



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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"Swimming for Life"

New Year's Eve With The Animals

By Charlie Helm

The Canby Animal Meet changed dates this year, so on Sunday, December 30th we got to end the year with a fun swim at the Canby pool. With the date change of the 9th annual Animal Meet, meet Director Shelly Hester found some new and unique trophies for the winners that were very appropriate for this event—gargoyle statuettes! The swimmers and spectators really liked these trophies, which made the swimmers even more motivated to perform well.



As in past years, the majority of the swimmers competed in the sprint animal category, with a smaller number doing the middle animal masters category, and a slightly smaller group going for the animal grand masters category. Or, as most of us call them, "the crazy animal swimmers". There was also a good mix

of veteran swimmers for this meet, as well as new swimmers who were about to discover the pain of the Animal Meet along with the intense competition that is inherent with this type of competition. For those not familiar with this event, the swimmers who compete in the different "animal" categories swim an I.M., then a fly, and then a freestyle event. The Sprint Animals do the 100 I.M., 50 Fly, and the 200 free. The Animal Masters (middle) do the 200 I.M., 100 Fly, and 500 Free. Finally the Grand Animals get to enjoy the 400 I.M., 200 Fly, and 1000 Free. There are no age groups in these categories; it's the top overall male and female winners in each group who are the champions. For those of you who live just to know how I did, I competed in the Animal Sprint Masters category as usual and I fought hard to secure my position in last place for the fourth year in a row!

When the frenzy of the animals was over and the results tabulated, we had the following as the respective winners: The Animal Sprint Masters Champs were Sonja Skinner and Michael Baele. Michael also won at the prior Animal Meet. The Animal Masters Champs were Charlene Vande Kamp and Josh Norville. The Animal Grand Masters Champs were Arlene Delmage and James Adams. (Photos on page 12.) On an interesting note, Arlene and James won two years ago, but were both unable to compete last year to defend their titles. They both came back this year to reclaim their Animal crowns, with James coming down again from northern Washington to do it. It must have been the idea of swimming hard on (almost) New Year's Eve that motivated them! It was another fun and challenging meet with great hosts, volunteers, and officials in Canby.

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Chair's Corner

Jeanne Teisher

'Help Wanted' and February Fitness Challenge

Recently an OMS swimmer sent me an email informing me that she was interested in serving on the OMS board. Those are the kind of emails I REALLY like to get but, unfortunately, don't get too often. Like most of us, particularly the current OMS board, this person is a very busy person but wants to give back to the organization. We will definitely find the perfect place for her on the board.



What about you? Do you think you might have 1-3 hours a month to volunteer for OMS? Currently we are in desperate need of someone to help with the OMS website. The board is very committed to making sure its membership and other Masters swimmers are well informed. Since our website is one of our primary communication tools, it is very much in need of an overhaul. The board has budgeted money for updating the website but we need someone to take the lead. If you have webmaster experience or know of someone that might be able to assist us, please send me an email. I would REALLY like to hear from you.

If you would like to serve on the board, but not as the OMS webmaster, please let me know. We are always looking for new volunteers to help with the organization.



Good luck and have fun with this year's February Fitness Challenge. Being a member of the Tualatin Hills Barracudas, the FFC sponsor, it has been interesting to read some of the many stories, goals, comments, and experiences people have shared over the years. Some of the accomplishments have been truly amazing as well as inspirational. We look forward to hearing about your goals and accomplishments.

Happy swimming!

Jeanne

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Off the Block

[Susan Dawson-Cook](#), is a writer and fitness professional who writes regularly for SWIMMER, American Fitness, and Tailwinds. In 2012 she published two novels with Extasy Books under the pen name Sabrina Devonshire. "The Open Water Swimmer" is a romantic sports suspense. "Message from Viola Mari" is a humorous sci-fi romance. sabinadevonshire.com

Post-Workout Nutrition and Bone Density

by Susan Dawson-Cook

Two post-workout shakes from the pros

These two shake recipes comply with guidelines recommended by Westcott and others, 2011, which you can read about in your January-February 2013 issue of *SWIMMER*, in "The Healthy Swimmer," on page 13.

To restore bone and muscle tissues post-swim, fire up your blender and mix up one of these tasty and nutritious shakes. Both shakes contain about 36 grams of protein and 24 grams of carbohydrate, the optimal restorative blend recommended by researchers. Shakes should be consumed immediately after training.

Junelle Lupiani, registered dietician and nutrition supervisor at the world-renowned Miraval Resort and Spa, came up with this second shake recipe. Lupiani, a board certified specialist in sports dietetics, is also a long-distance runner.

This first recipe, concocted by two-time Mr. Universe Winner, Avtar Nordine Zouareg, is sure to restore strength and vitality after a hard workout. Zouareg is a celebrity coach, best selling author and speaker as well as the founder of Avtar Wellness. You can visit his web site at AvtarWellness.com



TAvtar's Post-Workout Power Punch

Makes 1 serving

Ingredients

- 25 grams (soy or whey protein powder)
- 1/2 cup fat-free milk
- 1/2 cup plain fat-free yogurt
- 1/2 cup strawberries
- 1-1/2 cups ice cubes

Directions

Combine all ingredients in blender and process until smooth.

Nutritional Information

260 calories, 1.5 grams fat, 0 grams saturated fat, 5 mg of cholesterol, 190 mg sodium, 35 grams carbohydrate, 24 grams protein.

Fruity Delight

Makes 1 serving

Ingredients

- 8 ounces of plain almond milk
- 1 tablespoon of almond or peanut butter
- 1 medium banana
- 1/2 cup of frozen or fresh raspberries (or other berries)
- 1 scoop of whey or other protein powder

Directions

Combine in blender and mix until smooth.

Nutritional Information

Approximately 360 calories, 24 grams protein, 36 grams of carbohydrate.



Fit to Swim

Goal Setting

Coach Aubree Gustafson



Here we are nearing the end of the first month of 2013. How are those New Years' resolutions coming along? Are some of you thinking you set the bar too high and feel like you're falling behind already. Some of you might be thinking you didn't set the bar high enough. Regardless, there's always next year right?

The New Year is a new beginning, a time for reflection, and a great time to rethink your goals for the coming year and beyond. Instead of following the crowd and making up random resolutions, I would suggest taking the time to set S.M.A.R.T. goals.

The first known use of the S.M.A.R.T. mnemonic occurred in 1981 in an issue of *Management Review* in an article written by George T. Doran, but these criteria don't only apply to the business world, they can be used in goal setting for all aspects of your life. S.M.A.R.T. stands for the following:

- S-Specific
- M-Measurable
- A-Attainable
- R-Relevant
- T-Timely

Your goals should be Specific. It is much harder to achieve a generic goal. For instance, it's tough to decide exactly how you are going to "get in shape" without answering the six "W's" first. When you nail down the Who, What, Where, When, Which and Why of your goals they are more defined, and a well defined goal is easier to measure.

