07.29
 200 Yard Free

1 Carew, Michael 62 OREG 2:33.99
 500 Yard Free

1 Carew, Michael 62 OREG 6:44.29
 1000 Yard Free

1 Carew, Michael 62 OREG 14:17.04
 50 Yard Back

1 Kelber, Michael 64 OREG 41.09
 50 Yard Breast

1 Cotter, Pat 61 OREG 33.31
 2 Carew, Michael 62 OREG 42.33
 100 Yard Breast

1 Cotter, Pat 61 OREG 1:14.27
 200 Yard Breast

1 Cotter, Pat 61 OREG 2:39.39
 100 Yard IM

1 Cotter, Pat 61 OREG 1:11.53

2 Macaulay, Thomas 62 OREG 1:16.65
 3 Kelber, Michael 64 OREG 1:22.90
 4 Carew, Michael 62 OREG 1:26.41

Men 65-69

50 Yard Free
 1 Kehoe, Bob 65 OREG 27.65
 2 Stout, Jon 65 OREG 27.89
 100 Yard Free
 1 Kehoe, Bob 65 OREG 1:02.14
 2 Stout, Jon 65 OREG 1:03.17
 200 Yard Free
 1 Kehoe, Bob 65 OREG 2:22.63
 500 Yard Free
 1 Rueff, Dan 65 OREG 6:55.10
 2 Foges, John 66 UNAT 8:45.86
 1000 Yard Free
 1 Foges, John 66 UNAT 17:59.55
 50 Yard Back
 1 Stout, Jon 65 OREG 34.03
 100 Yard IM
 1 Stout, Jon 65 OREG 1:13.90
 2 Kehoe, Bob 65 OREG 1:22.43
 200 Yard IM
 1 Kehoe, Bob 65 OREG 2:59.75

Men 70-74

50 Yard Free
 1 Hiatt, Chris 71 OREG 29.02
 50 Yard Breast
 1 Hiatt, Chris 71 OREG 39.80
 2 Keudell, David 70 OREG 42.05
 100 Yard Breast
 1 Keudell, David 70 OREG 1:36.86
 200 Yard Breast
 1 Keudell, David 70 OREG 3:33.02
 50 Yard Fly
 1 Hiatt, Chris 71 OREG 32.81

Men 75-79

500 Yard Free
 1 Radcliff, David 77 OREG 6:17.18
 1000 Yard Free
 1 Radcliff, David 77 OREG 13:06.24
 50 Yard Back
 1 Thayer, George 75 OREG 39.07
 100 Yard Back
 1 Thayer, George 75 OREG 1:29.57
 50 Yard Breast
 1 Thayer, George 75 OREG 43.42
 100 Yard Breast
 1 Thayer, George 75 OREG 1:45.66

Men 80-84

50 Yard Free
 1 Marks, Milton 81 OREG 34.11
 2 Popovich, Michael 83 OREG 54.84
 100 Yard Free
 1 Popovich, Michael 83 OREG 2:07.61
 50 Yard Back
 1 Marks, Milton 81 OREG 43.98
 50 Yard Breast
 1 Marks, Milton 81 OREG 43.82
 100 Yard IM
 1 Marks, Milton 81 OREG 1:35.90

Relays**Women 45-54 400 Yard Free Relay**

1 OREG 4:14.40
 1) Caswell, MJ 2) Tyynismaa, Terri
 3) Goodman, Ann 4) Jenkins, Valerie

Women 45-54 200 Yard Medley Relay

1 OREG 2:28.45
 1) Fox, Christina 2) Snider, Pam
 3) Worden, Laura 4) Fox, Linda

Women 55-64 400 Yard Medley Relay

1 OREG 5:13.17
 1) Ward, Joy 2) Pierson, Ginger
 3) Crabbe, Colette 4) Buck, Kathleen

Canby Animal SCY Meet, Canby, OR — February 12, 2012

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

N = National Record (includes Zone & OR)

Z = Zone Record, (includes OR)

⊙ = Oregon Record

* = Split

Women 18-24

200 Yard Free
 1 Watling, Carolyn 19 DUCK 2:18.02
 2 Rubino, Gabriella 18 DUCK 2:30.07
 3 Bainbridge, Laura 20 DUCK 3:02.27
 500 Yard Free
 1 Kralovec, Anna 20 UNAT 5:48.41
 2 Benthin, Karri-Ann 23 OREG 5:54.61
 3 Watling, Carolyn 19 DUCK 6:03.14
 4 Krimmer, Tess 18 DUCK 6:19.80
 5 Abdie, Kaitlyn 19 DUCK 6:34.07
 1000 Yard Free
 1 Mangan, Natascha 22 OREG 11:39.86
 50 Yard Fly
 1 Stewart, Kelsey 20 DUCK 30.58
 2 Krimmer, Tess 18 DUCK 32.12
 3 Berg, Tia 18 DUCK 32.57
 4 Rubino, Gabriella 18 DUCK 33.74
 5 Schierholtz, Allison 18 DUCK 34.51
 100 Yard Fly
 1 Benthin, Karri-Ann 23 OREG 1:07.47
 2 Kralovec, Anna 20 UNAT 1:08.31
 3 Wanzenried, A. 18 OREG 1:15.02
 200 Yard Fly
 1 Mangan, Natascha 22 OREG 2:10.60 Z
 100 Yard IM
 1 Stewart, Kelsey 20 DUCK 1:11.64

2 Berg, Tia 18 DUCK 1:13.55
 3 Schierholtz, Allison 18 DUCK 1:19.28
 4 Bainbridge, Laura 20 DUCK 1:28.73
 200 Yard IM
 1 Benthin, Karri-Ann 23 OREG 2:28.59
 2 Kralovec, Anna 20 UNAT 2:32.92
 3 Abdie, Kaitlyn 19 DUCK 2:42.94
 4 Wanzenried, A. 18 OREG 2:45.53
 400 Yard IM
 1 Mangan, Natascha 22 OREG 4:48.38 Z

Women 25-29

500 Yard Free
 1 Scheafer, Kayla 26 OREG 6:46.78
 100 Yard Fly
 1 Scheafer, Kayla 26 OREG 1:24.39
 200 Yard IM
 1 Scheafer, Kayla 26 OREG 2:59.17

