



Aqua Master

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"Swimming for Life"

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Late Summer Fun!

by Charlie Helm

We had two great events to close out August and the summer swim season in Oregon. On August 17th we had the last open water event of the season at Eel Lake, which this year was also the OMS Open Water Championships location. It was the perfect weather for swimming. It was cloudy and overcast for the morning swims, which makes for nice even lighting conditions, and then soon after the final swim ended, the sun came out for the results and awards ceremony. Despite being the event furthest away from most swimmers, it was well attended as usual, and host team COMA and Coach Bob did their usual great job in running the event. Many of us enjoy camping with all the other swimmers at the adjoining Tugman State Park as much as the swims themselves. This year we had the second annual "Dan and Connie Super Bowl" potluck dinner which had great food and lots of socializing and fun. It's important to recover and unwind after a morning of tough swims!

After the Championship 1500 meter swim, the winning teams were announced. This year COMA scared off the other large teams, as they were the only ones in the Large Team Division, which meant they got another championship banner. Their



Barb Harris receives the Mike Moorehouse Award from hubby Bob Bruce

swimmers did make a good effort though, as they swam hard to get good results in their individual age groups. With all the other teams in the Small Team Division, it made the event even more competitive with more swimmers and teams than in prior years fighting it out for the 2013 Championship Banner. In a close contest, the OPEN Narwhals surprised themselves by winning the team title for the 5th year in a row. It was a fitting end to another great summer of open water swimming for OMS.

The following weekend we had the Gil Young Memorial, NW Zone LCM Championships at Mt. Hood CC Aquatic Center (also labeled as the Oregon Association LCM Championships). There was a good turnout this year and to say there were some good swims would be an understatement. How about 21 Oregon, 16 Zone, 6 National, and 5 World Records worth of good swimming! Check the results for the details as I don't have enough space to list each winner here. I will say, the World Records were for "Wink" Lamb (again!) plus 4 great OMS relay teams. Oregon Reign were again great hosts, and Meet Directors Coach Bake and Aubree didn't seem to be too stressed during the 3-day event. It was good to see a nice turnout from our zone neighbors to the north that also had some good swims. New this year was the OMS long course team championships which added a little competitiveness and another chance to represent your local team. There was also great sunny weather for most of the meet, but the rain decided to show up Sunday for the final events, right before I started my heat of the 400 free. Coincidence or not?! Hmmm.

What's Inside

Chair's Corner	2
Off the Block	3
Fit to Swim	4
Shake and Swim with "Bake"	5
Long Distance Swimming	6
Results	
Gil Young Meet, LCM	7
Articles	
Diana Nyad's Historic Swim	12
Other News	15
Swim Bits	16
Forms	
Tualatin Hills SCY	18
COMA 5th Annual All-Around Challenge	19
Schedule of Events	Back Page

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Chair's Corner

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Bob Bruce Wins USMS Open Water Service Award

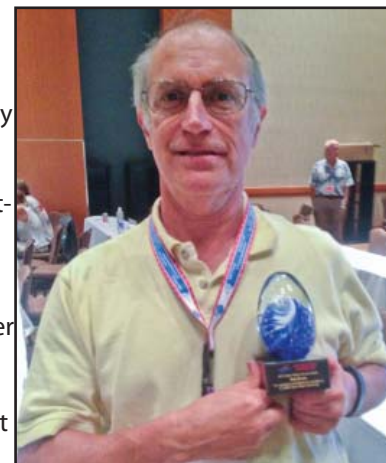
Back in June the OMS board unanimously agreed to nominate Bob Bruce for the U.S. Masters Swimming's inaugural Open Water Service Award. To be honest, it was a no brainer! OMS has one of the finest Open Water programs in the country thanks to Bob's enthusiasm, vision, leadership, and commitment not only to the Open Water and Long Distance programs but to Masters swimming in general.

On Friday, September 13, at the U.S. Aquatic Sports Convention in Garden Grove, California it was announced that Bob Bruce was the winner of the 2013, USMS Open Water Service Award. When I received the news, I was very pleased, as Bob is very, very deserving of the recognition.

Below is the nomination letter I, on behalf of OMS, submitted to the USMS awards committee:

"It is with honor and great pleasure that Oregon Masters Swimming nominates Bob Bruce for the USMS Open Water Service Award. We cannot think of anyone that is more deserving of this award than Bob. Open water competition in Oregon and the Northwest would not be as vibrant as it is if it wasn't for Bob's vision, enthusiasm, dedication, hard work, and organizational skills.

I have been on the board of Oregon Masters Swimming since Bob first introduced Open Water competition to our swimmers. His excitement and love for Open Water events was, and continues to be, contagious. Whenever Bob has wanted to expand the Open Water program he thoroughly explores the possibilities and figures out ways to address the obstacles. Bob has been innovative in expanding our open water season to include nine open water events in a typical season, which is a stellar accomplishment in a cool and short-summer-weather state like Oregon. His vision to create the first cable swim west of Indiana became a reality due to his vision and persistence. The Oregon Board has thoroughly supported Bob because he always comes to the board meetings very well prepared with details from his research of what it would take to make an event or activity successful and a positive experience for everyone.



continued on page 15

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

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Off the Block

About the Author—Rebecca A Eckland holds an MFA in nonfiction writing from Saint Mary's College. She also holds two Master of Arts degrees—one in English and the other in French, awarded by the University of Nevada, Reno, in 2009. Her work has appeared in *3/Go Magazine*, *The Rudder Magazine*, *Reno News and Review*, *Tahoe Quarterly*, *Tahoe Weekly*, *Lamorinda Weekly*, *Chicken Soup for the Cat Lover's Soul*, *The MeadoW*, and *MARY: A Journal of New Writing*. Her first book, *High Mileage*, recounts her attempt to qualify for the 2012 Olympic Trials in the marathon and is in consideration with publishers

Why I Love Swimming

Measuring love, one stroke at a time

Rebecca Eckland

Last summer I covered recreational swim championships for the sports section of a local newspaper. Although I'm a Masters swimmer now, I was never a swimmer growing up. The fanfare, the crowds, the team camaraderie: these were bright and glaring and, I admit, somewhat strange for me. Yet, the first event I watched was a 25-yard butterfly race for 6-and-under girls. Little bodies with impossibly small arms carrying them from one end to the pool to the other.

They were remarkably fast, or at least to me. I'd only learned the butterfly stroke a few months before, when I turned 30. Watching their progress poolside, I felt like I was sinking—those kids could swim faster than I can.

And they probably always will. But will they love the sport more than I do?

If love is equated with speed, well, then yes. But what about burnout—about training too much, too soon, so that whatever love you might have felt extinguishes itself in the splash of yet another meet, another practice?

A close friend of mine was a swimmer growing up. She spent summers in the water swimming for team "Encore Dolphin." Her event? The 100 fly—the one stroke I can't do much longer than 50 meters before my arms might fall off, but a stroke I love, regardless. She told me what she misses most about her swimming life was the team and the way everyone always cheered for each other.

"You don't miss the racing itself? The training?" I asked.

I really wanted to add: the dazzling dawns you see from the water? The way you learn to move in a new medium with a grace and strength you never thought you'd have? And the



butterfly? The glory it is to feel like a dolphin, mimicking the kick, strength itself, personified.

But she said: "It's the people I miss the most." Maybe there's something to that.

The majority of the time you spend in the water is shared with other bodies. Lanemates who hold the interval, pushing you beyond what might feel comfortable or what you thought was possible for your body to do. You get to hear the word "congratulations" after a workout or race done well; or commiserate after a hard set when you stand side-by-side, panting and breathless.

I've learned to look forward to practices where I'll have familiar faces to push me, to pace me. They are as important as the medium itself; these others who have a stronger kick and backstroke than I do; but who have to work to keep up with me when we don our paddles and pull.

Some swam as kids. Others did not.

No matter their history—or mine—we swim, our reasons silent beneath the stirring of whatever stroke moves us, practice after practice.

Fit to Swim

Avoiding Cold and Flu Season

Coach Aubree Gustafson



Cold and flu season is upon us! Inevitably, even for those of us who consider ourselves very careful, meticulously healthy people, we will come into contact with the cold or flu virus in the next few months either at home, work or workout. Summarized below are suggestions from the Centers for Disease Control (CDC) and WebMD on how to avoid getting sick this time of year. Prevention is key, and year round healthy habits can have an affect on your ability to fight off exposure to the common cold or flu.

First of all, avoid close contact with those who are known to be sick. Seems like common sense right? However, persons infected with the flu may be able to infect others up to a day before they develop symptoms and up to a week after becoming ill. This also means that if you are sick, keep your distance from others to protect them from being exposed. Cover your mouth and nose with a tissue whenever you cough or sneeze to help avoid spreading germs to those around you; lose the handkerchief. If you must go to work or other events, make sure to practice social distancing; keep a three-foot barrier between yourself and others, avoid close quarters and skip the handshakes until you're feeling better.

WASH YOUR HANDS! I cannot say this enough. If you adopt one practice from this article to help keep yourself from getting sick, and to do your part to help prevent the spread of the cold and flu virus, **THIS IS IT!** Washing your hands often will help keep you, and those you come into contact with, protected from germs and other ailments including the flu virus. If you sneeze, cough, blow your nose your next step should be to visit the nearest sink and wash your hands. Wash with soap and warm water for at least 15 seconds before drying. When soap and warm water are not available, use an alcohol based hand sanitizer. Also, try to avoid touching your eyes, nose or mouth without having washed your hands first. These areas contain mucous membranes that germs and other viruses like the flu can use as a primary route of entry into your system.