When your goals are Measurable, you can track your own progress and are much more likely to achieve success. A measurable goal should answer how much, how many, and how you'll know when you have attained your goal.

Goals should be Attainable because unrealistic aspirations can lead to feelings of failure. With that being said, don't be afraid to set your goals high, but plan wisely. A goal that is too far out of reach, or far too easy

to achieve, loses its meaning. If you find your goal is no longer important to you, you should set a new one.

A Relevant goal is one you find importance in striving for. It should be worth your while and motivating. Something you are willing and able to work hard for. It may not always be easy. You may have a set back or lose focus, but if your goal matters to you, you'll find a way to recover and keep pushing onward.

A Timely goal has a finish line; a set place in time by which you strive to achieve your goal. Whether it is a short term or long term goal, the clock is ticking, so you better get started!

I hope you enjoy setting S.M.A.R.T. goals for yourself. If you need some assistance tracking your fitness goals, I highly suggest joining the "Go The Distance" program on the USMS website. Located under the Swim for Fitness tab under Fitness Events, this free program will help you track how often you swim, and participate in many other physical activities like running or weight lifting, just to name a few, on a Fitness Log (FLOG for short) throughout the course of the year. You can even set a goal to swim a certain distance in miles, yards or meters and the site can help you stay on track to achieve your goal by the end of the year. Reach certain milestones and you'll receive free swimmer swag from program sponsor Nike. If you're not the technology type, a regular calendar works just fine for tracking your progress. Regardless it will feel good to see how far you've come, and how close you are to achieving your goals.



My Goal? to get out of this water!

Shake and Swim with "Bake"

The Legs Again

Coach Dennis Baker



I have written numerous articles on the kick and the legs in swimming. Most pool competitors have stronger kicks in their Freestyle than longer distance swimmers. A lot of swimmers ask me "why should I kick in training if I don't use my legs"? They also say that they can't kick or they go backwards when they try and kick with a kickboard. Let's look at some reasons why all swimmers, especially distance and open water swimmers, should do kick sets in their training.

1. The legs are the biggest appendages on your body. If they move at all while you're swimming it will affect your heart rate. Getting your body and heart used to all types of situations in a race will help you swim better and faster.
2. If you have a 2 beat kick or not much kick at all you still must connect your legs to your torso to create a proper vessel to go through the water without resistance. Proper posture of the legs is a must. The legs should act as rudders for your body to go straight. This requires effort, thus affecting your heart rate. The effort is keeping the toes pointed and legs close

together. If you can master the art of a 2 beat kick, it is a big plus.

3. Triathlon athletes and swimmers who run a lot tend to get what I call "heavy legs". Heavy legs means the legs tend to sink in the water while you're swimming. Doing kick sets with or without fins is a great way to correct this. Kick sets connect the legs to the brain and make them more coordinated. It also stretches the front tendons near the shin and makes your legs more pliable in the water. Both of these things will make your legs float higher and cure your "heavy legs".
4. Lastly, if you're kicking without fins and going nowhere or backwards, try this tip. Stay close to the lane line or wall. When you feel that you're losing momentum, grab on and pull yourself forwards. Keep doing this and the legs will learn how to keep you going. Eventually you won't have to grab the lane line or wall at all.

Try these tips and think about why training the legs is important, even if you don't kick much. Do your kick sets at least 3 times a week with or without a kickboard and you will be well on your way to being a better swimmer.



**Mike Popovich, former
Aquatics Director at
Mt. Hood Community
College pool**



**Dennis Baker, coach for
Oregon Reigh Masters, and
official OMS coach**



Long Distance Swimming

Coach Bob Bruce



Wrapping up the 2012 USMS Postal Championships, the Oregon LMSC capped another fine year with a strong showing—including both four National Club Championship titles for the Oregon Club!—in the 2012 USMS 3000-yard and 6000-yard National Postal Championships. Here's a quick summary:

3000-yard: 63 Oregon swimmers (30 women & 33 men) entered. Mary Sweat, Matt Miller, Hardy Lussier, Tom Landis, and Dave Radcliff each won the national title in their respective age groups. Nine Oregon Club Relay teams won their events. In club scoring, Oregon won the championship for the fifth consecutive year.

6000-yard: 24 Oregon swimmers (11 women & 13 men) entered. Jayna Tomac, Mary Sweat, Matt Miller, Tom Landis, and Dave Radcliff won national titles. Seven Oregon Club relay teams won their events. In club scoring, the Oregon Club won the championship title for the fifth consecutive year.

Congratulations to...

- Our 6 individual National Champions (USMS Long Distance All-Americans!);
- Mary Sweat, Matt Miller, Tom Landis, and Dave Radcliff, our double National Champions;
- Our 16 (!) relay team National Champions (USMS Long Distance Relay All-Americans);
- Our 3 Oregon Individual Record breakers—Mary Sweat (2x), Matt Miller, and Hardy Lussier (2x).
- Our National Relay Record team— Men's 65+ 3 x 6000 relay of Ralph Mohr, Tom Landis, and Dave Radcliff (time: 4:27:57.21).
- Our 2 Oregon Relay Record teams;
- Everyone who participated. The Oregon LMSC—including all clubs—continues to improve in this category, which is ultimately the bottom line in these excellent fitness events.

Look for the full Oregon results in this *Aqua Master*. They are

impressive! What is even more impressive is the fact that we continue to lead the nation so consistently in the postal swims—apart from the One-Hour Swim, the Oregon Club has won 19 of the last 20 national postal club titles!

Postal Series: Twenty-eight Oregon LMSC swimmers qualified for the 2012 Oregon Postal Series by swimming in three or more of the USMS Postal Championship Swims during the year. Twenty-five of those swimmers qualified for the Oregon Postal Participation Award by swimming at least one of these swims in each of the three postal seasons. And FOURTEEN swimmers (more than last year) swam all five events, thus qualifying for the USMS Postal Participation Award. Patches are coming soon! See the results in this *Aqua Master*.

2012 Postal Swims in Very Brief Review: 256 Oregon swimmers from 16 local teams (367 swims overall) participated in at least one National Postal Swim. COMA again led the way with 58 swimmers, 112 swims, and 14 Oregon Series qualifiers. CGM & LSWM had 50 & 39 swimmers respectively (a high percentage of each team) participate in the One-Hour Swim. THB, OCT, CAT, ORM, & RVM each also had 9 swimmers or more involved. The Oregon Club won 4 (of 5) USMS Club Championships!

Good luck and good swimming!



