

Aqua Master
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## "Swimming for Life"

## Chehalem Meet Draws Competitors

by Charlie Helm

This year's Chehalem meet in Newberg was again popular and drew some swimmers looking to have some good races for the winter season. The U of O Duck Masters had a good turnout again and added plenty of green to the deck areas as well as some fast times. A few of the older Masters couldn't resist some good-natured taunting of the Ducks, but were wise enough to do so before the events had started. Several swimmers from central Oregon were no-shows, most likely scared off when they saw they were in the same heats as me. It's likely they will use the snow in the passes excuse for missing this meet.

There were a couple of swimmers we haven't seen for a while who made their return at this meet. Karen Andrus-Hughes had knee surgery after Omaha Nationals last year and Willard


"Wink" Lamb has been nursing a shoulder injury for most of the last year. "Wink" also just turned 90 years old. As you would have expected, they were both a little rusty for their first meet. Karen only broke 5 Oregon records and 3 NW Zone records in her events, while "Wink" only set 5 Oregon, 5 NW Zone, and 1 National record in his events. A pretty off day as you can tell for those two! Other record setters included Joy Ward who set 3 Oregon and 3 NW Zone records, and our other veteran Masters competitor, Elfie Stevenin (now age 91), set one new Oregon and NW Zone record in one of her events. I heard several other swimmers talking about unexpected best times in some of their events as well, so there were a lot of happy and productive swimmers for this early season event. Looks like many of the swimmers are on schedule for their build up to the Association Championships in April. The hosts, volunteers, and Officials were great again as well, for this popular January meet. See you next time at the Oregon City meet!

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## Chair's Corner Jeanne Teisher

From early October until February 6, I had not done any swimming due to extreme shoulder pain. I didn't swim during October just to see if that would ease the pain, but sadly it didn't. I finally went to have my shoulder evaluated. After the Nike sports therapist and later the orthopedic doctor did their evaluation of the shoulder they both recommended I get a steroid injection and begin therapy exercises. They figured that should do the trick (I assumed I hadn't torn anything, which was a good thing). I wanted to wait on the injection, so I got into therapy. Cathy, one of the sports therapists at Nike, specifically told me 'NO SWIMMING or WEIGHT LIFTING!' She knows me too well from previous shoulder therapy and knows l'll try to figure out a way to get into the pool. So, early November I started doing the exercises Cathy showed me along with getting ultrasound and laser treatments.

After about a month I just HAD to get into the water so I figured working on my kicking would satisfy my chlorine craving. That lasted about a week. Boring!!! About mid December I began to wonder if sculling would be 'similar' to the therapy exercises I was doing religiously every day. So I sculled and kicked a couple of days. I was feeling pretty confident with how everything was going so decided to try a few arm strokes. Something I learned about myself and my addiction to swimming - you can't just do a few strokes. I was back to square one with the pain and not being able to move my arm very high. It was at that time I had to stop doing all exercising (again).

After the Christmas break I went back to see Cathy one last time. She and I agreed that there wasn't much more she could do so it was back to the doctor. After the doctor reviewed my X-ray and MRI he said that surgery was probably the
 next step to either eliminating or reducing the pain in the shoulder. I had to know if, between now and the surgery, I could swim. His response made my day/week/month - YES, you can go back to regular work outs. I just needed to ice it down after working out (and live with the pain). On February 6, I returned to the Barracuda workouts. What joy it is to be back in the chlorine water with my swimming buddies! There's nothing like it.

To all those other addicted swimmers, happy swimming.

Jeanne

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## Nutrition, Simply

Three basic principles of nutrition<br>By Chris Ritter

Nutrition. There may not be another topic about which so many swimmers are more confused. Yet the best practices for nutrition aren't so much about knowing the best practices, but rather following through and implementing those best practices. And for many people, the former is much easier than the latter.

There really aren't any secrets to sound nutrition practices-in fact it can summed up in three simple principles: 1) Identify the basic macronutrients of your food (carbohydrates, protein, fats); 2) Get the freshest food you can find; and 3) Eat as much variety of foods as possible.

## Know Your Macronutrients

There are three macronutrient categories: proteins, carbohydrates, and fats. You need some of all three, but how much of each three is the important piece.

## Carbohydrates

Most people, especially Americans, consume far too many simple carbohydrates. They are highly processed and filled with stuff you don't need. Most people can probably cut back on simple carb consumption. Look for more whole food carbohydrates, such as whole wheat pasta or brown rice instead of processed and packaged foods.

## Proteins

Protein is what your body uses to build and repair your muscles. Most people get enough of this, but the quality of protein you're consuming is the important piece here. Stick to legumes, such as beans, lentils, or peanuts as a great source.

## Fats

Fats may be the most misunderstood of the macronutrients, especially if you're looking to drop a little weight. However, if you want to lose weight, consuming quality fats will help your body use and shed your stored fat as energy. Fat gives you the most bang for your buck, with nine calories per gram, whereas protein and carbohydrates only give you four. Nuts and avocados are good sources of healthy fats.

## Eat Fresh

After you've identified your food, the next principle of good nutrition is to obtain the freshest food possible. Many grocery retailers offer locally grown foods, which reduces the time from farm to table. To get the maximum nutritional benefit you need to eat most foods in their most natural state. Thinking about how your food is packaged is a great tool to help identify how close to the natural state it is. For example most vegetables are without packaging in the store, so it's in a very natural and fresh state. The fewer packages and wrapping you have on the food you consume, the fresher and more natural you can assume it is.

## Variety is Key

The third principle is variety, and the best indicator for variety is color. Vibrant color directly correlates to nutritional value. Most American diets consist of dinner plates with a lot of shades of brown and white. If you don't have a lot of color you're not getting a lot of nutrition from your meal. It may fill you up calorie-wise, but the nutrients are found in foods with lots of color. Go for foods with deep colors, such as red cabbage, kale, broccoli, and tomatoes.

## Now What? Implementation

Chances are, after reading this far, that you fall into one of two categories:

1. You were so confused about nutrition before that this seems oversimplified and you're skeptical, still thinking there must be some new diet or program that will really help you.
2. You've heard most of this before but you don't follow enough of it for whatever reason.
Here's the actual meat to this article. Again, it's not about the having the information as much as on acting upon it. So here are some practical tips to help with the action.

## Plan

Plan your meals for the week ahead of time, and don't feel bad if you repeat one or two of them in the week. It's better for you to repeat a good meal than have two poor meals for the sake of variety.

Continued on page 14


# Fit to Swim 

 Practice Makes BetterCoach Aubree Gustafson



While volunteering at the Mt Hood Conference District Championship Meet, I witnessed the glory of the win, the agony of defeat, and all the emotions in-between. The pep talks from coaches prior to races always seemed to set their swimmers at ease, providing them with the extra boost of confidence they needed to succeed. As Masters swimmers, we don't always have our coaches available on deck for that prerace pep talk; many Masters coaches are swimmers themselves and might be getting out of the water just as you are diving in. That pep talk can have more meaning now than when you were "young", and you might feel a little off if it is missed. Many of us strive to fight off anxiety when it comes to the thought of competing, let alone the feelings that emerge as you stand behind the blocks ready to race. Understanding how to control competition anxiety can greatly increase your confidence.

Personally, I'm a huge proponent of the theory that practice makes better. Not many people would want to attempt the 200 fly for the first time at a swim meet without ever swimming a stroke of butterfly in practice. If you have a goal to swim a certain event, any event, you should practice it at workout to build up your confidence so that you won't have anxiety when you get up on the blocks to race it at a meet. Of course this takes some planning. Take advantage of swim sets that will allow you to test your racing abilities and push yourself. Practicing the race plants the seeds of confidence that you will succeed in competition. When it finally comes down to the big
event, you will know that you have completed this swim many times before. It might be difficult, but it is not impossible. Now you can start to move away from being nervous about the race itself, and shift your focus to swimming it better than you have before.

Also, it's nice to win. In fact it's great, but it's not always about winning. If your anxiety tends to stem from the fact that you are racing other people, try to remember that you are really racing yourself. It's just you and the clock. I bet you didn't get anxious when you were practicing your swim at workout in the paragraph above. You were racing your friends and you were having fun, remember? Same swim, same clock, new friends. Strive to keep the focus of the race on beating yourself. Swimming your personal best will build much more confidence than beating the person in the lane next to you. If you do happen to beat your new found friends, that's a bonus.

When it comes to things that take us out of our comfort zone, feeling nervous is natural. Learning how to focus those feelings and use them to your advantage is the key to building confidence in yourself and your abilities.
'Meet with triumph and disaster and treat these two impostors just the same.'

Rudyard Kipling


# Shake and Swim with "Bake" 

> Tiny Bubbles Tiny Splash

Coach Dennis Baker

How we move through the water is paramount to effective swimming. We have talked about body alignment, head position, legs, and arms. One critical part of effective swimming is how our hands and feet address and initiate forward movement in the water. Let's take a look at how the hands and feet should hopefully interact with the water while swimming.

1. Upon hand entry in Freestyle, Backstroke, Butterfly and some swimmer's Breaststrokes, their needs to be a slight lag time. The hands need to catch the water and feel the water. This all occurs in the front quadrant of your strokes. If you crash through this area and your hands slip through this crucial catch phase it reduces the amount of forward thrust you can create. Typically, if you crash you will see lots of tiny bubbles hang onto your hand for most of your underwater recovery. This is not good. The slight hesitation out in front of your stroke will reduce the amount of bubbles so that you are pulling
water and not air.
2. Your kick works in the same way for Freestyle, Backstroke and Butterfly. If you're lifting your legs and feet way out of the water and then kicking down it makes a big splash. The big splash attaches the bubbles to your feet, and hence, you are kicking too much air and not water. The kick can be deep down underwater but not high out of the water. Make a tiny splash in your kick to allow for maximum flex of your leg and a lot less bubbles. Remember, kicking faster doesn't mean kicking bigger. Also, remember to kick up and down with your feet not just down. The bottom part of your foot has good surface area and should be used.

