



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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"Swimming for Life"

Good Swims and Good Fun in Bend

Charlie Helm

The OMS Association Championships returned to Bend this year, this time going with the SCM format. Being our "Big Meet" of the year, the swimmers and their respective teams were fired up and ready to race! Those of us who are pool meet fanatics had three good days of events with some great races and some outstanding efforts by our swimmers. Friday began, as usual, with the animal events: the 400 IM and the 1,500 Free. Then the weekend began with the main schedule of events and the bulk of the racers along with the increase in intensity. Coach Tim Waud and his Oregon City Tankers woke us up each day before the start of the meet with their rousing chanting and cheers, which led to their winning the team Spirit Award. Many of the other teams also made their presence known each day, especially during the relays-one of the really fun parts of our Association meet each year.

We also had several notable swimmers from outside

Oregon come to compete in our meet, which is always a nice addition. Linda Larson came up from Florida just to whoop on her big brother Allen, and my own team mate Ryan Dalton took a break from medical school in San Francisco to release some stress and swim with us for the big meet. Ryan also got a few people talking early on by accidentally putting his entry times a little too fast for SCM and they appeared in the early psych sheet with times several seconds faster than some of our OMS records. These were corrected for the final heat sheets but got a few of our top swimmers asking "who is that guy?!!" For those of you who have also been asking how many Oregon or National records I broke at this meet, the answer is: about the same as I've done at other meets. But I'm one of the many swimmers who had some good personal times and was happy with the results.

Another highlight of our championships each year is the OMS Awards Banquet that was held Saturday evening, again at the McMenamin's in downtown Bend. Most of the awards were listed in the last issue of the Aqua Master. Those of us who attended had a good time and enjoyed reflecting on the efforts and highlights for the past year of our OMS swimmers and members. One of the biggest cheers of the evening was when our scheduled speaker, Coach Bob Bruce of host COMA, announced he was cancelling his speech due to losing his voice after two days of Meet Director duties-which meant more time for eating, drinking, and socializing for the rest of us! Bob and his COMA team and volunteers did their usual awesome job in hosting the big meet and it was appreciated by all of the competitors. Thanks again to everyone involved at the Associations and I'll see you in the water soon!

What's Inside

Chair's Corner.....	2
Off the Block.....	3
Fit to Swim	4
Shake and Swim with "Bake"	5
Long Distance Swimming	6
Results	
OMS Association Championships SCM	7
USMS National Championships SCY	20
Multnomah Athletic Club, USA LCM	21
Lake Juniper Buoy Swim.....	21
Pan American Masters, LCM	21
Quicksilver Masters, LCM.....	21
Articles & Announcements	
Swim Bits	22
Portland Bridge Swim.....	22
Relay All-Americans.....	23
Forms	
Gill Young Memorial LCM	24
Schedule of Events.....	Back Page



Linda, Mom, and Allen Larson

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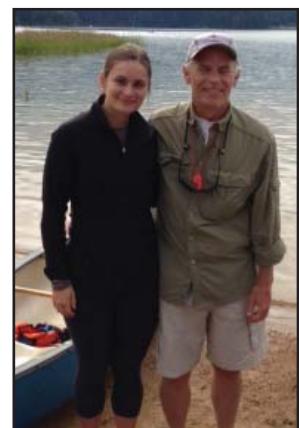
Founders of OMS:
Karl VonTagen
Connie Wilson

Chair's Corner

Jeanne Teisher

Kicking Off the 2013 Open Water Season at Hagg Lake

On June 16, Father's Day, the first lake swim for the 2013 OMS Open Water Season took place at Hagg Lake. You couldn't have asked for more perfect conditions – beautiful weather (no wind, rain, or cold air), excellent water conditions (68 degrees, which is too chilly for this pool swimmer but perfect for the open water swimmers), lots of volunteers, and enough laughter, cheering, and good swims to make for a great day. Being Father's Day, it was fun to see so many kids and their fathers out enjoying the event. There were fathers and daughters/sons out in canoes along the course ready to assist any swimmer who requests help (great bonding time!). On shore you saw the support and heard lots of cheering from kids for their fathers as they completed a swim. For those kids who were swimming, you saw their fathers on the shore beaming with pride and showing their support as their son/daughter completed a swim. Fathers and sons/daughters were also seen volunteering in a variety of different ways to make the event a fun and successful time for the swimmers and spectators. I find that Open Water events are fun for the entire family, including many family dogs.

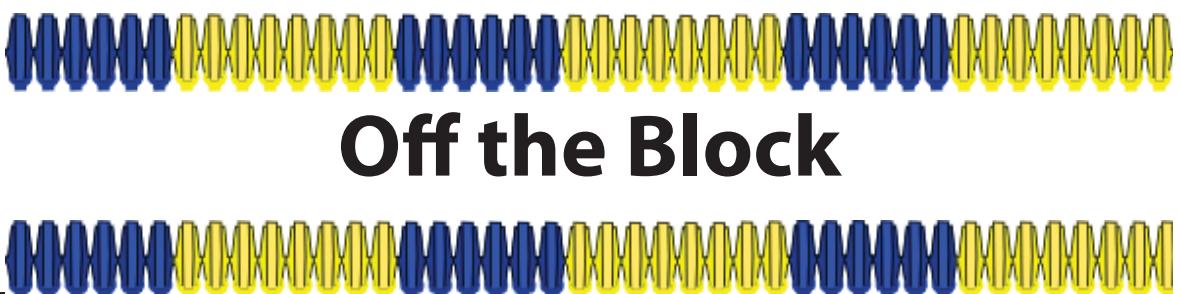


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Send address changes to Susie Young all other questions to Jackie Parker

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Off the Block

About the Author—John Ebel. After 45 years, he finds his way back to the water. John Ebel, 59, is an attorney from East Hampton, N.Y. He swims for Metro Masters Swim Club and considers it a privilege and a challenge to make U.S. Masters Swimming competitions his personal Olympics.

Coming Home

John Ebel

When I was 12 years old, I was a promising swimmer. My dad and I regularly swam the width of Lake George, New York. The lake was 3.3 miles at its widest point. We worked our way up to doing it five times—a bit more than 16 miles—freestyle all the way, no rest, and we emerged from the water not winded at all. We wanted to be the first to swim its length, approximately 32 miles; wider than the English Channel. We felt we were ready and resolved to do it the following summer in June.

June arrived, and with spotter boats to accompany us, we embarked on the swim. About 17 miles into it, a bay constable pulled up, blue lights flashing, and informed us that we couldn't do a mid-lake swim in navigable waters without a Town permit. We protested politely, but he was firm and polite. He then said, "Besides, you guys might want to check last week's papers, a local gal did it last week."

The double disappointment of not being permitted to finish and not being the first, was not enough to keep us out of the lake, but we resigned ourselves to the width swims. We both went on to win many local competitions, but the lingering disappointment stayed with me. I stopped swimming after that season, one of the greatest regrets of my life. But regrets are like a bag of bricks; all you have to do to lighten your load is put them down and walk away.

My Dad passed away last June, at the ripe old age of 92, after a robust life. For his 90th birthday, he swam a mile in Lake George. His freestyle was always gorgeous, and it was a sight to behold. His legs were gone by then—he could barely walk on land—but in the water he became a fish. It was truly amazing.

When we scattered his ashes on Lake George, my then 13-year-old daughter and I honored him by swimming the width of the great lake. Although I finished, it took me more than two hours. My daughter, already a varsity swimmer in her freshman year of high school, blazed by me like she had an outboard motor in her swimsuit.

I'm 59 years young now, still in great shape from years of weight training and bodybuilding, and a proud cancer survivor, but it had been more than 45 years since I'd swum at all.

These experiences, and watching Michael Phelps work his magic at the London Olympics, inspired me to jump in again. I joined Metro Masters at my local YMCA. It took me 1 hour and 5 minutes to complete a pool mile, but I still could swim it. After only four months—thanks to my two great coaches, Tim Treadwell and Tom Cohill—I'm coming in at a more respectable 35-minute mile. I'm relearning the flip turn. My goal is a 25–30-minute mile.

When I get into that pool I go Zen, concentrating only on my form and that magical black line on the bottom of the pool. I've adjusted my weight training to lighter weight, higher reps, and exercises that complement the various strokes. Swimming has made me more focused at work, calmer at home, and a better friend and partner. Swimming has become my second job. Like my Dad, I want to go the distance.

When I jump into the water, I feel like I've come home. I've learned that it's never too late. Swim to live, and live to swim, brothers and sisters!





Fit to Swim

Training in the Sun

Coach Aubree Gustafson

As summer approaches, the days get warmer and we start spending even more time outside. It is important to make sure you have plenty of sun protection available for all of your outdoor activities, especially here in the Northwest where we can have more than enough sun exposure on a cloudy day. For those of us who train outdoors in pools, running, biking, or swim open water events and compete in triathlons during the summer, it is even more important to take measures to protect your skin from the harmful effects of the sun.

In June of 2012, the Federal Drug Administration (FDA) issued new regulations for how over the counter sunscreen products would be tested for effectiveness and labeled to help consumers find the protection they need. The new testing standards determined which products could be labeled as providing "Broad Spectrum" protection. This means these products protect against both types of harmful ultraviolet rays; both ultraviolet B (UVB) and ultraviolet A (UVA) radiation. Sunburns are primarily caused by UVB rays, but both can cause sunburn, skin cancer and premature skin aging. A product labeled as "Broad Spectrum" with a Sun Protection Factor, or SPF, of at least 15 not only protects against sunburn, but can also reduce the risk of skin cancer when used as directed along with other skin protection methods; for example wearing a hat and limiting sun exposure. Products with higher SPF values indicate higher levels of overall protection.

The FDA also required manufacturers to label water resistant sunscreen products with the amount of time a user can expect to get the declared level of SPF protection while swimming or

sweating. Two times are permitted on a product label; either "40 minutes" or "80 minutes" of protection. Manufacturers cannot make claims that a product is "waterproof", "sweatproof", identify their product as a "sunblock" or make claims that their product provides immediate sun protection upon application without getting special approval from the FDA.

Some general guidelines to follow to help protect you while training in the sun are listed below:

- Limit the amount of time you spend in direct sun, especially when the sun's rays are most intense, typically from 10:00 AM to 4:00 PM. Avoidance may be difficult if you have a noon hour swim practice, so apply plenty of water resistant sunscreen at least 15-20 minutes before going for your swim, or as directed on the product you are using.
- When biking, running or in between open water or outdoor meet swims, wear protective clothing including long sleeves, sunglasses and a hat that shades your face, neck, and ears.
- Wear a broad spectrum sunscreen with a SPF of 15 or higher on all skin that isn't covered and don't forget your eyes! Goggles and glasses with a UV protection rating should be worn during training and races.
- Protect your skin even on cool or cloudy days. Don't skip the sunscreen or hat just because it's an overcast day. Protecting your skin should be an everyday event!

Three Arena Suits No Longer Legal

Effective May 7, three Arena technical suits are no longer legal in USMS competition. Arena waived FINA approval of its Powerskin Carbon Pro suits bearing the following FINA approval codes (found on the FINA stamp on the back of each suit) will no longer be allowed in USMS pool competition: AR220993 (women's), AR220994 (women's), and AR141364 (men's). Affected swimmers should visit Arena Support or Arena's FAQ page or contact Jamie Olsen at Arena for information about exchanging suits.



Shake and Swim with "Bake"

Breakout Don't Breakdown

Coach Dennis Baker



We all see the great swimmers do their awesome turns underwater or in Anthony Ervin's case (previous article) pop right up and get going, which if you haven't seen, is awesome. There are a few characteristics in all these great turns that we as Masters Swimmers can adopt and practice. Here are a few pointers to help you with your turns for both Free flip turns and open turns.

For Free, Back and Fly turns: BREAKOUT

WITH THE LEGS FIRST. When you start to get to the surface don't stop your kick and just pull with your arms. I see so much of this. A swimmer will kick great and keep their momentum for a short time and then lose it at the surface by stopping their kick and just pulling themselves to the top. If you continue your kick and just simply add the arms you will breakout with a real pop! This will help you continue with a great length until the next turn.

For all turns: DON'T GET STUCK UNDERWATER. It takes great skill and practice to do those Lochte and Phelps turns and we can't all do that. Find the appropriate length and time to spend underwater where you will keep your momentum from your push off or dive. I see this with Breaststroke a lot. On Breaststroke turns I like to tell my swimmers to "Get your business done and get up and go". A shorter time underwater with a powerful breakout is much more effective than a long slow



oxygen depriving turn.

Fly and Free turns: DON'T BREATHE FIRST. Again you spend all this effort on a great turn just to take a big gasp of air when you reach the surface and thus stopping your momentum. With Freestyle it is an easy fix just to take a half cycle or one arm stroke before breathing. This may mean you have to change which arm you stroke with first so you can breathe on your favorite side. With Fly you may need to practice

and focus more in practice to not breathe on the first stroke. In Fly after that first non-breath stroke then you can take air as you need it.

All Turns: DON'T TRY TO TURN TOO FAST. Don't rush your turns. This will only lead to misplacement of hands and or feet and you won't get a powerful push off. I'm not saying to do a slow turn just be strong and powerful and precise.

Try these tips and smooth out those breakouts from underwater. A series of bad turns can tire you out more than the race itself. Take some time at least once a week to concentrate and practice turns separately. Then put in into practice all the time in workout. If you can do this you will be well on your way to "Breaking out and not Breaking down".



Long Distance Swimming

Coach Bob Bruce



I have a potpourri of open water news this month, just before our summer season begins in earnest:

1. Cottage Grove Lake Swims

Cancelled: First, some not-so-good news. Citing a Corps of Engineers projection of very low water—perhaps no water—in Cottage Grove Lake by the date of the event, and a number of support challenges, Event Director Steve Johnson and Emerald Aquatics have decided not to host their annual open water swim this year. This change is now reflected in the updated schedules found both in this *Aqua Master* and on the OMS website. Losing swims is always bad news, but this one has a tiny silver lining in that this removes any perceived conflict between the Eel Lake & Cottage Grove swims. Show up at the Association Open Water Championships at Eel Lake that weekend in August!

2. Lake Juniper Buoy Swim Successful:

On Sunday, May 19, 26 swimmers showed up at beautiful Lake Juniper (the cleverly disguised 50-meter pool at Juniper Swim & Fitness Center in Bend) for the annual 1200-meter turn around all 47 of the buoys. There were some very competitive swims and lots of good open water practice. Hardy Lussier (COMA) and Kendra Wheeler (KAM) were the overall champions, and a good time was had by all. Brunch was spectacular!