As far as the seasonal flu is concerned, the CDC states that the best way to prevent it is to get a flu vaccine or use flu antiviral medications that may be prescribed by your physician. However, there are things you can do everyday of the year to help prevent the spread of the common cold or seasonal flu. Clean and disinfect frequently touched surfaces, especially when

someone is ill. Eat your vegetables to help fuel your immune system to help fight off infections. Exercising regularly to help boost immunity, as well as getting plenty of sleep, and working to reduce everyday stressors that can inhibit the immune system are year-long habits that can help keep you healthy during the worst that cold and flu season has to offer.

P.S. For November's *Fit to Swim* article, I'm asking again for reader participation. Since the next article will come out during the holiday season, I would like to hear what you are thankful for. Also, if you would like to tell someone 'thank you', I'd like to hear about that too! You can share anonymously, just place the word "anonymous" in your submission, otherwise I will use your name with your submitted comments in the article. Send your submissions to me at aubree.gustafson@gmail.com; thanks in advance for sharing!



Women's relay at the Gill Young Meet

Shake and Swim with "Bake"

WWW.FALLSWIM

Coach Dennis Baker



Well, Winter swimming is just around the corner and I thought I would refresh everyone on a few tips for short course swimming. Hence the 3 Ws and I have been on the computer all week, ha ha! This Fall try and practice the 3 Ws and you will be well on your way to a great 25 yard or meter season.

1W. Walls: Make a goal to have better turns this season. Start by practicing slow perfect turns with no splash. We call these silent turns. Gradually increase your speed while maintaining form. Next find the right distance for you on the underwater push off. Make sure not to lose momentum to have a great breakout. Lastly, do great turns every time you workout. Yes, that means warm-up and cool down time.

2W. Weather: So we just got off a pretty hot summer where we all drank a lot of water to stay hydrated. What a lot of us don't realize is that the cold weather can be just as dehydrating. Make a pledge to yourself to bring a water bottle to every

practice, forever. This will pay off over the course of the season as well as a daily basis.

3W. Wake Up: Make it a habit to get to a morning practice at least once a week. Kicking in your metabolism early on in the day in the pool will help you in so many ways. I know this is a tough one. Working out in the morning will help your body be ready for those few meets that we have to race early. It will also help your general fitness and weight loss if you're trying to do that. Finally, if you get that morning practice in and you have the time you may just try a few days of doubles practices. Some of my swimmers try this when they can now and then and get a real boost from it during the season.

You will notice above I have used words like "goal", "pledge" and "habit". These are key words to a successful season of swimming. So come on, log in to www.fallswim and let's get busy.



Dave Radcliff, Tom Landis, Bob Bruce, & Steve Johnson set World, Zone, and Oregon records at the Gil Young meet



Pat Allender, Chris Tujo, Brent Washburne, & Scot Sullivan set Oregon and Zone records at the Gill Young meet

Long Distance Swimming

Coach Bob Bruce



We started the year with large insurance and sanction challenges, and the possibility that there might not be an Oregon open water season at all. However, with some help from USMS and a great deal of help from the OMS Board (thank you, thank you!), we managed to have a fine season. Although the Hagg Lake and the Portland Bridge Swim hosts decided to forego USMS sanction for good technical and financial reasons, we still had five sanctioned events to carry us through (we counted all seven events in the Oregon Series standings).

Let's recognize our season achievements and highlights:

- We hosted 22 swims at 7 venues this year, with our usual variety in courses, distances, and events.
- 274 Oregon swimmers from 24 Oregon local teams—along with 86 unattached swimmers—took part, totaling 846 swims. COMA again led local team participation by a wide margin with 64 swimmers having 275 swims.
- Visitors from other states joined us for 80 swims at our sanctioned events, and many more came to swim at our unsanctioned events (sorry, I don't have statistics on out-of-state visitors for those events).
- 46 Oregon swimmers swam in three or more venues. These swimmers all qualified for the Oregon Open Water Swim Series and handy glassware awards suitable for celebratory cold beverages. COMA again led with 19 qualifiers.
- 3 Oregon swimmers swam at 6 venues this year! Nobody made it to the elusive 7-venue mark.
- Kendra Wheeler and Mike Carew led participation with 17 swims, followed closely by Robin Bragg with 16 and Can Ergenekan with 15.
- The water was warmer at each venue than it had been in the previous two years. Hooray!
- The hospitality was again fantastic. There is no race hospitality anywhere quite like ours!
- We had fun!

Congratulations to...

- Our 3 USMS National Champions—Matt Miller (2.4-mile at Dana Point, CA), Ralph Mohr (1-mile at Livermore, CA),

and Dave Radcliff (5-km at Miromar Lakes, FL, & 2.4-mile at Dana Point, CA);

- Our USMS Cable Swim Record breaker Mary Sweat, who set new national records at BOTH the One & Two-mile cable swim distances at Foster Lake;
- Our 10 USMS cable swim relay record-breaking teams from the Oregon Club—6 at the one-mile distance and 4 at the two-mile distance—from the cable swims at Foster Lake (incidentally, having a local cable swim venue and hosting annual cable swims have been a huge bonanza for us, as the Oregon Club now holds 29 of the posted 36 USMS cable swim relay records in just three years after the course was built);
- Our 18 1500-meter Individual Association Champions from the swim at Eel Lake;
- Central Oregon Masters and OPEN Narwhals, again our Association Large and Small Team Open Water Champions respectively;
- Kendra Wheeler and Can Ergenekan, our Oregon Open Water Series Grand Champions;
- Barb Harris and Ron Thompson, our Mike Morehouse Award honorees;
- Michelle Macy, who completed her 'Oceans Seven' quest with her Irish channel crossing (to me, this is the greatest achievement in Oregon Swimming in the past decade, perhaps ever!);
- Joni Young and Bob Needham, who attacked the English Channel this summer (did you know that fewer people have crossed the Channel than have stood on the top of Mt. Everest?);
- Those many other Oregonians—and there were quite a few—who ventured (and who plan to venture still) afield to find special open water challenges this year;
- Our race directors, host teams, and myriad volunteers, to whom we owe a great deal;
- Our sponsors, who made our swims financially and logistically possible;
- Everyone who participated!

continued on page 11

Gil Young Meet, LCM

OMS Association LCM Championship/NW Zone LCM Championship

August 23-25, 2013; Gresham, Oregon; Team scoring results

O = Oregon Record	N = National Record (includes Oregon & Zone)
Z = Zone Record (includes Oregon)	W = World Record (includes Oregon, Zone, National)
* = Splits	~ = World only (doesn't include Oregon, Zone, National)
	X = Non-OMS Swimmer; didn't receive points for team awards

Women 18-24

50 LC Meter Freestyle			
1 Stacy, Jessica	24 MAC	31.38	
2 Foster, Carolyn	21 ORM	36.00	
X Powell, Valerie	20 PSMS	57.03	
100 LC Meter Freestyle			
1 Stacy, Jessica	24 MAC	1:07.72	
2 Foster, Carolyn	21 ORM	1:18.32	
X Powell, Valerie	20 PSMS	2:09.32	
200 LC Meter Freestyle			
1 Schmidt, Olivia	20 ORM	2:50.54	
2 Foster, Carolyn	21 ORM	2:54.64	
400 LC Meter Freestyle			
1 Schmidt, Olivia	20 ORM	6:03.40	
800 LC Meter Freestyle			
1 Schmidt, Olivia	20 ORM	12:14.54	
2 Foster, Carolyn	21 ORM	12:33.71	
1500 LC Meter Freestyle			
1 Schmidt, Olivia	20 ORM	24:12.34	
50 LC Meter Backstroke			
X Powell, Valerie	20 PSMS	1:26.78	
50 LC Meter Breaststroke			
1 Stacy, Jessica	24 MAC	39.69	
100 LC Meter Breaststroke			
1 Stacy, Jessica	24 MAC	1:26.53	
2 Schmidt, Olivia	20 ORM	1:47.17	
50 LC Meter Butterfly			
1 Stacy, Jessica	24 MAC	35.21	
2 Foster, Carolyn	21 ORM	38.55	

Women 25-29

800 LC Meter Freestyle			
1 Somera, Christine	28 ORM	10:35.78	
400 LC Meter IM			
1 Somera, Christine	28 ORM	5:59.77	

Women 30-34

50 LC Meter Freestyle			
1 Chan, Laura	30 ORM	37.15	
2 Olsen, Marion	33 OCT	43.86	
100 LC Meter Freestyle			
1 Olsen, Marion	33 OCT	1:41.23	
200 LC Meter Freestyle			
1 Olsen, Marion	33 OCT	3:54.70	
50 LC Meter Backstroke			
1 Olsen, Marion	33 OCT	1:00.04	
50 LC Meter Breaststroke			
1 Gustafson, Aubree	32 ORM	40.88	
2 Buelow, Vicky	32 ORM	44.38	
100 LC Meter Breaststroke			
1 Gustafson, Aubree	32 ORM	1:30.94	
2 Buelow, Vicky	32 ORM	1:42.14	