Try these tips in your swimming. Take a look underwater at the bubbles on your hands. If you're splashing the person in the next lane with your kick, tone it down a notch and think about tiny bubbles and tiny splash.

## Individual - National and World Records set in 2012 by OMS Swimmers

Barbara Frid
Barbara Frid
Tom Landis
Tom Landis
Tom Landis
Joy Ward
Joy Ward
Joy Ward
Joy Ward
Joy Ward
Joy Ward
Joy Ward
Joy Ward
Joy Ward
Joy Ward

Relays - National and World Records set in 2012 by OMS Swimmers

| Women 70-74 | SCM | 50 Fly |
| :--- | ---: | ---: |
| Women 70-74 | LCM | 50 Fly |
| Men 70-74 | SCY | 200 Free |
| Men 70-74 | LCM | 200 I.M. |
| Men 70-74 | LCM | 400 I.M. |
| Women 70-74 | SCM | 50 Back |
| Women 70-74 | SCM | 100 Back |
| Women 70-74 | SCM | 200 Back |
| Women 70-74 | SCM | 200 I.M. |
| Women 70-74 | LCM | 50 Back |
| Women 70-74 | LCM | 50 Back |
| Women 70-74 | LCM | 100 Back |
| Women 70-74 | LCM | 100 Back |
| Women 70-74 | LCM | 200 Back |
| Women 70-74 | LCM | 200 Back |


| 39.81 | $4 / 15 / 2012$ | National |
| ---: | :--- | :--- |
| 40.81 | $7 / 07 / 2012$ | National |
| $2: 08.68$ | $4 / 29 / 2012$ | National |
| $2: 56.72$ | $5 / 12 / 2012$ | National |
| $6: 24.76$ | $7 / 07 / 2012$ | National |
| 40.58 | $4 / 15 / 2012$ | National |
| $1: 29.64$ | $4 / 15 / 2012$ | National |
| $3: 18.32$ | $1 / 22 / 2012$ | National |
| $3: 28.17$ | $4 / 15 / 2012$ | National |
| 42.09 | $5 / 12 / 2012$ | National |
| 42.08 | $7 / 07 / 2012$ | National |
| $1: 34.00$ | $5 / 12 / 2012$ | National |
| $1: 32.68$ | $7 / 07 / 2012$ | National |
| $3: 19.46$ | $5 / 12 / 2012$ | National, World |
| $3: 18.02$ | $7 / 07 / 2012$ | National, World |

## Chehalem SCY Newberg, OR — January 26, 2013 <br> W = World Record (Includes (National/Zone\&OR) <br> $\mathrm{N}=\mathrm{E}$, National Record (includes Zone \& OR) <br> 2. E ZoneRecord (IndudesOR) <br> Split <br> 0 Oregon Record

Women 18-24
50 Yard Free

| 1 Garcia-Zamora, B. | 18 | DUCK | 28.53 |
| :--- | :--- | :--- | :--- |
| 2 Margolin, Michelle | 22 DUCK | 29.62 |  |
| 3 Wilson, Shelby | 20 DUCK | 30.36 |  |
| 4 Mohr, Shannon | 19 DUCK | 32.06 |  |
| 5 Storlie, Kristiana | 20 OREG | 39.58 |  |
| 100 Yard Free |  |  |  |
| 1 Watling, Carolyn | 20 DUCK | $1: 04.09$ |  |
| 2 Garcia-Zamora, B. | 18 DUCK | $1: 04.42$ |  |
| 3 Margolin, Michelle | 22 DUCK | $1: 05.59$ |  |
| 4 Wilson, Shelby | 20 DUCK | $1: 07.27$ |  |
| 5 Phillips, Charity | 24 UNAT | $1: 09.82$ |  |

6 Sams, Courtney 18 DUCK 1:10.62
200 Yard Free
1 Watling, Carolyn 20 DUCK 2:21.58
500 Yard Free
1 Yoder, Maddie 23 OREG 5:53.83
100 Yard Back
1 Yoder, Maddie 23 OREG 1:09.83
2 Margolin, Michelle 22 DUCK 1:10.76
3 Sams, Courtney 18 DUCK 1:16.47
4 Wilson, Shelby $\quad 20$ DUCK 1:18.72
50 Yard Breast
1 Sinclair, Katelyn 18 DUCK 38.59
2 Berg,Tia 19 DUCK 40.44
3 Wilson, Shelby 20 DUCK 40.56
4 Storlie, Kristiana 20 OREG 44.35
100 Yard Breast
1 Sinclair, Katelyn 18 DUCK 1:23.86
2 Sams, Courtney 18 DUCK 1:26.14
3 Berg,Tia 19 DUCK 1:28.18
50 Yard Fly
1 Garcia-Zamora, B. 18 DUCK 32.64
2 Wilson, Shelby 20 DUCK 34.85
100 Yard Fly
1 Garcia-Zamora, B. 18 DUCK 1:12.45
2 Phillips, Charity 24 UNAT 1:21.86
100 Yard IM
1 Yoder, Maddie 23 OREG 1:13.69
2 Margolin, Michelle 22 DUCK 1:16.49
3 Sams, Courtney 18 DUCK 1:18.29
4 Sinclair, Katelyn 18 DUCK 1:18.43
5 Berg,Tia 19 DUCK 1:18.65

## Women 25-29

50 Yard Free
1 Scheafer, Kayla 27 OREG 30.99 2 Kolahi-Koocheki, C. 28 UNAT 34.14 100 Yard Free

| Dorko, Allison | 25 | MESC | 1:12.12 |
| :---: | :---: | :---: | :---: |
| 200 Yard Free |  |  |  |
|  |  |  |  |
| 1 Dorko, Allison | 25 | MESC | 2:28.30 |
| 2 Scheafer, Kayla | 27 | OREG | 2:34.13 |
| 3 Kolahi-Koocheki, C. | 28 | UNAT | 2:43.34 |
| 500 Yard Free |  |  |  |
| 1 Dorko, Allison | 25 | MESC | 6:17.36 |
| 1000 Yard Free |  |  |  |
| 1 Dorko, Allison | 25 | MESC | 12:36.76 |
| 50 Yard Fly |  |  |  |
| 1 Scheafer, Kayla | 27 | OREG | 35.61 |
| 2 Kolahi-Koocheki, C. | 28 | UNAT | 37.68 |
| 100 Yard IM |  |  |  |
| 1 Scheafer, Kayla | 27 | OREG | 1:22.84 |
| 2 Kolahi-Koocheki, C. | 28 | UNAT | 1:26.12 |
| Women 30-34 |  |  |  |
| 50 Yard Free |  |  |  |
| 1 Harris, Summir | 33 | UNAT | 27.22 |
| 100 Yard Free |  |  |  |
| 1 Lee, Ellen | 31 | OREG | 1:01.26 |
| 200 Yard Free |  |  |  |
| 1 Lee, Ellen | 31 | OREG | 2:10.48 |
| 2 Harris, Summir | 33 | UNAT | 2:19.32 |
| 50 Yard Back |  |  |  |
| 1 Harris, Summir | 33 | UNAT | 30.01 |
| 200 Yard Back |  |  |  |
| 1 Lee, Ellen | 31 | OREG | 2:30.99 |
| 50 Yard Breast |  |  |  |
| 1 Faith, Jennifer | 31 | OREG | 34.24 |
| 2 Gustafson, Aubree | 31 | OREG | 34.30 |
| 3 Metz, Amanda | 32 | OREG | 36.35 |
| 100 Yard Breast |  |  |  |
| 1 Faith, Jennifer | 31 | OREG | 1:14.62 |
| 2 Gustafson, Aubree | 31 | OREG | 1:15.90 |
| 3 Metz, Amanda | 32 | OREG | 1:19.15 |
| 200 Yard Breast |  |  |  |
| 1 Gustafson, Aubree | 31 | OREG | 2:45.25 |
| 2 Faith, Jennifer | 31 | OREG | 2:46.65 |
| 50 Yard Fly |  |  |  |
| 1 Gustafson, Aubree | 31 | OREG | 30.31 |
| 100 Yard IM |  |  |  |
| 1 Gustafson, Aubree | 31 | OREG | 1:09.70 |
| 2 Faith, Jennifer | 31 | OREG | 1:10.15 |
| 3 Harris, Summir | 33 | UNAT | 1:11.80 |
| 4 Metz, Amanda | 32 | OREG | 1:15.26 |
| 200 Yard IM |  |  |  |
| 1 Lee, Ellen | 31 | OREG | 2:25.92 |
| 2 Metz, Amanda | 32 | OREG | 2:42.18 |