The Lake Juniper basic open water clinic—run by Bob Bruce and Tim Nelson the previous afternoon—was also a success. 15 swimmers

went through their paces learning and practicing swimming straight, swimming in a crowd, navigating, and drafting, and their improved skills were evident in the Buoy Swim.

3. USMS Open Water National Championship Results:

Oregon swimmers have not been inactively waiting for the Oregon open water season to start. Some have been traveling far afield to some of the USMS Championships held across the country, and here are the excellent results:

- 5-km Championships, Miromar Lakes, FL, April 27: Dave Radcliff (THB) skipped our Association Pool Championships to visit Florida and come away with a win in the Men's 75-79 age group in 1:25:07.
- 10-km Championships, Lake Mead, NV, May 18: Cindy Werhane (ORM) took second place in the Women's 40-44 age group in 2:48:22.0.
- 1-mile Championships, Lake Del Valle, Livermore, CA, June 9: Three Oregon swimmers made this trek south. Ralph Mohr (COMA) won the Men's 70-74 age group in 28:43.45, while Matt Miller (RVM, 22:21.80) and Bob Bruce (COMA, 26:02.85) were runners-up in the Men's 35-39 and 65-69 age groups respectively.

4. 5 & 10-km Postal Swims: It's simple—the postal swims should be a part of your open water preparation! If you plan to swim one or more of the longer swims this summer, such as the

5 or 10-km at Applegate Lake, the 17-km Willamette River Swim, the 5-km at Elk Lake, or any long swim elsewhere, you should definitely consider doing one or both of the summer postal swims to help you get ready. We Oregonians have had a good start to the long course postal season; I know of at least six 5-km swims and six 10-km swims already completed. Find info at http://www.usms.org/longdist/nats13/2013_5k10kindentryform.pdf and split sheet forms at http://www.usms.org/longdist/5k_10k_splits.pdf and get to work. Although the deadline for swimming the two long course postals is September 15th, you should consider doing them much earlier—like NOW—to enhance your open water preparation. And, Oregon Club members, we have a national team title in both the 5 & 10-km events to defend!

Good luck and good swimming!



OMS Association Championships SCM

April 26-28, 2013

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

N = National Record (includes Zone & OR)

Z = Zone Record (includes OR)

O = Oregon Record

* = Split

X = No points scored; non-Oregon swimmer

Women 18-24

50 SC Meter Freestyle

1 Stacy, Jessica 24 MAC 29.28O

2 Haley, Emily 24 ORM 34.38

100 SC Meter Freestyle

1 Stacy, Jessica 24 MAC 1:04.30O

400 SC Meter Freestyle

1 Schmidt, Olivia 20 ORM 6:10.93

800 SC Meter Freestyle

1 Schmidt, Olivia 20 ORM 12:35.01

1500 SC Meter Freestyle

1 Schmidt, Olivia 20 ORM 24:14.87

50 SC Meter Backstroke

1 Miller, Lindsay 21 DUCK 36.16

2 Haley, Emily 24 ORM 43.89

100 SC Meter Backstroke

1 Berg, Tia 20 DUCK 1:24.28

50 SC Meter Breaststroke

1 Stacy, Jessica 24 MAC 37.37O

2 Miller, Lindsay 21 DUCK 39.78

3 Haley, Emily 24 ORM 45.69

100 SC Meter Breaststroke

1 Stacy, Jessica 24 MAC 1:21.02

2 Miller, Lindsay 21 DUCK 1:29.39

3 Berg, Tia 20 DUCK 1:36.16

4 Schmidt, Olivia 20 ORM 1:44.12

50 SC Meter Butterfly

1 Stacy, Jessica 24 MAC 32.18

2 Miller, Lindsay 21 DUCK 33.26

3 Berg, Tia 20 DUCK 38.71

100 SC Meter IM

1 Miller, Lindsay 21 DUCK 1:17.98

2 Berg, Tia 20 DUCK 1:25.44

3 Haley, Emily 24 ORM 1:27.69

4 Schmidt, Olivia 20 ORM 1:30.95

200 SC Meter IM

1 Schmidt, Olivia 20 ORM 3:20.18

Women 25-29

50 SC Meter Freestyle

1 Ramos, Gianna 25 RVM 35.80

100 SC Meter Freestyle

1 Somera, Christine 28 ORM 1:05.67

200 SC Meter Freestyle

1 Somera, Christine 28 ORM 2:22.85

400 SC Meter Freestyle

1 Somera, Christine 28 ORM 4:59.70

50 SC Meter Backstroke

1 Ramos, Gianna 25 RVM 39.26

100 SC Meter Backstroke

1 Ramos, Gianna 25 RVM 1:31.03

50 SC Meter Butterfly

1 Ramos, Gianna 25 RVM 41.15

100 SC Meter Butterfly

1 Somera, Christine 28 ORM 1:18.11

100 SC Meter IM

1 Somera, Christine 28 ORM 1:17.51

2 Ramos, Gianna 25 RVM 1:32.24

200 SC Meter IM

1 Somera, Christine 28 ORM 2:45.78

Women 30-34

50 SC Meter Freestyle

1 Buelow, Vicky 32 ORM 34.06

100 SC Meter Freestyle

1 Gustafson, Aubree 32 ORM 1:08.73

2 Buelow, Vicky 32 ORM 1:11.81

3 Ergenekan, Lindsay 30 MAC 1:26.45

4 Hudec, Jessica 30 CGM 1:29.55

5 Vansant, Julie 32 COMA 1:30.14

200 SC Meter Freestyle

1 Holcomb, Amy 34 COMA 2:23.11

2 Jackson, Maresa 34 LHST 2:31.54

3 Vansant, Julie 32 COMA 3:29.53

400 SC Meter Freestyle

1 Holcomb, Amy 34 COMA 4:56.81

2 Johnson, Amy 34 COMA 5:01.96

3 Muske-Dukes-Driggs, A. 30 COMA 7:32.21

800 SC Meter Freestyle

1 Holcomb, Amy 34 COMA 10:06.76

2 Johnson, Amy 34 COMA 10:12.94

3 Ergenekan, Lindsay 30 MAC 14:11.50

4 Hudec, Jessica 30 CGM 14:15.80

5 Muske-Dukes-Driggs, A. 30 COMA 15:39.61

1500 SC Meter Freestyle

1 Holcomb, Amy 34 COMA 19:16.83

2 Johnson, Amy 34 COMA 19:39.16

3 Ergenekan, Lindsay 30 MAC 27:26.97

4 Muske-Dukes-Driggs, A. 30 COMA 30:04.58

50 SC Meter Backstroke

1 Legault, Aubrie 31 THB 39.54

2 Hudec, Jessica 30 CGM 42.95

3 Curzon, Becca 31 LHST 45.80

100 SC Meter Backstroke

1 Legault, Aubrie 31 THB 1:30.82

2 Vansant, Julie 32 COMA 1:54.86

200 SC Meter Backstroke

1 Hudec, Jessica 30 CGM 3:25.90

50 SC Meter Breaststroke

1 Faith, Jennifer 32 CAT 37.25O

2 Gustafson, Aubree 32 ORM 39.07

3 Metz, Amanda 33 OCT 39.20

4 Buelow, Vicky 32 ORM 43.90

100 SC Meter Breaststroke

1 Metz, Amanda 33 OCT 1:24.51

2 Gustafson, Aubree 32 ORM 1:25.05

3 Buelow, Vicky 32 ORM 1:35.68

200 SC Meter Breaststroke

1 Faith, Jennifer 32 CAT 3:02.89

2 Gustafson, Aubree 32 ORM 3:06.03

3 Metz, Amanda 33 OCT 3:09.22

4 Curzon, Becca 31 LHST 3:40.06

5 Vansant, Julie 32 COMA 4:06.81

50 SC Meter Butterfly

1 Gustafson, Aubree 32 ORM 34.45

2 Metz, Amanda 33 OCT 34.96

3 Faith, Jennifer 32 CAT 35.90

4 Legault, Aubrie 31 THB 36.03

5 Ergenekan, Lindsay 30 MAC 46.40

100 SC Meter Butterfly

1 Legault, Aubrie 31 THB 1:28.71

2 Curzon, Becca 31 LHST 1:38.04

200 SC Meter Butterfly

1 Johnson, Amy 34 COMA 2:45.37O

2 Legault, Aubrie 31 THB 3:27.26

100 SC Meter IM

1 Faith, Jennifer 32 CAT 1:19.96

2 Metz, Amanda 33 OCT 1:21.37

3 Jackson, Maresa 34 LHST 1:21.53

4 Legault, Aubrie 31 THB 1:26.80

5 Curzon, Becca 31 LHST 1:32.24

6 Ergenekan, Lindsay 30 MAC 1:37.51

7 Hudec, Jessica 30 CGM 1:38.58

200 SC Meter IM

1 Faith, Jennifer 32 CAT 2:53.66

2 Metz, Amanda 33 OCT 2:58.55

400 SC Meter IM

1 Gustafson, Aubree 32 ORM 6:02.20

2 Jackson, Maresa 34 LHST 6:11.70

3 Curzon, Becca 31 LHST 7:23.02

4 Hudec, Jessica 30 CGM 7:30.73

Women 35-39

50 SC Meter Freestyle

1 Skinner, Sonja 37 OCT 29.14

2 McKean, Becky 39 COMA 29.83

3 Reeves, Tessa 35 OCT 30.87

4 Gouldson, Kelly 37 COMA 31.34

5 Sitler, Kealey 36 LHST 31.72

6 Case, Jacquelyn 37 RVM 38.23

100 SC Meter Freestyle

1 Skinner, Sonja 37 OCT 1:04.06

2 Johnson, Serena 36 LHST 1:05.76

3	Reeves, Tessa	35	OCT	1:09.81	2	Dean, Kelly	41	LHST	32.56	1	Dean, Kelly	41	LHST	34.60
4	Sitler, Kealey	36	LHST	1:10.83	3	Deweese, Michelle	41	COMA	33.21	2	Deweese, Michelle	41	COMA	39.90
5	Kramer, Ellen	38	COMA	1:15.81	4	Nelson, Sara	41	COMA	34.88	3	Werhane, Cynthia	44	ORM	40.20
6	Case, Jacquelyn	37	RVM	1:25.17	5	Cooper, Cheryl	42	BRSC	35.55	4	Ready, Jodi	42	CGM	41.43
200 SC Meter Freestyle					6	Ready, Jodi	42	CGM	35.64	5	Crowson, Renee	42	LHST	44.88
1	Johnson, Serena	36	LHST	2:23.83	7	Jacobs-Brown, M.	42	LHST	35.82	6	Ashworth, Charity	40	LHST	1:02.05
2	Reeves, Tessa	35	OCT	2:38.72	8	Gonzalez, Shirlene	44	BRSC	39.45	7	Franklin, Kristina	41	OCT	1:24.15
3	Strausbaugh, E.	37	COMA	2:39.85	9	Mcelroy, Amy	43	COMA	39.53	100 SC Meter Butterfly				
4	Thompson, Elizabeth	35	COMA	2:51.65	10	Ashworth, Charity	40	LHST	41.72	1	Morgen, Cheryl	44	COMA	1:17.68
400 SC Meter Freestyle					11	Franklin, Kristina	41	OCT	54.33	2	Dean, Kelly	41	LHST	1:27.42
1	Reeves, Tessa	35	OCT	5:28.27	100 SC Meter Freestyle					3	Walters, Melinda	43	LHST	1:31.98
2	Parker, Jacqueline	35	OPEN	6:27.70	1	Deweese, Michelle	41	COMA	1:15.86	4	Werhane, Cynthia	44	ORM	1:32.23
800 SC Meter Freestyle					2	Cooper, Cheryl	42	BRSC	1:19.18	200 SC Meter Butterfly				
1	Johnson, Serena	36	LHST	10:45.82	3	Ashworth, Charity	40	LHST	1:40.00	1	Werhane, Cynthia	44	ORM	3:31.69
2	Reeves, Tessa	35	OCT	11:27.62	100 SC Meter IM					1	Nelson, Sara	41	COMA	1:22.10
3	Strausbaugh, E.	37	COMA	11:44.36	2	Walters, Melinda	43	LHST	2:49.54	2	Wells, Janette	41	COMA	1:24.17
4	Thompson, Elizabeth	35	COMA	12:42.57	3	Jacobs-Brown, M.	42	LHST	3:02.20	3	Walters, Melinda	43	LHST	1:27.67
* Strausbaugh, E.	37	COMA	11:42.63	4	Cooper, Cheryl	42	BRSC	3:03.59	4	Ready, Jodi	42	CGM	1:34.69	
1500 SC Meter Freestyle					5	Crowson, Renee	42	LHST	3:06.30	5	Gonzalez, Shirlene	44	BRSC	1:40.58
1	Strausbaugh, E.	37	COMA	22:00.84	6	Ready, Jodi	42	CGM	3:07.17	1	Ready, Jodi	42	CGM	3:29.95
2	Parker, Jacqueline	35	OPEN	26:22.84	400 SC Meter IM					1	Nelson, Sara	41	COMA	6:02.21
3	Carnwath, Brooke	35	BASS	29:01.89	50 SC Meter IM					2	Walters, Melinda	43	LHST	6:37.11
50 SC Meter Backstroke					Women 45-49					Women 45-49				
1	Johnson, Serena	36	LHST	33.880	50 SC Meter Freestyle					1	Asch, Jill	47	MAC	29.21
2	Gouldson, Kelly	37	COMA	38.35	1					2	Phillips, Sue	49	CAT	33.58
3	Arata, Melissa	37	OCT	39.64	2					* Asch, Jill	47	MAC	29.59	
4	Parker, Jacqueline	35	OPEN	46.76	100 SC Meter Freestyle					1	Asch, Jill	47	MAC	1:05.88
5	Case, Jacquelyn	37	RVM	48.93	1					2	Phillips, Sue	49	CAT	1:11.94
6	Thompson, Elizabeth	35	COMA	49.96	2					3	Welty-Fick, Carolyn	49	CGM	1:25.96
* Johnson, Serena	36	LHST	34.19	3					200 SC Meter Freestyle					
100 SC Meter Backstroke					1					1	Salton, Gillian	45	COMA	2:35.47
1	Johnson, Serena	36	LHST	1:15.10	2					2	Phillips, Sue	49	CAT	2:37.51
2	Arata, Melissa	37	OCT	1:27.71	3					400 SC Meter Freestyle				
200 SC Meter Backstroke					1					1	Phillips, Sue	49	CAT	5:34.32
1	Johnson, Serena	36	LHST	2:38.920	2					800 SC Meter Freestyle				
50 SC Meter Breaststroke					1					1	Phillips, Sue	49	CAT	11:37.77
1	Strausbaugh, E.	37	COMA	45.09	1500 SC Meter Freestyle					1	Phillips, Sue	49	CAT	22:39.92
2	Arata, Melissa	37	OCT	46.17	2					2	Fadlovich, Angela	47	LHST	25:21.53
3	Kramer, Ellen	38	COMA	46.99	3					3	Mooney, Susan	46	LHST	26:36.71
100 SC Meter Breaststroke					50 SC Meter Backstroke					50 SC Meter Backstroke				
1	Skinner, Sonja	37	OCT	1:25.65	1	Dean, Kelly	41	LHST	36.90	1	Asch, Jill	47	MAC	34.55
50 SC Meter Butterfly					2	Wells, Janette	41	COMA	42.79	2	Salton, Gillian	45	COMA	36.25
1	Skinner, Sonja	37	OCT	31.64	3	Gibbs, Jennifer	42	RVM	44.96	3	Daubersmith, Britta	48	OCT	38.57
2	Sitler, Kealey	36	LHST	36.02	4	Ready, Jodi	42	CGM	46.95	4	Moscaritolo, Cynthia	47	RVM	42.30
3	Reeves, Tessa	35	OCT	36.44	5	Gonzalez, Shirlene	44	BRSC	50.84	5	Welty-Fick, Carolyn	49	CGM	46.30
100 SC Meter Butterfly					6	Ashworth, Charity	40	LHST	54.24	6	Negron, Ines	48	ORM	47.82
1	Skinner, Sonja	37	OCT	1:11.250	7	Franklin, Kristina	41	OCT	58.61	100 SC Meter Backstroke				
2	Sitler, Kealey	36	LHST	1:32.81	1					1	Salton, Gillian	45	COMA	1:17.97
100 SC Meter IM					2					2	Daubersmith, Britta	48	OCT	1:26.37
1	McKean, Becky	39	COMA	1:15.06	3					3	Moscaritolo, Cynthia	47	RVM	1:38.71
2	Gouldson, Kelly	37	COMA	1:20.19	100 SC Meter Breaststroke					200 SC Meter Backstroke				
3	Sitler, Kealey	36	LHST	1:23.52	1	Cooper, Cheryl	42	BRSC	47.30	1	Salton, Gillian	45	COMA	2:49.73
4	Arata, Melissa	37	OCT	1:29.65	2	Gibbs, Jennifer	42	RVM	56.09	2	Daubersmith, Britta	48	OCT	3:02.97
200 SC Meter IM					3	Ashworth, Charity	40	LHST	1:14.55	3	Fadlovich, Angela	47	LHST	3:39.85
1	Skinner, Sonja	37	OCT	2:42.140	4	Franklin, Kristina	41	OCT	1:50.50	50 SC Meter Breaststroke				
2	Strausbaugh, E.	37	COMA	3:05.95	1					1	Asch, Jill	47	MAC	39.32
400 SC Meter IM					2					2				
1	Strausbaugh, E.	37	COMA	6:38.68	3					3				
2	Sitler, Kealey	36	LHST	6:45.74	Deweese, Michelle					4				
Women 40-44					1					5				
50 SC Meter Freestyle					2					50 SC Meter Breaststroke				
1	Morgen, Cheryl	44	COMA	31.90	1					1	Asch, Jill	47	MAC	39.32
50 SC Meter Butterfly					2					2				
50 SC Meter Backstroke					3					3				

