



Aqua Master

USMS 2004 Newsletter of the Year

Volume 33, Number 7

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"Swimming for Life"

Foster's Victors



The Winners at Foster Lake: Steve Johnshon (2000), Mary Sweat (2000), Joni Young (1000), Mike Carew (1000)
Full results of the Foster Lake Open Water Swim are on pages 7 - 8

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Jani is Moving

Jani Sutherland, our outstanding Fitness Chair, is moving to Idaho. Jani will be running the Children's Ski School in Sun Valley. In her email she said: **"I am stepping down as Fitness Chair in October. I will be moving to Idaho the end of September. There are articles written through October. This will allow the board to start advertising the position.**

I am returning to the ski industry and will be the children's ski school supervisor in Sun Valley. This is what I have done for 26 years, with a slight break the past few years, due to a back injury. I am very excited about getting back into things. I will continue to be active in Masters swimming, just not in Oregon. I will miss you all. I have really enjoyed writing the fitness articles."



Jani, thank you for all you have done to help keep us fit. You will be greatly missed. Anyone interested in the Fitness position should contact Jody Welborn.

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Earl Walter - Historian**

Chair's Corner by Jody Welborn

Hi everyone:

It's time!

The FINA Master's World Championships are just around the corner and a large contingent of Oregon swimmers are making the trip. Along with the opportunity to swim fast at one of the best facilities in the nation, Oregon swimmers will get to meet up with old friends and make new ones from across the nation and around the world. Research has shown that a strong social network contributes to health and longevity. And I know the strong socializing I do as part of this great sport is keeping me young and healthy.

To promote the twin activities of fitness and socialization, OMS will be giving each swimmer going to the World Championships a swim cap commemorating the event. More importantly, additional swim caps will be available to purchase (2 for \$5). Trade a swim cap with a competitor. Make a new friend. Extend your social network. Stay healthy and young. I know I will.

See you soon

Jody

PS:

And

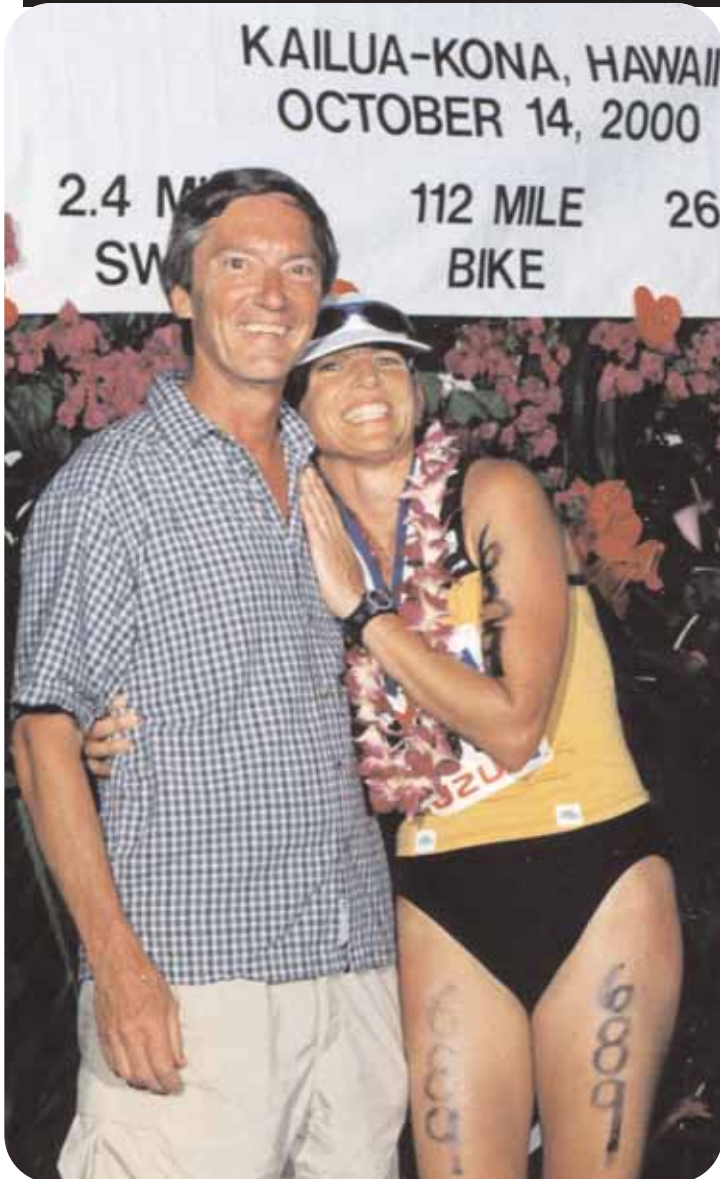
Remember,

*swimming is for life
and life matters.*



United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc. or Oregon Masters Swimming.

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Jane Higdon
1958 - 2006
Master
Swimmer,
Tri Athlete,
Iron Man
(Woman)



F i t n e s s



**Jani
Sutherland
Fitness
Chair**



For the next two issues of the Aqua Master, the Fitness section will feature an article by Jane Higdon. On May 31st, Jane was tragically killed while biking. Jane worked as a scientist at the Linus Pauling Institute, where she studied the effects of nutrition on disease.

What to Look for in a Multivitamin Supplement

Jane Higdon, Ph.D. LPI Research Associate

Why take a multivitamin supplement?

Although it hasn't been proven that a daily multivitamin supplement containing 100% of the Daily Value of most vitamins and essential minerals will lead to better health for well-nourished people, recent research indicates that several of the nutrients found in standard multivitamin supplements play important roles in preventing chronic diseases like heart disease, cancer, and osteoporosis. A daily multivitamin supplement ensures an adequate intake of several micronutrients that are not always present in the diet in optimal amounts:

Folic acid

Birth defects like spina bifida are less common in the infants of women who start taking folic acid supplements prior to conception.

Increased folic acid intakes can lower homocysteine levels, and high homocysteine levels are associated with increased risk of cardiovascular diseases and Alzheimer's disease.

Increased folic acid intake may decrease the risk of some types of cancer, especially in those who drink alcoholic beverages.

Vitamin B12

In many people, the ability to absorb vitamin B12 from food but not from supplements declines with age. For this reason, the Institute of Medicine recommends that adults over the age of 50 obtain the RDA for vitamin B12 from supplements or fortified foods.

Since it is only found in animal products, strict vegetarians also need to get vitamin B12 from a supplement or fortified foods.

Vitamin D

In many parts of the world, there is insufficient ultraviolet light for vitamin D synthesis in the skin during winter.

Using sunscreen and avoiding sun exposure to prevent skin damage also prevents vitamin D synthesis.

Vitamin D synthesis in the skin declines with age.

Iron

Iron deficiency is the most common micronutrient deficiency worldwide and is a significant problem in the U.S. Although uncommon in men and postmenopausal women, iron deficiency is still common in children, adolescents, and premenopausal women.

Reading supplement labels

Although one would expect the Daily Values (DV) listed on supplement labels to reflect the latest intake recommendations from the U.S. Institute of Medicine, most of them are actually based on outdated recommendations made in 1968.

The latest nutrient intake recommendations from the Institute of Medicine are called Dietary Reference Intakes (DRIs), which have been set for males and females throughout the lifespan. They include the Recommended Dietary Allowance (RDA) as well as the Adequate Intake (AI), which is established for a nutrient when there is insufficient data to calculate an RDA. Supplement labels continue to display the outdated DV. A comparison of the DVs and the DRIs for adults is shown in the table below.

Choosing multivitamin supplements

Most multivitamin supplements contain at least the RDA for folic acid, niacin, pantothenic acid, thiamin, riboflavin, vitamin B6, vitamin B12, chromium, copper, iodine, manganese, molybdenum, and zinc. Supplements that contain more than 100% of the DV for these micronutrients are not necessary for most people.

Don't worry about the relatively small amounts of chloride, phosphorus, and potassium in multivitamin supplements. Most people get plenty of chloride from salt, and phosphorus and potassium are best obtained from diets rich in fruits, vegetables, and whole grains.

Trace elements like boron, nickel, silicon, tin, and vanadium are not necessary since they may not even be required by humans.

Vitamin A: Vitamin A in supplements may come from retinol, beta-carotene, or both. Recent research suggests there may be an association between higher retinol intakes (5,000 IU/day) and an increased risk of osteoporosis in older men and women. However, vitamin A intakes from beta-carotene have not been associated with an increased risk of osteoporosis. Look for supplements containing no more than 2,500 IU of vitamin A or, if unavailable, supplements containing 5,000 IU, of which at least 50% comes from beta-carotene.

Vitamin C: Although the current RDA for vitamin C is 75-90 mg/day, most multivitamin supplements contain only 60 mg (the DV for vitamin C). Five servings of fruits and vegetables may provide about 200 mg. Aim for a total daily

intake of at least 400 mg, which is associated with the saturation of plasma and circulating cells.

Vitamin D: People over the age of 65 may need an additional 200-400 IU/day.

Vitamin E: Few multivitamin supplements contain more than 30 IU, which is close to the RDA of 22 IU/day. LPI recommends an extra supplement of 200 IU natural d-alpha-tocopherol daily.

Vitamin K: The current intake recommendation for vitamin K is 90-120 mcg/day, but few multivitamin supplements contain even as much as the DV (80 mcg). Broccoli and dark green leafy vegetables are excellent sources of vitamin K. Individuals on anticoagulant medicine like warfarin (Coumadin) should avoid sudden changes in their vitamin K intake from supplements or foods.

Biotin: Although the DV is 300 mcg, the most recent recommended intake for biotin is 30 mcg/day.

Calcium: No multivitamin supplement contains the RDA for calcium (1,000-1,200 mg/day) because the resulting pill would be too large to swallow. People who don't consume the RDA for calcium from their diet will need an extra calcium supplement to make up the difference.

Iron: Premenopausal women should look for a multivitamin supplement that provides 18 mg. Men and postmenopausal women should generally look for a supplement without iron.

Magnesium: Few multivitamin supplements contain more than 100 mg. Because magnesium is plentiful in foods, eating a varied diet that provides green vegetables and whole

grains daily should provide the rest of the RDA for magnesium (310-420 mg/day).

Selenium: The RDA for selenium is 55 mcg/day, while the DV for selenium is 70 mcg. One study of people with a history of skin cancer found that selenium supplementation at a dose of 200 mcg/day decreased the incidence of prostate cancer by 50%, but increased the risk of one type of skin cancer (squamous cell carcinoma) by 25%. A much larger clinical trial designed to test the effect of selenium supplementation on the risk of prostate cancer is under way, but final results are not expected for another ten years.

