

*Produced by
Oregon Masters Swimming, Inc.
April, 2018*



Awards Social

*2017 Swimming Achievements
of Oregon Masters Swimmers*

April 21, 2018

Long Course Meters

Place	Age Group	Event	Club	Time	Swimmer (Age)
1	W280-319	400 Medley	OREG	6:31.16	Joy Ward (75) Ginger L Pierson (71) Janet Gettling (69) Margaret H Toppel (69)
5	X120-159	200 Medley	OREG	2:08.63	Matt Miller (40) Kris C Asleson (29) Christine Mcclafferty (44) Julie A Peterson (42)
1	X120-159	800 Free	OREG	9:21.26	Matthew A Marceau (35) Matt Miller (40) Sonja Skinner (41) Emily R Melina (37)
2	X240-279	200 Medley	OREG	2:16.39	Karen Andrus-Hughes (60) Richard K Howell (58) Arlene Delmage (55) Allen L Stark (68)
10	X240-279	200 Medley	OREG	2:27.46	Jeanna Summers (63) Janet Gettling (69) Keith Uebele (56) Mark E McAllister (54)
5	X280-319	200 Free	OREG	2:26.23	Willard J Lamb (95) Joy Ward (75) Arlene Delmage (55) Keith Uebele (56)
6	X280-319	200 Free	OREG	2:32.40	Barry A Fاسبender (80) Janet Gettling (69) Jeanna Summers (63) Allen L Stark (68)
1	X320-359	200 Medley	OREG	4:17.79	Alice J Fاسبender (79) Barry A Fاسبender (80) Joy Ward (75) Willard J Lamb (95)
1	X320-359	400 Free	OREG	6:07.33	Willard J Lamb (95) Joy Ward (75) Janet Gettling (69) David A Radcliff (83)
1	X320-359	400 Medley	OREG	7:17.49	Willard J Lamb (95) Ginger L Pierson (71) Joy Ward (75) David A Radcliff (83)

Long Course Meter Relays

Place	Age Group	Event	Club	Time	Swimmer (Age)
5	M120-159	400 Medley	OREG	5:12.12	Matt Miller (40) Kevin H Cleary (34) Grant D Aldred (24) Joseph Haslebacher (26)
10	M160-199	200 Free	OREG	1:57.90	Kris C Asleson (29) Matt Miller (40) Allen L Stark (68) Mark E McAllister (54)
2	M160-199	800 Free	OREG	8:50.50	Eilhard C Lussier (52) Matt Miller (40) Scot A Sullivan (51) Matthew A Marceau (35)
10	M280-319	200 Free	OREG	2:31.71	Willard J Lamb (95) Richard K Howell (58) Barry A Fasbender (80) Keith Uebele (56)
6	M280-319	200 Medley	OREG	2:47.43	Barry A Fasbender (80) Richard K Howell (58) Mark E McAllister (54) Willard J Lamb (95)
7	W160-199	200 Medley	OREG	2:31.96	Katherine B Tilton (39) Sonja Skinner (41) Tessa L Reeves (39) Britta M Daubersmith (52)
3	W240-279	200 Free	OREG	2:12.00	Janet Gettling (69) Arlene Delmage (55) Jan D Hildebrandt (60) Karen Andrus-Hughes (60)
7	W240-279	200 Free	OREG	2:28.58	Julie A Peterson (42) Jeanna Summers (63) Joy Ward (75) Heather C Wiley (60)
1	W240-279	200 Medley	OREG	2:27.03	Karen Andrus-Hughes (60) Janet Gettling (69) Arlene Delmage (55) Jan D Hildebrandt (60)
1	W240-279	400 Medley	OREG	5:51.77	Jeanna Summers (63) Nancy C Vincent (58) Colette M Crabbe (61) Lori E Lamoureux (58)
1	W280-319	200 Free	OREG	2:34.11	Sue C Calnek-Morris (74) Joy Ward (75) Janet Gettling (69) Margaret H Toppel (69)

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National Placing for OMS



Spring SCY Nationals

Riverside, CA

April 27 - April 30, 2017

Combined (Male/Female) Team Scores
for Regional Clubs

Oregon.....7th of 17
23 swimmers; 335 points



Summer LCM Nationals

Minneapolis, MN

August 2-6, 2017

Combined (Male/Female) Team Scores
for Regional Clubs

Oregon 4th of 17 clubs
20 swimmers; 853 points



Long Distance Postal Events

Combined (Male/Female) Team Scores for Regional Clubs

Oregon	
One-Hour Postal*	2 nd
3000 Yard Postal	3 rd
6000 Yard Postal	3 rd
5K Postal	3 rd
10K Postal	3 rd

*Large Club Category

Long Course Meters

Place	Age Group	Event	Name	Age	Club	Time
8	M40-44	200 IM	Matt Miller	40	OREG	2:38.48
6	M40-44	400 IM	Matt Miller	40	OREG	5:44.02
7	M50-54	200 Free	Eilhard C Lussier	52	OREG	2:09.17
9	M50-54	800 Free	Scot A Sullivan	51	OREG	9:59.10
5	M50-54	50 Breast	Bill Clydesdale	50	OREG	34.40
5	M55-59	50 Back	Keith Uebele	56	OREG	32.07
9	M55-59	100 Back	Keith Uebele	56	OREG	1:11.90
5	M55-59	50 Breast	Richard K Howell	58	OREG	34.66
9	M55-59	100 Fly	Keith Uebele	56	OREG	1:09.66
3	M65-69	50 Breast	Allen L Stark	68	OREG	37.14
3	M65-69	100 Breast	Allen L Stark	68	OREG	1:24.09
2	M65-69	200 Breast	Allen L Stark	68	OREG	3:03.39
4	M75-79	100 Free	Chris L Hiatt	77	OREG	1:21.02
7	M75-79	200 Free	Chris L Hiatt	77	OREG	3:07.23
4	M75-79	100 Back	Chris L Hiatt	77	OREG	1:33.77
2	M75-79	200 Back	Chris L Hiatt	77	OREG	3:24.70
10	M75-79	200 Back	Peter P Berghaus	76	OREG	4:43.01
6	M75-79	200 Breast	Peter P Berghaus	76	OREG	4:22.04
2	M80-84	50 Free	David A Radcliff	83	OREG	35.41
1	M80-84	100 Free	David A Radcliff	83	OREG	1:16.83
1	M80-84	200 Free	David A Radcliff	83	OREG	2:51.21
10	M80-84	200 Free	Barry A Fasbender	80	OREG	3:54.32
1	M80-84	400 Free	David A Radcliff	83	OREG	6:04.79
5	M80-84	400 Free	Barry A Fasbender	80	OREG	7:54.92
10	M80-84	400 Free	Jim Bigler	82	OREG	9:12.81
1	M80-84	800 Free	David A Radcliff	83	OREG	12:29.46
3	M80-84	800 Free	Barry A Fasbender	80	OREG	15:52.91
1	M80-84	1500 Free	David A Radcliff	83	OREG	23:54.43
2	M80-84	1500 Free	Barry A Fasbender	80	OREG	29:35.43
5	M80-84	50 Back	Barry A Fasbender	80	OREG	50.99
3	M80-84	200 Back	Barry A Fasbender	80	OREG	4:12.01
8	M80-84	50 Fly	Barry A Fasbender	80	OREG	1:01.42
4	M80-84	100 Fly	Barry A Fasbender	80	OREG	2:20.49
1	M80-84	200 Fly	Barry A Fasbender	80	OREG	5:14.83
5	M80-84	200 IM	Barry A Fasbender	80	OREG	4:26.34
3	M80-84	400 IM	Barry A Fasbender	80	OREG	9:09.11
1	M95-99	50 Free	Willard J Lamb	95	OREG	45.71
1	M95-99	100 Free	Willard J Lamb	95	OREG	1:47.59
1	M95-99	200 Free	Willard J Lamb	95	OREG	4:04.60
1	M95-99	400 Free	Willard J Lamb	95	OREG	8:43.18
1	M95-99	800 Free	Willard J Lamb	95	OREG	17:42.57
1	M95-99	1500 Free	Willard J Lamb	95	OREG	33:39.77
1	M95-99	50 Back	Willard J Lamb	95	OREG	58.63
1	M95-99	100 Back	Willard J Lamb	95	OREG	2:11.19
1	M95-99	200 Back	Willard J Lamb	95	OREG	4:37.71