2	Welty-Fick, Carolyn	49	CGM	43.95	9	Fox, Christina	53	CAT	3:05.29	1	Delmage, Arlene	51	ORM	3:17.86											
3	Nukaga, Mika	48	PCCM	47.63	10	Burkard, Anita	50	LHST	3:12.33	2	Vincent, Nancy	54	LHST	3:21.85											
100	SC Meter Breaststroke				11	Johnston, Jennifer	51	OCT	3:15.77	3	Snider, Pam	52	CAT	3:35.51											
1	Asch, Jill	47	MAC	1:27.26	12	Croucher, Denise	50	LHST	3:16.07	4	Andrade, Julie	52	THB	3:38.21											
2	Nukaga, Mika	48	PCCM	1:41.77	400	SC Meter Freestyle				5	Fox, Christina	53	CAT	3:46.27											
3	Welty-Fick, Carolyn	49	CGM	1:42.34	1	Jenkins, Valerie	50	ORM	5:24.58	6	Redwine-Baker, R.	54	ORM	3:57.23											
200	SC Meter Breaststroke				2	Touchette, Cherie	50	COMA	5:24.72	7	Croucher, Denise	50	LHST	3:57.96											
1	Nukaga, Mika	48	PCCM	3:43.07	3	Vincent, Nancy	54	LHST	6:01.51	50	SC Meter Butterfly														
2	Mooney, Susan	46	LHST	4:08.69	4	Fox, Linda	50	CAT	6:09.14	1	Caswell, Mj	52	CGM	33.31											
50	SC Meter Butterfly				5	Reid, Ladawn	51	OCT	6:29.11	2	Nigro, Carolyn	54	LHST	38.05											
1	Asch, Jill	47	MAC	32.73	6	Croucher, Denise	50	LHST	6:39.89	3	Balderston, Leslie	53	ORM	42.23											
2	Moscaritolo, Cynthia	47	RVM	41.94	7	Burkard, Anita	50	LHST	6:48.42	4	Andrade, Julie	52	THB	42.85											
3	Negron, Ines	48	ORM	43.53	800	SC Meter Freestyle				5	Bender, Sherry	54	LHST	46.35											
100	SC Meter Butterfly				1	Touchette, Cherie	50	COMA	11:13.77	6	Gormley, Linda	50	OCT	56.57											
1	Moscaritolo, Cynthia	47	RVM	1:39.79	2	Tyynismaa, Terri	51	CGM	11:18.17	100	SC Meter Butterfly														
2	Fadlovich, Angela	47	LHST	1:41.70	3	Viales, Dianne	51	ORM	11:34.66	1	Delmage, Arlene	51	ORM	1:18.40											
3	Mooney, Susan	46	LHST	1:50.44	4	Rakoz, Karon	53	ORM	15:15.94	2	Bender, Sherry	54	LHST	1:51.96											
200	SC Meter Butterfly				1500	SC Meter Freestyle				200	SC Meter Butterfly														
1	Fadlovich, Angela	47	LHST	4:05.00	1	Tyynismaa, Terri	51	CGM	21:28.25	1	Touchette, Cherie	50	COMA	3:17.56											
100	SC Meter IM				2	Touchette, Cherie	50	COMA	21:33.12	2	Bender, Sherry	54	LHST	4:06.80											
1	Daubersmith, Britta	48	OCT	1:24.79	3	Croucher, Denise	50	LHST	26:26.22	100	SC Meter IM														
2	Moscaritolo, Cynthia	47	RVM	1:34.07	4	Burkard, Anita	50	LHST	26:33.25	1	Jenkins, Valerie	50	ORM	1:19.59											
3	Mooney, Susan	46	LHST	1:38.81	5	Rakoz, Karon	53	ORM	27:30.07	2	Delmage, Arlene	51	ORM	1:20.42											
4	Negron, Ines	48	ORM	1:41.65	50	SC Meter Backstroke				3	Viales, Dianne	51	ORM	1:22.52											
5	Nukaga, Mika	48	PCCM	1:49.87	1	Jenkins, Valerie	50	ORM	34.65	4	Goodman, Ann	54	CGM	1:25.62											
200	SC Meter IM				2	Goodman, Ann	54	CGM	37.14	5	Reid, Ladawn	51	OCT	1:29.91											
1	Salton, Gillian	45	COMA	2:56.59	3	Nigro, Carolyn	54	LHST	41.56	6	Andrade, Julie	52	THB	1:32.68											
2	Daubersmith, Britta	48	OCT	3:14.97	4	Reid, Ladawn	51	OCT	42.82	7	Snider, Pam	52	CAT	1:32.82											
3	Fadlovich, Angela	47	LHST	3:45.01	5	Redwine-Baker, R.	54	ORM	45.67	8	Fox, Linda	50	CAT	1:33.69											
400	SC Meter IM				6	Gormley, Linda	50	OCT	52.69	9	Fox, Christina	53	CAT	1:36.41											
1	Salton, Gillian	45	COMA	6:19.00	7	Smith, Natalie	54	OPEN	1:55.16	10	Rakoz, Karon	53	ORM	1:42.13											
2	Mooney, Susan	46	LHST	7:45.19	100	SC Meter Backstroke				11	Redwine-Baker, R.	54	ORM	1:42.85											
3	Fadlovich, Angela	47	LHST	7:45.55	1	Goodman, Ann	54	CGM	1:20.84	12	Bender, Sherry	54	LHST	1:43.47											
Women 50-54																									
50	SC Meter Freestyle				2	Nigro, Carolyn	54	LHST	1:34.11	13	Burkard, Anita	50	LHST	1:49.26											
1	Jenkins, Valerie	50	ORM	30.97	3	Fox, Linda	50	CAT	1:34.36	14	Gormley, Linda	50	OCT	1:57.87											
2	Nigro, Carolyn	54	LHST	32.99	4	Snider, Pam	52	CAT	1:35.61	200	SC Meter IM														
3	Tyynismaa, Terri	51	CGM	33.10	5	Reid, Ladawn	51	OCT	1:42.07	1	Caswell, Mj	52	CGM	2:56.37											
4	Vincent, Nancy	54	LHST	33.78	6	Redwine-Baker, R.	54	ORM	1:44.59	2	Viales, Dianne	51	ORM	3:00.03											
5	Balderston, Leslie	53	ORM	35.70	7	Gormley, Linda	50	OCT	2:03.74	3	Touchette, Cherie	50	COMA	3:07.23											
6	Fox, Linda	50	CAT	35.90	200	SC Meter Backstroke				4	Snider, Pam	52	CAT	3:22.36											
7	Johnston, Jennifer	51	OCT	38.46	1	Goodman, Ann	54	CGM	2:55.86	5	Fox, Christina	53	CAT	3:29.34											
8	Smith, Natalie	54	OPEN	1:14.05	2	Snider, Pam	52	CAT	3:22.99	6	Andrade, Julie	52	THB	3:30.49											
*	Caswell, Mj	52	CGM	32.08	3	Reid, Ladawn	51	OCT	3:43.46	7	Bender, Sherry	54	LHST	3:41.32											
100	SC Meter Freestyle				50	SC Meter Breaststroke				8	Burkard, Anita	50	LHST	3:44.83											
1	Viales, Dianne	51	ORM	1:10.63	1	Vincent, Nancy	54	LHST	42.67	400	SC Meter IM														
2	Tyynismaa, Terri	51	CGM	1:11.21	2	Caswell, Mj	52	CGM	43.34	1	Viales, Dianne	51	ORM	6:18.44											
3	Nigro, Carolyn	54	LHST	1:13.64	3	Andrade, Julie	52	THB	45.24	2	Goodman, Ann	54	CGM	6:51.21											
4	Vincent, Nancy	54	LHST	1:16.32	4	Fox, Christina	53	CAT	47.80	3	Bender, Sherry	54	LHST	7:44.58											
5	Fox, Linda	50	CAT	1:18.85	5	Redwine-Baker, R.	54	ORM	48.99	4	Burkard, Anita	50	LHST	8:22.56											
6	Balderston, Leslie	53	ORM	1:20.29	6	Croucher, Denise	50	LHST	49.58	Women 55-59															
7	Fox, Christina	53	CAT	1:24.88	7	Gormley, Linda	50	OCT	53.32	50	SC Meter Freestyle														
8	Johnston, Jennifer	51	OCT	1:27.74	1	Jenkins, Valerie	50	ORM	1:29.83	1	Andrus-Hughes, Karen	56	ORM	30.28											
200	SC Meter Freestyle				2	Delmage, Arlene	51	ORM	1:30.52	2	Gannon, Laura	57	CAT	35.70											
1	Delmage, Arlene	51	ORM	2:30.88	3	Caswell, Mj	52	CGM	1:33.40	3	Harrington, Sue	56	CGM	36.03											
2	Jenkins, Valerie	50	ORM	2:31.46	4	Vincent, Nancy	54	LHST	1:33.75	4	Anderson, T.	59	LHST	47.76											
3	Viales, Dianne	51	ORM	2:34.72	5	Andrade, Julie	52	THB	1:38.48	5	Summers, Ellen	59	ORM	54.81											
4	Tyynismaa, Terri	51	CGM	2:35.69	6	Snider, Pam	52	CAT	1:39.73	100	SC Meter Freestyle														
5	Nigro, Carolyn	54	LHST	2:44.89	7	Croucher, Denise	50	LHST	1:49.63	1	Gannon, Laura	57	CAT	1:16.54											
6	Goodman, Ann	54	CGM	2:47.03	8	Redwine-Baker, R.	54	ORM	1:53.08	2	Thomsen, Dianne	56	LHST	1:37.32											
7	Fox, Linda	50	CAT	2:54.01	9	Gormley, Linda	50	OCT	2:00.54	3	Anderson, T.	59	LHST	1:49.84											
8	Balderston, Leslie	53	ORM	3:00.75	200	SC Meter Breaststroke				4	Summers, Ellen	59	ORM	2:03.15											