Women 35-39
50 Yard Free
1 Skinner, Sonja 36 OREG 26.86
100 Yard Free
1 Skinner, Sonja 36 OREG 58.43
2 Ashmann-Rice, C. 39 PSM 1:09.86
3 Harrison, Elizabeth 38 OREG 1:30.93
200 Yard Free
1 Ashmann-Rice, C. 39 PSM 2:36.77
500 Yard Free
1 Skinner, Sonja 36 OREG 5:56.13
1000 Yard Free
1 Ashmann-Rice, C. 39 PSM 15:30.90 100 Yard Back
1 Ashmann-Rice, C. 39 PSM 1:22.73
50 Yard Fly
1 Harrison, Elizabeth 38 OREG 50.28
100 Yard Fly
1 Skinner, Sonja 36 OREG 1:05.34
2 Harrison, Elizabeth 38 OREG 1:48.89
100 Yard IM
1 Ashmann-Rice, C. 39 PSM 1:21.09
2 Harrison, Elizabeth 38 OREG 1:58.32
200 Yard IM
1 Harrison, Elizabeth 38 OREG 4:06.15
Women 40-44
500 Yard Free
1 Werhane, Cynthia 43 OREG 6:39.04
1000 Yard Free
1 Werhane, Cynthia 43 OREG 13:27.39
50 Yard Back
1 Frieder, Marisa 43 OREG 42.99
50 Yard Breast
1 Frieder, Marisa 43 OREG 39.35
100 Yard Breast
1 Frieder, Marisa 43 OREG 1:24.36
200 Yard Breast
1 Frieder, Marisa 43 OREG 3:00.80
100 Yard Fly
1 Werhane, Cynthia 43 OREG 1:23.58
100 Yard IM
1 Frieder, Marisa 43 OREG 1:19.83
Women 45-49
50 Yard Free
1 Fox,Linda 49 OREG 32.75
100 Yard Free
1 Fox, Linda
49 OREG 1:10.54
200 Yard Free
1 Phillips, Sue
48 OREG 2:22.85

| 2 Fox, Linda 500 Yard Free |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |
| 1 Phillips, Sue | 48 | OREG | 6:21.71 |  |
| 1000 Yard Free |  |  |  |  |
| 1 Phillips, Sue | 48 | OREG | 13:12.46 |  |
| 100 Yard Back |  |  |  |  |
| 1 Fox, Linda | 49 | OREG | 1:23.72 |  |
| Women 50-54 |  |  |  |  |
| 50 Yard Free |  |  |  |  |
| 1 Wheeler, Kendra | 50 | OREG | 30.73 |  |
| 100 Yard Free |  |  |  |  |
| 1 Fox, Christina | 52 | OREG | 1:18.44 |  |
| 200 Yard Free |  |  |  |  |
| 1 Wheeler, Kendra | 50 | OREG | 2:18.59 |  |
| 2 Fox, Christina | 52 | OREG | 2:48.20 |  |
| 500 Yard Free |  |  |  |  |
| 1 Wheeler, Kendra | 50 | OREG | 6:09.57 |  |
| 2 Snider, Pam | 51 | OREG | 6:48.96 |  |
| 1000 Yard Free |  |  |  |  |
| 1 Wheeler, Kendra | 50 | OREG | 12:16.18 |  |
| 50 Yard Back |  |  |  |  |
| 1 Goodman, Ann | 53 | OREG | 32.66 |  |
| 100 Yard Back |  |  |  |  |
| 1 Goodman, Ann | 53 | OREG | 1:11.53 |  |
| 200 Yard Back |  |  |  |  |
| 1 Goodman, Ann | 53 | OREG | 2:35.38 |  |
| 50 Yard Breast |  |  |  |  |
| 1 Andrade, Julie | 51 | OREG | 42.29 |  |
| 100 Yard Breast |  |  |  |  |
| 1 Snider, Pam | 51 | OREG | 1:28.23 |  |
| 2 Andrade, Julie | 51 | OREG | 1:34.62 |  |
| 3 Fox, Christina | 52 | OREG | 1:35.16 |  |
| 200 Yard Breast |  |  |  |  |
| 1 Snider, Pam | 51 | OREG | 3:05.04 |  |
| 2 Andrade, Julie | 51 | OREG | 3:15.66 |  |
| 3 Fox, Christina | 52 | OREG | 3:22.04 |  |
| 100 Yard IM |  |  |  |  |
| 1 Snider, Pam | 51 | OREG | 1:22.36 |  |
| 2 Andrade, Julie | 51 | OREG | 1:28.31 |  |
| 3 Fox, Christina | 52 | OREG | 1:32.90 |  |
| 200 Yard IM |  |  |  |  |
| 1 Andrade, Julie | 51 | OREG | 3:10.97 |  |
| 400 Yard IM |  |  |  |  |
| 1 Goodman, Ann | 53 | OREG | 5:59.84 |  |
| Women 55-59 |  |  |  |  |
| 50 Yard Free |  |  |  |  |
| 1 Larson, Linda | 57 | SFTL | 31.69 |  |
| 100 Yard Free |  |  |  |  |
| 1 Andrus-Hughes, Karen | 55 | OREG | 59.35 | 0 |
| 2 Larson, Linda | 57 | SFTL | 1:08.91 |  |
| 200 Yard Free |  |  |  |  |
| 1 Andrus-Hughes, Karen | 55 | OREG | 2:11.98 | Z |
| 2 Larson, Linda | 57 | SFTL | 2:31.26 |  |
| 500 Yard Free |  |  |  |  |
| 1 Larson, Linda | 57 | SFTL | 6:41.61 |  |
| 1000 Yard Free |  |  |  |  |
| 1 Larson, Linda | 57 | SFTL | 13:48.21 |  |
| 2 Summers, Jeanna | 58 | OREG | 15:05.10 |  |
| 50 Yard Back |  |  |  |  |
| 100 Yard Back |  |  |  |  |
|  |  |  |  |  |
| 1 Andrus-Hughes, Karen | 55 | OREG | 1:07.97 | Z |


| 200 Yard Back |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| 1 Summers, Jeanna | 58 | OREG | 2:57.26 |  |
| 50 Yard Fly |  |  |  |  |
| 1 Andrus-Hughes, Karen | 55 | OREG | 30.69 | 0 |
| 200 Yard IM |  |  |  |  |
| 1 Summers, Jeanna | 58 | OREG | 3:08.28 |  |
| Women 60-64 |  |  |  |  |
| 200 Yard Free |  |  |  |  |
| 1 Asleson, Elke | 60 | OREG | 3:04.16 |  |
| 100 Yard Back |  |  |  |  |
| 1 Asleson, Elke | 60 | OREG | 1:35.79 |  |
| 200 Yard Back |  |  |  |  |
| 1 Asleson, Elke | 60 | OREG | 3:22.04 |  |
| 100 Yard Fly |  |  |  |  |

, Asla
son, Elke
200 Yard IM
1 Asleson, Elke 60 OREG 3:26.28

## Women 70-74

50 Yard Free
1 Frid, Barbara $\quad 70$ OREG 33.73

100 Yard Free
1 Frid, Barbara
200 Yard Free
1 Frid, Barbara $\quad 70$ OREG 2:47.20
50 Yard Back
1 Ward, Joy
100 Yard Fly
1 Ward, Joy
100 Yard IM
1 Frid, Barbara
200 Yard IM
1 Ward, Joy

## Women 90-94

50 Yard Free
1 Stevenin, Elfie $\quad 91$ OREG 2:14.52
100 Yard Free
1 Stevenin, Elfie
50 Yard Breast
1 Stevenin, Elfie 91 OREG 3:09.51
100 Yard IM
1 Stevenin, Elfie 91 OREG 5:55.45
Men 18-24
50 Yard Free

| 1 Hill, Taylor | 19 DUCK | 25.31 |
| :--- | ---: | ---: |
| 2 Morley, Kyle | 18 DUCK | 25.89 |
| 3 Jeffery, Paul | 20 OREG | $1: 12.39$ |
| 100 Yard Free |  |  |
| 1 Hill, Taylor | 19 DUCK | 55.20 |
| 2 Morley, Kyle | 18 DUCK | 59.31 | 200 Yard Free

18 DUCK 59.31
1 Hill,Taylor $\quad 19$ DUCK 2:04.07
2 Haslebacher, Joseph 21 UNAT 2:08.48
500 Yard Free
1 Aldred, Grant 19 OREG 5:40.64
2 Haslebacher, Joseph 21 UNAT 5:52.49
1000 Yard Free
1 Haslebacher, Joseph 21 UNAT 12:24.66 100 Yard Back
1 Hill,Taylor 19 DUCK 1:03.08
2 Haslebacher, Joseph 21 UNAT 1:07.14
3 Micallef, Anthony 18 DUCK 1:15.60
50 Yard Fly

| 1 Morley, Kyle | 18 | DUCK | 27.74 |
| :---: | :---: | :---: | :---: |
| 2 Aldred, Grant | 19 | OREG | 29.38 |
| 3 Micallef, Anthony | 18 | DUCK | 30.02 |
| 100 Yard Fly |  |  |  |
| 1 Aldred, Grant | 19 | OREG | 1:03.06 |
| 2 Haslebacher, Joseph | 21 | UNAT | 1:07.53 |
| 200 Yard Fly |  |  |  |
| 1 Aldred, Grant | 19 | OREG | 2:22.80 |
| 100 Yard IM |  |  |  |
| 1 Morley, Kyle | 18 | DUCK | 1:09.75 |
| 2 Micallef, Anthony | 18 | DUCK | 1:13.63 |
| 400 Yard IM |  |  |  |
| 1 Aldred, Grant | 19 | OREG | 4:58.71 |
| Men 25-29 |  |  |  |
| 500 Yard Free |  |  |  |
| 1 Vanscoy, Devin | 28 | UNAT | 6:18.97 |
| 1000 Yard Free |  |  |  |