Place	Age Group	Event	Name	Age	Club	Time
9	W65-69	50 Free	Janet Gettling	69	OREG	35.12
5	W65-69	50 Back	Margaret H Toppel	69	OREG	41.46
3	W65-69	100 Back	Margaret H Toppel	69	OREG	1:28.07
2	W65-69	50 Breast	Janet Gettling	69	OREG	44.50
5	W65-69	50 Breast	Margaret H Toppel	69	OREG	45.96
5	W65-69	100 Breast	Janet Gettling	69	OREG	1:43.06
5	W65-69	200 Breast	Janet Gettling	69	OREG	3:54.07
5	W65-69	50 Fly	Margaret H Toppel	69	OREG	37.46
9	W65-69	50 Fly	Janet Gettling	69	OREG	40.71
8	W65-69	100 Fly	Janet Gettling	69	OREG	1:42.55
4	W65-69	200 Fly	Janet Gettling	69	OREG	3:47.70
9	W65-69	200 Fly	Elke M Asleson	65	OREG	4:21.98
6	W65-69	400 IM	Janet Gettling	69	OREG	7:34.23
9	W70-74	400 Free	Sue C Calnek-Morris	74	OREG	7:35.27
8	W70-74	800 Free	Sue C Calnek-Morris	74	OREG	15:34.11
4	W70-74	1500 Free	Sue C Calnek-Morris	74	OREG	29:02.30
4	W70-74	50 Breast	Ginger L Pierson	71	OREG	48.25
4	W70-74	100 Breast	Ginger L Pierson	71	OREG	1:48.54
4	W70-74	200 Breast	Ginger L Pierson	71	OREG	3:52.09
4	W75-79	50 Free	Joy Ward	75	OREG	43.02
1	W75-79	50 Back	Joy Ward	75	OREG	47.50
1	W75-79	100 Back	Joy Ward	75	OREG	1:43.60
1	W75-79	200 Back	Joy Ward	75	OREG	3:46.69
2	W75-79	50 Fly	Joy Ward	75	OREG	50.82
3	W75-79	100 Fly	Joy Ward	75	OREG	2:00.46
2	W75-79	200 IM	Joy Ward	75	OREG	4:05.44
3	M18-24	800 Free	Grant D Aldred	24	OREG	10:56.52
10	M18-24	200 Back	Grant D Aldred	24	OREG	2:56.92
6	M18-24	200 Fly	Grant D Aldred	24	OREG	2:51.50
6	M25-29	100 Back	Nick Hadinger	27	OREG	1:05.37
8	M25-29	50 Breast	Kris C Asleson	29	OREG	32.21
9	M25-29	100 Breast	Kris C Asleson	29	OREG	1:13.92
8	M25-29	200 Breast	Kris C Asleson	29	OREG	2:50.43
9	M30-34	200 Breast	Kevin H Cleary	34	OREG	3:01.69
2	M30-34	200 Fly	Kevin H Cleary	34	OREG	2:38.75
5	M35-39	200 Free	Matthew A Marceau	35	OREG	2:07.93
10	M35-39	50 Breast	Matthew A Marceau	35	OREG	34.60
4	M35-39	200 IM	Matthew A Marceau	35	OREG	2:27.28
7	M40-44	400 Free	Matt Miller	40	OREG	4:45.96
4	M40-44	800 Free	Matt Miller	40	OREG	9:56.99
2	M40-44	1500 Free	Matt Miller	40	OREG	19:25.70
9	M40-44	100 Back	Matt Miller	40	OREG	1:14.90
10	M40-44	200 Back	Matt Miller	40	OREG	2:38.84
8	M40-44	200 Breast	Matt Miller	40	OREG	3:09.70
9	M40-44	200 Fly	Matt Miller	40	OREG	2:56.40

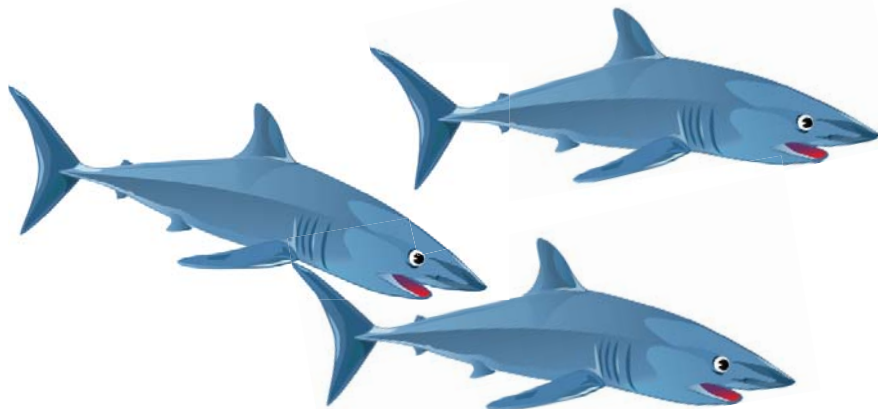
World and National Records—2017

Individual

Name	Age Group	Course	Event	Time	Date	Record
Colette Crabbe	W60-64	SCM	400 I.M.	5:50.34	12/01/2017	National, World
Willard Lamb	M95-99	LCM	50 Free	45.71	8/06/2017	National, World
Willard Lamb	M95-99	LCM	100 Free	1:53.86	8/06/2017	National, World
Willard Lamb	M95-99	LCM	100 Free	1:47.59	8/27/2017	National, World
Willard Lamb	M95-99	LCM	200 Free	4:21.57	8/06/2017	National, World
Willard Lamb	M95-99	LCM	200 Free	4:04.60	8/27/2017	National, World
Willard Lamb	M95-99	LCM	400 Free	9:11.20	8/06/2017	National, World
Willard Lamb	M95-99	LCM	400 Free	8:43.18	8/27/2017	National, World
Willard Lamb	M95-99	LCM	800 Free	19:20.86	8/06/2017	National, World
Willard Lamb	M95-99	LCM	800 Free	17:42.57	8/27/2017	National, World
Willard Lamb	M95-99	LCM	1500 Free	37:06.82	8/06/2017	National, World
Willard Lamb	M95-99	LCM	1500 Free	33:39.77	8/27/2017	National, World
Willard Lamb	M95-99	LCM	50 Back	58.63	8/06/2017	National, World
Willard Lamb	M95-99	LCM	100 Back	2:11.19	8/06/2017	National, World
Willard Lamb	M95-99	LCM	200 Back	4:37.71	8/06/2017	National, World
Willard Lamb	M95-99	SCM	50 Free	46.04	3/05/2017	National, World
Willard Lamb	M95-99	SCM	50 Free	45.47	11/18/2017	National, World
Willard Lamb	M95-99	SCM	100 Free	1:47.23	3/05/2017	National, World
Willard Lamb	M95-99	SCM	200 Free	3:57.88	3/05/2017	National, World
Willard Lamb	M95-99	SCM	200 Free	3:57.47	11/11/2017	National, World
Willard Lamb	M95-99	SCM	200 Free	3:56.49	11/18/2017	National, World
Willard Lamb	M95-99	SCM	400 Free	8:13.42	3/05/2017	National, World
Willard Lamb	M95-99	SCM	800 Free	17:03.42	11/11/2017	National, World
Willard Lamb	M95-99	SCM	800 Free	16:56.22	11/18/2017	National, World
Willard Lamb	M95-99	SCM	1500 Free	31:56.67	11/18/2017	National, World
Willard Lamb	M95-99	SCM	50 Back	1:00.12	3/05/2017	National, World
Willard Lamb	M95-99	SCM	50 Back	1:00.03	11/11/2017	National, World
Willard Lamb	M95-99	SCM	50 Back	55.60	11/18/2017	National, World
Willard Lamb	M95-99	SCM	100 Back	2:09.61	3/05/2017	National, World
Willard Lamb	M95-99	SCM	100 Back	2:04.72	11/11/2017	National, World
Willard Lamb	M95-99	SCM	200 Back	4:27.45	3/05/2017	National, World
Willard Lamb	M95-99	SCM	200 Back	4:24.83	11/18/2017	National, World
Willard Lamb	M95-99	SCM	100 I.M.	2:39.39	12/09/2017	National, World

Relays

Age Group	Event	Course	Date	Time	Record
W280-319	400 Medley Relay	LCM	8/27/2017	6:31.16	National, World
	1) Joy Ward	2) Ginger Pierson	3) Janet Gettling	4) Margaret Toppel	
Mixed320-359	400 Freestyle Relay	LCM	8/27/2017	6:07.33	National, World
	1) Willard Lamb	2) Joy Ward	3) Janet Gettling	4) David Radcliff	
Mixed320-359	400 Medley Relay	LCM	8/27/2017	7:17.49	National, World
	1) Willard Lamb	2) Ginger Pierson	3) Joy Ward	4) David Radcliff	
W280-319	200 Freestyle Relay	SCM	11/18/2017	2:27.71	National
	1) Janet Gettling	2) Joy Ward	3) Sandi Rousseau	4) Margaret Toppel	
W280-319	200 Medley Relay	SCM	11/18/2017	2:44.72	National, World
	1) Joy Ward	2) Janet Gettling	3) Sandi Rousseau	4) Margaret Toppel	
W280-319	400 Medley Relay	SCM	3/05/2017	6:32.56	National
	1) Joy Ward	2) Ginger Pierson	3) Janet Gettling	4) Mary Anne Royle	
Mixed320-359	200 Freestyle Relay	SCM	3/05/2017	2:40.07	National
	1) Janet Gettling	2) Joy Ward	3) Willard Lamb	4) David Radcliff	
Mixed320-359	400 Freestyle Relay	SCM	11/11/2017	6:00.74	National, World
	1) Willard Lamb	2) Joy Ward	3) David Radcliff	4) Margaret Toppel	
Mixed320-359	200 Medley Relay	SCM	11/18/2017	3:07.14	National
	1) Willard Lamb	2) Janet Gettling	3) Joy Ward	4) David Radcliff	
Mixed320-359	400 Medley Relay	SCM	11/11/2017	6:59.56	National, World
	1) Willard Lamb	2) Janet Gettling	3) Joy Ward	4) David Radcliff	