Women 35-39

200 Yard Free
 1 Hartley, Jennifer 39 OREG 2:53.08
 2 Harrison, Elizabeth 37 OREG 3:06.70
 3 Winter, Neva 38 OREG 3:07.19
 50 Yard Fly
 1 Hartley, Jennifer 39 OREG 43.77
 2 Winter, Neva 38 OREG 45.90
 3 Harrison, Elizabeth 37 OREG 49.97
 100 Yard IM

1 Hartley, Jennifer 39 OREG 1:29.69
 2 Winter, Neva 38 OREG 1:39.47
 3 Harrison, Elizabeth 37 OREG 1:53.80

Women 45-49

200 Yard Free
 1 Daubersmith, Britta 46 OREG 2:29.56
 50 Yard Fly
 1 Daubersmith, Britta 46 OREG 34.81
 100 Yard IM
 1 Daubersmith, Britta 46 OREG 1:17.44

Women 50-54

200 Yard Free
 1 Andrade, Julie 50 OREG 2:45.47
 500 Yard Free
 1 Fox, Christina 51 OREG 7:21.95
 50 Yard Fly
 1 Andrade, Julie 50 OREG 39.90
 2 Fox, Christina 51 OREG 43.34
 100 Yard IM
 1 Andrade, Julie 50 OREG 1:25.10
 200 Yard IM
 1 Fox, Christina 51 OREG 3:08.07

Women 55-59

1000 Yard Free
 1 Crabbe, Colette 55 OREG 13:04.47
 2 Summers, Jeanna 58 OREG 14:44.91
 200 Yard Fly

1 Crabbe, Colette 55 OREG 2:31.47 **Z**
 200 Yard IM
 1 Summers, Jeanna 58 OREG 3:14.39
 400 Yard IM
 1 Crabbe, Colette 55 OREG 5:18.42 **Z**

Women 65-69

200 Yard Free
 1 Pierson, Ginger 65 OREG 3:36.99
 100 Yard Fly
 1 Ward, Joy 69 OREG 1:32.72
 200 Yard Fly
 1 Pierson, Ginger 65 OREG 3:19.97 **Z**
 100 Yard IM
 1 Ward, Joy 69 OREG 1:27.64
 200 Yard IM
 1 Pierson, Ginger 65 OREG 3:20.31

Women 90-94

200 Yard Free
 1 Stevenin, Elfie 90 OREG 9:19.89 **Z**
 50 Yard Fly
 1 Stevenin, Elfie 90 OREG 3:10.37 **Z**
 100 Yard IM
 1 Stevenin, Elfie 90 OREG 5:13.43 **O**

Men 18-24

200 Yard Free
 1 Kunz, Christopher 18 DUCK 2:02.04
 2 Horowitz, Keahi 20 OREG 2:02.62
 3 Hui, Shawn 18 DUCK 2:06.87
 4 Sutherland, Duncan 18 DUCK 2:09.76
 5 Boudreau, Benjamin 21 DUCK 2:19.69
 500 Yard Free
 1 Naugle, Andrew 21 DUCK 5:34.44
 2 Rhodes, Kevin 19 DUCK 5:38.26
 50 Yard Fly
 1 Hui, Shawn 18 DUCK 25.83
 2 Kunz, Christopher 18 DUCK 26.51
 3 Oldenkamp, Adam 19 DUCK 26.80
 4 Burr, Justin 21 DUCK 26.85
 5 Sipiora, Zach 18 DUCK 27.18
 6 Intlekofer, Graham 20 DUCK 29.09
 7 Horowitz, Keahi 20 OREG 29.32
 8 Boudreau, Benjamin 21 DUCK 29.41
 9 Sutherland, Duncan 18 DUCK 31.51
 10 Brand, Kevin 18 DUCK 34.04
 100 Yard Fly
 1 Naugle, Andrew 21 DUCK 57.25
 2 Hui, Shawn 18 DUCK 1:00.18
 100 Yard IM
 1 Kunz, Christopher 18 DUCK 1:01.31
 2 Sipiora, Zach 18 DUCK 1:02.69
 3 Burr, Justin 21 DUCK 1:03.18
 4 Rhodes, Kevin 19 DUCK 1:03.53
 5 Horowitz, Keahi 20 OREG 1:04.62
 6 Sutherland, Duncan 18 DUCK 1:06.02
 7 Intlekofer, Graham 20 DUCK 1:10.04
 8 Boudreau, Benjamin 21 DUCK 1:10.48
 200 Yard IM
 1 Naugle, Andrew 21 DUCK 2:12.04

Men 30-34

500 Yard Free
 1 Kalk, Michael 31 OREG 6:43.38

100 Yard Fly
 1 Kalk, Michael 31 OREG 1:34.27

Men 35-39

200 Yard Free
 1 Casey, Duane 35 OREG 2:33.47
 50 Yard Fly
 1 Casey, Duane 35 OREG 32.23
 100 Yard IM
 1 Casey, Duane 35 OREG 1:15.82

Men 40-44

1000 Yard Free
 1 Waud, Timothy 44 OREG 12:03.11
 2 Tujo, Christian 40 OREG 13:00.07
 200 Yard Fly
 1 Tujo, Christian 40 OREG 2:31.14
 2 Waud, Timothy 44 OREG 2:33.95
 400 Yard IM
 1 Waud, Timothy 44 OREG 5:07.03
 2 Tujo, Christian 40 OREG 5:14.95

Men 45-49

200 Yard Free
 1 Baele, Michael 47 OREG 1:54.01
 2 Carr, Paul 45 OREG 2:06.46
 3 May, Gary 47 UNAT 2:18.39
 50 Yard Fly
 1 Baele, Michael 47 OREG 24.65
 2 Carr, Paul 45 OREG 29.08
 3 May, Gary 47 UNAT 29.30
 100 Yard IM
 1 Baele, Michael 47 OREG 58.43
 2 Carr, Paul 45 OREG 1:04.70
 3 May, Gary 47 UNAT 1:10.29