Oregon City Tankers

Southern Pacific Masters Swimming Championships

SCM — Long Beach, CA; December 2, 2012

Z = Zone Record (includes OR)

O = Oregon Record

Nine Oregon Swimmers went to Long Beach for the Southern Pacific Masters Swimming Championships, which is typically regarded as the largest short course meters Masters meet in the United States

Women 50-54

2 Arlene Delmage	200 Free	2:26.59
3 Arlene Delmage	400 Free	5:12.99
2 Arlene Delmage	50 Breast	42.14
2 Arlene Delmage	100 Breast	1:31.77
1 Arlene Delmage	200 Fly	2:44.15 Z

Women 55-59

1 Karen Andrus-Hughes	50 Free	29.71
1 Karen Andrus-Hughes	200 Free	2:25.54 Z
1 Karen Andrus-Hughes	100 Back	1:13.49 Z
1 Karen Andrus-Hughes	200 Back	2:43.70

Women 60-64

5 Carol Stark	800 Free	18:04.47
4 Carol Stark	1500 Free	35:59.77
2 Carol Stark	100 Back	2:11.53
4 Carol Stark	200 Back	4:38.94

Men 25-29

3 Kevin Cleary	50 Breast	34.65
6 Kevin Cleary	100 Fly	1:04.59
1 Kevin Cleary	200 Fly	2:30.31

Men 45-49

2 Scot Sullivan	50 Breast	34.11
1 Scot Sullivan	100 Breast	1:15.30
2 Scot Sullivan	200 Breast	2:46.01
5 Scot Sullivan	50 Fly	28.69

Men 45-49

6 Bill Clydesdale	50 Free	27.37
1 Bill Clydesdale	50 Breast	33.94
2 Bill Clydesdale	100 Breast	1:15.32
3 Bill Clydesdale	200 Breast	2:47.93

Men 50-54

2 David Hathaway	200 Free	2:15.15
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3 David Hathaway	400 Free	4:46.48
2 David Hathaway	1500 Free	19:26.83
4 David Hathaway	100 Fly	1:07.94
4 David Hathaway	200 IM	2:33.47
3 David Hathaway	400 IM	5:34.73

Men 50-54

2 Brent Washburne	100 Free	1:00.79
5 Brent Washburne	400 Free	5:07.49
2 Brent Washburne	100 Breast	1:20.86
5 Brent Washburne	100 Fly	1:11.58
5 Brent Washburne	400 IM	5:57.67

Men 60-64

1 Allen Stark	50 Breast	34.47
1 Allen Stark	100 Breast	1:15.99
1 Allen Stark	200 Breast	2:50.56

Canby Animal Meet

SCY — Canby, Oregon; December 30, 2012

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

Z = Zone Record (includes OR)

***** = Split

N = National Record (includes Zone & OR)

O = Oregon Record

Women 18-24

500 Yard Free		
1 Vande Kamp, Charlene	24 OREG	6:23.64
2 Frank, Sara	18 OREG	6:48.86
100 Yard Fly		
1 Vande Kamp, Charlene	24 OREG	1:14.59
2 Frank, Sara	18 OREG	1:23.61
200 Yard IM		
1 Vande Kamp, Charlene	24 OREG	2:34.83
2 Frank, Sara	18 OREG	2:49.91

Women 25-29

500 Yard Free		
1 Scheafer, Kayla	26 OREG	6:51.39
100 Yard Fly		
1 Scheafer, Kayla	26 OREG	1:26.39
200 Yard IM		
1 Scheafer, Kayla	26 OREG	3:03.00

Women 35-39

200 Yard Free		
1 Skinner, Sonja	36 OREG	2:11.15
50 Yard Fly		
1 Skinner, Sonja	36 OREG	29.60
100 Yard IM		

1 Skinner, Sonja	36 OREG	1:08.94
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Women 40-44

1000 Yard Free		
1 Frieder, Marisa	43 OREG	14:49.83
200 Yard Fly		
1 Frieder, Marisa	43 OREG	3:17.30
400 Yard IM		
1 Frieder, Marisa	43 OREG	6:24.76

Women 45-49

200 Yard Free		
1 Daubersmith, Britta	47 OREG	2:26.99
500 Yard Free		
1 Schrotzberger, L.	48 OREG	7:03.43
50 Yard Fly		
1 Daubersmith, Britta	47 OREG	34.12
100 Yard Fly		
1 Schrotzberger, L.	48 OREG	1:29.34
100 Yard IM		
1 Daubersmith, Britta	47 OREG	1:15.96
200 Yard IM		
1 Schrotzberger, L.	48 OREG	2:57.71

Women 50-54

200 Yard Free		
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1 Reid, Ladawn	50 OREG	2:35.97
2 Andrade, Julie	51 OREG	2:50.23
3 Leinwebber, Janice	52 OREG	4:06.56
500 Yard Free		
* Delmage, Arlene	50 OREG	6:24.74
1000 Yard Free		
1 Delmage, Arlene	50 OREG	12:45.69
2 Malloy, Janie	50 OREG	15:18.16
50 Yard Fly		
1 Reid, Ladawn	50 OREG	35.87
2 Andrade, Julie	51 OREG	38.75
3 Leinwebber, Janice	52 OREG	59.95
100 Yard Fly		
* Delmage, Arlene	50 OREG	1:08.97
200 Yard Fly		
1 Delmage, Arlene	50 OREG	2:34.86
2 Malloy, Janie	50 OREG	3:37.07
100 Yard IM		
1 Reid, Ladawn	50 OREG	1:22.55
2 Andrade, Julie	51 OREG	1:25.34
3 Leinwebber, Janice	52 OREG	2:01.51
400 Yard IM		
1 Delmage, Arlene	50 OREG	5:30.39