1 Gannon, Laura	57 CAT	2:48.11	1 Royle, Mary Anne	61 ORM	38.15	400 SC Meter Freestyle		
2 Summers, Jeanna	59 ORM	3:01.79	2 Hendryx, Teri	60 MAC	40.65	1 Binder, Lauren	66 MAC	6:56.15
3 Shuman, Connie	58 COMA	3:58.88	3 Towne, Charris	62 CGM	45.36	2 Stark, Carol	65 ORM	9:04.02
4 Anderson, T.	59 LHST	4:02.92	4 Groesz, Jeanette	64 COMA	45.46	800 SC Meter Freestyle		
5 Summers, Ellen	59 ORM	4:47.63	100 SC Meter Freestyle			1 Stark, Carol	65 ORM	19:12.23
400 SC Meter Freestyle			1 Royle, Mary Anne	61 ORM	1:23.23	1500 SC Meter Freestyle		
1 Gannon, Laura	57 CAT	5:55.58	2 Groesz, Jeanette	64 COMA	1:43.07	1 Binder, Lauren	66 MAC	26:22.06
2 Harrington, Sue	56 CGM	6:17.14	3 Towne, Charris	62 CGM	1:44.47	2 Delgado, Joan	68 ORM	29:36.65
3 Summers, Jeanna	59 ORM	6:30.61	200 SC Meter Freestyle			3 Stark, Carol	65 ORM	35:21.72
4 Anderson, T.	59 LHST	7:23.60	1 Groesz, Jeanette	64 COMA	3:40.74	50 SC Meter Backstroke		
5 Thomsen, Dianne	56 LHST	7:46.88	400 SC Meter Freestyle			1 Rousseau, Sandi	66 CGM	46.31
6 Shuman, Connie	58 COMA	8:08.87	1 Holmberg, Madeleine	61 COMA	6:07.80	2 Clum, Christine	67 COMA	49.64
7 Thompson, Lynn	55 ORM	9:03.30	2 Groesz, Jeanette	64 COMA	7:39.52	3 Pierson, Ginger	67 ORM	56.51
* Sweat, Mary	56 OREG	5:17.13 Z	800 SC Meter Freestyle			4 Delgado, Joan	68 ORM	56.56
800 SC Meter Freestyle			1 Royle, Mary Anne	61 ORM	13:01.99	5 Stark, Carol	65 ORM	58.45
1 Shuman, Connie	58 COMA	16:38.76	2 Groesz, Jeanette	64 COMA	15:46.03	100 SC Meter Backstroke		
2 Anderson, T.	59 LHST	17:28.38	50 SC Meter Backstroke			1 Rousseau, Sandi	66 CGM	1:41.67
3 Thompson, Lynn	55 ORM	18:19.21	1 Hendryx, Teri	60 MAC	43.59	2 Clum, Christine	67 COMA	1:45.01
4 Summers, Ellen	59 ORM	21:07.65	2 Royle, Mary Anne	61 ORM	45.40	3 Stark, Carol	65 ORM	2:15.21
* Sweat, Mary	56 OREG	10:38.04	3 Towne, Charris	62 CGM	59.29	200 SC Meter Backstroke		
1500 SC Meter Freestyle			100 SC Meter Backstroke			1 Stark, Carol	65 ORM	4:50.29
1 Sweat, Mary	56 OREG	20:06.45 Z	1 Hendryx, Teri	60 MAC	1:36.34	50 SC Meter Breaststroke		
2 Shuman, Connie	58 COMA	30:54.34	2 Royle, Mary Anne	61 ORM	1:39.96	1 Gettling, Janet	65 COMA	43.52 Z
3 Anderson, T.	59 LHST	32:49.72	3 Towne, Charris	62 CGM	2:07.26	2 Clum, Christine	67 COMA	49.40
50 SC Meter Backstroke			200 SC Meter Backstroke			3 Pierson, Ginger	67 ORM	51.37
1 Andrus-Hughes, Karen	56 ORM	34.08	1 Holmberg, Madeleine	61 COMA	3:16.75	100 SC Meter Breaststroke		
2 Summers, Jeanna	59 ORM	43.61	2 Hendryx, Teri	60 MAC	3:27.03	1 Gettling, Janet	65 COMA	1:39.79
3 Thompson, Lynn	55 ORM	1:07.80	3 Royle, Mary Anne	61 ORM	3:36.49	2 Clum, Christine	67 COMA	1:48.23
X Larson, Linda	58 SFTL	39.07	50 SC Meter Breaststroke			3 Pierson, Ginger	67 ORM	1:51.16
100 SC Meter Backstroke			1 Kastberg, Ann	61 ORM	43.75	200 SC Meter Breaststroke		
1 Andrus-Hughes, Karen	56 ORM	1:15.22	2 Hendryx, Teri	60 MAC	50.36	1 Clum, Christine	67 COMA	3:54.73
2 Gannon, Laura	57 CAT	1:33.96	100 SC Meter Breaststroke			2 Pierson, Ginger	67 ORM	4:01.17
3 Thompson, Lynn	55 ORM	2:32.41	1 Kastberg, Ann	61 ORM	1:36.78	50 SC Meter Butterfly		
200 SC Meter Backstroke			200 SC Meter Breaststroke			1 Gettling, Janet	65 COMA	40.51
1 Andrus-Hughes, Karen	56 ORM	2:47.18	1 Kastberg, Ann	61 ORM	3:37.21	2 Rousseau, Sandi	66 CGM	41.10
2 Summers, Jeanna	59 ORM	3:22.15	2 Hendryx, Teri	60 MAC	4:00.76	3 Zabudsky, Alice	68 COMA	46.54
X Larson, Linda	58 SFTL	2:57.81	50 SC Meter Butterfly			100 SC Meter Butterfly		
50 SC Meter Breaststroke			1 Kastberg, Ann	61 ORM	41.00	1 Gettling, Janet	65 COMA	1:37.93 Z
1 Harrington, Sue	56 CGM	45.95	2 Towne, Charris	62 CGM	51.11	2 Delgado, Joan	68 ORM	2:08.35
2 Thomsen, Dianne	56 LHST	49.17	100 SC Meter IM			* Zabudsky, Alice	68 COMA	1:56.45
3 Thompson, Lynn	55 ORM	1:01.24	1 Kastberg, Ann	61 ORM	1:31.16	200 SC Meter Butterfly		
100 SC Meter Breaststroke			2 Towne, Charris	62 CGM	2:04.10	1 Zabudsky, Alice	68 COMA	4:20.59
1 Harrington, Sue	56 CGM	1:42.01	200 SC Meter IM			100 SC Meter IM		
2 Thomsen, Dianne	56 LHST	1:48.80	1 Holmberg, Madeleine	61 COMA	3:17.47 O	1 Gettling, Janet	65 COMA	1:30.96 Z
200 SC Meter Breaststroke			2 Kastberg, Ann	61 ORM	3:27.65	2 Rousseau, Sandi	66 CGM	1:41.63
1 Harrington, Sue	56 CGM	3:41.36	400 SC Meter IM			3 Delgado, Joan	68 ORM	1:59.55
2 Thomsen, Dianne	56 LHST	3:49.50	1 Holmberg, Madeleine	61 COMA	7:02.17 O	200 SC Meter IM		
3 Thompson, Lynn	55 ORM	4:40.17	Women 65-69			1 Gettling, Janet	65 COMA	3:27.55 O
50 SC Meter Butterfly			50 SC Meter Freestyle			2 Zabudsky, Alice	68 COMA	3:52.31
1 Andrus-Hughes, Karen	56 ORM	34.02 Z	1 Rousseau, Sandi	66 CGM	38.18	400 SC Meter IM		
2 Shuman, Connie	58 COMA	1:04.54	2 Pierson, Ginger	67 ORM	50.37	1 Delgado, Joan	68 ORM	8:48.87
100 SC Meter IM			3 Sacks, Lynn	68 OPEN	57.50	Women 70-74		
1 Andrus-Hughes, Karen	56 ORM	1:16.31	* Gettling, Janet	65 COMA	35.32 Z	50 SC Meter Freestyle		
2 Gannon, Laura	57 CAT	1:32.17	100 SC Meter Freestyle			1 Frid, Barbara	71 THB	38.29
3 Summers, Jeanna	59 ORM	1:40.00	1 Clum, Christine	67 COMA	1:26.76	2 Calnek-Morris, Sue	70 ORM	38.74
4 Thomsen, Dianne	56 LHST	1:47.45	2 Rousseau, Sandi	66 CGM	1:27.33	3 Whiter, Peggy	70 COMA	49.77
200 SC Meter IM			3 Zabudsky, Alice	68 COMA	1:31.90	100 SC Meter Freestyle		
1 Harrington, Sue	56 CGM	3:29.98	4 Binder, Lauren	66 MAC	1:32.18	1 Frid, Barbara	71 THB	1:25.69
2 Summers, Jeanna	59 ORM	3:32.98	5 Pierson, Ginger	67 ORM	1:52.44	2 Calnek-Morris, Sue	70 ORM	1:31.03
3 Shuman, Connie	58 COMA	4:30.45	6 Sacks, Lynn	68 OPEN	2:06.04	200 SC Meter Freestyle		
Women 60-64			200 SC Meter Freestyle			1 Frid, Barbara	71 THB	3:03.59 Z
50 SC Meter Freestyle			1 Sacks, Lynn	68 OPEN	4:41.89	2 Calnek-Morris, Sue	70 ORM	3:29.03

X Marr, Jackie	70	SDSM	3:05.40	800 SC Meter Freestyle		1500 SC Meter Freestyle	
400 SC Meter Freestyle				1 Zwart, Kevin	24 BRSC	9:33.500	1 Matthews, Jonathan
1 Calnek-Morris, Sue	70	ORM	6:57.44 Z	100 SC Meter Backstroke		34 ORM	19:22.46
2 Whiter, Peggy	70	COMA	8:09.37	1 Castellanos, Eddie	20 PCCM	1:30.44	50 SC Meter Backstroke
X Marr, Jackie	70	SDSM	6:31.00	50 SC Meter Breaststroke		1 Pearson, Kevin	31 BRSC
800 SC Meter Freestyle				1 Yelin, Matt	24 WVAC	35.73	33.44
1 Calnek-Morris, Sue	70	ORM	14:07.81 Z	2 Smith, Travis	19 COMA	37.50	100 SC Meter Backstroke
1500 SC Meter Freestyle				100 SC Meter Breaststroke		1 Crews, Jeffrey	34 NCMS
1 Calnek-Morris, Sue	70	ORM	25:58.09 Z	1 Yelin, Matt	24 WVAC	1:18.46	1:06.17
50 SC Meter Backstroke				2 Smith, Travis	19 COMA	1:23.82	50 SC Meter Breaststroke
1 Ward, Joy	71	ORM	42.55	200 SC Meter Breaststroke		1 Pearson, Kevin	31 BRSC
2 Whiter, Peggy	70	COMA	1:00.85	1 Smith, Travis	19 COMA	3:00.53	38.18
100 SC Meter Backstroke				50 SC Meter Butterfly		50 SC Meter Butterfly	
1 Ward, Joy	71	ORM	1:32.48	1 Castellanos, Eddie	20 PCCM	34.40	1 Pearson, Kevin
200 SC Meter Backstroke				100 SC Meter Butterfly		31 BRSC	
1 Ward, Joy	71	ORM	3:23.63	1 Jessop, Tyler	21 DUCK	1:06.23	30.54
X Marr, Jackie	70	SDSM	3:44.65	2 Zwart, Kevin	24 BRSC	1:08.47	2 Dalton, Ryan
50 SC Meter Butterfly				100 SC Meter IM		31 OPEN	
1 Frid, Barbara	71	THB	41.73	1 Castellanos, Eddie	20 PCCM	1:22.94	100 SC Meter Butterfly
100 SC Meter Butterfly				200 SC Meter IM		1 Dalton, Ryan	
1 Ward, Joy	71	ORM	1:46.81 Z	1 Jessop, Tyler	21 DUCK	2:27.07	31 OPEN
100 SC Meter IM				2 Smith, Travis	19 COMA	2:43.73	1:11.73
1 Frid, Barbara	71	THB	1:39.37	Men 25-29		2 Pearson, Kevin	
2 Ward, Joy	71	ORM	1:41.24	50 SC Meter Freestyle		3 Matthews, Jonathan	
400 SC Meter IM				1 Otos, Andrew	25 ORM	34.40	1:11.91
X Marr, Jackie	70	SDSM	7:40.03	50 SC Meter Backstroke		200 SC Meter IM	
Women 75-79				1 Otos, Andrew	25 ORM	1:04.00	1:12.81
100 SC Meter Freestyle				50 SC Meter Breaststroke		1 Cleary, Kevin	
1 Speer, Bonnie	79	LHST	2:36.12	1 Wood, Nick	25 MAC	2:42.39	35-39
400 SC Meter Freestyle				2 Otos, Andrew	25 ORM	26.43	50 SC Meter Freestyle
1 Speer, Bonnie	79	LHST	11:10.24	100 SC Meter Breaststroke		1 Ashmore, David	
800 SC Meter Freestyle				1 Wood, Nick	25 MAC	58.41	100 SC Meter Freestyle
1 Speer, Bonnie	79	LHST	23:21.66	200 SC Meter Breaststroke		2 Ashmore, David	
1500 SC Meter Freestyle				1 Wood, Nick	25 MAC	59.36	1 Olsen, Byron
1 Speer, Bonnie	79	LHST	44:15.06	50 SC Meter Butterfly		3 Yates, Trevor	
100 SC Meter Breaststroke				1 Wood, Nick	25 MAC	1:04.00	35 OCT
1 Speer, Bonnie	79	LHST	3:49.64	100 SC Meter Butterfly		4 Johnson, Aaron	
Men 18-24				1 X Delavan, Timothy	26 SAWS	1:11.34	39 LHST
50 SC Meter Freestyle				200 SC Meter IM		200 SC Meter Freestyle	
1 Yelin, Matt	24	WVAC	28.70	1 Wood, Nick	25 MAC	2:08.60	1 Nason, Jeff
2 Castellanos, Eddie	20	PCCM	29.79	50 SC Meter IM		2 Miller, Matt	
3 Bragg, Andrew	22	OPEN	30.47	1 X Delavan, Timothy	26 SAWS	2:16.45	3 Trexler, Adam
4 Young, Benjamin	20	DUCK	30.75	200 SC Meter IM		4 Yates, Trevor	
100 SC Meter Freestyle				1 Wood, Nick	25 MAC	2:20.09	35 MAC
1 Zwart, Kevin	24	BRSC	59.08	400 SC Meter IM		5 Crooks, Alex	
2 Jessop, Tyler	21	DUCK	59.61	1 Wood, Nick	25 MAC	2:22.07	38 OCT
3 Castellanos, Eddie	20	PCCM	1:06.54	100 SC Meter IM		400 SC Meter Freestyle	
4 Young, Benjamin	20	DUCK	1:06.80	1 X Delavan, Timothy	26 SAWS	2:28.82	1 Nason, Jeff
5 Bragg, Andrew	22	OPEN	1:14.99	200 SC Meter IM		2 Van Andel, Robbert	
200 SC Meter Freestyle				1 Wood, Nick	25 MAC	4:37.28	39 OCT
1 Zwart, Kevin	24	BRSC	2:07.140	50 SC Meter Butterfly		4 Ashmore, David	
2 Jessop, Tyler	21	DUCK	2:14.48	1 Wood, Nick	25 MAC	4:41.30	39 LHST
3 Smith, Travis	19	COMA	2:21.12	100 SC Meter Butterfly		5 Miller, Matt	
4 Castellanos, Eddie	20	PCCM	2:29.93	1 X Delavan, Timothy	26 SAWS	4:52.64	35 ORM
5 Bragg, Andrew	22	OPEN	2:59.39	200 SC Meter IM		6 Yates, Trevor	
400 SC Meter Freestyle				1 Wood, Nick	25 MAC	5:07.56	36 RVM
1 Zwart, Kevin	24	BRSC	4:35.530	50 SC Meter IM		7 Crooks, Alex	
2 Smith, Travis	19	COMA	4:56.22	1 X Delavan, Timothy	26 SAWS	5:32.07	38 OCT
3 Young, Benjamin	20	DUCK	5:35.22	200 SC Meter IM		800 SC Meter Freestyle	
4 Yelin, Matt	24	WVAC	5:36.22	1 Wood, Nick	25 MAC	9:18.50	1 Polito, Chip
5 Bragg, Andrew	22	OPEN	6:59.00	50 SC Meter IM		2 Nason, Jeff	