Quality and cost

In March 2003, the U.S. Food and Drug Administration proposed new regulations that would, for the first time, establish standards to ensure that dietary supplements are not adulterated with contaminants or impurities and are labeled accurately. However, these regulations are not yet finalized or implemented.

The United States Pharmacopeia (USP) has a voluntary testing program called the Dietary Supplement Verification Program. The USP Dietary Supplement Verification mark shows that the supplement has passed USP tests to ensure that it contains the ingredients listed on the label, contains the amount of each ingredient listed on the label, dissolves effectively, does not contain harmful contaminants, and was manufactured using safe and sanitary procedures.

Higher costs of particular brands don't necessarily mean higher quality. Generic brands are often indistinguishable from brand name supplements, but have lower prices. A year's supply may cost as little as \$30.

Nutrient	Daily Value (DV)	Dietary Reference Intake (DRI) for Adult Male*	Dietary Reference Intake (DRI) for Adult Woman*
Vitamin A	5,000 IU	3,000 IU	2,300 IU
Vitamin C	60 mg	90 mg	75 mg
Vitamin D	400 IU	200-600 IU (AI)	200-600 IU (AI)
Vitamin E	30 IU	22-33 IU**	22-33 IU**
Vitamin K	80 mcg	120 mcg (AI)	90 mcg (AI)
Thiamin	1.5 mg	1.2 mg	1.1 mg
Riboflavin	1.7 mg	1.3 mg	1.1 mg
Niacin	20 mg	16 mg	14 mg
Vitamin B6	2 mg	1.3-1.7 mg	1.3-1.5 mg
Folic acid	400 mcg	400 mcg	400 mcg
Vitamin B12	6 mcg	2.4 mcg	2.4 mcg
Biotin	300 mcg	30 mcg (AI)	30 mcg (AI)
Pantothenic acid	10 mg	5 mg (AI)	5 mg (AI)
Choline	None est.	550 mg (AI)	425 mg (AI)
Calcium	1,000 mg	1,000-1,200 mg	1,000-1,200 mg
Iron	18 mg	8 mg	8-18 mg
Phosphorus	1,000 mg	700 mg	700 mg
Iodine	150 mcg	150 mcg	150 mcg
Magnesium	400 mg	400-420 mg†	310-320 mg
Zinc	15 mg	11 mg	8 mg
Selenium	70 mcg	55 mcg	55 mcg
Copper	2 mg	0.9 mg	0.9 mg
Manganese	2 mg	2.3 mg (AI)	1.8 mg (AI)
Chromium	120 mcg	30-35 mcg (AI)	20-25 mcg (AI)
Molybdenum	75 mcg	45 mcg	45 mcg
Potassium	4,000 mg	4,700 mg (AI)	4,700 mg (AI)

*The RDA is given unless no RDA has been established, in which case the Adequate Intake (AI) is indicated.

**22 IU natural or d-alpha-tocopherol; 33 IU synthetic d,l-alpha-tocopherol.

†More than 350 mg/day from supplements may cause diarrhea.

Long Distance Swimming



Bob Bruce
Long Distance
Chair



My, does our swimming plate seem full this summer. We've just finished our local pool meet season with the June Long Course Meet in Beaverton and an excellent though lightly attended State Games in Gresham. For the first time, we have had two open water swims in June, the Gecko tri Club's swims in Hagg Lake and COMA's swims in Foster Lake. And some of us have even done the first leg of the summer postals.

But we have a lot more opportunities for you! As I write, the annual Southern Oregon swims at Applegate Lake loom this weekend. Although it is a fair bit of traveling for most of us, I think that we'll be rewarded with fine water conditions, outstanding RVM hospitality, and whatever they'll come up with to celebrate "coming of age" (this is the 21st anniversary of their first swim). I can't wait!

Next on the agenda are the three days of the Cascade Lakes Swim Series and Festival at Elk Lake, featuring the Oregon Association Team and Individual and Long Distance Championships. As always, COMA is waiting to host with flair, including excellent water (higher and warmer than normal this year), the five-swim series options with special new 'Survivor' award, family-oriented events, and the usual groaning table of goodies.

Olympic Training Camp continued from page 15

The last day we got individual results of our testing and advice on what we should do regarding diet, strength training, pool training, etc.

We had our videotape reviewed by John Walker who is the OTC's stroke guru. Using the DartSwim system, he was able to show us frame by frame how we compared to Olympians. He compared my stroke frame by frame with Brendan Hansen's and it was obvious what I needed to work on.

The camp was over too soon. It was intense and there was an information overload, but the people were great and it really reawakened my passion for swimming. After return-

Then we swing right into the eight days of the FINA World Masters Championships at Stanford University. Judging from the entry lists, this will be the finest and fastest masters swimming meet in history. I am proud to take part in an event of this magnitude, and equally proud to have been chosen to help coach and lead our 91 Oregon-registered athletes there. The open water swim at these championships, held after the pool events have been concluded, promises an interesting course and great competition. I'll bet that the heats in this event will be built by age group so that you'll start side-by-side with everyone your age—interesting and intense!

The Dorena Lake open water swims will conclude our summer. Let's join host team Emerald Aquatics for their conventional 1500-meter swim, their zany 1000-meter "all equipment legal" swim, and their 500-meter kicking derby, and join our OMS open water diehards in concluding our season open water series.

But wait! You long distance folks are not off the hook yet. Although we have had a good start in the 5 & 10-km postal swims, we need more of you to do one or both of these swims to reach our Oregon Club goal of winning the national team titles. I will host a special 5 & 10-km opportunity in Bend on Sunday, August 27, for those who might be interested—please contact me (coachbob@bendbroadband.com) if you would like to swim then. Or see if you can find the time at one of your local 50-meter pools—Amazon (Eugene), Osborn (Corvallis), Tualatin Hills (Beaverton), MAC (Portland), Mt Hood Community College (Gresham), or Pendleton. Remember to let me know when you have completed one or both of these great events.

Good luck and good swimming!

ing I gave two seminars to Oregon Master's swimmers on what I had learned.

I started trying to implement the changes in my breaststroke that I had learned. At first it was strange and uncomfortable and at our Association Meet in April my times were slow. Bob Bruce (USMS coach of the year 2004) told me I looked like I was thinking instead of swimming.

By June, my "new stroke" was beginning to feel more natural and in August at the State Games of America, I went my fastest times in nearly a decade. Then at the 2004 USMS LCM Nationals I won the three breaststrokes in the 55-59 age group. Would I do it again? Absolutely!!!!

Hagg Lake Open Water Swim - June 18, 2006

Pl.	Name	Age	Age Gp.	Time	Men
800 Meter Results					1 Nishimura Takeo 33 M30-34 1:00:10
Men					1 Jablonski Greg 39 M35-39 0:45:27
1	Hackley	Jeff	37	M35-39	0:11:23
1	Proffitt	Jamie	41	M40-44	0:13:05
1	Moneta	Michael	50	M50-54	0:15:16
2000 Meter Results					1 Culbertson Scott 43 M40-44 0:55:43
Women					2 Proffitt Jamie 41 M40-44 0:58:23
1	Young	Susie	36	F35-39	0:29:16
2	Alvord	Linnea	36	F35-39	0:30:26
3	Merk	Meredith	35	F35-39	0:36:50
1	Chesler	Laurie	42	F40-44	0:27:59
2	Raach	Bridget	42	F40-44	0:33:42
3	Orner	Gayle	43	F40-44	0:35:15
1	Young	Joni	45	F45-49	0:29:19
2	Schob	Laura	47	F45-49	0:31:18
3	Rogers	Patricia	46	F45-49	0:33:15
Men					1 Teisher Jim 56 M55-59 1:04:01
1	Skoglund	Scott	34	M30-34	0:26:35
1	Jablonski	Greg	39	M35-39	0:22:01
2	Skoglund	Paul	38	M35-39	0:24:09
1	Yensen	Kermit	53	M50-54	0:29:26
1	Cronin	Jed	57	M55-59	0:29:06
2	Toole	Chris	55	M55-59	0:32:49
3	Teisher	Jim	56	M55-59	0:34:35
1	Mohr	Ralph	64	M60-64	0:32:32
1	Radcliff	Dave	72	M70-74	0:27:14
4000 Meter Results					2 Moneta Michael 50 M50-54 1:10:46
Women					3 Aalberg Cliff 54 M50-54 1:11:54
1	Aalberg	Kristy	41	F40-44	1:12:57
2	Orner	Gayle	43	F40-44	1:21:17
1	Young	Joni	45	F45-49	1:02:30
2	Schob	Laura	47	F45-49	1:06:54
3	Rogers	Patricia	46	F45-49	1:12:15



Greg Jablonski - First Place Overall in 2000 & 4000

Foster Lake Open Water Swim - June 24, 2006

Pl	Name	Age	Club/Team	Time	Ov'all	30-34			
1000-meter Results						1	Masterson, Mary	34	OR-coma 18:08 3
Women							Tackett, KC	30	OR-coma 18:31 4
18-24						45-49			
1	Orschein, Abby	23	OR-cbat	18:44	4	1	Cappaert, Marlys	47	OR-cbat 16:54 1
25-29						50-54			
1	Tyler, Rachel	26	OR-swish	17:44	2	1	LeBoeuf, Chris	54	OR-cbat 17:46 2
45-49						60-64			
1	Young, Joni	45	OR-scc	16:05	1	1	Himstreet, Pam	62	OR-coma 21:34 5
60-64						Men			
1	Whiter, Peggy	62	OR-coma	25:01	5	75-79			
Men						1	Weber, George	75	OR-coma 22:22 6
55-59						2000-meter Results			
1	Carew, Mike	56	OR-coma	17:59	3	Women			
1000-meter Results (Wetsuit)						25-29			
Women						1	Orschein, Nell	27	OR-cbat 32:01 3
						30-34			



The Start at Foster Lake

1	Vintrova, Renata	34	OR-?	41:29	7	2	Larkin, Cynthia	47	OR-coma	34:31	6
Men						3	Rogers, Pat	46	OR-ncms	36:32	7
30-34						50-54					
1	Nishimura, Takeo	33	OR-ea	34:21	4	1	Budd, Elizabeth	52	OR-cat	34:12	5
40-44						Men					
1	Higley, Rob	40	OR-coma	30:02	1	50-54					
55-59						1	Dow, Keith	50	OR-ncms	29:51	4
1	Teisher, Jim	56	OR-thb	31:52	2	55-59					
60-64						1	Johnson, Steve	58	OR-ea	26:08	1
1	Mohr, Ralph	64	OR-coma	36:07	5	70-74					
65-69						1	Radcliff, Dave	72	OR-thb	28:58	3
1	Lake, Brent	68	OR-coma	41:26	6	3 x 400 Pursuit Relay Results					