Place	Age Group	Event	Name	Age	Club	Time
6	W40-44	100 Breast	Christine Mcclafferty	44	OREG	1:27.34
7	W40-44	200 Breast	Sarah J Rogers	41	OREG	3:15.62
3	W40-44	50 Fly	Christine Mcclafferty	44	OREG	31.06
7	W40-44	50 Fly	Julie A Peterson	42	OREG	32.82
2	W40-44	100 Fly	Christine Mcclafferty	44	OREG	1:10.76
3	W40-44	100 Fly	Sonja Skinner	41	OREG	1:11.22
2	W40-44	200 Fly	Christine Mcclafferty	44	OREG	2:44.58
5	W40-44	200 IM	Sonja Skinner	41	OREG	2:46.54
4	W40-44	400 IM	Sonja Skinner	41	OREG	6:06.41
7	W40-44	400 IM	Sarah J Rogers	41	OREG	6:18.85
5	W45-49	200 Free	Jayna M Tomac	45	OREG	2:30.48
3	W45-49	400 Free	Jayna M Tomac	45	OREG	5:09.58
2	W45-49	800 Free	Sara Q Nelson	45	OREG	10:21.66
3	W45-49	800 Free	Jayna M Tomac	45	OREG	10:33.36
4	W45-49	50 Breast	Jayna M Tomac	45	OREG	38.17
2	W45-49	100 Breast	Jayna M Tomac	45	OREG	1:22.42
5	W45-49	200 Breast	Jayna M Tomac	45	OREG	3:01.53
3	W45-49	200 IM	Jayna M Tomac	45	OREG	2:44.18
8	W50-54	200 Free	Francie Haffner	50	OREG	2:29.05
7	W50-54	100 Back	Francie Haffner	50	OREG	1:19.46
10	W55-59	100 Free	Arlene Delmage	55	OREG	1:08.88
9	W55-59	400 Free	Arlene Delmage	55	OREG	5:28.84
8	W55-59	800 Free	Arlene Delmage	55	OREG	11:17.64
6	W55-59	1500 Free	Arlene Delmage	55	OREG	21:25.56
3	W55-59	50 Fly	Arlene Delmage	55	OREG	32.38
2	W55-59	100 Fly	Arlene Delmage	55	OREG	1:14.97
1	W55-59	200 Fly	Arlene Delmage	55	OREG	2:49.31
2	W55-59	400 IM	Arlene Delmage	55	OREG	6:10.65
3	W60-64	50 Free	Karen Andrus-Hughes	60	OREG	31.01
3	W60-64	100 Free	Karen Andrus-Hughes	60	OREG	1:08.39
5	W60-64	200 Free	Colette M Crabbe	61	OREG	2:35.71
6	W60-64	200 Free	Karen Andrus-Hughes	60	OREG	2:35.85
2	W60-64	50 Back	Karen Andrus-Hughes	60	OREG	35.14
1	W60-64	100 Back	Karen Andrus-Hughes	60	OREG	1:17.53
2	W60-64	200 Back	Karen Andrus-Hughes	60	OREG	2:56.82
10	W60-64	200 Back	Jeanna Summers	63	OREG	3:19.56
3	W60-64	50 Breast	Colette M Crabbe	61	OREG	40.65
3	W60-64	100 Breast	Colette M Crabbe	61	OREG	1:30.29
7	W60-64	50 Fly	Colette M Crabbe	61	OREG	35.04
5	W60-64	200 Fly	Jan D Hildebrandt	60	OREG	3:42.99
1	W60-64	200 IM	Colette M Crabbe	61	OREG	2:53.18
3	W60-64	200 IM	Karen Andrus-Hughes	60	OREG	3:03.58
1	W60-64	400 IM	Colette M Crabbe	61	OREG	6:08.99
7	W60-64	400 IM	Jan D Hildebrandt	60	OREG	7:20.49
4	W65-69	50 Free	Margaret H Toppel	69	OREG	33.24

Short Course Meters

Place	Age Group	Event	Club	Time	Swimmers (Age)
2	X240-279	200 Medley	OREG	2:20.17	Karen Andrus-Hughes (60) Brent C Washburne (56) Sonja Skinner (41) David A Radcliff (83)
3	X280-319	200 Medley	OREG	2:42.58	Joy Ward (75) Scot A Sullivan (51) Colette M Crabbe (61) Willard J Lamb (95)
1	X320-359	200 Free	OREG	2:40.07	Joy Ward (75) Janet Gettling (69) Willard J Lamb (95) David A Radcliff (83)
1	X320-359	200 Medley	OREG	3:07.14	Willard J Lamb (95) Janet Gettling (69) Joy Ward (75) David A Radcliff (83)
1	X320-359	400 Free	OREG	6:00.74	Willard J Lamb (95) Joy Ward (75) David A Radcliff (83) Margaret H Toppel (69)
1	X320-359	400 Medley	OREG	6:59.56	Willard J Lamb (95) Janet Gettling (69) Joy Ward (75) David A Radcliff (83)

Long Course Meters (50 Meters)

Place	Age Group	Event	Name	Age	Club	Time
4	W25-29	50 Free	Emilee K Jennings	28	UC37	27.46
6	W25-29	50 Free	Kendra Chernoff	26	OREG	27.87
5	W25-29	200 Free	Kendra Chernoff	26	OREG	2:16.66
9	W25-29	50 Back	Emilee K Jennings	28	UC37	32.91
6	W25-29	50 Breast	Emilee K Jennings	28	UC37	36.47
8	W25-29	50 Fly	Emilee K Jennings	28	UC37	30.43
7	W25-29	100 Fly	Kendra Chernoff	26	OREG	1:07.62
10	W25-29	200 IM	Kendra Chernoff	26	OREG	2:38.56
7	W30-34	1500 Free	Megan M Tosh	32	OREG	21:11.24
2	W35-39	800 Free	Emily R Melina	37	OREG	10:31.91
8	W35-39	1500 Free	Tessa L Reeves	39	OREG	22:37.21
8	W40-44	50 Free	Christine Mcclafferty	44	OREG	29.99
5	W40-44	50 Breast	Sonja Skinner	41	OREG	38.47
10	W40-44	50 Breast	Sarah J Rogers	41	OREG	41.64

USMS All-Stars

Achieved the most number one finishes in their age group in Top Ten competition.

Pool

Colette Crabbe.....ORM Willard LambORM

Long Distance

Must accumulate the highest number of points in a series of National Championships held throughout the year.

Six Swimmers out of 20 nationwide, are from OMS!

Bob Bruce..... COMA Ralph Mohr COMA
Arlene Delmage ORM Dave Radcliff..... THB
Matt Miller..... RVM Christian Tujo..... COMA

OMS Lifetime All-Stars

A swimmer who is the top OMS Outstanding Swimmer for five years (pool or long distance), will achieve this elite category.

Pool

Colette Crabbe.....2016 Barbara Frid2004
Willard Lamb2015 Herb Eisenschmidt.....2004
Karen Andrus-Hughes2008 Ginger Pierson2004
Dennis Baker.....2008 Andrew Holden2004
Joy Ward2007 Lavelle Stoinoff.....2004
David Radcliff2007 Robert Smith.....2004

Long Distance

David Radcliff2007
Steve Johnson.....2006

USMS Pool All-Americans

Ranked first in at least one SCY, SCM or LCM event in the Nation for the given year.

Individual

Karen Andrus-Hughes	Barry Fasbender	David Radcliff
Jill Asch	Kurt Grote	Mike Self
Abby Blank	Jesse Kaba	Sonja Skinner
Colette Crabbe	Willard Lamb	Allen Stark
Arlene Delmage	Matt Miller	Joy Ward

Relays

Grant D Aldred	Tom Landis	Sonja Skinner
Karen Andrus-Hughes	Gregory A McHenry	Scot A Sullivan
Jill M Asch	Matt Miller	Jeanna Summers
Kris Calvin	Stacey L Ostrin	Margaret H Toppel
Kevin H Cleary	Ginger L Pierson	Megan M Tosh
Colette M Crabbe	Rahevin S Potter-Clark	Christian F Tujo
Arlene Delmage	David A Radcliff	Nancy C Vincent
Christina M Fox	Sarah J Rogers	Joy Ward
Janet Gettling	Sandi Rousseau	Brent C Washburne
Mark Hageman	Mary Anne Royle	Heather C Wiley
Willard J Lamb	Mike A Servant	

USMS Long Distance Postal Relay All-Americans

Ranked first in at least one Long Distance National Championship

Bob Bruce	David Hathaway	Sara Nelson
Colette Crabbe	Jan Hildebrandt	Jayette Pettit
Brett Crandall	Serena Johnson	Dave Radcliff
Arlene Delmage	Hardy Lussier	Brianna Showell
Barry Fasbender	Jeanne Magmer	Bonnie Spear
Mark Frost	Emily Melina	Scot Sullivan
Betsy Hanson	Matt Miller	Jeanna Summers
Leah Harris	Ralph Mohr	Christian Tujo