50 Yard Back
1 Cleary, Kevin 29 OREG 33.19
50 Yard Breast
1 Cleary, Kevin 29 OREG 32.10
50 Yard Fly
1 Cleary, Kevin 29 OREG 27.86
Men 30-34
50 Yard Free
1 Giardina, Anthony 33 OREG 27.17
100 Yard Free
1 Giardina, Anthony 33 OREG 1:02.27
500 Yard Free
1 Giardina, Anthony 33 OREG 7:18.15
50 Yard Breast
1 Giardina, Anthony 33 OREG 37.74
Men 35-39
50 Yard Free

| 1 Slotemaker, Paul | 38 OREG | 24.45 |
| :--- | :--- | ---: |
| 2 Rice, Kenneth | 38 PSM | 24.92 |
| 3 Lindsey, Daron | 39 OREG | 25.42 |
| 4 Reber, Aaron | 37 OREG | 29.54 |
| 100 Yard Free |  |  |
| 1 Rice, Kenneth | 38 PSM | 54.05 |
| 2 Slotemaker, Paul | 38 OREG | 55.40 |
| 3 Davidson, Travis | 37 OREG | $1: 00.48$ |
| 4 Reber, Aaron | 37 OREG | $1: 04.76$ |

200 Yard Free
1 Davidson,Travis 37 OREG 2:18.69
2 Mcclaugherty, Nick 38 OREG 2:45.39
500 Yard Free
1 Mcclaugherty, Nick 38 OREG 7:37.67 1000 Yard Free
1 Rice, Kenneth $\quad 38$ PSM 12:31.80
100 Yard Back
1 Slotemaker, Paul 38 OREG 1:03.10
50 Yard Breast
$\begin{array}{lll}1 \text { Lindsey, Daron } & 39 \text { OREG } & 31.50 \\ 2 \text { Reber, Aaron } & 37 \text { OREG } & 38.46\end{array}$
100 Yard Breast
1 Mcclaugherty, Nick 38 OREG 1:25.07
2 Reber, Aaron $\quad 37$ OREG 1:26.80
50 Yard Fly
1 Rice, Kenneth 38 PSM 27.03
2 Lindsey, Daron 39 OREG 27.72

| 100 Yard IM |  |  |  |
| :---: | :---: | :---: | :---: |
| 1 Rice, Kenneth | 38 | PSM | 1:04.52 |
| 2 Lindsey, Daron | 39 | OREG | 1:05.91 |
| 3 Mcclaugherty, Nick | 38 | OREG | 1:26.33 |
| 200 Yard IM |  |  |  |
| 1 Davidson, Travis | 37 | OREG | 2:35.49 |
| Men 40-44 |  |  |  |
| 50 Yard Free |  |  |  |
| 1 Duus, Gabe | 42 | OREG | 24.01 |
| 2 Lindsey, Tony | 40 | OREG | 27.59 |
| 3 Ferguson, Scott | 44 | OREG | 31.18 |
| 100 Yard Free |  |  |  |
| 1 Ferguson, Scott | 44 | OREG | 1:08.13 |
| 200 Yard Free |  |  |  |
| 1 Ferguson, Scott | 44 | OREG | 2:40.28 |
| 50 Yard Back |  |  |  |
| 1 Duus, Gabe | 42 | OREG | 27.51 |
| 2 Lindsey, Tony | 40 | OREG | 31.15 |
| 50 Yard Fly |  |  |  |
| 1 Duus, Gabe | 42 | OREG | 25.27 |
| 2 Lindsey, Tony | 40 | OREG | 29.07 |
| 3 Ferguson, Scott | 44 | OREG | 36.20 |
| 100 Yard Fly |  |  |  |
| 1 Duus, Gabe | 42 | OREG | 55.98 |
| 100 Yard IM |  |  |  |
| 1 Lindsey, Tony | 40 | OREG | 1:05.41 |
| 2 Ferguson, Scott | 44 | OREG | 1:19.82 |
| Men 45-49 |  |  |  |
| 50 Yard Free |  |  |  |
| 1 Baele, Michael | 48 | OREG | 23.18 |
| 2 Boosin, Michael | 46 | SCAQ | 23.30 |
| 3 Watt, Bryan | 47 | OREG | 24.70 |
| 4 Mcallister, Mark | 49 | UNAT | 28.56 |
| 5 Karyukin, Andrei | 47 | OREG | 29.35 |
| 6 Bridgnell, Neal | 48 | OREG | 32.29 |
| 100 Yard Free |  |  |  |
| 1 Baele, Michael | 48 | OREG | 50.63 |
| 2 Boosin, Michael | 46 | SCAQ | 51.88 |
| 3 Mcallister, Mark | 49 | UNAT | 1:01.20 |
| 200 Yard Free |  |  |  |
| 1 Watt, Bryan | 47 | OREG | 2:13.90 |
| 2 Waud, Timothy | 45 | OREG | 2:15.81 |
| 3 Bridgnell, Neal | 48 | OREG | 2:46.82 |
| 500 Yard Free |  |  |  |
| 1 Mcallister, Mark | 49 | UNAT | 6:39.55 |
| 50 Yard Back |  |  |  |
| 1 Boosin, Michael | 46 | SCAQ | 29.67 |
| 100 Yard Back |  |  |  |
| 1 Mcallister, Mark | 49 | UNAT | 1:11.87 |
| 2 Bridgnell, Neal | 48 | OREG | 1:34.93 |
| 200 Yard Back |  |  |  |
| 1 Waud, Timothy | 45 | OREG | 2:40.16 |
| 50 Yard Breast |  |  |  |
| 1 Sullivan, Scot | 46 | OREG | 30.79 |
| 100 Yard Breast |  |  |  |
| 1 Sullivan, Scot | 46 | OREG | 1:07.63 |
| 200 Yard Breast |  |  |  |
| 1 Waud, Timothy | 45 | OREG | 2:45.72 |
| 50 Yard Fly |  |  |  |
| 1 Karyukin, Andrei | 47 | OREG | 31.65 |
| 100 Yard Fly |  |  |  |
| 1 Baele, Michael | 48 | OREG | 55.37 |


| 2 Sullivan, Scot | 46 | OREG | 58.52 |
| :---: | :---: | :---: | :---: |
| 3 Karyukin, Andrei | 47 | OREG | 1:14.33 |
| 200 Yard Fly |  |  |  |
| 1 Waud, Timothy | 45 | OREG | 2:55.50 |
| 100 Yard IM |  |  |  |
| 1 Sullivan, Scot | 46 | OREG | 1:00.25 |
| 2 Boosin, Michael | 46 | SCAQ | 1:01.43 |
| 3 Watt, Bryan | 47 | OREG | 1:04.33 |
| 4 Mcallister, Mark | 49 | UNAT | 1:12.01 |
| 5 Karyukin, Andrei | 47 | OREG | 1:13.10 |
| 200 Yard IM |  |  |  |
| 1 Sullivan, Scot | 46 | OREG | 2:14.48 |
| 400 Yard IM |  |  |  |
| 1 Waud, Timothy | 45 | OREG | 5:19.29 |
| Men 50-54 |  |  |  |
| 50 Yard Free |  |  |  |
| 1 Washburne, Brent | 51 | OREG | 24.83 |
| 2 Boone, Lou | 51 | OREG | 26.29 |
| 3 Wanzenried, Roland | 54 | UNAT | 29.21 |
| 4 Norville, Kent | 53 | OREG | 31.84 |
| 100 Yard Free |  |  |  |
| * Washburne, Brent | 51 | OREG | 56.66 |
| 1 Allender, Patrick | 54 | OREG | 56.66 |
| 2 Williams, Tom | 52 | OREG | 1:04.97 |
| 3 Wanzenried, Roland | 54 | UNAT | 1:05.35 |
| 200 Yard Free |  |  |  |
| 1 Washburne, Brent | 51 | OREG | 2:05.80 |
| 2 Wanzenried, Roland | 54 | UNAT | 2:29.95 |
| 500 Yard Free |  |  |  |
| 1 Collins, Michael | 50 | OREG | 6:11.10 |
| 2 Williams, Tom | 52 | OREG | 6:23.45 |
| 1000 Yard Free |  |  |  |
| 1 Collins, Michael | 50 | OREG | 12:46.68 |
| 2 Williams, Tom | 52 | OREG | 13:20.44 |
| 100 Yard Back |  |  |  |
| 1 Boone, Lou | 51 | OREG | 1:10.17 |
| 200 Yard Back |  |  |  |
| 1 Boone, Lou | 51 | OREG | 2:28.34 |
| 50 Yard Breast |  |  |  |
| 1 Allender, Patrick | 54 | OREG | 31.94 |
| 2 Howell, Richard | 53 | OREG | 32.05 |
| 3 Norville, Kent | 53 | OREG | 42.76 |
| 100 Yard Breast |  |  |  |
| 1 Allender, Patrick | 54 | OREG | 1:08.77 |
| 2 Howell, Richard | 53 | OREG | 1:12.12 |
| 3 Washburne, Brent | 51 | OREG | 1:13.54 |
| 200 Yard Breast |  |  |  |
| 1 Allender, Patrick | 54 | OREG | 2:28.69 |
| 2 Howell, Richard | 53 | OREG | 2:41.20 |
| 50 Yard Fly |  |  |  |
| 1 Norville, Kent | 53 | OREG | 36.87 |
| 100 Yard IM |  |  |  |
| 1 Boone, Lou | 51 | OREG | 1:07.73 |
| 2 Collins, Michael | 50 | OREG | 1:12.28 |
| 3 Wanzenried, Roland | 54 | UNAT | 1:24.25 |
| 4 Norville, Kent | 53 | OREG | 1:29.33 |
| 200 Yard IM |  |  |  |
| 1 Collins, Michael | 50 | OREG | 2:34.41 |
| 400 Yard IM |  |  |  |
| 1 Boone, Lou | 51 | OREG | 5:29.76 |
| 2 Collins, Michael | 50 | OREG | 5:42.66 |
| Men 55-59 |  |  |  |