Men 50-54

200 Yard Free
 1 Wanzenried, Roland 53 UNAT 2:27.62
 1000 Yard Free

1 Boone, Lou 50 OREG 13:43.43
 50 Yard Fly

1 Wanzenried, Roland 53 UNAT 36.23
 200 Yard Fly
 1 Boone, Lou 50 OREG 3:03.48
 100 Yard IM
 1 Wanzenried, Roland 53 UNAT 1:21.94
 400 Yard IM
 1 Boone, Lou 50 OREG 5:35.97

Men 55-59

200 Yard Free
 1 Philbrick, Larry 59 OREG 2:11.30
 2 Helm, Charlie 55 OREG 3:18.86
 500 Yard Free
 1 Phipps, Tom 58 OREG 6:17.60
 2 Larson, Allen 59 OREG 6:42.33
 50 Yard Fly
 1 Philbrick, Larry 59 OREG 28.63
 2 Helm, Charlie 55 OREG 46.86
 100 Yard Fly
 1 Phipps, Tom 58 OREG 1:14.38
 2 Larson, Allen 59 OREG 1:22.97
 100 Yard IM
 1 Philbrick, Larry 59 OREG 1:05.38
 2 Helm, Charlie 55 OREG 1:49.21
 200 Yard IM
 1 Phipps, Tom 58 OREG 2:42.75
 2 Larson, Allen 59 OREG 3:01.64

Men 60-64

200 Yard Free
 1 Kelber, Michael 64 OREG 2:32.91
 50 Yard Fly
 1 Kelber, Michael 64 OREG 40.05
 100 Yard IM
 1 Kelber, Michael 64 OREG 1:21.61



A large flock of DUCKS at the Chalehem SCY Meet

Association Champs ... Don't Miss it in Hood River!

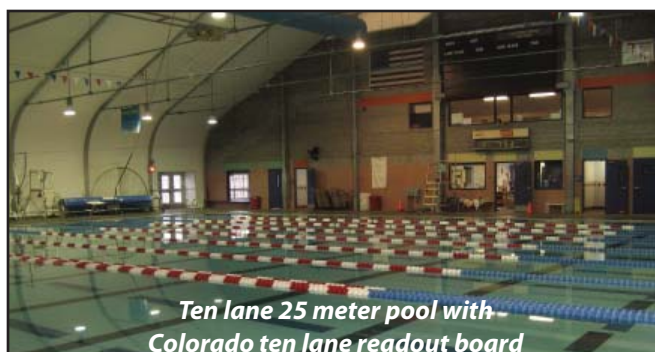
by Sandi Rousseau

Columbia Gorge Masters is a first time host for the Oregon Masters Swimming Association Championships on April 13-15, 2012, and we are looking forward to welcoming you all to Hood River. If you have never seen the Hood River Valley in blossom, it is exquisitely beautiful and this might be your chance! Of course, we do need to warn you that if the Spring is a cold one as in 2011, there was not a blossom in sight at the time of Blossom Fest (which in 2012 is the weekend of April 21-22).

We will be swimming short course meters instead of yards as in most Association champs, so we will have seven lanes of competition with mostly deepish water in all lanes, and three lanes for warm-up/warm-down. There is also a warming pool that is 10 degrees warmer than the competition pool to warm your bones!

Banquet: We encourage you all to sign up for the banquet, as it is going to be superb. It will be located in the historic Hood River Hotel in downtown Hood River (5 minutes from the pool) and catered by Blossoms Catering. They are known for their great food and the menu is as follows:

- * Caesar Salad-pecorino romano, smoked bacon, garlic crouton, creamy lemon dressing
- * Polenta & Chicken Sausage Ragù-onions, peppers, mushrooms, pecorino, tomato sauce
- * Cornerstone Mac N Cheese-cheddar, pecorino, provolone, garlic cream
- * Grilled Seasonal Vegetables with Romesco Sauce
- * Artisan Bread
- * Seasonal Fruit Crisp with Vanilla Ice Cream



Banquet Speaker: Our banquet speaker will be Dr. Christopher Van Tilburg from the Crag Rats, a local volunteer search and rescue organization and the oldest search and rescue organization in the United States. The Crag Rats are involved in multiple rescues every year in Hood River County which includes Mt. Hood and the Columbia River Gorge. Chris' talk is titled 'Anatomy of a Search' and will include photos from about 20 local rescues. It will focus on the culture of volunteering as well as risk and responsibility. It's a fun talk and motivational too. (See brief description of talk and biography on pages 16-17.)

Silent Auction: As an added bonus for this meet, there will also be a silent auction that takes place during the meet. The items will include local products of all kinds remember our local fruits, coffees, brews, and wines? They will be well represented. You will be able to bid on items until Sunday at noon.

Shortt Supply Swim Supplies: Shortt Supply is our local swimwear vendor and will be on site during the meet Saturday and Sunday to provide for your needs. So plan to shop during the meet.

Activities of Interest in the Gorge

The weekend of April 13-15, 2012, has two special events taking place in the Hood River area, so you might want to bring your spouse or significant other to try out the following:

Columbia Gorge Wineries Passport Weekend: More than thirty Columbia Gorge Wineries will be hosting open houses featuring specials released, great discounts, and more. Passports are \$15 each and provide special offers for Passport holders (a \$5 to \$800 value in potential savings). You may purchase passports at www.columbiagorgewine.com.

Local Artists: Twenty-five local artists in Hood River, Mosier, The Dalles, and White Salmon open their studios to show their working environments. You'll see furniture, glass, fiber, pastels, oils, watercolors, photography, cloisonné enamel, mixed media, and ceramics. You may purchase an event map for \$10 and more information is available at <http://gorgeartistsopenstudios.blogspot.com>.

Oregon Association Championship

April 13-15, 2012

OFFICIAL RULES AND GUIDELINES

DISTANCE EVENTS: CHECK-IN DEADLINES

Friday, April 13: **400 IM** — 3:30 PM/**1500 Free** — 4:00 PM

Saturday, April 14: **800 Free** — start of the 200 Breast

Sunday, April 15: **400 Free** — 8:30 AM

RELAYS: CHECK-IN DEADLINES

(The 400 and 800 distances of relays will only be offered as time permits, as determined by the Meet Director.)

Saturday, April 14: **Free Relays** — 9:30 AM/**Mixed Medley Relays** — the end of the 100 Back

Sunday, April 15: **Medley Relays** — the end of the 50 Fly/**Mixed Free Relays** — 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, 2012, 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 14, 2012, at 8:45 AM 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. Someone from your team must register your team for 2012.