200 LC Meter Breaststroke

1 Gustafson, Aubree	32 ORM	3:16.56	
50 LC Meter Butterfly			
1 Chan, Laura	30 ORM	44.75	

Women 35-39

50 LC Meter Freestyle			
1 Skinner, Sonja	37 OCT	30.63	
2 Reeves, Tessa	35 OCT	31.45	
3 Harrison, Elizabeth	39 THB	47.87	
X Ashmann-Rice, C.	39 PSMS	35.32	
X Philipps, Colleen	37 PSMS	30.86	
100 LC Meter Freestyle			
1 Skinner, Sonja	37 OCT	1:06.17	
2 Johnson, Serena	36 LHST	1:09.39	
3 Jajewski, Suzy	38 ORM	1:18.27	
4 Harrison, Elizabeth	39 THB	1:42.62	
X Ashmann-Rice, C.	39 PSMS	1:18.51	
X Philipps, Colleen	37 PSMS	1:06.27	
200 LC Meter Freestyle			
1 Skinner, Sonja	37 OCT	2:32.51	
2 Johnson, Serena	36 LHST	2:34.11	
3 Reeves, Tessa	35 OCT	2:42.86	
4 Harrison, Elizabeth	39 THB	3:41.55	
X Ashmann-Rice, C.	39 PSMS	3:04.90	
X Philipps, Colleen	37 PSMS	2:27.42	
400 LC Meter Freestyle			
1 Reeves, Tessa	35 OCT	5:48.28	
2 Harrison, Elizabeth	39 THB	7:39.93	
800 LC Meter Freestyle			
1 Jajewski, Suzy	38 ORM	11:54.04	
2 Reeves, Tessa	35 OCT	12:05.53	
1500 LC Meter Freestyle			
1 Jajewski, Suzy	38 ORM	22:11.23	
50 LC Meter Backstroke			
1 Johnson, Serena	36 LHST	36.88	
X Ashmann-Rice, C.	39 PSMS	41.66	
100 LC Meter Backstroke			
1 Johnson, Serena	36 LHST	1:23.39	
2 Jajewski, Suzy	38 ORM	1:31.92	
X Ashmann-Rice, C.	39 PSMS	1:38.96	
* Johnson, Serena	36 LHST	1:18.67	
200 LC Meter Backstroke			
1 Johnson, Serena	36 LHST	2:51.20	
50 LC Meter Butterfly			
1 Skinner, Sonja	37 OCT	32.51	
2 Reeves, Tessa	35 OCT	36.60	
X Ashmann-Rice, C.	39 PSMS	37.96	
100 LC Meter Butterfly			
1 Skinner, Sonja	37 OCT	1:16.96	
2 Harrison, Elizabeth	39 THB	2:09.85	
200 LC Meter IM			
1 Skinner, Sonja	37 OCT	2:48.47	
2 Harrison, Elizabeth	39 THB	4:44.24	

Women 40-44

50 LC Meter Freestyle			
1 Ashworth, Charity	40 LHST	43.70	
100 LC Meter Freestyle			
1 Ashworth, Charity	40 LHST	1:43.36	
200 LC Meter Freestyle			
1 Smith, Jody	44 ORM	2:27.10	
X Singer, Shannon	43 PSMS	3:24.88	
800 LC Meter Freestyle			
1 Ashworth, Charity	40 LHST	16:43.06	
X Singer, Shannon	43 PSMS	14:01.51	
1500 LC Meter Freestyle			
1 Ashworth, Charity	40 LHST	32:40.64	
X Singer, Shannon	43 PSMS	26:54.73	
50 LC Meter Backstroke			
1 Ashworth, Charity	40 LHST	56.31	
X Forest, Anna	44 UTAH	43.02	
X Singer, Shannon	43 PSMS	50.24	
200 LC Meter Backstroke			
1 Smith, Jody	44 ORM	2:38.64	
X Singer, Shannon	43 PSMS	4:00.47	
50 LC Meter Breaststroke			
1 Frieder, Marisa	44 THB	45.34	
X Forest, Anna	44 UTAH	42.72	
100 LC Meter Breaststroke			
1 Frieder, Marisa	44 THB	1:38.26	
X Forest, Anna	44 UTAH	1:33.74	
200 LC Meter Breaststroke			
X Forest, Anna	44 UTAH	3:23.91	
50 LC Meter Butterfly			
1 Frieder, Marisa	44 THB	48.76	
100 LC Meter Butterfly			
1 Frieder, Marisa	44 THB	1:48.03	
200 LC Meter IM			
1 Ashworth, Charity	40 LHST	4:57.14	

Women 45-49

50 LC Meter Freestyle			
1 Asch, Jill	47 MAC	30.80	
2 Starr, Sarah	46 OCT	38.93	
100 LC Meter Freestyle			
1 Starr, Sarah	46 OCT	1:28.35	
200 LC Meter Freestyle			
1 Fadlovich, Angela	47 LHST	3:10.44	
1500 LC Meter Freestyle			
1 Fadlovich, Angela	47 LHST	26:11.61	
50 LC Meter Backstroke			
1 Asch, Jill	47 MAC	36.47	
100 LC Meter Backstroke			
1 Asch, Jill	47 MAC	1:23.86	
2 Fadlovich, Angela	47 LHST	1:50.24	
50 LC Meter Breaststroke			
1 Asch, Jill	47 MAC	40.92	
2 Starr, Sarah	46 OCT	49.23	

