



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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“Swimming for Life”

National Record for “240” Ladies



Barb Frid, Sandi Rousseau, Joy Ward and Ginger Pierson combined their talents for a new National Record in 200 Short Course Meters Medley Relay for the 240 -279 Age Group. They swam to a 2:41.53 time breaking the old records of 2:42.88 which had been held by San Diego. Way to go!

Full results of the Bellevue Meet on page 8

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Have A Great Association Meet



The people behind O.M.S. Inc.*Chairperson of the Board***Jody Welborn**

6687 SW Canyon Dr.

Portland, OR 97211 (503) 297-5889

jodywelborn@mac.com

*Vice Chairperson - Sanctions***Wes Edwards**

(360) 896-8806

wesnad@comcast.net

*Secretary***Tam Jenkins**

(503) 422-0747

tjenkins@ebizjournals.com

*Treasurer***Doug Christensen**

11700 SW Ridgecrest Dr.

Beaverton, OR 97008 (503) 754-2747

dchristensen@rivermarkcu.org

*Registrar***Darlene Staley**

17720 NW Autumn Ridge Dr.

Beaverton, OR 97006 (503) 629-4937

Darlene@AvalarRealty.com

*Aqua-Master Editor***Dave Radcliff**

(503) 648-7141

dave@theradcliffs.com

*Data Manager(for swim meets)***Gary Whitman**

OMS Data Manage PO Box 1072

Camas, WA 98607-1072 (360) 896-6818

all5reds@comcast.net

*Officials (for swim meets)***Jacki Allender**

(541) 753-5681

seewun@proxaxis.com

*Host / Social***Ginger Pierson**

(360) 253-5712

gingerp@qwest.net

*Fitness Chair***To Be Filled***Safety***Joy Ward**

(503) 777-5514

silenteclipse1210@hotmail.com

*Coaches***Dennis Baker**

(503) 679 4601

bakeswim@yahoo.com

*Awards***Rich Juhala**

(503) 659-3143

senzriich@q.com

*Records***Stephen Darnell**

(360) 834-6020

financialwizard2@comcast.net

*Membership***Tia Sitton**

H(541) 367-1323

sweethomebuilder@centurytel.net

*Long Distance***Bob Bruce**

coachbob@bendbroadband.com

H(541) 317-4851

W(541) 389-7665

*Web Master***Robbert van Andel**

(503) 428-1753

robber@vafam.com

*Top Ten & OMS email Group Maintenance***Mary Sweat**

(541) 504-5338

Personal msweat@bendcable.com

Email omsemail@swimoregon.org

Top Ten topten@swimoregon.org

*Sunshine***Sue Calnek**

(971) 533-3531

squeegybug60@yahoo.com

*Short Distance***Robert Smith**

(503) 244-3739

dobbssmith@comcast.net

*Past Chair***Jeanne Teisher**

(503) 574-4557

jteisher97007@yahoo.com

*Founders of OMS***Connie Wilson and****Earl Walter - Historian**

Chair's Corner by Jody Welborn

Spring is starting to peak its timid head above the ground, the beginnings of plants in the yard, leaves on the trees, a few brave birds, and the runners coming out from behind the gym wall. Spring is a time for renewal, to restart and to refresh, a time to give birth to new ideas, new ways to accomplish routines grown tired with the rain and winter weather.

Hopefully, it is in the spirit of renewal that your membership application to Oregon Masters Swimming has been sent into to Darlene, registrar extraordinaire, or you have discovered that online registration is available through the United States Masters Swimming page. Try it out and tell us how it works for you.

For some swimmers, spring is a time to renew their exercise program, to think up new ways to achieve goals; new ways to get to the pool, new ways to organize the workout, new lane-mates, or new coaches. We are very fortunate to have the top-tier Masters coaching in this area. Their goal is to reach all of us and inspire us to workout, improve and perform.