The team registration form is on the OMS website. Please make sure your team is registered.

As of February 1, the following teams were registered for 2012:

<u>Code</u>	<u>Name</u>	<u>Club</u>	<u>Code</u>	<u>Name</u>	<u>Club</u>
BASS	Baker Area Seasoned Swimmers	OREG	NCMS	North Clackamas Masters Swimming	OREG
BRSC	Bearcat Swim Club	OREG	OCT	Oregon City Tankers	OREG
CAT	Corvallis Aquatic Team Masters	OREG	OPEN	Oregon Pool-Less Elite Narwhals	OREG
CGM	Columbia Gorge Masters	OREG	ORM	Oregon Reign Masters	OREG
COMA	Central Oregon Masters Aquatics	OREG	RVM	Rogue Valley Masters	OREG
KAM	Salem Kroc Masters	OREG	SWMS	Southwest Washington Masters Swimming	SWMS
KBM	Klamath Basin Masters	OREG	SYD	Sherwood YMCA Dragons	OREG
LGMS	La Grande Masters Swimming	OREG	THB	Tualatin Hills Barracudas	OREG
LHST	LaCamas Headhunter Swim Team	SWMS	VSC	Vancouver Swim Club	SWMS
MAC	Multnomah Athletic Club Masters	OREG	WVAC	Willamette Valley Aquatic Club	OREG

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 2012 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: Wes Edwards wesedwards.backstroker@comcast.net (503)460-7989.

OMS Annual Meeting

The annual meeting of Oregon Masters Swimming is scheduled for Saturday, April 14, 2012, at 5:00 PM at the Hood River Hotel, just prior to the annual awards banquet. The annual meeting is open to all OMS members, and is a great opportunity to voice your opinion on the issues you care about. You don't need an awards banquet ticket to attend the annual meeting.

At this meeting, the spotlight shines directly on the local teams as each team registered for 2012 is allowed one vote on any issues decided during the meeting. Only the Team Representative designated on the team's 2012 registration form or their assigned designee may vote on any issues. Your team's vote is very important. If your Team Representative is unable to attend, please help ensure that another team member is designated to vote on your behalf during the meeting.

Only those teams registered with OMS for 2012 are eligible to vote at the annual meeting. OMS teams **NOT YET** registered for 2012 are:

Code	Name	Club
AQDK	Aquaducks Masters	OREG
AST	Allstar Triathlon Club	OREG
BCAC	Northwest Blue Crush Aquatic Club	OREG
CBAT	Circumnavigating Beavers Aquatic Team	OREG
DUCK	University of Oregon Swim Club	DUCK
EA	Emerald Aquatics	OREG
LOM	Lake Oswego Masters	OREG
PCCM	Portland Community College Masters	OREG
PEND	Pendleton Masters Swim Club	OREG
PSM	Portland State Masters	OREG
SLSA	South Lane Swimmers Association	OREG
TCSO	Team Club Sport Oregon	OREG

Those teams listed above must submit a 2012 Team Registration Form found on the OMS website at: http://www.swimoregon.org/forms/membership/OMS_Local_Team_Reg.pdf.

Submit the completed form to Christina Fox at foxkohnert@peak.org prior to this year's annual meeting.

The OMS Board needs your participation and your voice at the annual meeting so they can continue to effectively serve and plan for the future. Please join us! Questions? Please contact Wes Edwards at wesedwards.backstroker@comcast.net

LONG DISTANCE

Continued from Page 6

urday morning. I'll teach the basics—swimming in crowds, swimming in a straight line, navigating, drafting, & rounding buoys—and aim it at folks with little or no experience, although it would be a great review for anyone. And I'll run it so that it might serve as a nice warm-up for the pool meet.

And no COMA event is ever complete without a social with food. After all, we're swimmers! How about a pancake breakfast after the open water swim on Sunday? Done! Yum!

So Wonderful Water Weekend—May 12-13, 2012—has grown to four parts, in order...

- ⌘ A basic open water clinic (limited to 30 swimmers please) on Saturday morning

- ⌘ A long course swim meet with lots of events in a nice pool
- ⌘ A pool open water swim on Sunday morning
- ⌘ A pancake breakfast on Sunday morning after the open water event.

Does this sound attractive? If so, be there! We're doing this for YOU! Alas, because OMS organizes pool meets and open water swims differently, there are two entry forms. Sorry, it is what it is. You can find full event information, all on-line and mail-in entry forms, and some other interesting & pertinent other stuff on the COMA website, www.comaswim.org.

Good luck and good swimming!

Oh, The Places You'll Go!

by Maria Elias-Williams

"Oh, The Places You'll Go!" is one of my favorite books from long ago. Someone gave it to me when I was embarking on (one of) my career(s)! If you haven't read it, you must. Yes, it is by Dr. Seuss. And although I consider myself an avid reader, this is a very deep book.

I think I may need to write a sequel for new or potential members, called "Oh, The Masters Swimmers You'll Meet!"

I have met fast swimmers and slow swimmers. Young bucks and old farts. People I absolutely adore—and some with whom I probably will not spend a lot of time. Olympians and folks who just needed to lose some weight. Gay and Lesbian, big and small, and swimmers of every color.

I don't think I have ever met a Masters swimmer who has not bid me "good luck." Nor have I ever been unable to find someone to count for me in the 1500, long after everyone else has gone home, because I am in the last heat. I know that if my cap rips or my goggles snap, I can always turn to the swimmer behind me and borrow whatever I need.

I have teammates that have donated food, clothing, time—whatever it is that another swimmer has requested for his or her respective "cause." I have teammates that have packed and moved other members when life changes. I have teammates that have sat with me through medical issues with my child—not because I "needed" anything—but "just in case."

Where else in your daily life can you find folks like this? Ones that never notice when you gain weight but are the first to say, "Wow, you look great!" when you lose weight? Ones that won't notice that you can't quite make your best times but are thrilled you have been showing up to practice for the past two weeks? Ones that will take care of you when you are sick, no matter how minimal the cold or how great the cancer?

I love Masters swimmers. I recently attended an out of town meeting and swam with a local team that insisted on taking me out to dinner because "the city was no place for a single woman on a Friday night." We had a blast. I can't wait to head back there!