2000-meter Results (Wetsuit)**Women****45-49**

1	Sweat, Mary	48	OR-unat	27:03	2
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1	Tres Mures Caut (Three Blind Mice)	0
2	Beauty and the Beasts	+14
3	Wave Runners	+1:19
4	Wetsuit Weenies	+1:38

S t a t e G a m e s - J u l y 8 - 9 , 2 0 0 6

W = Breaks listed W'd Record, N = Breaks listed Nat. Record, Z = Zone Record, O = Oregon Record, S = St. Games Record

Women 18-24

100 LC Meter Freestyle	
1 Hollingsworth, Rose	19 UNAT 1:08.01
200 LC Meter Freestyle	
1 Takalo, Cherianne	22 OREG 3:25.69
50 LC Meter Backstroke	
1 Hollingsworth, Rose	19 UNAT 35.40 S
200 LC Meter Backstroke	
1 Hollingsworth, Rose	19 UNAT 2:43.03 S
100 LC Meter Breaststroke	
1 Hollingsworth, Rose	19 UNAT 1:33.54
50 LC Meter Butterfly	
1 Hollingsworth, Rose	19 UNAT 33.71

Women 25-29

400 LC Meter Freestyle	
1 Schmitt, Sara	26 OREG 5:58.54
800 LC Meter Freestyle	
1 Schmitt, Sara	26 OREG 12:09.13
100 LC Meter Backstroke	

1 Schmitt, Sara	26 OREG 1:27.72
Women 30-34	
50 LC Meter Freestyle	
1 Weeks, Nicole	34 OREG 29.13
2 Strausbaugh, E.	30 UNAT 32.85
50 LC Meter Breaststroke	
1 Weeks, Nicole	34 OREG 39.02 S
2 Godlove, Tara	33 OREG 39.88
3 Strausbaugh, E.	30 UNAT 43.42
100 LC Meter Breaststroke	
1 Weeks, Nicole	34 OREG 1:27.40 S
2 Strausbaugh, E.	30 UNAT 1:33.95
200 LC Meter Breaststroke	
1 Godlove, Tara	33 OREG 3:19.13
50 LC Meter Butterfly	
1 Weeks, Nicole	34 OREG 31.72
2 Godlove, Tara	33 OREG 34.51
200 LC Meter IM	
1 Godlove, Tara	33 OREG 3:03.58

2 Strausbaugh, E.	30 UNAT 3:16.41
Women 35-39	
50 LC Meter Freestyle	
1 Rublein, Susanne	36 UNAT 31.04
2 Marsh, Kathy	39 OREG 35.64
3 Walters, Melinda	36 OREG 36.27
100 LC Meter Freestyle	
1 Rublein, Susanne	36 UNAT 1:08.93
200 LC Meter Freestyle	
1 Lewis, Robin	39 OREG 2:49.31
2 Hyde, Sandra	38 OREG 2:50.71
3 Shaw, Susan	39 OREG 2:52.62
400 LC Meter Freestyle	
1 Young, Susie	37 OREG 5:25.89
2 Simpson, Shauna	35 OREG 5:35.68
3 Shaw, Susan	39 OREG 5:58.61
800 LC Meter Freestyle	
1 Young, Susie	37 OREG 11:05.25
2 Hyde, Sandra	38 OREG 12:39.09

3 Shaw, Susan	39	OREG	12:53.72
1500 LC Meter Freestyle			
1 Shaw, Susan	39	OREG	24:52.16
50 LC Meter Backstroke			
1 Rublein, Susanne	36	UNAT	37.20
100 LC Meter Backstroke			
1 Rublein, Susanne	36	UNAT	1:24.59
200 LC Meter Backstroke			
1 Hyde, Sandra	38	OREG	3:40.03
50 LC Meter Breaststroke			
1 Rublein, Susanne	36	UNAT	40.83 S
2 Marsh, Kathy	39	OREG	44.24
3 Walters, Melinda	36	OREG	52.38
100 LC Meter Breaststroke			
1 Rublein, Susanne	36	UNAT	1:31.91
2 Marsh, Kathy	39	OREG	1:41.66
200 LC Meter Breaststroke			
1 Marsh, Kathy	39	OREG	3:38.64
2 Lewis, Robin	39	OREG	3:43.42
50 LC Meter Butterfly			
1 Young, Susie	37	OREG	37.32
100 LC Meter Butterfly			
1 Simpson, Shauna	35	OREG	1:18.93 S
2 Young, Susie	37	OREG	1:24.48
200 LC Meter IM			
1 Lewis, Robin	39	OREG	3:12.19
400 LC Meter IM			
1 Marsh, Kathy	39	OREG	7:10.52
2 Shaw, Susan	39	OREG	7:24.00
Women 40-44			
50 LC Meter Freestyle			
1 Delmage, Arlene	44	OREG	29.92 S
2 Sitton, Tia	44	OREG	36.56
3 Dansby, Ami	44	OREG	38.06
4 Burres, Kim	44	OREG	44.39
100 LC Meter Freestyle			
1 Delmage, Arlene	44	OREG	1:03.89 Z
2 Jenkins, Valerie	43	OREG	1:07.47
3 Simmons, Stephanie	40	OREG	1:20.73
4 Dansby, Ami	44	OREG	1:25.91
200 LC Meter Freestyle			
Split Delmage, Arlene	44	OREG	2:23.07 O
800 LC Meter Freestyle			
1 Viales, Dianne	44	OREG	11:45.42
1500 LC Meter Freestyle			
1 Delmage, Arlene	44	OREG	19:50.68 O
50 LC Meter Backstroke			
1 Jenkins, Valerie	43	OREG	35.58 S
2 Simmons, Stephanie	40	OREG	43.11
100 LC Meter Backstroke			
1 Burres, Kim	44	OREG	1:50.95
200 LC Meter Backstroke			
1 Jenkins, Valerie	43	OREG	2:47.48 S
2 Viales, Dianne	44	OREG	3:03.80
3 Ralle, Martina	41	OREG	3:04.53
50 LC Meter Breaststroke			
1 Sitton, Tia	44	OREG	47.61
2 Dansby, Ami	44	OREG	50.31
3 Louie, Alice	40	UNAT	50.94
100 LC Meter Breaststroke			
1 Louie, Alice	40	UNAT	1:58.83
50 LC Meter Butterfly			
1 Viales, Dianne	44	OREG	35.41

2 Ralle, Martina	41	OREG	39.70
3 Dansby, Ami	44	OREG	44.66
200 LC Meter IM			
1 Delmage, Arlene	44	OREG	2:44.40 O
2 Viales, Dianne	44	OREG	3:00.62
Women 45-49			
50 LC Meter Freestyle			
1 Andrus-Hughes, K	49	OREG	29.58
2 Foley, Sharon	46	MACO	30.86
3 Buck, Donna	47	OREG	31.65
4 Vincent, Nancy	47	OREG	32.38
5 Gray, Lynn	45	UNAT	46.95
100 LC Meter Freestyle			
1 Buck, Donna	47	OREG	1:10.07
2 Foley, Sharon	46	MACO	1:12.58
3 Vincent, Nancy	47	OREG	1:13.88
4 Fox, Christina	46	OREG	1:44.42
5 Gray, Lynn	45	UNAT	1:48.17
200 LC Meter Freestyle			
1 Fox, Christina	46	OREG	3:03.75
2 Rogers, Patricia	47	OREG	3:13.46
400 LC Meter Freestyle			
1 Roussain, Kerri	47	OREG	5:18.22
2 Rogers, Patricia	47	OREG	6:47.06
800 LC Meter Freestyle			
1 Roussain, Kerri	47	OREG	11:04.47 S
2 Rogers, Patricia	47	OREG	14:12.35
1500 LC Meter Freestyle			
1 Roussain, Kerri	47	OREG	21:21.32 S
2 Rogers, Patricia	47	OREG	26:03.15
50 LC Meter Backstroke			
1 Andrus-Hughes, K	49	OREG	34.44
2 Gray, Lynn	45	UNAT	1:01.09
200 LC Meter Backstroke			
1 Andrus-Hughes, K	49	OREG	2:50.39 S
2 Fox, Christina	46	OREG	3:19.26
3 Rogers, Patricia	47	OREG	3:59.60
50 LC Meter Breaststroke			
1 Buck, Donna	47	OREG	41.26 S
2 Vincent, Nancy	47	OREG	41.68
3 Gray, Lynn	45	UNAT	58.94
100 LC Meter Breaststroke			

1 Vincent, Nancy	47	OREG	1:31.34
200 LC Meter Breaststroke			
1 Vincent, Nancy	47	OREG	3:19.07
2 Fox, Christina	46	OREG	3:39.98
50 LC Meter Butterfly			
1 Foley, Sharon	46	MACO	34.47
2 Worden, Laura	49	OREG	35.13
100 LC Meter Butterfly			
1 Worden, Laura	49	OREG	1:20.35
2 Foley, Sharon	46	MACO	1:26.29
200 LC Meter Butterfly			
1 Worden, Laura	49	OREG	3:12.88 S
200 LC Meter IM			
1 Andrus-Hughes, K	49	OREG	2:51.54
2 Fox, Christina	46	OREG	3:20.56
400 LC Meter IM			
1 Worden, Laura	49	OREG	6:31.96
Women 50-54			
50 LC Meter Freestyle			
1 Snyder, Lynn	50	OREG	36.72
2 Sanders, Susan	52	OREG	42.76
100 LC Meter Freestyle			
1 Hollingsworth, Lori	51	OREG	1:22.90
200 LC Meter Freestyle			
1 Sanders, Susan	52	OREG	3:30.16
800 LC Meter Freestyle			
1 Budd, Elizabeth	52	OREG	12:33.47 S
1500 LC Meter Freestyle			
1 Budd, Elizabeth	52	OREG	24:09.72 S
50 LC Meter Backstroke			
1 Royle, Mary Anne	54	OREG	41.31 S
2 Snyder, Lynn	50	OREG	44.28
100 LC Meter Backstroke			
1 Royle, Mary Anne	54	OREG	1:36.54
2 Snyder, Lynn	50	OREG	1:36.99
3 Roberts, Calli	52	OREG	1:59.46
200 LC Meter Backstroke			
1 Royle, Mary Anne	54	OREG	3:24.68
2 Roberts, Calli	52	OREG	3:59.18
50 LC Meter Breaststroke			
1 Snyder, Lynn	50	OREG	49.02
2 Wikander, Teresa	54	UNAT	1:10.01