What about new ways to get to workout? Maybe you can cross-train by biking or, on the more spendy side, have a cab pick you up once or twice a week to take you to the pool. It is hard to make excuses to a cab driver.

But the meat of the conversation is about our great swim meet schedule coming in the very near future. By the time you read this column, the Association Meet at Tualatin Hills will be done and we will all be excited about our great swimming, great friends and the great banquet. From here it is a running start to the Summer Sizzler meet, a tune-up for USMS Nationals. Then before we turn around Nationals are here!!!!!! Are you ready? If not, get in the pool (by limo service if you have to), talk to your coach and get ready because we want YOU behind the blocks.

And this time of year is a good time to thank all those who do the work of Oregon Masters Swimming. A special thanks to Wes Andrews, Vice Chair, who had done a bang-up job with the meet schedule and getting us ready. As always, Dave Radcliff is at the meets swimming fast, taking pictures and providing us with a stellar newsletter. Doug Christensen, our treasurer, keeps us out of the red so we kind have the funds to give back to you the swimmer. Darlene Staley gets you registered, Tam Jenkins records all our decisions and helps us delete out any humor in the minutes. I have mentioned before and will say it again, without Jeannie Teisher and Sandi Rousseau to provide their knowledge and experience I could not do the job. There are many more (Joy, Gary, Robbert, Rich, Dennis, Bob, Mary, Stephen and.....it could be you. Think about joining us.

One person to mention now is Ginger Pierson. She is the master of the award ceremony for The Association Championships. She has done a fantastic job and deserves a virtual round of applause for her efforts.

So here are your orders: Swim regularly, swim smart, swim hard, swim fast. Then let's go to Nationals! Here comes Oregon-Watch Out.

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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Off the Block

The Editorial Lane

Your Aqua Master Editor takes the dive off the block this month as your Editorial writer.

How do you get ready for the big meet? The suggestion was made to write the Editorial about how to prepare yourself for the big one. The big meets have worked out very well for your Editor the last few years. So in this Editorial I will highlight some of the things I do. I will also include some hints from that new web site, that was highlighted last month – Swimming Faster Faster. The first thing I do is decide which meets I really want to point towards. I don't think you can just show up and swim. I strongly believe that you have to have worked and prepared yourself physically and mentally for the big meet. For 2008 I picked the Worlds in Perth and the LCM Nationals at Mt. Hood. I let my coach know what my goals are and what I am pointing for. It is crucial to let your coach know. Most of my team mates will be tapering and pointing for the Association Meet. I will be doing some of the tapering but also additional work will be added in because Worlds are two weeks after the Association Meet. Jon Clark, my coach, is outstanding in juggling workouts and preparing us. Through the early part of the season I have been doing a tremendous amount of "base" work. I sometimes refer to it as "grinding out the yardage".

Now we are moving into the phase where rest intervals are longer and times are faster. The other thing I do is to pick one or two weaknesses that I want to work on. For the last two years I have been trying to improve my kick. So I do extra kicking work almost every day. I'm lucky because I am retired and I can stay and do this extra work. Has my kick gotten a lot faster, probably not. But what has happened is that my legs have gotten stronger and used to kicking. I kick a lot more in a race now. This improves my balance and my tempo while swimming. The other big thing I do is what I call going back to my roots. As I get ready for the big meet I start doing my favorite taper set. My high school teams also did this same set (going back to my roots). We only did this set at taper time. It was fun and through the years the team came to believe that when this set came into use we were almost there. My teams used to have great tapers and using that set helps me to have a great taper. I believed in it, my team believed in it and now as an old man I still believe in it. That part of my training is pretty standard – a strong base and then gradually bring in the speed work. For me the special part is the taper set I do. That leads to the psychological side of the taper. This is so crucial. For me the main thing I do from the psychology point of view is I think about my races and my competition. Many people say to think about your race and not the other swimmers. I think about the other swimmers. I think about the race and how I want to swim it and where I want to be in relations to the swimmers I am racing. At Worlds two years ago I knew my 200 would be against Cav. Cav held the World Record and was a much faster swimmer than I was but I knew I probably had better endurance than he did. For a year I thought about that race. I knew his splits from when he had set the World Record. My plan was to be strong and smooth the first 100 and be at his feet or knees at the 100. Then I planned to pick up the pace and work the 3rd 50 and try to pull up even and the 4th 50 was just who could gut it out the most. That race scenario played in my mind for a year. At Worlds it was time to get it on. I was ready physically and I was ready mentally for the race and it worked out well. With my physical training and my mental preparation I had a great swim. I believe the key point is to prepare yourself physically and mentally, get yourself into IPS described below. I wish you all the greatest success at the meets you have chosen this year.