Enjoy your team. I used to swim alone and do a lot more yardage than I now do. I swim with a team now. And I swim a lot faster than I did before. And I have a lot more fun.

Association Champs Hotel Info

Hood River Hotel

Historic hotel in downtown Hood River; site of Saturday evening banquet. From \$99 per night, includes breakfast; queen beds. See photo of this historic hotel on page 19.

Sunset Motel

From \$75 per night including tax; AAA and Senior Discounts available; 1 or 2 queen bedded rooms; located across from Safeway. No restaurant on property; clean budget motel.

Hood River Inn

From \$125 per night including tax and full breakfast.

On the waterfront, dining room, bar, indoor pool, spa; AAA and Senior discounts available.

Continued on page 19

Anatomy Of A Search

Lessons in risk, responsibility and resources from mountain rescue Christopher Van Tilburg, M.D.

Editor, *Wilderness Medicine*
 Medical Committee Member, Mountain Rescue Association
 Staff Physician, Mountain Clinic, Mount Hood Meadows, Oregon
 Author, *Mountain Rescue Doctor: Wilderness Medicine in the Extremes of Nature*
 Hood River, Oregon

When Dr. Van Tilburg received a page on December 9, 2006, to respond to Oregon’s Mount Hood, little did he know that he’d be involved in one of the largest search and rescue missions in the United States. His team, Hood River Crag Rats, the oldest mountain rescue unit in the U.S., spearheaded the ten-day search, battling five feet of new snow, gargantuan crevasses, 100 mph winds, single-digit temperatures, and extreme avalanche danger.

Dr. Van Tilburg describes the search first hand and shows exclusive images of the search operations based out of the 120-year-old Cloud Cap Inn, the advanced search base perched at 6,000 feet on Mount Hood’s rugged and remote North Side. Dr. Van Tilburg recounts the history of the Crag Rats, starting with their initial rescue in 1927. He highlights canyon rope rescues in the Columbia River Gorge, advance life support in the Mount Hood National Forest and body recoveries on Mount Adams, in Washington.

Along the way, Dr. Van Tilburg describes prominent controversies: What is the risk of climbing mountains and adventure sports? Who should pay for search and rescue? And who is ultimately responsible?

Oregon SCY Individual Records

Compiled by Steve Darnell

As we enter the 2012 SCY season, here are the Swimmers who currently hold the most Oregon SCY individual records (as of 1/31/2012): (Note: 5 records or more; 18 men, 17 women)

No. of Records	Name (Women)	No. of Records	Name (Men)
24.....	Lavelle Stoinoff	22.....	Robert Smith
18.....	Eva Muller	18.....	Andrew Holden
16.....	Pauline Stangel	18.....	Dennis Baker
15.....	Joy Ward	16.....	Greg Latta
15.....	Ginger Pierson	13.....	David Radcliff
14.....	Collette Crabbe	12.....	Tom Landis
14.....	Valerie Jenkins	11.....	Willard Lamb
11.....	Margaret Wells	09.....	Milton Marks
09.....	Lauren Thies	08.....	Steve George
09.....	Karen Andrus-Hughes	08.....	John Keppeler
07.....	Arlene Delmage	07.....	Allen Stark
07.....	Hilda Buel	06.....	Stephen Kevan
06.....	Gracie Goddard	06.....	Gerald Huestis
05.....	Barbara Frid	05.....	Pat Allender
05.....	Heather Blair	05.....	Chris Hiatt
05.....	Robin Parisi	05.....	Bill Zolna
05.....	Michelle Donahue	05.....	Jeff Stiling
		05.....	Curtis Taylor

OFF THE BLOCK

Continued from Page 3

reason why you set your goals. If this is something that is truly important to you, you should make it an important part of your daily routine.

Working on your goals may not always be the easiest journey, but the end results can be very rewarding. Instead of letting your goals fall to the wayside, be proactive about getting them accomplished. Have fun along the way and be sure to celebrate all of your successes!



Christopher Van Tilburg, MD

Biography

Dr. Christopher Van Tilburg specializes in wilderness and travel medicine and has authored nine books including *Mountain Rescue Doctor: Wilderness Medicine in the Extremes of Nature*, which is about his experiences with Hood River Crag Rats, the oldest mountain rescue group in the United States. Dr. Van Tilburg also serves as Editor of *Wilderness Medicine* and has traveled around the world for medical and educational trips, most recently to Peru and Haiti. He lives with his daughters in Hood River, Oregon. For more information, check www.docwild.net.



Thank you to OMS Sponsors!

(the numbers are growing)

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Swimmer Spotlight

by Tim Lunney

Name: Michael Carew, Age 62
Occupation: Retired teacher
Local Team: Central Oregon Masters Aquatics, (COMA)

If swimming were baseball, Mike Carew would be in the All Star game. Not only has he received the Oregon Outstanding Open Water award for 2011, he is well on his way to swimming over 1000 miles for the third year straight.

"Right now I am going for as much distance per stroke as I can get. I am swimming faster than I did 27 years ago." He attributes this to being eighty pounds lighter.

"I am reaching places I never knew I had and places I had forgotten about. It feels like it did when I once swam out at Eel lake and the mist had rolled in off the ocean when I was out towards the middle. The water flattened out like glass and the quiet was overwhelming. Sometimes there was a glimpse of something in the distance through the fog. I would stop, clear my goggles and try to get a bearing on anything, but it was hard to navigate but I could tell there was something out there just past where I could see, so I would swim some more in its general direction and then I thought I could hear something. I stopped and listened; again, just the quite, but would swim and I could almost hear it again. Whatever was out there was making me chase it- making me reach for it and I have not stopped since. I am thinner now but I am still in that in-between ,



suspended, misted-over, swimming dream world that I found out on the coast. I am not sure what was out there but I am glad it talked me into chasing it. It's leading me somewhere."

Future events on Mike's calendar include Applegate 10k, Trans Tahoe, Waikiki and Maui channel swims and he is ready to load up and do them today. He qualified for an Oregon Masters patch for completing the 5k and 10k long course swims as well as the 3000 and 6000 swims and 21 open water swims in one season.

