



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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“Swimming for Life”

Goodbye Mike and Lynne



Columbia Gorge Masters swimmers Mike and Lynne Pendleton are leaving Hood River at the end of June, en route to Botswana. Mike will be teaching medicine at the new school of family medicine as well as in the national hospital. Mike and Lynne plan to spend the last third of their careers in Botswana or in a place of similar need. Lynne plans to setup their new home and then look for a position that utilizes her teaching background. As they are both committed masters swimmers, one should not be surprised to hear of new masters teams starting in Gaborone or neighboring towns. Columbia Gorge Masters and all Oregon Swimmers wish them well on their new adventure and look forward to seeing them in the future. Mike is pictured above, swimming at SCY Nationals.

Photo by Robert Caswell

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Oregon Swimmers Shine at SCY Nationals

In the last issue of the Aqua Master we were just able to squeeze in the results from Nationals on the next to the last page of the issue. This month we want to highlight and truly recognize those swimmers who did a such a great job.

Oregon swimmers set 25 Oregon records, 18 Zone records and 4 National records at Nationals. The National Records were set by Karen Andrus-Hughes, Val Jenkins and Ginger Pierson. All of these 47 Record Swims are highlighted beside the action shot of the swimmer.

Robert Caswell, father of MJ Caswell and a Professional Photographer, took outstanding action shots of the Oregon Swimmers at Nationals. The 24 Oregon Swimmers and the great action shots are featured on pages 16 - 21.

If you have a printed copy of the Aqua Master we urge you to go to the web site and see these shots in living color. Thank you Robert for being willing to share these fabulous shots with the Aqua Master.

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Chair's Corner by Jody Welborn

Hi Everyone:

2008 is a very exciting year for swimming in Oregon. With the Olympic Trials followed by USMS Nationals I will be inspired by swimmers for a very long time.

Since the last Chair's Corner there have been many exciting events that should be recognized.

Tualatin Hills Barracudas put on a heck of an Association Championship meeting and Oregon Reign Masters won their first OMS Large Team Championship! We have excellent teams in Oregon and it is nice to welcome yet another to the fold.

The Barracudas also put on a great Awards banquet. The quality of these banquets has risen every year and it allows us to reward the outstanding members in swimming and volunteerism that year. Congratulations to all the swimmers and special congratulations to Wes Edwards and Gary Whitman. And thanks to everyone for all they do.

Shortly after this our swimmers made their way to Perth, Australia for the World Championships. Again, our swimmers made a splash. But we had 2 special participants: Anicia Criscione and Doug Christensen. These swimmers were able to participate thanks to an anonymous scholarship donation. Anicia's letter to the board (as seen in the previous AquaMaster) brought home to me the joy of swimming as well as the ripple effect her adventure had on her family, students and fellow teachers. And we may eventually see that effect as others want to experience the joy the way Anicia did.

The Hood River meet has completed and the word on the street is that the swimming was HOT!

Nationals is fast approaching and there are events to swim to get ready. Get in the water, start making your plans, swim fast and most importantly-swim FUN>

*and Remember,**Swimming is for Life and Life Matters.*

The Countdown For LCM Nationals 44 Days

and counting from July 1, 2008

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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Off the Block

Honors the Memory of Art Smith

Sandi Rousseau and Karen Andrus-Hughes are the writers of this Tribute to Art Smith. Sandi served with Art when he was the Chair of OMS. Karen was currently swimming several days a week with Art.

Remembering Art Smith (by Sandi)

I first met Art swimming at Tualatin Hills. He invited me to the first organizing meeting for Oregon Masters Swimming in 1982. Art was impressive ... not only in stature, but also in the way he conducted himself, and ended up volunteering to be the first official chair of OMS. I served as Secretary on that first Board with Art, and our focus that year was on what we could do to improve services to our members. He had the good of the organization in his heart and continued to work for all of us.

Art continued to swim at Tualatin Hills for many years and participated in many meets and was quite impressive with his breaststroke specialty. His southern drawl and 6 foot 6 inch stature made him stand out in the crowd. More than that though, Art was a contributor to our organization and provided moral support for just about anyone who needed it. He always showed interest in what every person was doing, what our goals were, how the swim felt, etc. He was truly a gentleman.

When Art got married and then had his only child Taylor, the team was so happy for him. While he later faced challenges in his wife's dealing with ovarian cancer and becoming a single father, Art was always bright when one saw him after an absence. His interests were always focused on what you were doing and not what he was facing. His pride in his daughter's achievements was evident. He returned to competition at the Association meet in Corvallis a few years ago and was excited to take home a medal to Taylor. While he has not competed much in recent years, he continued swimming for fitness and planned to return to the blocks at some point in his life.

It is sad that that will not happen. Many of we OMS 'old timers' will miss Art and his spirit.

Art Smith was a swimmer through and through.....(by Karen)

In the early 60s he took a bus from his home in Fort Smith, Arkansas and "walked on" to the Indiana University swim team, to swim for who many consider the greatest swim coach of all time, Doc Councilman. With little experience under his belt, but with a lot of determination and desire, Art excelled and in 1966 had the fastest 200 breaststroke in the country.

He had a passion for the sport, and though life challenges in the last decade have kept him from racing, he was a regular at our ClubSport workouts. He was always interested in what masters' meets were coming up, especially championship meets where he would follow the results on-line. He understood and appreciated pacing and splits in a way that to others might seem nonsensical. He followed my swims at USMS nationals in Austin last month. One week before he died and the day after I returned from the meet, I saw him at ClubSport. He lifted me off my feet in a congratulatory hug, and with his infectious southern accent and inimitable style, fired questions off about my races. He was truly interested in the minute details of a swim race. As a swimmer who was still pretty keyed up about her swims, it made me feel so good, and is a memory I continue to revisit and enjoy.

At his memorial there was a time at the end of the service where people were invited to share their thoughts and memories of Art. I quickly realized that Art's zeal extended far beyond swimming. People lined up in droves, compelled to share the joy and just plain goodness Art brought to their lives in many ways. There was a similar thread woven through everyone's memories that resonated with me as well. He made a lasting impression on many and will be missed very much.

Art Smith's first message to OMS swimmers after being elected President (Chair) - reprinted from the 1983 Aqua Master

"I feel honored to be selected as your new president for the Oregon Masters Swimming Association for the coming two years and I look forward to serving at the helm. In the line with the participation shown at the meeting (held after the Pentathlon), it is the boards' intent to consider for areas of discussion: 1) new ideas for meets, 2) new ideas for increasing membership, 3) fund raisers, and 4) clinics. If you have any input that you would like to make, please let it be known so that it can be included in discussion.

Not enough praise can be given to those who worked at putting the Long Course National meet together and Mout Hood Community College. Those forces gave the swimmers the opportunity to concentrate solely on their swimming and it showed! That's TEAMWORK!!! Although we did v very well at Nationals, located in our own backyard, make sure you mark your calendar the the upcoming short course Nationals in Ft. Lauderdale, Florida May 28-31 and long course Nationals in Indianapolis, Indiana in August. ANOTHER GREAT YEAR IN THE MAKING! "

F i t n e s s



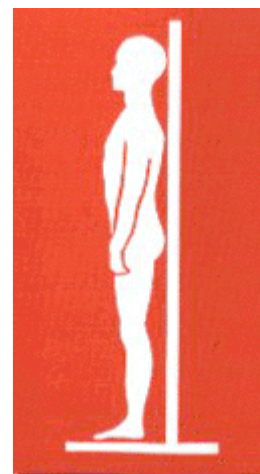
**Rachel
Skoss**



POSTURE

- Posture is the relative arrangement of body segments. It indicates the state of muscular and skeletal balance within the body when stationary (static posture) or during movement (dynamic posture)
- Good posture is a balanced state where supporting structures (bone, ligaments, muscle and other connective tissues) are protected against progressive deformity.
- Good posture is the relationship of body parts that allows a person to function most efficiently with the least expenditure of energy, and as a result, the minimum of strain on muscles, tendons, ligaments and joints.
- Good posture assists in the efficient functioning of various organs and organ systems of the body.
- Good posture has also been associated with psycho-social health.
- General guidelines for good posture while standing - weight bearing segments should be aligned so the line of gravity passes through them. The extension of weight bearing joints should be easy and not accompanied by strain, tension or excessive rigidity. Feet should be placed far enough apart to form a good base of support over which the body can easily be balanced. Excessive forward tilting of the pelvis should be avoided. Forward tilting contributes to a protruding abdomen and sway back.

Check your posture!



The Wall Test - Stand with the back of your head touching the wall and your heels six inches from the baseboard. With your buttocks touching the wall, check the distance with your hand between your lower back and the wall, and your neck and the wall. You should be within 2-5cm at the low back and 5cm at the neck.

The Mirror Test - (Front view) Stand facing a full length mirror and check to see if: 1. your shoulders are level, 2. your head is straight, 3. the spaces between your arms and sides seem equal, 4. your hips are level, your kneecaps face straight ahead, and 5. your ankles are straight.

From the side, get someone to check that: 1. head is erect, not slumping forward or backwards, 2. chin is parallel to the floor, not tilting up or down, 3. shoulders are in line with ears, not drooping forward or pulled back, 4. stomach is flat, 5. knees are straight, 6. lower back has a slightly forward curve (not too flat or not curved too much forward, creating a hollow back).

- Note – muscles that are tender when you palpate them may be a sign of carrying too much postural load.



Swim Bits # 13 -Baker's Fly by Ralph Mohr

Ted Williams once said the single most difficult thing to do in athletics is to hit a pitched baseball. I don't believe it. Rather it is far more difficult to swim a decent 200 Butterfly.

Denny Baker, premier Oregon butterflyer, has upped that challenge even further. He wants to qualify for the Olympic Trials in the 200 Fly, and he is changing his stroke to do it.

Denny's fly has always been lovely and fast. However, it is not fast enough. He swam with the old stroke: his hands entered the water about shoulder width, and one could see his chest when he breathes.

The stroke that Michael Phelps uses is flatter. The hands almost touch out in front on the entry. The chin may touch the water when breathing. There is a large kick to make this all work.

There is also a change in timing. The breath comes later in the stroke. Denny's hands will be almost under his hips when he thrusts the chin forward, rather than up, to breathe.

The secret to these changes is in the kick. The legs and the accompanying torso must in such condition to drive the body forward on the breath and to do this for 200 meters.