100 LC Meter Breaststroke
1 Asch, Jill 47 MAC 1:31.42

50 LC Meter Butterfly
1 Starr, Sarah 46 OCT 47.56

200 LC Meter Butterfly
1 Fadlovich, Angela 47 LHST 4:05.47

200 LC Meter IM
1 Fadlovich, Angela 47 LHST 3:54.31

400 LC Meter IM
1 Fadlovich, Angela 47 LHST 7:52.55

2 Bowman, Marcie 49 OMVM 9:22.43

Women 50-54

50 LC Meter Freestyle
1 Delmage, Arlene 51 ORM 31.18

2 Stuntzner, Denise 51 COMA 31.87

3 Vincent, Nancy 54 LHST 34.76

4 Redwine-Baker, R. 54 ORM 42.00

X Clutter, Cynthia 53 HMS 40.67

X Underbrink, Mary 54 PSMS 44.18

100 LC Meter Freestyle
1 Stuntzner, Denise 51 COMA 1:11.82

2 Vincent, Nancy 54 LHST 1:17.48

3 Andrade, Julie 52 THB 1:28.92

X Clutter, Cynthia 53 HMS 1:29.03

X Underbrink, Mary 54 PSMS 1:34.84

200 LC Meter Freestyle
1 Jenkins, Valerie 50 ORM 2:30.09

2 Stuntzner, Denise 51 COMA 2:40.22

3 Vincent, Nancy 54 LHST 2:56.55

X Underbrink, Mary 54 PSMS 3:51.85

800 LC Meter Freestyle
1 Bender, Sherry 54 LHST 16:14.03

X Clutter, Cynthia 53 HMS 13:28.97

1500 LC Meter Freestyle
1 Bender, Sherry 54 LHST 28:01.94

X Clutter, Cynthia 53 HMS 25:31.64

50 LC Meter Backstroke
1 Jenkins, Valerie 50 ORM 34.34

2 Andrade, Julie 52 THB 47.42

3 Redwine-Baker, R. 54 ORM 48.09

50 LC Meter Breaststroke
1 Vincent, Nancy 54 LHST 43.64

2 Andrade, Julie 52 THB 49.11

3 Redwine-Baker, R. 54 ORM 52.14

X Underbrink, Mary 54 PSMS 1:00.88

100 LC Meter Breaststroke
1 Vincent, Nancy 54 LHST 1:35.82

2 Andrade, Julie 52 THB 1:45.91

3 Redwine-Baker, R. 54 ORM 1:52.77

X Clutter, Cynthia 53 HMS 1:52.45

200 LC Meter Breaststroke
1 Vincent, Nancy 54 LHST 3:31.65

2 Andrade, Julie 52 THB 3:45.37

50 LC Meter Butterfly
1 Stuntzner, Denise 51 COMA 32.96

2 Delmage, Arlene 51 ORM 33.05

3 Andrade, Julie 52 THB 45.00

X Underbrink, Mary 54 PSMS 55.72

100 LC Meter Butterfly
1 Stuntzner, Denise 51 COMA 1:16.78

200 LC Meter Butterfly
1 Stuntzner, Denise 51 COMA 3:03.97

2 Bender, Sherry 54 LHST 3:59.79

200 LC Meter IM

1 Bender, Sherry 54 LHST 3:43.51

X Underbrink, Mary 54 PSMS 4:11.27

400 LC Meter IM
1 Delmage, Arlene 51 ORM 6:25.47

2 Bender, Sherry 54 LHST 7:49.03

Women 55-59

50 LC Meter Freestyle
1 Andrus-Hughes, Karen 56 ORM 30.39

2 Summers, Ellen 59 ORM 54.16

X Hair, Margaret 58 HMS 38.30

100 LC Meter Freestyle
X Hair, Margaret 58 HMS 1:22.27

* Andrus-Hughes, Karen 56 ORM 1:06.94

200 LC Meter Freestyle
1 Andrus-Hughes, Karen 56 ORM 2:32.81

2 Summers, Jeanna 59 ORM 3:05.52

400 LC Meter Freestyle
1 Summers, Jeanna 59 ORM 6:21.97

800 LC Meter Freestyle
X Hair, Margaret 58 HMS 13:29.35

X Larson, Linda 58 SFTL 12:03.73

1500 LC Meter Freestyle
1 Summers, Jeanna 59 ORM 24:28.42

X Hair, Margaret 58 HMS 26:23.76

X Larson, Linda 58 SFTL 23:15.54

50 LC Meter Backstroke
1 Andrus-Hughes, Karen 56 ORM 35.20

100 LC Meter Backstroke
X Hair, Margaret 58 HMS 1:46.29

200 LC Meter Backstroke
1 Summers, Jeanna 59 ORM 3:23.51

50 LC Meter Butterfly
X Hair, Margaret 58 HMS 42.50

X Larson, Linda 58 SFTL 41.91

100 LC Meter Butterfly
X Larson, Linda 58 SFTL 1:40.02

Women 60-64

50 LC Meter Freestyle
1 Royle, Mary Anne 61 ORM 37.66

X Kassen, Elizabeth 61 PSMS 37.65

100 LC Meter Freestyle
1 Royle, Mary Anne 61 ORM 1:23.33

X Kassen, Elizabeth 61 PSMS 1:22.75

200 LC Meter Freestyle
1 Royle, Mary Anne 61 ORM 3:08.58

400 LC Meter Freestyle
1 Royle, Mary Anne 61 ORM 6:32.83

2 Asleson, Elke 61 OMVM 7:15.36

800 LC Meter Freestyle
X Kassen, Elizabeth 61 PSMS 12:35.40

1500 LC Meter Freestyle
1 Royle, Mary Anne 61 ORM 25:18.15

X Kassen, Elizabeth 61 PSMS 23:53.59

50 LC Meter Backstroke
1 Hendryx, Teri 60 MAC 45.77

100 LC Meter Backstroke
1 Hendryx, Teri 60 MAC 1:40.63

2 Asleson, Elke 61 OMVM 1:47.44

200 LC Meter Backstroke
1 Asleson, Elke 61 OMVM 3:49.14

200 LC Meter Breaststroke
1 Hendryx, Teri 60 MAC 4:08.24

200 LC Meter Butterfly
1 Asleson, Elke 61 OMVM 4:10.42

200 LC Meter IM
1 Asleson, Elke 61 OMVM 3:53.37

400 LC Meter IM
1 Asleson, Elke 61 OMVM 8:07.74

1 Asleson, Elke 61 OMVM 8:07.74

Women 65-69

100 LC Meter Freestyle
1 Gettling, Janet 65 COMA 1:21.47

200 LC Meter Freestyle
* Gettling, Janet 65 COMA 3:13.25

400 LC Meter Freestyle
1 Gettling, Janet 65 COMA 6:33.76

2 Jenkins, Tam 65 ORM 8:08.94

50 LC Meter Breaststroke
1 Gettling, Janet 65 COMA 45.69

100 LC Meter Breaststroke
1 Gettling, Janet 65 COMA 1:42.43

50 LC Meter Butterfly
X Welch, Sarah 66 PSMS 43.15

100 LC Meter Butterfly
1 Gettling, Janet 65 COMA 1:42.80

200 LC Meter Butterfly
X Welch, Sarah 66 PSMS 3:46.32

Women 70-74

50 LC Meter Freestyle
1 Whiter, Peggy 70 COMA 45.22

2 Ellingson, Ethel 70 OMVM 1:10.00

100 LC Meter Freestyle
1 Ellingson, Ethel 70 OMVM 2:48.60

200 LC Meter Freestyle
1 Whiter, Peggy 70 COMA 4:09.01

400 LC Meter Freestyle
1 Whiter, Peggy 70 COMA 8:43.27

800 LC Meter Freestyle
1 Calnek-Morris, Sue 70 ORM 14:17.13

50 LC Meter Backstroke
1 Whiter, Peggy 70 COMA 1:00.91

2 Ellingson, Ethel 70 OMVM 1:20.48

50 LC Meter Butterfly
1 Ward, Joy 71 ORM 44.15

100 LC Meter Butterfly
1 Ward, Joy 71 ORM 1:50.85

* Ward, Joy 71 ORM 1:53.57

200 LC Meter Butterfly
1 Ward, Joy 71 ORM 4:17.24 Z

200 LC Meter IM
1 Ward, Joy 71 ORM 3:47.19

Women 75-79

100 LC Meter Freestyle
1 Kawabata, Geraldine 79 THB 1:57.36

200 LC Meter Freestyle
1 Kawabata, Geraldine 79 THB 4:14.17

X Varty, Eulah 79 MSBC 4:17.20

1500 LC Meter Freestyle
1 Kawabata, Geraldine 79 THB 33:50.63 Z

X Varty, Eulah 79 MSBC 35:43.46

50 LC Meter Backstroke
1 Kawabata, Geraldine 79 THB 1:05.02

100 LC Meter Backstroke
X Varty, Eulah 79 MSBC 2:14.06

100 LC Meter Breaststroke

X Varty, Eulah 79 MSBC 2:31.54

50 LC Meter Butterfly

1 Kawabata, Geraldine 79 THB 1:15.05

100 LC Meter Butterfly

X Varty, Eulah 79 MSBC 2:55.49

200 LC Meter IM

X Varty, Eulah 79 MSBC 4:54.47

Men 18-24

50 LC Meter Freestyle

1 Rolfe, Terry 24 UNAT 26.27

2 Aldred, Grant 20 OMVM 30.62

100 LC Meter Freestyle

1 Aldred, Grant 20 OMVM 1:08.84

1500 LC Meter Freestyle

1 Aldred, Grant 20 OMVM 20:59.11

50 LC Meter Backstroke

1 Rolfe, Terry 24 UNAT 29.59 Z

100 LC Meter Backstroke

1 Aldred, Grant 20 OMVM 1:26.16

200 LC Meter Butterfly

1 Aldred, Grant 20 OMVM 2:39.93

200 LC Meter IM

1 Rolfe, Terry 24 UNAT 2:30.22

2 Aldred, Grant 20 OMVM 2:58.81

Men 25-29

50 LC Meter Freestyle

1 Mcgrath, Michael 29 OREG 27.35

2 Wood, Nick 25 MAC 30.17

100 LC Meter Freestyle

1 Mcgrath, Michael 29 OREG 1:00.94

200 LC Meter Freestyle

1 Mcgrath, Michael 29 OREG 2:27.88

400 LC Meter Freestyle

1 Wood, Nick 25 MAC 5:12.42

2 Mcgrath, Michael 29 OREG 5:23.56

50 LC Meter Breaststroke

1 Wood, Nick 25 MAC 36.17

2 Mcgrath, Michael 29 OREG 36.85

100 LC Meter Breaststroke

1 Wood, Nick 25 MAC 1:20.51

200 LC Meter Butterfly

1 Wood, Nick 25 MAC 2:46.20

200 LC Meter IM

1 Wood, Nick 25 MAC 2:41.49

2 Mcgrath, Michael 29 OREG 2:44.42

Men 30-34

50 LC Meter Freestyle

1 Matthews, Jonathan 34 ORM 28.21

100 LC Meter Freestyle

1 Matthews, Jonathan 34 ORM 1:01.14

X Solano Ramirez, S. 33 PSMS 1:22.86

* Matthews, Jonathan 34 ORM 1:00.89

400 LC Meter Freestyle

1 Cleary, Kevin 30 THB 5:37.70

800 LC Meter Freestyle

1 Matthews, Jonathan 34 ORM 10:22.39

2 Jones, Brock 32 OREG 10:26.90

3 Giardina, Anthony 34 ORM 13:23.65

1500 LC Meter Freestyle

1 Jones, Brock 32 OREG 20:30.62

2 Giardina, Anthony 34 ORM 26:27.49

50 LC Meter Backstroke

1 Jones, Brock 32 OREG 36.02

X Solano Ramirez, S. 33 PSMS 41.93

200 LC Meter Breaststroke

1 Jones, Brock 32 OREG 3:07.91

100 LC Meter Butterfly

1 Cleary, Kevin 30 THB 1:07.05

200 LC Meter Butterfly

1 Cleary, Kevin 30 THB 2:36.16

Men 35-39

50 LC Meter Freestyle

1 Olsen, Byron 35 OCT 27.89

X Rice, Kenneth 39 PSMS 27.86

100 LC Meter Freestyle