"I am on track to make the 1000 miles but will have to rally to do it. I suppose I am in the top of the seventh and will have to work my way to the game's end. I may be swimming on New Year's Eve to get it all in. It would not be the first time I wore my suit inside out."

La Grande Distance Challenge Swim Meet (Yards)

Saturday, April 21, 2012; Entry Deadline Wednesday, April 11, 2012

Sanction Inland Empire Swimming #1149

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. # 372-S005

Host/Sponsor: La Grande Swim Club and La Grande Master's Swim Club

Location: Veteran's Memorial Pool
 401 Palmer St.
 La Grande, OR 97850
 (541) 962-1347

Eligibility: Open to all currently registered 2012 USA Swimming and US Masters Swimming athletes.
Rules: Current United States Swimming rules will govern the meet. The rules and procedures of Inland Empire Swimming will also apply. Masters athletes must be currently registered with USMS and provide a signed declaration of intent

If you would like to attend this meet, find the entry form and other information online at the OMS website: <http://www.swimoregon.org/>

Swimsuits: A Short Walk Down Memory Lane

by Stacey Kiefer, Adolph Kiefer & Associates

As swim seasons come and go, and what we use at the pool changes with fads and new rules, we often narrow our focus to the latest and greatest and forget about awesome (and maybe less awesome) products from the past. With technology at its peak, perhaps it's time to blast to the past and revisit some of our favorite old swimsuits.

Today's tech suits are being made using thicker and tighter compression fabrics, but who can forget about some of the original tech suits presented by Adidas; a full body, front zipper almost loose-fitting lycra suit probably more adequate for sun coverage than racing. These were certainly eye catchers in Adidas' classic navy and bright yellow stripe design.

Certainly Adidas didn't have the only flashy suit. Well before the days of full-body suits, Speedo ruled the pizzazz market. Possibly the shiniest of suits were the Speedo holograms. From just small sections of lycra suits showing the hologram design to full coverage, almost rubbery hologram suits (S2000 suits, aka "cat suit") made everyone look like a mirror on the deck. And if you were a fan of it then, get ready because one of Speedo's 2012 Team USA prints will feature a bit of shine ("Home of the Fast").

Most similar to some of today's tech suits were the racing suits known as paper suits. Introduced in a conservative cut and only available in black and navy, these suits quickly became popular as the "french cut," i.e. skimpy cuts made their way to the pool. Naturally printed paper suits also had their fair share of play, featuring colorful dot and bubble prints, some of which I still possess.

But sometimes it's the story behind the suit that truly makes it a memory, like the Batman-looking Arena Strush SR competition suit that used NASA-developed panels (often featured in bright gold) to reduce water resistance. Also space-inspired were the TYR Aqua Shift Tripwire technology suits, some silver in color with uranium finish, which were originally paired with the Aqua Band sleeves to increase hydrodynamics with compression.

Even the advertising used can make greatness out of your average training suit, like the catalog picture of Gary Hall Jr. shown golfing while wearing a men's flower print Victor brand suit. So the next time you gleefully stride across the deck in what you think is the latest and greatest swimsuit, just keep in mind that you may be making memories for someone else.

HOTELS

Continued from page 15

Hood River BnB

Call direct at 541-387-2997

Located 4 blocks from downtown, comfortable cozy BnB run by a swimmer!

Comfort Inn Suites

From \$136 per night including tax and breakfast; AAA and Senior Rates available.

Located near Safeway, suites with breakfast included, indoor pool and hot tub exercise room .

Columbia Gorge Hotel

From \$184 per night including tax.

On the Bluff overlooking the Columbia River; Historic hotel, restaurant, and bar .

Columbia Cliff Villas

From \$205 per night including tax.

One, 2 or 3 bedroom Units with kitchens; beautiful Gorge views; next door to the Columbia Gorge Hotel .

The above properties are a sampling of what is available in the Hood River area and cost. For availability and exact rates please contact Sue@cascadetvl.com or call 800-426-4981.



Historic Hood River Hotel

National and World Records Set in 2011

by OMS Swimmers

Compiled by Steve Darnell

Individual

Colette Crabbe	Women 55-59	SCM	50 Breast	39.12	5/15/2011	National
Colette Crabbe	Women 55-59	SCM	100 Breast	1:25.94	12/10/2011	National
Dennis Baker	Men 50-54	SCY	400 I.M.	4:22.48	11/04/2011	National
Dennis Baker	Men 50-54	LCM	200 Fly	2:13.80	7/10/2011	National
Dennis Baker	Men 50-54	SCM	200 Fly	2:12.41	11/06/2011	National
Allen Stark	Men 60-64	LCM	200 Breast	2:50.44	8/06/2011	World

Relays

Women 160-199 400 LC Meter Medley Relay 7/10/2011

OREG	5:06.15	World
1) Jenkins, Valerie	2) Blair, Heather	
3) Delmage, Arlene	4) Asch, Jill	

Women 240-279 400 LC Meter Free Relay 7/10/2011

OREG	5:12.55	World
1) Gettling, Janet	2) Crabbe, Colette	
3) Andrus-Hughes, Karen	4) Ward, Joy	

Women 240-279 400 LC Meter Medley Relay 7/10/2011

OREG	5:33.65	National, World
1) Ward, Joy	2) Pierson, Ginger	
3) Crabbe, Colette	4) Andrus-Hughes, Karen	

Men 240-279 400 LC Meter Free Relay 7/10/2011

OREG	4:22.16	World
1) Wan, Eric	2) Smith, Robert	
3) Radcliff, David	4) Washburne, Brent	

Mixed 240-279 400 LC Meter Free Relay 7/10/2011

OREG	4:44.50	World
1) Radcliff, David	2) Ward, Joy	
3) Delmage, Arlene	4) Wan, Eric	

Mixed 240-279 400 LC Meter Medley Relay 7/10/2011

OREG	4:58.85	World
1) Andrus-Hughes, Karen	2) Stark, Allen	
3) Delmage, Arlene	4) Radcliff, David	

Women 240-279 200 SC Meter Free Relay 10/16/2011

OREG	2:13.64	National
1) Ward, Joy	2) Andrus-Hughes, Karen	
3) Frid, Barbara	4) Ferguson, Ellen	