From Swimming Faster Faster comes this tip for the big meet: Swimming Faster Faster: Tip 24 Ideal Performance State / IPS is where swimmers place their minds and bodies right before and while they swim at their highest levels in competition or practice. It's a mental state where they feel confident, relaxed, in control, yet, ready to perform at their highest levels, and highly motivated to completely go for it in a swim. Some swimmers tap into their emotions like fear, desire, or anger. Get your adrenaline flowing. Remember fight or flight. We've heard stories of how people can accomplish amazing things in dire circumstances. Like a mother lifting a heavy object when her child is pinned beneath it. IPS is about being in the moment, there's no room for doubt. It also means they are smart about splitting and how much effort they need to exert in each part of their race. We handle fatigue way better when we are in IPS. If a swimmer isn't in IPS before and during a fast swim, he isn't as likely to swim as fast as he could have. IPS can make a huge difference in how fast a swimmer swims. 

F i t n e s s



**Rachel
Skoss**



Resistance Training Demystified

Once upon a time, resistance training was only for those in competitive weight-lifting, field events in athletics, boxing, wrestling, or football – and a definite no-go zone for women. However, now we have discovered that resistance training can be beneficial for almost all sports activities, and definitely for both genders!

We first need to define some basic terminology. Muscular strength is the maximum force a muscle or muscle group can generate. Power is the explosive aspect of strength – how fast can we generate the force. Muscular endurance is the ability to repeatedly develop and sustain muscle actions. These three components of fitness are trained in different ways using resistance training. Another area of resistance training is to develop size of muscle (hypertrophy), but this is generally considered less useful in swimming so will not be discussed further.

When designing a resistance training program, you first need to analyse what you want out of it. Resistance training should be as sport-specific as possible, with exercises that mimic movements required in the activity, including the speed. In general, you need to determine what major muscle groups need the training before you can decide what method to use. If you need to do some work for injury prevention or rehabilitation then you may need to focus on specific exercises for that.

Resistance training programs will often express the weight you lift as a percentage of your maximal capacity, or by the number of repetitions you could do. The highest resistance you can lift once is called your 1-RM (repetition max), whereas 25-RM is the weight you could lift 25 times, and is much lighter. Generally, strength development is optimised by low repetitions and high resistance, while muscle endurance is optimised by low resistance and high repetitions. Power training requires less resistance than strength training, but the exercises are performed as quickly as possible (while still performing the exercise correctly).

Periodisation is the variation in the resistance training program over a particular period of time. In general, if you keep doing the same thing, you may stop improving (known as reaching a plateau). For example a 6-month program would consist of the following:

* Phase 1 – endurance (6 weeks): 3-5 sets, 10-25 repetitions at low intensity

* Phase 2 – strength (6 weeks): 3-5 sets, 2-6 reps of high

intensity

* Phase 3 – power (6 weeks): 3-5 sets, 2-3 reps of moderately high to high intensity

* Phase 4 – peak strength (6 weeks): 1-3 sets, 1-3 reps of very high intensity

* Phase 5 – active recovery (2 weeks): general activity or light resistance.