Kevin Morgan, Kerri Roussain, Nancy Vincent, Wes Edwards
Zone Record - Mixed 400 Medley

100 LC Meter Breaststroke

1 Snyder, Lynn 50 OREG 1:47.08

50 LC Meter Butterfly

1 Budd, Elizabeth 52 OREG 41.33

2 Hollingsworth, Lori 51 OREG 45.29

100 LC Meter Butterfly

1 Asleson, Elke 54 OREG 1:36.31

200 LC Meter Butterfly

1 Asleson, Elke 54 OREG 3:42.76

200 LC Meter IM

1 Budd, Elizabeth 52 OREG 3:15.86

2 Asleson, Elke 54 OREG 3:31.51

3 Roberts, Calli 52 OREG 4:10.20

400 LC Meter IM

1 Asleson, Elke 54 OREG 7:26.77

Women 55-59

50 LC Meter Freestyle

1 Gettling, Janet 58 OREG 34.16

2 Stark, Carol 58 OREG 54.04

400 LC Meter Freestyle

1 Milner, Nancy 55 OREG 6:54.71

800 LC Meter Freestyle

1 Milner, Nancy 55 OREG 14:22.33

50 LC Meter Backstroke

1 Gettling, Janet 58 OREG 45.00

2 Stark, Carol 58 OREG 57.44

100 LC Meter Backstroke

1 Stark, Carol 58 OREG 2:21.50

200 LC Meter Backstroke

1 Stark, Carol 58 OREG 4:48.85

50 LC Meter Breaststroke

1 Gettling, Janet 58 OREG 44.25

100 LC Meter Breaststroke

1 Gettling, Janet 58 OREG 1:42.13

100 LC Meter Butterfly

1 Gettling, Janet 58 OREG 1:36.57

Women 60-64

50 LC Meter Freestyle

1 Ward, Joy 64 OREG 36.46

2 Brooks, Nancy 64 UNAT 39.53

100 LC Meter Freestyle

1 Ward, Joy 64 OREG 1:27.51

50 LC Meter Backstroke

1 Brooks, Nancy 64 UNAT 50.42

200 LC Meter Backstroke

1 Ward, Joy 64 OREG 3:24.76

2 Whiter, Peggy 63 OREG 4:32.56

50 LC Meter Breaststroke

1 Pierson, Ginger 60 MACO 44.53 S

2 Brooks, Nancy 64 UNAT 47.30

3 Frid, Barbara 64 OREG 49.61

100 LC Meter Breaststroke

1 Pierson, Ginger 60 MACO 1:39.56 S

2 Brooks, Nancy 64 UNAT 1:46.62

200 LC Meter Breaststroke

1 Pierson, Ginger 60 MACO 3:41.10

2 Brooks, Nancy 64 UNAT 3:59.40

50 LC Meter Butterfly

1 Whiter, Peggy 63 OREG 1:03.59

200 LC Meter Butterfly

1 Pierson, Ginger 60 MACO 3:37.55 Z

200 LC Meter IM

1 Ward, Joy 64 OREG 3:28.65

2 Pierson, Ginger 60 MACO 3:37.96

400 LC Meter IM

1 Pierson, Ginger 60 MACO 7:40.31

Women 70-74

50 LC Meter Freestyle

1 Kawabata, Geraldine 72 OREG 49.66

2 Schroder, Kaleo 70 OREG 55.24

100 LC Meter Freestyle

1 Schroder, Kaleo 70 OREG 2:03.57

2 L'Esperance, Beverly 74 OREG 2:19.61

200 LC Meter Freestyle

1 L'Esperance, Beverly 74 OREG 4:50.11

400 LC Meter Freestyle

1 L'Esperance, Beverly 74 OREG 10:03.04

50 LC Meter Backstroke

1 Schroder, Kaleo 70 OREG 1:06.85

2 L'Esperance, Beverly 74 OREG 1:18.74

100 LC Meter Backstroke

1 Kawabata, Geraldine 72 OREG 2:22.66

2 Schroder, Kaleo 70 OREG 2:28.41

3 L'Esperance, Beverly 74 OREG 2:44.96

200 LC Meter Backstroke

1 L'Esperance, Beverly 74 OREG 6:03.34

50 LC Meter Breaststroke

1 Schroder, Kaleo 70 OREG 1:15.99

100 LC Meter Breaststroke

1 Schroder, Kaleo 70 OREG 2:40.10

Women 75-79

100 LC Meter Freestyle

1 Austen, Betsy 79 MACO 2:30.11

1500 LC Meter Freestyle

1 Austen, Betsy 79 MACO 45:20.74 S

100 LC Meter Backstroke

1 Austen, Betsy 79 MACO 2:58.86

50 LC Meter Breaststroke

1 Austen, Betsy 79 MACO 1:31.22

100 LC Meter Breaststroke

1 Austen, Betsy 79 MACO 3:22.70

200 LC Meter Breaststroke

1 Austen, Betsy 79 MACO 6:56.72

Women 80-84

800 LC Meter Freestyle

1 Wells, Margaret 80 OREG 26:18.83 S

100 LC Meter Backstroke

1 Wells, Margaret 80 OREG 2:53.00

200 LC Meter Backstroke

1 Wells, Margaret 80 OREG 6:22.45

100 LC Meter Butterfly

1 Wells, Margaret 80 OREG 4:20.92

400 LC Meter IM

1 Wells, Margaret 80 OREG 15:16.96 S**Women 85-89**

50 LC Meter Butterfly

1 Stevenin, Elfie 85 OREG 2:34.02 S

100 LC Meter Butterfly

1 Stevenin, Elfie 85 OREG 6:45.39 Z

200 LC Meter Butterfly

1 Stevenin, Elfie 85 OREG 15:37.46

Women 90-94

50 LC Meter Freestyle

1 Buel, Hilda 92 OREG 2:18.62

100 LC Meter Backstroke

1 Buel, Hilda 92 OREG 5:23.46 S

50 LC Meter Breaststroke

1 Buel, Hilda 92 OREG 3:16.47 S

200 LC Meter IM

1 Buel, Hilda 92 OREG 14:56.55

Men 18-24

50 LC Meter Breaststroke

1 Cleary, Kevin 23 OREG 38.34

100 LC Meter Breaststroke

1 Cleary, Kevin 23 OREG 1:28.12

100 LC Meter Butterfly

1 Cleary, Kevin 23 OREG 1:10.70

Men 25-29

50 LC Meter Breaststroke

1 Berlin, Noel 27 MACO 33.63

100 LC Meter Breaststroke

1 Berlin, Noel 27 MACO 1:13.13

200 LC Meter Breaststroke



Bob Bruce, Karen Andrus-Hughes, Arlene Delmage, Mike Tennant
National Record - 800 Mixed Free Relay

1 Berlin, Noel	27 MACO	2:42.83
Om		
Men 30-34		
50 LC Meter Freestyle		
1 Flores, Richard	33 OREG	34.50
100 LC Meter Freestyle		
1 Flores, Richard	33 OREG	1:19.14
400 LC Meter Freestyle		
1 Van Andel, Robbert	32 OREG	4:43.74
50 LC Meter Breaststroke		
1 Darby, Brian	33 OREG	40.79
2 Flores, Richard	33 OREG	47.91
100 LC Meter Breaststroke		
1 Darby, Brian	33 OREG	1:27.41
200 LC Meter Breaststroke		
1 Van Andel, Robbert	32 OREG	2:51.09
50 LC Meter Butterfly		
1 Darby, Brian	33 OREG	33.48
200 LC Meter IM		
1 Van Andel, Robbert	32 OREG	2:36.68
2 Darby, Brian	33 OREG	2:59.20
Men 35-39		
50 LC Meter Freestyle		
1 Rice, David	39 OREG	27.08
2 Larsen, Jon-Erik	39 OREG	27.29
3 Morgan, Kevin	36 OREG	27.63
4 Kaufman, Seth	38 UNAT	28.02
5 Clydesdale, William	39 UNAT	28.16
6 Locke, Keith	36 OREG	30.93
100 LC Meter Freestyle		
1 Latta, Gregory	37 OREG	56.90 O
2 Morgan, Kevin	36 OREG	1:01.09
3 Kaufman, Seth	38 UNAT	1:01.75
200 LC Meter Freestyle		
1 Kaufman, Seth	38 UNAT	2:18.69
2 Rice, David	39 OREG	2:29.67
400 LC Meter Freestyle		
1 Kaufman, Seth	38 UNAT	5:13.62
800 LC Meter Freestyle		
1 Kaufman, Seth	38 UNAT	10:58.54
2 Morgan, Kevin	36 OREG	11:03.07
1500 LC Meter Freestyle		
1 Kaufman, Seth	38 UNAT	21:36.40
2 McGuirk, Richard	38 OREG	51:30.11
50 LC Meter Backstroke		
1 Morgan, Kevin	36 OREG	33.97
200 LC Meter Backstroke		
1 Tujo, Charles	38 UNAT	2:59.72
2 McGuirk, Richard	38 OREG	5:51.25
50 LC Meter Breaststroke		
1 Latta, Gregory	37 OREG	31.70 S
2 Larsen, Jon-Erik	39 OREG	35.24
3 Rice, David	39 OREG	37.21
4 Tujo, Christian	35 UNAT	37.43
5 Pospisil, Radek	37 OREG	37.44
100 LC Meter Breaststroke		
1 Latta, Gregory	37 OREG	1:10.61 Z
2 Tujo, Christian	35 UNAT	1:23.75
200 LC Meter Breaststroke		
1 Tujo, Charles	38 UNAT	3:11.49
2 Tujo, Christian	35 UNAT	3:11.83
50 LC Meter Butterfly		
1 Morgan, Kevin	36 OREG	29.98

