

Aqua Master
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## "Swimming for Life"

## Here We Go Again

by Charlie Helm

It's the end of 2012 and we pool competitors are pumped up, as it's our main season of swim meets about to begin. After a month off, I have several things to cover, so get comfortable with your hot chocolate, coffee, or brewski and read on.

Our last issue came out just before the NW Zone SCM Championship meet in Federal Way. We had 33 from Oregon sign up for this meet and we cheered each other on as normal. The pool was in Halloween mode with several monsters and witches hanging from the rafters over the pools, which distracted many of the backstrokers who had scary creatures above their lanes. I didn't realize the Olympic Diving Trials were held there at the

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Aquatic Center earlier in the year, so the US Olympic Trials banners were kind of neat to see. Many of us were pumped up and swam well as we usually do at that world class facility, with 5 Oregon \& Zone records being broken. Several of our swimmers reported new personal bests as well. A large number of us also had a fun and enjoyable Oregon team dinner Saturday evening, where we carbo-loaded on Italian food and good pizza. Needless to say, many of us were seen walking around the deck Sunday morning a little bit sore and tight from our strong Saturday efforts. I'm proud to say I led this group, as for the second meet in a row I did distance events followed by the sprint events. I was also called crazy for the second meet in a row. Maybe that's why I hurt so badly during the Sunday events.

Most recently, COMA hosted their Pentathlon meet. I was not able to attend, but Coach Bob reported 59 entries and those who attended reported another fun meet. There were some good photos posted of the snow covered roads and mountains going over Mt. Hood by some who made the trip over to Bend. At the end of December we have the Canby Animal Meet at a new date waiting to start off the winter season with a little pain for the animals who take up the challenge.

OK friends, it's time to renew or make your New Year's resolutions for the upcoming swim season. Train well, swim well, take care of your health, set goals and strive to achieve them! See you on the pool deck!


## Chair's Corner Jeanne Teisher

## This Should Make You Smile!

I went looking on the internet for some swimming humor and found the Swimming Humor website. Below are 25 quotes I found amusing, not to mention true. Enjoy...

You Know You're a Swimmer When...

- you collect swim caps.
- you critique the way people swim on TV or movies, because their technique is terrible.
- every conversation somehow reverts back to swimming.
- you can smell a pool from a mile away.
- when you wear flip flops and sandals year round.
- you are guilty of wearing socks with flip flops.
- you decorate your fins.
- you have gotten into a fight with the lane line during a backstroke set.
- there is nothing worse than a warm pool.
- you regularly buy your suits two sizes too small.
- you have the sound of "take your marks... beep!" forever engrained in your mind.
- your conversations take place in 15 second intervals.
- you find yourself doing random shoulder stretches in class or the office.
- you can swim longer distances than you could ever run.
- waking up before dawn to exercise seems normal.
- jamming a piece of Styrofoam between your legs is not a kinky sexual activity.
- your skin is always dry.
- bugs die of chlorine poisoning when they land on your skin.
- the first place you go when you're stressed out is a swimming pool.
- you have trouble fitting into clothes because your shoulders are so broad.
- you have rings around your eyes unrelated to the amount you sleep you got.
- you sweat chlorine.
- you can't understand why people worry about having a "bikini body" for the summer.
- you barely recognize fellow swimmers when they have dry hair and normal clothes on.
- it is not weird for girls to stop shaving their legs, and for guys to start shaving theirs.

Want some more humor? Check out the Swimming Humor website http://swimminghumor. com/.

Happy swimming! Jeanne

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## Toys for Training

by Mark Gangloff, Olympic Gold Medalist

I love toys. Some people love toys that help them take care of their yard. Others like toys to build stuff. Still, others like toys that help them fish, hit a golf ball farther, or drive faster. Today, however, I am talking about toys that we can use to do the thing we all love to do: Swim.

After a brief interview I did for USA Swimming that focused on what was in my swim bag, I really started thinking: What is in my swim bag? And why are these things in my swim bag? I've done product reviews for SwimOutlet.com, ranking the products and giving insight about them. But today, I have a little bit of a different intent. Rather than focus on the details of various products, I'm simply going to advocate filling your swim bag full of "stuff" because it's going to make swimming even more fun. For those of you who like competing, it's going to help you go faster, too.

Pictured are all the things I carry in my equipment bag. This is after a purge of all of the extras-this is the minimum amount of stuff I carry in my bag!

Kickboard, ankle strap, fins, snorkel, kick/pull (the orange thing), pull buoy, pocket suit, parachute, rope, and 4 different types of paddles.

Like many of you, I have a love/hate relationship with working out; motivation can be a struggle.

I used to love when our coaches would say, "dump your bag out—we're using it all!" And now, as a coach, I find myself doing the same thing. Here are the ways that equipment helps me get and stay motivated.

## Toys make me think

It is okay to think when you work out. In fact, the most enjoyable workouts are those that combine pushing your mind and pushing your body. They are also the workouts that tend to go by the fastest. Changing equipment forces me to be mindful. It can be simple: "Okay I have to take the fins off my feet and put my paddles on my hands." Then, my mindfulness
deepens progressively: "Now that I have my fins on, what is my leg doing?" Or:"My paddles are on, what is my arm doing?" Suddenly, I find myself focusing on perfect position and I'm instantly pushing myself to think beyond routine.


## Toys change my feel

You may be wondering, "Why does he carry four different sets of paddles?!" Each type gives me a different feel in the water and works a different component of my pull. I like the big paddles for most of my longer training sets. I love my smaller black paddles when I am working on my hand speed in the water-I cannot move the big ones through the water fast enough. The triangle shaped paddles help me feel the pressure on my fingertips. The oddly-shaped green paddles help me feel the in-sweep of my breaststroke pull.

I also have two different types of pull buoys in my bag. The smaller black one is what I use for the majority of my pulls sets. This buoy gives me a good and natural body position. There are times when I want a little extra lift, if I am doing some sculling or some body position kicking, and I will use the kick/pull (the orange thing in the picture). It all depends on what I'm working on.

## Toys make me faster | Toys make me slower

I love changing speeds in workout. Sometimes I love to go as fast as I can, other times I love really slowing it down to work my technique. If you're going for speed, it is all about fins. Put them on and let 'er rip-it's okay to go fast! When I want to slow it down, I put on my ankle strap. It keeps my legs from doing anything at all, so all I have to focus on is what my body does as I move through the water. The more slowly you move through the water, the more you feel what's slowing you down. Going slow helps me pinpoint problem areas and highlights exactly how I can get better.


## Fit to Swim

Introduction

Coach Aubree Gustafson



Hello fellow Oregon Master Swimmers! My name is Aubree Gustafson and I am your new Fitness Chair. I wanted to use my first article to introduce myself, let you know what my goals are for this position, and ask for a little audience participation.

Swimming has always been a part of my life. I began swim lessons when I was three and by age seven was competing for David Douglas Swim Club. I swam and played water polo for David Douglas High School, was a member of the Oregon State University women's swim team ('99-'01), and played water polo for the OSU club team ('01-'03). I graduated from OSU with a BS in Biology in 2003 and went on to the University of the Pacific in Stockton, CA to receive a MS in Biological Sciences. When I returned home from grad school in 2006, I began assistant coaching and swimming for the former Oregon Wetmasters, now Oregon Reign Masters, under head coach Dennis Baker. Since then I have had the honor of being Team Oregon's assistant coach at two National Championship meets (Clovis-2009 \& Atlanta-2010), have been the meet director or co-director of seven swim meets, became a USMS Level II certified Masters
coach and was awarded the OMS Special Service award for 2010. I also compete in open water events, love to hike, kayak and have recently gotten into mountaineering as a member of the Mazamas. When I'm not swimming or playing outside, I'm working as an Instructor II with the American Red Cross National Testing Laboratory where I am also the Wellness Consultant on our DEW committee (Diversity/EAC/Wellness).

My main goal as Fitness Chair is to find out what you, the reader, would like to hear more about, and follow up on those suggestions. What sparks your interest? What topics would you like to learn more about? Nutrition, cross-training, ways to manage stress...you make the suggestions and I will do the research. I am not an expert in the realm of physical fitness, but I am dedicated to listening to your ideas so that together we can learn something new as we continue to strive for a wellbalanced and healthy life.

If you have a suggestion for an article topic, please email me at the following address: aubree.gustafson@gmail.com.

## Toys

Continued from page 3

## Toys work my technique

One of the most important pieces of equipment that anyone can own is a snorkel. I need my snorkel. If you have tried it in the past and given up on it, stay with it. It will pay dividends and you'll learn to love what is allows you to do. It's amazing how much your body position can improve when you remove turning or lifting your head to breathe. Drills that require keeping your head in the water become much easier-no interrupting your drill as you struggle to breathe. The snorkel allows focus on the placement of hands, feet, or body.

Why do I carry a rope in my bag? Sometimes I like to be tethered in one place and not have to move anywhere. A coach will hold the rope and watch me swim or l'll attach the rope to a starting block and feel the way my arms, legs, and body move in the water.