1 Olsen, Byron 35 OCT 1:01.99

2 Johnson, Aaron 39 LHST 1:13.50

X Adams, James 36 HMS 1:02.61

X Rice, Kenneth 39 PSMS 1:02.09

200 LC Meter Freestyle

1 Johnson, Aaron 39 LHST 2:50.33

X Adams, James 36 HMS 2:18.35

X Rice, Kenneth 39 PSMS 2:30.51

800 LC Meter Freestyle

X Adams, James 36 HMS 10:07.15

1500 LC Meter Freestyle

X Adams, James 36 HMS 19:04.64

50 LC Meter Backstroke

X Rice, Kenneth 39 PSMS 33.20

100 LC Meter Backstroke

1 Johnson, Aaron 39 LHST 1:43.18

200 LC Meter Backstroke

1 Johnson, Aaron 39 LHST 3:42.43

50 LC Meter Breaststroke

1 Olsen, Byron 35 OCT 36.82

X Rice, Kenneth 39 PSMS 39.50

100 LC Meter Breaststroke

1 Johnson, Aaron 39 LHST 1:47.33

200 LC Meter Breaststroke

1 Johnson, Aaron 39 LHST 3:50.75

50 LC Meter Butterfly

1 Olsen, Byron 35 OCT 28.98

X Adams, James 36 HMS 29.66

X Rice, Kenneth 39 PSMS 30.74

200 LC Meter IM

1 Olsen, Byron 35 OCT 2:45.90

X Adams, James 36 HMS 2:36.81

Men 40-44

50 LC Meter Freestyle

1 Duus, Gabe 43 ORM 27.61

2 Gethoefer, John 41 ORM 30.14

3 Ashworth, Ryan 40 LHST 39.51

100 LC Meter Freestyle

1 Ashworth, Ryan 40 LHST 1:33.81

X Nelson, Kirk 43 PSMS 59.09

200 LC Meter Freestyle

1 Gethoefer, John 41 ORM 2:30.38

X Nelson, Kirk 43 PSMS 2:10.42

400 LC Meter Freestyle

X Jelen, Doug 40 PSMS 4:59.12

X Nelson, Kirk 43 PSMS 4:38.11

X Ness, Kerry 44 PSMS 7:31.90

800 LC Meter Freestyle

1 Tujo, Christian 42 MAC 11:03.38

X Nelson, Kirk 43 PSMS 9:33.08

1500 LC Meter Freestyle

1 Tujo, Christian 42 MAC 21:21.13

50 LC Meter Backstroke

1 Duus, Gabe 43 ORM 31.89

2 Ashworth, Ryan 40 LHST 56.70

X Jelen, Doug 40 PSMS 33.11

X Ness, Kerry 44 PSMS 47.78

100 LC Meter Backstroke

1 Duus, Gabe 43 ORM 1:07.97

2 Ashworth, Ryan 40 LHST 2:22.46

X Ness, Kerry 44 PSMS 1:53.22

50 LC Meter Breaststroke

1 Gethoefer, John 41 ORM 38.35

X Ness, Kerry 44 PSMS 46.77

100 LC Meter Breaststroke

1 Gethoefer, John 41 ORM 1:25.19

X Ness, Kerry 44 PSMS 1:45.38

200 LC Meter Breaststroke

1 Gethoefer, John 41 ORM 3:02.97

X Ness, Kerry 44 PSMS 3:51.72

50 LC Meter Butterfly

1 Duus, Gabe 43 ORM 28.11

100 LC Meter Butterfly

1 Duus, Gabe 43 ORM 1:03.95

X Jelen, Doug 40 PSMS 1:11.43

200 LC Meter Butterfly

X Jelen, Doug 40 PSMS 2:40.10

200 LC Meter IM

1 Tujo, Christian 42 MAC 2:44.99

2 Gethoefer, John 41 ORM 2:53.16

X Nelson, Kirk 43 PSMS 2:32.56

400 LC Meter IM

X Jelen, Doug 40 PSMS 5:32.70

Men 45-49

50 LC Meter Freestyle

1 Clydesdale, Bill 46 ORM 27.92

2 Thessin, Tyler 48 TCSO 31.98

3 Crowson, Todd 48 LHST 32.14

4 Ferguson, Scott 45 OREG 32.94

5 Galbraith, David 49 THB 35.95

6 Donahue, Matthew 47 UNAT 36.40

7 Huang, Allen 49 VSC 37.33

100 LC Meter Freestyle

1 Clydesdale, Bill 46 ORM 1:01.53

2 Crowson, Todd 48 LHST 1:12.53

3 Ferguson, Scott 45 OREG 1:13.55

4 Thessin, Tyler 48 TCSO 1:19.25

5 Huang, Allen 49 VSC 1:38.20

200 LC Meter Freestyle

1 Thessin, Tyler 48 TCSO 3:12.86

* Sullivan, Scot 47 MAC 2:16.27

400 LC Meter Freestyle

1 Waud, Timothy 46 OCT 5:13.74

1500 LC Meter Freestyle

1 Crowson, Todd 48 LHST 25:09.49

X Mcknight, Patrick 47 GMUP 21:28.04

50 LC Meter Backstroke

1 Sullivan, Scot 47 MAC 32.62

2 Peters, Keith 48 ORM 32.77

3 Waud, Timothy 46 OCT 37.41

4 Galbraith, David 49 THB 45.74

5 Crowson, Todd 48 LHST 46.76

100 LC Meter Backstroke

1 Peters, Keith 48 ORM 1:10.79

50 LC Meter Breaststroke

1 Clydesdale, Bill 46 ORM 35.50

2 Sullivan, Scot 47 MAC 35.85

3 Waud, Timothy 46 OCT 37.85
 4 Thessin, Tyler 48 TCSO 40.61
 5 Ferguson, Scott 45 OREG 42.95
 6 Donahue, Matthew 47 UNAT 45.73
 7 Galbraith, David 49 THB 47.94
 8 Huang, Allen 49 VSC 53.15

100 LC Meter Breaststroke

1 Sullivan, Scot 47 MAC 1:18.79
 2 Clydesdale, Bill 46 ORM 1:20.79
 3 Waud, Timothy 46 OCT 1:22.26
 4 Thessin, Tyler 48 TCSO 1:31.88
 5 Donahue, Matthew 47 UNAT 1:47.53
 6 Huang, Allen 49 VSC 1:54.74

200 LC Meter Breaststroke

1 Sullivan, Scot 47 MAC 2:50.24
 2 Waud, Timothy 46 OCT 3:07.65
 3 Thessin, Tyler 48 TCSO 3:31.23
 4 Donahue, Matthew 47 UNAT 4:01.19

50 LC Meter Butterfly

1 Ferguson, Scott 45 OREG 40.76
 2 Galbraith, David 49 THB 48.73
 3 Huang, Allen 49 VSC 59.22

100 LC Meter Butterfly

1 Ferguson, Scott 45 OREG 1:37.11

200 LC Meter IM

1 Ferguson, Scott 45 OREG 3:13.46
 2 Galbraith, David 49 THB 4:10.44
 X Mcknight, Patrick 47 GMUP 2:57.06

400 LC Meter IM

1 Waud, Timothy 46 OCT 5:48.98

Men 50-54

50 LC Meter Freestyle

1 Washburne, Brent 52 MAC 30.71
 2 Hancock, Douglas 51 OPEN 32.02
 3 Mcallister, Mark 50 UNAT 32.20
 X Pearson, Jay 52 PSMS 31.16
 X Phillips, Daniel 50 PSMS 28.16
 X Stack, Ned 54 PSMS 26.72
 X Yarrow, Mike 52 PSMS 38.91

100 LC Meter Freestyle

1 Christensen, Douglas 50 OREG 1:05.83

2 Mcallister, Mark 50 UNAT 1:10.98
 3 Hancock, Douglas 51 OPEN 1:12.60

X Pearson, Jay 52 PSMS 1:07.89
 X Powell, Frank 53 PSMS 1:10.25
 X Stack, Ned 54 PSMS 59.00

X Yarrow, Mike 52 PSMS 1:26.65

200 LC Meter Freestyle

X Yarrow, Mike 52 PSMS 3:18.48

400 LC Meter Freestyle

1 Baker, Dennis 52 ORM 4:32.17 **Z**
 2 Washburne, Brent 52 MAC 5:37.89

800 LC Meter Freestyle

1 Mcallister, Mark 50 UNAT 12:16.42
 X Haynie, Carl 53 PSMS 11:46.97
 X Phillips, Daniel 50 PSMS 10:27.34
 X Yarrow, Mike 52 PSMS 14:23.38

1500 LC Meter Freestyle

1 Hancock, Douglas 51 OPEN 23:44.68
 X Haynie, Carl 53 PSMS 22:41.96

50 LC Meter Backstroke

1 Washburne, Brent 52 MAC 33.69
 X Haynie, Carl 53 PSMS 33.42

X Pearson, Jay 52 PSMS 37.20
 X Powell, Frank 53 PSMS 39.02
 X Yarrow, Mike 52 PSMS 48.35

100 LC Meter Backstroke

X Haynie, Carl 53 PSMS 1:12.54
 X Pearson, Jay 52 PSMS 1:21.76
 X Powell, Frank 53 PSMS 1:28.87
 X Yarrow, Mike 52 PSMS 1:49.59

200 LC Meter Backstroke

X Haynie, Carl 53 PSMS 2:48.92

50 LC Meter Breaststroke

1 Howell, Richard 54 LHST 37.68
 2 Washburne, Brent 52 MAC 38.62
 X Phillips, Daniel 50 PSMS 34.65

100 LC Meter Breaststroke

1 Howell, Richard 54 LHST 1:24.90
 X Phillips, Daniel 50 PSMS 1:18.54

200 LC Meter Breaststroke

1 Howell, Richard 54 LHST 3:12.20

50 LC Meter Butterfly

1 Christensen, Douglas 50 OREG 28.54 **O**
 2 Washburne, Brent 52 MAC 31.04
 X Stack, Ned 54 PSMS 28.31

100 LC Meter Butterfly

1 Christensen, Douglas 50 OREG 1:07.18
 2 Howell, Richard 54 LHST 1:26.60

200 LC Meter Butterfly

1 Baker, Dennis 52 ORM 2:16.12
 2 Howell, Richard 54 LHST 3:15.88

200 LC Meter IM

1 Christensen, Douglas 50 OREG 2:40.55

2 Washburne, Brent 52 MAC 2:52.93
 3 Howell, Richard 54 LHST 3:00.93

4 Mcallister, Mark 50 UNAT 3:06.78
 X Haynie, Carl 53 PSMS 2:52.31
 X Phillips, Daniel 50 PSMS 2:38.55
 X Powell, Frank 53 PSMS 3:13.68

400 LC Meter IM

1 Mcallister, Mark 50 UNAT 6:47.27

Men 55-59

50 LC Meter Freestyle

1 Darnell, Stephen 59 LHST 39.69
 2 Helm, Charlie 57 OPEN 42.92

100 LC Meter Freestyle

1 Allender, Patrick 55 CAT 1:04.72
 2 Wren, Mark 55 ORM 1:16.04
 3 Darnell, Stephen 59 LHST 1:31.76
 X Keller, John 57 PSMS 1:15.31

200 LC Meter Freestyle

1 Wren, Mark 55 ORM 2:45.37
 2 Helm, Charlie 57 OPEN 4:02.85

400 LC Meter Freestyle

1 Allender, Patrick 55 CAT 5:03.02
 2 Helm, Charlie 57 OPEN 8:38.87

800 LC Meter Freestyle

X Keller, John 57 PSMS 13:27.77
 X Underbrink, Dan 57 PSMS 12:10.33

50 LC Meter Backstroke

1 Darnell, Stephen 59 LHST 46.85
 2 Helm, Charlie 57 OPEN 1:03.73

100 LC Meter Backstroke

1 Darnell, Stephen 59 LHST 1:50.26
 X Underbrink, Dan 57 PSMS 1:32.83

200 LC Meter Backstroke

1 Darnell, Stephen 59 LHST 4:10.55
 X Underbrink, Dan 57 PSMS 3:34.60

50 LC Meter Breaststroke

1 Allender, Patrick 55 CAT 36.04

100 LC Meter Breaststroke

1 Allender, Patrick 55 CAT 1:17.85
 2 Darnell, Stephen 59 LHST 1:56.48
 3 Helm, Charlie 57 OPEN 2:32.27
 X Underbrink, Dan 57 PSMS 1:36.82