2 Malloy, Janie 50 OREG 6:49.82

Women 55-59

1000 Yard Free

1 Summers, Jeanna 58 OREG 14:55.82

200 Yard IM

1 Summers, Jeanna 58 OREG 3:06.67

Women 60-64

500 Yard Free

1 Kastberg, Ann 60 OREG 8:00.86

100 Yard Fly

1 Kastberg, Ann 60 OREG 1:37.93

200 Yard IM

1 Kastberg, Ann 60 OREG 3:13.97

Women 65-69

500 Yard Free

1 Delgado, Joan 67 OREG 8:33.23

50 Yard Fly

1 Pierson, Ginger 66 OREG 48.54

100 Yard Fly

1 Pierson, Ginger 66 OREG 1:43.54

100 Yard IM

1 Pierson, Ginger 66 OREG 1:40.66

200 Yard IM

1 Delgado, Joan 67 OREG 3:47.46

Women 70-74

400 Yard IM

1 Ward, Joy 70 OREG 7:00.381 Z

Men 18-24

500 Yard Free

1 Norville, Joshua 20 OREG 5:44.58

2 Haslebach, Joseph 21 UNAT 5:59.54

100 Yard Fly

1 Norville, Joshua 20 OREG 1:01.71

2 Haslebach, Joseph 21 UNAT 1:07.97

200 Yard IM

1 Norville, Joshua 20 OREG 2:19.18

2 Haslebach, Joseph 21 UNAT 2:27.09

Men 25-29

1000 Yard Free

1 Vanscoy, Devin 28 UNAT 20:25.50

Men 35-39

200 Yard Free

1 Mcclaugherty, Nick 38 OREG 2:47.62

1000 Yard Free

1 Adams, James 35 HMS 10:47.92

50 Yard Fly

1 Mcclaugherty, Nick 38 OREG 40.55

200 Yard Fly

1 Adams, James 35 HMS 2:14.07

100 Yard IM

1 Mcclaugherty, Nick 38 OREG 1:27.26

400 Yard IM

1 Adams, James 35 HMS 4:40.60

Men 40-44

200 Yard Free

1 Hatler, Neil 42 OREG 2:25.47

500 Yard Free

1 Tujo, Christian 41 OREG 5:55.43

50 Yard Fly

1 Hatler, Neil 42 OREG 30.95

100 Yard Fly

1 Tujo, Christian 41 OREG 1:01.91

100 Yard IM

1 Hatler, Neil 42 OREG 1:19.50

200 Yard IM

1 Tujo, Christian 41 OREG 2:21.99

Men 45-49

200 Yard Free

1 Baele, Michael 48 OREG 1:57.59

500 Yard Free

1 Waud, Timothy 45 OREG 5:56.70

50 Yard Fly

1 Baele, Michael 48 OREG 25.12

2 Parmentier, Steve 47 OREG 27.84

100 Yard Fly

1 Waud, Timothy 45 OREG 1:06.94

100 Yard IM

1 Baele, Michael 48 OREG 59.96

200 Yard IM

1 Waud, Timothy 45 OREG 2:21.88

Men 50-54

200 Yard Free

1 Wanzenried, Roland 54 UNAT 2:36.69

2 Norville, Kent 53 OREG 2:59.85

1000 Yard Free

1 Collins, Michael 50 OREG 12:43.96

50 Yard Fly

1 Wanzenried, Roland 54 UNAT 36.73

2 Norville, Kent 53 OREG 38.60

200 Yard Fly

1 Collins, Michael 50 OREG 3:01.46

100 Yard IM

1 Wanzenried, Roland 54 UNAT 1:23.52

2 Norville, Kent 53 OREG 1:26.59

400 Yard IM

1 Collins, Michael 50 OREG 5:40.59

Men 55-59

200 Yard Free

1 Dwight, Charles 57 OREG 2:24.55

2 Helm, Charlie 56 OREG 3:24.53

500 Yard Free

1 Phipps, Tom 59 OREG 6:17.15

1000 Yard Free

1 Carter, Walter 57 OREG 19:25.50

50 Yard Fly

1 Dwight, Charles 57 OREG 30.38

2 Helm, Charlie 56 OREG 50.59

100 Yard Fly

1 Phipps, Tom 59 OREG 1:18.33

200 Yard Fly

1 Carter, Walter 57 OREG 4:03.99

100 Yard IM

1 Dwight, Charles 57 OREG 1:12.32

2 Helm, Charlie 56 OREG 1:49.83

200 Yard IM

1 Phipps, Tom 59 OREG 2:47.06

400 Yard IM

1 Carter, Walter 57 OREG 8:14.50

Men 65-69

200 Yard Free

1 Kelber, Michael 65 OREG 2:41.42

1000 Yard Free

1 Walker, Thomas 65 PSM 18:55.27

50 Yard Fly

1 Kelber, Michael 65 OREG 41.24

200 Yard Fly

1 Walker, Thomas 65 PSM 5:00.96

100 Yard IM

1 Kelber, Michael 65 OREG 1:22.94

400 Yard IM

1 Walker, Thomas 65 PSM 8:40.18

Combined Events for Canby Animal Meet SCY

Middle Distance

Women	Place	Name	Team	Total	200IM	100FLY	500FR
	1	Vande Kamp, Charlene 24	OREG	10:13.06	2:34.83	1:14.59	6:23.64
	2	Frank, Sara 18	OREG	11:02.38	2:49.91	1:23.61	6:48.86
	3	Scheafer, Kayla R 26	OREG	11:20.78	3:03.00	1:26.39	6:51.39
	4	Schrotzberger, LeAnne 48	OREG	11:30.48	2:57.71	1:29.34	7:03.43
	5	Kastberg, Ann 60	OREG	12:52.76	3:13.97	1:37.93	8:00.86
Men	Place	Name	Team	Total	200IM	100FLY	500FR
	1	Norville, Joshua W 20	OREG	9:05.47	2:19.18	1:01.71	5:44.58
	2	Tujo, Christian F 41	OREG	9:19.33	2:21.99	1:01.91	5:55.43
	3	Waud, Timothy P 45	OREG	9:25.52	2:21.88	1:06.94	5:56.70
	4	Haslebach, Joseph M 21	UNAT	9:34.60	2:27.09	1:07.97	5:59.54
	5	Phipps, Tom 59	OREG	10:22.54	2:47.06	1:18.33	6:17.15

Grand Distance

Women	Place	Name	Team	Total	400IM	200FLY	1000FR
	1	Delmage, Arlene 50	OREG	20:50.94	5:30.39	2:34.86	12:45.69
	2	Frieder, Marisa 43	OREG	24:31.89	6:24.76	3:17.30	14:49.83
	3	Malloy, Janie L 50	OREG	25:45.05	6:49.82	3:37.07	15:18.16
Men	Place	Name	Team	Total	400IM	200FLY	1000FR
	1	Adams, James A 35	HMS	17:42.59	4:40.60	2:14.07	10:47.92
	2	Collins, Michael W 50	OREG	21:26.01	5:40.59	3:01.46	12:43.96
	3	Carter, Walter R 57	OREG	31:43.99	8:14.50	4:03.99	19:25.50
	4	Walker, Thomas W 65	PSM	32:36.41	8:40.18	5:00.96	18:55.27

Sprint Distance

Women	Place	Name	Team	Total	100IM	50FLY	200FR
	1	Skinner, Sonja 36	OREG	3:49.69	1:08.94	29.60	2:11.15
	2	Daubersmith, Britta M 47	OREG	4:17.07	1:15.96	34.12	2:26.99
	3	Reid, LaDawn C 50	OREG	4:34.39	1:22.55	35.87	2:35.97
	4	Andrade, Julie A 51	OREG	4:54.32	1:25.34	38.75	2:50.23
	5	Leinwebber, Janice R 52	OREG	7:08.02	2:01.51	59.95	4:06.56
Men	Place	Name	Team	Total	100IM	50FLY	200FR
	1	Baele, Michael D 48	OREG	3:22.67	59.96	25.12	1:57.59
	2	Dwight, CB B 57	OREG	4:07.25	1:12.32	30.38	2:24.55
	3	Hatler, Neil 42	OREG	4:15.92	1:19.50	30.95	2:25.47
	4	Wanzenried, Roland E 54	UNAT	4:36.94	1:23.52	36.73	2:36.69
	5	Kelber, Michael W 65	OREG	4:45.60	1:22.94	41.24	2:41.42
	6	McClagherty, Nick J 38	OREG	4:55.43	1:27.26	40.55	2:47.62
	7	Norville, Kent W 53	OREG	5:05.04	1:26.59	38.60	2:59.85
	8	Helm, Charlie 56	OREG	6:04.95	1:49.83	50.59	3:24.53