## Toys make me stronger

Whether you swim to race or swim for fitness, we all strive to
be strong in the water. Being strong is good for our bodies and our minds. There are so many ways that equipment can give you strength. Paddles improve our upper body strength. Fins improve our lower body strength. Pocket suits and parachutes improve overall body strength—using these feels like underwater weightlifting. Want a challenge? Put on your fins, paddles and parachute for some crazy resistance.

## Toys help me focus on various components of my race

I like to customize my workouts to complement my races. Let's say that your strength is your ability to kick underwater. How much fun will it be for you to put your fins on and do a set of 25 s kicking underwater? For those of you that race middistance free, I can almost guarantee that your favorite piece of equipment is your paddles. Am I right? I also like to work my weaknesses. For me, it is my pull. So, I spend extra time wearing my paddles. You'll find that many pieces of equipment can

# Shake and Swim with "Bake" 

 Be Positive About the NegativeCoach Dennis Baker

I have written many articles about "negative split"training and here is another one because it is so important. Negative split training is where you cut in half the distance you are doing and make sure the second half is faster than the first half. It is just a plain fact that the top middle distance and distance swimmers in the world train a lot of negative split. That goes for Masters and Open Water and Tri swimmers as well. Here are some tips that will help you on your way to being positive about the negative.

You must do negative split training of some kind at least twice a week to make it stick. About a third of most top swimmers training includes negative split.

Make sure to keep your splits tight. This means if you are going 200s and you split 1:05 on the first 100 you should split 1:03 on the second 100 , not :58. If there is too much of a gap between splits you are not pushing yourself enough on the first half to train your body correctly.

Make sure you watch the clock or have a coach get your splits. If you just "feel" like you are negative splitting you are probably not.

You can negative split all distances and get good benefits from it. Fiftys up to 3000s are helpful to your body.

Have a plan. You must plan a set you're doing, or a race, and have a goal split time. This will engage your mind on a positive note and take away nervousness.

Don't over-swim the first 25 of anything you do. This makes it virtually impossible to negative split correctly and for that matter swim any race correctly.

Keep these tips in mind all the time. I know I harp on this a lot but it is really a big key to swimming success. Have a good mind-set about it because it takes some effort and concentration. Be positive about the negative!

Toys
Continued from page 4
give you the same amount of speed that you'll have when you race. By simulating race-speed in practice, you can train your mind and your body to go fast (and faster).

## Toys spice up my workout

As I write this, I remind myself that every piece of equipment is multifunctional. Today I have 13 pieces of equipment in my bag. If I only use one piece of equipment per practice, I've got enough in my equipment bag to make for 13 fun workouts. But, I suspect I can use each piece of equipment at least five different ways; that makes for 65 fun workouts! Want to get more out of the stuff in your swim bags? Match various combinations of equipment to different types of practices and you'll reap the benefit of fun, unique, and challenging workouts.

Equipment provides me with options, which offers me freedom, which leads to creativity, which gives me energy, which results in motivation. Sounds pretty good, right? Now, fill up your swim bag with goodies and head to the pool!



# Long Distance Swimming 



The Oregon LMSC wrapped up the 2012 USMS 5 \& 10-km Postal Championships with another fine year with a strong showing with good participation, many strong swims, some records, and a successful defense of the National Club Championship titles for the Oregon Club. Here's a quick summary:

5-km: 34 Oregon-registered swimmers ( 16 women \& 18 men) entered the event. Mary Sweat, Tom Landis, and Dave Radcliff each won the national title in their respective age group. Eight Oregon Club Relay teams won their events. In club scoring, Oregon club won the national championship for the fifth consecutive year.

10-km: 20 Oregon swimmers ( 8 women \& 12 men) entered. Hardy Lussier and all eight Oregon relays won their events. In club scoring, Oregon club won the national championship for the fourth consecutive year.

## Congratulations to...

- Our 4 individual National Champions (USMS Long Distance All-Americans!).
- Our 16 relay team National Champions (USMS Long Distance Relay All-Americans).
- Our 6 Oregon Individual Record breakers-Mary Sweat, Matt Miller, Hardy Lussier (twice), Tom Fristoe, and Tom Landis.
- Our 5 (!) National Relay Record teams-
o Men's 65+3 x 5-km team of Bren Hirschberg, Dave Radcliff, \& Tom Landis.
o Men's $25+3 \times 10-\mathrm{km}$ team of Pat Allender, Mark Frost, and Matt Miller.
o Men's 45+ $3 \times 10-\mathrm{km}$ team of Kris Calvin, Tom Fristoe, \& Hardy Lussier.
o Mixed 45+ $4 \times 10-\mathrm{km}$ team of Terri Tyynismaa, Mary Sweat, Tom Fristoe, \& Hardy Lussier.
o Mixed $55+4 \times 10-\mathrm{km}$ team of Carol Stark, Connie Shuman, Walt Carter, \& Mike Carew.
- Our 7 Oregon Relay Record teams, including many different swim stars.
- Everyone who participated. The Oregon LMSC continues to do a fine job 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!

## Letter to the Editor

Just finished reading the Nov.-Dec. 2012 Aqua Master, and noted the item which stated that there was no 50 yard breast event in 1972. The first Masters swim meet east of the Mississippi River was held on April 1, 1972, at the YMCA in Wilton, CT. I swam the 50 breast, and did the first length underwater. At that time there were no rules about swimming the breaststroke underwater, but the officials did get into a huddle after my
heat and decided that they would not disqualify me. My time was 37.60, and I never had another time in that event that was slower until 1997, when I did a 37.71. Maybe the event was not recognized for Top Ten in 1972, but we did swim the 50 yard breaststroke.

Milton R. ("Mickey") Marks

## Northwest Zone Championships - SCM

## Federal Way; Washington; October 20-21,2012



| 1 David Hathaway | 52 | 10:05.81 | 800 SC Meter Freestyle |  |  | 1 Brent Lake | 74 | 04:08.16 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 2 Patrick Allender | 54 | 10:22.29 | 3 Charlie Helm | 56 | 16:57.00 | Men 75-79 |  |  |
| 4 Brent Washburne | 51 | 10:59.75 | 50 SC Meter Backstroke |  |  | 50 SC Meter Freestyle |  |  |
| 100 SC Meter Backstroke |  |  | 1 Charlie Helm | 56 | :56.87 | 1 George Thayer | 76 | :37.20 |
| 3 Brent Washburne | 51 | 01:12.03 | 50 SC Meter Breaststroke |  |  | 100 SC Meter Freestyle |  |  |
| 100 SC Meter Breaststroke |  |  | 3 Charlie Helm | 56 | :59.18 | 1 George Thayer | 76 | 01:28.85 |
| 1 Patrick Allender | 54 | 01:16.29 | 200 SC Meter Breaststroke |  |  | 200 SC Meter Freestyle |  |  |
| 2 Richard Howell | 53 | 01:18.77 | 3 Allen Larson | 59 | 03:50.72 | 1 David Radcliff | 78 | 02:34.18 |
| 3 David Hathaway | 52 | 01:22.02 | 100 SC Meter IM |  |  | 400 SC Meter Freestyle |  |  |
| 5 Brent Washburne | 51 | 01:22.73 | 3 Charlie Helm | 56 | 02:05.35 | 1 David Radcliff | 78 | 05:26.65 |
| 200 SC Meter Breaststroke |  |  | Men 60-64 |  |  | 800 SC Meter Freestyle |  |  |
| 1 Patrick Allender | 54 | 02:42.98 | 50 SC Meter Breaststroke |  |  | 1 David Radcliff | 78 | 11:08.35 |
| 50 SC Meter Butterfly |  |  | 1 Allen Stark | 63 | :35.79 | 1500 SC Meter Freestyle |  |  |
| 3 Brent Washburne | 51 | :30.67 | 100 SC Meter Breaststroke |  |  | 1 David Radcliff | 78 | 21:43.59 |
| 100 SC Meter Butterfly |  |  | 1 Allen Stark | 63 | 01:17.61 | 50 SC Meter Breaststroke |  |  |
| 1 David Hathaway | 52 | 01:08.29 | 200 SC Meter Breaststroke |  |  | 1 George Thayer | 76 | :49.29 |
| 2 Patrick Allender | 54 | 01:10.62 | 1 Allen Stark | 63 | 02:50.33 | 100 SC Meter Breaststroke |  |  |
| 200 SC Meter Butterfly |  |  | Men 65-69 |  |  | 1 George Thayer | 76 | 02:01.73 |
| 1 David Hathaway | 52 | 02:43.66 | 50 SC Meter Freestyle |  |  | 100 SC Meter IM |  |  |
| 100 SC Meter IM |  |  | 1 Jon Stout | 66 | :31.49 | 1 George Thayer | 76 | 01:50.16 |
| 2 Richard Howell | 53 | 01:15.27 | 100 SC Meter Freestyle |  |  |  |  |  |
| 200 SC Meter IM |  |  | 2 Jon Stout | 66 | 01:09.94 | Relays |  |  |
| 1 Patrick Allender | 54 | 02:30.13 | Men 70-74 |  |  | Men 120-159 4x50 SC Meter Medley Relay |  |  |
| Men 55-59 |  |  | 400 SC Meter Freestyle |  |  | 1 Oregon Masters-37 A | 02:05 |  |
| 50 SC Meter Freestyle |  |  | 3 Brent Lake | 74 | 08:02.07 | 1) Scot Sullivan M46 | 2) Mi | McGrath M28 |
| 2 Charlie Helm | 56 | :41.57 | 50 SC Meter Backstroke |  |  | 3) Kevin Cleary M29 | 4) Bre | shburneM52 |
| 100 SC Meter Freestyle |  |  | 3 Brent Lake | 74 | :51.70 | Mixed 240-279 4x200 SC Meter Freestyle Relay |  |  |
| 2 Allen Larson | 59 | 01:10.34 | 100 SC Meter Backstroke |  |  | 11 Oregon Masters-37 A | 10:45 | Z |
| 400 SC Meter Freestyle |  |  | 1 Brent Lake | 74 | 01:55.44 | 1) Brent Washburne M51 | 2) Dav | dcliff M78 |
| 2 Allen Larson | 59 | 05:44.37 | 200 SC Meter Backstroke |  |  | 3) Janet Gettling W64 | 4) Arl | Image W52 |

## AND THE AWARD GOES TO...

OMS members prepare annually for the Association Championships where, not only is a team crowned \#1, but a VOTE BY YOU selects individuals for various awards. The following are the annual awards for which you should nominate someone you feel worthy.