200 LC Meter Breaststroke

1 Allender, Patrick 55 CAT 2:47.74
 X Underbrink, Dan 57 PSMS 3:22.90

50 LC Meter Butterfly

X Underbrink, Dan 57 PSMS 39.28

Men 60-64

50 LC Meter Freestyle

1 Tennant, Mike 60 COMA 27.38 **Z**
 2 Mann, Steve 61 COMA 29.16
 3 Brockbank, Doug 60 ORM 29.50

100 LC Meter Freestyle

1 Tennant, Mike 60 COMA 1:01.24 **Z**
 2 Larson, Allen 60 ORM 1:10.97

200 LC Meter Freestyle

1 Larson, Allen 60 ORM 2:39.81

400 LC Meter Freestyle

1 Larson, Allen 60 ORM 5:52.68

800 LC Meter Freestyle

1 Larson, Allen 60 ORM 12:04.21

1500 LC Meter Freestyle

1 Larson, Allen 60 ORM 23:10.00
 X Watts, David 61 WMAC 23:46.88

50 LC Meter Backstroke

1 Edwards, Wes 60 LHST 33.15
 2 Brockbank, Doug 60 ORM 34.75
 3 Mann, Steve 61 COMA 35.17

100 LC Meter Backstroke

1 Edwards, Wes 60 LHST 1:27.09

200 LC Meter Backstroke

1 Edwards, Wes 60 LHST 2:41.04

50 LC Meter Breaststroke

1 Mann, Steve 61 COMA 38.15

50 LC Meter Butterfly

1 Edwards, Wes 60 LHST 30.30
 2 Tennant, Mike 60 COMA 31.06
 3 Brockbank, Doug 60 ORM 32.16
 4 Mann, Steve 61 COMA 32.21

100 LC Meter Butterfly

1 Tennant, Mike 60 COMA 1:11.93 **O**

400 LC Meter IM

1 Edwards, Wes 60 LHST 6:11.10 **O**

Men 65-69

50 LC Meter Freestyle

1 Bruce, Bob 65 COMA 31.64
 2 Stout, Jon 67 OREG 31.65
 3 Foges, John 69 OREG 37.44
 4 Jenkins, James 66 ORM 47.45

100 LC Meter Freestyle

1 Jenkins, James 66 ORM 1:50.35

200 LC Meter Freestyle

X Campen, Gary 69 PSMS 3:46.71

400 LC Meter Freestyle

X Walker, Thomas	66	PSMS	7:55.86
800 LC Meter Freestyle			
1 Johnson, Steve	65	EA	11:38.98
2 Foges, John	69	OREG	16:35.32
X Walker, Thomas	66	PSMS	16:42.34
1500 LC Meter Freestyle			
1 Cronin, Jed	65	THB	22:46.68
50 LC Meter Backstroke			
1 Stout, Jon	67	OREG	39.62
2 Jenkins, James	66	ORM	1:08.22
X Spencer, Rick	65	PSMS	41.47
100 LC Meter Backstroke			
X Spencer, Rick	65	PSMS	1:30.62
X Walker, Thomas	66	PSMS	2:04.56
200 LC Meter Backstroke			
X Campen, Gary	69	PSMS	4:26.65
X Spencer, Rick	65	PSMS	3:14.45
200 LC Meter IM			
X Walker, Thomas	66	PSMS	4:41.75
Men 70-74			
50 LC Meter Freestyle			
1 Von Tagen, Karl	70	MAC	35.21
2 Smith, Robert	70	OREG	35.29
100 LC Meter Freestyle			
1 Landis, Tom	71	COMA	1:09.50
400 LC Meter Freestyle			
1 Landis, Tom	71	COMA	5:52.07
2 Smith, Robert	70	OREG	6:54.58
800 LC Meter Freestyle			
* Landis, Tom	71	COMA	11:43.14
1500 LC Meter Freestyle			
1 Landis, Tom	71	COMA	22:03.10
50 LC Meter Backstroke			
1 Smith, Robert	70	OREG	39.78
100 LC Meter Backstroke			
1 Smith, Robert	70	OREG	1:29.39
200 LC Meter Backstroke			
1 Smith, Robert	70	OREG	3:17.66

400 LC Meter IM			
1 Landis, Tom	71	COMA	6:50.94
Men 75-79			
50 LC Meter Freestyle			
1 Flores-Fiol, Oscar	75	UNAT	41.23
50 LC Meter Backstroke			
1 Thayer, George	77	COMA	47.08
100 LC Meter Backstroke			
1 Thayer, George	77	COMA	1:46.31
200 LC Meter Backstroke			
1 Thayer, George	77	COMA	4:09.71
100 LC Meter Breaststroke			
1 Thayer, George	77	COMA	2:11.44
50 LC Meter Butterfly			
1 Flores-Fiol, Oscar	75	UNAT	55.24
Men 90-94			
200 LC Meter Freestyle			
1 Lamb, Willard	91	ORM	3:49.45
400 LC Meter Freestyle			
1 Lamb, Willard	91	ORM	8:09.64
1500 LC Meter Freestyle			
1 Lamb, Willard	91	ORM	31:15.97W
50 LC Meter Backstroke			
1 Lamb, Willard	91	ORM	54.96N
100 LC Meter Backstroke			
1 Lamb, Willard	91	ORM	2:05.70
200 LC Meter Backstroke			
1 Lamb, Willard	91	ORM	4:30.54N
Oregon Relays			
Women 200-239 200 LC Meter Medley Relay			
1 OREG			3:25.82
1) Andrade, J. 52		2) Frieder, M. 44	
3) Harrison, E. 39		4) Kawabata, G. 79	
Women 200-239 400 LC Meter Medley Relay			
1 OREG			5:09.45 W
1) Jenkins, V. 50		2) Asch, J. 47	
3) Delmage, A. 51		4) Andrus-Hughes, K. 56	
Women 240-279 400 LC Meter Free Relay			

1 OREG			5:12.57
1) Andrus-Hughes, K. 56		2) Ward, J. 71	
3) Gettling, J. 65		4) Delmage, A. 51	
Men 100-119 800 LC Meter Free Relay			
1 OREG			9:57.56 Z
1) Wood, N. 25		2) Cleary, K. 30	
3) Mcgrath, M. 29		4) Matthews, J. 34	
Men 120-159 400 LC Meter Free Relay			
1 OREG			4:08.58 O
1) Matthews, J. 34		2) Mcgrath, M. 29	
3) Clydesdale, B. 46		4) Duus, G. 43	
Men 160-199 800 LC Meter Free Relay			
1 OREG			9:36.00 Z
1) Sullivan, S. 47		2) Tujo, C. 42	
3) Allender, P. 55		4) Washburne, B. 52	
Men 240-279 400 LC Meter Free Relay			
1 OREG			4:13.13 W
1) Mann, S. 61		2) Brockbank, D. 60	
3) Edwards, W. 60		4) Tennant, M. 60	
Men 280-319 800 LC Meter Free Relay			
1 OREG			10:28.53 W
1) Landis, T. 71		2) Radcliff, D. 79	
3) Bruce, B. 65		4) Johnson, S. 65	
Mixed 100-119 400 LC Meter Medley Relay			
1 OREG			4:59.67 Z
1) Johnson, S. 36		2) Wood, N. 25	
3) Stacy, J. 24		4) Mcgrath, M. 29	
Mixed 160-199 200 LC Meter Free Relay			
1 OREG			2:26.14
1) Galbraith, D. 49		2) Frieder, M. 44	
3) Andrade, J. 52		4) Cleary, K. 30	
Mixed 200-239 400 LC Meter Medley Relay			
1 OREG			4:49.68 ~W
1) Jenkins, V. 50		2) Allender, P. 55	
3) Stuntzner, D. 51		4) Washburne, B. 52	
Mixed 280-319 800 LC Meter Free Relay			
1 OREG			12:26.57 Z
1) Jenkins, V. 50		2) Lamb, W. 91	
3) Ward, J. 71		4) Landis, T. 71	

For full Zone results, go to: http://www.swimmoregon.org/results/2012-2013/ResultsGilYoung_USMS_LCM_20130823_Splits.htm

LONG DISTANCE

Continued from page 6

Enough about open water for now. Another postal challenge awaits as we start our new school and swim training year! October and early November is the season for **National 3000-yard & 6000-yard Postal Championships**. These swims must be completed between September 15th and November 15th. These swims provide solid early season training swims, great conditioning benchmarks, fun team-building events, and are a must for aspiring distance swimmers. As the OMS Long Distance Chair, I would like to see you participate, and would love to see the Oregon Club successfully defend the National Club Title in both 3000 and 6000-yard events; let's not get complacent. See http://www.usms.org/longdist/ldnats13/3k6k_entry.pdf for information & entry blanks, get your split sheet at http://www.usms.org/longdist/1hr_3000_6000_splits.pdf, and get to it! Remember that you can swim these events in a 25-meter pool by doing a 3000 or 6000-meter swim and converting the time to yards. I know, I know, you gotta swim a bit further, but it finally allows those who only have access to 25-meter pools to participate. Just do it!

Good luck and good swimming!