This, of course, is hard! This is also why Phelps and Denny are spending a lot of time on dryland exercises to strengthen the legs and torso and why they kick much more and much faster in practice.

I can relate all of this in some detail as I talked to Denny at the State Championships in April about what he is trying to do. We can all benefit by Denny's efforts with his butterfly stroke by emulating this brave experiment and cheering him on to the Olympic Trials.

Open Water Season Begins at Hagg Lake



The first Open Water Swim occurred at Hagg Lake on June 1. The results were not available at publication time but will be in the next Aqua Master. Here are some action shots from the swim at Hagg Lake. Page 4 - Swimmers head for the first buoy. Above - Jim Teisher, Elizabeth Budd and Rob Higley at the Finish. Below - Greg Jablonski, the overall winner sights for the next buoy and the finish line.



Shake and Swim with “Bake”

“Stay in the “Front Quadrant”

Coach Dennis Baker



swimgraphics.com

During this time of the year when we are often in competition it is vital to understand the most important aspect of efficient swimming. This critical part of our stroke is called the Front Quadrant; the area out in front of your body as you lay flat in the water. Let's look at where this area actually is and what to remember while you are swimming. Also, I'll go over the movements you should avoid and some pitfalls of not swimming in the Front Quadrant.

The Front Quadrant, in all of the four stroke disciplines, is the area from your chest to the final extension of where your hands enter the water or as in Breaststroke the final extension of your arms underwater.

The Short Axis Strokes

Butterfly: The hands should enter out in front of your body shoulder width apart. As your hands pull down and become directly under your chest let them flip to the sides and up and out of the water.

The common mistake here is to keep pulling underwater until your hands get all the way down to your hips. By shortening your underwater pull and slipping out the sides earlier

you will stay in the Front Quadrant for the majority of your stroke cycle. This will stabilize your body position and give you the sensation of swimming downwards. It will also stop you from fatiguing so fast because your arms don't have to travel all the way down by your hips and all the way around to the front of your stroke.

Breaststroke: The hands start the out sweep in front of your head and pull out slightly wider than your shoulders. On the in sweep try to squeeze your elbows together out in front of your chest. You will not be able to actually touch your elbows together but the attempt will give you correct body position. The common mistake here is the elbows pull back too far and get stuck outside the width of your body. By keeping your arms and elbows in the Front Quadrant of your stroke you will be able to “Shoot” through to full extension

much quicker.

Long Axis Strokes

Backstroke: Have you ever had the feeling that you are swimming Backstroke one arm at a time? This is because you are not leaving one hand or arm in the Front Quadrant until the other hand leaves the water and starts the up sweep. It is very similar to catch-up in Freestyle. You don't have to do full catch-up in Backstroke but try to anchor your entry hand just a little longer and grab the water.

This will give you the feeling of both arms being in constant motion. In Backstroke and Freestyle you should pull down all the way to your hip. This is different from Fly and Breast; the short axis strokes.

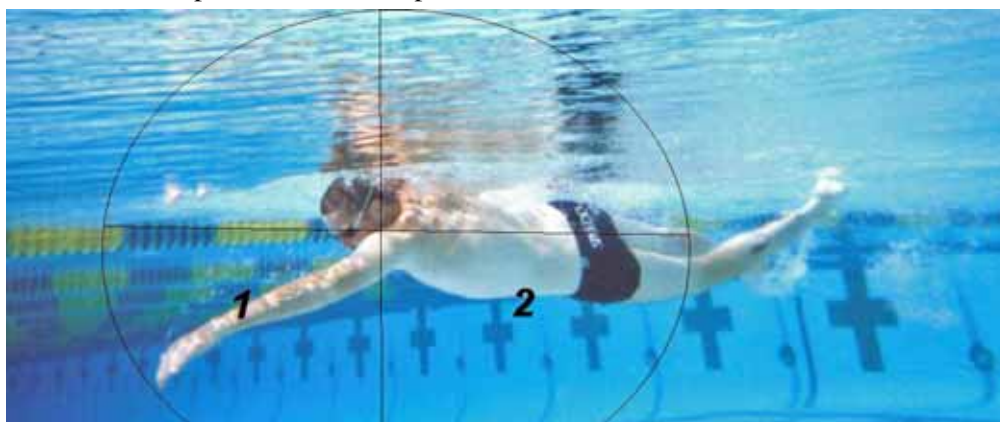
Freestyle: Many of the greatest Freestylers swim with a three quarter catch-up stroke. This is for good reason. As you

pull down with one hand and it aligns directly under your chest your other hand should be entering the water out in front of your body. I describe this as “two ships that pass in the

night” in front of your head. It is not full but three quarter catch-up. This allows you, as in Backstroke, to have your arms continuously propelling you through the water with no “dead spots”. You can identify a “dead spot” in your Freestyle if one hand is by your hip and the other hand is just entering the water. At this point no hand or arm movement is propelling you forwards.

Front Quadrant swimming has many advantages: Constant forward propulsion through the water, better body position, less fatigue, fluidity in your stroke and finally a better balance of arm and leg movement.

Think about keeping arm and hand movements out in front in all of your strokes and you will be well on your way to faster, easier and more efficient swimming.





From the Association Meet a big WOW to Grass Valley swimmer Melinda Walters from her Teammate Arlene Delmage. Melinda had an outstanding meet obtaining several PRs and looking absolutely fabulous in the water. Now rewind to less than a year ago when Melinda suffered a seizure and was diagnosed with a brain tumor. After brain surgery and an extensive recovery it is absolutely thrilling to see Melinda back in the water, working as hard as ever, and maybe even swimming faster. Way to go Melinda. You are a true inspiration to all of us.



Pictured left to right: Amy Dansby, Bert Petersen, Melinda Walters

Important Information from Mary Sweat

USMS Top Ten

Submit your times from USA-S meets and meets in foreign countries!

The results from all of our OMS sanctioned events are submitted for the USMS National Top Ten tabulation at the end of each season. When you swim in a meet out of state the host LMSC will submit your times for top ten consideration. However, when you swim in a meet in a foreign country or a USA-S meet you will need to notify Mary Sweat (topten@swimoregon.org) and provide her with some information in order to get your times submitted. You will be asked to supply the date and place of the meet as well as a source for her to verify the results (webpage, printed results etc.).

When you swim in a USA-S meet you will also need to ensure that the pool was measured and meets the USMS pool length criteria. Be advised that USMS criteria is more stringent than the USA-S requirements. If there is not a "pool length certification form" on file you will need to get the pool measured. Please note - pools that employ a bulkhead during the meet must be measured after each session during the meet! If you need more information on the required pool measurements please contact Mary Sweat.

Karin Deck

HELP - We are in search of Karin Deck! She had a very speedy SCM 200 Fly time in of 2:39.27 on 6/26/94 at the Lincoln City Meet. This time could be the Oregon Record - but we need to confirm that she was registered with Oregon at the time of the swim. If anyone knows Karin, it would be very much appreciated if you could contact Mary Sweat (msweat@bendcable.com) and let her know how she can get in touch with Karin.

Oregon All Time Top 12 Lists

The All Time Top 12 lists for SCY, LCM and SCM are now available on the OMS website at <http://swimoregon.org/toptwelve/> for your review.

The criteria for the swims on these lists is that the swimmer was registered with Oregon Masters swimming at the time of the swim and that USMS rules were enforced.

The sources for the data loaded into the "OMS All time database" are quite variable! The top 10 (or 11) lists that Earl Walter created for SCY (1972-1999) and LCM (1972-1997) are the main source of swims for those years. However, he did not have a SCM list so lots of swims are missing from the early years. All of the digital data available on the OMS website (results section) have been included. In addition, all USMS top ten data (since 1993), USMS National Results (since 1994) and FINA World Championships (since 1986) results have been loaded. Then there is a variety of meet results from other sources that have been included (some NW Zone meets etc.).

However, there are still many swims that Oregon registered swimmers have swum that are not included in this list - your help is needed! If you swam out of state, in a USA-S meet or in a foreign country, or if you swam in a meet that is not already included in these lists and you would like your times considered for the Oregon All Time Top 12 lists - please submit your times to Mary Sweat. You will be asked to submit your time, place of meet and a source to verify the results.

It would be very much appreciated if you could please review these lists for accuracy and send any additions and corrections to Mary Sweat at (msweat@bendcable.com)

Long Distance Swimming



**Bob
Bruce**



Summer is here—although you would have difficulty determining that based on observing the cool weather here in Bend—and Oregon is hosting some great events this year. We have three pool meets on the schedule, culminating in the USMS Long Course National Championship Meet at Mt. Hood Community College August 14-17. We have swims at three open water venues remaining, highlighted by the Oregon 1500-meter Championship and the USMS 5-km National Championship at Elk Lake August 1-3. What a set of opportunities for greatness so close to home!

Among this plethora of riches, we often overlook the third USMS National Championships hosted by an Oregon Team this summer. Did you know that COMA is hosting the USMS 5 & 10-km Postal Championships this summer, and that they beg for your participation? These events offer some wonderful opportunities and challenges, either as stand-alone events or as preparation for the other events (in fact, in 2006, knowing that Oregon was likely to win the bids for the two National Championship events mentioned above, I also bid for the postal championships precisely to complement preparation for the other two). These events are relevant to YOU!

Coaches love postal swims for their aerobic fitness and training benefits. Indeed, many swimmers treat them simply as training events. They provide you an opportunity for long aerobic swimming, a chance to practice your steady pacing, and a measurement of your fitness & conditioning. They can give you a big boost of confidence too. Participation is easy, cheap, and fun! Of course, looking at the huge Oregon participation in past postal events—particularly the One-Hour Swim during the past three years—many of you know

this already.

All masters swimmers can benefit from doing the 5-km swim! It is designed to encourage endurance participation from the whole spectrum of fitness swimmers. You don't have to be fast. The distance is within everyone's physical capabilities if they have been swimming a bit lately, and the swim can be completed in a little longer than the time of a typical practice session. And if you plan to swim in any open water event—particularly in the 1500-m or 5-km Open Water Championships—or in the 800 or 1500-meter race at the Long Course Championships, I strongly urge you to include the 5-km postal swim as part of your preparation.

The 10-km swim is admittedly twice as long—sometimes feeling much longer than that!—but it is the most challenging and most rewarding of all of the postal events. I swim this event every year for the personal satisfaction of completing the distance and as a sound test of my mental discipline (I won't tell you if I passed or not).