## CONNIE WILSON MEMORIAL AWARD

This award is given to an individual who has made an outstanding, long-term leadership contribu-

tion to OMS and to Masters Swimming.

## OL'BARN AWARD

This award is given to the individual who has shown outstanding leadership, dedication, and devotion throughout the year, to OMS and to Masters Swimming.

## HAZEL BRESSIE SPIRIT —FEMALE AWARD

This award is given to the female who has shown enthusiasm and spirit to her team or other Masters swimmers during the past year.


## GIL YOUNG SPIRIT — MALE AWARD

This award is given to the male who has shown enthusiasm and spirit to his team or other Masters swimmers during the past year.

## SPECIAL SERVICE AWARD

This award is given to an individual, organization, business, or group that has gone the "extra mile" by contributing outstanding service to a team or OMS.

The time is NOW to submit your vote for any of the awards listed for an indicidual you feel worthy (be sure to tell WHY the individual is worthy). Send votes to Ginger Pierson (Awards Chair), gingerp@qwest.net or 8417 NE 16th Street, Vancouvr, WA 98664 or call 360-253-5712.


## Oregon LMSC 5 km Postal Swim Results 2012

Place numbers are National Places

## OR = Oregon Record

* $=$ Oregon Al-Time Top Twelve Time

PI Name
Women 35-39
3Johnson, Serena
4 Criscione, Anicia
5 Pryor, Evelyn
Women 40-44
2 Tomac, Jayna
7 Salton, Gillian
8 Werhane, Cindy
12 Sandoval, Lisa
Women 45-49
4 Matson, Karen
6 Tyynismaa, Terri
8 Delmage, Arlene
14 Fadlovich, Angela
Women 50-54
4 Denney, Kris
14 Thompson, Lynn
Women 55-59
1 Sweat, Mary
13 Shuman, Connie
Women 60-64
8 Stark, Carol
Men 30-34
3 Miller, Matt
4 Williams, Sumner
Men 45-49
2 Lussier, Hardy
5 Frost, Mark
9 Wallenberg, Fredrik
Men 50-54
2 Calvin, Kris
3 Allender, Pat
9 Douglas, Mike
Men 55-59
15 Larson, Allen
18 Richardson, Brooks
Men 60-64
4 Cronin, Jed
6 Bruce, Bob
9 Henderson, Matt
10 Carew, Mike
Men 65-69
4 Hirschberg, Bren
Men 70-74
1 Landis, Tom
3 Mohr, Ralph
Men 75-79
1 Radcliff, Dave

| Age | Team | Time | Points |  |
| :--- | :--- | :--- | :--- | :--- |
|  |  |  |  |  |
| 35 | LSWM | $1: 13: 28.39$ | 861 | OR $^{*}$ |
| 38 | CAT | $1: 21: 43.07$ | 777 | $*$ |
| 35 | CAT | $1: 22: 51.00$ | 766 | $*$ |
|  |  |  |  |  |
| 40 | COMA | $1: 12: 45.28$ | 864 | $*$ |
| 43 | COMA | $1: 22: 05.99$ | 766 | $*$ |
| 43 | ORM | $1: 22: 50.99$ | 759 | $*$ |
| 40 | CGM | $1: 26: 41.57$ | 725 | $*$ |
|  |  |  |  |  |
| 49 | COMA | $1: 15: 12.48$ | 857 |  |
| 49 | CGM | $1: 16: 08.46$ | 846 | $*$ |
| 49 | ORM | $1: 17: 32.85$ | 831 |  |
| 46 | LSWM | $1: 37: 28.39$ | 661 |  |
|  |  |  |  |  |
| 52 | COMA | $1: 15: 20.99$ | 869 |  |
| 54 | ORM | $2: 07: 56.65$ | 512 |  |
| 55 |  |  |  |  |
| 57 | Unat | $1: 11: 32.30$ | 1001 | NR |


| Combined |  |  |
| :---: | :--- | ---: |
| Place | Club |  |
| 1 | OREGON | Points |
| 2 | Illinois Masters | 24,788 |
| 3 | North Carolina Masters | 9,123 |
| 18 | SW WASHINGTON MASTERS | 8,449 |
|  | 2,150 |  |

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 threedigit 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 $5-\mathrm{km}$ swim-across gender and age group lines-here is the list of the top twelve swimmers in Quality Points:

| Tom Landis | 1007 | NR |
| :--- | ---: | ---: |
| Mary Sweat | 1001 | NR |
| Dave Radcliff | 965 |  |
| Hardy Lussier | 959 |  |
| Jed Cronin | 877 |  |
| Kris Denney | 869 |  |
| Jayna Tomac | 864 |  |
| Matt Miller | 862 |  |
| Serena Johnson | 861 |  |
| Kris Calvin | 861 | 857 |
| Karen Matson | 847 |  |

## Oregon LMSC 10 km Postal Swim Resultus 2012

## Place numbers are National Places

## OR = Oregon Record

* $=$ Oregon All-Time Top Twelve Time



## Relays

Women's $35+: 3 \times 10,000$
1 OREG (Criscione, Tyynismaa, Sweat) 7:59:37.83
Women's 45+: $3 \times 10,000$
1 OREG (Stark, Shuman, Orner)
12:16:50.18
Men's $25+: 3 \times 10,000$
1 OREG (Allender, Frost, Miller)
7:32:03.04 NR
Men's 45+: $3 \times 10,000$
1 OREG (Calvin, Fristoe, Lussier)
6:58:27.17 NR
Men's 55+: $3 \times 10,000$
1 OREG (Bruce, Richardson, Larson)
8:34:48.59
Mixed 25+: $4 \times 10,000$
1 OREG (Pryor, Criscione, Calvin, Miller)
10:39:26.58 OR
Mixed 45+: $4 \times 10,000$
1 OREG (Tyynismaa, Sweat, Fristoe, Lussier) 9:39:39.30 NR
Mixed 55+: $4 \times 10,000$
1 OREG (Stark, Shuman, Carter, Carew)
16:14:22.32 NR
Place
1
2
3
25

Club<br>OREGON<br>Illinois Masters<br>Masters of South Texas<br>SW WASHINGTON MASTERS

Points
14,930
9,062
3,925
773

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 threedigit 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 10-km swim-across gender and age group lines-here is the list of the top twelve swimmers in Quality Points:

| Place | Name | Points |  |
| :---: | :--- | ---: | :--- |
| 1 | Hardy Lussier | 1025 | NR |
| 2 | Mary Sweat | 915 |  |
| 3 | Tom Fristoe | 896 |  |
| 4 | Mark Frost | 897 |  |
| 5 | Kris Calvin | 854 |  |
| 6 | Terri Tyynismaa | 853 |  |
| 7 | Matt Miller | 849 |  |
| 8 | Bob Bruce | 842 |  |
| 9 | Pat Allender | 813 |  |
| 10 | Anicia Criscione | 785 |  |
| 11 | Allen Larson | 780 |  |
| 12 | Charles Grall | 773 |  |



# COMA AIIRROUnd Pentathion - SCM 

Bend, Oregon; December 8,2012
W = World Record (Includes National, Zone \&OR)
$Z$ E Zone Record.(includes OR if OREG Swimmer)
N 日 National Record (Includes Zone \& OR)
O OregonRecord

## Women 25-29

100 SC Meter Free
1 Hudec, Jessica
100 SC Meter Back
1 Hudec, Jessica
29 OREG 1:36.33

100 SC Meter Breast
1 Hudec, Jessica
100 SC Meter Fly
1 Hudec, Jessica
29 OREG 1:44.61
200 SC Meter IM
1 Hudec, Jessica
Women 30-34
50 SC Meter Free
1 Thompson, Elizabeth 34 OREG 38.04
100 SC Meter Free
1 Thompson, Elizabeth 34 OREG 1:21.45
200 SC Meter Free
1 Thompson, Elizabeth 34 OREG 2:55.29
1500 SC Meter Free
1 Johnson, Amy 33 OREG 20:13.70
2 Thompson, Elizabeth 34 OREG 25:11.34
200 SC Meter Back
1 Johnson, Amy 33 OREG 2:53.65
200 SC Meter Fly
1 Johnson, Amy
400 SC Meter IM
1 Johnson, Amy
33 OREG 2:54.49