OMS Team Rankings at the Gil Young Meet

Large Team		
Place	Team	Points
1	Oregon Reign Masters	539
Medium Team		
1	LaCamas HeadHunters	325
2	Multnomah Athletic Club	198
3	Central Oregon Masters Aquatic	183
4	Oregon City Tankers	165
5	Tualatin Hills Barracudas	146
Small Team		
1	Oregon Mid-Valley Masters	89
2	Open Narwhals	39
3	Corvallis Aquatic Team Masters	30
4	Team Club Sport Oregon	24
5	Vancouver Swim Club	7
6	Emerald Aquatics	6

Diana Nyad's Historic Swim

Information gleaned from several different web sites.



Bonnie Stoll applying pure lanolin to Diana's body

United States endurance swimmer Diana Nyad, 64, walked onto the Key West shore Monday, becoming the first person to swim from Cuba to Florida without the help of a shark cage. She had swum 110.4 miles.

Diana arrived at the beach 52 hours, 54 minutes and 18.6 seconds after she began her swim in Havana on Saturday. Just before 2 p.m., as she approached the shoreline of Key West with a Coast Guard escort, crowds of cheering fans, waded into the water to greet her, they surrounded her, taking pictures and cheering her on. Once on the beach, she told the audience that she had 3 messages: #1 "we should never, ever, give up; #2 you're never too old to chase your dreams; #3 it looks like a solitary sport but it's a team." In the video she looked weak and dazed. She was put on a stretcher, they started an IV, she hung around with her fans for a while, and eventually was taken to the hospital for evaluation. She stayed just 1 hour, and the doctors said she just needed food, water and much-needed rest.

Diana's journey began Saturday morning when, with a shout

of "Courage!", she jumped from the seawall of the Hemingway Marina into the waters off Havana. Her escort boat, Voyager, contained the support team, who were to give her water, nourishing food, protect her from jellyfish, monitor her heart rate, etc. They had equipment that generated a faint electrical field around her, which was designed to keep sharks away.

The XTreme Dream Team, were about 40 members in total on four boats. The names of the other boats involved were: "Dreams Do Come True," "Sentimental Journey," and "Kinship."

She wore a full bodysuit, gloves, booties and a mask only at night, when jellyfish rise to the surface. Before the swim, she said the kit would slow her down, but she believed it would be effective. All the special equipment was necessary because of the Box Jellyfish; their venom is the most deadly in all of our oceans. Diana told reporters that, "more people have died from Box stings than shark bites since 1950. The venom instantly penetrates the bloodstream and nervous system so that the heart, lungs and spinal cord go into paralysis. One is lucky to live through their stings. I've lived through, twice now, but am coming back this time with full armor, having learned the hard way that they are out there every single night ... and they are brilliant at finding any inch of animal protein in their range."

Just a note of interest: six and a half hours into the swim, co-captains Pam Morris, Jeff Lewis, and Judy Montague on the boat "Dreams Do Come True" (carrying independent observers and media team) noticed a change of water flow signaled by an accumulation of plastic and garbage ahead of them. There are places in the ocean—"changes in the water flow," as Jeff calls it—"where right at the edges everything gathers, like in a ditch: chunks of plastic, garbage, you name it." "Sea turtles mistake the plastic bags for jellyfish, which they eat and it kills them," said Pam.



Body suit with mask for night swimming

To prepare for the dusk and night hours on Sunday night, when jellyfish and other stinging creatures are more prevalent, Diana put on her jellyfish protection suit at her 6 p.m. feeding stop. Because she struggled so much with the protective mask on Saturday night, the team made a decision not to put it on right away. Instead, the parts of her face that were exposed were slathered with a protective cream, dubbed "Sting Stopper," that was created by jellyfish expert Angel Yanagihara and the University of Hawaii. Additionally, a diver was in the water with Diana at all times to look for box jellies. If any box jellies were detected, the mask would go on immediately. Only 1 box jelly was spotted the entire swim.

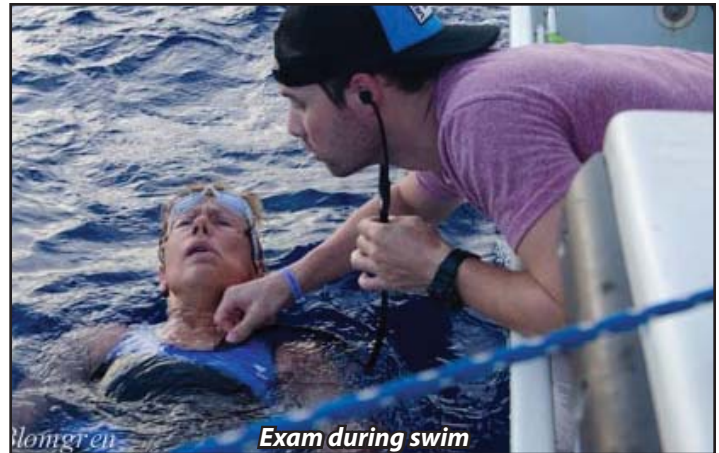
Diana was so cold on Sunday night that her support people didn't stop to feed her, figuring she would stay warmer if she kept going. Her tongue and lips were swollen by sun and seawater, and she had abrasions in her mouth from the special silicone mask meant to keep the jellyfish at bay.

A special moment for Diana was when she was visited by dolphins! One team member counted 50 playing in the wake, while another looked up to see dozens more leaping above the water.

The "official" observer, Janet Hinkle, along with co-observer Roger McVeigh, made sure Diana obeyed rules associated with this competitive swim. Her handlers can feed her, rub chafing cream on her shoulders, apply sunscreen to her lips, and make sure she has enough water to stay hydrated. What is strictly taboo is giving her any assistance with making progress on the swim - hanging on boats, etc. But there's another rule that's just as important. It's not in any rule book, it's one of Diana's own making. "She never, ever wants to know what time it is or how far she has gone," says Bonnie Stoll, Diana's most trusted handler. "It's a psychological thing," adds navigator John Bartlett.

As you can probably imagine, swimming a straight line or any sort of course through the Straits of Florida would be difficult, if not impossible. So several years ago, John Bartlett envisioned a line in the water that would mimic the white lines on the bottom of a pool. He built a 25-foot wooden boom that extends out from the starboard side of Voyager. Attached to the boom is a white streamer made out of sail material that drags in the water. The result is a line for Diana to follow, just as if she were in a swimming pool. It doesn't matter where the boat navigates, Diana will follow the streamer wherever it goes. At night the team engineered a string of red lights that they attach, so Diana can follow the line of red lights all night long.

Diana had been vomiting every time she drank throughout the night, but once the jellyfish mask was removed she ate some pasta and was able to keep it down. The doctors did not administer any nausea medication. The only medication Diana took was Tylenol.



Exam during swim

And she just kept going. Her heart set on finishing this swim - something she'd wanted to complete almost her whole adult life. She says she performs mental tricks to keep herself going, counting her strokes in English, German, Spanish and French and singing songs to herself. "There's a song list in my brain of 85 songs," she told a news conference on Tuesday. "Neil Young is my favorite."

Diana greatly appreciates her team of experts. "The mental concentration of 53 hours of nonstop swimming is something to behold and respect. The physical duress is something to behold as well but never, ever, ever, could I do this without this team here," she told a news conference.

Diana received over 1 million visits for her swim, from over 600,000 unique visitors. Users visited from all over the world.

At a press conference just before the swim, Diana addressed the "why" question. She said, "Teddy Roosevelt said something like, don't criticize the person who gets in the ring. Don't berate the one who gets dirty and bloody and then fails—at least they are there; they are not timid. I want to be in the ring and be bold and just go for it."

For Diana, this was her one last time.



Support Boat

Eel Lake Photos

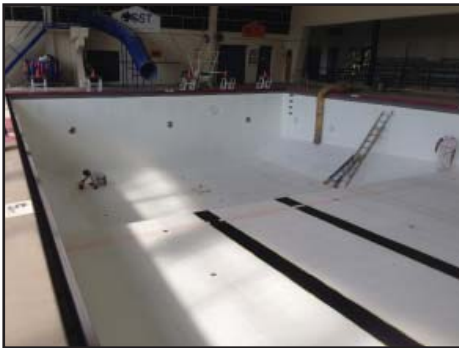
by Ed Ramsey



Other News

Oregon City Pool

While some pools are threatening to close, Oregon City pool has community support. It is being refinished with new paint and tile. North Clackamas Aquatic Park was also closed. So where do swimmers go when their pool is closed for repair? The Cove?



USMS Level 3 Coaches Clinic will be held November 16

USMS Coaches Certification Clinic Level 3 is to be held Saturday, November 16, at David Douglas High School from 8 am to 2 pm. Coaches need to have taken levels 1 and 2 before level 3. There will also be a swim clinic on Sunday, November 17, at David Douglas. Further information will be sent out in the near future.



Tim Waud interviewed on "The Morning Swim Show"

Watch an interview of Tim at http://www.youtube.com/watch?v=yo_S8IWIAI&feature=c4-overview&list=UUSM7sc-icgSes5s3p-M0OnhQ. He was interviewed by Jeff Commings, which was aired on Wednesday, September 18.

Tim was one of 14 volunteers who received the U.S. Masters Swimming Dorothy Donnelly Award on September 13, at the U.S. Aquatic Sports Convention in Garden Grove, California. In the interview, he talks about his role on the OMS Board and what he learned at the recent USMS convention.

CHAIR'S CORNER

continued from page 2

There is no doubt ... Oregon Masters swimmers look forward to the Open Water season. Not only are the events well organized and well run, but Bob has introduced some fun events like the 'swim with your dog' novelty swim and an open water event in a pool. All of these enhancements have served to introduce reticent open water swimmers to the concepts of how to be successful in an open water swim.

Bob has also served as the OMS motivator and cheerleader who encourages OMS swimmers to swim and enter the USMS postal swim events. He faithfully sends out the Top Ten list of why one 'needs' to participate in these events. His success in this endeavor is evident by the performance of the Oregon club as number one in the nation in almost every one of those events the past 5 years.