5 Gramley, Andy	46 RVM	10:20.62	7 Karyukin, Andrei	48 THB	1:24.54	2 Calvin, Kris	51 COMA	10:22.06
6 Kohlmeier, Scott	46 RVM	11:09.49	X Power, Michael	45 SBM	1:09.24	3 Mcnulty, Osh	52 CGM	10:30.56
7 Jones, J'Onn	45 ORM	15:22.79	200 SC Meter Butterfly			4 Kline, William	52 LHST	13:01.38
* Lussier, Hardy	48 COMA	9:32.36	1 Gessner, John	47 COMA	2:31.29	5 Bragg, Robin	53 OPEN	14:30.82
1500 SC Meter Freestyle			100 SC Meter IM			6 Macey, Jeff	53 LHST	16:02.53
1 Lussier, Hardy	48 COMA	17:42.47 Z	1 Peters, Keith	48 ORM	1:06.15	7 Rakoz, Bob	51 ORM	16:14.64
2 Peters, Keith	48 ORM	19:32.64	2 Moore, Eric	45 MAC	1:08.35	X Mcallister, Mark	50 UNAT	12:20.46
3 Gramley, Andy	46 RVM	19:37.96	3 Waud, Timothy	46 OCT	1:09.84	1500 SC Meter Freestyle		
4 Nelson, Timothy	48 COMA	19:55.84	4 Gessner, John	47 COMA	1:10.12	1 Baker, Dennis	52 ORM	17:42.01
5 Wursta, Steve	48 COMA	22:16.31	5 Watt, Bryan	48 OCT	1:13.09	2 Calvin, Kris	51 COMA	19:53.31
6 Miller, Scott	48 COMA	23:16.48	6 Miller, Scott	48 COMA	1:13.37	3 Ivelich, Jim	51 COMA	21:35.90
7 Jones, J'Onn	45 ORM	29:00.47	7 Anastas, Daemon	49 MAC	1:17.02	4 Hancock, Douglas	51 OPEN	23:19.27
50 SC Meter Backstroke			X Power, Michael	45 SBM	1:10.10	5 Bragg, Robin	53 OPEN	27:29.36
1 Moore, Eric	45 MAC	31.03	200 SC Meter IM			6 Macey, Jeff	53 LHST	29:11.32
2 Sullivan, Scot	47 MAC	31.53	1 Sullivan, Scot	47 MAC	2:28.70	7 Rakoz, Bob	51 ORM	30:45.95
3 Peters, Keith	48 ORM	31.79	2 Gessner, John	47 COMA	2:31.84	50 SC Meter Backstroke		
4 Mccomish, John	47 ORM	32.02	3 Waud, Timothy	46 OCT	2:32.92	1 Uebele, Keith	52 THB	31.30
5 Miller, Scott	48 COMA	33.74	4 Miller, Scott	48 COMA	2:48.00	2 Washburne, Brent	52 MAC	33.00
6 Kohlmeier, Scott	46 RVM	34.89	5 Frost, Mark	46 CGM	2:48.03	3 Voeller, Jan	52 COMA	41.73
7 Anastas, Daemon	49 MAC	38.17	6 Wursta, Steve	48 COMA	2:55.77	4 Macey, Jeff	53 LHST	1:06.45
8 Karyukin, Andrei	48 THB	41.35	400 SC Meter IM			X Mcallister, Mark	50 UNAT	37.32
9 Bridgnell, Neal	49 OCT	49.02	1 Gessner, John	47 COMA	5:22.12	100 SC Meter Backstroke		
100 SC Meter Backstroke			2 Waud, Timothy	46 OCT	5:30.81	1 Uebele, Keith	52 THB	1:10.13
1 Moore, Eric	45 MAC	1:06.77	3 Miller, Scott	48 COMA	6:14.86	2 Washburne, Brent	52 MAC	1:11.63
2 Mccomish, John	47 ORM	1:09.84	4 Wursta, Steve	48 COMA	6:22.77	3 Boone, Lou	52 ORM	1:16.31
3 Kohlmeier, Scott	46 RVM	1:17.03	Men 50-54			4 Bragg, Robin	53 OPEN	2:07.88
200 SC Meter Backstroke			50 SC Meter Freestyle			200 SC Meter Backstroke		
1 Moore, Eric	45 MAC	2:26.48	1 Uebele, Keith	52 THB	26.94	1 Uebele, Keith	52 THB	2:34.05
2 Proffitt, James	48 COMA	2:31.55	2 Washburne, Brent	52 MAC	27.91	2 Christensen, Douglas	50 OREG	2:36.78
3 Miller, Scott	48 COMA	2:46.94	3 Mcnulty, Osh	52 CGM	29.21	3 Boone, Lou	52 ORM	2:43.05
4 Kohlmeier, Scott	46 RVM	2:58.07	4 Hancock, Douglas	51 OPEN	29.65	4 Bragg, Robin	53 OPEN	4:36.95
50 SC Meter Breaststroke			5 Kline, William	52 LHST	30.95	50 SC Meter Breaststroke		
1 Sullivan, Scot	47 MAC	34.03	6 Voeller, Jan	52 COMA	32.56	1 Ivelich, Jim	51 COMA	35.35
2 Waud, Timothy	46 OCT	34.76	7 Macey, Jeff	53 LHST	41.77	2 Washburne, Brent	52 MAC	36.74
3 Moore, Eric	45 MAC	36.60	X Mcallister, Mark	50 UNAT	31.12	3 Voeller, Jan	52 COMA	45.05
4 Frost, Mark	46 CGM	36.68	100 SC Meter Freestyle			4 Norville, Kent	54 OCT	48.99
5 Thessin, Tyler	48 TCSO	39.19	1 Ivelich, Jim	51 COMA	59.71	100 SC Meter Breaststroke		
6 Gramley, Andy	46 RVM	39.30	2 Hathaway, David	53 ORM	1:02.60	1 Christensen, Douglas	50 OREG	1:17.68
7 Anastas, Daemon	49 MAC	40.20	3 Mcnulty, Osh	52 CGM	1:03.76	2 Sumerfield, Bill	53 CGM	1:22.29
8 Karyukin, Andrei	48 THB	40.29	4 Kline, William	52 LHST	1:10.56	3 Boone, Lou	52 ORM	1:22.84
100 SC Meter Breaststroke			5 Voeller, Jan	52 COMA	1:13.67	4 Mcnulty, Osh	52 CGM	1:25.43
1 Sullivan, Scot	47 MAC	1:16.35	6 Norville, Kent	54 OCT	1:25.40	5 Voeller, Jan	52 COMA	1:40.56
2 Waud, Timothy	46 OCT	1:17.93	7 Macey, Jeff	53 LHST	1:30.71	200 SC Meter Breaststroke		
3 Thessin, Tyler	48 TCSO	1:28.89	200 SC Meter Freestyle			1 Sumerfield, Bill	53 CGM	3:05.45
200 SC Meter Breaststroke			1 Baker, Dennis	52 ORM	2:06.04 O	50 SC Meter Butterfly		
1 Sullivan, Scot	47 MAC	2:47.03	2 Hathaway, David	53 ORM	2:16.53	1 Christensen, Douglas	50 OREG	28.09 O
2 Waud, Timothy	46 OCT	2:48.21	3 Calvin, Kris	51 COMA	2:21.55	2 Washburne, Brent	52 MAC	30.41
3 Gramley, Andy	46 RVM	3:06.28	4 Hancock, Douglas	51 OPEN	2:38.22	100 SC Meter Butterfly		
4 Wursta, Steve	48 COMA	3:15.33	5 Norville, Kent	54 OCT	3:26.72	1 Baker, Dennis	52 ORM	1:02.23
50 SC Meter Butterfly			6 Bragg, Robin	53 OPEN	3:32.67	2 Christensen, Douglas	50 OREG	1:04.55
1 Mccomish, John	47 ORM	28.67	7 Rakoz, Bob	51 ORM	3:38.66	3 Calvin, Kris	51 COMA	1:10.44
2 Sullivan, Scot	47 MAC	28.73	400 SC Meter Freestyle			4 Norville, Kent	54 OCT	1:57.77
3 Frost, Mark	46 CGM	31.83	1 Baker, Dennis	52 ORM	4:51.79	200 SC Meter Butterfly		
4 Karyukin, Andrei	48 THB	33.66	2 Ivelich, Jim	51 COMA	5:19.90	1 Baker, Dennis	52 ORM	2:19.12
5 Anastas, Daemon	49 MAC	34.50	3 Sumerfield, Bill	53 CGM	5:26.35	100 SC Meter IM		
100 SC Meter Butterfly			4 Boone, Lou	52 ORM	5:36.77	1 Christensen, Douglas	50 OREG	1:07.67 O
1 Lussier, Hardy	48 COMA	1:03.92	5 Kline, William	52 LHST	6:04.33	2 Washburne, Brent	52 MAC	1:09.48
2 Mccomish, John	47 ORM	1:05.30	6 Bragg, Robin	53 OPEN	7:08.73	3 Hathaway, David	53 ORM	1:11.48
3 Gessner, John	47 COMA	1:06.52	7 Macey, Jeff	53 LHST	7:32.67	4 Mcnulty, Osh	52 CGM	1:13.03
4 Proffitt, James	48 COMA	1:08.87	8 Norville, Kent	54 OCT	7:33.39	5 Boone, Lou	52 ORM	1:14.72
5 Peters, Keith	48 ORM	1:10.37	800 SC Meter Freestyle			6 Norville, Kent	54 OCT	1:37.68
6 Kohlmeier, Scott	46 RVM	1:17.11	1 Hathaway, David	53 ORM	10:14.00	X Mcallister, Mark	50 UNAT	1:19.27