| 50 Yard Free |  |  |  |
| :---: | :---: | :---: | :---: |
| 1 Peyton, Mike | 57 | OREG | 26.91 |
| 2 Limoges, Craig | 59 | OREG | 27.64 |
| 3 Mcvay, Bert | 55 | OREG | 28.91 |
| 4 Morgan, Edwin | 59 | OREG | 29.43 |
| 5 Helm, Charlie | 56 | OREG | 36.44 |
| 100 Yard Free |  |  |  |
| 1 Peyton, Mike | 57 | OREG | 59.78 |
| 2 Phipps, Tom | 59 | OREG | 1:04.39 |
| 3 Larson, Allen | 59 | OREG | 1:06.49 |
| 200 Yard Free |  |  |  |
| 1 Peyton, Mike | 57 | OREG | 2:16.81 |
| 2 Phipps, Tom | 59 | OREG | 2:18.27 |
| 3 Mcvay, Bert | 55 | OREG | 2:23.96 |
| 1000 Yard Free |  |  |  |
| 1 Phipps, Tom | 59 | OREG | 12:40.61 |
| 2 Larson, Allen | 59 | OREG | 13:53.78 |
| 3 Helm, Charlie | 56 | OREG | 19:21.30 |
| 50 Yard Back |  |  |  |
| 1 Limoges, Craig | 59 | OREG | 32.23 |
| 2 Helm, Charlie | 56 | OREG | 52.33 |
| 100 Yard Back |  |  |  |
| 1 Peyton, Mike | 57 | OREG | 1:17.77 |
| 50 Yard Breast |  |  |  |
| 1 Warnshuis, Daniel | 57 | UNAT | 34.95 |
| 2 Morgan, Edwin | 59 | OREG | 39.56 |
| 3 Helm, Charlie | 56 | OREG | 52.98 |
| 100 Yard Breast |  |  |  |
| 1 Mcvay, Bert | 55 | OREG | 1:24.63 |
| 50 Yard Fly |  |  |  |
| 1 Warnshuis, Daniel | 57 | UNAT | 29.05 |
| 2 Limoges, Craig | 59 | OREG | 30.06 |
| 3 Larson, Allen | 59 | OREG | 33.58 |
| 100 Yard Fly |  |  |  |
| 1 Larson, Allen | 59 | OREG | 1:25.12 |
| 100 Yard IM |  |  |  |
| 1 Warnshuis, Daniel | 57 | UNAT | 1:12.75 |
| 2 Mcvay, Bert | 55 | OREG | 1:16.50 |
| 3 Morgan, Edwin | 59 | OREG | 1:22.56 |
| 200 Yard IM |  |  |  |
| 1 Phipps, Tom | 59 | OREG | 2:40.37 |
| 2 Larson, Allen | 59 | OREG | 3:05.41 |
| Men 60-64 |  |  |  |
| 50 Yard Free |  |  |  |
| 1 Austen, David | 62 | OREG | 46.07 |
| 100 Yard Free |  |  |  |
| 1 Degiulio, Jules | 60 | OREG | 59.28 |
| 100 Yard Back |  |  |  |
| 1 Degiulio, Jules | 60 | OREG | 1:18.16 |
| 50 Yard Breast |  |  |  |
| 1 Czerwinski, Charles | 62 | UNAT | 39.37 |
| 100 Yard Breast |  |  |  |
| 1 Degiulio, Jules | 60 | OREG | 1:15.18 |
| 2 Czerwinski, Charles | 62 | UNAT | 1:29.51 |
| 200 Yard Breast |  |  |  |
| 1 Czerwinski, Charles | 62 | UNAT | 3:37.12 |
| 100 Yard Fly |  |  |  |
| 1 Degiulio, Jules | 60 | OREG | 1:17.22 |
| 100 Yard IM |  |  |  |
| 1 Degiulio, Jules | 60 | OREG | 1:13.45 |
| Men 65-69 |  |  |  |
| 50 Yard Free |  |  |  |


| 1 Kehoe, Bob | 66 | OREG | 28.76 |
| :---: | :---: | :---: | :---: |
| 2 Kelber, Michael | 65 | OREG | 29.85 |
| 3 Foges, John | 68 | OREG | 31.90 |
| 100 Yard Free |  |  |  |
| 1 Kehoe, Bob | 66 | OREG | 1:03.18 |
| 2 Kelber, Michael | 65 | OREG | 1:07.81 |
| 200 Yard Free |  |  |  |
| 1 Kehoe, Bob | 66 | OREG | 2:23.04 |
| 500 Yard Free |  |  |  |
| 1 Kehoe, Bob | 66 | OREG | 6:41.15 |
| 2 Foges, John | 68 | OREG | 8:26.05 |
| 1000 Yard Free |  |  |  |
| 1 Foges, John | 68 | OREG | 18:10.99 |
| 50 Yard Back |  |  |  |
| 1 Smith, Robert | 69 | OREG | 32.45 |
| 2 Kelber, Michael | 65 | OREG | 41.14 |
| 100 Yard Back |  |  |  |
| 1 Smith, Robert | 69 | OREG | 1:15.76 |
| 50 Yard Breast |  |  |  |
| 1 Smith, Robert | 69 | OREG | 38.86 |
| 2 Kelber, Michael | 65 | OREG | 39.31 |
| 50 Yard Fly |  |  |  |
| 1 Kehoe, Bob | 66 | OREG | 33.72 |
| Men 70-74 |  |  |  |
| 50 Yard Free |  |  |  |
| 1 Langsdorf, Michael | 71 | OREG | 42.48 |
| 50 Yard Breast |  |  |  |
| 1 Langsdorf, Michael | 71 | OREG | 50.00 |


| 100 Yard Breast |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| 1 Langsdorf, Michael |  | OREG | 1:56.67 |  |
| 100 Yard IM |  |  |  |  |
| 1 Langsdorf, Michael | 71 | OREG | 1:54.69 |  |
| Men 90-94 |  |  |  |  |
| 50 Yard Free |  |  |  |  |
| 1 Lamb, Willard | 90 | OREG | 40.64 | Z |
| 100 Yard Free |  |  |  |  |
| 1 Lamb, Willard | 90 | OREG | 1:30.30 | Z |
| 200 Yard Free |  |  |  |  |
| 1 Lamb, Willard | 90 | OREG | 3:23.16 | N |
| 50 Yard Back |  |  |  |  |
| 1 Lamb, Willard | 90 | OREG | 51.49 | Z |
| 100 Yard Back |  |  |  |  |
| 1 Lamb, Willard | 90 | OREG | 1:55.03 | Z |
| Relays |  |  |  |  |
| Women 25-34 200 Yard Free Relay |  |  |  |  |
| 1 OREG |  | 1:59.78 |  |  |
| 1) Lee, Ellen |  | 2) Faith, | Jennifer |  |
| 3) Fox, Linda |  | 4) Phillip | s, Sue |  |
| Women 35-44 200 Yard Medley Relay |  |  |  |  |
| 1 OREG |  | 2:48.50 |  |  |
| 1) Frieder, Marisa |  | 2) Andra | de, Julie |  |
| 3) Harrison, Elizabeth |  | 4) Frid, | arbara |  |
| Men 18-24 400 Yard Free Relay |  |  |  |  |
| 1 OREG |  | 3:50.99 |  | 0 |
| 1) Washburne, Brent |  | 2) Cleary | , Kevin |  |
| 3) Aldred, Grant |  | 4) Baele | Michael |  |

Men 35-44 200 Yard Free Relay 1 OREG 2:00.03

1) Duus, Gabe 2) Austen, David
2) Langsdorf, Michael 4) Howell, Richard

Men 35-44 200 Yard Medley Relay
1 OREG 2:46.27

1) Duus, Gabe 2) Austen, David
2) Langsdorf, Michael 4) Howell, Richard

Mixed 18-24 200 Yard Free Relay
1 DUCK 1:52.11

1) Micallef, Anthony $\quad$ 2) Wilson, Shelby
2) Berg, Tia 4) Hill, Taylor

3 OREG 2:12.46

1) McClaugherty, Nick 2) Scheafer, Kayla
2) Storlie, Kristiana 4) Yoder, Maddie

Mixed 18-24 200 Yard Medley Relay
1 DUCK 2:09.61

1) Garcia-Zamora, Bianca 2) Sams, Courtney
2) Morley, Kyle 4) Micallef, Anthony

2 OREG 2:32.56

1) Yoder, Maddie 2) Storlie, Kristiana
2) Scheafer, Kayla 4) McClaugherty,

Nick
Mixed 35-44 200 Yard Free Relay

| 2 OREG | 1:55.44 |
| :--- | :--- |
| 1) Reber, Aaron | 2) Wheeler, Kendra |
| 3) Kelber, Michael | 4) Collins, Michael |



# Who Needs a Six-Pack? 

by Irina Slesar , Palo Alto Stanford Aquatics<br>Maintaining diaphragmatic breathing in the water.

## WHAT IS DIAPHRAGMATIC BREATHING?

Diaphragmatic breathing is deep breathing that engages the lungs and abdomen together and causes the belly to rise and fall with breaths. The proper position for diaphragmatic breathing requires that the ribcage be pulled downward and the pelvis tilted slightly forward which allows a swimmer to maintain maximum mechanical and physiological efficiency.