Here's a little lesson that applies to your swimming and to your life. If you can reap two or more benefits for doing one thing, DO IT! Since both the 5 & 10-km postal swims are also competitive team events, you can help not only yourself by swimming in these postal events but also the Oregon team. Everyone counts, so remember to enter the national events when you complete the swims. Historically, Oregon has been prominent in the team standings in these events in the past decade. And if you need a third reason to do these swims, here it is—the National Host for these events is COMA, so your participation in the national events helps support masters swimming in Oregon.

These postal events must be done in a 50-meter pool, and completed by September 15, so start lining up your pool time. Your best bets are to contact the masters team rep or coach at these 50-meter pools: Tualatin Hills Recreation Center, Multnomah Club, or Mt. Hood Community College in the Metro area, Osborn Aquatic Center in Corvallis, Amazon Pool in Eugene, or Juniper Swim & Fitness Center in Bend. The entry information and forms may be found at: <http://www.usms.org/longdist/ldnats08/> or on pages 9 and 10 of this issue of the Aqua Master.

Good luck and good swimming!



“Errata: Under strict Aqua Master deadline, I submitted the Oregon One-Hour Swim summary based on preliminary results. After subsequent correction of errors, I have found that Mary Sweat was not the runner-up in her age group but rather the Champion! My congratulations (belatedly) to Mary, and my apologies for the error.” - Bob Bruce

WOW Mary - Way to Go!



**2008 United States Masters Swimming
Long Distance
5K & 10K Postal National Championship
Sponsored by Central Oregon Masters Aquatics
Sanction 378-PO1**

DATE: Swims must be completed on or between May 15 and September 15, 2008. All entries must be received by September 25, 2008.

OBJECTIVE: To swim 5K (5000 meters) or 10K (10,000 meters). The recorded time determines the order of finish. If two or more swimmers report the same time, a tie will be declared.

LOCATION: Any 50-meter pool. The 5K equals 100 lengths and the 10K equals 200 lengths.

ELIGIBILITY: Each participant must be registered for 2008 with USMS (or the equivalent organization for non-U.S. Swimmers). Foreign swimmers are not eligible for USMS records or All-American selection. A copy of your current 2008 registration card must accompany your entry.

INDIVIDUAL EVENTS: Men and women compete separately in age groups of five-year increments: 18-24, 25-29, 30-34,...100+. The swimmer's age on the day he or she actually completes his/her swim will determine his or her age group. Swimmers who change age groups during the event may enter twice, but must swim the event twice, one time in each age group.

RELAY EVENTS: Relay events will be contested in three categories: 3 men, 3 women, or 4 mixed (2 men, 2 women). Each relay member **MUST** also enter the individual event and be registered with the same Club. Unattached swimmers are not permitted on relays. The youngest relay member's age shall determine the relay's age group. Age groups are 18+, 25+, 35+, . . . 95+. The cumulative time for the individual swims will be the relay time.

CLUB EVENT: Each Club will be entered automatically in the Club event. Club point scoring will be calculated based on Quality Points, which are ratios of each individual time to the corresponding USMS Record for the gender & age group. The faster the swim the more Quality Points a swimmer earns. Club totals will be the sum of the Quality Points of its swimmers. Since every swimmer will receive Quality Points, every swimmer counts!

FEES: \$12.00 for each individual entry (\$15.00 for non-US swimmers) and \$18.00 for all relay entries. Fees are non-refundable and are payable by check or money order only – no cash. Foreign entrants must submit fees in U.S. Funds via international money order or bank check drawn on a bank with a U.S. affiliate.

AWARDS: The top 6 finishers in each age group in the individual event and the top 3 clubs in relay events will receive USMS Long Distance National Championship medals. First place finishers in each individual and relay age group will also receive a USMS championship patch. Only one patch per event/participant will be awarded.

RULES: 2008 USMS Rules govern these events. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. No more than two swimmers may share a lane, with each swimming on one side of the lane during the entire race (i.e. no circle swimming). An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer must have a verifier to count laps, record cumulative splits, and time the event with a stop watch or electronic timing device. Cumulative split times must be recorded to the nearest second and tenth (or hundredth) of a second. A split sheet must be kept for each swimmer and a copy included with the entry form, signed by the verifier. One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude. An alternative split sheet with room for both 100-split times and cumulative split times is posted at: http://www.usms.org/longdist/5k_10k_splits.pdf

T-SHIRTS: High-quality custom short-sleeved t-shirts will be available in both women's and men's styles for \$16 (\$20 for outside USA).

RESULTS: Complete results will be available by mail, e-mail or via the internet (see the USMS web site after October 25, 2008)

QUESTIONS: Contact event director Bob Bruce
E-mail (preferred): coachbob@bendbroadband.com
Phone (before 2100 hrs PDST): 541-317-4851

Staple a copy of your USMS (or equivalent) Registration Card here.

2008 USMS 5K/10K POSTAL SWIM NATIONAL CHAMPIONSHIPS INDIVIDUAL ENTRY FORM

NAME: _____ GENDER: M or W AGE: _____ BIRTHDATE: ____/____/____
Name as it appears on Registration Card - Last, First Circle one Day of swim MM DD YY

ADDRESS: _____ PHONE: _____ - _____ - _____

CITY: _____ STATE: _____ ZIP: _____ COUNTRY: _____

CLUB: _____ CLUB ABBR: _____ REGISTRATION NUMBER: _____
2008 USMS or FINA

E-Mail Address: _____ SEND RESULTS (Check **ONE**): E-Mail (preferred) **OR** Mailed Copy

Check which USMS Postal Events you have entered this year: 1 Hour _____ 5K _____ 10K _____

Check if you want to decline any awards you may earn: Medals ____ Patches ____ Results posted at: www.usms.org by October 25, 2008

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

SWIMMER'S SIGNATURE _____ **DATE** _____

In addition, I certify that I have read the rules of this competition and that on ____/____, 2008, I swam ____5K ____10K in a time of: ____:____:____.____ at:

Pool name/City _____ **SWIMMER'S SIGNATURE** _____

Verifier's/Timer's Name, PRINTED _____ Verifier's Phone Number or Email Address _____

Entry Fee: US\$12, USMS, or
 US\$15, other FINA Master = US \$ _____

T-Shirts: Indicate Quantity Ordered
 Size: Small____ Medium____ Large____ X-Large____ XX-Large____
 Style: Women's____ Men's____
 Cost: US\$16 each in USA or US\$20 each outside USA = US \$ _____

TOTAL = US \$ _____

Include: Copy of 2008 **USMS or FINA REGISTRATION CARD**, Entry form and split sheet

Check Payable to: COMA
Send to: Bob Bruce
 61200 Parrell Rd.
 Bend, OR 97702

Must be RECEIVED by September 25, 2008.

Record Split Entries using CUMULATIVE TIMES to the nearest second & tenth (or hundredth).

100	2100	4100	6100	8100
200	2200	4200	6200	8200
300	2300	4300	6300	8300
400	2400	4400	6400	8400
500	2500	4500	6500	8500
600	2600	4600	6600	8600
700	2700	4700	6700	8700
800	2800	4800	6800	8800
900	2900	4900	6900	8900
1000	3000	5000	7000	9000
1100	3100	5100	7100	9100
1200	3200	5200	7200	9200
1300	3300	5300	7300	9300
1400	3400	5400	7400	9400
1500	3500	5500	7500	9500
1600	3600	5600	7600	9600
1700	3700	5700	7700	9700
1800	3800	5800	7800	9800
1900	3900	5900	7900	9900
2000	4000	6000	8000	10000

The Hood River County Chamber of Commerce
proudly presents the 66th Annual

ROY WEBSTER COLUMBIA RIVER CROSS CHANNEL SWIM

*Join over 500 fellow swimmers for a fun event
across the Columbia on Labor Day!*

The Columbia River Cross Channel Swim was started in 1942 by local orchardist Roy Webster, as a fun non-competitive exercise.

The Hood River County Chamber of Commerce has been organizing the event since 1946. Until the sternwheeler *Columbia Gorge* was contracted in the late 1990s, swimmers originally swam across to the Washington shore, then back... or were later transported in groups of 10 by private boats. **Master Swimmers** were valuable volunteers with our safety crews.

With the transportation by sternwheeler, our boaters switched from transport to safety crew, and now volunteer for our picket lines stretched all the way across the river. Local **Master Swimmers** still assist by adding their expertise in safety, as well as extra eyes on the swimmers.

Roy Webster began his swimming 'career' in 1976 at Multnomah Athletic Club, he went to a meet in Seattle and won five gold medals on the first try! His Masters swimming career gave him boxes full of trophies and medals, and ranked him nationally in the top five of his age group as an **All-American Masters Swimmer**.

Swimming with **Oregon Masters** took him to meets in New Zealand and California. He claimed the meets were fairly non-competitive - "There aren't too many people swimming at my age." He was in his late 70's then.

Roy felt the **Masters Swimmers** program is a valuable organization encouraging everyone to participate in this healthful exercise, regardless of age or ability.

Monday, September 1, 2008
Labor Day



Distance of swim ... 11 miles (depending on water levels)
Not a race ... nor a contest ... but an achievement!