Women 240-279 200 SC Meter Medley Relay 10/16/2011

OREG	2:32.04	National
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1) Andrus-Hughes, Karen	2) Frid, Barbara
3) Ward, Joy	4) Ferguson, Ellen

Women 240-279 200 SC Meter Medley Relay 11/06/2011

OREG	2:27.93	National, World
1) Jenkins, Valerie	2) Frid, Barbara	
3) Ward, Joy	4) Andrus-Hughes, Karen	

Women 240-279 400 SC Meter Medley Relay 5/15/2011

OREG	5:42.34	National, World
1) Goodman, Ann	2) Pierson, Ginger	
3) Crabbe, Colette	4) Ward, Joy	

Men 320-359 400 SC Meter Free Relay 10/16/2011

OREG	7:11.61	World
1) Marks, Milton	2) Lamb, Willard	
3) Fixott, Rupert	4) Smith, Robert	

Mixed 200-239 400 SC Meter Medley Relay 11/06/2011

OREG	4:32.16	National, World
1) Jenkins, Valerie	2) Stark, Allen	
3) Baker, Dennis	4) Andrus-Hughes, Karen	

Mixed 280-319 800 SC Meter Free Relay 11/06/2011

OREG	11:43.44	National, World
1) Landis, Tom	2) Frid, Barbara	
3) Lamb, Willard	4) Andrus-Hughes, Karen	

Joy Ward Sets National Record Anacortes SCM Meet

January 22, 2012

100M Back	1:31.19	
50M Fly	41.95	
200M Back	3:18.32	National Record
50M Back	42.43	

Moscow Chinooks Masters Swimming of Hydropower Masters Swim Club hosts Northwest Zone Masters Championship Swim Meet 2012

SATURDAY MARCH 31 & SUNDAY APRIL 1, 2012

DATE/TIMES: Saturday, March 31, 2012 warm-up starts at 11 am, meet starts at 12 pm, event #3 will not begin before 1:00pm.

Sunday, April 1 warm-up starts at 8:30 am, meet starts at 9:30 am, event #19 will not begin before 10:15 am.

FACILITY: University of Idaho Swim Center (Rayburn St., Moscow, ID) is an indoor pool with eight 25-yard competition lanes and a separate four-lane pool for warm-up/-down. Locker rooms adjacent to pool. Snacks/drinks for swimmers and volunteers provided.

SPONSOR: Moscow Chinooks Masters Swim Team of the Hydropower Masters Swim Club. Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc. #03520331.

ELIGIBILITY: All currently registered Masters swimmers. Entry must include 2012 membership number. **Copy of membership card or proof of registration outside USMS is required.**

RULES: All current USMS rules will apply. Certified stroke and turn judges will be present. Consult the current USMS Rulebook (www.usms.org/rules) for complete swimming rules.

NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

DEADLINES & FEES: \$30 fee by postmark deadline of March 22nd. Make payment by check or money order payable to MCM. **Cash will not be accepted.** Online registrations with credit card will be accepted until midnight PDT, Tuesday, March 27th.

RELAYS: Submit relay cards to the clerk of course during each day's warm-ups for deck seeding. Individuals must be signed up with the club/team they represent to have their relay points count for that club/team. Mixed relays = 2 male + 2 female swimmers.

* The entries for Women's Relays and Men's Relays will be swum in combined heats.

CONDUCT OF THE MEET: Short course yards events will be seeded slowest to fastest. Participants may swim no more than six individual events with no more than five events in one day, plus four relay events.

AWARDS: NW Zone ribbons will be awarded in each event.

DIRECTIONS: **1a.** From ID Hwy 95 come into Moscow and head west on Sixth St. toward the Univ of Idaho campus. **1b.** From Pullman on WA270/ID8 turn right at 2nd signal onto Perimeter Rd. then left onto Sixth St. **2.** Turn south on Rayburn St. and continue to parking lot #39 opposite the Kibbie Dome east side. Enter Memorial Gym and follow signs to the Swim Center. Additional parking on Rayburn St. Obey all parking signs.

SWIM GREEN: NW Zone Champs strives to be a no waste event. Please use provided recycling/compost bins and reusable container for food & drink swimmers and spectators may bring.

H.O.S.T. (House our Swimmers Tonight): Moscow Chinooks are happy to house you (and your family) for the night. Contact the meet director. Nearby hotels are the Idaho Inn, Palouse Inn, Super 8 Moscow and the Best Western University Inn.

QUESTIONS: Contact Meet Director Steve McGeehan at (208) 301-1027 before 9pm PT or email slmceehan@gmail.com.

Postal Fee Deadline:	Saturday, March 22nd postmark
Check payable to :	MCM \$30 + opt social event
Mail Entries to:	Paige Buehler 814 Mabelle St. Moscow, ID 83843
Online Entries:	www.inlandnwmasters.org
Deadline:	Tuesday, March 27 11:59pm PDT

Saturday, March 31st

11am warm up, meet starts at Noon

1. 1650 Y Freestyle

2. 400 Y Individual Medley

Event #3 will not begin before 1:00pm

3. 50 Y Freestyle

4. 200 Y Butterfly

5. 100 Y Backstroke

6. 200 Y Mixed Freestyle Relay

10 Minute Break

7. 400 Y Mixed Freestyle Relay

8. 100 Y Freestyle

9. 50 Y Backstroke

10. 200 Y Breaststroke

11. 100 Y Individual Medley

10 Minute Break

12/13. 200 W/M* Freestyle Relay

14/15. 400 W/M* Freestyle Relay

16/17. 800 W/M* Freestyle Relay

Sunday, April 1st

8:30am warm up, meet starts at 9:30am

18. 500 Y Freestyle

Event #19 will not begin before 10:15am

19. 200 Y Backstroke

20. 50 Y Breaststroke

21. 100 Y Butterfly

22/23. 200 Women's/Men's* Medley Relay

10 Minute Break

24/25. 400 Women's/Men's* Medley Relay

26. 200 Y Freestyle

27. 100 Y Breaststroke

28. 50 Y Butterfly

29. 200 Y Individual Medley

10 Minute Break

30. 200 Y Mixed Medley Relay

31. 400 Y Mixed Medley Relay

32. 800 Y Mixed Freestyle Relay

33. 1000 Y Freestyle

SATURDAY EVENING SOCIAL: Will be held at 5:30pm at LaMadrid Restaurant in the Eastside Marketplace, Moscow. Dinner offering chicken, beef, pork and vegetarian choices with sides for \$15 per person (drinks separate—full bar and chocolate milk available.) Please include payment with your entry.