Records from COMA Pentathlon — 12/8/2012

It was brought to my attention that no records were shown for the COMA meet in the January, 2013, Aqua Master. My apologies to all, especially to those who worked so hard and didn't get recognition. Pentathlon records and individual/relay records are listed here. Great swimming everyone! — Editor

Splits

400 SC Meter Free
 * Whiter, Peggy 69 OREG 8:41.55

800 SC Meter Free
 * Whiter, Peggy 69 OREG 17:33.26

Individual /Relay Records

200 SC Meter IM
 1 Landis, Tom 70 OREG 3:00.67 Z

Men 120-159 400 SC Meter Free Relay

1 OREG 4:07.12 O
 1) Arvizo, Rich 2) Lantry, Todd
 3) Miller, Matt 4) Servant, Michael

Men 120-159 800 SC Meter Free Relay

1 OREG 9:21.02 O
 1) Arvizo, Rich 2) Servant, Michael
 3) Lantry, Todd 4) Miller, Matt

Pentathlon Records that were made at the COMA Pentathlon Sprint

Place	Name	Age	Team	Total	50FLY	50BK	50BR	50FR	100IM	
Women 50-54										
1	Goodman, Ann R	53	OREG	3:58.35	37.98	37.04	45.87	33.48	1:23.98	R

Men 60-64										
1	Mann, Steve A	60	OREG	3:24.61	31.93	34.87	36.84	27.79	1:13.18	R

Place	Name	Age	Team	Total	100FLY	100BK	100BR	100FR	200IM	
Mid Distance										
Men 35-39										
1	Lantry, Todd	37	OREG	7:25.92	1:11.20	1:16.52	1:19.73	1:04.56	2:33.91	R

Men 55-59										
1	Tennant, Mike	59	OREG	8:06.85	1:18.79	1:23.69	1:27.67	1:04.23	2:52.47	R

Place	Name	Age	Team	Total	200FLY	200BK	200BR	200FR	400IM	
Long Distance										
Men 50-54										
1	Boone, Lou	51	OREG	8:25.39	3:19.58	2:51.14	3:17.10	2:38.62	6:18.95	R

Men 55-59										
1	Yensen, Kermit D	59	OREG	19:06.25	3:23.89	3:04.99	3:29.33	2:34.86	6:33.18	R

Oregon Postal 3000 Yard Swim Results

QP = Quality Points

NR = National Record

OR = Oregon Record

* = Oregon All-time Top Twelve Time

Place numbers are national places

Place/Name Age Team Time QP

Women 25-29

9	Burgess, Amy	26	COMA	44:39.25	726	*
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Women 30-34

20	Lee, Ellen	31	CAT	40:29.98	807	*
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9	Thompson, Elizabeth	34	COMA	48:04.05	680	
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Women 35-39

3	Johnson, Serena	35	SWMS	37:25.01	880	*
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5	Pryor, Evelyn	35	CAT	41:52.69	786	*
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7	Criscione, Anicia	38	CAT	42:50.72	768	
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8	Jajewski, Suzy	37	ORM	43:12.99	762	*
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Women 40-44

4	Tomac, Jayna	40	COMA	37:24.30	891	*
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5	Feola, Jen	42	COMA	41:38.85	800	*
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6	Salton, Gillian	44	COMA	41:51.99	796	*
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9	Sandoval, Lisa	40	CGM	43:56.56	758	
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20	Danner, Stacey	40	?	55:12.99	603	
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Women 45-49

3	Matson, Karen	49	COMA	39:09.91	865	
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9	Davies, Anne	48	EA	42:01.83	806	
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16	Fadelovich, Angela	46	SWMS	47:46.90	709	
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24	Stormshak, Beth	46	EA	1:01:34.15	550	
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Women 50-54

7	Tynnismaa, Terri	50	CGM	39:54.75	897	*
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9	Denney, Kris	52	COMA	40:28.68	884	
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16	Cappaert, Marlys	54	CBAT	45:10.99	792	
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29	Pappa, Debbie	51	COMA	50:45.99	705	
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33	Hyland, Kim	50	EA	54:01.22	663	
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40	Thompson, Lynn	54	ORM	1:04:26.99	555	
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Women 55-59

1	Sweat, Mary	55	Unat	38:04.29	957	*OR
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11	Holmberg, Madeleine	59	COMA	45:38.65	798	*
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13	Harrington, Sue	55	CGM	46:01.35	792	*
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26	Shuman, Connie	57	COMA	57:41.04	632	
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28	McMahan, Patti	58	?	1:06:44.55	546	
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Women 60-64

8	Olson, Sarah	62	COMA	52:42.99	712	*
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11	Groesz, Jeannie	?	COMA	57:07.24	657	
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12	Stark, Carol	63	ORM	1:06:38.37	563	*
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Men 30-34

5	Grayson, Andy	33	?	42:12.46	740	*
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Men 35-39

1	Miller, Matt	35	RVM	35:43.20	848	*
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Men 40-44

7	Cloninger, Dave	43	COMA	39:05.32	778	*
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Men 45-49

1	Lussier, Hardy	47	COMA	32:36.99	954	*OR
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6	Nelson, Tim	46	COMA	36:47.16	846	*
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10	Frost, Mark	45	CGM	37:54.91	821	*
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Men 50-54

4	Calvin, Kris	50	COMA	37:12.99	850	*
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6	McNulty, Osh	51	CGM	37:31.53	843	*
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7	Allender, Pat	53	CAT	37:56.72	833	
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21	Voeller, Jan	51	COMA	50:42.99	624	
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Men 55-59

14	Larson, Allen	59	ORM	42:11.52	771	*
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16	Richardson, Brooks	59	COMA	43:33.99	747	
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20	Rogers, Terry	56	EA	44:53.96	724	
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28	Brinich, Ken	57	COMA	1:02:04.99	573	
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31	Lane, Mark	55	COMA	1:01:29.99	529	
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Men 60-64

3	Johnson, Steve	64	EA	40:10.01	845	
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4	Swanson, Charlie	60	EA	40:32.23	837	*
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5	Bruce, Bob	64	COMA	41:54.23	810	
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6	Teisher, Jim	62	THB	42:16.70	802	*
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10	Henderson, Matt	63	COMA	47:02.99	721	
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12	Carew, Mike	62	COMA	48:41.99	697	
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16	Mather, Craig	60	RVM	52:10.99	650	
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19	Hammarley, John	60	COMA	56:59.90	595	
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Men 65-69