Women 35-39
1500 SC Meter Free
1 Strausbaugh, E.
200 SC Meter Fly
1 Strausbaugh, E.
400 SC Meter IM
1 Strausbaugh, E. 36 OREG 6:35.05

## Women 40-44

100 SC Meter Free
1 Morgen, Cheryl
1500 SC Meter Free 1 Salton, Gillian
100 SC Meter Fly 1 Morgen, Cheryl 200 SC Meter Fly 1 Salton, Gillian
400 SC Meter IM
1 Salton, Gillian
2 Morgen, Cheryl

## Women 45-49

50 SC Meter Free
1 Nukaga, Mika 47 OREG 42.66 100 SC Meter Free
1 Gorman, Susan

46 OREG 1:19.42

50 SC Meter Breast
 100 SC Meter Breast
1 Gorman, Susan
2 Nukaga, Mika
200 SC Meter Breast
1 Nukaga, Mika
50 SC Meter Fly
1 Gorman, Susan
100 SC Meter IM
1 Nukaga, Mika
200 SC Meter IM
1 Gorman, Susan
Women 50-54
50 SC Meter Free
1 Goodman, Ann
100 SC Meter Free
1 Snider, Pam
2 Fox, Christina
200 SC Meter Free
1 Denney, Kris
1500 SC Meter Free
1 Denney, Kris
50 SC Meter Back
1 Goodman, Ann
100 SC Meter Back
1 Snider, Pam
2 Fox, Christina
50 SC Meter Breast
1 Goodman, Ann 100 SC Meter Breast
1 Snider, Pam
2 Fox, Christina
50 SC Meter Fly
1 Goodman, Ann
2 Fox, Christina
100 SC Meter Fly
1 Snider, Pam
200 SC Meter Fly
1 Denney, Kris
100 SC Meter IM
1 Goodman, Ann
200 SC Meter IM
1 Snider, Pam
2 Fox, Christina
Women 55-59
50 SC Meter Free
1 Buttram, Karen
100 SC Meter Free
1 Gannon, Laura 56 OREG 1:21.85
2 Worden, Laura 55 OREG 1:22.36

3 Buttram, Karen 200 SC Meter Free 1 Gannon, Laura
2 Harrington, Sue
3 Buttram, Karen
50 SC Meter Back
1 Harrington, Sue
100 SC Meter Back
1 Worden, Laura
2 Gannon, Laura
50 SC Meter Breast
1 Buttram, Karen
100 SC Meter Breast
1 Harrington, Sue
2 Worden, Laura
3 Buttram, Karen
50 SC Meter Fly
1 Harrington, Sue
100 SC Meter Fly
1 Worden, Laura
100 SC Meter IM
1 Gannon, Laura
200 SC Meter IM
1 Worden, Laura
2 Harrington, Sue
Women 60-64
50 SC Meter Breast
1 Gettling, Janet
100 SC Meter Fly
1 Gettling, Janet
400 SC Meter IM
1 Gettling, Janet
Women 65-69
100 SC Meter Free
1 Rousseau, Sandi
200 SC Meter Free
1 Whiter, Peggy 400 SC Meter Free

* Whiter, Peggy

800 SC Meter Free

* Whiter, Peggy 1500 SC Meter Free
1 Whiter, Peggy
50 SC Meter Back
1 Pierson, Ginger
100 SC Meter Back
1 Pierson, Ginger
2 Whiter, Peggy
50 SC Meter Breast
1 Pierson, Ginger
100 SC Meter Breast

| 55 PSM | $1: 30.89$ |
| :--- | ---: |
| 56 OREG | $2: 53.30$ |
| 55 OREG | $2: 58.05$ |
| 55 PSM | $3: 15.24$ |
| 55 OREG | 47.62 |
|  |  |
| 55 OREG | $1: 28.75$ |
| 56 OREG | $1: 36.02$ |
| 55 PSM | 48.83 |
| 55 OREG | $1: 41.27$ |
| 55 OREG | $1: 44.64$ |
| 55 PSM | $1: 47.60$ |
| 55 OREG | 42.08 |
| 55 OREG | $1: 23.33$ |
| 56 OREG | $1: 39.46$ |
| 55 OREG | $3: 15.43$ |
| 55 OREG | $3: 23.62$ |
| 64 OREG | 44.25 |
| 64 OREG | $1: 37.81$ |
| 64 OREG | $7: 38.03$ |
| 65 OREG | $1: 24.38$ |
| 69 OREG | $4: 01.06$ |
| 69 | $8: 41.55$ |

69 OREG 17:33.26
69 OREG 32:49.87
66 OREG 52.99
66 OREG 1:57.36
69 OREG 2:16.16
66 OREG 48.66
8.66

| Pierson, Ginger | 66 | OREG | 1:43. |
| :---: | :---: | :---: | :---: |
| 2 Rousseau, Sandi | 65 | OREG | 1:59.41 |
| 100 SC Meter Fly |  |  |  |
| 1 Rousseau, Sandi | 65 | OREG | 1:52.22 |
| 2 Pierson, Ginger | 66 | OREG | 1:55.60 |
| 100 SC Meter IM |  |  |  |
| 1 Rousseau, Sandi | 65 | OREG | 1:40.42 |
| Men 25-29 |  |  |  |
| 200 SC Meter Free |  |  |  |
| 1 Vanscoy, Devin | 28 | UNAT | 2:40.61 |
| 1500 SC Meter Free |  |  |  |
| 1 Vanscoy, Devin | 28 | UNAT | 22:49.33 |
| Men 35-39 |  |  |  |
| 50 SC Meter Free |  |  |  |
| 1 Arvizo, Rich | 37 | OREG | 26.38 |
| 100 SC Meter Free |  |  |  |
| 1 Miller, Matt | 35 | OREG | 1:04.22 |
| 2 Lantry, Todd | 37 | OREG | 1:04.56 |
| 1500 SC Meter Free |  |  |  |
| 1 Hemphill, Brian | 37 | OREG | 22:24.02 |
| 100 SC Meter Back |  |  |  |
| 1 Lantry, Todd | 37 | OREG | 1:16.52 |
| 100 SC Meter Breast |  |  |  |
| 1 Lantry, Todd | 37 | OREG | 1:19.73 |
| 50 SC Meter Fly |  |  |  |
| 1 Arvizo, Rich | 37 | OREG | 28.85 |
| 100 SC Meter Fly |  |  |  |
| 1 Lantry, Todd | 37 | OREG | 1:11.20 |
| 200 SC Meter Fly |  |  |  |
| 1 Hemphill, Brian | 37 | OREG | 2:48.64 |
| 200 SC Meter IM |  |  |  |
| 1 Lantry, Todd | 37 | OREG | 2:33.91 |
| 400 SC Meter IM |  |  |  |
| 1 Hemphill, Brian | 37 | OREG | 6:08.93 |
| Men 40-44 |  |  |  |
| 50 SC Meter Free |  |  |  |
| 1 Servant, Michael | 41 | OREG | 26.72 |
| 2 Kropp, Erik | 43 | OREG | 32.92 |
| 100 SC Meter Free |  |  |  |
| 1 Kropp, Erik | 43 | OREG | 1:11.79 |
| 50 SC Meter Back |  |  |  |
| 1 Servant, Michael | 41 | OREG | 32.37 |
| 50 SC Meter Breast |  |  |  |
| 1 Servant, Michael | 41 | OREG | 38.31 |
| 50 SC Meter Fly |  |  |  |
| 1 Servant, Michael | 41 | OREG | 29.62 |
| 100 SC Meter IM |  |  |  |
| 1 Servant, Michael | 41 | OREG | 1:09.76 |
| 200 SC Meter IM |  |  |  |
| 1 Kropp, Erik | 43 | OREG | 3:09.63 |
| Men 45-49 |  |  |  |
| 100 SC Meter Free |  |  |  |
| 1 Miller, Scott | 47 | OREG | 1:06.63 |
| 200 SC Meter Free |  |  |  |
| 1 Gessner, John | 46 | OREG | 2:16.45 |
| 1500 SC Meter Free |  |  |  |
| 1 Wursta, Steve | 47 | OREG | 22:24.22 |
| 100 SC Meter Back |  |  |  |
| 1 Miller, Scott | 47 | OREG | 1:16.89 |
| 2 Waud, Timothy | 45 | OREG | 1:36.80 |
| 100 SC Meter Breast |  |  |  |
| 1 Waud, Timothy | 45 | OREG | 1:23.6 |