2 Tujo, Christian	35 UNAT	31.38
100 LC Meter Butterfly		
1 Morgan, Kevin	36 OREG	1:11.16
200 LC Meter IM		
1 Latta, Gregory	37 OREG	2:18.97 O
2 Clydesdale, William	39 UNAT	2:43.57
3 Tujo, Christian	35 UNAT	2:48.19
4 Tujo, Charles	38 UNAT	2:52.58
400 LC Meter IM		
1 Tujo, Charles	38 UNAT	6:13.88
Men 40-44		
50 LC Meter Freestyle		
1 Kabel, Douglas	41 OREG	27.31
2 Butcher, Gano	42 OREG	27.54
3 Ivelich, Jim	44 OREG	28.03
4 Karyukin, Andrei	41 OREG	33.55
100 LC Meter Freestyle		
1 Butcher, Gano	42 OREG	1:02.99
2 Christensen, Douglas	43 OREG	1:03.91
3 Ivelich, Jim	44 OREG	1:04.11
4 Karyukin, Andrei	41 OREG	1:11.95
200 LC Meter Freestyle		
1 Nelson, Timothy	41 OREG	2:12.32
2 Kabel, Douglas	41 OREG	2:18.07
400 LC Meter Freestyle		
1 Nelson, Timothy	41 OREG	4:38.82
2 Gaarder, Chris	41 OREG	5:23.75
50 LC Meter Backstroke		
1 Parmentier, Steve	41 OREG	33.42
100 LC Meter Backstroke		
1 Kabel, Douglas	41 OREG	1:20.88
50 LC Meter Breaststroke		
1 Butcher, Gano	42 OREG	36.35
2 Gaarder, Chris	41 OREG	36.36
3 Karyukin, Andrei	41 OREG	41.76
100 LC Meter Breaststroke		
1 Gaarder, Chris	41 OREG	1:21.84
2 Butcher, Gano	42 OREG	1:22.09
200 LC Meter Breaststroke		
1 Gaarder, Chris	41 OREG	3:08.04

50 LC Meter Butterfly		
1 Christensen, Douglas	43 OREG	28.67
2 Butcher, Gano	42 OREG	29.65
3 Parmentier, Steve	41 OREG	30.06
4 Ivelich, Jim	44 OREG	32.17
5 Karyukin, Andrei	41 OREG	33.63
100 LC Meter Butterfly		
1 Karyukin, Andrei	41 OREG	1:20.14
200 LC Meter IM		
1 Butcher, Gano	42 OREG	2:37.51
2 Kabel, Douglas	41 OREG	2:43.24
3 Gaarder, Chris	41 OREG	2:50.15
Men 45-49		
50 LC Meter Freestyle		
1 Stelzer, Keith	47 OREG	28.79
2 Boone, Lou	45 OREG	31.61
3 Cox, Chris	45 OREG	34.50
4 Soares, Donald	47 OREG	34.52
5 Bemrose, Jeff	45 OREG	35.11
100 LC Meter Freestyle		
1 Otto, Douglas	47 MACO	1:03.55
2 Allender, Pat	48 OREG	1:08.31
3 Palanuk, Jon	46 OREG	1:09.72
4 Fairhurst, Jon	48 OREG	1:12.04
5 Boone, Lou	45 OREG	1:12.05
6 Cox, Chris	45 OREG	1:16.05
200 LC Meter Freestyle		
1 Otto, Douglas	47 MACO	2:21.72
2 Munro, Stuart	49 MACO	2:35.07
3 Fairhurst, Jon	48 OREG	2:44.09
4 Boone, Lou	45 OREG	2:57.96
400 LC Meter Freestyle		
1 Scoville, Brent	49 OREG	5:30.30
2 Munro, Stuart	49 MACO	5:30.49
3 Gilberg, Jay	48 OREG	5:53.86
4 Fairhurst, Jon	48 OREG	6:04.81
800 LC Meter Freestyle		
1 Fairhurst, Jon	48 OREG	13:01.56
1500 LC Meter Freestyle		
1 Munro, Stuart	49 MACO	23:05.15



Janet Gettling, Robert Smith, Allen Stark, Joy Ward
National Record - Mixed 400 Medley

2 Fairhurst, Jon 48 OREG24:42.06
 50 LC Meter Backstroke
 1 Palanuk, Jon 46 OREG 40.21
 100 LC Meter Backstroke
 1 Scoville, Brent 49 OREG 1:21.77
 200 LC Meter Backstroke
 1 Otto, Douglas 47 MACO 2:42.64
 2 Fairhurst, Jon 48 OREG 3:25.85
 50 LC Meter Breaststroke
 1 Boone, Lou 45 OREG 43.19
 2 Stelzer, Keith 47 OREG 46.26
 3 Cox, Chris 45 OREG 49.16
 4 Bemrose, Jeff 45 OREG 52.13
 100 LC Meter Breaststroke
 1 Allender, Pat 48 OREG 1:15.54
 200 LC Meter Breaststroke
 1 Allender, Pat 48 OREG 2:42.49
 2 Munro, Stuart 49 MACO 3:19.20
 50 LC Meter Butterfly
 1 Palanuk, Jon 46 OREG 34.42
 2 Cox, Chris 45 OREG 35.97
 3 Boone, Lou 45 OREG 37.02
 100 LC Meter Butterfly
 1 Soares, Donald 47 OREG 1:25.73
 2 Cox, Chris 45 OREG 1:29.04
 200 LC Meter Butterfly
 1 Munro, Stuart 49 MACO 3:05.88
 2 Soares, Donald 47 OREG 3:22.72
 200 LC Meter IM
1 Allender, Pat 48 OREG2:30.76 S
 2 Gilberg, Jay 48 OREG 3:14.19
 3 Cox, Chris 45 OREG 3:18.73
 4 Boone, Lou 45 OREG 3:20.15
 5 Bemrose, Jeff 45 OREG 3:51.41
 400 LC Meter IM
1 Otto, Douglas 47 MACO5:39.16 S
 2 Munro, Stuart 49 MACO 6:40.89
 3 Soares, Donald 47 OREG 7:17.05
Men 50-54
 50 LC Meter Freestyle
 1 Tennant, Mike 53 OREG 26.38
 2 Edwards, Wes 53 OREG 27.53
 3 Peyton, Mike 51 MACO 28.75
 4 Brockbank, Doug 53 OREG 29.62
 5 Yensen, Kermit 53 OREG 29.71
 6 Dolan, Dan 51 UNAT 31.18
 7 Needham, Jerry 50 UNAT 31.99
 8 Griego, Walt 53 OREG 32.06
 9 Gilliland, Mike 52 UNAT 32.38
 10 Lentz, Peter 54 UNAT 33.20
 11 Darnell, Stephen 52 OREG 35.36
 100 LC Meter Freestyle
 1 Yensen, Kermit 53 OREG 1:09.02
 2 Gilliland, Mike 52 UNAT 1:15.01
 3 Darnell, Stephen 52 OREG 1:28.13
 200 LC Meter Freestyle
 1 Needham, Jerry 50 UNAT 2:34.30
 2 Dow, Keith 51 OREG 2:35.66
 400 LC Meter Freestyle
 1 Needham, Jerry 50 UNAT 5:19.96
 2 Yensen, Kermit 53 OREG 5:22.86
 3 Dow, Keith 51 OREG 5:34.41
 800 LC Meter Freestyle

1 Tennant, Mike 53 OREG10:55.29 S
 2 Dow, Keith 51 OREG11:33.91
 3 Bergstrom, Robert 50 OREG11:42.93
 50 LC Meter Backstroke
 1 Edwards, Wes 53 OREG 32.94
 2 Brockbank, Doug 53 OREG 34.48
 3 Darnell, Stephen 52 OREG 47.07
 100 LC Meter Backstroke
1 Edwards, Wes 53 OREG1:10.13 Z
 2 Dolan, Dan 51 UNAT 1:25.48
 3 Darnell, Stephen 52 OREG 1:42.21
 200 LC Meter Backstroke
1 Edwards, Wes 53 OREG2:34.55 Z
 2 Darnell, Stephen 52 OREG 3:42.76
 50 LC Meter Breaststroke
 1 Taylor, Charles 50 OREG 37.58
 2 Dolan, Dan 51 UNAT 38.82
 3 Brockbank, Doug 53 OREG 40.04
 100 LC Meter Breaststroke
 1 Taylor, Charles 50 OREG 1:24.27
 2 Brockbank, Doug 53 OREG 1:30.68
 200 LC Meter Breaststroke
 1 Taylor, Charles 50 OREG 3:11.15
 50 LC Meter Butterfly
 1 Brockbank, Doug 53 OREG 32.89
 2 Yensen, Kermit 53 OREG 33.20
 3 Bergstrom, Robert 50 OREG 34.68
 100 LC Meter Butterfly
 1 Yensen, Kermit 53 OREG 1:19.26
 2 Peyton, Mike 51 MACO 1:20.07
 200 LC Meter Butterfly
 1 Taylor, Charles 50 OREG 3:35.10
 200 LC Meter IM
1 Tennant, Mike 53 OREG2:41.64 S
Men 55-59
 50 LC Meter Freestyle
 1 Stark, Allen 57 OREG 30.80
 2 Wikander, Carroll 55 UNAT 32.71
 400 LC Meter Freestyle
1 Macaulay, Thomas57 OREG5:37.44 S
 800 LC Meter Freestyle
Split Bruce, Bob 58 OREG11:04.57 S
 1500 LC Meter Freestyle
 1 Bruce, Bob 58 OREG20:41.82
 50 LC Meter Backstroke
 1 Macaulay, Thomas 57 OREG 42.28
 50 LC Meter Breaststroke
 1 Stark, Allen 57 OREG 35.85
 2 Wikander, Carroll 55 UNAT 40.66
 100 LC Meter Breaststroke
1 Stark, Allen 57 OREG1:18.93 S
 200 LC Meter Breaststroke
 1 Stark, Allen 57 OREG 3:04.78
 2 Wikander, Carroll 55 UNAT 4:02.20
 50 LC Meter Butterfly
 1 Stark, Allen 57 OREG 32.99
 2 Macaulay, Thomas 57 OREG 37.84
 200 LC Meter Butterfly
 1 Stark, Allen 57 OREG 3:17.62
 200 LC Meter IM
 1 Bruce, Bob 58 OREG 2:51.69
Men 60-64
 50 LC Meter Freestyle