Bob has been active on the National level for the past 12 years and on the Long Distance Committee (10 years) and Open Water Committee (2 years). He has demonstrated his organizational and leadership roles within these committees and has directed 6 open water National Championship events himself, and mentored 3 other Oregon open water event directors during national championships."

On behalf of all the OMS swimmers, **CONGRATULATIONS, BOB**, on winning the first annual USMS Open Water Service Award.

Very cool award given to Bob as the Open Water Service Award



Swim Bits

by Ralph Mohr

Lately we seem to be in a frenzy of programs of physical challenges such as Tough Mudders, Cross Fit and Color Runs, but I still think the most difficult endurance event of all time is swimming the English Channel. The easiest way to gauge the Channel's difficulty is simple: more people have reached the top of Mount Everest than have swum the English Channel under Channel rules.

I now know of another physical challenge that a triathlete friend of mine alerted me to, the Ö Till Ö race near Stockholm. The "Ö" in the name means "island," and that is what the race is, "island to island."

Teams of two race together in the Stockholm archipelago of the Baltic Sea, swimming between 19 islands and running on them to the next swim. The total distance is 75K (46.6 miles), of which 10K (6.2 miles) are swimming and 65K (40.4 miles) are running. If they threw in three hours of bicycling, they would have a real ultimate triathlon!

The website (<http://www.otillo.se/>) of Ö Till Ö shows it all. Click on "Course" and you get six maps of the route. Click on "Times and Distances," and you learn that the longest swim between islands is about a mile and the longest run is almost 12K. Imagine running that in the midst of a race 6-10 hours after you start!

Keep in mind, too, that the water temperature between the islands can be between 10 and 16 degrees Celsius (50-60.8 degrees Fahrenheit), just like the English Channel. Wet suits are mandatory, but these are suits you must be able to run a marathon in, besides clambering in and out of the water from one

rocky island to another. You also swim with your shoes on. Check the race out. It's fascinating!

Sweden has also given us another endurance idea that predates "Ö Till Ö" by more than 70 years. Many of us are familiar with the term, "fartlek," which means in Swedish, "speed-play." Fartlek blends continuous training with intervals of various intensity.

Originally developed for runners, fartlek is a very good early season training device, especially for those starting out. You swim continuously, as most beginners do, but add speed work occasionally without stopping. When the stress gets too high, back off, and swim easy again, all without stopping.

Fartlek is good training for those who don't have much time for a workout. Plan your total distance for the day, say, 2000 or 45 minutes or whatever. In the continuous swim put in 10 x 50 semi-fast with a 25 or 50 of easy swimming in-between. The slower swimming does not have to be any set distance. You can wait until you are comfortable before going fast again.

I use fartlek, going 5 x 200 with a 25 shag on my back in-between, which then becomes 5 x 200 on 4'. It is also what Bob Bruce calls "active rest" in his workouts, swimming an easy 100 between interval sets. Swimming easy between hard sets helps the muscles get rid of lactic acid.

When you use the idea of swimming continuously with speed work interspersed with easy swimming, thank the Swedes for the idea. You can also look at the challenge of doing the "Ö Till Ö" race in 2014, but that is all I'll do. Look.



Ö Till Ö Facts

To finish the course between dawn and dusk demands that the competitors are fit, and that they have practiced a good technique to be quick in and out of the water, as there are at least 38 in and outs.

There are a total of 100 spots available for the race. A spot is filled by a team of two persons, and they have to stay together at all times. They cannot be more than 100 metres apart on land and not more than 10 metres apart during swimming.

The air temperature is usually 50°-68° F; water temperature 50° - 60.8° F.

The wetsuits worn are generally thin triathlete wetsuits with long legs and long arms and are worn all the time except for the longest runs.

Throughout the course there are 'cut offs'. The teams need to pass these by a certain time to be able to continue racing.

The race is always held the first Monday in September. From the 2013 results, the finish times were between 8:35:00 and 14:26:58.

—Information is taken from <http://www.otillo.se>

Eel Lake Photos

by Charlie Helm



Large Team Champions COMA



Small Team Champions OPEN Narwhals



TUALATIN HILLS SHORT COURSE YARDS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-S009

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

Place: Tualatin Hills Aquatic Center Pool
15707 SW Walker Rd.
Beaverton, Oregon
6 lanes competition-electronic timing
Continuous warm-up/down area

DATE: Saturday Nov 9, 2013

WARM-UPS: 8AM
MEET STARTS: 9AM

Meet director: Julie Andrade • 503-649-3839 • andradejuliea@yahoo.com

Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

Submit a 2013 registration card with this form.

ENTRY DEADLINE: POSTMARK NO LATER THAN WEDNESDAY OCTOBER 30, 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, DUCK, PSM, ETC) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100. RELAY AGES: 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. 200, 400 AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 1650 FREESTYLE WILL BE POSITIVE CHECK-IN AND DECK SEEDED. CHECK-IN OPENS AT 8AM AND CLOSSES AT 8:30AM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.**

Saturday November 9, 2013

1650 FREE (1) _____ : _____ . _____

***BREAK* (event #2 will not begin before 10:30am)**

100 BACK (2) _____ : _____ . _____

200 FLY (3) _____ : _____ . _____

50 BREAST (4) _____ : _____ . _____

100 IM (5) _____ : _____ . _____

FREE RELAYS (6-11)

*** BREAK ***

100 FREE (12) _____ : _____ . _____

200 BACK (13) _____ : _____ . _____

50 FLY (14) _____ : _____ . _____

MIXED MEDLEY RELAYS (15-16)

*** BREAK ***

100 BREAST (17) _____ : _____ . _____

200 FREE (18) _____ : _____ . _____

50 BACK (19) _____ : _____ . _____

200 IM (20) _____ : _____ . _____

MIXED FREE RELAYS (21-23)

BREAK

100 FLY (24) _____ : _____ . _____

200 BREAST (25) _____ : _____ . _____

50 FREE (26) _____ : _____ . _____

MEDLEY RELAYS (27-30)

"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: \$20.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072

5th Annual All-Around Challenge: Short Course Meters Pentathlon & Brute Squad Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction # 373-S010

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

Hosted by: Central Oregon Masters Aquatics (COMA)
Juniper Swim & Fitness Center
800 NE 6th St., Bend, OR

25 meters
8 lanes competition-Colorado electronic timing system
At least 4 lanes of continuous warm-up/down

DATE: Saturday, December 7, 2013

WARM-UPS: NOON
MEET STARTS: 1PM

Meet director: Bob Bruce • Phone: 541-317-4851 • E-mail: coachbob@bendbroadband.com

Directions to the pool: From North or South, take Business Highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool. Park in the North Lot or adjacent streets.

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

ENTRY DEADLINE: RECEIVED BY Friday, November 29, 2013

SCISSOR FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY SCISSOR

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE (AS OF 12-31-13) _____ SEX _____

2013 OR 2014 USMS # _____

USMS CLUB (OREG, SWMS, DUCK, ETC) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. RELAY AGE GROUPS: 72-99, 100-119, 120-159, ETC. **YOU MAY ENTER 5 INDIVIDUAL EVENTS AND ONE (1) RELAY (SAME SEX OR MIXED) PER RELAY EVENT.** ENTER RELAYS AT THE MEET. **ENTRY DEADLINE FOR RELAYS IS BEFORE THE 1500 FREE. CHECK IN DEADLINE FOR THE 1500 FREE IS BEFORE THE 400 IM.** ALL EVENTS WILL BE SEEDS SLOW TO FAST.

*Regular OMS ribbons for places 1-3. Short pentathlon events include 50 fly, 50 back, 50 breast, 50 free & 100 IM (marked * below). Medium Pentathlon events include 100's of each stroke & 200 IM (marked ** below). Long Pentathlon events include 200's of each stroke & 400 IM (marked *** below). Brute Squad events are 200 fly, 400 IM, 1500 free (marked # below). The 1500 will be limited to one (1) heat unless there are more than 16 Brute Squad entrants; First priority goes to Brute Squad entrants and second priority is based on date of entry mailing.*

Saturday, December 7, 2013

200 FLY*# (1)** _____ : _____ . _____

100 FLY (2)** _____ : _____ . _____

50 FLY* (3) _____ : _____ . _____

200 BACK* (4)** _____ : _____ . _____

100 BACK (5)** _____ : _____ . _____

50 BACK* (6) _____ : _____ . _____

200 BREAST* (7)** _____ : _____ . _____

100 BREAST (8)** _____ : _____ . _____

50 BREAST* (9) _____ : _____ . _____

200 FREE* (10)** _____ : _____ . _____

100 FREE (11)** _____ : _____ . _____

50 FREE* (12) _____ : _____ . _____

400 IM*# (13)** _____ : _____ . _____

200 IM (14)** _____ : _____ . _____

100 IM* (15) _____ : _____ . _____

1500 FREE# (16) _____ : _____ . _____

(Two swimmers per lane, hand timed if necessary)

200 FREE RELAY (17, 18, 19)

400 MEDLEY RELAY (20, 21, 22)

800 FREE RELAY (23, 24, 25)

200 MEDLEY RELAY (26, 27, 28)

400 FREE RELAY (29, 30, 31)

Swimmer party after the meet!

"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."

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MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072

Aqua Master

October 2013

Results

Gil Young Meet (NW Zone LCM Championship and OMS Association LCM Championships)

2013

Looking Ahead . . .



DATE	COURSE	MEET	LOCATION
November 9	SCY	Tualatin Hills Meet	Tualatin Hills
https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=4923			
December 7	SCM	COMA All-Around (including Pentathlon)	Bend
https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=4924			

OMS Board Meeting

October 12 - Retreat



PRACTICE