| 2 Miller, Scott | 47 | OREG | 1:30.30 |
| :---: | :---: | :---: | :---: |
| 50 SC Meter Fly |  |  |  |
| 1 Gessner, John | 46 | OREG | 30.72 |
| 100 SC Meter Fly |  |  |  |
| 1 Miller, Scott | 47 | OREG | 1:15.88 |
| 2 Waud, Timothy | 45 | OREG | 1:19.24 |
| 200 SC Meter Fly |  |  |  |
| 1 Wursta, Steve | 47 | OREG | 3:28.97 |
| 200 SC Meter IM |  |  |  |
| 1 Miller, Scott | 47 | OREG | 2:50.24 |
| 400 SC Meter IM |  |  |  |
| 1 Wursta, Steve | 47 | OREG | 6:28.72 |
| Men 50-54 |  |  |  |
| 50 SC Meter Free |  |  |  |
| 1 Ivelich, Jim | 50 | OREG | 26.42 |
| 2 Littlefield, James | 52 | BWAQ | 30.90 |
| 3 Voeller, Jan | 51 | OREG | 33.82 |
| 4 Norville, Kent | 53 | OREG | 36.77 |
| 100 SC Meter Free |  |  |  |
| 1 Allender, Patrick | 54 | OREG | 1:02.61 |
| 2 Mcnulty, Osh | 51 | OREG | 1:04.62 |
| 200 SC Meter Free |  |  |  |
| 1 Boone, Lou | 51 | OREG | 2:38.62 |
| 1500 SC Meter Free |  |  |  |
| 1 Calvin, Kris | 50 | OREG | 20:00.49 |
| 50 SC Meter Back |  |  |  |
| 1 Littlefield, James | 52 | BWAQ | 34.13 |
| 2 Ivelich, Jim | 50 | OREG | 37.04 |
| 3 Voeller, Jan | 51 | OREG | 40.97 |
| 4 Norville, Kent | 53 | OREG | 52.51 |
| 100 SC Meter Back |  |  |  |
| 1 Mcnulty, Osh | 51 | OREG | 1:15.79 |
| 2 Allender, Patrick | 54 | OREG | 1:17.72 |
| 200 SC Meter Back |  |  |  |
| 1 Boone, Lou | 51 | OREG | 2:51.14 |
| 50 SC Meter Breast |  |  |  |
| 1 Ivelich, Jim | 50 | OREG | 36.07 |
| 2 Littlefield, James | 52 | BWAQ | 43.21 |
| 3 Voeller, Jan | 51 | OREG | 45.08 |
| 4 Norville, Kent | 53 | OREG | 49.34 |
| 100 SC Meter Breast |  |  |  |
| 1 Allender, Patrick | 54 | OREG | 1:17.75 |
| 2 Mcnulty, Osh | 51 | OREG | 1:26.19 |
| 200 SC Meter Breast |  |  |  |
| 1 Calvin, Kris | 50 | OREG | 3:04.21 |
| 2 Boone, Lou | 51 | OREG | 3:17.10 |
| 50 SC Meter Fly |  |  |  |
| 1 Ivelich, Jim | 50 | OREG | 32.12 |
| 2 Littlefield, James | 52 | BWAQ | 33.17 |
| 3 Norville, Kent | 53 | OREG | 42.80 |
| 4 Voeller, Jan | 51 | OREG | 47.62 |
| 100 SC Meter Fly |  |  |  |
| 1 Allender, Patrick | 54 | OREG | 1:10.70 |
| 2 Mcnulty, Osh | 51 | OREG | 1:12.56 |
| 200 SC Meter Fly |  |  |  |
| 1 Calvin, Kris | 50 | OREG | 2:45.67 |
| 2 Boone, Lou | 51 | OREG | 3:19.58 |
| 100 SC Meter IM |  |  |  |
| 1 Ivelich, Jim | 50 | OREG | 1:14.17 |
| 2 Littlefield, James | 52 | BWAQ | 1:20.36 |
| 3 Voeller, Jan | 51 | OREG | 1:33.16 |
| 4 Norville, Kent | 53 | OREG | 1:47.15 |


| 3 Henderson, Matt 50 SC Meter Fly | 63 | OREG | 51.13 | 1 Lake, Brent 200 SC Meter Free |  | OREG | 53.75 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 Mann, Steve | 60 | OREG | 31.93 | 1 Lake, Brent |  | OREG | 4:00.12 |
| 100 SC Meter IM |  |  |  | 1500 SC Meter Free |  |  |  |
| 1 Mann, Steve | 60 | OREG | 1:13.18 | 1 Lake, Brent | 74 | OREG | 31:34.85 |
| Men 65-69 |  |  |  | 50 SC Meter Back |  |  |  |
| 50 SC Meter Free |  |  |  | 1 Lake, Brent | 74 | OREG | 51.07 |
| 1 Rudolph, Roger | 69 | OREG | 40.91 | 200 SC Meter Back |  |  |  |
| 100 SC Meter Free |  |  |  | 1 Lake, Brent | 74 | OREG | 4:06.30 |
| 1 Hirschberg, Bren | 67 | OREG | 1:19.49 | 50 SC Meter Fly |  |  |  |
| 50 SC Meter Back |  |  |  | 1 Landis, Tom | 70 | OREG | 35.26 |
| 1 Hirschberg, Bren | 67 | OREG | 44.81 | 200 SC Meter IM |  |  |  |
| 2 Rudolph, Roger | 69 | OREG | 54.58 | 1 Landis, Tom | 70 | OREG | 3:00.67 Z |
| 50 SC Meter Breast |  |  |  | Men 75-79 |  |  |  |
| 1 Hirschberg, Bren | 67 | OREG | 47.39 | 200 SC Meter Back |  |  |  |
| 50 SC Meter Fly |  |  |  | 1 Thayer, George | 76 | OREG | 3:55.81 |
| 1 Rudolph, Roger | 69 | OREG | 46.82 | 50 SC Meter Breast |  |  |  |
| 100 SC Meter Fly |  |  |  | 1 Thayer, George | 76 | OREG | 51.57 |
| 1 Hirschberg, Bren | 67 | OREG | 1:29.12 | 100 SC Meter IM |  |  |  |
| 100 SC Meter IM |  |  |  | 1 Thayer, George | 76 | OREG | 1:52.86 |
| 1 Rudolph, Roger | 69 | OREG | 1:55.99 | Relays |  |  |  |
| 200 SC Meter IM |  |  |  | Men 120-159 400 S | Meter | Free | Relay |
| 1 Hirschberg, Bren | 67 | OREG | 3:26.14 | 1 OREG |  |  | 0 |
| Men 70-74 |  |  |  | 1) Arvizo, Rich |  | Lantry, | odd |
| 50 SC Meter Free |  |  |  | 3) Miller, Matt |  | Servant | Michael |


| Men 120-159 800 SC Meter Free Relay |  |
| :---: | :---: |
| 1 OREG | 9:21.02 |
| 1) Arvizo, Rich | 2) Servant, Michael |
| 3) Lantry, Todd | 4) Miller, Matt |
| Men 200-239 $\mathbf{2 0 0}$ SC Meter Free Relay |  |
| 1 OREG | 2:20.07 |
| 1) Wursta, Steve | 2) Kropp, Erik |
| 3) Henderson, Matt | 4) Voeller, Jan |
| Men 200-239 $\mathbf{8 0 0}$ SC Meter Free Relay |  |
| 1 OREG | 10:05.33 |
| 1) Tennant, Mike | 2) Mann, Steve |
| 3) Yensen, Kermit | 4) Calvin, Kris |
| Men 280-319 400 SC Meter Free Relay |  |
| 1 OREG | 6:12.64 |
| 1) Lake, Brent | 2) Rudolph, Roger |
| 3) Hirschberg, Bren | 4) Landis, Tom |
| Mixed 160-199 400 SC Meter Medley Relay |  |
| 1 OREG | 5:09.17 |
| 1) Salton, Gillian | 2) Ivelich, Jim |
| 3) Gessner, John | 4) Denney, Kris |
| Mixed 280-319 $\mathbf{2 0 0}$ SC Meter Medley Relay |  |
| 1 OREG | 3:16.27 |
| 1) Lake, Brent | 2) Thayer, George |
| 3) Gettling, Janet | 4) Whiter, Peggy |

## Major USMS Rule Changes

## Starts

- Swimmers starting in the water must have at least one foot on the wall and one hand in contact with the wall or starting block. (Articles 101.1.1 and 103.8.5)


## Swimwear for Pool Competition

- Medical identification items may be worn in competition. (Articles 102.12.1E and 102.13.9)
- Snorkels and neoprene caps are prohibited. (Articles 102.12.1E and 102.13.9)
- 


## Timing

- If the secondary timing system is a fully integrated video system, a tertiary system of one stopwatch per lane is not required. (Article 103.17.2C)
- When overhead video cameras replace timers, other meet personnel shall perform other duties normally performed by timers. (Articles 103.11.2A\&D, 103.11.3B, and 104.5.10C)
- If there is a touch-pad malfunction and fully integrated, stationary overhead cameras are operating properly as the secondary system, then the video camera time shall be the official time without adjustment. (Article 103.17.3D)


## Scoring

- For non-standard meets the LMSC and/or meet host may establish the scoring point values to suit the format of the meet. (Article 103.19.3)


## National Championship Meets

- All bids for a national championship meet shall be submitted to the chair of the Championship Committee no later than July 1 (or the next business day if July 1 falls on a Sunday or holiday). (Article 104.3.4)
- The Championship Committee may limit participation in the 800/1000 or the 1500/1650 freestyle to only those who meet the national qualifying time for that event. (Article 104.5.3C[2])
- A swimmer shall notify the meet host of a valid club transfer prior to the first event in which that swimmer competes. (Article 104.5.4A[3])
- National championship meet information shall be published according to Championship Committee policy. Entry forms and additional information shall be published on the USMS website. (Article 104.5.4B2)
- Eliminated the option of swimming two-to-a-lane in freestyle events over 200 meters.