Applications available July 1 at the
Hood River County Chamber of Commerce
Call (541) 386-2000 or online at www.HoodRiver.org

Hood River SCM Meet - May 18, 2008

W = Breaks listed World Record, N = Breaks listed National Record, Z = Zone Record O = Oregon Record (N & W includes Zone, Oregon, - Z includes Oregon,)

Women 18-24

50 SC Meter Freestyle			
1 Esser, Elizabeth	22 OREG	33.63	
100 SC Meter Freestyle			
1 Esser, Elizabeth	22 OREG	1:11.90	
200 SC Meter Freestyle			
1 Esser, Elizabeth	22 OREG	2:39.51	
400 SC Meter Freestyle			
1 Esser, Elizabeth	22 OREG	5:42.35	
50 SC Meter Backstroke			
1 Shortt-Harder, K.	24 OREG	34.03 O	
100 SC Meter Backstroke			
1 Shortt-Harder, K.	24 OREG1:13.93 O		
100 SC Meter Breaststroke			
1 Shortt, Caitlyn	22 OREG1:16.03 Z		
50 SC Meter Butterfly			
1 Shortt, Caitlyn	22 OREG	30.28 Z	
2 Esser, Elizabeth	22 OREG	38.78	
100 SC Meter IM			
1 Shortt, Caitlyn	22 OREG1:08.29 Z		
2 Shortt-Harder, K.	24 OREG	1:19.16	

Women 30-34

50 SC Meter Freestyle			
1 Kirkwood, Erin	31 OREG	30.11	
2 Kasenga, Amy	34 OREG	31.51	
100 SC Meter Freestyle			
1 Kirkwood, Erin	31 OREG	1:08.42	
2 Krupp, Katy	33 OREG	1:23.12	
3 Harrison, Elizabeth	34 OREG	1:51.17	
200 SC Meter Freestyle			
1 Pryor, Evelyn	31 OREG	2:51.68	
2 Krupp, Katy	33 OREG	2:55.96	
3 Harrison, Elizabeth	34 OREG	4:04.15	
400 SC Meter Freestyle			
1 Krupp, Katy	33 OREG	6:14.16	
50 SC Meter Backstroke			
1 Kirkwood, Erin	31 OREG	34.54	
2 Kasenga, Amy	34 OREG	38.72	
100 SC Meter Backstroke			
1 Kirkwood, Erin	31 OREG	1:17.62	
2 Pryor, Evelyn	31 OREG	1:33.34	
50 SC Meter Breaststroke			
1 Kasenga, Amy	34 OREG	39.43	
2 Krupp, Katy	33 OREG	52.06	
100 SC Meter Breaststroke			
1 Kasenga, Amy	34 OREG	1:26.88	
50 SC Meter Butterfly			
1 Kirkwood, Erin	31 OREG	34.79	
2 Kasenga, Amy	34 OREG	35.19	
3 Harrison, Elizabeth	34 OREG	1:07.52	
100 SC Meter Butterfly			
1 Pryor, Evelyn	31 OREG	1:32.73	
100 SC Meter IM			
1 Krupp, Katy	33 OREG	1:41.70	
2 Harrison, Elizabeth	34 OREG	2:27.84	
200 SC Meter IM			
1 Pryor, Evelyn	31 OREG	3:14.39	

Women 35-39

50 SC Meter Freestyle			
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1 Dunn, Lisa	39 OREG	35.41	
2 Osoinach, Ellen	37 OREG	42.38	
100 SC Meter Freestyle			
1 Osoinach, Ellen	37 OREG	1:43.78	
200 SC Meter Freestyle			
1 Mears, Julianna	39 OREG	3:55.58	
400 SC Meter Freestyle			
1 Dunn, Lisa	39 OREG	6:30.87	
2 Mears, Julianna	39 OREG	8:02.34	
50 SC Meter Backstroke			
1 Dunn, Lisa	39 OREG	43.69	
2 Strelkauskas, J.	37 OREG	56.11	
100 SC Meter Backstroke			
1 Strelkauskas, J.	37 OREG	2:03.92	
200 SC Meter Backstroke			
1 Strelkauskas, J.	37 OREG	4:39.80	
50 SC Meter Breaststroke			
1 Mears, Julianna	39 OREG	56.41	
2 Strelkauskas, J.	37 OREG	58.01	
100 SC Meter Breaststroke			
1 Strelkauskas, J.	37 OREG	2:06.56	
200 SC Meter Breaststroke			
1 Mears, Julianna	39 OREG	4:16.65	
50 SC Meter Butterfly			
1 Dunn, Lisa	39 OREG	43.97	
100 SC Meter IM			
1 Dunn, Lisa	39 OREG	1:33.55	
Women 40-44			
50 SC Meter Freestyle			
1 Gorman, Susan	42 OREG	36.20	
100 SC Meter Freestyle			
1 Gorman, Susan	42 OREG	1:22.36	
2 Morrison, Chantal	40 OREG	1:47.18	
100 SC Meter Backstroke			
1 Marsh, Kathy	41 OREG	1:32.35	
50 SC Meter Breaststroke			
1 Gorman, Susan	42 OREG	47.88	
2 Curry, Robin	43 OREG	49.71	
3 Morrison, Chantal	40 OREG	55.34	
100 SC Meter Breaststroke			
1 Curry, Robin	43 OREG	1:46.59	
2 Gorman, Susan	42 OREG	1:47.63	
50 SC Meter Butterfly			
1 Curry, Robin	43 OREG	41.78	
100 SC Meter Butterfly			
1 Marsh, Kathy	41 OREG	1:35.33	
100 SC Meter IM			
1 Curry, Robin	43 OREG	1:37.74	
Women 45-49			
50 SC Meter Freestyle			
1 Lamoureux, Lori	49 OREG	34.38	
2 Miles, Jill	48 OREG	37.94	
3 Sutherland, Susan	46 OREG	38.82	
100 SC Meter Freestyle			
1 Snider, Pam	47 OREG	1:17.70	
2 Sutherland, Susan	46 OREG	1:23.52	
3 Fox, Christina	48 OREG	1:25.53	
4 Miles, Jill	48 OREG	1:26.04	
200 SC Meter Freestyle			

1 Dansby, Ami	46 OREG	2:59.81	
2 Sutherland, Susan	46 OREG	3:02.38	
400 SC Meter Freestyle			
1 Dansby, Ami	46 OREG	6:14.94	
2 Miles, Jill	48 OREG	6:33.51	
800 SC Meter Freestyle			
1 Delmage, Arlene	46 OREG	10:20.58	
2 Snider, Pam	47 OREG	11:58.53	
50 SC Meter Backstroke			
1 Goodman, Ann	49 OREG	37.60	
2 Snider, Pam	47 OREG	42.33	
100 SC Meter Backstroke			
1 Goodman, Ann	49 OREG	1:21.63	
2 Fox, Christina	48 OREG	1:35.98	
200 SC Meter Backstroke			
1 Goodman, Ann	49 OREG	2:55.68	
2 Snider, Pam	47 OREG	3:14.48	
3 Fox, Christina	48 OREG	3:25.02	
50 SC Meter Breaststroke			
1 Caswell, Mary	47 OREG	42.00	
2 Lamoureux, Lori	49 OREG	44.27	
3 Sutherland, Susan	46 OREG	54.63	
100 SC Meter Breaststroke			
1 Caswell, Mary	47 OREG	1:30.95	
2 Lamoureux, Lori	49 OREG	1:39.26	
3 Fox, Christina	48 OREG	1:43.44	
200 SC Meter Breaststroke			
1 Goodman, Ann	49 OREG	3:37.78	
50 SC Meter Butterfly			
1 Delmage, Arlene	46 OREG	30.37 O	
2 Caswell, Mary	47 OREG	33.99	
3 Snider, Pam	47 OREG	39.52	
4 Lamoureux, Lori	49 OREG	40.09	
5 Dansby, Ami	46 OREG	40.36	
6 Miles, Jill	48 OREG	43.80	
100 SC Meter Butterfly			
1 Caswell, Mary	47 OREG	1:12.67	
200 SC Meter Butterfly			
1 Delmage, Arlene	46 OREG2:30.44 O		
100 SC Meter IM			
1 Delmage, Arlene	46 OREG	1:14.55	
2 Goodman, Ann	49 OREG	1:24.10	
3 Fox, Christina	48 OREG	1:38.06	
4 Miles, Jill	48 OREG	1:38.52	
5 Sutherland, Susan	46 OREG	1:43.83	
400 SC Meter IM			
1 Delmage, Arlene	46 OREG	5:42.54	
Women 50-54			
200 SC Meter Freestyle			
1 Budd, Elizabeth	54 OREG	2:45.58	
400 SC Meter Freestyle			
1 Budd, Elizabeth	54 OREG	5:47.91	
800 SC Meter Freestyle			
1 Budd, Elizabeth	54 OREG	11:46.97	
2 Summers, Jeanna	54 OREG	13:44.47	
100 SC Meter Backstroke			
1 Summers, Jeanna	54 OREG	1:32.38	
50 SC Meter Breaststroke			
1 Summers, Jeanna	54 OREG	56.39	