The IWMSC annual meeting will follow dinner.

IMSC AWARDS: The Inland NW Masters Swimming Committee recognizes **Most Dedicated** and **Most Inspirational** swimmers and volunteers each year. **Send your nominations** to Margaret Hair (margareth20@frontier.com) so we can recognize those who make a difference in and out of the pool. Thanks!!

VOLUNTEERS TO TIME: If someone is coming to the meet with you and would like to time *and* cheer for you, please contact the meet director.

OREGON MASTERS SWIMMING SHORT COURSE METERS ASSOCIATION CHAMPIONSHIPS

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #372-04

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit a 2012 registration form and fee with this form.

Hosted by: Columbia Gorge Masters
Hood River Aquatic Center
1601 May Street
Hood River, Oregon
7 lanes competition-electronic timing
2-3 lane separate warm-up/down area

DATE: Fri., Sat. & Sun. April 13-15, 2012

FRIDAY: WARM-UPS: 3PM • MEET STARTS: 4PM
SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM
SUNDAY: 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 MARCH 30, 2012

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____
E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
2012 USMS # _____
IF OMS, LOCAL TEAM (SEE LISTINGS ON GUIDELINES PAGE) _____
USMS CLUB (OREG, SWMS DUCK, 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. 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 METER RELAYS WILL BE COUNTED FOR TEAM POINTS. THE 400 AND 800 DISTANCES OF RELAYS WILL ONLY BE OFFERED AS TIME PERMITS, AS DETERMINED BY THE MEET DIRECTOR. YOU MAY SWIM THE 200, 400 & 800 METER DISTANCE OF EACH RELAY ONLY ONCE. THE 400IM, 400, 800 & 1500 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE POSTED ON-LINE OR IN THE AQUAMASTER FOR TIMES REGARDING CHECK-IN DEADLINES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDED SLOW TO FAST. SEE GUIDELINES PAGE ON-LINE OR IN THE AQUAMASTER FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2012 IN ORDER TO SCORE POINTS.

Friday, April 13, 2012

400 IM (1) _____ : _____ . _____
1500 FREE (2) _____ : _____ . _____

Saturday, April 14, 2012

100 IM (3) _____ : _____ . _____
50 BREAST (4) _____ : _____ . _____
200 FREE (5) _____ : _____ . _____
100 FLY (6) _____ : _____ . _____

* break*

FREE RELAYS (7-12)

100 BACK (13) _____ : _____ . _____
200 BREAST (14) _____ : _____ . _____
50 FREE (15) _____ : _____ . _____

* break*

MIXED MEDLEY RELAYS (16-17)

800 FREE (18) _____ : _____ . _____

ASSOCIATION AWARDS BANQUET - 6PM, HOOD RIVER HOTEL,
SPEAKER: DR. CHRIS VAN TILLBURG, FROM THE CRAG RATS -
'ANATOMY OF A SEARCH'

Sunday, April 15, 2012

400 FREE (19) _____ : _____ . _____
Break- 20 minute warm-up, event 20 will not start before 10 am

50 FLY (20) _____ : _____ . _____
200 BACK (21) _____ : _____ . _____
100 BREAST (22) _____ : _____ . _____

* break*

MEDLEY RELAYS (23-26)

100 FREE (27) _____ : _____ . _____
200 FLY (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 - - 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 _____

Assoc. Awards Banquet • Saturday Evening \$20.00 (all ages) _____ each @ \$20.00

AWARDS BANQUET _____
MEET ENTRY FEE 28.00
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

Board Meetings

Wed, Mar 14th

SAT, APRIL 14TH (ANNUAL MEETING)

Wed, May 9th

Wed, Jun 13th

Wed Jul 11th

SAT, AUG 25TH (GIL YOUNG MEET)

SAT, OCT 13TH (RETREAT).



Meet Results: Chehalem SCY Meet Canby Animal SCY Meet

2012 Meet SCHEDULE

(c)swimgraphics.com

Looking Ahead . . .

DATE	COURSE	MEET	LOCATION	DEADLINE
Mar 10	SCY	T-Hills SCY Pentathlon	Beaverton, OR	February 29
		https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=3407		
Mar 31- Apr 1	SCY	Zone Meet, University of Idaho Pool	Moscow, ID	March 21
		https://www.clubassistant.com/club/meet_information.cfm?c=1858&smid=3669		
Apr 13 - 15	SCY	Association Meet	Hood River, OR	March 25
		https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=3408		
Apr 26 - 29	SCY	USMS Spring Nationals	Greensboro, NC	March 15
May 12	LCM	COMA LCM Meet	Bend, OR	April 26
		https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=3409		
May 12 - 13	OW	Lake Juniper Basic Open Water Clinic and Pool Swim	Bend, OR	May 8
Jun 3 - 17	LCM	FINA World Masters	Riccione, Italy	April 28
Jun 3	OW	Hagg Lake – TENTATIVE	Gaston, OR	June 2
Jun 17	OW	Devils Lake – TENTATIVE	Lincoln City, OR	June 10
Jun 30	OW	Foster Lake Cable Swims	Sweet Home, OR	June 20
Jul 5 - 8	LCM	USMS Summer Nationals	Omaha, NE	May 15
Jul 14 - 15	OW	Applegate Lake	Ruch, OR	July 1
Jul 22	OW	Willamette River Bridge Swim	Portland, OR	July 22
Jul 27 - 29	OW	Cascade Lakes Swim Series	Bend, OR	July 16
Aug 12	OW	Cottage Grove Lake	Cottage Grove, OR	August 2
Aug 18	OW	Eel Lake	Lakeside, OR	August 8
Aug 25	OW	RiverFest Willametter River OW Swim – TENTATIVE	Portland, OR	August 15
Aug 24 - 26	LCM	Gil Young Memorial	Gresham, OR	July 31
Oct 14	SCM	THB SCM Meet	Beaverton, OR	September 22
Oct. 20-21	SCM	Northwest Zone Championship	Federal Way, WA	