1 Smith, Robert 63 OREG 28.55
 2 Stout, Jon 60 OREG 30.16
 3 Von Tagen, Karl 63 MACO 31.35
 4 Silvey, Michael 61 MACO 31.43
 100 LC Meter Freestyle
 1 Smith, Robert 63 OREG 1:06.90
 2 Silvey, Michael 61 MACO 1:13.03
 3 Ellis, John 60 OREG 1:28.16
 200 LC Meter Freestyle
 1 Ellis, John 60 OREG 3:13.50
 400 LC Meter Freestyle
 1 Juhala, Richard 63 OREG 8:08.33
 50 LC Meter Backstroke
 1 Smith, Robert 63 OREG 35.45
 2 Juhala, Richard 63 OREG 54.54
 50 LC Meter Breaststroke
 1 Juhala, Richard 63 OREG 48.74
 100 LC Meter Breaststroke
 1 Ellis, John 60 OREG 1:42.87
 2 Juhala, Richard 63 OREG 1:49.11
 200 LC Meter Breaststroke
 1 Ellis, John 60 OREG 3:44.17
 2 Juhala, Richard 63 OREG 4:01.84
 50 LC Meter Butterfly
 1 Silvey, Michael 61 MACO 35.23
 2 Juhala, Richard 63 OREG 49.91
 100 LC Meter Butterfly
 1 Silvey, Michael 61 MACO 1:27.56
 200 LC Meter Butterfly
 1 Ellis, John 60 OREG 4:21.38
 200 LC Meter IM
 1 Smith, Robert 63 OREG 3:01.40
 2 Stout, Jon 60 OREG 3:13.94
 3 Ellis, John 60 OREG 3:43.37
Men 65-69
 50 LC Meter Freestyle
 1 McGinnis, Fred 69 UNAT 34.72
 2 Flores-Fiol, Oscar 68 UNAT 37.83
 3 Ngan, Wai-Bong 69 UNAT 39.30
 4 Mccrea, Don 66 UNAT 41.10
 100 LC Meter Freestyle
 1 Ngan, Wai-Bong 69 UNAT 1:39.07
 400 LC Meter Freestyle
 1 Christoff, Emerson 66 OREG 6:50.12
 800 LC Meter Freestyle
 1 Christoff, Emerson 66 OREG15:44.45
 1500 LC Meter Freestyle
 1 Lake, Brent 68 OREG25:56.55
 50 LC Meter Backstroke
 1 Lake, Brent 68 OREG 42.15
 100 LC Meter Backstroke
 1 Christoff, Emerson 66 OREG 1:48.79
 200 LC Meter Backstroke
 1 Lake, Brent 68 OREG 3:20.47
 50 LC Meter Breaststroke
 1 Ngan, Wai-Bong 69 UNAT 47.47
 2 Flores-Fiol, Oscar 68 UNAT 50.37
 100 LC Meter Breaststroke
 1 Ngan, Wai-Bong 69 UNAT 1:48.61
 50 LC Meter Butterfly
 1 Petersen, Bert 68 OREG 31.93
 2 McGinnis, Fred 69 UNAT 41.06
 100 LC Meter Butterfly

1 Petersen, Bert 68 OREG 1:26.98
Men 70-74
 200 LC Meter Freestyle
 1 King, Bill 73 OREG 3:13.26
 400 LC Meter Freestyle
 1 Radcliff, David 72 OREG5:18.48 Z
 2 King, Bill 73 OREG 6:53.54
 800 LC Meter Freestyle
 1 Radcliff, David 72 OREG11:22.42 Z
 2 King, Bill 73 OREG15:32.96
 1500 LC Meter Freestyle
 1 Radcliff, David 72 OREG22:02.45
 50 LC Meter Backstroke
 1 Thayer, George 70 OREG 42.79
 100 LC Meter Backstroke
 1 Thayer, George 70 OREG1:34.90 S
 200 LC Meter Backstroke
 1 Thayer, George 70 OREG3:25.92 S
 50 LC Meter Breaststroke
 1 Thayer, George 70 OREG 51.75
Men 75-79
 50 LC Meter Freestyle
 1 Holman, William 75 OREG 48.78
 2 Austen, Clark 79 MACO 57.08
 100 LC Meter Freestyle
 1 Austen, Clark 79 MACO 2:14.55
 2 Holman, William 75 OREG 2:32.29
 200 LC Meter Freestyle
 1 Holman, William 75 OREG 4:05.96
 2 Austen, Clark 79 MACO 4:52.79
 400 LC Meter Freestyle
 1 Holman, William 75 OREG 8:33.43
 50 LC Meter Backstroke
 1 Miesen, Lee 79 MACO 58.26
 2 Austen, Clark 79 MACO 1:21.11
 100 LC Meter Backstroke
 1 Miesen, Lee 79 MACO 2:17.32
 50 LC Meter Breaststroke
 1 Miesen, Lee 79 MACO 53.02
 100 LC Meter Breaststroke
 1 Miesen, Lee 79 MACO 2:05.19
Men 80-84
 50 LC Meter Freestyle
 1 Lamb, Willard 84 OREG 37.66
 100 LC Meter Freestyle
 1 Lamb, Willard 84 OREG 1:30.35
 200 LC Meter Freestyle
 1 Lamb, Willard 84 OREG 3:29.94
 2 Young, Gilbert 84 OREG 3:48.22
 800 LC Meter Freestyle
 1 Young, Gilbert 84 OREG17:21.46
 1500 LC Meter Freestyle
 1 Young, Gilbert 84 OREG32:48.79
 50 LC Meter Backstroke
 1 Lamb, Willard 84 OREG 52.30
Men 85-89
 100 LC Meter Freestyle
 1 Bushey, Charles 85 OREG 2:24.60
 400 LC Meter Freestyle
 1 Mallon, Joseph 85 OREG12:49.67 S
 800 LC Meter Freestyle
 1 Mallon, Joseph 85 OREG25:47.86 S
 1500 LC Meter Freestyle

1 Bushey, Charles 85 OREG44:33.70 Z
 2 Mallon, Joseph 85 OREG50:50.34
 50 LC Meter Backstroke
 1 Bushey, Charles 85 OREG1:21.61 S
 200 LC Meter Backstroke
 1 Bushey, Charles 85 OREG6:27.30 O
 50 LC Meter Breaststroke
 1 Holden, Andrew 87 OREG1:11.14 S
Relays
Women 160-199 800 LC Meter Free Relay
 1 OREG 11:11.41 Z
 1) Roussain, K. 47 2) Vincent, N. 47
 3) Marsh, K. 39 4) Shaw, S. 39
Women 160-199 200 LC Meter Medl. Relay
 1 OREG 2:55.81 S
 1) Royle, M. 54 2) Walters, M. 36
 3) Marsh, K. 39 4) Dansby, A. 44
Women 160-199 400 LC M Medley Relay
 1 OREG 5:34.17
 1) Roussain, K. 47 2) Vincent, N. 47
 3) Delmage, A. 44 4) Shaw, S. 39
Men 160-199 200 LC Meter Free Relay
 1 OREG 2:09.95
 1) Flores, R. 33 2) Palanuk, J. 46
 3) Cox, C. 45 4) Gaarder, C. 41
Men 160-199 400 LC Meter Free Relay
 1 OREG 5:11.84 S
 1) Fairhurst, J. 48 2) Morgan, K. 36
 3) Ellis, J. 60 4) Darnell, S. 52
Men 160-199 200 LC Meter Medley Relay
 1 OREG 2:28.90
 1) Palanuk, J. 46 2) Gaarder, C. 41
 3) Cox, C. 45 4) Flores, R. 33
Men 160-199 400 LC Meter Medley Relay
 1 OREG 4:57.96 S
 1) Edwards, W. 53 2) Fairhurst, J. 48
 3) Morgan, K. 36 4) Kabel, D. 41
Men 200-239 200 LC Meter Medley Relay
 1 MACO 2:29.88
 1) Peyton, M. 51 2) Munro, S. 49
 3) Silvey, M. 61 4) Von Tagen, K. 63
 2 OREG 2:35.50
 1) Scoville, B. 492) Ellis, J. 60
 3) Brockbank, D. 534) Darnell, S. 52
Men 240-279 400 LC Meter Medley Relay
 1 OREG 5:42.45
 1) Smith, R. 63 2) Stark, A. 57
 3) Juhala, R. 63 4) Stout, J. 60
Men 320-359 200 LC Meter Free Relay
 1 OREG 2:40.67
 1) Lamb, W. 84 2) Young, G. 84
 3) Radcliff, D. 72 4) Holden, A. 87
Men 320-359 200 LC Meter Medley Relay
 1 OREG 3:22.60
 1) Lamb, W. 84 2) Thayer, G. 70
 3) Holden, A. 87 4) Young, G. 84
Mixed 160-199 200 LC Meter Free Relay
 1 OREG 2:17.74
 1) Schmitt, S. 26 2) Snyder, L. 50
 3) Gilliland, M. 52 4) Locky, K. 36
 2 OREG 2:28.13
 1) Boone, L. 452) Sanders, S. 52
 3) Rogers, P. 474) Dow, K. 51

Mixed 160-199 400 LC Meter Free Relay
 1 OREG 4:24.44 Z
 1) Kabel, D. 41 2) Vincent, N. 47
 3) Morgan, K. 36 4) Roussain, K. 47
Mixed 160-199 800 LC Meter Free Relay
 1 OREG 11:47.39 Z
 1) Fairhurst, J. 48 2) Shaw, S. 39
 3) Dansby, A. 44 4) Petersen, B. 68
Mixed 160-199 200 LC Meter Medley Relay
 1 OREG 2:48.98
 1) Shaw, S. 39 2) Fairhurst, J. 48
 3) Marsh, K. 39 4) Darnell, S. 52
Mixed 160-199 400 LC Meter Medley Relay
 1 OREG 5:07.63 Z
 1) Edwards, W. 53 2) Vincent, N. 47
 3) Morgan, K. 36 4) Roussain, K. 47
Mixed 200-239 400 LC Meter Free Relay
 1 OREG 5:41.72
 1) Royle, M. 54 2) Ellis, J. 60
 3) Darnell, S. 52 4) Marsh, K. 39
Mixed 200-239 800 LC Meter Free Relay
 1 OREG 9:33.45 N
 1) Delmage, A. 44 2) Andrus-Hughes, K. 49
 3) Bruce, B. 58 4) Tennant, M. 53
Mixed 200-239 200 LC Meter Medley Relay
 1 OREG 2:44.29
 1) Royle, M. 54 2) Ellis, J. 60
 3) Brockbank, D. 53 4) Dansby, A. 44
Mixed 240-279 400 LC Meter Free Relay
 1 OREG 5:13.26
 1) Smith, R. 63 2) Stout, J. 60
 3) Ward, J. 64 4) Gettling, J. 58
Mixed 240-279 400 LC Meter Medley Relay
 1 OREG 5:47.47 N
 1) Ward, J. 64 2) Stark, A. 57
 3) Smith, R. 63 4) Gettling, J. 58



Wes Edwards - Records in backstroke and Relays.

The Olympic Training Center Camp for Masters by Allen Stark

When I heard about the Masters Training Camp at the Olympic Training Center in the Spring of 2002, I was very excited about the prospect and applied immediately. I couldn't pass up the opportunity to learn from the best minds in swimming at a state of the art facility. I listed all of my accomplishments, trying to spin myself as positively as possible. I didn't mention that I have the physiology of a drop-dead sprinter in the body of a short breaststroker. This holds me in good stead in the 50 and 100 breast and I can manage to hold on to swim a 200 breast. My butterfly is competent up to 50 M and after that I'm glad I have a whip kick. If I am going to enter a backstroke event I have to notify the meet director ahead of time so that they can have calendar watches for my lane. My freestyle has two speeds – all out sprint (up to 50 meters) and really slow (everything else). I also didn't mention that I get altitude sickness when I climb a ladder. Nonetheless, I was really excited when I was accepted. It was only with reflection that I began to worry that I might make a fool of myself.