100 SC Meter IM
1 Summers, Jeanna 54 OREG 1:38.93

Women 55-59

50 SC Meter Freestyle

1 Buck, Kathleen 58 OREG 36.46
2 Rienks, Penny 57 OREG 39.89
3 Gray, Jane 57 OREG 40.10
4 Sherwood, Dianne 55 OREG 40.11

100 SC Meter Freestyle

1 Royle, Mary Anne 56 OREG 1:19.97
2 Gray, Jane 57 OREG 1:28.89

200 SC Meter Freestyle

1 Gray, Jane 57 OREG 3:20.65

400 SC Meter Freestyle

1 Buck, Kathleen 58 OREG 6:16.64
2 Gray, Jane 57 OREG 7:04.00

50 SC Meter Backstroke

1 Hendryx, Teri 55 OREG 39.90 O

2 Royle, Mary Anne 56 OREG 42.60

3 Rienks, Penny 57 OREG 43.57

4 Gray, Jane 57 OREG 55.85

100 SC Meter Backstroke

1 Hendryx, Teri 55 OREG1:26.32 Z

2 Royle, Mary Anne 56 OREG 1:35.91

3 Rienks, Penny 57 OREG 1:38.19

200 SC Meter Backstroke

1 Royle, Mary Anne 56 OREG 3:24.61

50 SC Meter Breaststroke

1 Sherwood, Dianne 55 OREG 47.07

2 Rienks, Penny 57 OREG 50.73

100 SC Meter Breaststroke

1 Sherwood, Dianne 55 OREG 1:45.06

200 SC Meter Breaststroke

1 Hendryx, Teri 55 OREG 3:36.46

2 Sherwood, Dianne 55 OREG 3:48.46

100 SC Meter IM

1 Rienks, Penny 57 OREG 1:45.46

200 SC Meter IM

1 Hendryx, Teri 55 OREG 3:16.50

2 Buck, Kathleen 58 OREG 3:32.73

Women 60-64

100 SC Meter Freestyle

1 Haynie, Sandra 63 OREG 2:23.31

200 SC Meter Freestyle

1 Rousseau, Sandi 61 OREG 3:07.39

50 SC Meter Backstroke

1 Haynie, Sandra 63 OREG 1:23.24

100 SC Meter Backstroke

1 Rousseau, Sandi 61 OREG 1:42.65

200 SC Meter Backstroke

1 Rousseau, Sandi 61 OREG 3:41.11

50 SC Meter Breaststroke

1 Pierson, Ginger 62 OREG 43.49

2 Haynie, Sandra 63 OREG 1:13.20

100 SC Meter Breaststroke

1 Pierson, Ginger 62 OREG 1:34.08

100 SC Meter Butterfly

1 Pierson, Ginger 62 OREG 1:40.21

100 SC Meter IM

1 Pierson, Ginger 62 OREG 1:35.51

2 Haynie, Sandra 63 OREG 3:04.94

200 SC Meter IM

1 Pierson, Ginger 62 OREG 3:23.38

2 Rousseau, Sandi 61 OREG 3:40.11

Women 65-69

50 SC Meter Backstroke

1 Ward, Joy 66 OREG 43.71

2 Frid, Barbara 66 OREG 43.82

100 SC Meter Backstroke

1 Frid, Barbara 66 OREG 1:38.22

50 SC Meter Breaststroke

1 Frid, Barbara 66 OREG 47.38

50 SC Meter Butterfly

1 Frid, Barbara 66 OREG 40.21

2 Ward, Joy 66 OREG 41.39

200 SC Meter Butterfly

1 Ward, Joy 66 OREG 3:53.40

100 SC Meter IM

1 Frid, Barbara 66 OREG 1:33.32

2 Ward, Joy 66 OREG 1:39.23

Men 25-29

200 SC Meter Backstroke

1 Cleary, Kevin 25 OREG 2:56.09

50 SC Meter Breaststroke

1 Cleary, Kevin 25 OREG 36.04

50 SC Meter Butterfly

1 Cleary, Kevin 25 OREG 30.05

Men 40-44

50 SC Meter Freestyle

1 Kaufman, Seth 40 OREG 28.37

2 Gaarder, Chris 43 OREG 29.81

3 Engbersen, Rutger 43 OREG 35.62

100 SC Meter Freestyle

1 Kaufman, Seth 40 OREG 1:02.96

2 Engbersen, Rutger 43 OREG 1:18.35

50 SC Meter Backstroke

1 Butcher, Gano 44 OREG 31.94

2 Gaarder, Chris 43 OREG 38.59

100 SC Meter Backstroke

1 Butcher, Gano 44 OREG 1:10.06

200 SC Meter Backstroke

1 Butcher, Gano 44 OREG 2:34.45

50 SC Meter Breaststroke

1 Waud, Timothy 41 OREG 35.56

2 Gaarder, Chris 43 OREG 35.87

3 Engbersen, Rutger 43 OREG 40.17

100 SC Meter Breaststroke

1 Waud, Timothy 41 OREG 1:18.95

2 Engbersen, Rutger 43 OREG 1:29.03

200 SC Meter Breaststroke

1 Waud, Timothy 41 OREG 2:45.75

2 Engbersen, Rutger 43 OREG 3:09.08

50 SC Meter Butterfly

1 Butcher, Gano 44 OREG 29.43

100 SC Meter IM

1 Waud, Timothy 41 OREG 1:10.86

2 Gaarder, Chris 43 OREG 1:14.90

Men 45-49

50 SC Meter Freestyle

1 Ivelich, Jim 46 OREG 26.68

2 O'Shea, John 45 OREG 30.92

100 SC Meter Freestyle

1 Hathaway, David 48 OREG 1:00.27

2 Ivelich, Jim 46 OREG 1:01.20

3 O'Shea, John 45 OREG 1:08.13

4 Bragg, Robin 48 OREG 1:33.27

200 SC Meter Freestyle

1 Culbertson, Scott 46 OREG 2:21.71

2 Bragg, Robin 48 OREG 3:27.92

400 SC Meter Freestyle

1 Culbertson, Scott 46 OREG 5:00.89

2 Bragg, Robin 48 OREG 7:04.92

800 SC Meter Freestyle

1 Sumerfield, Bill 48 OREG 10:34.56

2 Culbertson, Scott 46 OREG 10:38.37

3 Bragg, Robin 48 OREG 15:00.47

50 SC Meter Backstroke

1 Hathaway, David 48 OREG 33.50

2 O'Shea, John 45 OREG 37.50

200 SC Meter Backstroke

1 Culbertson, Scott 46 OREG 2:53.02

2 Bragg, Robin 48 OREG 4:40.53

50 SC Meter Breaststroke

1 Ivelich, Jim 46 OREG 35.88

2 Culbertson, Scott 46 OREG 38.32

3 Hathaway, David 48 OREG 38.80

100 SC Meter Breaststroke

1 Ivelich, Jim 46 OREG 1:22.83

50 SC Meter Butterfly

1 Sumerfield, Bill 48 OREG 36.65

100 SC Meter IM

1 Hathaway, David 48 OREG 1:10.81

2 Sumerfield, Bill 48 OREG 1:18.21

Men 50-54

50 SC Meter Freestyle

1 Dow, Keith 53 OREG 29.33

2 Goodman, Doug 52 OREG 29.89

100 SC Meter Freestyle

1 Dow, Keith 53 OREG 1:05.18

2 Goodman, Doug 52 OREG 1:05.42

3 Piette, Jeffrey 53 OREG 1:07.29

200 SC Meter Freestyle

1 Piette, Jeffrey 53 OREG 2:23.55

2 Goodman, Doug 52 OREG 2:24.28

3 Dow, Keith 53 OREG 2:31.54

400 SC Meter Freestyle

1 Piette, Jeffrey 53 OREG 5:00.15

2 Goodman, Doug 52 OREG 5:14.84

3 Dow, Keith 53 OREG 5:29.15

800 SC Meter Freestyle

1 Goodman, Doug 52 OREG 10:51.70

2 Dow, Keith 53 OREG 11:33.04

100 SC Meter Backstroke

1 Moon, Robert 53 OREG 1:37.59

200 SC Meter Backstroke

1 Moon, Robert 53 OREG 3:36.99

50 SC Meter Breaststroke

1 Allender, Patrick 50 OREG 35.22

2 Oliver, Gary 51 OREG 37.50

100 SC Meter Breaststroke

1 Allender, Patrick 50 OREG1:14.30 Z

2 Oliver, Gary 51 OREG 1:21.33

3 Moon, Robert 53 OREG 1:42.08

200 SC Meter Breaststroke

1 Allender, Patrick 50 OREG2:43.30 Z

2 Moon, Robert 53 OREG 3:48.98

50 SC Meter Butterfly

1 Piette, Jeffrey 53 OREG 33.75

100 SC Meter Butterfly

1 Piette, Jeffrey 53 OREG 1:18.77

100 SC Meter IM

1 Allender, Patrick 50 OREG 1:10.60

2 Oliver, Gary	51 OREG	1:13.13	1 Bruce, Bob	60 OREG	34.66	100 SC Meter Butterfly
200 SC Meter IM			50 SC Meter Breaststroke			1 Petersen, Bert
1 Oliver, Gary	51 OREG	2:37.46	1 Bruce, Bob	60 OREG	39.25	Men 85-89
2 Moon, Robert	53 OREG	3:46.66	50 SC Meter Butterfly			100 SC Meter Freestyle
Men 55-59			1 Bruce, Bob	60 OREG	32.19	1 Lamb, Willard
50 SC Meter Freestyle			2 Beauregard, Charles	61 OREG	34.08	86 OREG
1 Sherwood, Reggie	57 OREG	31.86	100 SC Meter Butterfly			1:26.39
2 Shortt, Brian	56 OREG	31.92	1 Beauregard, Charles	61 OREG	1:22.99	1 Lamb, Willard
3 Storer, Andrew	57 OREG	32.13	200 SC Meter Butterfly			86 OREG 14:04.48 W
4 Wyatt, Joseph	58 OREG	32.81	1 Beauregard, Charles	61 OREG	3:15.78 Z	50 SC Meter Backstroke
5 Bacon, Tom	56 OREG	43.90	100 SC Meter IM			1 Lamb, Willard
100 SC Meter Freestyle			1 Bruce, Bob	60 OREG	1:18.07	86 OREG1:48.34 N
1 Pendleton, Mike	56 OREG	1:02.61	2 Beauregard, Charles	61 OREG	1:28.36	200 SC Meter Backstroke
2 Sherwood, Reggie	57 OREG	1:11.71	Men 65-69			1 Lamb, Willard
3 Wyatt, Joseph	58 OREG	1:16.12	50 SC Meter Freestyle			86 OREG3:55.12 N
4 Storer, Andrew	57 OREG	1:19.07	1 Mellow, Bill	67 OREG	39.51	Relays
5 Bacon, Tom	56 OREG	1:44.61	2 Juhala, Richard	65 OREG	40.73	Women 120-159 200 SC Meter Free Relay
200 SC Meter Freestyle			100 SC Meter Freestyle			1 OREG
1 Pendleton, Mike	56 OREG	2:15.48	1 Juhala, Richard	65 OREG	1:30.58	2:20.23
2 Macaulay, Thomas	59 OREG	2:38.03	200 SC Meter Freestyle			1) Esser, E. 22
3 Sherwood, Reggie	57 OREG	2:45.25	1 Landis, Tom	66 OREG	2:17.15 W	2) Lamoureux, L. 49
400 SC Meter Freestyle			2 Juhala, Richard	65 OREG	3:30.94	3) Osoinach, E. 37
1 Pendleton, Mike	56 OREG	4:50.38 O	400 SC Meter Freestyle			4) Kirkwood, E. 31
2 Stephenson, Michael	56 OREG	5:07.47	1 Landis, Tom	66 OREG	5:03.90	Women 120-159 200 SC Meter Medley Relay
800 SC Meter Freestyle			2 Juhala, Richard	65 OREG	7:24.70	1 OREG
1 Tennant, Mike	55 OREG	10:31.54 O	800 SC Meter Freestyle			2:38.92
50 SC Meter Backstroke			1 Landis, Tom	66 OREG	10:21.09 N	1) Kirkwood, E. 31
1 Bacon, Tom	56 OREG	1:21.20	2 Smith, Robert	65 OREG	12:30.51	2) Lamoureux, L. 49
100 SC Meter Backstroke			3 Mellow, Bill	67 OREG	15:54.91	3) Esser, E. 22
1 Edwards, Wes	55 OREG	1:08.09	50 SC Meter Backstroke			4) Osoinach, E. 37
200 SC Meter Backstroke			1 Smith, Robert	65 OREG	34.46 O	Women 160-199 200 SC Meter Free Relay
1 Edwards, Wes	55 OREG	2:46.91	100 SC Meter Backstroke			1 OREG
50 SC Meter Breaststroke			1 Smith, Robert	65 OREG	1:18.20 Z	2:55.76
1 Sherwood, Reggie	57 OREG	42.80	50 SC Meter Breaststroke			1) Strelkauskas, J. 37
2 Macaulay, Thomas	59 OREG	44.14	1 Mellow, Bill	67 OREG	47.78	2) Morrison, C. 40
3 Shortt, Brian	56 OREG	46.75	100 SC Meter Breaststroke			3) Mears, J. 39
50 SC Meter Butterfly			1 Mellow, Bill	67 OREG	1:56.99	4) Sutherland, S. 46
1 Pendleton, Mike	56 OREG	31.07	200 SC Meter Breaststroke			Men 200-239 200 SC Meter Free Relay
2 Wyatt, Joseph	58 OREG	35.63	1 Mellow, Bill	67 OREG	4:15.40	1 OREG
200 SC Meter Butterfly			50 SC Meter Butterfly			1:54.09
1 Tennant, Mike	55 OREG	2:45.70 O	1 Juhala, Richard	65 OREG	46.58	1) Sumerfield, B. 48
100 SC Meter IM			100 SC Meter IM			2) Stephenson, M. 56
1 Pendleton, Mike	56 OREG	1:15.47	1 Smith, Robert	65 OREG	1:18.96 Z	3) Pendleton, M. 56
2 Stephenson, Michael	56 OREG	1:19.75	Men 70-74			4) Goodman, D. 52
3 Macaulay, Thomas	59 OREG	1:23.71	50 SC Meter Freestyle			Men 240-279 400 SC Meter Free Relay
4 Sherwood, Reggie	57 OREG	1:25.96	1 Thayer, George	72 OREG	35.01	1 OREG
200 SC Meter IM			100 SC Meter Freestyle			4:04.88 N
1 Tennant, Mike	55 OREG	2:34.21 Z	1 Thayer, George	72 OREG	1:23.78	1) Landis, T. 66
2 Macaulay, Thomas	59 OREG	2:59.83	50 SC Meter Backstroke			2) Edwards, W. 55
Men 60-64			1 Thayer, George	72 OREG	40.83	3) Tennant, M. 55
50 SC Meter Freestyle			50 SC Meter Butterfly			4) Smith, R. 65
1 Bruce, Bob	60 OREG	28.19	1 Petersen, Bert	70 OREG	31.72	Mixed 120-159 200 SC Meter Medley Relay
50 SC Meter Backstroke						1 OREG