Short Course Meters Relays

Place	Age Group	Event	Club	Time	Swimmers (Age)
8	M100-119	200 Medley	OREG	2:18.39	Grant D Aldred (24) Kevin H Cleary (34) Rahevin S Potter-Clark (22) Gregory A McHenry (30)
10	M240-279	400 Medley	OREG	6:34.89	Willard J Lamb (95) Kris Calvin (55) Christian F Tujo (46) Tom Landis (75)
1	W200-239	200 Free	OREG	2:00.81	Arlene Delmage (55) Sonja Skinner (41) Karen Andrus-Hughes (60) Jill M Asch (51)
4	W200-239	400 Medley	OREG	5:43.85	Sarah J Rogers (41) Nancy C Vincent (58) Stacey L Ostrin (40) Mary Anne Royle (65)
4	W240-279	200 Medley	OREG	2:50.76	Jeanna Summers (63) Heather C Wiley (60) Janet Gettling (69) Christina M Fox (57)
2	W240-279	400 Free	OREG	5:45.52	Janet Gettling (69) Christina M Fox (57) Heather C Wiley (60) Jeanna Summers (63)
1	W280-319	200 Free	OREG	2:27.71	Janet Gettling (69) Joy Ward (75) Sandi Rousseau (70) Margaret H Toppel (69)
1	W280-319	200 Medley	OREG	2:44.72	Joy Ward (75) Janet Gettling (69) Sandi Rousseau (70) Margaret H Toppel (69)
1	W280-319	400 Medley	OREG	6:32.56	Joy Ward (75) Ginger L Pierson (71) Janet Gettling (69) Mary Anne Royle (65)
3	X120-159	400 Free	OREG	4:15.38	Sonja Skinner (41) Matt Miller (40) Megan M Tosh (32) Mike A Servant (46)
2	X200-239	200 Medley	OREG	2:12.23	Jill M Asch (51) Mark Hageman (55) Arlene Delmage (55) Brent C Washburne (56)

Place	Age Group	Event	Name	Age	Club	Time
8	M55-59	200 Free	David Hathaway	57	OREG	2:15.65
2	M55-59	400 Free	David Hathaway	57	OREG	4:48.60
3	M55-59	800 Free	David Hathaway	57	OREG	10:00.58
5	M55-59	1500 Free	David Hathaway	57	OREG	19:31.81
10	M55-59	50 Breast	Richard K Howell	58	OREG	34.67
8	M55-59	200 Breast	Mark Hageman	55	OREG	2:50.98
8	M55-59	100 Fly	Mark Hageman	55	OREG	1:10.32
9	M55-59	100 IM	Mark Hageman	55	OREG	1:09.60
3	M55-59	200 IM	Mark Hageman	55	OREG	2:31.01
5	M55-59	200 IM	David Hathaway	57	OREG	2:35.85
9	M60-64	100 Back	Robert M Voll	60	OREG	1:14.47
7	M60-64	200 Back	Robert M Voll	60	OREG	2:44.75
10	M60-64	400 IM	Robert M Voll	60	OREG	6:12.97
1	M65-69	50 Breast	Allen L Stark	68	OREG	35.96
1	M65-69	100 Breast	Allen L Stark	68	OREG	1:19.32
10	M70-74	200 Free	Jon D Stout	71	OREG	2:48.20
9	M70-74	50 Back	Jon D Stout	71	OREG	40.37
8	M70-74	100 Back	Jon D Stout	71	OREG	1:30.84
9	M70-74	100 IM	Jon D Stout	71	OREG	1:25.45
7	M75-79	1500 Free	Tom Landis	75	OREG	28:16.77
4	M80-84	50 Free	David A Radcliff	83	OREG	35.10
2	M80-84	100 Free	David A Radcliff	83	OREG	1:18.46
1	M80-84	200 Free	David A Radcliff	83	OREG	2:55.96
1	M80-84	400 Free	David A Radcliff	83	OREG	6:12.56
4	M80-84	400 Free	Barry A Fasbender	80	OREG	7:45.17
1	M80-84	800 Free	David A Radcliff	83	OREG	13:17.23
2	M80-84	800 Free	Barry A Fasbender	80	OREG	15:34.62
1	M80-84	1500 Free	David A Radcliff	83	OREG	25:20.80
2	M80-84	1500 Free	Barry A Fasbender	80	OREG	26:51.37
8	M80-84	50 Back	George D Thayer	81	OREG	51.97
3	M80-84	200 Back	Barry A Fasbender	80	OREG	4:07.99
5	M80-84	200 Breast	Barry A Fasbender	80	OREG	4:45.11
2	M80-84	100 Fly	Barry A Fasbender	80	OREG	2:15.10
1	M80-84	200 Fly	Barry A Fasbender	80	OREG	4:52.32
2	M80-84	200 IM	Barry A Fasbender	80	OREG	4:12.79
2	M80-84	400 IM	Barry A Fasbender	80	OREG	9:00.44
1	M95-99	50 Free	Willard J Lamb	95	OREG	45.47
1	M95-99	100 Free	Willard J Lamb	95	OREG	1:47.23
1	M95-99	200 Free	Willard J Lamb	95	OREG	3:56.49
1	M95-99	400 Free	Willard J Lamb	95	OREG	8:13.42
1	M95-99	800 Free	Willard J Lamb	95	OREG	16:56.22
1	M95-99	1500 Free	Willard J Lamb	95	OREG	31:56.67
1	M95-99	50 Back	Willard J Lamb	95	OREG	55.60
1	M95-99	100 Back	Willard J Lamb	95	OREG	2:04.72
1	M95-99	200 Back	Willard J Lamb	95	OREG	4:24.83
1	M95-99	100 IM	Willard J Lamb	95	OREG	2:39.39

USMS Long Distance All-Americans

Ranked first in at least one Long Distance National Championship

Ted Bonus

5-km Open Water

Bob Bruce

5-km Open Water,
3000-yd ePostal

Colette Crabbe

1-hour ePostal
3000-yd ePostal

Arlene Delmage

9.2-mile Open Water
2.4-mile Open Water

Bonnie Edwards

5-km Open Water

Lisa Gibson

9.2-mile Open Water
2-mile Cable
5-km Open Water

Kurt Grote

5-km Open Water

Amy Holcomb

5-km Open Water

Stacy Kiefer

2-mile Cable

Dan Kollar

1-mile Open Water

Willard Lamb

1-hour ePostal
3000-yd ePostal

Matt Marceau

2-mile Cable

Emily Melina

5-km ePostal

Matt Miller

2-mile Cable
1-mile Open Water
5-km ePostal
10-km ePostal
1-hour ePostal
3000-yd ePostal
6000-yd ePostal

Ralph Mohr

1-hour ePostal
2-mile Cable
5-km Open Water
5-km ePostal

Sara Nelson

1-hour ePostal

Sue Phillips

1-mile Open Water

Dave Radcliff

1-hour ePostal
2-mile Cable
1-mile Open Water
5-km ePostal
3000-yd ePostal

Laura Schob

2-mile Cable

Megan Tosh

5-km Open Water
1-mile Open Water

Adam Trexler

5-km Open Water
1-mile Open Water

Betsy Watkins

2-mile Cable
5-km Open Water

Kermit Yensen

2-mile Cable

USMS Long Distance Cable Relay All-Americans

Kris Calvin
Anicia Criscione
Barry Fasbender
Lisa Gibson
Steve Johnson
Stacy Kiefer
Hardy Lussier

Janie Malloy
Matt Miller
Ralph Mohr
Sue Phillips
Jamie Proffitt
Dave Radcliff
Tessa Reeves

Laura Schob
Sonja Skinner
Jeanna Summers
Christian Tujo
Betsy Watkins
Kermit Yensen

USMS Long Distance Individual Records

Age group	Names	Event	Yards/Time
Men 95-99	Willard Lamb	1-Hour ePostal	2885
Men 95-99	Willard Lamb	3000-yd ePostal	1:04:02.08

USMS Long Distance Relay Records

Event	Age group	Names	Yards/Time
3 x 1-hour ePostal:			
Men' 75+	OREG:	Barry Fasbender, Ralph Mohr, Dave Radcliff	11,065
3 x 1-mile Cable:			
Mens 35+	OREG:	Jamie Proffitt, Matt Miller, Hardy Lussier	1:05:44.30
3 x 2-mile Cable:			
Womens 25+	OREG:	Betsy Watkins, Stacy Kiefer, Lisa Gibson	2:18:59.84
3 x 2-mile Cable:			
Mens 35 +	OREG:	Jamie Proffitt, Matt Miller, Hardy Lussier	2:08:14.61
3 x 2-mile Cable:			
Mens 75+	OREG:	Barry Fasbender, Ralph Mohr, Dave Radcliff	3:14:49.43
4 x 2-mile Cable:			
Mixed 25+	OREG:	Stacy Kiefer, Lisa Gibson, Matt Miller, Hardy Lussier	2:56:18.22
3 x 3000-yd ePostal:			
Mens 75+	OREG:	Barry Fasbender, Ralph Mohr, Dave Radcliff	2:29:14.82