When I got a list of my fellow campers and went to the

USMS top ten list to look them up I began to suspect that we might be required to do some swimming other than breaststroke sprints (though why anyone would want to swim anything else eludes me): Distance freestyler, distance freestyler, young distance freestyler, open water specialist, 400 IMer, 200 backstroker, Laura Val. My suspicions were confirmed when I got an e-mail asking for my best 200 Free LCM time. There was a problem. I'd never swum a 200 LCM Free. I guessed it would be faster than my 200 Breast, but I wasn't sure. I was in real trouble.

In mid-December I had tapered for our last SCM meet and was ready to swim sprint breaststroke. With six weeks to get ready for the camp I increased my yardage per week by 50% and made most of it sets of 200 and 400 Free, in the hopes of not being too embarrassed when I got there. After a week, the biggest change I noticed was that my left shoulder hurt. A rational person would alter their training to let their shoulder heal, but with 5 weeks until camp there was not enough time to be rational. At 4 weeks to go, my shoulder was not worse and my repeats were actually improving. A week later I was getting a cold. Not a big

deal, my colds last 2 weeks max and my symptoms were "above the neck," so I continued to train. 2 weeks left and I had bacterial sinusitis and was on an antibiotic. Only a fool wouldn't slow down their training. Guilty as charged. 10 days before camp I had bronchitis and was on a different antibiotic. Not even I was dumb enough to continue training as before. I took 4 days off and then swam "lightly" every other day.

On February 1, 2003 I flew into the camp. I barely had a cough and felt the best that I had in three weeks and my shoulder didn't hurt at all (unless I swam). Colorado

Springs was at 6,300 feet.

The higher the altitude the less oxygen there is available, which is why mountain climbers need oxygen tanks when they travel high. Evidently mountain climbing and swimming are more similar than I had thought, because I was gasping for air while carrying my suitcases.

We met that evening at 4:45 p.m. for introductions and a tour of the facility. The other swimmers were typical Masters Swimmers, all fit looking, very nice, and too

polite to mention that I was gasping and turning blue. The other people present included Nancy Rideout (the organizer and a truly wonderful person), our coaches, Scott Williams, Kris Houchens, Mike Collins, and our stretching and flexibility coach, Steve Thompson.

I was going to make a joke about our coaches, implying that they were rigid and sadistic, but in fact they were wonderful, kind, knowledgeable people who were goal-oriented enough to not let my exhaustion or pride get in the way of my learning. We had dinner in the OTC cafeteria. We had to have our palms scanned every time we entered, which was kind of cool, but made me wonder what top secret experiments were being done that needed that much security. The food was great and you could have unlimited servings (two pieces of pie are essential for replacing muscle glycogen).

We got our schedules. Our days would run from 6AM to 10PM with two swim sessions per day each 1 1/2-2 hours long. The rest of the time we would be eating, in seminars, or getting individualized testing and feedback on flexibility, diet habits, strengths, etc.



Allen speaking at an OMS Clinic after his return

The first morning started with a swim workout. At the workout I learned many things, among them was that if I had needed an oxygen tank before I really needed one in the pool where there seemed to be no oxygen at all. Not only did I learn about prolonged anoxia, I discovered that while I was probably the fastest breaststroker there, I was definitely the slowest freestyler. Unfortunately we were going to swim a lot more freestyle than breaststroke.

After that we went to our seminars. One of our first lessons was on Altitude Illnesses. Symptoms included:

1. shortness of breath (✓)
2. fatigue (✓)
3. headaches (✓)
4. insomnia (✓)
5. frequent urination (✓)

I was five for five on the symptoms list (really seven for five as my shortness of breath and fatigue were so bad they should have each gotten two checks).

Our seminars at the Center were universally excellent. We learned the latest thinking on technique for the 4 strokes, starts and turns, flexibility, physiology, psychology, nutrition, core strength, etc. It was all fabulous, and I'm not just saying that because I didn't have to move.

On Sunday afternoon we had our first videotaping experience. They have state of the art cameras that move underwater at our speed to film us. I was really looking forward to this, however, I had not acclimated to the altitude yet (I still couldn't breathe) and we went to be videotaped after a hard workout because, according to Scott Williams, "being fatigued accentuates your stroke flaws" (I guess this means lying on the pool deck gasping for air is a stroke flaw). Our last seminar that evening was spent reviewing the videotape. One of my primary reasons to go to the camp was to find ways to improve my breaststroke. Logically, then, the more problems they discovered the better. Nonetheless, I had a fantasy that they would say "Wow, we should save this film to show the Olympians the way breaststroke should be swum."

Let's just say I got my money's worth from their critique. After they had finished I thought I probably looked more like Grandma Moses than Ed Moses.

Monday was my 54th birthday and I awoke feeling much

better. Being exhausted had given me a good night's sleep and I found that I could walk on level ground and breathe at the same time (though climbing stairs was still an adventure). We had our blood drawn for general blood chemistry testing before breakfast, and afterwards I headed to the pool. I arrived alone and tried my key card. It didn't work. I knew it, they had decided that I didn't belong and deactivated my key. Soon other campers arrived and let me in. I entered with dread, both because today was lactate testing day and because at any moment the coaches might take me aside and wonder why I didn't take the hint. When this failed to happen I was left with two possibilities: 1) it was just a malfunction or 2) the pool itself had decided I didn't

belong and didn't want to let me in. I soon had other things to think about as I prepared for my grim assault on the lactate test. It consisted of 5x200's descending with the last one at maximum effort. Before we started we had an ear pricked for blood and they got blood and measured our heart rate after each one. Surprisingly, it was more survivable than I had feared and although I was the slowest I managed to finish in the interval and keep them descending so it wasn't humiliating.



Allen at the State Games of Oregon Meet

That afternoon we had strength and flexibility testing and in the afternoon workout I had one of my personal highlights. We were doing various stroke drills and after the "kick breaststroke on your back" drill, Scott Williams told me that I did the drill as well as anyone he had seen. Since Scott is Robert Strand's coach I took this as an extreme compliment since Bob Strand is one of, if not the, best Masters Breaststrokers.

On Tuesday I was feeling human. Aside from our regular workouts we got to swim in the flume—an extremely high tech device to allow you to swim in one place as the current goes by you at a set speed. We were filmed swimming as well as practicing streamlining. It was fascinating to see how minor changes in hip and shoulder positions make big differences in drag.

We had our second pool videotaping at the second workout. Again they wanted us to be worn out for the taping and they were successful, but I had acclimated enough by then that I didn't collapse.

Continued on page 6

Check 'em out and then sign up for the Patriot Games - Entry on next page
Patriot Games SCM Pentathlon
Records through 2005

Sprint Events		Age Group	Distance Events	
WOMEN	MEN		WOMEN	MEN
No Competitors	Kevin Cleary 3:26.78	18-24	No Competitors	Nathan Johnsen 6:51.32 (2004)
No Competitors	No Competitors	25-29	No Competitors	Brad Cota 7:12.26
Nicole Weeks 3:31.28	No Competitors	30-34	No Competitors	Robbert van Andel 7:09.71
Alison Moore 4:07.40	Troy Drawz 3:12.83	35-39	Susan Shaw 9:50.18	No Competitors
Lisa Dahl 3:28.57	Gano Butcher 3:12.27	40-44	No Competitors	Scott Culbertson 7:50.77
Sharon Foley 3:56.47	Peter Metzger 3:24.07	45-49	Karen Andrus-Hughes 7:56.27	Pat Allender 6:56.95
Jody Welborn 4:39.24	Mike Tennant 3:24.90	50-54	No Competitors	Wes Edwards 7:56.51
Janet Gettling 4:02.16	Jon Stout 3:36.85	55-59	Ginger Pierson 9:29.05	Daniel Rueff 8:36.45
Barbara Frid 4:15.89	Robert Smith 3:24.89	60-64	Bonnie Pronk 9:11.08 (2004)	Richard Juhala 11:01.59
No Competitors	Bert Petersen 4:00.73	65-69	Peggie Hodge 12:11.32	No Competitors
No Competitors	Tom Ritter 4:45.79	70-74	Eulah Varty 12:50.45	David Radcliff 9:05.01
Margaret Wells 8:16.53	No Competitors	75-79	No Competitors	No Competitors
Elfie Stevenin 12:45.35	Rupert Fixott 7:09.75	80-84	No Competitors	No Competitors
No Competitors	No Competitors	85-89	No Competitors	No Competitors
Hilda Buel 17:05.81	No Competitors	90-94	No Competitors	No Competitors

The Patriot Games ~ A Metric Pentathlon

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #376-06

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

Unregistered swimmers must submit a 2006 registration form and fee with this form.

Hosted by: LaCamas Swim & Sport
Grass Valley Aquatic Center
2950 NW 38th Ave.
Camas, WA 98607

25 meters
6-8 lanes competition-electronic timing
Continuous 1-3 lanes warm-up/down area

DATE: Saturday, September 9, 2006

Show your patriotic spirit and swim
the **911** red, white and blue meet
Saturday, September 9, 2006!

WARM-UPS: 8AM
MEET STARTS: 9:15AM

Meet director: Bert Petersen • Phone: 503-252-6081 • E-mail petersen@exchangenet.net

Directions to Pool: Take I-205 North or South. Take Exit Highway 14 (Vancouver/Camas); go East on Highway 14 toward Camas. Exit on 192nd (second exit), cross Highway 14, and turn right on Brady (first right). Climb up the hill and go approximately 2 miles to the third stop sign. Turn right onto NW 38th Avenue. Go approximately 1/2 mile, and pool is on your right.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2006 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY, AUGUST 25, 2006

Fill in lower portion completely — RETURN LOWER PORTION — Fill in lower portion completely

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE (AS OF 12-31-06) _____ SEX _____

2006 USMS # _____

USMS CLUB (OREG, MACO, PNA, ETC) _____

IS THIS YOUR FIRST MASTERS MEET? ☐ Yes ☐ No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359, ETC. **YOU MAY ENTER UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400M AND 800M RELAYS WILL BE SEEDDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. *RELAY ENTRIES WILL CLOSE 30 MIN. BEFORE EVENT.* ALL EVENTS WILL BE SEEDDED SLOW TO FAST.