Call for more WOWs

I suggested the WOW column because I was very impressed with the Attaboy/Attagirl thread in the USMS discussion forum. I want this to be for EVERYONE who has achieved a goal or done something they are proud of. If your goal is a World Record and you get it, you deserve a WOW, but your achievement will be recognized elsewhere in AquaMaster. I also want to hear from everyone who achieves their goal. If your goal is to break 1:30 for 100 free and you do it, let us know. If your goal is to dive off the blocks and you do it, let us know. It doesn't even need to be meet related. If your goal is to move from the slow lane to the medium lane, or to do 10 x 100 on the 1:30 or whatever and you do it, let us know. Everyone in Masters Swimming is deserving of recognition, so don't be shy or overly humble, let us know what you are doing.

Sincerely, Allen Stark

The Patriot Games ~ A Metric Pentathlon
 Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #378-08
 Eligibility: Currently registered USMS swimmers, 18 years and older.
 Unregistered swimmers must submit a 2008 registration form and fee with this form.

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

DATE: Sunday, September 7, 2008

**Show your patriotic spirit and swim
 the 911 red, white and blue meet
 Sunday, September 7, 2008!**

**WARM-UPS: 10AM
 MEET STARTS: 11AM**

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

Meet director: Bert Petersen • Phone: 503-252-6081 • E-mail bertbutterfly@msn.com

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 2008 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY, AUGUST 22, 2008

✂ 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 12-31-08) _____ SEX _____
 2008 USMS # _____
 USMS CLUB (OREG, 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 SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. RELAY ENTRIES WILL CLOSE 30 MIN. BEFORE EVENT. ALL EVENTS WILL BE SEEDED 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.

Sunday September 7, 2008 Sprint

50m FLY (1) _____ : _____ . _____
 50m BACK (3) _____ : _____ . _____

Sunday September 7, 2008 Mid Distance

100m FLY (2) _____ : _____ . _____
 100m BACK (4) _____ : _____ . _____

Break before the Medley relay
MEDLEY RELAY (5-8)

50m BREAST(9) _____ : _____ . _____ 100m BREAST(10) _____ : _____ . _____

MIXED FREE RELAYS (11-13)

50m FREE (14) _____ : _____ . _____ 100m FREE (15) _____ : _____ . _____

Break before the mixed medley relay
MIXED MEDLEY RELAY (16-17)

100m I.M. (18) _____ : _____ . _____ 200m I.M. (19) _____ : _____ . _____

Break before the Free relay
FREE RELAY (20-25)

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



Karen, Andrus-Hughes

1	200 Back	2:19.01	N
2	50 Free	25.63	Z
3	100 IM	1:06.42	
1	100 Back	1:02.67	N
1	50 Back	29.08	Z
1	100 Free	56.59	Z



Jenkins, Val 44

12	200 Back	2:28.05	
8	50 Free	26.12	
2	100 Back	1:01.17	
7	200 Free	2:04.76	O
1	50 Back	27.12	N
5	100 Free	55.73	Z



Pierson, Ginger 62

1	100 Breast	1:19.98	N
2	200 Fly	3:12.12	
1	50 Breast	36.37	
1	200 Breast	2:57.67	Z
2	100 Fly	1:25.44	
3	200 IM	3:02.23	



Delmage, Arlene 45

1	100 Fly	59.39	Z
1	200 Fly	2:14.69	Z
4	50 Fly	27.58	
3	400 IM	5:03.95	
4	200 Free	2:01.73	
7	200 Breast	2:47.15	



Hathaway, David 47

14	1000 Free	11:38.80
14	400 IM	5:05.79
32	200 Free	1:59.78



Kramer, Ellen 33

9	1000 Free	12:27.44
12	100 Breast	1:20.75
39	50 Free	29.02
10	500 Free	5:57.58
21	200 Free	2:18.02
18	100 Free	1:01.49



Corbeau, James 43

9	100 Breast	1:02.13	O
5	50 Breast	27.95	O



Kuykendall, Jeff 38

10	1000 Free	11:41.57
8	200 Back	2:15.48
38	50 Free	24.44
29	200 Free	1:55.09
14	100 Free	52.12



Polito, Chip		31
2	400 IM	4:19.14
11	100 Breast	1:02.36
2	200 Fly	2:01.66
5	100 Fly	53.98
4	200 IM	2:01.59



Ferguson, Ellen		45
5	500 Free	5:33.61 O
2	200 Free	2:00.27 O
8	200 Breast	2:47.23
3	200 IM	2:24.39



Crabbe, Colette		51
1	100 Breast	1:15.22
1	200 Breast	2:42.83
2	400 IM	5:12.28 Z
7	100 IM	1:08.58
3	50 Breast	34.46 Z
2	200 IM	2:25.29



Tomac, Jayna		36
3	100 Breast	1:09.52 Z
8	100 IM	1:05.55
3	50 Breast	32.17 Z
2	200 Breast	2:35.27 Z
3	200 IM	2:22.65

Oregon Swimmers at SCY Nationals

photos by R. Caswell



Caswell, MJ 47

16	50 Fly	28.92
15	100 IM	1:09.60
14	200 Free	2:10.65
6	100 Fly	1:04.19
7	200 IM	2:28.22
13	100 Free	58.93



Drawz, Troy 40

19	50 Fly	24.69
34	50 Free	23.44
24	200 Free	1:55.16
21	100 Fly	55.91
33	100 Free	51.77



Landis, Tom 66

2	400 IM	5:26.22	
2	50 Free	24.90	Z
1	100 IM	1:06.23	Z
1	200 Free	2:02.57	
1	500 Free	5:41.48	
1	100 Free	54.76	



Waud, Tim 40

43	50 Fly	27.72
27	100 Breast	1:07.60
40	100 IM	1:02.68
25	50 Breast	30.31
17	200 Breast	2:26.86
24	200 IM	2:17.52

Oregon Swimmers at SCY Nationals

photos by R. Caswell



Gaarder, Chris	43
49 50 Fly	29.31
31 100 Breast	1:09.37
26 50 Breast	30.79
21 200 Breast	2:37.01



Frid, Barbara	66
1 50 Fly	34.58
1 100 IM	1:22.67
1 50 Back	37.99
1 100 Back	1:25.86
2 50 Breast	41.78
2 50 Breast	41.78



Pendleton, Mike	56
2 1000 Free	11:20.84
17 50 Fly	27.25
14 100 IM	1:04.35
8 200 Free	1:59.16
17 200 IM	2:20.62



Thayer, George	72
2 200 Back	3:03.69
7 50 Free	29.78
2 100 Back	1:18.19
3 50 Back	34.93

Oregon Swimmers at SCY Nationals

photos by R. Caswell



Buck, Donna 49

25	50 Fly	30.80
17	100 Breast	1:18.48
24	50 Free	27.42
16	100 IM	1:10.07
14	50 Breast	35.45
15	100 Free	1:00.86



Rousseau, Sandi 60

3	50 Fly	33.69
5	50 Free	31.37
5	100 Back	1:26.48
1	100 Fly	1:22.68
5	50 Back	39.41
6	100 Free	1:10.85



Sumerfield, Bill 47

21	100 Breast	1:11.09
43	50 Free	24.07
26	50 Breast	32.13
39	200 Free	2:00.68
40	100 Free	54.41



Volckening, Bill 42

Oregon Relay Swimmer



ROGUE VALLEY MASTERS OPEN WATER WEEKEND

SATURDAY & SUNDAY, JULY 19 & 20, AT APPLGATE LAKE

SATURDAY, JULY 19:

1500 METER OPEN WATER SWIM

--AND--

3 X 500 METER PURSUIT RELAY

Saturday:

8:00-9:00am 1500M Registration/Check-in

(Check-in will close promptly at 9:30am)

9:15am Pre-race instructions

9:30am 1500M Race start

11:00 Relay Check-in/Instructions

11:20 Relay start

Lunch hosted by RVM and Awards

Relay information will be available at 1500M registration.

SUNDAY, JULY 20:

5000 METER (3.1 MILE) OPEN WATER SWIM

Sunday:

7:30-8:30am 5000M Registration/Check-in

(Check-in will close promptly at 8:30am)

8:45am Pre-race instructions

9:00am 5000M Race start

Brunch hosted by RVM

ENTRY FEES: Saturday - 1500M: \$25.00

Sunday - 5000M: \$20.00

Both events: \$40.00

Relay: Free!

