

Team News

SOMA swimmers at the Bend meet—December 14, 2019



Grant Aldred, Matt Miller, Willard Lamb and Doug Lamb



Men's 400 medley relay -Matt Osborn, Mike Servant, Christian Tujo and Brad Cota



New Oregon Record 800 mixed free relay - Sara Shepherd, Kurt Grote, Alexis Higlett and Matt Miller



Kurt Grote & Grant Aldred—SOMA at Bend

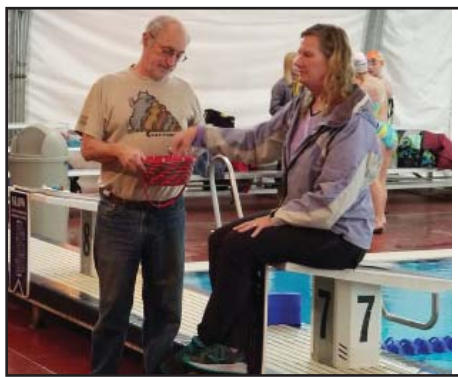


MAC at USMS Spring Nationals 2019

COMA swimmers had a METRIC Birthday Party?



Huge 'Metric Birthday' Cake



Drawing for 'goodies'; only COMA members could draw



Perks at the Party

Your swim team in the *Aqua Master!*

If you want your team represented in the *Aqua Master*, please send information and a picture to the editor: azabudsky@msn.com. News can be sent at any time of the month, and whenever you have something to report. You may want to select one or more reporters to get the job done. Those who report their news, get the most coverage!