Relays begin on next page

Women 100-119 200 SC Meter Free Relay

1	ORM	2:14.57
1)	Schmidt, O.	20
2)	Haley, E.	24

3)	Somera, C.	28
4)	Buelow, V.	32

Women 100-119 200 SC Meter Medley Relay

1	ORM	2:34.37
1)	Haley, E.	24
2)	Schmidt, O.	20

3)	Buelow, V.	32
4)	Somera, C.	28

**Women 120-159 200 SC Meter Free Relay**

1	LHST	2:05.41
1)	Dean, K.	41
2)	Sitler, K.	36
3)	Jackson, M.	34
4)	Johnson, S.	36

2	OCT	2:06.73
1)	Metz, A.	33
2)	Reeves, T.	35
3)	Daubersmith, B.	48
4)	Skinner, S.	37

3	COMA	2:09.63
1)	Thompson, E.	35
2)	Mckean, B.	39

4	RVM	2:27.35
1)	Gibbs, J.	42
2)	Moscaritolo, C.	47

3)	Case, J.	37
4)	Ramos, G.	25

Women 120-159 200 SC Meter Medley Relay

1	OCT	2:19.36
1)	Daubersmith, B.	48
2)	Metz, A.	33
3)	Skinner, S.	37
4)	Reeves, T.	35

2	RVM	2:52.56
1)	Gibbs, J.	42
2)	Moscaritolo, C.	47

3)	Ramos, G.	25
4)	Case, J.	37

Women 160-199 200 SC Meter Free Relay

1	COMA	2:05.09
1)	Salton, G.	45
2)	Deweese, M.	41
3)	Gouldson, K.	37
4)	Morgen, C.	44

2	MAC	2:16.81
1)	Stacy, J.	24
2)	Hendryx, T.	60

3	ORM	2:18.74
1)	Gustafson, A.	32
2)	Balderston, L.	53

4	LHST	2:35.02
1)	Burkard, A.	50
2)	Crowson, R.	42

5	OCT	2:35.76
1)	Arata, M.	37
2)	Gormley, L.	50

3)	Johnston, J.	51
4)	Reid, L.	51

Women 160-199 200 SC Meter Medley Relay

1	LHST	2:22.26
1)	Johnson, S.	36
2)	Vincent, N.	54

3)	Dean, K.	41
4)	Sitler, K.	36

2	MAC	2:32.46
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1) Hendryx, T. 60 2) Asch, J. 47 3) Stacy, J. 24 4) Ergenekan, L. 30**3) ORM 2:47.43 4) Delmage, A. 51 5) OCT 2:47.55****6) CGM 2:47.55 7) LHST 3:08.21****8) COMA 2:48.38 9) MAC 2:50.77****10) ORM 2:54.42 11) OCT 2:54.42****12) LHST 3:03.39 13) COMA 3:03.39****14) COMA 3:30.07 15) MAC 3:30.07****16) ORM 3:30.07 17) OCT 3:30.07****18) LHST 3:30.07 19) COMA 3:30.07****20) COMA 3:30.07 21) MAC 3:30.07****22) ORM 3:30.07 23) OCT 3:30.07****24) LHST 3:30.07 25) COMA 3:30.07****26) COMA 3:30.07 27) MAC 3:30.07****28) ORM 3:30.07 29) OCT 3:30.07****30) LHST 3:30.07 31) COMA 3:30.07****32) COMA 3:30.07 33) MAC 3:30.07****34) ORM 3:30.07 35) OCT 3:30.07****36) LHST 3:30.07 37) COMA 3:30.07****38) COMA 3:30.07 39) MAC 3:30.07****40) ORM 3:30.07 41) OCT 3:30.07****42) LHST 3:30.07 43) COMA 3:30.07****44) COMA 3:30.07 45) MAC 3:30.07****46) ORM 3:30.07 47) OCT 3:30.07****48) LHST 3:30.07 49) COMA 3:30.07****50) COMA 3:30.07 51) MAC 3:30.07****52) ORM 3:30.07 53) OCT 3:30.07****54) LHST 3:30.07 55) COMA 3:30.07****56) COMA 3:30.07 57) MAC 3:30.07****58) ORM 3:30.07 59) OCT 3:30.07****60) LHST 3:30.07 61) COMA 3:30.07****62) COMA 3:30.07 63) MAC 3:30.07****64) ORM 3:30.07 65) OCT 3:30.07****66) LHST 3:30.07 67) COMA 3:30.07****68) COMA 3:30.07 69) MAC 3:30.07****70) ORM 3:30.07 71) OCT 3:30.07****72) LHST 3:30.07 73) COMA 3:30.07****74) COMA 3:30.07 75) MAC 3:30.07****76) ORM 3:30.07 77) OCT 3:30.07****79) LHST 3:30.07 80) COMA 3:30.07****81) COMA 3:30.07 82) MAC 3:30.07****84) ORM 3:30.07 85) OCT 3:30.07****86) LHST 3:30.07 87) COMA 3:30.07****88) COMA 3:30.07 89) MAC 3:30.07****90) ORM 3:30.07 91) OCT 3:30.07****92) LHST 3:30.07 93) COMA 3:30.07****94) COMA 3:30.07 95) MAC 3:30.07****96) ORM 3:30.07 97) OCT 3:30.07****99) LHST 3:30.07 100) COMA 3:30.07****101) COMA 3:30.07 102) MAC 3:30.07****104) ORM 3:30.07 105) OCT 3:30.07****106) LHST 3:30.07 107) COMA 3:30.07****108) COMA 3:30.07 109) MAC 3:30.07****110) ORM 3:30.07 111) OCT 3:30.07****112) LHST 3:30.07 113) COMA 3:30.07****114) COMA 3:30.07 115) MAC 3:30.07****116) ORM 3:30.07 117) OCT 3:30.07****118) LHST 3:30.07 119) COMA 3:30.07****120) COMA 3:30.07 121) MAC 3:30.07****122) ORM 3:30.07 123) OCT 3:30.07****125) LHST 3:30.07 126) COMA 3:30.07****127) COMA 3:30.07 128) MAC 3:30.07****129) ORM 3:30.07 130) OCT 3:30.07****131) LHST 3:30.07 132) COMA 3:30.07****133) COMA 3:30.07 134) MAC 3:30.07****135) ORM 3:30.07 136) OCT 3:30.07****137) LHST 3:30.07 138) COMA 3:30.07****139) COMA 3:30.07 140) MAC 3:30.07****141) ORM 3:30.07 142) OCT 3:30.07****144) LHST 3:30.07 145) COMA 3:30.07****146) COMA 3:30.07 147) MAC 3:30.07****148) ORM 3:30.07 149) OCT 3:30.07****151) LHST 3:30.07 152) COMA 3:30.07****153) COMA 3:30.07 154) MAC 3:30.07****155) ORM 3:30.07 156) OCT 3:30.07****157) LHST 3:30.07 158) COMA 3:30.07****159) COMA 3:30.07 160) MAC 3:30.07****161) ORM 3:30.07 162) OCT 3:30.07****164) LHST 3:30.07 165) COMA 3:30.07****166) COMA 3:30.07 167) MAC 3:30.07****168) ORM 3:30.07 169) OCT 3:30.07****171) LHST 3:30.07 172) COMA 3:30.07****173) COMA 3:30.07 174) MAC 3:30.07****175) ORM 3:30.07 176) OCT 3:30.07****178) LHST 3:30.07 179) COMA 3:30.07****180) COMA 3:30.07 181) MAC**

	1) Mccomish, J. 47	2) Peters, K. 48
	3) Rakoz, B. 51	4) Baker, D. 52
7	LHST	2:13.95
	1) Johnson, A. 39	2) Crowson, T. 48
	3) Macey, J. 53	4) Kline, W. 52
	Men 160-199 200 SC Meter Medley Relay	
1	LHST	1:58.99
	1) Edwards, W. 60	2) Bachulis, B. 43
	3) Ashmore, D. 39	4) Slade, J. 41
2	OCT	2:03.45
	1) Olsen, B. 35	2) Van Andel, R. 39
	3) Waud, T. 46	4) Watt, B. 48
3	ORM	2:04.32
	1) Mccomish, J. 47	2) Boone, L. 52
	3) Duus, G. 43	4) Hathaway, D. 53
4	CGM	2:07.09
	1) Ebbert, K. 37	2) Frost, M. 46
	3) Mcnulty, O. 52	4) Sumerfield, B. 53
5	PCCM	2:12.16
	1) Lacount, C. 55	2) Dwight, C. 58
	3) Lindsey, T. 41	4) Castellanos, E. 20
6	COMA	2:13.59
	1) Defrang, G. 43	2) Nelson, T. 48
	3) Calvin, K. 51	4) Kropp, E. 44
7	LHST	2:31.22
	1) Johnson, A. 39	2) Kline, W. 52
	3) Morgan, K. 43	4) Crowson, T. 48
8	OPEN	2:57.77
	1) Bragg, R. 53	2) Helm, C. 57
	3) Dalton, R. 31	4) Bragg, A. 22

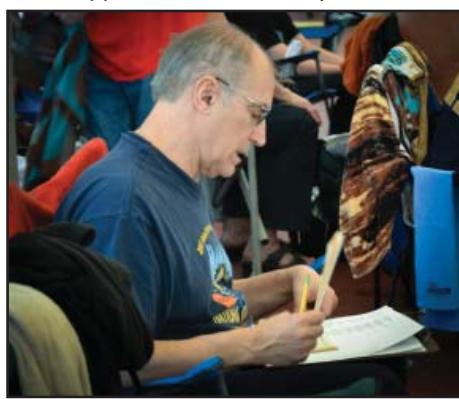
Men 200-239 200 SC Meter Free Relay

1	COMA	1:48.98
	1) Proffitt, J. 48	2) Gessner, J. 47
	3) Tennant, M. 60	4) Lussier, H. 48
2	MAC	1:49.25
	1) Washburne, B. 52	2) Sullivan, S. 47
	3) Peyton, M. 58	4) Moore, E. 45
3	ORM	1:57.10
	1) Hathaway, D. 53	2) Larson, A. 60
	3) Brockbank, D. 60	4) Boone, L. 52
4	RVM	1:59.56
	1) Servant, M. 42	2) Philipps, F. 71
	3) Kohlmeier, S. 46	4) Gramley, A. 46
5	OCT	2:10.86
	1) Mcvay, B. 56	2) Bridgnell, N. 49
	3) Phipps, T. 60	4) Crooks, A. 38
6	OPEN	2:38.26



1) Bragg, R. 53	2) Gray, D. 68
3) Helm, C. 57	4) Bragg, A. 22
Men 200-239 200 SC Meter Medley Relay	

1	COMA	2:02.03
	1) Proffitt, J. 48	2) Lussier, H. 48
	3) Gessner, J. 47	4) Tennant, M. 60
2	MAC	2:03.86
	1) Moore, E. 45	2) Sullivan, S. 47
	3) Washburne, B. 52	4) Peyton, M. 58
3	ORM	2:15.52
	1) Baker, D. 52	2) Stark, A. 64
	3) Brockbank, D. 60	4) Jones, J. 45
4	RVM	2:17.94
	1) Servant, M. 42	2) Gramley, A. 46
	3) Kohlmeier, S. 46	4) Philipps, F. 71
5	OCT	2:30.15
	1) Crooks, A. 38	2) Norville, K. 54
	3) Phipps, T. 60	4) Mcvay, B. 56

**Men 240-279 200 SC Meter Free Relay**

1	COMA	1:55.92
	1) Mann, S. 61	2) Landis, T. 71
	3) Metzger, P. 58	4) Calvin, K. 51
2	COMA	2:10.46
	1) Bruce, B. 65	2) Yensen, K. 60
	3) Carew, M. 64	4) Douglas, M. 56
3	ORM	2:28.15
	1) Stark, A. 64	2) Carriker, B. 66
	3) Jenkins, J. 66	4) Kehoe, B. 67
4	COMA	2:36.78
	1) Henderson, M. 64	2) Mierjeski, E. 63
	3) Lane, M. 56	4) Carter, W. 58

Men 240-279 200 SC Meter Medley Relay

1	COMA	2:11.17
	1) Metzger, P. 58	2) Ivelich, J. 51
	3) Landis, T. 71	4) Mann, S. 61
2	COMA	2:28.54
	1) Bruce, B. 65	2) Carew, M. 64
	3) Yensen, K. 60	4) Voeller, J. 52
3	COMA	3:11.91
	1) Mierjeski, E. 63	2) Weinreb, R. 56
	3) Carter, W. 58	4) Henderson, M. 64

Men 280-319 200 SC Meter Free Relay

1	COMA	2:28.89
	1) Thayer, G. 77	2) Rudolph, R. 70
	3) Mohr, R. 72	4) Hirschberg, B. 68
2	ORM	3:10.64
	1) Mawson, K. 68	2) Juhala, R. 70
	3) Nakata, R. 74	4) Lamb, W. 91

Men 280-319 200 SC Meter Medley Relay

1	COMA	2:51.40
	1) Thayer, G. 77	2) Mohr, R. 72
	3) Hirschberg, B. 68	4) Rudolph, R. 70

Mixed 100-119 200 SC Meter Free Relay

1	ORM	2:06.06
	1) Trexler, A. 35	2) Otos, A. 25
	3) Schmidt, O. 20	4) Haley, E. 24
2	COMA	2:09.75
	1) Smith, T. 19	2) Johnson, A. 34
	3) Vasant, J. 32	4) Rodriguez, A. 30

Mixed 100-119 200 SC Meter Medley Relay

1	MAC	2:16.27
	1) Stacy, J. 24	2) Wood, N. 25
	3) Yates, T. 35	4) Ergenekan, L. 30
2	ORM	2:20.80
	1) Otos, A. 25	2) Schmidt, O. 20
	3) Matthews, J. 34	4) Haley, E. 24
3	COMA	2:40.37
	1) Vasant, J. 32	2) Smith, T. 19
	3) Rodriguez, A. 30	4) Muske-Dukes-Driggs, A. 30

Mixed 120-159 200 SC Meter Free Relay

1	LHST	1:50.82
	1) Slade, J. 41	2) Sitler, K. 36
	3) Johnson, S. 36	4) Bachulis, B. 43
2	MAC	1:51.09
	1) Asch, J. 47	2) Moore, E. 45
	3) Stacy, J. 24	4) Ergenekan, C. 41
3	ORM	1:53.72
	1) Mccomish, J. 47	2) Polito, C. 37
	3) Buelow, V. 32	4) Somera, C. 28
4	OCT	1:54.97
	1) Van Andel, R. 39	2) Olsen, B. 35
	3) Reeves, T. 35	4) Skinner, S. 37
5	COMA	2:09.10
	1) Hemphill, B. 38	2) Kramer, E. 38
	3) Strausbaugh, E. 37	4) Kropp, E. 44
6	RVM	2:09.51
	1) Gibbs, J. 42	2) Lantry, T. 38
	3) Case, J. 37	4) Servant, M. 42

Mixed 120-159 200 SC Meter Medley Relay

1	OCT	2:07.58
	1) Olsen, B. 35	2) Van Andel, R. 39
	3) Skinner, S. 37	4) Reeves, T. 35
2	ORM	2:11.38
	1) Polito, C. 37	2) Gustafson, A. 32
	3) Trexler, A. 35	4) Buelow, V. 32
3	ORM	2:17.97



1) Duus, G. 43	2) Somera, C. 28
3) Bolivar, J. 43	4) Werhane, C. 44
4 LHST	2:18.45
1) Jackson, M. 34	2) Slade, J. 41
3) Sitler, K. 36	4) Johnson, A. 39
5 COMA	2:20.67
1) Gouldson, K. 37	2) Defrang, G. 43
3) Erickson, K. 42	4) Strausbaugh, E. 37
6 RVM	2:27.70
1) Gibbs, J. 42	2) Lantry, T. 38
3) Servant, M. 42	4) Case, J. 37
7 BRSC	2:29.39
1) Pearson, K. 31	2) Cooper, C. 42
3) Zwart, K. 24	4) Gonzalez, S. 44
Mixed 160-199 200 SC Meter Free Relay	
1 COMA	1:54.06
1) Ivelich, J. 51	2) Deweese, M. 41
3) Salton, G. 45	4) Lussier, H. 48
2 ORM	1:54.52
1) Baker, D. 52	2) Hathaway, D. 53
3) Gustafson, A. 32	4) Andrus-Hughes, K. 56
3 ORM	2:00.56
1) Duus, G. 43	2) Bolivar, J. 43
3) Viales, D. 51	4) Werhane, C. 44
4 LHST	2:02.50
1) Morgan, K. 43	2) Jacobs-Brown, M. 42
3) Dean, K. 41	4) Ashmore, D. 39
5 OCT	2:02.97
1) Waud, T. 46	2) Watt, B. 48
3) Metz, A. 33	4) Daubersmith, B. 48
6 CGM	2:05.77
1) Ebbert, K. 37	2) Goodman, A. 54
3) Ready, J. 42	4) Frost, M. 46
7 OCT	2:11.52
1) Crooks, A. 38	2) Reid, L. 51
3) Phipps, T. 60	4) Arata, M. 37
8 BRSC	2:15.70
1) Millis, E. 44	2) Gonzalez, S. 44
3) Cooper, C. 42	4) Boles, M. 40
9 LHST	2:24.61
1) Crowson, T. 48	2) Croucher, D. 50
3) Burkard, A. 50	4) Johnson, A. 39

**Mixed 160-199 200 SC Meter Medley Relay**

1 CAT	2:14.00
1) Nason, J. 38	2) Faith, J. 32
3) Allender, P. 55	4) Gannon, L. 57
2 MAC	2:16.16
1) Hendryx, T. 60	2) Sullivan, S. 47
3) Ergenekan, C. 41	4) Asch, J. 47
3 OCT	2:16.62

1) Daubersmith, B. 48	2) Metz, A. 33
3) Waud, T. 46	4) Watt, B. 48
4 COMA	2:18.04
1) Proffitt, J. 48	2) Holcomb, A. 34
3) Lussier, H. 48	4) Thompson, E. 35
5 ORM	2:25.55
1) Peters, K. 48	2) Redwine-Baker, R. 54
3) Mccomish, J. 47	4) Negron, I. 48
6 OCT	2:40.42
1) Arata, M. 37	2) Gormley, L. 50
3) Phipps, T. 60	4) Crooks, A. 38