There are specific types of resistance training. Static training is particularly useful when you are incapable of dynamic training, such as in rehabilitation from injury. Electrical stimulation is also used in a clinical setting to reduce muscle atrophy if a limb is immobilised. More commonly we use dynamic resistance training, using machines (either variable resistance or isokinetic), free weights, or plyometrics. Variable resistance machines use a cam to alter how much force you have to generate – allowing you to train at a relatively higher proportion of your maximum capacity at various ranges of movement. (Note: generally we are stronger in the middle of the range of joint movement and weaker at the extremes. For example, in a movement like the bicep curl, the weight you can lift at full extension (180°) and full flexion (~60°) is about 2/3 of your maximal strength which occurs at ~100°). Isokinetic devices control the speed of movement, so you will do the movement at the same speed no matter whether you are applying a light force or a maximal effort – but theoretically if motivated, you can produce your maximal effort all through the range of movement. Free weights (dumbbell, etc...) are the same weight (obviously), and you get to use not only the major muscle group, but also the various muscles used to stabilise the body while you do the exercise. Plyometric exercises (such as jumping down from a bench and immediately jumping as high as possible), utilise the stretch reflex so that you can recruit more of your muscle – this technique is used to develop power, and should not be performed when fatigued.

The other terms you may hear are isometric, concentric and eccentric muscle actions. Isometric actions are static – the muscle does not change length while you do the exercise. Concentric exercise is when the muscle shortens while it is loaded, while eccentric exercise is when the muscle is lengthened while it is loaded. For example, in the biceps curl, flexing the arms (against gravity) requires concentric muscle action, holding still is eccentric, and lowering the arms slowly will work the biceps in an eccentric manner.

In general, resistance training is useful for both men and women. Research suggests that men and women have the same ability to develop strength, but that women are unlikely to achieve peak values as high as those of men. This is largely due to muscle size differences, which is related to gender differences in the level anabolic hormones. Resistance training for masters athletes can help gain strength and muscle mass, and also can help reduce the likelihood/severity of diseases such as osteoporosis. As always, if you want to start a program and don't have any experience, talk to your health professional and coach before you do.

Shake and Swim with “Bake”

Coach Dennis Baker



swimgraphics.com

WHERE ARE YOU NOW?


A QUICK REVIEW OF PAST ARTICLES

Well gang we are four months out from our LC Masters Nationals. It is one month out from SC Nationals in Austin. Some of you are going to Worlds in Australia. Wherever you are in your training or competitions, I thought it would be a great time to review past articles with some key points to remember and questions to ask yourself. I urge you to look back at past articles to refresh your memory. You can do this online at the OMS website. Here you go:

1. Are you working all of your energy systems? (September 08) You must work these at all times, whether you are tapering or in full hard work mode. Depending on what type of swimmer you are, or if you're trying to focus on a certain distance, use that specific system a little more. The systems are: Aerobic, Low End Aerobic, Threshold and Anaerobic.
2. Keep working on Distance Per Stroke or DPS. (August 08) This will help you in all phases of your swimming. It really helps if you don't have a long course pool to train in. Remember not to stretch your stroke out too long. DPS involves more power from the legs and pull.
3. Attitude is everything. (March 07) At every workout or swimming competition leave your troubles at the

door. Let the water wash away the stress. If you're sick don't worry you will get better. If you have an injury, work hard to rehab it and it will get better. Speaking of stress, remember to take out some stressors in your life before a big competition. Take a mini vacation for two weeks out from the event. Try and schedule some of the "life stuff" after the competition.