ENTRIES MUST BE POSTMARKED BY JUNE 30.

There will be an additional \$5.00 per event surcharge for race-day entries. Entry fees include lunch; additional lunches are available for \$5.00 per person. Race-day entrants are not guaranteed a t-shirt but orders will be taken and t-shirts will be sent promptly after the event. There will be a limited number of t-shirts for sale on race day for \$12.00. Sweat-shirts are sold separately for \$16.00. Swimmers must provide their own brightly-colored caps. Fifty percent of all fees are refundable with at least 7 days prior notice via phone or e-mail to the Race Director.

SANCTIONS & RULES: These events are sanctioned by OMS, Inc, for USMS #378-OW2. Current USMS rules apply to all swims. The use of pull buoys, hand paddles and fins are prohibited. Start and finish for the 1500M & 5000M will be in the water. The 1500M and 5000M are part of the Oregon Open Water Swim Series.

AWARDS: 1st through 3rd place in each male & female 5-year age group and the fastest overall male & female swimmers will receive awards in both distance races. Relay winners get bragging rights. Complete results will be posted on the OMS website (www.swimoregon.org) and in the newsletter Aqua Master.

SAFETY: Lifeguards in safety crafts will monitor the course for all events and medical personnel will be on site near the start/finish area.

ELIGIBILITY: All events are open to USMS registered swimmers 18 years of age as of July 19, 2008. All entrants must submit a copy of their 2008 USMS registration card with their entry. One-Event USMS Registration, covering all races, will be available for \$15.00 at the race venue.

PARKING: There is a day-use parking fee of \$5.00 payable to the park concessionaire at Hart-Tish Park.

CAMPING: Rogue Valley Masters has reserved Beaver Sulfur Campground located 11 miles northeast of Applegate Lake. This is a very scenic and secluded campground with vault toilets and well water. Beaver Sulfur is a group campground with 10 individual sites and each site can accommodate several tents. Camping at Beaver Sulfur is \$5/person/night and must be reserved in advance on a first-come/first-served pre-paid basis. At Hart-Tish Park, there will also be 2-3 small sites (each site holds 2 tents only) that may be reserved in advance at a cost of \$7.00/person/night with day-use parking included. Self-contained RV camping at Hart-Tish Park is \$10/site/night, payable to the park concessionaire (includes the day-use fee.) There are no hookups.

DIRECTIONS: From either north or south on I-5 take exit #27, Barnett Rd, in Medford. Go west to Riverside Av. and turn right (north.) Proceed to East Main St, Hwy 238, turning left (west). Continue on this highway through Medford and Jacksonville, turning right in Jacksonville. Highway 238 continues to the town of Ruch at which point the road will fork. Go left, following the signs to Applegate Lake. Proceed past the dam for another .7 miles until you reach Hart-Tish Park on the left. There will be signs posted along the way directing you to the park. It is a 45-minute drive from Medford to Hart-Tish Park. This event is under special use authorization with the Rogue River National Forest. Forest Service rules: **No pets allowed at Hart-Tish Park.**

RACE DIRECTOR: Greg Frownfelter 541-535-3633;
GREG@JobCouncil.org

ENTRY FORM FOR APPLGATE OPEN WATER SWIMS

Name: _____ DOB: ____/____/____ Age: _____ M ___ F ___

Address/City/State/Zip: _____

Phone: _____ E-mail: _____ Club: _____ Local Team _____

USMS Reg # _____ (Please attach copy of card.)

ALL SWIMMERS MUST BE CURRENT MEMBERS OF USMS, INC. (One-Event Registration available @\$15.00)

1500 Meter Swim: _____ \$25.00

5000 Meter Swim: _____ \$20.00

Both Events: _____ \$40.00

Extra T-Shirt: _____ \$12.00 S ___ M ___ L ___ XL ___ XXL (\$2 extra) ___

Sweat Shirt: _____ \$16.00 S ___ M ___ L ___ XL ___ XXL (\$2 extra) ___

Extra Lunch(s): _____ \$5.00 per person

Camping: Beaver Sulfur _____ \$5.00/person/night

Camping: Hart-Tish Park _____ \$7.00/person/night

TOTAL: \$ _____ Please make checks payable to: RVM Lake Swim

MAIL ENTRY FORM, CHECK, & COPY OF 2008 USMS REGISTRATION TO: RVM LAKE SWIM
PO BOX 3338
ASHLAND, OR 97520

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition,) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: US 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 the risks inherent in open water swimming and agree to assume those risks.

Signature: _____ Date: _____

13th ANNUAL CASCADE LAKES SWIM SERIES & FESTIVAL

Featuring the **USMS 5000m Open Water National Championship & Oregon 1500m Open Water Championship**

Elk Lake, Oregon August 1-3, 2008 500, 1000, 1500, 3000, & 5000-meter swims 5 Swims in 3 Days!

Hosted by Central Oregon Masters Aquatics and Bend Metro Park & Recreation District

Sanctioned by Oregon Masters Swimming Inc. for United States Masters Swimming #378-OW3 and USA-Swimming Sanction TBA.

Operating under Special Permit from the United States Forest Service

LOCATION: Elk Lake, a beautiful, clear mountain lake nestled in the sunny Oregon Cascades 32 miles from Bend. Water temperature has varied from 68-72 degrees Fahrenheit and will be posted on race days.

RACES: The **Cascade Lakes Swim Series** features five open water swims over three days! Adult participants may enter any or all of the five swims. Friday's swim is a **3000-meter** swim on a triangular course. Saturday's swims are an individual **500-meter** time trial on an out-and-back continuous floating line course and a **1500-meter** swim around a triangular course. Sunday's swims will include a **5000-meter** swim consisting of three loops of a diamond & triangular course and a **1000-meter** swim on an irregular course following the shoreline.

SERIES: The **Cascade Lakes Swim Series** includes a **Short Series** (500, 1000, & 1500-meter swims) and a **Long Series** (1500, 3000, & 5000-meter swims). Each swimmer may enter one distance series only and must complete all three series swims to be eligible for Series awards. For series awards, points will be based on finish order in each race, with points deducted for wearing wetsuits. Swimmers who complete all FIVE swims will be eligible for special **Survivor** awards.

FESTIVAL: Elk Lake is a great place to bring your family for an outdoors experience and extravaganza. We plan fun events for children on Saturday morning between the two swims.

ELIGIBILITY: Open to all 2008 USMS registered swimmers. USA-Swimming registered swimmers 13 years or older may enter any of the swims, while USA swimmers 10-12 years old may enter only the 500, 1000, & 1500-meter swims. A photocopy of your 2008 USMS or USA-Swimming registration card (or foreign equivalent) **MUST** accompany your entry. USMS "One-Event" registration—covering all races—is available for adults for \$15, but swimmers so registered are not eligible for Championship patches & All-American recognition in the USMS 5000-meter Championships nor eligible for team scoring in the Oregon 1500-meter Championships.

RULES: Current USMS rules will govern this event.

WETSUITS: Swimmers wearing wetsuits cannot place in the USMS 5000-meter Championships or be eligible for USMS awards and recognition. Wetsuit swimmers cannot place in the Oregon 1500-meter Championships unless permitted due to cold water by the Oregon Committee. Otherwise, the wetsuits are allowed in all five swims.

STARTS & SEEDING: The 1500, 3000 & 5000-meter swims will use a mass start. USA-S and wetsuit swimmers will start in a separate heat in each of the two championship events. The 500-meter swim will use an individual start and the 1000-meter swim will use small heats; these swims will be seeded fastest-to-slowest based on entered 500-yard time. Day-of-Race entries or those not submitting a seed time will not be seeded in advance and will swim last. *No changes allowed in seeding times at the race, so enter accurately.*

SAFETY—OUR PRIMARY CONCERN: Numerous safety boats will monitor the entire course and medical personnel will be on-site. Swimmers must wear a brightly colored swim cap, have their race number on their arms or hands, and follow all announced safety rules.

ENTRY FEES: One race is \$30, and each additional race is \$5 more. Entry fee includes a swim cap and the post race lunch. Entries must be **postmarked by July 21st**. Late or raceday entries must pay an additional \$10 late fee.

RESULTS: Will be posted on www.usms.org/longdist/ldchamps.php and www.swimoregon.org, as well as at Elk Lake after each race.

RACE SCHEDULE:

Friday, August 1, 2008

4:30—5:30pm Registration/Check-In for 3000-meter race
6:00pm Start of 3000-meter race

Saturday, August 2, 2008

7:45—8:45am Registration/Check-In for 500 & 1500-meter races
9:30am Start of 500-meter race
10:15—11:00am Check-in for the 1500-meter
11:45am Start of the Oregon 1500-meter Championship race

Sunday, August 3, 2008

7:15 am—8:15am Check-In for 5000 & 1000-meter races
8:45 am Start of the USMS 5000-meter Championship race
10:00—11:00am Check-In for the 1000-meter race
11:45 am Start of 1000-meter race

Pre-race instructions 15 minutes before each start time. A picnic lunch and awards ceremony will follow the finish of races each day.

AWARDS: Masters age groups are 18-24, 25-29, 30-34, and so on in five-year increments as high as necessary for both women and men. Awards to individual Masters swimmers by age group:

- Ribbons to the top three finishers in each age group in each race in both wetsuit and non-wetsuit categories.
- Ceramic coasters to the top 3 Series finishers in each age group.

Awards to individual Masters swimmers regardless of age group:

- Custom ceramic mug to the top male & female in each Series.
- Special Survivor glass mug to everyone completing all five swims.

Awards for eligible swimmers in the USMS 5000-meter race:

- USMS Championship Patch to the winners in each age group.
- USMS Championship Medals to the top 8 in each age group.

Awards for Oregon swimmers & teams in the 1500-meter race:

- OMS Championship Medals to the top 3 in each age group.
- OMS Championship Banner to Large & Small winning teams.