## Pool Measurement

- Record applications and Top 10 submissions shall not be accepted unless certification of course length accompanies them or is on file with USMS or FINA. USA Swimming verification of pool length certification will be accepted if it meets the USMS requirements for pool measurement.


## COMA All-Round Challenge* <br> 12/8/2012

*Only those who completed all the distances for their category are listed
Short Distance

| PI Name <br> Women 50-54 | Team |  | Total | 50FLY | 50BK | 50BR | 50FR | 1001M |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  |  |
| 1 Goodman, Ann R | 53 | OREG | 3:58.35 | 37.98 | 37.04 | 45.87 | 33.48 | 1:23.98 |
| Men 40-44 |  |  |  |  |  |  |  |  |
| 1 Servant, Michael A | 41 | OREG | 3:16.78 | 29.62 | 32.37 | 38.31 | 26.72 | 1:09.76 |
| Men 50-54 |  |  |  |  |  |  |  |  |
| 1 Ivelich, Jim A | 50 | OREG | 3:25.82 | 32.12 | 37.04 | 36.07 | 26.42 | 1:14.17 |
| 2 Littlefield, James R | 52 | BWAQ | 3:41.77 | 33.17 | 34.13 | 43.21 | 30.90 | 1:20.36 |
| 3 Voeller, Jan | 51 | OREG | 4:20.65 | 47.62 | 40.97 | 45.08 | 33.82 | 1:33.16 |
| 4 Norville, Kent W | 53 | OREG | 4:48.57 | 42.80 | 52.51 | 49.34 | 36.77 | 1:47.15 |
| Men 55-59 |  |  |  |  |  |  |  |  |
| 1 Dwight, Charles B | 57 | OREG | 3:46.55 | 33.97 | 38.15 | 41.83 | 30.71 | 1:21.89 |
| 2 McVay, Bert E | 55 | OREG | 4:00.32 | 35.53 | 42.37 | 42.35 | 33.14 | 1:26.93 |
| Men 60-64 |  |  |  |  |  |  |  |  |
| 1 Mann, Steve A | 60 | OREG | 3:24.61 | 31.93 | 34.87 | 36.84 | 27.79 | 1:13.18 |

Medium Distance

| PI Name <br> Women 25-29 | Team | Total | 100FLY | 100BK | 100BR | 100FR | 200IM |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| 1 Hudec, Jessica <br> Women 50-54 | 29 | OREG | $10: 25.39$ | $1: 44.61$ | $1: 37.53$ | $1: 48.14$ | $1: 36.33$ | $3: 38.78$ |
| 1 Snider, Pam J | 51 | OREG | $9: 28.98$ | $1: 33.14$ | $1: 33.81$ | $1: 38.67$ | $1: 24.31$ | $3: 19.05$ |
| Women 55-59 <br> 1 Worden, Laura A <br> Men 35-39 | 55 | OREG | $9: 14.51$ | $1: 23.33$ | $1: 28.75$ | $1: 44.64$ | $1: 22.36$ | $3: 15.43$ |
| 1 Lantry, Todd <br> Men 45-49 | 37 | OREG | $7: 25.92$ | $1: 11.20$ | $1: 16.52$ | $1: 19.73$ | $1: 04.56$ | $2: 33.91$ |
| 1 Miller, Scott G <br> Men 50-54 | 47 | OREG | $7: 59.94$ | $1: 15.88$ | $1: 16.89$ | $1: 30.30$ | $1: 06.63$ | $2: 50.24$ |
| 1 Allender, Patrick <br> 2 McNulty, Osh | 54 | OREG | $7: 23.07$ | $1: 10.70$ | $1: 17.72$ | $1: 17.75$ | $1: 02.61$ | $2: 34.29$ |
| Men 55-59 <br> 1 Tennant, Mike | 51 | OREG | $7: 39.41$ | $1: 12.56$ | $1: 15.79$ | $1: 26.19$ | $1: 04.62$ | $2: 40.25$ |

Long Distance
PI Name Team Total 200FLY 200BK 200BR 200FR 4001M

Men 50-54
1 Boone, Lou
Men 55-59
1 Yensen, Kermit D

## Brute Distance

| PI Name <br> Women 30-34 <br> 1 Johnson, Amy E | Team | Total | 200FLY | 400IM | 1500FR |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Women 35-39 | 33 | OREG | 29:08.11 | $2: 54.49$ | $5: 59.92$ | $20: 13.70$ |
| 1 Strausbaugh, Elizabeth A | 36 | OREG | $32: 27.99$ | $3: 26.77$ | $6: 35.05$ | $22: 26.17$ |
| Women 40-44 <br> 1 Salton, Gillian G <br> Men 35-39 | 44 | OREG | $31: 28.66$ | $3: 12.94$ | $6: 17.46$ | $21: 58.26$ |
| 1 Hemphill, Brian T <br> Men 45-49 <br> 1 Wursta, Steve D <br> Men 50-54 | 37 | OREG | $31: 21.59$ | $2: 48.64$ | $6: 08.93$ | $22: 24.02$ |
| 1 Calvin, Kris |  |  |  |  |  |  |

USMS Rule Changes
Continued from page 13
(Article 105.1.6A\&B)

- Structural changes to a pool include resurfacing. (Article 105.1.6C)
- If a bulkhead is used and the initial pool length certification for all lanes is on file, the measurement rules and policies of FINA shall be the standard for events sanctioned by a FINA Masters member federation other than USMS. (Article 105.1.7E)
- If a bulkhead is used and the initial pool length certification for all lanes is on file, the measurement rules and policies of USA Swimming shall be the standard for Top 10 eligibility for events sanctioned by USA-S. The measurement rules and policies of USMS shall apply for dual sanctioned events. (Article 105.1.7F)


## All-American and All-Star

- All-Star criteria were added to the rule. (Article105.4)


## Facility Standards

- Water temperature from 25 to 28 degrees Celsius ( 77 to 82 degrees Fahrenheit) shall be maintained for competition. (Article 107.6)
- The rule requiring a line marking the midpoint of a long course pool has been deleted.


I have been an off-and-on swimmer, starting when my mother put me in Red Cross swim
classes when I was only two years old. From there, I swam at the Los Coyotes Country Club in southern California all through my age-group years and then I was on the swim and water polo teams at Sunny Hills High School in Fullerton, CA. Once I went to college, though, the twice-a-day workouts were too much to carry with my school load, so I stopped swimming for about ten years.

It was right before the 1984 Summer Olympics, being held nearby in Los Angeles, that I saw some TV shows that highlighted Olympic athletes and their sports. I saw a backstroker turn onto his stomach before doing a freestyle flip turn and I thought"that's illega!!" When I asked other people who were swimmers,I learned that the swimming rules had changed and it was now a legal backstroke turn. That's when I decided I had been away from the pool for too long.

So I got back into swimming and learned that I could put my head completely underwater in the breaststroke (previously you had to keep the forehead above the water). To me, it was a novel idea that a basic sport like swimming could change its rules. I had thought that the four strokes were unchanging, but after that I started to experiment with different styles of swimming. Unfortunately I stopped swimming again as my work took me to north L.A., San Diego and later to San Mateo (near San Francisco). The last move was right after I got married, and I settled into a job not far from an outdoor pool with Masters swimmers.

I had never heard of Masters swimming before, but being able to swim outside at noontime and get a tan in February was very appealing to me. I had a great swim coach who was from South Africa, and won a silver medal in butterfly at an Olympics. His workouts were suited for sprinters, and I discovered that I had "fast-twitch" muscles that made me a good sprinter. I started going to swim meets and over a few years my times dropped until I swam a 100 SCY free in 48 seconds! I set my first-ever Top Ten
 about the downtown sports club. Through her, I inquired about membership and was brought in for a two-week trial period. I wasn't used to swimming in a 50 -meter pool and was struggling to keep up with the swimmers. In fact, one swimmer later told me that she didn't think I would make it, but I was brought in as an athletic member with the additional responsibility of writing the monthly article about the MAC Masters swimmers. I was determined to do well at both swimming and writing, and fortunately I succeeded.

I became a regular swimmer at OMS meets and got to know all the MAC swimmers, and quite a few of the many Oregon swimmers. I quickly discovered my arch-rival, David Hathaway, who is only a year older and beats me in half the events we compete in. I still have the edge on the sprint events and even though we are both fierce competitors, we're also best of friends who share a beer after a meet, and even carpool to distant meets.