5	Hirschberg, Bren	66	COMA	47:33.30	784	
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9	Richards, Jon	67	COMA	56:56.89	654	*
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10	Rudolph, Roger	69	COMA	57:21.99	650	
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12	Crawford, John	69	COMA	1:06:41.13	559	*
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Men 70-74

1	Landis, Tom	70	COMA	41:49.99	915	*
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2	Mohr, Ralph	71	COMA	45:55.10	834	*
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6	Spence, John	71	COMA	54:08.99	707	
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7	Lake, Brent	74	COMA	59:10.99	647	
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Men 75-79

1	Radcliff, Dave	78	THB	41:21.68	952	
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5	Thayer, George	76	COMA	59:29.99	662	*
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Women 25+: 3 x 3000

1	OREG (Davies, Pryor, Lee)	2:04:24.51
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Women 35+: 3 x 3000

2	OREG (Salton, Feola, Tomac)	2:00:54.15
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Women 45+: 3 x 3000

2	OREG (Denney, Tynnismaa, Matson)	1:59:33.34
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Women 55+: 3 x 3000

1	OREG (Olson, Holmberg, Sweat)	2:16:24.94	OR
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Men 35+: 3 x 3000

1 OREG (Allender, Frost, Miller) 1:51:34.83

Men 45+: 3 x 3000

1 OREG (Calvin, Nelson, Lussier) 1:46:36.15

Men 55+: 3 x 3000

3 OREG (Teisher, Swanson, Johnson) 2:01:58.94

Men 65+ "A": 3 x 3000

1 OREG (Mohr, Landis, Radcliff) 2:09:06.77

Mixed 25+: 4 x 3000

1 OREG (Feola, Lee, Allender, Frost) 2:38:00.46

Mixed 35+: 4 x 3000

1 OREG (Denney, Tomac, Calvin, Miller) 2:30:48.18

Mixed 45+: 4 x 3000

1 OREG (Tyynismaa, Matson, Nelson, Lussier) 2:28:28.81

Mixed 55+: 4 x 3000

1 OREG (Holmberg, Sweat, Swanson, Johnson) 2:44:25.18

Combined National Club Scores: Not available yet**A note about club scoring:** Club point scoring is calculated based on Quality Points, which is the ratio of each individual

time to the current USMS Record for the gender & age group and expressed as the three-digit number that you see following each individual time in the results. The faster the swim the more Quality Points a swimmer earned. Club totals are the sum of the quality points of its swimmers. Since every swimmer receives quality points, every swimmer counts!

To help settle the side wagers concerning who had the best 3000 swim—across gender and age group lines—here is the list of the top 12 swimmers by Quality Points:

Name	Quality Points
1 Mary Sweat	957
2 Hardy Lussier	954
3 Dave Radcliff	952
4 Tom Landis	915
5 Terri Tyynismaa	997
6 Jayna Tomac	991
7 Kris Denney	884
8 Serena Johnson	880
9 Karen Matson	865
10 Kris Calvin	850
11 Matt Miller	848
12 Tim Nelson	846

Oregon Postal 6000 Yard Swim Results

QP = Quality Points

OR = Oregon Record

NR = National Record

* = Oregon All-time Top Twelve Time

Place numbers are national places

Place/Name	Age	Team	Time	QP
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Women 35-39

4 Pryor, Evelyn 35 CAT 1:25:39.86 808 *

5 Criscione, Anicia 38 CAT 1:27:53.33 787 *

6 Strausbaugh, Elizabeth 35 COMA 1:28:58.99 778 *

Women 40-44

1 Tomac, Jayna 40 COMA 1:18:57.28 872 *

3 Feola, Jen 42 COMA 1:24:41.14 813 *

9 Sandoval, Lisa 40 CGM 1:29:05.08 772 *

Women 45-49

3 Matson, Karen 49 COMA 1:20:10.44 808 *

Women 50-54

3 Tyynismaa, Terri 50 CGM 1:23:32.09 878 *

8 Harrington, Sue 54 CGM 1:35:26.99 769 *

Women 55-59

1 Sweat, Mary 55 Unat 1:18:54.56 940 * OR

Women 60-64

3 Stark, Carol 63 ORM 2:24:01.49 524

Men 35-39

1 Miller, Matt 35 RVM 1:12:57.12 851 * OR

Men 45-49

2 Lussier, Hardy 47 COMA 1:07:40.99 942 * OR

3 Nelson, Tim 46 COMA 1:15:51.99 841 *

4 Frost, Mark 45 CGM 1:16:32.20 833 *

10 Orchard, Shaun 47 Unat 1:32:25.84 690 *

Men 50-54

5 Allender, Pat 53 CAT 1:18:04.16 834

Men 55-59

10 Larson, Allen 59 ORM 1:25:49.12 779 *

11 Richardson, Brooks 59 COMA 1:26:57.99 769

Men 60-64

2 Bruce, Bob 64 COMA 1:26:55.14 798

4 Carew, Mike 62 COMA 1:48:18.99 641

Men 70-74

1 Landis, Tom 70 COMA 1:28:23.49 904 *

2 Mohr, Ralph 71 COMA 1:34:26.78 846

Men 75-79

1 Radcliff, Dave 78 THB 1:25:06.94 964

Women 35+: 3 x 6000

1 OREG (Pryor, Feola, Tomac) 4:09:18.28

Women 45+: 3 x 6000

1 OREG (Tyynismaa, Matson, Sweat) 4:02:36.59

Men 35+: 3 x 6000

1 OREG (Orchard, Allender, Miller) 4:03:27.12

Men 45+: 3 x 6000

1 OREG (Frost, Nelson, Lussier) 3:40:05.18

Men 55+: 3 x 6000

3 OREG (Richards, Bruce, Larson) 4:19:41.26

Men 65+: 3 x 60001 OREG (Mohr, Landis, Radcliff) 4:27:57.21 **NR****Mixed 35+: 4 x 6000**

1 OREG (Tyynismaa, Tomac, Frost, Miller) 5:11:58.69

Mixed 45+: 4 x 6000

1 OREG (Matson, Sweat, Nelson, Lussier) 5:02:37.48

Combined National Club Scores: Not available yet

A note about club scoring: Club point scoring is calculated based on Quality Points, which is the ratio of each individual time to the current USMS Record for the gender & age group and expressed as the three-digit number that you see following each individual time in the results. The faster the swim the more Quality Points a swimmer earned. Club totals are the sum of the quality points of its swimmers. Since every swimmer receives quality points, every swimmer counts!