DIRECTIONS & PARKING: From Century Drive in Bend, take the Cascade Lakes Highway approximately 33 miles to Elk Lake. The start & finish for all swims is the Beach Picnic Area, the last Elk Lake exit if coming from Bend. Signs will be posted for parking and all important sites. Parking is limited to two large pullouts off the Cascades Lakes Highway and the Little Fawn Group Campground. A shuttle bus will run Saturday and Sunday between the campground and the race site before & during registration and after races are completed. There will be no general parking at the race site until after all event activities have concluded. **Your car must display a 2007 NW Forest Pass to park anywhere other than the highway pullouts or the campground.**

CAMPING & LODGING: Little Fawn Group Campground on Elk Lake is reserved for swimmers and spectators. Only tents or small & medium-sized motor homes are permitted. Camping fee is \$4 per camper over 12 years of age per day—include fee with your entry form for Friday and Saturday night camping to secure your spot. For cabins at the lake, go to www.elklakesort.com. Bend and Sunriver offer many lodging choices at various price levels.

DOGS: NO DOGS at Elk Lake (USFS Rule), but they may be in the campground on a leash. Never leave your dog unattended in a car!

WEBSITE FOR COMPLETE INFO: www.comaswim.org

MEET DIRECTOR:

Bob Bruce coachbob@bendbroadband.com 541-317-4851

Entry Form – CASCADE LAKES SWIM SERIES & FESTIVAL 2008 – 5 Swims in 3 Days
Featuring the USMS 5000m Open Water National Championships & Oregon 1500m Open Water Championships

Swimmer Information			
Name: First: _____		Last: _____	
Address: _____		City: _____	State: _____ Zip: _____
E-mail Address: _____		Phone: Home: () _____	Phone: Work: () _____
Emergency Contact: _____		Phone: () _____	
USMS / USA-S Information (include a photocopy copy of your registration card—this is required!)			
Gender (circle): M F		Birth Date (mm/dd/yyyy): _____	Age on Race Day: _____
USMS or USA-S Number: _____			
Club: _____		Local Oregon Team (if applicable): _____	
Swims			
Race Entry: Circle your events!		Seeding for 500 & 1000-meter events	
Friday: 3000-meter	_____	_____	_____
Saturday: 500-meter	_____	current pool time for 500 yards	_____
Saturday: 1500-meter	_____	_____	Oregon Championship Swim!
Sunday: 5000-meter	_____	_____	USMS Championship Swim!
Sunday: 1000-meter	_____	current pool time for 500 yards	_____
\$30 for first swim & \$5 each additional swim.		Enter Total Cost for Swims: _____	
Swim Series Option: Select ONE series only and circle your choice! Short Long [Short Series—500, 1000, & 1500-meter] <u>OR</u> [Long Series—1500, 3000, & 5000-meter]			
Spectator Meals (free for racers)		Number of spectator meals	Cost/meal Sub-Total
Friday dinner		_____	x \$5.00 _____
Saturday lunch		_____	x \$5.00 _____
Sunday lunch		_____	x \$5.00 _____
		Enter Total Cost for Spectator Meals: _____	
Camping		Number of campers over 12 years of age	Cost/night Sub-Total
Friday night		_____	x \$4.00 _____
Saturday night		_____	x \$4.00 _____
		Enter Total Cost for Camping: _____	
Shirts: Premium quality!		One T-shirt per entrant at \$5.00. Add \$15.00 for each extra T-shirt.	Cost Sub-Total
Size (S, M, L, XL) XXL – add \$2.00	_____	Number & Size(s)	XXXXXX
T-shirt – short sleeve (first one)	Women’s style _____ or Men’s style _____	_____	x \$5.00 _____
T-shirt – short sleeve (extras)	Women’s style _____ or Men’s style _____	_____	Each \$15.00 _____
Commemorative hats	_____	_____	Each \$10.00 _____
		Enter Total Cost for Shirts & Hats: _____	
Miscellaneous Fees		Cost	Sub-Total
USMS/Oregon One Event Registration Fee (complete form at registration) <u>OR</u>		x \$15.00	_____
USMS/Oregon Full Registration Fee (complete form at registration)		x \$38.00	_____
Late Fee: Postmarked after July 21 <u>OR</u> Day-of-Race entry		x \$10.00	_____
		Enter Total Miscellaneous Fees: _____	
Total: Swims + Meals + Camping + Souvenirs + Miscellaneous Fees		Enter TOTAL COST: _____	

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 of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH 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 the risks inherent in open water swimming and agree to assume those risks.

Signature: Signed _____ Date: _____
 (Parent signature required for swimmers under the age of 18)

Include Completed Entry Form, Copy of USMS Card, & Check (payable to COMA)
Send Entries to Bob Bruce, 61200 Parrell Rd., Bend, OR 97702

2008 OPEN WATER SWIM— DORENA LAKE

SUNDAY, AUGUST 24

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 #: 378-OW4 One-day registration will be available at the meet for \$15.00.

Schedule:

1500 Open Water Swim	1500m:	Check-in closes 8:30 am	Pre-race instructions 8:45 am	Race starts 9:00 am
Whiteley 1000	1000m:	Check-in closes 10:30 am	Pre-race instructions 10:45 am	Race starts 11:00 am
Flatfoot Kick	500m:	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 4th

add \$10 for late entries

Mail entries EA Lake Swim	check all that apply: 1500m Whiteley Flatfoot <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	all 3 events \$40.00	_____
to: P.O. Box 3708		or 2 events \$35.00	_____
Eugene, OR 97403		or 1 event \$30.00	_____

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 _____

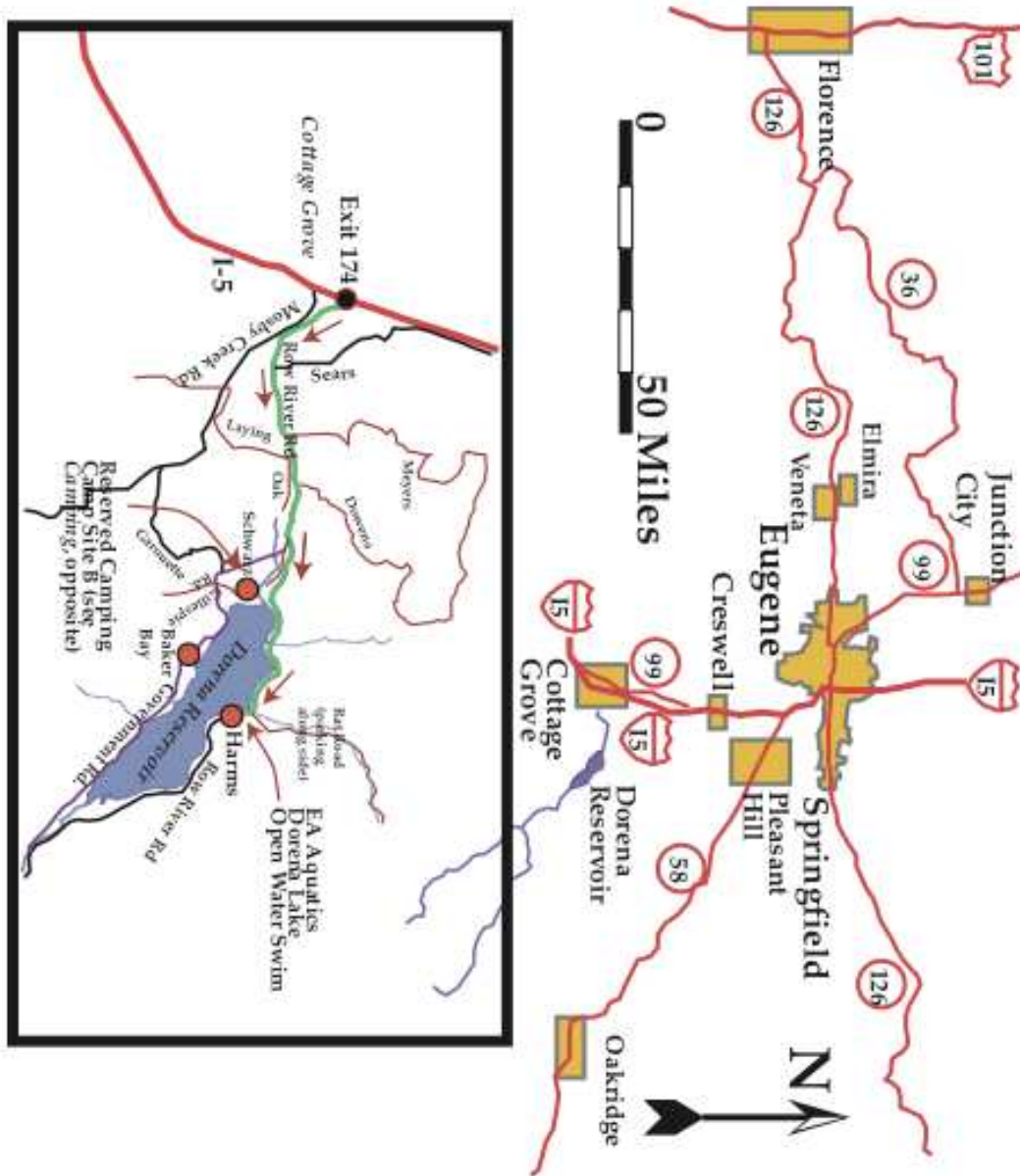
City/State/Zip _____ Local Team _____

Birthdate _____ Day phone _____ Evening phone _____ Fax _____

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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).]



2008

Meet SCHEDULE



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Date	Event	Location	Contact
Pool Meets			
July 12-13	LCM	St. Games - Gresham, OR	Colette Grabbe - colettecrabbe@hotmail.com
*Sept. 7	SCM	Patriot Games - (Camas, WA)	
Jan. 31, 2009	SCY	Chehalem (Newberg)	
Feb. 15, 2009	SCY	Animal Meet (Canby)	
Open Water			
*July 19-20		Applegate Lake	
*Aug 1,2,3		Elk Lake	
*Aug 24		Dorena Lake	
National Championships			
*Aug. 3	5 K Open Water National Champ	Elk Lake, Oregon	Bob Bruce - coachbob@bendbroadband.com
Aug. 14 - 17	LCM Nationals	Gresham, Oregon	Dennis Baker - bakeswims@yahoo.com
Postal Championships 2007			
*5K - 10K	May 15 - Sept. 15	USMS Postal	www.usms.org - coachbob@bendbroadband.com
* ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER			

Board Meetings
 All Board Meetings are open. OMS members are encouraged to attend.
 Contact Jody Welborn, OMS Chair, for details.

May 20
 July 13 - 10 AM (@ St. Games)
 Aug. 26

Aqua Master

July 2008

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

**Nonprofit
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Inside: Results - Hood River & all Open Water Entry Blanks