Short Course Meters

Place	Age Group	Event	Name	Age	Club	Time
5	M18-24	200 Back	Grant D Aldred	24	OREG	2:44.58
9	M18-24	400 IM	Grant D Aldred	24	OREG	5:43.26
9	M30-34	100 Breast	Kevin H Cleary	34	OREG	1:14.37
3	M30-34	200 Breast	Kevin H Cleary	34	OREG	2:49.18
4	M35-39	100 Back	Joe Pratt	39	UC37	1:07.89
9	M40-44	200 Free	Matt Miller	40	OREG	2:09.63
4	M40-44	400 Free	Matt Miller	40	OREG	4:31.37
2	M40-44	800 Free	Matt Miller	40	OREG	9:29.96
1	M40-44	1500 Free	Matt Miller	40	OREG	17:59.34
6	M40-44	50 Back	Mickey Aberle	41	OREG	31.12
7	M40-44	200 Back	Matt Miller	40	OREG	2:30.87
10	M40-44	200 Back	David Kilburn	40	OREG	2:37.95
2	M40-44	50 Breast	Kurt Grote	44	OREG	30.77
2	M40-44	100 Breast	Kurt Grote	44	OREG	1:06.09
4	M40-44	100 Breast	Mickey Aberle	41	OREG	1:13.45
1	M40-44	200 Breast	Kurt Grote	44	OREG	2:23.61
8	M40-44	200 Breast	Matt Miller	40	OREG	2:56.18
10	M40-44	200 Breast	Rodolfo Palma	40	OREG	3:01.49
5	M40-44	200 Fly	Matt Miller	40	OREG	2:36.14
2	M40-44	200 IM	Kurt Grote	44	OREG	2:12.75
8	M40-44	200 IM	Mickey Aberle	41	OREG	2:27.73
5	M40-44	400 IM	Matt Miller	40	OREG	5:26.23
6	M45-49	50 Free	Mike Self	47	OREG	25.31
9	M45-49	50 Free	Mike A Servant	46	OREG	26.02
3	M45-49	200 Free	Mike Self	47	OREG	2:03.97
6	M45-49	50 Back	Mike A Servant	46	OREG	29.96
7	M45-49	200 Back	Michael C Dix	46	OREG	2:41.73
8	M45-49	50 Fly	Igor E Bruzual	47	OREG	28.29
9	M45-49	100 Fly	Michael C Dix	46	OREG	1:06.22
10	M45-49	100 Fly	Igor E Bruzual	47	OREG	1:06.43
3	M45-49	200 Fly	Michael C Dix	46	OREG	2:27.72
8	M45-49	100 IM	Mike A Servant	46	OREG	1:05.94
8	M45-49	400 IM	Michael C Dix	46	OREG	5:33.97
7	M50-54	200 Free	Matthew J Roth	51	OREG	2:12.34
3	M50-54	800 Free	Scot A Sullivan	51	OREG	9:38.67
8	M50-54	800 Free	Mark Frost	50	OREG	10:06.47
9	M50-54	800 Free	Kurt C Baron	53	OCM	10:22.29
7	M50-54	1500 Free	Scot A Sullivan	51	OREG	18:06.46
9	M50-54	200 Back	Scot A Sullivan	51	OREG	2:34.88
10	M50-54	200 Back	Matthew J Roth	51	OREG	2:35.57
5	M50-54	100 Breast	Kris P Simpson	52	OREG	1:15.31
9	M50-54	100 Breast	Bill Clydesdale	50	OREG	1:15.87
9	M50-54	100 Fly	Matthew J Roth	51	OREG	1:05.16
3	M50-54	200 Fly	Matthew J Roth	51	OREG	2:31.69
10	M50-54	200 Fly	Scot A Sullivan	51	OREG	2:43.42
9	M55-59	100 Free	Mark Hageman	55	OREG	1:02.11
6	M55-59	200 Free	Mark Hageman	55	OREG	2:14.55

Short Course Meters

Place	Age Group	Event	Name	Age	Club	Time
2	W60-64	100 IM	Karen Andrus-Hughes	60	OREG	1:17.57
1	W60-64	200 IM	Colette M Crabbe	61	OREG	2:43.04
1	W60-64	400 IM	Colette M Crabbe	61	OREG	5:50.34
4	W65-69	50 Free	Margaret H Toppel	69	OREG	33.12
5	W65-69	50 Free	Janet Gettling	69	OREG	34.08
8	W65-69	100 Free	Mary Anne Royle	65	OREG	1:19.70
4	W65-69	50 Back	Margaret H Toppel	69	OREG	38.83
8	W65-69	50 Back	Mary Anne Royle	65	OREG	43.14
3	W65-69	50 Breast	Janet Gettling	69	OREG	42.96
6	W65-69	50 Breast	Margaret H Toppel	69	OREG	44.42
5	W65-69	100 Breast	Janet Gettling	69	OREG	1:39.64
5	W65-69	200 Breast	Janet Gettling	69	OREG	3:47.25
3	W65-69	50 Fly	Margaret H Toppel	69	OREG	36.24
6	W65-69	50 Fly	Janet Gettling	69	OREG	38.68
2	W65-69	100 Fly	Janet Gettling	69	OREG	1:35.05
2	W65-69	200 Fly	Janet Gettling	69	OREG	3:44.65
3	W65-69	100 IM	Margaret H Toppel	69	OREG	1:24.16
9	W65-69	100 IM	Janet Gettling	69	OREG	1:32.02
4	W70-74	50 Free	Sandi Rousseau	70	OREG	39.28
8	W70-74	100 Free	Sandi Rousseau	70	OREG	1:32.61
5	W70-74	50 Back	Sandi Rousseau	70	OREG	48.61
7	W70-74	100 Back	Sandi Rousseau	70	OREG	1:44.70
5	W70-74	50 Breast	Ginger L Pierson	71	OREG	47.26
9	W70-74	50 Breast	Mirjana Prather	73	OREG	53.04
4	W70-74	100 Breast	Ginger L Pierson	71	OREG	1:44.06
5	W70-74	100 Breast	Mirjana Prather	73	OREG	1:49.65
5	W70-74	200 Breast	Ginger L Pierson	71	OREG	3:50.79
6	W70-74	200 Breast	Mirjana Prather	73	OREG	3:58.66
4	W70-74	50 Fly	Sandi Rousseau	70	OREG	43.63
4	W70-74	200 Fly	Ginger L Pierson	71	OREG	4:20.93
6	W70-74	100 IM	Mirjana Prather	73	OREG	1:42.42
7	W70-74	400 IM	Ginger L Pierson	71	OREG	8:47.57
3	W75-79	50 Free	Joy Ward	75	OREG	40.07
6	W75-79	50 Free	A Jane Nichols	76	OREG	43.53
4	W75-79	100 Free	Joy Ward	75	OREG	1:39.32
5	W75-79	100 Free	A Jane Nichols	76	OREG	1:40.65
5	W75-79	200 Free	A Jane Nichols	76	OREG	3:43.16
1	W75-79	50 Back	Joy Ward	75	OREG	46.50
1	W75-79	100 Back	Joy Ward	75	OREG	1:43.70
7	W75-79	100 Back	A Jane Nichols	76	OREG	2:05.20
1	W75-79	200 Back	Joy Ward	75	OREG	3:40.93
3	W75-79	50 Fly	Joy Ward	75	OREG	52.29
2	W75-79	100 Fly	Joy Ward	75	OREG	1:53.31
3	W75-79	200 Fly	Joy Ward	75	OREG	4:51.64
1	W75-79	100 IM	Joy Ward	75	OREG	1:47.88
2	W75-79	200 IM	Joy Ward	75	OREG	4:05.73
5	M18-24	800 Free	Grant D Aldred	24	OREG	10:53.47

USMS Postal Participation Award

This is a series of long distance swims that are conducted at local pools and entered in USMS Long Distance National Championship Postal Events. (One Hour Postal, 5000 Meter ePostal, 10,000 Meter Postal, 3000 Yard Postal, 6000 Yard Postal)

Bob Bruce
Arlene Delmage

Hardy Lussier
Matt Miller

Chris Tujo

OMS Postal Participation Award

Requires participation in 3 Postal Events in the calendar year
One Hour Swim, 5 or 10-km Swim, and the 3000 or 6000-yard Swim

Bob Bruce
Walt Carter
Arlene Delmage
Doug Graeber

Hardy Lussier
Tank McNamara
Matt Miller
Ralph Mohr

Dave Radcliff
Gillian Salton
Chris Tujo



Open Water Team Champions

The OMS Association Open Water Championship is a single 1500-meter or 1-mile swim, this year the 1500-meter swim was at Eel Lake. The site rotates from venue to venue.

Large Team..... Central Oregon Masters Aquatics
 Small Team..... Rogue Valley Masters