At some point I started watching some older swimmers race on relay teams, setting state, zone, national and even world records. I was quite impressed! When I heard that the every swimmer on

## Swimmer Spotlight

Continued from page 15
the OMS team was eligible for relays, because the teams would be recorded as OREG, I started looking into all the relay possibilities. There were too many to choose from because there were records for multiple age groups, mixed relays, different distances for both freestyle and medley relays, and the different regions. It seemed impossible to put together a relay team, figure out the age group and look up the records on paper. That didn't stop me, though. Being a computer programmer, I was able to write a program that could find every possible relay combination and sort them to find the fastest ones. Then a huge opportunity came along - all the swimmers times and relay records were posted on the Internet, and I could download them into my program!

Now I can find the swimmers who register for a meet online, get their recent times, and calculate record-breaking relays in just a few hours. When I discover my name in some of those relays, it's like getting free candy or finding spare cash in a pocket. It's exciting to find that I can be part of a zone record relay team, and to pull my OMS friends together for a four-man relay and to share high-fives after breaking a record. I think other people like it too, because when I go to meets I often seek out swimmers I've never met before and put them on relay teams with people they don't know. After they swim, they become friends for life! It's amazing to me how many great swimmers we have in Oregon and how eager we are to compete. Of course, it's easy to understand when some swimmers have gone on to set national and world records, myself included. I have received two FINA certificates for world records in relays, thanks to my friends in OMS.

Last year I turned 50 and set my second Top Ten individual time, this time in the 100 SCM individual medley. I have also been in 34 Top Ten relays in just four years, thanks to my program and all the willing relay teammates. But please don't think that all the relay times are taken! There are still plenty of relays in SCY, SCM and LCM, mens, womens and mixed, over a wide range of ages. In fact, one of my goals is to have Oregon take all of the Zone records; so don't be surprised if I come looking for you to swim a 50 butterfly, 100 breaststroke or 200 freestyle.

People sometimes ask me if I'm going to do any open water swims. I'm kind of interested in them, but I haven't entered one yet. Maybe I'm waiting for a 100 meter open water course, instead of those silly 5K cable swims!

I keep busy with swimming 4-5 times a week, sometimes adding TRX exercises on the side, to keep in shape. I usually eat a power bar and have a sports drink before each workout to keep me fueled, and afterwards I sometimes have a cheeseburger or other source of protein. In general, I try to keep my diet balanced with fruits and vegetables, and I take vitamin C and multi vitamins every day. Getting a good night's sleep is the most important thing for my swimming, because if I'm tired I don't push myself as hard in practice.

For me, swimming isn't just an exercise, it's become a lifestyle. I look forward to going to meets once every month or two, maintaining a regular training schedule, and staying in touch with my swimming buddies. I still write the monthly articles for the MAC, including biographies on new swimmers and coaches, and in my spare time I'm writing a mobile app to calculate relays on my smart phone while I'm at a meet. I put a lot into this sport, and I get a lot out of it too. I especially enjoy seeing swimmers at meets setting a personal best, cheering each other on, and making it an event to celebrate. Swimmers are great people!


Pictured are RVM (Rogue Valley Masters) guys. Left to right: Rich Arvizo, Michael Servant, Todd Lantry and Matt Miller. They set state records in both the $4 \times 100$ relay and $4 \times 200$ relay in the 120-159 age groups within 5 minutes of each other! And all that was done, after Todd had set a new state record for the mid-distance pentathlon in the 35-39 age group at 7:25.92.


# Hiking Tour in Italy 

By Stephen Darnell - OMS Records

In September, 2012, my father, a friend and I took a Rick Steves hiking tour of northern and central Italy. After flying in to Milan, we took a train right away to the north, to our first small hotel in Varenna, a small town on the east side of Lake Como in the Italian Alps. To the north and west, we could actually see Switzerland, at least the tops of some Swiss Alps mountains, from Varenna.


Lake Como is very deep and narrow, formed by glaciers in the last Ice Age. At over 400 meters deep, it is one of the deepest lakes in Europe. I don't know about the water temperature, but there was a cold wind blowing when we were there, and we certainly did not see anyone swimming or kayaking. There are mountains all around the lake, with snow at the highest elevations even in September.

Lake Como is well known for the attractive villas that have been built there since Roman times, when Pliny the Younger built the Comedia and the Tragedia resorts. The lake has many villas and palaces, and is widely regarded as one of the most beautiful lakes in Italy.

You have probably seen Lake Como in the movies. In Star Wars Episode II (2002), some of the scenes that take place on planet Naboo were shot at Villa del Balbianello, including the clandestine marriage of Anakin Skywalker and Padmé Amidala. In the film Ocean's Twelve (2004), the infamous thief Francois Toulour, a.k.a. The Night Fox, resides in the Villa Erba estate on Lake Como, where he has several encounters with Daniel Ocean, his rival thief. Locations around Lake Como appear several times in the James Bond movie Casino Royale (2006): Villa del Balbianello plays the hospital where James Bond recuperates, and in the final scene, James Bond hunts down Mr. White at his Lake Como estate, Villa La Gaeta, near the town of Menaggio.


On our second day in Varenna, we took a public ferry across the lake, first to the resort town of Bellagio (the Las Vegas resort was named after the Italian town), then to the small towns
of Menaggio and Cadenabbia on the west side of the lake. The ferry boats carry cars as well as people, as there are no bridges across Lake Como.

While walking along the lake just south of Cadenabbia, we came across a spectacular floating swimming pool in the lake, as you can see in several of the photos. The pool is associated with a fancy $19^{\text {th }}$ century lake-side palace hotel there, the Grand Hotel
 Tremezzo. But with cold, blustery winds that afternoon, there were no hotel guests using the pool. The pool is heated, about 15-18 meters long, and maybe 8 meters wide. I was wearing one of my U.S. Masters Swimming shirts that day, a cool coincidence.


Later in our Italy tour, we visited the Cinque Terre towns, a remote part of the Italian Riviera on the northwest part of the coast. We stayed in a small hotel in the northern-most town of Monterosso al Mare, right above the beach. After a long day of hiking, we finally went swimming there in the Ligurian Sea, a part of the Mediterranean Sea. The water temperature was about 76 degrees, and there were many locals and tourists in the water.

Once the sun set in Monterosso al Mare, the locals headed over to the nearby outdoor bocce courts to watch their friends compete, and the tourists headed to local restaurants for seafood adventures. Three of us shared a HUGE pot of seafood, all critters that the local fishermen caught that day. In the photo (next page), you can see crab, lobster, clams, mussels, shrimp, octopus, and plenty of other sea critters that I could not always identify.

Continued on page 18

# Swim Bits <br> by Ralph Mohr 

Occasionally I'll pick up a Runner's World magazine from the library to see what runners are doing, and I usually have two reactions: Wow! Look at the abs! And - I really like their suggestions for exercising well. I recently picked up the September, 2012, issue, and found a lot that could apply to swimming.

For example, under the heading, "Personal Best" the magazine listed " 5 Things Runners Must Do," i.e. "Sleep enough; Eat right; Recover; Get strong; Enjoy it!" What a great set of mantras for us in the water!

Sleep enough. Most people need six to eight hours of sleep, and when you increase your workouts, as you should be doing this fall, you'll need more sleep. Keep a consistent bedtime and wake-up time, even on weekends.

Eat right. Runners and swimmers need a balance of carbohydrates and protein for energy and recuperation. Eat lean meet, lots of green, red and orange vegetables, whole grains, and nuts, and avoid trans-fats, especially eating out. You could do very well by simply not eating anything that is semiprepared in a package or served within five minutes outside the house. It takes time to eat right.

Recover. We all get tired. Then rest. Take a day off. Naps are good.

Get strong. I've added a weight routine at the local high school gym on my off-swimming days. It is mostly bike and one set of moderate weights, focused on the torso and upper arms. Weight workouts can be done at home, too. Get a set of 10-20 pound barbells and a mat.

Enjoy it! If you do not like to swim, then why are you in the pool? I go because swimming is the one exercise I do well and because most of my friends happen to be all wet. We have a great time swimming outdoors all year long. It is just lovely swimming in the early morning mist as the sun comes up over the hill, and we just went 4400 yards with a lot of butterfly.

Runner's World also has a lot of workout tips that can apply to swimmers. This issue had a suggestion from a 5K runner to go "Short-Long-
Short" in a workout. Transferring the idea to swimming, after a warm-up one could do a set of short intervals, say, 10 or $20 \times 50$; then an LSD 1000, or $2 \times 500$ at a 1650 pace; kick; and finish with another set of 50 s or go $5 \times 100$ very fast.

In this issue there were three articles on food including recipes, features on Olympians, and then a section called "Mind and Body." The last considered on how to get "Back on Track" after a break in the summer routine, something we swimmers always face in the fall.

One answer the magazine gave was "Make Your [Swimming]Automatic" and listed three mantras to follow: Set a Cue. Do the same things before you swim to flick on the "time to exercise" switch. Reward Yourself. The reward could be a long shower, a smoothie, or the endorphin rush, but make the reward consistent. Repeat. The Romans had a phrase for it: Repetitio mater studiorum est. "Repetition is the mother of enthusiasm."