To help settle the side wagers concerning who had the best 6000 swim—across gender and age group lines—here is the list of the top 12 swimmers by Quality Points:

Name	Quality Points
1 Dave Radcliff	964
2 Hardy Lussier	942
3 Mary Sweat	940
4 Tom Landis	904
5 Terri Tyynismaa	878
6 Jayna Tomac	872
7 Matt Miller	851
8 Ralph Mohr	846
9 Tim Nelson	841
10 Pat Allender	834
11 Mark Frost	833
12 Jen Feola	813



Animal Sprint Masters Champions
Michael Baele and Sonja Skinner



Animal Middle Masters Champions
Charlene Vande Kamp and Josh Norville



Animal Grand Masters Champions
Arlene Delmage and James Adams



Oregon Postal Series 2012

Final Summary

1. Scoring through ten places: 11-9-8-7-6-5-4-3-2-1. All five events count.
2. Points advance with swimmer when moving up an age group (indicated by asterisk)
3. Oregon Postal Series: Swim and enter three events in the calendar year.
4. Oregon Participation Award: Swim and enter the One Hour Swim, 5 or 10-km Swim and the 3000 or 6000-yard Swim in the calendar year.
5. USMS Participation Award: Swim and enter all five events in the calendar year.

Name	Team	1-hr.	5-km	10-km	3000-yd	6000-yd	Points	Swims	Place	OMS	USMS
F 35-39											
Criscione, Anicia	CAT	9	9	11	8	9	46	5	1	x	x
Pryor, Evelyn*	CAT	7	8	9	9	11	44	5	2	x	x
Johnson, Serena*	LSWM	9	11	0	11	0	31	3	3	x	0
F 40-44											
Sandoval, Lisa*	CGM	7	7	11	7	8	40	5	1	x	x
Tomac, Jayna	COMA	0	11	0	11	11	33	3	2	0	0
Feola, Jennifer	COMA	9	0	0	9	9	27	3	3	0	0
Salton, Gillian	COMA	6	9	0	8	0	23	3	4	x	0
F 45-49											
Matson, Karen	COMA	11	11	0	11	11	44	4	1	x	0
Fadlovich, Angela	LSWM	0	7	0	8	0	15	3	2	x	0
F 50-54											
Tynnismaa, Terri*	CGM	8	9	11	11	11	50	5	1	x	x
Thompson, Lynn	ORM	0	9	0	5	0	14	3	2	x	0
F 55-59											
Sweat, Mary*	Unat	11	11	11	11	11	55	5	1	x	x
Shuman, Connie	COMA	6	9	11	7	0	33	4	2	x	0
F 60-64											
Stark, Carol	ORM	3	11	11	8	11	44	5	1	x	x
M 35-39											
Miller, Matt*	RVM	11	11	11	11	11	55	5	1	x	x
M 45-49											
Lussier, Hardy	COMA	11	11	11	11	11	55	5	1	x	x
Frost, Mark*	CGM	6	9	9	8	8	40	5	2	x	x
Nelson, Tim	COMA	5	0	0	9	9	23	3	3	0	0
M 50-54											
Allender, Pat	CAT	11	9	8	8	11	47	5	1	x	x
Calvin, Kris*	COMA	6	11	9	11	0	37	4	2	x	0
M 55-59											
Larson, Allen	ORM	5	11	11	11	11	49	5	1	x	x
Richardson, Brooks	COMA	4	9	9	9	9	40	5	2	x	x
M 60-64											
Bruce, Bob	COMA	11	9	11	8	11	50	5	1	x	x
Carew, Mike	COMA	8	7	9	5	9	38	5	2	x	x
M 65-69											
Hirschberg, Bren	COMA	9	11	0	11	0	31	3	1	x	0
M 70-74											
Landis, Tom*	COMA	11	11	0	11	11	44	4	1	x	0
Mohr, Ralph	COMA	11	9	0	9	9	38	4	2	x	0
M 75-79											
Radcliff, Dave	THB	11	11	0	11	11	44	4	1	x	0

LaCamas Headhunters Masters Swim Team

by Angela Fadlovich

We need your vote! The swimmers at LaCamas Headhunters Masters are always looking for an excuse to have a good time. Last summer they celebrated the 4th of July and the 2012 Olympics with Dolfin Ugliers patriotic suits. Twenty two gals purchased suits and a portion of the proceeds benefited a local family in need. The group entered this picture in the Miss Ugliers contest and was the featured photo for June. Contest voting is on now through the end of February, and we'd love to have our masters friends show everyone that the Masters still have it! Go to www.missuglies.com and click on "Cast Your Vote" on the left side to vote for our team's photo (June-Lacamas Headhunters Masters Swim Team). Granted there's some pretty cute kids in the other months, but the real beauty of our picture comes from a group of gals with an age range of over 40 years who love to have a great time together both in and out of the water. Thanks for your vote!



Pictured are back row (l – r) Michelle Jacobs-Brown, Jerri Clark, Serena Johnson, and Sherry Bender. Front row – Anita Burkard, Carolyn Nigro, Angela Fadlovich, Bonnie Speer, Kealey Sitler, Christie Seumalo, and Dianne Thomsen. Photo by Ami Brimhall



Meets are so exhausting!



My time is better than I expected!

One Hundred Years Old and Still Swimming!

By Dave Holland



Leaving a swim meet this afternoon at the Tuckahoe YMCA in Richmond, VA, I found myself walking out the door with Marie Kelleher. As we walked to her car, we fell into the usual friendly banter about swim

meets and times. "How did you feel in the water today?", I casually asked.

"Oh, you know how it is, some days you feel good in the water and some days you don't. Today wasn't really my best, but I'm not complaining. I've been very fortunate."

In many respects, Kelleher is no different than many of the other 50-plus adults who competed at the Virginia Senior Games this weekend. She drives her own car, swims four days per week at 5 AM (she takes Wednesdays off), and competes in meets that are close to home. Swimming today in the 50 and 100 free, she stood on the starting block and wore a white cap with an American flag.

To the casual observer, she didn't appear to be racing. Swimming in lane 3 in the 100 free, the two women on either side beat her easily, and waited graciously as she finished in 3 minutes, 40 seconds. The woman in lane 2 reached across the lane line and exchanged a high-five with her. Typical Masters swim meet, right?

A look at the official results told a different story. Kelleher's age is listed as 100 in the heat sheet and the results. Although she's actually *only* 99 until her birthday in December, at this meet she competed in the 100-104 age group, as USMS rules use the swimmer's age as of December

31 for competitions held in 25-meter courses.

Kelleher, representing Virginia Masters Swim Team, established new United States Masters Swimming (USMS) national records in the 50 free (1:44.10) and 100 free (3:40.00). As there are currently no USMS records listed in the books for the female 100-104 age group for any course, she becomes the oldest known American woman to have competed at a USMS-recognized meet.

On the global stage, an Australian woman named Mary Maina is the oldest known woman to have competed. Maina, competing at the 1994 World Masters Games in Brisbane just two weeks after her 101st birthday, swam the 50 free (long course meters) in 5:10.84.