Enter as many as five events. If you choose to not enter all 5 events in either the sprint or mid distance category, you will not be scored as a pentathlon. OMS awards will be given to individual event winners and there will be special awards for Pentathlon winners.

Saturday September 9, 2006 Sprint

50m FLY (1) _____ : _____ . _____

50m BACK (3) _____ : _____ . _____

Break before the Medley relay

MEDLEY RELAY (5-8)

50m BREAST(9) _____ : _____ . _____

50m FREE (14) _____ : _____ . _____

Break before the mixed medley relay

MIXED MEDLEY RELAY (16-17)

100m I.M. (18) _____ : _____ . _____

Break before the Mixed Free relay

FREE RELAY (20-25)

Saturday September 9, 2006 Mid Distance

100m FLY (2) _____ : _____ . _____

100m BACK (4) _____ : _____ . _____

100m BREAST(10) _____ : _____ . _____

100m FREE (15) _____ : _____ . _____

200m I.M. (19) _____ : _____ . _____

PLEASE ENTER YOUR BEST TIME OR ESTIMATED TIME. DO NOT USE NT (No Time). ENTERING "SANDBAGGED" TIMES TO GET ADDED REST TIME BETWEEN EVENTS OR CALM WATER IS DISCOURAGED. PLEASE BE FAIR TO ALL... THANKS

RULES: A 10 SECOND PENALTY WILL BE ADDED TO YOUR TIME FOR ANY STROKE/TURN INFRACTION. A FLASE START ELIMINATES YOU FROM THE FIVE EVENT COMPETITION, BUT NOT FROM SWIMMING ANY OTHER RACES. YOUR TOTAL TIME FOR THE FIVE EVENTS DETERMINES YOUR FINAL PLACING.

"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: \$15.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607 1072

2006 OPEN WATER SWIM— DORENA LAKE
SUNDAY, AUGUST 20
SPONSORED BY EMERALD AQUATICS
WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS

Sanctioned by OMS, Inc. for USMS, Inc. All swimmers must be current USMS member to compete.

USMS Sanction #: 376-OW5 One-day registration will be available at the meet for \$15.00.

Schedule:

1500 Open Water Swim	<u>1500m:</u> Check-in closes 8:30 am	Pre-race instructions 8:45 am	Race starts 9:00 am
Whiteley 1000	<u>1000m:</u> Check-in closes 10:30 am	Pre-race instructions 10:45 am	Race starts 11:00 am
Flatfoot Kick	<u>500m:</u> Check-in closes 11:30 am	Pre-race instructions 11:45 am	Race starts 12:00 am

Course: The course will be marked by buoys. Water temperature is expected to be 74-76 degrees and will be posted at check-in.

Equipment: 1500 Swim.: Swimmers wearing wetsuits are ineligible for awards. Other USMS open water swimming rules apply. Qualifies for Oregon Open Water Series.
 Whiteley 1000: Use of pull buoys, fins, hand paddles, etc. are allowed (and encouraged!).
 Flatfoot Kick: Bring a kickboard for this event. Propulsion by kicking only. No fins!

Safety: The course will have safety marshals, lifeguards, a boat patrol (including a lead boat, a chase boat, perimeter boats, and an "ambulance" boat. In addition paramedics and an ambulance will be on boat ramp during the swim. No pets at the race, please.

Eligibility: Open to all USMS (U.S. Masters Swimming) members. Every swimmer must be a current USMS member to compete.

Awards: Prizes will be raffled during picnic after swim, must be present to win.

Picnic: Following the Flatfoot Kick, around 12:30, Emerald Aquatics will host a finger-food picnic. All are invited (\$5 donation for non-swimmers).

Directions: From I-5 take exit 174 and go east to the reservoir. Follow Row River Road on the north side of the lake for two miles to Harms Park. Signs will be provided on Row River road. (see map, opposite). At race venue follow traffic instructions for parking. Most parking will be on Rat Road, west side.

Information: Steve Johnson, Race Director, (541) 683-5758 (see over for camping information)

ENTRIES MUST BE POSTMARKED BY August 5th

add \$10 for late entries

Mail entries EA Lake Swim	<table border="1"> <tr> <td colspan="3">check all that apply:</td> </tr> <tr> <td>1500m</td> <td>Whitely</td> <td>Flatfoot</td> </tr> <tr> <td colspan="3"> </td> </tr> </table>	check all that apply:			1500m	Whitely	Flatfoot				all 3 events \$40.00	_____
check all that apply:												
1500m		Whitely	Flatfoot									
to: P.O. Box 3708		or 2 events \$35.00	_____									
Eugene, OR 97403		or 1 event \$25.00	_____									

USMS Reg# _____

Please attach a copy of your USMS registration card.

TOTAL _____

Make checks payable to Emerald Aquatics

All fees are non-refundable.

Name _____ Sex _____ Age _____

Address _____

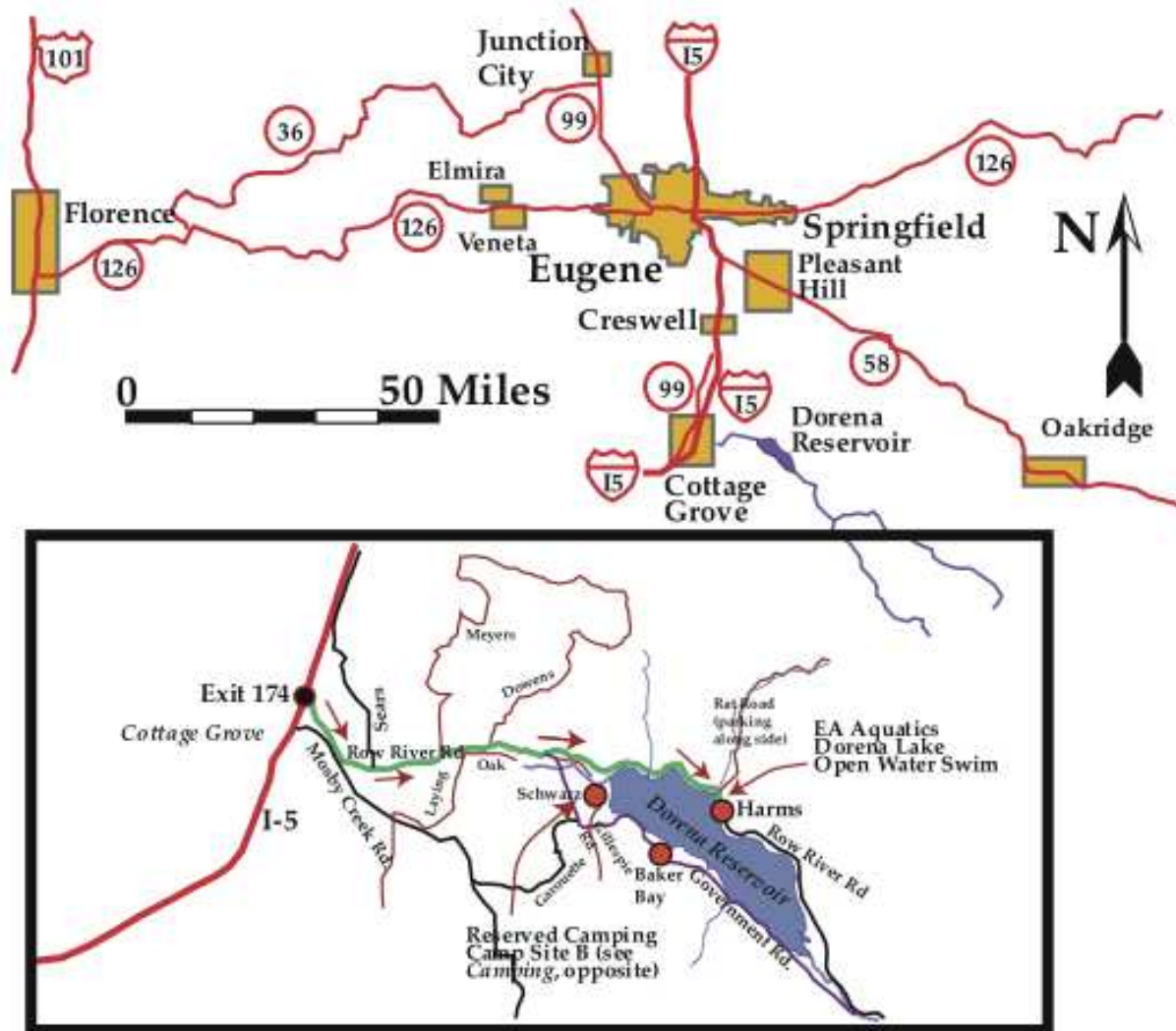
City/State/Zip _____ Local Team _____

Birthdate _____ Day phone _____ Evening phone _____ Fax _____

"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 & competitions) 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. Finally, I specifically acknowledge that I am aware of all risks inherent in open water swimming, and agree to assume those risks."

Signature _____ Date _____

Camping: Individual camping sites can be reserved for Schwarz Park. To reserve go to www.reserveamerica.com and use the search engine to go to Schwarz Park in Oregon. You can also call 1-877-444-6777. The rules are a minimum two night stay and you can have 3 vehicles and 3 tents with up to 8 people, or one camper/trailer/RV and two tents for each site. The cost is \$12 per night. Directions: I5 Exit 174, Row River Rd. east for 5 miles, entrance on left (see below). [Other camping reservations at Baker Bay (541-942-7669).]



Remember your fins, paddles and kick boards for the Whiteley 1000 and Flatfoot Kick Races



2006 Meet SCHEDULE

Date	Event	Location	Contact
Pool Meets			
*Sept. 9	SCM Patriot Games	Camas, WA	Bert Petersen petersen@exchangenet.net
Nov. 18-19	Zone SCM	Federal Way, WA	
Open Water			
*Aug. 20	1500, 1000 anything goes	Dorena Lake	Steve Johnson (541) 683-5758
	500 kicking		
Postal Championships 2006			
May 15 - Sept. 15	5K & 10K	USMS	www.usms.org
Sept. 15 - Nov. 15	3000/6000	USMS	www.usms.org
* ENTRY BLANK INCLUDED IN THIS ISSUE OF AQUA-MASTER			

Board Meetings	Aug. 23	7 PM	NIKE - Beaverton
All Board Meetings are open. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details	Sept. 29-30	Board Retreat	TBA

Aqua Master
August 2006

Oregon Masters Swimming, Inc.
5832 SE Woll Pond Way
Hillsboro, OR 97123-6970

**Nonprofit
Organization**
U.S. Postage
Paid
Portland, Oregon
Permit No. 1292

Inside: Results - Hagg Lake, Foster Lake, & St. Games