We have much to share with runners and other endurance athletes. Check out the magazines for runners and tri-athletes as well as our own publications.

## Hiking Tour

Continued from page 17
Other towns on our Italian tour were Alpi di Suisi (in the Dolomite Mountains), Bolzano (museum with the frozen 5,000 year-old Ice Man Otzi), Venice, Florence, Pisa, Voltarre, Siena, Assisi, Orvieto, and finally Rome. My friend took nearly 2,000

photos during our 17-day trip. You are welcome to send me an email with more specific questions about the Italy tour if you are interested. My email address should be listed on page 2 of this issue.

If you enjoy 3-8 hours of daily walking on your vacations, I highly recommend the Rick Steves tours of European countries. You have probably seen some of the Rick Steves travel programs on Oregon Public Broadcasting. The Rick Steves company is based in Edmonds, WA. There are about 100 tour guides working for his company in Europe during the spring/summer/ fall seasons. We are already tentatively planning to travel on another Rick Steves tour to Germany, Switzerland and Austria in September, 2014.

## Chehalem Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction \#373-S001
Eligibility: Currently registered USMS swimmers, 18 years and older.
Unregistered swimmers must submit a 2013 registration form and fee with this form.

Hosted by: Chehalem Swim Team
Location: Chehalem Aquatic Center
1802 Haworth
Newberg, OR 97132
25 yards $\sim 6$ lanes competition-electronic timing separate warm-up/down area

Meet Director: Christina Jentges • (503) 554-8050 • jentges@msn.com
Directions to Pool:Take I-5 (North or South) to the Tualatin/Sherwood Exit (289). Turn West onto Nyberg Road, which becomes the Tualatin/ Sherwood Road. Proceed through the community of Tualatin until you reach Sherwood ( 5 miles). In Sherwood, immediately past the Albertson's shopping complex, take a left (South) onto Hwy 99W. Continue on 99W to Newberg. In Newberg, turn Right onto Villa Road(Walgreens will be on your left). Turn right onto Haworth, and the pool is on your right.
All entrants must submit a photocopy of their CURRENT 2013 USMS REGISTRATION CARD WITH This entry.
ENTRY DEADLINE: POSTMARK NO LATER THAN WEDNESDAY January 16, 2013
Fill in lower portion completely
Fill in lower portion completely
RETURN LOWER PORTION

| Birthdate | Age _ Sex |
| :---: | :---: |
| 2013 USMS \# |  |
| USMS Club (0 | K, PNA, ETC) |

Name

| Address |  |
| :---: | :---: |
| City |  |
| State | ZIP |
| Phone | [ |

E-MAIL
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 5 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM distances of $200 y$ y 400 y OR 800 y ( 800 y FOR FREE RELAYS ONLY). THE $500 \& 1000$ FREESTYLES \& 400 IM WILL BE DECK SEEDED. CHECK in for these events and for the relays will close 30 min. before event is to be swum. All events will be seeded SLow To fast.

## SATURDAY, January 26

| 400 IM | (1) |
| :---: | :---: |
| 50 BREAST | (2) |
| 200 FREE | (3) |
| 100 FLY | (4) |
| * break* |  |
| MIXED FREE | RELAYS (5-7) |
| 100 BACK | (8) |
| 200 BREAST | (9) |
| 50 FREE | (10) |
| 200 IM | (11) |
| * break* |  |
| MEDLEY REL | AYS (12-15) |
| 500 FREE | (16) |


#### Abstract

"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: $\mathbf{\$ 2 0 . 0 0}$ • Make checks payable to Oregon Masters Swimming. SEnd Form(s) and fees(s) to: OMS Data Manager, PO Box 1072, Camas, WA 98607-1072

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

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

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

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

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

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

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

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

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

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

# ENTRY FORM AND WAIVER FOR MASTERS SWIMMERS Oregon City B/C Open <br> March 9-10, 2013 

Name

## Address

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

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

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

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

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

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

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

Signature $\qquad$ Date $\qquad$

## 2013 Mem bership Application ALL MEMBERSHIPS EXPIRE ON DECEMBER 31, 2013

$\qquad$ Renewal - my last USMS number was $\qquad$
New registration
$\square$ I do not have access to a computer/email


You can register online at: http://www.usms.org/reg/

Register with the same name you will use for competition. Please print clearly.

| Last Name |  |  |  | First Name |  | MI |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Street Address |  |  |  |  |  |  |
| City/State/Zip |  |  |  |  | Phone |  |
| Date of Birth (mm/dd/yy) | Age |  |  | E-mail address |  |  |
| RELATED MEMBERSHIPS I am a: $\qquad$ Masters Certified | RTIFIC | NS |  | I am a member of: | YMCA <br> USA Triathlon | Today's Date (required) |


| Please circle both the Club and the Workout Group you plan to swim with: |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| egon Masters (OREG): | $\square \mathrm{kWSC}$ | Killer Whales Swim Club | $\square$ PSM | Portland State Masters |
| AQDK Aquaducks Masters | $\square$ LGMS | La Grande Masters Swimming | $\square \mathrm{RVM}$ | Rogue Valley Masters |
| $\square$ BASS Baker Area Seasoned Swimmers | $\square$ LHST | LaCamas Head Hunters | $\square$ SYD | Sherwood YMCA Dragons |
| $\square$ BRSC Bearcat Swim Club | - LOM | Lake Oswego Masters | - TCso | Team Club Sport Oregon |
| CAT Corvallis Aquatic Team Masters |  | Multnomah Athetic Club Masters | $\square$ THB | Tualatin Hills Barracuda |
| CBAT Circumnavigating Beavers Aquatic Team | $\square$ NCMS | North Clackamas Masters Swimming | $\square \mathrm{Vsc}$ | Vancouver Swim Club |
| CGM Columbia Gorge Masters | - OPT | Oregon City Tankers OPEN Narwhals |  | V Valley Aqua |
| - EA Emerald Aquatics | $\square$ ORM | Oregon Reign Masters |  |  |
| $\square$ KAM Salem Kroc Masters | $\square$ PCCM | Portland Community College Masters | - DU | University of Oregon Swim Club |
| $\square$ KBM Klamath Basin Masters | $\square$ PEND | Pendleton Masters Swim Club |  |  |
| $\square$ I am not joining a Club and will be swimming Unattached (I realize I cannot swim on Relays) |  |  |  |  |


| Full Year Registration Nov. 1, 2012 - Dec. 31, 2013 : | Age 25-74 Years Old | Age 18-24 and 75+ Years Old |
| :---: | :---: | :---: |
| USMS full-year fee (\$33): | \$33 | \$33 |
| plus OMS LMSC (local governing body) fee (\$12): | \$12 | \$2 |
| plus DUCK and OREG, Club fee(\$5) (If applicable): | \$5 | \$5 |
| I wish to contribute this amount to the International Swimming Hall of Fame Foundation: |  |  |
| I wish to contribute this amount to the USMS "Swimming Saves Lives" Fund: |  |  |
| I wish to contribute this amount to Oregon Masters Swimming: |  |  |
| Total: | \$50 | \$40 |

Benefits of Membership include a subscription to USMS's magazine, SWIMMER, during the length of the membership year USMS Registered swimmers are covered with secondary accident insurance:

1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered. 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.
WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH
 ACTIVITES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature (required): $\qquad$ Date

Please make check for total fee plus any donation amounts payable to: Oregon Masters Swimming Mail check and completed form to: Susie Young, OMS Registrar, 14565 NW Salvia Ct., Portland, OR 97229


## Oregon Masters Swimming 2013 Workout Group (Local Team) Registration

This form must be received by the entry deadlines of 2013 OMS Association Championship and 2013 OMS Open Water Championships for a team to compete as a "Local Team" at those events.

## Team Name

$\qquad$

## Abbreviation

$\qquad$
Club
(up to 4 letters)

## Website

$\qquad$

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

Rep. Name $\qquad$
Address
Phone \#1 $\qquad$ Phone \#2 $\qquad$
E-mail

## Team Information

Approximate number of swimmer
Practice schedule (attach additional sheet, if necessary)

| Mon |  | Tues |
| :--- | :--- | :--- | :--- |
| Wed |  |  |
| Fri | Thurs |  |
| Sat |  |  |
| Sn |  |  |

## Coaches Information

Head Coach $\qquad$
Address
Phone \#1
Phone \#2 $\qquad$
E-mail
Assist. Coach $\qquad$
Phone \#1
Phone \#2 $\qquad$
E-mail

## Pool Information

Pool Name $\qquad$ Phone $\qquad$

## Address

# Aqua Master 

Meet Results<br>NW Zone Championships SCM<br>5 km \& 10 km Postal Swims<br>COMA All-Round Pentathlon Meet SCM



## Looking Ahead...



## OMS Board Meetings <br> Jan 14 <br> June 10

Feb 11
Mar 25
July 15
Aug 12
Oct 12 - Retreat
Apr 27


May 13



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

    Send address changes to Susie Young all other questions to Jackie Parker
    Volume 40, Number 1, January 2013