From a mechanical point of view, pulling slightly forward will minimize the sway within to maintain a body position that is flatter in the of drag that may accumulate, allowing the swimhelpful for swimmers with lower back pain as it exist within the lower back region. Ultimately, position will help a swimmer establish the water.

the rib cage downward and tilting the pelvis the lower back region and allow the swimmer water. A smaller sway will minimize the amount mer to glide faster through the water. This is also may provide some relief to any pressure that may the mechanical and physiological benefits of this proper foundation of stability and efficiency in the

## DIAPHRAGMATIC BREATHING EXERCISES AND TECHNIQUES

You're probably wondering how it's possible to maintain diaphragmatic breathing during exercise. During exercise, the increased oxygen consumption and carbon dioxide production will naturally force the thoracic cavity to expand in an effort to maintain proper oxygen concentrations needed by the cells. However, knitting the rib cage downward and tilting the pelvis slightly forward can still be established during exercise by simply contracting the intra-abdominal muscles that line the pelvic floor, not the "six-pack" abdominal muscles. Before you begin to create this pressure system when swimming, try to master this on land by following this exercise:

## SIMPLE BREATHING TEST AND EXERCISE

- While sitting straight up in a chair, roll your shoulders back and slide your shoulder blades "into your back pockets." Place one hand above the abdomen (slightly below the sternum) and the other hand below the abdomen (along the pelvic floor). Breathe normally for approximately 20-30 seconds and pay attention to your breath. Does your rib cage move? Does your abdomen move?
- Now take two to three deep breaths and notice where the breaths go. If you notice that your upper hand moves more than the bottom hand, this indicates that most of your breath has traveled through the thoracic region and stability within the lumbar region has not been established. If this is the case, with your lower hand, gently press into your lower abdomen and by using your intra-abdominal muscles, try to slightly push your hand away.
- Can you breathe using your belly so that your rib cage and upper hand do not move? Done properly, you will feel slight and constant tension throughout your pelvic floor, which automatically pulls the pelvis and ribcage downward. The diaphragm then creates a pressure system where air is flowing into the lumbar region rather than the thoracic region. You should feel more grounded in your seat and any tension that is carried within the lower back should be relieved. The stable system that you have just established is what you want to maintain while swimming.
- Now try this: place your bottom hand over your rectus abdominis or "six-pack." Now relax your intra-abdominal muscles and activate your six-pack. Try to perform the same exercise without moving your rib cage or upper hand. What happens? You may find it difficult to guide your breath toward the abdomen and you may even find yourself hunched forward. This indicates you have destroyed the pressure system you have just created within the lumbar region.
- Many swimmers feel that they must contract their six-packs when they are swimming in order to connect with their core. This exercise proves that it is the contraction of the intra-abdominal muscles along the pelvic floor, not the six-pack, that allows the swimmer to reposition their pelvis and knit their ribcage downward in order to establish the proper foundation of stability and efficiency in the water.


## About the Author

Irina Slesar has a degree in human biology and has been coaching and teaching swimming for more than five years. She lives in Palo Alto, Calif., and coaches Masters and age group swimmers at Palo Alto Stanford Aquatics.

# Swimming and Yoga 

By Tania Wildbill<br>Team Representative; Pendleton Masters Swim Club

The combination of Yoga and Swimming have saved my life and allowed me to discover my breath since I was a young girl. I grew up in New York City, New York, and suffered terribly with asthma and allergies. I had a daily struggle trying to find my breath and was hospitalized numerous times, as a young girl, for asthma.

When I was 10 years-old I joined the Gotham Aqua Kings, a USA Swim Club in New York, and 32 years later, I can remember the joy and relief I felt through swimming. My airways opened and I found a new way of living. Swimming butterfly seemed to open my lungs in ways I had never experienced. Then at the age of 13, my mother took me to my first Yoga class at the Kripalu Center of Yoga and Wellness in Lenox, MA. When I returned from Kripalu, my swimming changed completely as I incorporated breath work and Yoga poses with my swimming. My times dropped, my breath opened even more, and the combination of Yoga and Swimming saved my life. I continued on with swimming and swam Division 1 NCAA for Rice University.

My life journey brought me to Pendleton, Oregon, where I married Cedric Wildbill, a tribal member on the Umatilla Indian Reservation. Together we produced American Cowboys, (an uplifting documentary for the Soul, which can be viewed at OPB.org at no charge when you type in American Cowboys). The show was narrated by William Hurt, Academy Award Winner, and won Best Documentary at the New York International Independent Film and Video Festival. It's about Jackson Sundown, who at the age of 53, became the first Native American to win the classic saddle bronc championship after surviving the 1877 Nez Perce Retreat. He broke the color barriers in the rodeo arena at the turn of the $21^{\text {st }}$ Century. His story inspires me to keep swimming through the obstacles that come up in life that may pull me away from the pool.

In 2005 I formed the Pendleton Masters Swim Club. Though small, we had a wonderful beginning and won the Oregon



Masters Association Championships that same year for small teams. (Darcey Ridgeway, a team member, had this comment after the meet, "The best part of the weekend was swimming the 500 freestyle against a 70-year-old man who left me in his wake." Darcey later learned that the man was Dave Radcliff, who represented the United States at the 1956 Olympics.) We were not able to keep the team going at the time, and now, 8 years later, the Pendleton Masters Swim Club had its first official practice again in February. We had 4 in the water and it's a start. We look forward to reconnecting with OMS and cultivating friendships on the deck and we will bring our Eastern Oregon SPLASH to the OMS championships in Bend, even if it's just a few of us!

As my passion grew for integrating more Yoga and breath into my life, in 2009, my husband and I founded the Yoga Round-Up, LLC, in an effort to promote wellness and tourism in the City of Pendleton and on the Umatilla Indian Reservation. Our $5^{\text {th }}$ Annual Yoga Round-Up will be held July 18-21, 2013. It's my dream to see our Oregon Masters Swimmers join us for 3.5 days of Yoga, Dance, and Music as a way to enhance our journey with Swimming by discovering how our connection with our breath can change our stroke and our swim, forever! For more information on this event go to yogaroundup.com

The Pendleton Master Swim Club holds practices at the RoundUp Athletic Club (RAC) Mondays and Wednesdays from 6:307:45 p.m. Swimmers of all ages and levels are welcome. For more information on the club, call team representative Darcey Ridgway at 310-0951. The team is coached by Donna Collins, who gives creative workouts and pays attention to stroke improvement. Also, Neil Simpson at the RAC has given the pool time needed to build a team.

# Recently Read Fact: Carbs are good for you 

Here is great news for swimmers; we love carbs! This is a very interesting book with surprising, but good news for all athletes; in fact, for everyone. Check out this review.

From Atkins to Dukan, fear of the almighty carb has taken over the diet industry for the past few decades-even the mere mention of a starch-heavy food is enough to trigger an avalanche of shame and longing. But the truth is, carbs are not the enemy.

Now, bestselling author John A. McDougall, MD, and his kitchen-savvy wife, Mary, prove that a starch-rich diet can actually help you lose weight, prevent a variety of ills, and even cure common diseases. The Starch Solution is based on a simple swap: By fueling your body primarily with carbohydrates rather than proteins and fats, you'll feel satisfied, boost energy, and look and feel your best.


Fad diets come and go, but Dr. McDougall has been a proponent of a plant-based diet for decades. His expertise has helped thousands of people to slim down and to regain their health—many of their stories are in this book, including people who have lost more than 125 pounds in mere months, as well as patients who have conquered life-threatening illnesses such as type-2 diabetes, arthritis, and heart disease.

Based on the latest scientific research, this easy-to-follow plan teaches you what to eat and what to avoid, how to make healthy swaps for your favorite foods, and smart choices when dining out. Starting with a 7-Day Sure-Start Plan, you'll enjoy a variety of foods and snacks that ensure you never go hungry-and still lose weight! You'll also find a helpful weekly menu planner and 100 delicious, satisfying (and affordable) recipes that will become instant classics.


# Norma Byers Bernardi 

July 22, 1919 - November 3, 2012 Motto:"Keep Moving"



Norma was a 4th generation Scottish American, born on a farm in Illinois, to Charles and Eva Byers; the second oldest of 11 siblings. Her twin sister died when they were 5 years old.

Never sedentary, Norma was involved in athletics all her life. In 1930, at the age of 11, Norma earned a lifeguard badge, sealing a love of swimming that began at age four with a swim across the Kishwaukee River.

As a teenager, she swam competitively.

Norma became an R.N., joined the army, and swam in the Camp Barkley, Texas, pool during her free time. She was there at the pool doing acrobatic dives when Al first saw her and was instantly besotted! Norma was a stunner and every young officer at Camp Barkley was smitten with her. Al pursued her relentlessly with his amorous writings and finally won out. Norma and AI were married within one month, honeymooned for 4 days and then Al , also in the army, was shipped out to war.

Norma left nursing for a number of years to raise her children. During that time she volunteered as a school nurse and taught swimming to disabled children. She returned to nursing in 1970, and spent the next 15 years working once again at the re-named San Pedro and Peninsula Hospital (San Pedro, California). During all those years Norma was still swimming lap after lap, working to improve her backstroke, freestyle, and breaststroke. In an 18 month period in 1968, Norma had swum just over 1000 miles.