Mixed 200-239 200 SC Meter Free Relay

1 CAT	2:05.89
1) Nason, J. 38	2) Gannon, L. 57
3) Fox, L. 50	4) Allender, P. 55
2 LHST	2:05.99
1) Kline, W. 52	2) Nigro, C. 54
3) Vincent, N. 54	4) Edwards, W. 60
3 ORM	2:06.80
1) Brockbank, D. 60	2) Larson, A. 60
3) Balderston, L. 53	4) Delmage, A. 51
4 ORM	2:12.29
1) Boone, L. 52	2) Kehoe, B. 67
3) Royle, M. 61	4) Negron, I. 48
5 MAC	2:17.38
1) Washburne, B. 52	2) Hendryx, T. 60
3) Binder, L. 66	4) Tujo, C. 42
6 ORM	2:46.22
1) Jones, J. 45	2) Rakoz, B. 51
3) Rakoz, K. 53	4) Summers, E. 59
7 OCT	2:48.95
1) Mcvay, B. 56	2) Franklin, K. 41
3) Gormley, L. 50	4) Norville, K. 54

Mixed 200-239 200 SC Meter Medley Relay

1 ORM	2:11.76
1) Jenkins, V. 50	2) Boone, L. 52
3) Delmage, A. 51	4) Baker, D. 52
2 COMA	2:13.65
1) Metzger, P. 58	2) Mann, S. 61
3) Morgen, C. 44	4) Touchette, C. 50
3 CGM	2:17.10
1) Goodman, A. 54	2) Sumerfield, B. 53
3) Caswell, M. 52	4) McNulty, O. 52
4 LHST	2:18.86
1) Edwards, W. 60	2) Vincent, N. 54
3) Dean, K. 41	4) Kline, W. 52
5 COMA	2:21.22
1) Salton, G. 45	2) Tennant, M. 60
3) Yensen, K. 60	4) Deweese, M. 41
6 ORM	2:22.34
1) Brockbank, D. 60	2) Viales, D. 51
3) Hathaway, D. 53	4) Balderston, L. 53
7 OCT	2:47.57
1) Reid, L. 51	2) Norville, K. 54
3) Mcvay, B. 56	4) Johnston, J. 51
8 LHST	2:51.16
1) Crowson, T. 48	2) Croucher, D. 50
3) Nigro, C. 54	4) Macey, J. 53
9 LHST	3:09.73
1) Darnell, S. 59	2) Thomsen, D. 56
3) Jacobs-Brown, M. 42	4) Cummings, J. 61

Mixed 240-279 200 SC Meter Free Relay

1 COMA	2:18.59
1) Landis, T. 71	2) Groesz, J. 64
3) Holmberg, M. 61	4) Tennant, M. 60
2 CGM	2:34.66
1) Mellow, B. 72	2) Rousseau, S. 66
3) Towne, C. 62	4) Mcnulty, O. 52
3 ORM	2:41.11
1) Juhala, R. 70	2) Langsdorf, M. 72
3) Ward, J. 71	4) Kastberg, A. 61
4 ORM	3:10.03
1) Stark, A. 64	2) Mawson, K. 68
3) Thompson, L. 55	4) Redwine-Baker, R.

**Mixed 240-279 200 SC Meter Medley Relay**

1 ORM	2:25.84
1) Andrus-Hughes, K. 56	2) Stark, A. 64
3) Rakoz, K. 53	4) Kehoe, B. 67
2 COMA	2:37.82
1) Bruce, B. 65	2) Wells, J. 41
3) Landis, T. 71	4) Groesz, J. 64
3 ORM	2:48.66
1) Royle, M. 61	2) Carriker, B. 66
3) Larson, A. 60	4) Summers, J. 59
4 ORM	3:42.07
1) Stark, C. 65	2) Langsdorf, M. 72
3) Jones, J. 45	4) Summers, E. 59

Mixed 280-319 200 SC Meter Free Relay

1 COMA	2:35.93
1) Thayer, G. 77	2) Hirschberg, B. 68
3) Gettling, J. 65	4) Whiter, P. 70
2 ORM	2:40.07
1) Nakata, R. 74	2) Lamb, W. 91
3) Pierson, G. 67	4) Summers, J. 59
3 COMA	2:55.56
1) Lake, B. 75	2) Clum, C. 67
3) Zabudsky, A. 68	4) Mohr, R. 72

Mixed 280-319 200 SC Meter Medley Relay

1 COMA	2:56.37
1) Thayer, G. 77	2) Gettling, J. 65
3) Hirschberg, B. 68	4) Whiter, P. 70
2 ORM	3:07.71
1) Juhala, R. 70	2) Pierson, G. 67
3) Ward, J. 71	4) Nakata, R. 74
3 ORM	3:28.34
1) Lamb, W. 91	2) Mawson, K. 68
3) Kastberg, A. 61	4) Calnek-Morris, S. 70

Association Team Rankings & Scores

Small

Place	Team	Points
1	Bearcat Swim Club	188
2	Tualatin Hills Barracudas	178
3	Portland Comm College Masters	174
4	University of Oregon Swim Club	115
5	Willamette Valley Aquatic Club	32
6	Emerald Aquatics	27
7	Baker Area Seasoned Swimmers	23
8	North Clackamas Masters Swimming	18
9	Team Club Sport Oregon	15
	Total	770



John Notis with 'Baby'*



Willard "Wink" Lamb

Medium

Place	Team	Points
1	Multnomah Athletic Club	698
2	Oregon City Tankers	653
3	Columbia Gorge Masters	582
4	Rogue Valley Masters	360
5	Corvallis Aquatic Team Masters	350
6	Open Narwhals	277
	Total	2,920



Large

Place	Team	Points
1	Central Oregon Masters Aquatic	2,309
2	Oregon Reign Masters	2,210
3	LaCamas HeadHunters	1,101
	Total	5,620

Can you believe this man is 91! Willard Lamb had another awesome meet in Bend, setting 4 National records and 2 World records.

**800 SCM free = 16:20.40 split!
Prior National record = 18:49.01
Prior World record = 18:36.25**

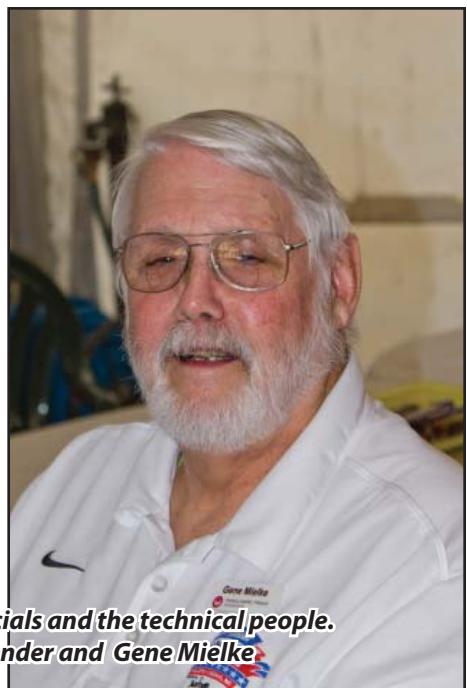
**1500 SCM free = 31:01.09
Prior National record = 35:20.36
Prior World record = 35:20.36**



Brad Bachulis on the 'other' end of the camera.



A huge "thank you" to our officials and the technical people.
Shown here is Jacki Allender and Gene Mielke



USMS National Championships SCY

Indianapolis, IN; May 9-12, 2013

Z = Zone Record (includes OR)

O = Oregon Record

Women 18-24

50 Yard Freestyle

PI	Name	Age	Club	Time
12	Miller, Lindsay	20	DUCK	26.55
24	Sinclair, Katelyn N	18	DUCK	28.38
25	Margolin, Michelle L	22	DUCK	28.39
31	Robinson, April K	23	DUCK	29.96

100 Yard Freestyle

16	Miller, Lindsay	20	DUCK	59.73
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21	Watling, Carolyn	20	DUCK	1:01.23
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27	Margolin, Michelle L	22	DUCK	1:02.98
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200 Yard Freestyle

15	Watling, Carolyn	20	DUCK	2:18.08
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500 Yard Freestyle

9	Watling, Carolyn	20	DUCK	6:07.11
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50 Yard Backstroke

16	Margolin, Michelle L	22	DUCK	32.16
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50 Yard Breaststroke

6	Sinclair, Katelyn N	18	DUCK	36.17
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9	Robinson, April K	23	DUCK	39.31
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100 Yard Breaststroke

9	Sinclair, Katelyn N	18	DUCK	1:19.45
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50 Yard Butterfly

13	Miller, Lindsay	20	DUCK	29.05
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21	Margolin, Michelle L	22	DUCK	31.68
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22	Robinson, April K	23	DUCK	33.12
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100 Yard Individual Medley

14	Miller, Lindsay	20	DUCK	1:06.56
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200 Yard Individual Medley

9	Margolin, Michelle L	22	DUCK	2:41.06
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Women 45-49

50 Yard Freestyle

10	Davies, Anne C	49	OREG	28.43
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100 Yard Freestyle

20	Davies, Anne C	49	OREG	1:02.83
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200 Yard Freestyle

16	Davies, Anne C	49	OREG	2:16.88
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50 Yard Butterfly

18	Davies, Anne C	49	OREG	31.93
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100 Yard Individual Medley

10	Davies, Anne C	49	OREG	1:10.01
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Women 55-59

50 Yard Freestyle

3	Andrus-Hughes, Karen	55	OREG	26.17
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100 Yard Freestyle

1	Andrus-Hughes, Karen	55	OREG	57.35
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200 Yard Freestyle

1	Andrus-Hughes, Karen	55	OREG	2:09.20
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50 Yard Backstroke

1	Andrus-Hughes, Karen	55	OREG	29.97
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100 Yard Backstroke

1	Andrus-Hughes, Karen	55	OREG	1:05.23
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200 Yard Backstroke

1	Andrus-Hughes, Karen	55	OREG	2:24.00
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Women 60-64

50 Yard Breaststroke

5	Kastberg, Ann	60	OREG	38.58
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100 Yard Breaststroke

5	Kastberg, Ann	60	OREG	1:24.64
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200 Yard Breaststroke

4	Kastberg, Ann	60	OREG	3:05.98
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50 Yard Butterfly

6	Kastberg, Ann	60	OREG	37.77
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100 Yard Individual Medley

6	Kastberg, Ann	60	OREG	1:23.22
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200 Yard Individual Medley

6	Kastberg, Ann	60	OREG	3:00.84
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Women 70-74

50 Yard Freestyle

2	Frid, Barbara	71	OREG	32.77
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100 Yard Freestyle

2	Frid, Barbara	71	OREG	1:13.58
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200 Yard Freestyle

1	Frid, Barbara	71	OREG	2:43.13
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50 Yard Breaststroke

1	Frid, Barbara	71	OREG	43.38
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50 Yard Butterfly

1	Frid, Barbara	71	OREG	36.68
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100 Yard Individual Medley

1	Frid, Barbara	71	OREG	1:26.25
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Men 18-24

50 Yard Freestyle

29	Oreizi, Justin D	23	DUCK	23.92
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100 Yard Freestyle

26	Morley, Kyle G	19	DUCK	56.46
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200 Yard Freestyle

15	Oreizi, Justin D	23	DUCK	1:59.15
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500 Yard Freestyle

9	Oreizi, Justin D	23	DUCK	5:36.26
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50 Yard Butterfly

21	Morley, Kyle G	19	DUCK	26.73
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Men 25-29

1000 Yard Freestyle

PI	Name	Age	Club	Time
4	Cleary, Kevin H	29	OREG	12:12.52

500 Yard Breaststroke

11	Cleary, Kevin H	29	OREG	30.09
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200 Yard Butterfly

3	Cleary, Kevin H	29	OREG	2:14.43
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Men 55-59

50 Yard Freestyle

18	Peyton, Mike W	57	OREG	25.94
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100 Yard Freestyle

22	Peyton, Mike W	57	OREG	59.89
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200 Yard Freestyle

17	Peyton, Mike W	57	OREG	2:10.67
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1000 Yard Freestyle

13	Peyton, Mike W	57	OREG	13:00.89
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50 Yard Breaststroke

11	Heinemann, William A	55	OREG	31.87
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100 Yard Breaststroke

7	Heinemann, William A	55	OREG	1:09.05
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200 Yard Breaststroke

5	Heinemann, William A	55	OREG	2:36.83
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50 Yard Butterfly

19	Peyton, Mike W	57	OREG	30.97
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100 Yard Butterfly

12	Peyton, Mike W	57	OREG	1:11.06
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100 Yard Individual Medley

14	Heinemann, William A	55	OREG	1:04.96
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200 Yard Individual Medley

14	Heinemann, William A	55	OREG	2:26.38
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Men 60-64

100 Yard Freestyle

21	Larson, Allen J	60	OREG	1:02.20
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200 Yard Freestyle

14	Larson, Allen J	60	OREG	2:17.01
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500 Yard Freestyle

11	Larson, Allen J	60	OREG	6:32.20
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1650 Yard Freestyle

5	Larson, Allen J	60	OREG	22:21.64
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100 Yard Butterfly

9	Larson, Allen J	60	OREG	1:16.91
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200 Yard Individual Medley

14	Larson, Allen J	60	OREG	2:54.47
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Men 65-69

100 Yard Freestyle

7	Bruce, Bob A	65	OREG	1:00.53
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200 Yard Freestyle

5	Bruce, Bob A	65	OREG	2:16.88
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1650 Yard Freestyle

2	Bruce, Bob A	65	OREG	21:16.96
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50 Yard Backstroke

5	Bruce, Bob A	65	OREG	32.55
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100 Yard Backstroke

5	Bruce, Bob A	65	OREG	1:11.59
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200 Yard Backstroke

8	Bruce, Bob A	65	OREG	2:41.59
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Men 70-74

100 Yard Freestyle

2	Landis, Tom	71	OREG	58.79
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200 Yard Freestyle

1	Landis, Tom	71	OREG	2:10.48
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500 Yard Freestyle

1	Landis, Tom	71	OREG	6:02.35
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1000 Yard Freestyle

1	Landis, Tom	71	OREG	12:20.51
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200 Yard Individual Medley

1	Landis, Tom	71	OREG	2:34.62
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400 Yard Individual Medley

1	Landis, Tom	71	OREG	5:37.35
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Men 75-79

50 Yard Freestyle

7	Thayer, George D	77	OREG	33.69
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50 Yard Backstroke

4 Thayer, George D 77 OREG 39.60	200 Yard Backstroke	3 Thayer, George D 77 OREG 43.69
100 Yard Backstroke	5 Thayer, George D 77 OREG 3:16.02	100 Yard Individual Medley
5 Thayer, George D 77 OREG 1:28.17	50 Yard Breaststroke	6 Thayer, George D 77 OREG 1:35.45