No Photo for Large Team



Short Course Meters

Place	Age Group	Event	Name	Age	Club	Time
1	W40-44	50 Fly	Sonja Skinner	41	OREG	31.47
2	W40-44	100 Fly	Sonja Skinner	41	OREG	1:12.04
5	W40-44	200 IM	Sonja Skinner	41	OREG	2:46.36
3	W40-44	400 IM	Sonja Skinner	41	OREG	5:48.98
7	W40-44	400 IM	Meredith F Weisshaar	41	OREG	6:11.35
9	W40-44	400 IM	Sarah J Rogers	41	OREG	6:12.56
9	W45-49	200 Free	Sara Q Nelson	45	OREG	2:24.88
10	W45-49	50 Fly	Nikki Lepin	45	OREG	32.86
6	W45-49	200 IM	Sara Q Nelson	45	OREG	2:46.62
1	W50-54	50 Free	Jill M Asch	51	OREG	29.06
2	W50-54	100 Free	Jill M Asch	51	OREG	1:05.05
4	W50-54	100 Free	Francie Haffner	50	OREG	1:05.93
5	W50-54	50 Back	Francie Haffner	50	OREG	35.19
7	W50-54	50 Back	Jill M Asch	51	OREG	35.71
1	W50-54	50 Breast	Jill M Asch	51	OREG	38.75
3	W50-54	50 Fly	Jill M Asch	51	OREG	32.53
9	W50-54	50 Fly	Francie Haffner	50	OREG	33.95
6	W50-54	100 Fly	Jill M Asch	51	OREG	1:17.74
9	W50-54	200 Fly	Cherie L Touchette	54	OREG	3:16.28
2	W50-54	100 IM	Jill M Asch	51	OREG	1:16.20
9	W55-59	50 Free	Arlene Delmage	55	OREG	30.84
4	W55-59	100 Free	Arlene Delmage	55	OREG	1:06.22
5	W55-59	400 Free	Arlene Delmage	55	OREG	5:14.26
3	W55-59	800 Free	Arlene Delmage	55	OREG	11:03.53
3	W55-59	1500 Free	Arlene Delmage	55	OREG	21:07.42
9	W55-59	50 Breast	Arlene Delmage	55	OREG	41.71
7	W55-59	200 Breast	Arlene Delmage	55	OREG	3:22.22
8	W55-59	200 Breast	Nancy C Vincent	58	OREG	3:23.22
4	W55-59	50 Fly	Arlene Delmage	55	OREG	32.78
3	W55-59	100 Fly	Arlene Delmage	55	OREG	1:12.97
2	W55-59	200 Fly	Arlene Delmage	55	OREG	2:42.59
8	W55-59	100 IM	Arlene Delmage	55	OREG	1:19.21
2	W55-59	200 IM	Arlene Delmage	55	OREG	2:48.72
2	W55-59	400 IM	Arlene Delmage	55	OREG	6:08.29
1	W60-64	50 Free	Karen Andrus-Hughes	60	OREG	29.88
1	W60-64	100 Free	Karen Andrus-Hughes	60	OREG	1:06.16
2	W60-64	100 Free	Colette M Crabbe	61	OREG	1:08.98
2	W60-64	200 Free	Karen Andrus-Hughes	60	OREG	2:30.30
1	W60-64	50 Back	Karen Andrus-Hughes	60	OREG	33.75
1	W60-64	100 Back	Karen Andrus-Hughes	60	OREG	1:13.71
2	W60-64	200 Back	Karen Andrus-Hughes	60	OREG	2:46.26
3	W60-64	200 Back	Colette M Crabbe	61	OREG	2:49.90
1	W60-64	200 Breast	Colette M Crabbe	61	OREG	3:07.25
2	W60-64	50 Fly	Karen Andrus-Hughes	60	OREG	33.92
1	W60-64	100 Fly	Colette M Crabbe	61	OREG	1:14.21
1	W60-64	200 Fly	Colette M Crabbe	61	OREG	2:57.56
1	W60-64	100 IM	Colette M Crabbe	61	OREG	1:16.22

Short Course Yards

Place	Age Group	Event	Club	Time	Swimmers (Age)
4	X25+	200 Free	OREG	1:34.45	Abby Blank (31) Kendra Chernoff (26) Nick H Blank (28) Brett Nagle (26)
6	X25+	200 Free	OREG	1:35.16	Kurt Grote (43) Eric Wan (50) Jessica L Stacy (27) Hailey Bambusch (26)

Short Course Meters (25 Meters)

Place	Age Group	Event	Name	Age	Club	Time
5	W18-24	100 Free	Jesse L Kaba	22	OREG	1:02.37
1	W18-24	50 Breast	Jesse L Kaba	22	OREG	34.01
1	W18-24	100 Breast	Jesse L Kaba	22	OREG	1:13.97
2	W18-24	200 Breast	Jesse L Kaba	22	OREG	2:45.64
10	W30-34	100 Free	Megan M Tosh	32	OREG	1:04.71
9	W30-34	200 Free	Megan M Tosh	32	OREG	2:20.94
6	W30-34	800 Free	Megan M Tosh	32	OREG	10:13.19
5	W30-34	1500 Free	Megan M Tosh	32	OREG	19:39.34
9	W30-34	200 Back	Maggie A Trujillo	34	OREG	2:45.07
10	W30-34	50 Fly	Maggie A Trujillo	34	OREG	33.81
10	W30-34	200 Fly	Natalie K Viescas	30	OREG	3:31.56
2	W35-39	800 Free	Tessa L Reeves	39	OREG	11:14.03
10	W35-39	800 Free	Carolyn DeMarco	37	OREG	16:14.33
5	W35-39	1500 Free	Stacey L Kiefer	39	OREG	20:47.47
8	W35-39	200 Back	Stacey L Kiefer	39	OREG	2:53.41
3	W35-39	100 Breast	Brianna E Showell	38	OREG	1:22.10
9	W35-39	200 Breast	Kristine A Cox	39	OREG	3:08.08
10	W35-39	200 Breast	Amanda Metz	37	OREG	3:13.49
9	W35-39	100 Fly	Tessa L Reeves	39	OREG	1:24.29
7	W35-39	200 Fly	Stacey L Kiefer	39	OREG	3:01.72
8	W35-39	200 Fly	Tessa L Reeves	39	OREG	3:11.30
8	W35-39	100 IM	Brianna E Showell	38	OREG	1:16.38
2	W35-39	400 IM	Brianna E Showell	38	OREG	5:41.18
6	W35-39	400 IM	Stacey L Kiefer	39	OREG	6:03.80
9	W35-39	400 IM	Tralee M Thorn	35	OREG	6:45.40
4	W40-44	50 Free	Sonja Skinner	41	OREG	29.46
8	W40-44	100 Free	Sonja Skinner	41	OREG	1:04.77
9	W40-44	100 Back	Stacey L Ostrin	40	OREG	1:18.34
5	W40-44	200 Back	Stacey L Ostrin	40	OREG	2:45.53
8	W40-44	50 Breast	Meredith F Weisshaar	41	OREG	40.10
2	W40-44	100 Breast	Sonja Skinner	41	OREG	1:23.82
4	W40-44	100 Breast	Sarah J Rogers	41	OREG	1:25.23
3	W40-44	200 Breast	Sarah J Rogers	41	OREG	3:02.84

Mike Morehouse Spirit Award

The Mike Morehead Spirit Award is given annually to someone who displays the highest character of sportsmanship during the Oregon Open Water Series, past and present.

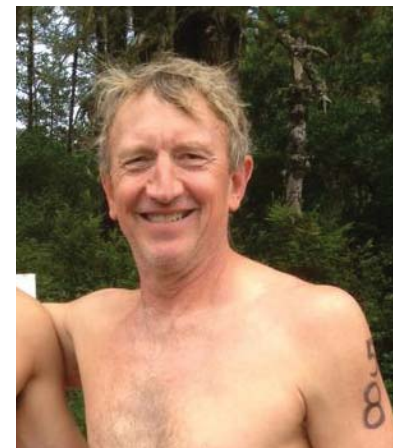
Aubree Gustafson Oregon Reign Masters
Hardy Lussier..... Central Oregon Masters Aquatics



Open Water Series Champions

This is a series of open water swims that are conducted at Oregon venues—lakes, reservoirs, and rivers. Individual results are tabulated for Oregon Masters athletes, with scoring, awards, and recognition for a cumulative series.

Lisa Gibson..... NIKE
Kermit Yensen Central Oregon Masters Aquatics



USMS/OMS Volunteer Awards

USMS recognizes the commitment of those who give back to the organization. In September, 2017, the Oregon LMSC received 4 awards at USMS Convention in Dallas, Texas.

The award-winners are:

- MJ Caswell received the Dorothy Donnelly Service Award
- Shelly Rawding received the Kerry O'Brien Coaching Award
- Tim Waud received the Speedo USMS Coach of the Year Award
- OREG received the Regional Club of the Year Award

MJ Caswell

Dorothy Donnelly Award



MJ has most recently served as the Oregon Top Ten Committee chair since 2013 and continues to be efficient in keeping the top ten swims database up to date. She pursues missing information when needed, and is quick to respond to swimmers' inquiries.

Prior to filling the Top Ten Chair position, she served as our webmaster in trying to herald a re-vamping of the site. She also maintains an all-time Oregon Top Twelve database. She participates in LMSC Board meetings and regularly contributes

her opinions and expertise.

MJ has attended convention for several years, and currently serves on the Records and Tabulation Committee as Vice Chair. She is also on the Recognition and Awards Committee, and has served on the Fitness Committee in the past.

In addition to her volunteer service in the organization, MJ is a Masters coach who is always willing to share her stroke knowledge with workout group members. She fills in for other Masters coaches, offers lessons on the side, and soothes the 'newbies' worries about swimming inadequacies. She is the person who arrives on the pool deck early to be sure all is prepared for others to have a good workout. She encourages others to swim at their potential and is always a cheerleader for teammates' swims at meets.