Then Al, who had been running, encouraged her to join him and give running a try. She didn't take it seriously at first, but as self-disciplined as she was, it was easy for her to hit the pavement every day. As running became more popular, Norma became involved in competitive running, competing in 5 K and 10 K races. When Al entered a marathon, Norma entered it with
no plans to finish; to her it was just a training run, she would drop out after 10-12 miles of running. She thought she could get some miles logged while she waited for Al to finish. At the 10 mile marker, Al told a friend at the volunteer aid-station, "When Norma runs by, tell her to drop out here." The friend replied, "Al, Norma was here about 20 minutes ago." Norma finished her first marathon in 4:31; she had not trained for it and wasn't planning to complete it, but she came in well ahead of AI. She said she just felt good and kept on running. She was 61 years old.

That marathon was a mental turning point for Norma, it gave her confidence as she began to hit her running peek. In 10K after 10K her times began to drop...50:13; 49:26; 47:55; and then a 47:08 (a 7 minute 35 second mile); at age 64. In her 60s she was ranked 9 th in the world. Norma even won a marathon on Catalina Island despite a fall 8 miles into the race, in which she fractured her arm. Had Norma been born years later, there is no doubt that she would have been an Olympian. She had focus, positive perspective, and mental toughness; not to mention her 'no excuses' attitude.

After Al and Norma retired and moved to Sandy, Oregon, a coach noticed Norma's technique and encouraged her to swim competitively. Her swimming career peaked in 2002 when she won seven medals ( 5 gold and 2 silver) at the 2002 World Masters Games in Melbourne, Australia. Many of her winning times were better than women 20 years her junior. In 2003, Norma was on the National Top 10 list for women swimmers ages 8084 in the $50 \mathrm{~m}, 100 \mathrm{~m}$ and 200 m backstroke.

Al and Norma shared a lifetime of love for running, swimming, and working out together. No one was prouder of Norma's athletic accomplishments, both in swimming and running, than Al. He was Norma's larger-than-life supporter and chief architect of Norma's Trophy Room. Al passed away on December 25, 2011.

Oregon and Zone records that Norma currently holds are listed below.

## Oregon and Zone records that Norma still holds:

| Women 75-79 | 100 LCM Back | 1998 | Oregon |
| :--- | :--- | :--- | :--- |
| Women 80-84 | 50 SCY Back | 2003 | Oregon |
| Women 80-84 | 50 LCM Back | 2000 | Oregon |
| Women 80-84 | 100 LCM Back | 2002 | Oregon, Zone |
| Women 80-84 | 200 LCM Back | 2002 | Oregon, Zone |
| Women 80-84 | 50 SCM Back | 2002 | Oregon |
| Women 80-84 | 100 SCM Back | 2002 | Oregon |

## Relays

75+ Mixed 200 SCY Free 2003 Oregon, Zone
75+ Mixed 200 SCY Medley 2003 Oregon, Zone
320-359 Mixed 200 SCM Free 2002 Oregon, Zone
320-359 Mixed 200 SCM Medley 2002 Oregon, Zone

# Swim Bits 

by Ralph Mohr

- Either 2012 or 2013 is the $40^{\text {th }}$ year that OMS has officially been in existence. I'm not sure which year is most accurate for the official start because the "OMS History Project," available on the OMS website under "About," starts with 1972. However, there is no information behind the link, other than the initial page.
- What's fun is that Alice Zabudsky, our Aqua Master Editor, may be the Masters swimmer who has swum in OMS the longest. She is mentioned by the "Old Barn," Earl Walter, at the bottom of the 1972 page. There are a few other names listed, such as Karl Von Tagen, Olive Mucha, Connie Wilson, Donlan Jones, Steve Engle and Dick Slawson, but Alice is the only one still swimming that I know of.
- The next year, 1973, a few more current swimmers are listed. Steve Johnson was 25 , Alice is there, and Ron Nakata is listed as well as myself. What is amazing (and I say this looking in a mirror) is that some of us from those days are still around and still swimming.
- Going on to 1974, we will find Don Van Rossen and his second wife mentioned, but no one else who is still around. Virginia, of course, died last year.
- Elfie Stevenin pops up in 1975 along with Ron Nakata, Steve Johnson and Alice again. What a history of Oregon Swimming, though, is in the names of Rod Harmon, Doug Huestis, Darlene Pohl, Sue Snyder, Connie Wilson, Emmanuel Sang, Hazel Bressie, Fred Sprenger, Earl Walter, and Olive Mucha. Some of these are no longer with us, and some no longer swim.
- In 1976 the first "Aquamaster" appeared, and a story about OMS appeared in the Oregonian. My wife swam in a masters meet for the first and last time at Mountain Park (a pool no longer accessible to OMS), and I went a 400 IM there. There are a lot of names listed for that year, among them, Lavelle Stoinoff, one of our greats.
- The last year listed on the "OMS History Project" is 1977. Health issues caused Earl to stop there. Lots of people are listed in meets but still only Alice, Elfie, Ron, Steve Johnson and myself are still swimming, that I know of.
- I mention all of this as I wish someone would take up the "OMS History Project" again. I'm not volunteering, mainly because grandkids take up a lot of my time, and my computer skills are not very good for what is necessary.
- It actually shouldn't be that hard. The major link is to put all of the issues of the "Aqua Master" from 1976 to current times together. Then minutes from OMS Board meetings could be included. I would also love a simple list of all OMS swimmers for each year. No email addresses or phone numbers need be included as it would take forever to get permission from everyone still around. Just list names and towns of OMS swimmers in each year.
- I'm sure there are other items of interest plus photos out there somewhere. There also might be some way to use Facebook and other social media sites. Since I'm not in any of those, I'm clueless on how that might work. However, here is a project for someone who would continue OMS history into the next 40 years.


## Nutrition

Continued from page 3

## Shop the Perimeter

Do all of your shopping on the perimeter of the grocery store first. Once you have everything you need, then you can venture into the aisles if you want something sweet or another item that isn't on the meal plan. Also, the more food you buy without packaging, the better (eat fresh).

## The Brain

Most of the time you're probably not as hungry as you think you are. Your brain is always trying to make sure you have
more than you need to survive. Two-thirds of Americans have way more than they need to survive, so keep that in mind the next time you think you're starving. But if you do get that feeling, go for some pre-cut vegetables and see if it was more of an urge to simply perform the act of eating, rather than your body needing to replenish and restore.
Nutrition isn't a mystery but it does require self-discipline. After years of working with hundreds of athletes, l've found it's not so much about having the right information or plan, but the actual implementation of that plan. If you do slip up and make poor choices, don't give up-get back on track and keep trying.

Oregon City Spring Ahead - Short Course Meters B/C and Masters March 9-10, 2013<br>HELD UNDER THE DUAL SANCTION OF USA SWIMMING INC. AND USMS, INC. USA SANCTION: \# USMS SANCTION: \#373-S002<br>MEET REFEREE: Dan Gipe<br>Sponsor: Oregon City Swim Team<br>Website: www.ocst.net<br>Location: Oregon City Municipal Pool<br>1211 Jackson Street Oregon City, OR 97045<br>Pool Phone: 503-657-8253

MEET DIRECTOR Tim Waud Twaud@aol.com (503) 341-3152
FACILITY Indoor, 25 meters, with 6 lanes 2.5 m per lane. Starting blocks at the deep end of the pool only ( 9 ft ) Shallow end is $3^{\prime} 6^{\prime \prime}$. Colorado Timing system, parking available, seating for 200 spectators and a community room away from the pool for another 150 people. Men's and Women's locker rooms. Open pool deck areas available for swimmers, coaches and officials only. Facility accessible for adaptive swimmers. The competition course has not been certified in accordance with 104.2.2C(4).

RESTRICTIONS Tobacco products, alcoholic beverages and glass containers are not allowed in the facility. Shaving is not permitted in the facility. Only coaches, swimmers and working volunteers will be permitted on deck.

RULES Current US Masters Swimming and Oregon Masters Swimming rules will govern this meet.
SAFETY CODE Current Oregon Masters Swimming Guidelines and Warm-up Procedures will be in effect. USA-Swimming and USMS Swimmers, MUST warm-up in separate lanes. Lanes 1-3 for USA-Swimmers ONLY and Lanes 4-6 for USMS Swimmers ONLY. During the Sessions $2 \& 4$,

USMS SWIMMERS ONLY, WILL BE PROVIDED A CONTINUOUS WARM-UP WARM-DOWN LANE 6, PER OMS RULES.
ENTRIES USMS Swimmers must use the attached Masters Entry Form and Waiver for meet entry. Masters swimmers will enter relays at the meet. Relay cards will be available at the Clerk of Course desk.

BULLPEN There will be a bullpen for $8 \&$ Unders and their events. USMS masters will be afforded this option.
EVENTS All events will be mixed boys/men and girls/women swimming in the same heats. Morning sessions will run six (6) lanes competition. Afternoon sessions will run five (5) lanes competition with one (1) lane provided for a continuous warm-up/warmdown lane.

This is an interwoven, Dual Sanctioned USA/USMS competition. USA Swimmers will follow USA Swimming Rules and regulations. USMS Swimmers will follow USMS Rules and Regulations. USMS Swimmers ONLY will be provided a continuous warm-up/ warm-down lane. USMS swimmers events will follow USA Swimmers in the afternoon sessions. Estimated time: Warm-ups will be directly after conclusion of morning session and timed finals will start 90 minutes after the end of morning session.

ENTRY DEADLINE Entries must be received by 5:00 P.M. Friday February 22, 2012.
ENTRY LIMIT USMS Swimmers may enter a maximum of FIVE (5) events per day, SIX (6) total.
ENTRY FEES Entry fees must accompany entries and be received prior to the start of the meet. USMS Swimmers will pay $\$ 20.00$ event fee. Make checks payable to: Oregon City Swim Team

MAIL ENTRY FORM TO Matthew Crum; 3510 SE Aldercrest Rd.; Milwaukie, OR 97222; ocst.coach@gmail.com Email entries preferred.