With today's performance, Kelleher might be the oldest woman ever to have competed in the 100 free, in any pool, anywhere. But that wasn't really on her mind as she got into her car to head home after another swim at the YMCA. "I have a birthday in December, and I have to get my driver's license renewed. I wonder what they'll say to me?"



Champion Geraldine Kawabata



Looks like Jackie Parker?



Happy Sandi Rousseau



Hard-working Elfie Stevenin

Swim Bits

by Ralph Mohr

I was coming home from timing a friend of mine in the Hour Swim this year, when I started thinking about how difficult it is to get someone without a swimming background into Masters Swimming. My friend had been a lacrosse player in high school and college and started swimming as another activity to keep fit, along with walking trails and doing yoga.

He first swam a 3000 in 2011, and the fun part of his swim was that he had descending 500 yard times. We joked afterward that he was so worried about finishing he started out super slow. He agreed, but he was proud that he had finished the 3000 without stopping.

Last year he swam the 3000 again and the Hour Swim. His 3000 time was faster than the previous year by about 20 seconds, and he swam more than 3000 yards for an hour. He also was not last in either event nationally, but that placing has never been talked about much.

This year he was most interested in doing the Hour Swim again, so we set it up. It was 39 degrees on the pool deck, and he swam in a sleety rain. He was also 95 yards further than last year, and again he went negatives. He felt the swim was easier than the year before. I said, "Of course."

One problem we Masters swimmers have is attracting new members from people who have never swum competitively at all. They see us gliding through the water and doing multiple

repetitions, and they say, "I can't do that." And they are right. At least not at first.

I have found that Postals are a great way to get a swimmer with a non-competitive background into Masters Swimming. What we've emphasized first is finishing the event. The time or distance is not that important. We then make sure that they are mentioned in the same news story as the national champions whom they work out with.

The Postals are also a good starting point for swimmers who are even less skilled than my friend. I am still encouraging a 60+ lady who drives 30 miles each way to swim outdoors in Coos Bay. Originally she was a "floater," one who used a safety belt and did water exercises vertically.

Now she is swimming freestyle with her face in the water or backstroke using fins. I almost had her talked into trying the Hour Swim with fins as a real challenge. I thought she could make it. The holidays took care of that, and she was a bit hesitant when she told me she wouldn't be doing the hour. I smiled and said, "Next year." She thought that was a possibility.

It is an old bromide, but swimming is for everyone. We Masters swimmers are sometimes intimidating to others in the pool, but whenever I see someone who is working out for more than 15 minutes in the water, I've talked to them about doing one of the Postals. Three of them can be done locally, and swimming an hour straight is something most can relate to.



Oregon City Spring Ahead — Short Course Meters B/C and Masters March 9-10, 2013

HELD UNDER THE DUAL SANCTION OF USA SWIMMING INC. AND USMS, INC.

USA SANCTION: # USMS SANCTION: #373-S002

MEET REFEREE: Dan Gipe

Sponsor: Oregon City Swim Team

Website: www.ocst.net

Location: Oregon City Municipal Pool

1211 Jackson Street Oregon City, OR 97045

Pool Phone: 503-657-8253

MEET DIRECTOR Tim Waud Twaud@aol.com (503) 341-3152

FACILITY Indoor, 25 meters, with 6 lanes 2.5m per lane. Starting blocks at the deep end of the pool only (9 ft) Shallow end is 3'6". 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/warm-down 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.


**U.S. MASTERS
SWIMMING**
ENTRY FORM AND WAIVER FOR MASTERS SWIMMERS
Oregon City B/C Open
March 9-10, 2013
Name _____

Address _____

City _____ **State** _____ **Zip Code** _____

Phone: _____

USMS Number _____ (Include Copy of USMS Registration Card w/ Entry)

USMS Club (OREG, HMS, PNA, etc) _____

Birthdate _____ **Age** _____ **Sex:** M _____ F _____

Saturday, March 9
Starting 90 minutes after the end of the morning session

<u>Event</u>	<u>Entry Time</u>
#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	_____

Sunday, March 10
Starting 90 minutes after the end of the morning session

<u>Event</u>	<u>Entry Time</u>
#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 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 _____ **Date** _____

Northwest Zone Short Course Yards Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-S003

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

DATE: Fri, Sat & Sun, March 22-24, 2013

5 lanes competition - 1 continuous lane of warm-up/down - button electronic timing

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 L to pool.

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

ENTRY DEADLINE: POSTMARK NO LATER THAN Tuesday March 12, 2013

FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2013 USMS # _____

USMS CLUB (OREG, HMS, DUCK, PSM, ETC) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY PLUS RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). A PERSON MAY SWIM THE 200Y, 400Y & 800Y DISTANCE OF EACH RELAY ONCE. THE 400 AND 800 RELAY WILL BE SEEDING IN HEATS AFTER THE 200 RELAYS OF THE SAME EVENT. THE 500, 1000 AND 1650 FREESTYLES & 400 IM WILL BE DECK SEEDING. **CHECK IN FOR 400IM 4:30PM, FRIDAY - 1600 5PM, FRIDAY - 1000 FREE START OF 200 BACK, SATURDAY - 500 FREE 8:30AM SUNDAY.** ALL EVENTS WILL BE SEEDING SLOW TO FAST.

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) _____ : _____ . _____

***BREAK* (event 19 will not start until 10am.)**

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 MEDLEY RELAYS (32-33)

Please join us for a NW Zone forum with Tim Waud, NW Zone Chair -
Saturday 7:30am

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

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$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

February 2013

Meet Results

Southern Pacific Masters Swimming Championships SCM

Canby Animal Meet SCY

3000 & 6000 Postals

2013



Looking Ahead . . .

DATE	COURSE	MEET	LOCATION
March 9-10, 2013	SCM	Duel-Sanctioned "Spring Ahead" Meet	Oregon City, OR
March 22-24, 2013	SCY	NW Zone Championship	Reynolds Community Swim Center, Fairview, OR
		https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=4347	
April 13-14, 2013	SCY	PN Championship	Federal Way, WA
April 26-28, 2013	SCM	OMS Association Championship	Bend, OR, 2013
May 9-12, 2013	SCY	USMS National Championships	Indianapolis, IN
May 17-18, 2013	Open Water	season begins in Bend, with Bob Bruce as Meet Director. More swim dates later	
June 5-9, 2013	LCM	Pan American Masters Meet	Sarasota, FL
August 7-11, 2013	LCM	USMS Nationals Championships	Mission Viejo, CA
August 23-25, 2013	LCM	Gil Young Meet — OMS LCM Association & NW Zone Champs	MHCC, Gresham, OR

OMS Board Meetings

Feb 11
Mar 25
Apr 27
May 13
June 10
July 15
Aug 12
Oct 12 - Retreat



PRACTICE