Short Course Yards

Place	Age Group	Event	Name	Age	Club	Time
1	M80-84	500 Free	David A Radcliff	82	OREG	6:59.00
4	M80-84	500 Free	Earl N Ellis	80	OREG	8:41.65
1	M80-84	1000 Free	David A Radcliff	82	OREG	13:56.76
1	M80-84	1650 Free	David A Radcliff	82	OREG	25:00.06
10	M80-84	200 Back	George D Thayer	81	OREG	3:55.42
1	M90-94	50 Free	Willard J Lamb	94	OREG	41.04
1	M90-94	50 Back	Willard J Lamb	94	OREG	53.23
1	M90-94	100 Back	Willard J Lamb	94	OREG	1:54.25
1	M90-94	200 Back	Willard J Lamb	94	OREG	3:59.02

Short Course Yards Relays

Place	Age Group	Event	Club	Time	Swimmers (Age)
9	M18+	200 Medley	OREG	1:39.34	Nick H Blank (28) Mike Stratton (26) Brett Nagle (26) Jonathan Merkle (20)
9	M25+	200 Free	OREG	1:28.85	Brett Nagle (26) Nick H Blank (28) Juan P Vidal (27) Daniel Michael (28)
3	W18+	200 Medley	OREG	1:53.69	Jessica E Kieras (36) Makila Schuck (22) Abby Blank (31) Kendra Chernoff (26)
3	W25+	200 Free	OREG	1:40.71	Jessica L Stacy (27) Sonja Skinner (40) Jill M Asch (50) Hailey Bambusch (26)
5	W25+	200 Free	OREG	1:44.89	Abby Blank (31) Kendra Chernoff (26) Jessica E Kieras (36) Christine C Polito (31)
3	W25+	200 Medley	OREG	1:51.82	Karen Andrus-Hughes (59) Jessica L Stacy (27) Sonja Skinner (40) Hailey Bambusch (26)
10	W35+	200 Medley	OREG	2:02.86	Amy K Ward (43) Sara Q Nelson (44) Stacey L Kiefer (38) Kelly V Giebelhaus (40)
5	X18+	200 Medley	OREG	1:45.67	Brett Nagle (26) Makila Schuck (22) Juan P Vidal (27) Kendra Chernoff (26)

Place	Age Group	Event	Name	Age	Club	Time
8	W70-74	200 Back	Joy Ward	74	OREG	3:25.57
2	W70-74	50 Breast	Ginger L Pierson	71	OREG	42.43
3	W70-74	50 Breast	Rebecca L Kay	70	OREG	42.49
3	W70-74	100 Breast	Ginger L Pierson	71	OREG	1:32.76
3	W70-74	200 Breast	Ginger L Pierson	71	OREG	3:26.15
3	W70-74	200 Fly	Ginger L Pierson	71	OREG	3:43.82
6	M25-29	100 Free	Brett Nagle	26	OREG	46.39
8	M25-29	200 Free	Brett Nagle	26	OREG	1:42.81
5	M25-29	200 Back	Nick H Blank	28	OREG	1:56.77
9	M25-29	100 Fly	Brett Nagle	26	OREG	50.18
8	M40-44	100 Free	Kurt Grote	43	OREG	49.03
10	M40-44	200 Back	Matthew B Gilman	40	OREG	2:06.38
7	M40-44	50 Breast	John C Rasmussen	42	OREG	27.26
9	M40-44	50 Breast	Kurt Grote	43	OREG	27.69
4	M40-44	100 Breast	John C Rasmussen	42	OREG	59.05
6	M40-44	100 Breast	Kurt Grote	43	OREG	59.20
2	M40-44	200 Breast	John C Rasmussen	42	OREG	2:07.92
3	M40-44	200 Breast	Kurt Grote	43	OREG	2:08.19
9	M40-44	100 IM	Kurt Grote	43	OREG	55.49
4	M40-44	200 IM	Matthew B Gilman	40	OREG	2:03.69
1	M45-49	50 Back	Mike Self	46	OREG	25.32
1	M45-49	100 Back	Mike Self	46	OREG	54.18
2	M45-49	200 Back	Mike Self	46	OREG	2:00.08
3	M45-49	200 Fly	Michael C Dix	45	OREG	2:09.42
3	M50-54	200 Free	Eilhard C Lussier	51	OREG	1:50.19
3	M50-54	500 Free	Eilhard C Lussier	51	OREG	5:01.36
10	M50-54	500 Free	Scot A Sullivan	50	OREG	5:14.65
5	M50-54	1000 Free	Eilhard C Lussier	51	OREG	10:38.53
3	M50-54	1650 Free	Eilhard C Lussier	51	OREG	17:32.00
9	M50-54	50 Breast	Scot A Sullivan	50	OREG	29.60
8	M50-54	400 IM	Scot A Sullivan	50	OREG	4:43.74
2	M65-69	50 Breast	Allen L Stark	68	OREG	32.01
2	M65-69	100 Breast	Allen L Stark	68	OREG	1:11.05
2	M65-69	200 Breast	Allen L Stark	68	OREG	2:40.10
10	M75-79	100 Free	Ronald K Nakata	77	OREG	1:12.69
4	M75-79	1000 Free	Barry A Fasbender	79	OREG	16:42.32
5	M75-79	1650 Free	Barry A Fasbender	79	OREG	27:24.90
5	M75-79	50 Breast	Ronald K Nakata	77	OREG	39.89
7	M75-79	100 Breast	Ronald K Nakata	77	OREG	1:35.04
6	M75-79	200 Fly	Barry A Fasbender	79	OREG	4:27.62
6	M75-79	100 IM	Ronald K Nakata	77	OREG	1:24.19
10	M75-79	200 IM	Barry A Fasbender	79	OREG	3:40.98
3	M75-79	400 IM	Barry A Fasbender	79	OREG	7:37.34
4	M80-84	50 Free	David A Radcliff	82	OREG	30.36
5	M80-84	100 Free	David A Radcliff	82	OREG	1:15.73
1	M80-84	200 Free	David A Radcliff	82	OREG	2:33.30
9	M80-84	200 Free	Earl N Ellis	80	OREG	3:15.84

Shelly Rawding

Kerry O'Brien Coaching Award

Shelly Rawding is Head Coach of both the Columbia Gorge Masters and the Hood River Valley Swim Team.



While Shelly was also the head coach for the kids team, she oversaw the Masters coaching schedule to make sure Masters always had a coach scheduled, and filled in herself periodically when needed. In the earlier years, Shelly was a consistent source of support and encouraged the team to host Masters meets. She encouraged Masters swimmers to participate on the joint Board overseeing both kids and Masters teams.

In 2015, the main Masters coach had to step down and Shelly stepped up. She started coaching Masters three days per week on a regular basis, and recruited a dependable assistant coach as well as several substitute coaches. She trained these individuals, encouraged attendance at the USMS Coaches Certification classes, and developed a season and weekly plan to communicate to all for consistency and variety in workouts.

Shelly creates workouts that challenge swimmers of all abilities, including the 'I want to go the distance' swimmer, triathletes, novice swimmers, and competitive swimmers. She is skilled in stroke technique and in communicating that information to swimmers. Her workouts are creative, interesting, and challenging, and she brings an enthusiasm that is motivating to swimmers of all abilities.

Her appeal to all is evident on the deck. Also, Shelly is understanding and supportive when life's woes get in the way of a swimmer's focus on any given day.

On deck, Shelly is constantly walking from one workout group to the next, giving the sets and interacting with every swimmer in the water. There are only whiteboard workouts when the set's difficulty exceeds the Masters swimmers' mind capacity to remember the set. Her supportiveness can be summed up by one swimmer's statement: "I was having a heck of a time hitting the intervals and was seriously thinking of hanging on the wall for a 50, but I didn't quit because I knew she was standing there waiting at the wall with a, 'Good Job, Bill'. If she was that invested in me, I couldn't just quit. It's as simple sometimes as a coach who cares."

Tim Waud

USMS Coach of the Year



Coach Tim has been invaluable in helping with the operations of the Oregon City Swim Teams meets as head meet director over the last 6 years. These meets are big events with hundreds of swimmers coming through the Oregon City Pool doors over the course of the weekend. I think one very special achievement is being able to coordinate and plan one of the first dual-sanctioned meets in the nation. We've had teams contact us on how to make a dual sanctioned meet happen. It is great for young athletes to see what it really looks like to have swimming as a

lifelong sport!

Tim has also been the safety director for five years for the Portland Bridge Swim in the Willamette River, Oregon's longest (17-km) and most complex-to-manage open water event.

In just six short years, Tim has transformed a loose group of around 8 to 10 swimmers into a strong competitive team of 60 Masters Swimmers. He has done this despite the limitations of a 6 lane, 25 meter pool, and a 5:00 am workout time. Of those 60 swimmers, about half are competitive swimmers and half triathletes or fitness swimmers. Tim and his athletes have won both Regional and National awards.

His practices, though early in the morning, are very well attended, and people drive as far as 30 miles to swim with the Tankers, largely because of Tim and his coaching style. Tim is actively involved with each swimmer at every workout, whether he or she is a national champion or newly learning their strokes. When he is on deck he gives each swimmer the best he has to offer and receives their best in return. He has a mastery of technique and is constantly searching for ideas and methods to communicate that understanding to his swimmers. I am proud of the way the Oregon City Tankers bond and support each other.

He has the ability to interact with others in a leadership role, and to create enthusiasm in every volunteer. He is meticulous in paying attention to details and following through with every task. He is an individual one can count on. It has been a great experience working with Coach Tim and experiencing his passion for the sport of swimming. He always brings an enthusiasm for people and a love for swimming to each of his interactions!