USMS Swimmers must use the attached Masters Entry Form and Waiver for meet entry. Masters swimmers will enter relays at the meet. Relay cards will be available at the Clerk of Course desk.

## ENTRY FORM AND WAIVER FOR MASTERS SWIMMERS Oregon City B/C Open

$\qquad$
Address
$\qquad$
City $\qquad$ State $\qquad$ Zip Code $\qquad$
Phone: $\qquad$
USMS Number (Include Copy of USMS Registration Card w/ Entry)
USMS Club (OREG, HMS, PNA, etc)
Birthdate $\qquad$ Age $\qquad$ Sex: M $\qquad$ F $\qquad$

Saturday, March 9
Starting 90 minutes after the end of the morning session
Event
\#21 Mixed 100 Free
\#23 Mixed 50 Fly
\#25 Mixed 200 Breast \#27 Mixed 50 Back \#29 Mixed 100 Fly \#31 Mixed 200 Free \#33 Mixed 100 Back \#35 Mixed 400 IM

Entry Time
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$

Sunday, March 10
Starting 90 minutes after the end of the morning session
Event \#88 Mixed 200 IM \#90 Mixed 50 Breast \#92 Mixed 200 Fly \# 94 Mixed 50 Free \#96 Mixed 100 Breast \#98 Mixed 200 Back \#100 Mixed 400 Free

Entry Time
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$
$\qquad$

ENTRY DEADLINE Entries must be received by 5:00 P.M., Friday, February 22, 2012

I hereby declare my intent to swim this dual sanctioned meet as a Masters swimmer. In addition:
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 USA-S.

Signature $\qquad$ Date $\qquad$

## Northwest Zone Short Course Yards Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction \#
Eligibility: Currently registered USMS swimmers, 18 years and older.
Unregistered swimmers must submit a 2013 registration form and fee with this form.

Hosted by: Mount Hood Aquatics
Reynolds Community Pool
1200 NE 201st Fairview, OR 97024
5 lanes competition- - 1 continuous lane of warm-up/down - button electronic timing

DATE: Fri, Sat \& Sun, March 22-24, 2013
Friday Warm-ups: 4pm • Meet Starts: 5pm Saturday/Sunday: Warm-ups: 8am • Meet Starts: 9am

Meet director: Dennis Baker • 503-679-4601•bakeswim@yahoo.com \& Aubree Gustafson • 971-404-6968 • aubree.gustafson@gmail.com Directions to the pool: I-84 to Exit 14 (Fairview Parkway). Drive south on Fairview Parkway to Halsey St. Turn R to 201st Ave. Turn R to 201st Ave. Turn L to pool.

All entrants must submit a photocopy of their CURRENT USMS registration card with this entry.


| Fri, March 22, 2013 |
| :---: |
| 400 IM (1) |
| 1650 FREE (2) |
| Sat, March 23, 2013 |
| 200 FREE (3) |
| 100 BREAST (4) - |
| 50 FLY (5) |
| 100 IM (6) |
| *BREAK* |
| MIXED FREE RELAYS (7-9) |
| 200 BACK (10) |
| 50 FREE (11) |
| 100 FLY (12) |
| *BREAK* |
| MEDLEY RELAYS (13-16) |
| 1000 FREE (17) |


| Sunday, March 24, 2013 |  |
| :---: | :---: |
| 500 FREE | (18) |
| 200 BREAST | (19) |
| 100 FREE | (20) |
| 50 BACK | (21) |
| *BREAK* |  |
| FREE RELAYS (22-27) |  |
| 200 FLY | (28) |
| 100 BACK | (29) |
| 50 BREAST | (30) |
| 200 IM | (31) |
| *BREAK* |  |
| MIXED MEDL | EY RELAYS (32-33) |

[^2][^3]Signature
MEET ENTRY FEE: $\$ 29.50$ • Make checks payable to Oregon Masters Swimming.

# Oregon Association Championship 

April 26-28, 2013

# OFFICIAL RULES AND GUIDELINES 

DISTANCE EVENTS: CHECK-IN DEADLINES

Friday, April 26: $\mathbf{4 0 0}$ IM - 4:30 PM / 1500 Free - 5:00 PM
Saturday, April 27: 800 Free - Start of the 50 Back
Sunday, April 28: 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 27: Free Relays - 9:15 AM / Mixed Medley Relays - Start of the 50 Back.
Sunday, April 28: Medley Relays - Start of the 50 Fly / Mixed Free Relays - Start of the 200 Fly.

> 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 April 12, 2013, 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 27, 2013 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 in the current issue of the Aqua Master. Someone from your team must register your team for 2013.

The team registration form is on the OMS website and in the current Aqua Master issue. Please make sure your team is registered.
As of February 16th, the following teams were registered for 2013:

| Code | Name | Club | KAM | Salem Kroc Masters |
| :--- | :--- | :--- | :--- | :--- |
| DUCK | University of Oregon Swim Club | DUCK | SHRC | SHARC_MASTERS |
| AQDK | Aquaducks Masters | OREG | SYD | Sherwood YMCA Dragons |

# Oregon Masters Swimming Association Short Course Meters Championships <br> Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction \#373-S004 

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit an Oregon 2013 registration form and fee with this form.
Hosted by: Central Oregon Masters Aquatics Juniper Swim \& Fitness Center Bend, Oregon
25 meters
8 lanes competition-electronic timing
825 meter lanes for continuous warm-up/down area
DATE: Fri., Sat. \& Sun. April 26-28, 2013
FRIDAY: WARM-UPS: 4PM • MEET STARTS: 5PM
SATURDAY: WARM-UPS: 8AM • MEET StARTS: 9AM
SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM
Meet director: Bob Bruce • Phone: 541-317-4851 • E-mail: coachbob@ bendbroadband.com
Directions to the pool: From North or South, take Business highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool.
All entrants must submit a photocopy of their CURRENT USMS registration card or 2013 OMS registration form with this entry.

## ENTRY DEADLINE: POSTMARK NO LATER THAN APRIL 12, 2013

OOTHL FIL LOWER PORTION COMPLETELY
RETURN LOWER PORTION
NAME
Address
City
State $\qquad$ ZIP

Birthdate
Age $\qquad$

## 2013 USMS \#

If OMS, Local Team (see listings on 2013 reg. form)
USMS CLUB (OREG, PSM, HMS, DUCK, ETC)
Phone $\qquad$
E-MAIL
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, 2013. 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 400 im, $400,800 \& 1500$ freestyles will be deck seeded. See guidelines page posted onLINE OR IN THIS 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 next aquamaster for more information. Your team must be registered for 2013 in order to score points.

Friday, April 26, 2013
400 IM
1500 FREE
Saturday, April 27, 2013
100 IM
50 FREE
200 BREAST
100 FLY

* break*

FREE RELAYS (7-12)
50 BACK
200 FREE
100 BREAST

* break*

MIXED MEDLEY RELAYS (16-17)
800 FREE
(18)
-$:-$

Sunday, April 28, 2013 400 FREE (19) : : $\qquad$ . $\qquad$
Break- Event 20 will not begin before 10 am 50 FLY
(20)
(22) : $\qquad$ . 200 BACK
100 FREE $: \quad$ —_ $\cdot \square$

* break*

MEDLEY RELAYS (23-26) 50 BREAST
(27)

200 FLY
100 BACK
(28)
(29)
(30)

MIXED FREE RELAYS (31-33)
Please plan
to attend the OMS Annual Meeting at 5 pm at McMenamins and be a part of this great organization.

Association/Awards banquet - McMenamins Old St. Francis School, 700 NW Bond St., Bend, OR.
"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 $\qquad$ Date
$\qquad$ each @ \$29.00

# Aqua Master 

Meet Results<br>Chehalem SCY Meet



## Looking Ahead ...

DATE
March 9-10, 2013
March 22-24, 2013

LOCATION
Duel-Sanctioned "Spring Ahead" Meet
NW Zone Championship
t.com/club/meet_information.cfm?c=1352\&smid=4347

April 13-14, 2013 SCY PN Championship
SCM OMS Association Championship
https://www.clubassistant.com/club/meet_information.cfm?c=1352\&smid=4297
May 9-12, 2013 SCY USMS National Championships
Open Water season begins in Bend, with Bob Bruce as Meet Director. More swim dates later
May 17-18, 2013
Pan American Masters Meet
USMS Nationals Championships Mission Viejo, CA
Gil Young Meet - OMS Association Championship (NW Zone Champs) Gresham, OR

## OMS Board Meetings <br> March 11

July 15
August 12
October 12 - Retreat

June 10



[^0]:    Team Reps
    OREG
    DUCK .................................................................................................. Carolyn Watling cwatling@uoregon.edu
    NW Zone..............................................Tim Waud Twaud@aol.com
    USMS ........................................Sandi Rousseau swim@gorge.net

    Top Ten.... $\qquad$ .MJ Caswell mjcaswell@earthlink.net

    Web Master . $\qquad$ pdxbon@comcast.net

    Founders of OMS:
    Karl VonTagen
    Connie Wilson

[^1]:    United States Masters Swimming Inc., can not 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.

    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 all other questions to Jackie Parker
    Volume 40, Number 3, March 2013

[^2]:    Please join us for a NW Zone forum with Tim Waud, NW Zone Chair Saturday 7:30am

[^3]:    "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."