Mixed 18+ 200 Yard Medley Relay

Pl	Name	Final Time	Swimmers
11	DUCK "A"	1:57.67	1) Miller, Lindsay F20 2) Sinclair, Katelyn N F18

Mixed 55+ 200 Yard Medley Relay

Pl	Name	Final Time	Swimmers
6	OREG "A"	2:06.09	1) Andrus-Hughes, Karen F55 2) Heinemann, William A M55

Multnomah Athletic Club, USA LCM

Portland, OR; April 13-14, 2013

Wes Edwards (60)

100 Back.....	1:11.50	Oregon and Zone record
200 Back.....	2:36.95	Oregon and Zone record

Lake Juniper Buoy Swim

Bend, OR; May 19, 2013

AgGrp	Pl	Name	Age	Team	Time	F/M	Overall
18-24	1	Carew, Katherine	18	COMA	23:31.20	5	10
40-44	1	Gaskin, Dara	43	COMA	23:55.88	6	15
45-49	1	Schmidt, Sandy	48	COMA	24:31.63	8	18
50-54	1	Wheeler, Kendra	51	KAM	18:19.79	1	2
50-54	2	Denney, Kris	52	COMA	18:41.06	2	3
50-54	3	Schob, Laura	54	COMA	23:13.44	4	9
55-59	1	Douglas, Deb	58	COMA	24:00.21	7	16
55-59	2	Daly, Claudia	59	CAT	28:24.38	9	20
55-59	3	White, Sue	57	UNAT	29:17.37	10	21
60-64	1	Holmberg, Madeleine	60	COMA	22:50.31	3	8
65-69	1	Ziemer, Judy	68	COMA	30:17.87	11	22
65-69	2	Whiter, Peggy	69	COMA	31:11.28	12	23

AgGrp	Pl	Name	Age	Team	Time	F/M	Overall
18-24	1	Bragg, Andrew	21	OPEN	32:31.85	12	24
25-29	1	Altricher, Adam	25	UNAT	19:41.99	2	4
25-29	2	Cleary, Kevin	29	THB	20:39.49	3	5
40-44	1	Malin, Tom	43	COMA	23:33.24	6	11
45-49	1	Lussier, Hardy	47	COMA	16:53.35	1	1
50-54	1	Bragg, Robin	53	OPEN	32:31.85	12	24
50-54	2	Dallas, Dave	50	COMA	33:29.09	14	26
55-59	1	Yensen, Kermit	59	COMA	20:50.62	4	6
55-59	2	Carter, Walt	57	COMA	24:23.00	10	17
60-64	3	Carew, Michael	63	COMA	23:44.38	9	14
60-64	1	Richardson, Brooks	60	COMA	21:07.20	5	7
60-64	2	Henderson, Matt	63	COMA	23:42.05	8	13
60-64	3	Carew, Michael	63	COMA	23:44.38	9	14
65-69	1	Hirschberg, Bren	67	COMA	23:36.40	7	12
70-74	1	Spence, John	71	COMA	26:00.13	11	19

Pan American Masters, LCM

Sarasota, FL; June 5-9, 2013

O = Oregon Record

Allender, Patrick (55)

100 Breast	1st place	1:14.76
200 Breast	1st place	2:42.40
200 IM	1st place	2:32.16
3 km open water	2nd place	42.47

Boone, Lou (52)

100 Back	4th place	1:18.28
200 Back	4th place	2:52.00
100 Fly	8th place	1:22.97
200 IM	6th place	2:54.01
400 IM	3rd place	6:27.86

Delmage, Arlene (51)

50 Breast	6th place	41.62
200 Breast	7th place	3:21.90
100 Fly	1st place	1:14.66
200 Fly	3rd place	2:48.74
200 IM	4th place	2:56.83

Quicksilver Masters, LCM

San Jose, CA; June 15, 2013

Janet Gettling (65)

1500 Free		26:24.17
50 Breast		45.30

100 Breast

200 IM

1:43.51

3:31.10

Oregon record

Swim Bits

by Ralph Mohr

Last year I was talking to Gail Orner at an open water event, and she told me about a group in Corvallis she was a member of who have taken on the task of swimming in every Oregon lake. I thought, "What a great idea!"

The list considered is all of the lakes in the Atlas of Oregon Lakes, published by OSU in 1985, 202 of them. I asked Gail, "How many have you swum so far?" "Over 40," she said. "One guy in the group has done 77." Wow.

After locating a copy of the Atlas on the internet, I made up my own list. Hmm. 17. Open water swimming has helped, but I am a long way behind Gail and the Corvallis crew. This summer, therefore, I want to double my count. A new goal!

Looking in the Atlas, I immediately figured out that 17 more lakes would not be that hard, considering that I live on the southern Oregon coast. There are at least 20 coastal sand dunes lakes from Garrison Lake in Port Orford to Cleawox Lake at Honeyman State Park near Florence.

Some lakes on the coast I'd never heard of until I saw them in the Atlas. Some lakes are not listed in the Atlas but are still swimmable. Lake Edna links Clear Lake and Eel Lake on the border of Douglas and Coos County, and I may have to walk in the stream bed down hill through brush to reach it. There's another Clear Lake in Coos County next to 101, but you have to walk the railroad tracks to get to it.

Another area that has a lot of lakes is the Cascades. The trick there is to wait until all of the snow has melted. At this moment (May 14) you can't get to Elk Lake as Century Drive is still closed with snow. There are several lakes on the way to Bend by either Hwy. 20 or 58 which would be an easy half hour stop off the road.



Some lakes will be difficult, if not illegal, to get to. Lake Edna is virtually inaccessible south of Clear Lake in Douglas County. That Clear Lake is off-limits as it is Reedsport's drinking water source. I don't know if one can get to Lake Oswego, and Bull Run is Portland's drinking water source. I can just see the headlines: "Swimmer Arrested for Swimming in Portland's Drinking Water."

Some lakes you might not want to swim in. I won't consider swimming in Abert Lake since it is so highly alkaline, pH 10.1. Oregon lakes in the south-eastern corner of the state are very far away. I wonder, too, if we can give brownie points for swimming across the state line between Oregon and California in Goose Lake.

I don't know what criteria the Corvallis group used for a lake to be considered as "swum," but here is mine. You can't do the "polar bear" routine: run in, run out. I swam in Waldo Lake with Mike Carew, and we swam around the island at the north campground. That was about right. 15-30 minutes will do. Wet suits are also allowed. Some of those lakes never warm up!

So start your own list. If you want a simple list of all of the lakes in the Atlas, I can send you one, rmohr1565@charter.net.

If you are an open water swimmer, you should have Hagg, Elk, Eel, Dorena, Foster, Cottage Grove, Applegate and Devil's Lakes on your list already. What lakes are in your backyard? Do those. Take a trip to Bend and see how many lakes you can get to in a day. Come over to the coast, and I'll swim with you or take my boat so you can feel safer.

I plan to go a day early to the Elk Lake open water meet the first weekend in August so I can stop at some of the Cascade lakes along the way. Join me.

Portland Bridge Swim

The third annual Portland Bridge Swim, an event of about 11 miles, will be held July 21st in Portland, Oregon. The race, organized by Marisa Frieder, is unique because the downstream course passes under all 11 of Portland's bridges. It is not USMS sanctioned this year.

The swim starts in the Sellwood section of the river. In the downtown section, bridges are closely spaced, so time goes by fast. The second half of the course contains the last 3 bridges, spread far apart, which adds to the physical and mental challenge of the race. The swim ends in Cathedral Park during the Cathedral Park Jazz Festival.

For more information go to: <http://www.portlandbridgeswim.com/>

Oregon Masters Swimming: Tentative Open Water Race Schedule for 2013 (as of March 12)

Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category	Sanction
Jul 13 Sat	2	AppleGate Lake	Ruch	RVM	Andrew Gramley	5000-meter (with 10,000-meter)	Qualifying	Yes
Jul 14 Sun						10,000-meter	Featured	
						1500-meter	Featured	
						3 x 500-meter Pursuit Relay	Participation	
Jul 21 Sun	1	Willamette River	Portland	THB	Mariisa Frieder	17-km downriver	Featured	No
Aug 2 Fri	3	Cascade Lakes Swim	Bend	COMA	Bob Bruce	3000-meter	Qualifying	Yes
3 Sat		Series & Festival				500-meter	Qualifying	
		at Elk Lake				1500-meter	Featured	
4 Sun						5000-meter	Featured	
						1000-meter	Qualifying	
Aug 17 Sat	1	Eel Lake	Lakeside	COMA	Jayna Tomac	3000-meter	Featured	Yes
						500-meter	Participation	
						1500-meter (Ass'n Champs)	Featured	

Swimmers must participate at three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all events. Featured events score points by place: 22-18-16-14-12-10-8-6-4-2. Qualifying events score points by place: 11-9-8-7-6-5-4-3-2-1. Participation events score 7 points. Top 10 scores count towards a swimmer's final Series total.

Relay All-Americans

Ginger Pierson

A mistake was made when I ordered the Relay All-Americans that should have been presented at the Association Banquet. You should have been recognized and praised for your achieving number one in the nation - my apologies to you for my error. The following relays achieved number one in the nation:

- Arlene Delmage, MJ Caswell, Colette Crabbe, Karen Andrus Hughes
- Joy Ward, Ginger Pierson, Colette Crabbe, Kathleen Buck
- Bob Bruce, Robert Smith, David Radcliff, Tom Landis
- Karissa DeRousseau, T'nika Richardson, Taylor Kay, Tess Krimmer
- Karissa DeRousseau, Tess Krimmer, Adam Oldenkamp, Zach Sipiora
- Ann Goodman, Sue Harrington, MJ Caswell, Terri Tyynismaa
- Ben Weston, Jill Asch, Sharon Foley, Joaquin Romera
- Christian Tujo, Jayna Tomac, Cheryl Morgen, Jim Ivelich
- Valerie Jenkins, Jennifer Faith, Kevin Cleary, Eric Wan

If you send me your current address, I will mail your certificate and patch. Congratulations on your achievement. (The first three relays were given out at the banquet). Ginger's contact information is gingerp@qwest.net; 360-253-5712

Bend Association Meet Highlights



From Steve Darnell, the Records Guy — thank you Steve!
There were an astounding number of new records set!

- 63 Oregon records
- 37 Zone records
- 5 National records (Willard Lamb, Tom Landis)
- 2 World records (Willard Lamb)



**GIL YOUNG MEMORIAL LCM MEET/ NORTHWEST ZONE/OREGON CHAMPS
LONG COURSE METERS MEET**

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-S008

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

Swimmers must submit a copy of their 2013 card and unregistered swimmers must submit a 2013 registration form and fee with this entry.

Location: Mt. Hood Community College

Outdoor pool

26000 SE Stark

Gresham, Oregon

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

Meet Directors: Aubree Gustafson • 971-404-6968 • aubree.gustafson@gmail.com & Dennis Baker • 503-679-4601 • bakeswim@yahoo.com

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

ALL REGISTERED MASTERS SWIMMERS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.

DATES: Friday-Sunday, August 23-25, 2013

**FRIDAY WARM-UPS: 3PM MEET STARTS: 4PM
SATURDAY WARM-UPS: 2PM MEET STARTS: 3PM
SUNDAY WARM-UPS: 8AM MEET STARTS: 9AM**

ENTRY DEADLINE: POSTMARKED BY TUESDAY, AUGUST 13, 2013

 FILL IN LOWER PORTION COMPLETELY	RETURN LOWER PORTION	FILL IN LOWER PORTION COMPLETELY 
--	----------------------	--

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 95+. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS WITH NO MORE THAN 5 PER DAY PLUS UNLIMITED RELAYS. YOUR COMPETITION AGE IS THE AGE YOU WILL BE ON DEC. 31ST, 2013. ENTER RELAYS AT THE MEET. ONLY INDIVIDUAL EVENTS WILL BE SCORED. THE 400, 800, 1500 FREESTYLE & 400 IM WILL BE DECK SEDED. CHECK-IN DEADLINES: 400 IM – FRIDAY, 3:30PM. 1500 FREE – FRIDAY, 4:00PM. 800 FREE – SATURDAY, 2:30PM. 400 FREE – SUNDAY, START OF 200 BACK. ALL EVENTS WILL BE SEDED SLOW TO FAST.

Friday, Aug 23, 2013

400 IM (1) _____ :_____ ._____

1500 FREE (2) _____ :_____ ._____

Saturday, Aug 24, 2013

800 FREE (3) _____ :_____ ._____

break (event #4 will not begin before 5pm)

50 BACK (4) _____ :_____ ._____

200 FLY (5) _____ :_____ ._____

100 FREE (6) _____ :_____ ._____

break

MIXED 200 MEDLEY RELAY (7)

MIXED 400 MEDLEY RELAY (8)

100 BACK (9) _____ :_____ ._____

50 FREE (10) _____ :_____ ._____

200 BREAST (11) _____ :_____ ._____

200 IM (12) _____ :_____ ._____

break

WOMENS 200 FREE RELAY (13)

MENS 200 FREE RELAY (14)

WOMENS 400 FREE RELAY (15)

MENS 400 FREE RELAY (16)

WOMENS 800 FREE RELAY (17)

MENS 800 FREE RELAY (18)

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

SIGNATURE _____ DATE _____
MEET ENTRY FEE: \$29.50 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072

Aqua Master

July 2013

Results for Oregon Swimmers:

Oregon Association Championship SCM

USMS Nationals SCY

MAC USA LCM

Pan American Masters Championships LCM

Lake Juniper Open Water (Pool)

Quicksilver Masters LCM

2013



Looking Ahead . . .

DATE	COURSE	MEET
July 13-14	OW*	Applegate Lake
July 21	OW*	Willamette River
August 2-4	OW*	Cascade Lakes Swims
August 7-11, 2013	LCM	USMS Nationals Championships
August 17	OW*	Eel Lake
August 23-25, 2013	LCM	Gil Young Meet — OMS LCM Association Championship https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=4348

LOCATION

Ruch, OR

Portland, OR

Bend, OR

Mission Viejo, CA

Lakeside, OR

Gresham, OR

*See page 23 for important sanctioning information, and for more detail of each venue

OMS Board Meetings

July 15

August 12

October 12 - Retreat



PRACTICE