Short Course Yards

Place	Age Group	Event	Name	Age	Club	Time
3	W45-49	50 Breast	Jayna M Tomac	45	OREG	32.78
3	W45-49	100 Breast	Jayna M Tomac	45	OREG	1:11.29
7	W45-49	200 Fly	Hailey F Kuhn	47	OREG	2:33.10
10	W45-49	200 Fly	Cheryl A Morgen	47	OREG	2:43.21
3	W50-54	50 Free	Jill M Asch	50	OREG	25.80
3	W50-54	100 Free	Jill M Asch	50	OREG	57.04
5	W50-54	200 Free	Francie Haffner	50	OREG	2:07.48
10	W50-54	50 Back	Jill M Asch	50	OREG	31.27
9	W50-54	100 Back	Francie Haffner	50	OREG	1:08.35
7	W50-54	50 Breast	Jill M Asch	50	OREG	34.24
9	W50-54	100 Breast	Jill M Asch	50	OREG	1:16.31
4	W50-54	50 Fly	Jill M Asch	50	OREG	28.37
5	W50-54	100 IM	Jill M Asch	50	OREG	1:05.74
7	W55-59	50 Free	Karen Andrus-Hughes	59	OREG	26.78
10	W55-59	100 Free	Karen Andrus-Hughes	59	OREG	59.95
4	W55-59	50 Back	Karen Andrus-Hughes	59	OREG	30.32
2	W55-59	100 Back	Karen Andrus-Hughes	59	OREG	1:05.90
7	W55-59	100 IM	Karen Andrus-Hughes	59	OREG	1:08.39
7	W60-64	500 Free	Colette M Crabbe	60	OREG	6:03.56
8	W60-64	1000 Free	Colette M Crabbe	60	OREG	12:47.35
3	W60-64	1650 Free	Colette M Crabbe	60	OREG	21:13.93
3	W60-64	50 Breast	Colette M Crabbe	60	OREG	35.88
4	W60-64	100 Breast	Colette M Crabbe	60	OREG	1:18.48
2	W60-64	200 Breast	Colette M Crabbe	60	OREG	2:51.95
2	W60-64	100 Fly	Colette M Crabbe	60	OREG	1:08.27
2	W60-64	100 IM	Colette M Crabbe	60	OREG	1:08.65
1	W60-64	200 IM	Colette M Crabbe	60	OREG	2:28.01
1	W60-64	400 IM	Colette M Crabbe	60	OREG	5:20.18
6	W65-69	50 Free	Margaret H Toppel	69	OREG	30.35
7	W65-69	50 Back	Margaret H Toppel	69	OREG	37.50
6	W65-69	100 Back	Margaret H Toppel	69	OREG	1:20.71
7	W65-69	50 Breast	Janet Gettling	68	OREG	39.94
5	W65-69	100 Breast	Janet Gettling	68	OREG	1:28.70
6	W65-69	200 Breast	Janet Gettling	68	OREG	3:21.33
6	W65-69	50 Fly	Margaret H Toppel	69	OREG	34.30
8	W65-69	100 Fly	Janet Gettling	68	OREG	1:29.66
3	W65-69	200 Fly	Janet Gettling	68	OREG	3:20.87
3	W65-69	100 IM	Margaret H Toppel	69	OREG	1:16.96
10	W65-69	100 IM	Janet Gettling	68	OREG	1:22.25
9	W65-69	200 IM	Janet Gettling	68	OREG	3:07.80
10	W65-69	400 IM	Janet Gettling	68	OREG	7:08.52
3	W70-74	50 Free	Rebecca L Kay	70	OREG	32.61
7	W70-74	100 Free	Rebecca L Kay	70	OREG	1:18.62
10	W70-74	1000 Free	Sue C Calnek-Morris	73	OREG	17:20.09
8	W70-74	1650 Free	Sue C Calnek-Morris	73	OREG	28:54.39
8	W70-74	50 Back	Joy Ward	74	OREG	43.32
6	W70-74	100 Back	Joy Ward	74	OREG	1:34.16

USMS Top Ten

Ranked in the top ten swims in the Nation in SCY, SCM or LCM for the given year.

Short Course Yards (25 Yards)

Place	Age Group	Event	Name	Age	Club	Time
6	W18-24	50 Breast	Makila Schuck	22	OREG	31.86
6	W18-24	100 Breast	Makila Schuck	22	OREG	1:09.96
8	W18-24	200 Breast	Makila Schuck	22	OREG	2:36.77
8	W25-29	50 Free	Hailey Bambusch	26	OREG	24.40
9	W25-29	50 Free	Kendra Chernoff	26	OREG	24.52
7	W25-29	200 Free	Hailey Bambusch	26	OREG	1:57.16
9	W25-29	50 Breast	Jessica L Stacy	27	OREG	31.14
6	W25-29	100 Breast	Jessica L Stacy	27	OREG	1:06.29
6	W25-29	50 Fly	Kendra Chernoff	26	OREG	25.71
8	W25-29	50 Fly	Jessica L Stacy	27	OREG	25.95
4	W25-29	100 Fly	Kendra Chernoff	26	OREG	56.25
2	W25-29	200 Fly	Kendra Chernoff	26	OREG	2:10.47
6	W25-29	200 Fly	Jessica L Stacy	27	OREG	2:16.76
10	W30-34	50 Back	Sara Shepherd	34	OREG	29.62
5	W30-34	100 Back	Sara Shepherd	34	OREG	1:01.84
5	W30-34	200 Back	Sara Shepherd	34	OREG	2:13.63
9	W30-34	50 Breast	Abby Blank	31	OREG	33.21
5	W30-34	100 Breast	Abby Blank	31	OREG	1:10.53
1	W30-34	200 Breast	Abby Blank	31	OREG	2:32.24
5	W35-39	500 Free	Emily R Melina	36	OREG	5:36.29
8	W35-39	1000 Free	Amy J Holcomb	37	OREG	11:55.90
6	W35-39	1650 Free	Amy J Holcomb	37	OREG	19:51.95
6	W35-39	100 Back	Jessica E Kieras	36	OREG	1:04.60
4	W35-39	200 Back	Jessica E Kieras	36	OREG	2:17.42
10	W35-39	200 Back	Stacey L Kiefer	38	OREG	2:25.77
9	W35-39	100 Fly	Emily R Melina	36	OREG	1:02.82
7	W35-39	200 IM	Emily R Melina	36	OREG	2:21.40
10	W35-39	200 IM	Jessica E Kieras	36	OREG	2:22.47
10	W40-44	50 Free	Sonja Skinner	40	OREG	25.88
7	W40-44	100 Free	Sonja Skinner	40	OREG	55.81
7	W40-44	500 Free	Sara Q Nelson	44	OREG	5:33.54
6	W40-44	50 Breast	Sonja Skinner	40	OREG	32.66
8	W40-44	100 Breast	Sonja Skinner	40	OREG	1:12.91
4	W40-44	50 Fly	Sonja Skinner	40	OREG	27.66
7	W40-44	50 Fly	Christine Mcclafferty	43	OREG	28.05
2	W40-44	100 Fly	Sonja Skinner	40	OREG	1:00.97
4	W40-44	100 Fly	Christine Mcclafferty	43	OREG	1:01.62
3	W40-44	200 Fly	Christine Mcclafferty	43	OREG	2:24.56
6	W40-44	100 IM	Sonja Skinner	40	OREG	1:04.14
4	W40-44	200 IM	Sonja Skinner	40	OREG	2:22.27
5	W40-44	400 IM	Sara Q Nelson	44	OREG	5:05.97

Oregon LMSC

Regional Club of the Year Award



The Oregon Masters Swim Club (OREG) is, currently, one of 3 clubs within the Oregon LMSC, and is composed of 32 workout groups spread out over the State of Oregon and SW Washington.

Several workout groups host specialized events, such as the Tualatin Hills Barracudas "February Fitness Challenge,"

Central Oregon Masters' "Beautiful Lake Juniper Swim," the Oregon City Tankers "Swim Across America Relays for Life" event, Columbia Gorge Masters Adult Learn-to-Swim program, and USMS ePostal events.

Columbia Gorge Masters has offered the USMS Adult Learn to Swim program in 2016 and 2017 and had over 50 registrants both years.

Oregon City Tankers have hosted an annual Dual Sanction (US Masters Swimming and USA Swimming) competition every spring since 2011. This unique event allows the younger USA Swimmers to compete in the same meet with the US Masters swimmers. Competitors travel from California, Colorado, Florida, Idaho, and Washington State to compete in the Tankers' 25-meter, 6-lane competition pool. Over 20 FINA World Records and US Masters Swimming National Records have been set in the Oregon City Pool during this annual competition.

Rogue Valley Masters has been hosting an open water swim weekend in southern Oregon since 1989: 28 years, with only one cancellation due to low water levels. This swim is believed to be the oldest currently running open water swim in the state of Oregon. In addition, Rogue Valley Masters has hosted two ePostal National Championships.

The Oregon Club accounts for approximately 85% of the membership of the Oregon LMSC, and the Club's members are extremely motivated and active in contributing to the hosting of multiple pool USMS National Championships, Open Water National Championship events, and postal competitions. They are a cohesive group who work well together for the betterment of Masters swimming in Oregon and southern Washington. They also have a highly participatory group of representatives at the national level.

Social Time 5:30 PM — General Meeting 6:00 PM

Awards Presentation

6:30 PM

Master of Ceremonies

Tim Waud — OMS Chairman

Pool Awards

Art Welch "Most Splashes" Award

Outstanding Swimmer Award

Spirit Awards

Hazel Bressie Spirit Award

Gil Young Spirit Award

Mike Morehouse Spirit Award

Special Recognition

Special Service Award

Ol' Barn Award

Connie Wilson Award