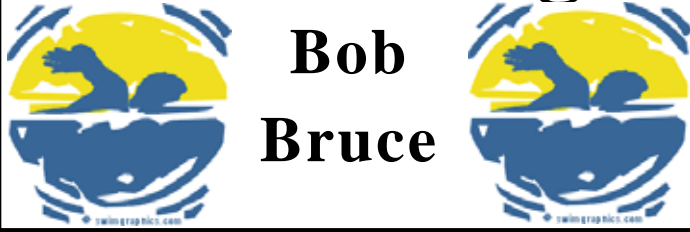
4. Think and stay inside the box. (March 08) The last article on Freestyle will help you a great deal. This goes for Backstroke also as it is a long axis stroke. For the short axis strokes, Breaststroke and Butterfly, hold your form for as long as you can. When you get tired focus on technique and keep trying to get over that imaginary high jump bar.
5. Keep your Starts and Turns tight and under control. (Jan 08) Don't try to stay too long underwater on your turns unless you are truly proficient at them. You will lose momentum and go into oxygen debt. On your starts, don't try to jump off the block like you did when you were 15 years old. The key to a great start is how cleanly you enter the water. Be more relaxed in the air and hit the water cleanly.

Where are you now? Check these crucial points and see where you are. Revisit past articles. If you "Master" these points going into your competitions you will be a happy Masters swimmer. Swim fast, be well and have fun. 

The Countdown For LCM Nationals 135 Days

and counting from April 1, 2008

Long Distance Swimming



Coach Bob Bruce had planned to write on the results of the 1 Hour Postal. Unfortunately a snafu has postponed the publication of those results. Look for them in the next Aqua Master. Bob encourages all of you to check out the entry blank for the National Open Water 5K Championship to be held at Elk Lake this summer. Put those dates on your calendar. It is great to have a National Open Water Championship back in Oregon. In the meantime enjoy this article about Michelle Macy being picked as the Swimmer of the Week for the Prestigious Manhattan Swim. Now that is truly a Long Distance Swim.

On July 5, 2008 the Foundation will present the annual 28.5 mile Manhattan Island Marathon Swim. The race starts and finishes at South Cove in Battery Park City on the Hudson River. Swimmers begin at South Cove, navigate around the Battery then head north up the East River, counter-clockwise around Manhattan Island. They swim north into the Harlem River, through Spuyten Duyvil, and then south down the Hudson River to the Battery. There are 4 check points: Hell's Gate where the East River meets the Harlem River, Spuyten Duyvil where the Harlem River meets the Hudson River, the 79th Street Boat Basin in the Hudson River, and the World Financial Center.

Swimmer of the Week — Michelle Macy: She's Just Doing It

Last September, Michelle Macy plunged into the English Channel for a solo trek from England to France. Well, she would have preferred solo. Throughout the journey, Macy, a 30-year-old Minnesota native, had super-sized jellyfish for her swimming partners. She pressed on, company and all, touching land in France after an impressive ten hour and two minute swim. Au Revoir jellyfish. It seems only fitting that Macy works at Nike: home of the iconic Just Do It slogan. She's a senior business analyst there and embodies the "Just Do It" spirit both in her work and in her athletic pursuits. Lucky for her, her company makes "just doing it" easier. Headquartered in Beaverton, Oregon, Nike's campus covers 174 acres of lush, green land. Employees are encouraged to take advantage of winding dirt running

trails and top-notch training facilities. Their fully-equipped gym and Olympic-size pool are Macy's training base. "The atmosphere at Nike encourages you to strive to be your best, whether that is in your job or in your personal goals," says Macy. But even the athletic (at least in mind if not in body) folks at Nike couldn't quite wrap their heads around Macy's ambition to swim across the English Channel. "They pretty much thought I was crazy," says Macy. But when she returned from her trip, their skepticism turned into support. "I still get the impression that they think I'm a little nuts, but the support that I receive is amazing," she says. "They stop and ask me about training and my next goals." Macy's goals have always been rather ambitious: As a teenage distance swimmer growing up in Minnesota, she dreamed about crossing the English Channel. "But at the time, that seemed so daunting," says Macy, explaining that she instead concentrated on school first and then her career. (She graduated from the College of St. Benedict in St. Joseph, Minnesota with a double major in Spanish and biology) "For five years, I had a demanding consulting job that required extensive travel. I didn't have time to even think about training." But that all changed when Macy took her current job at Nike and started swimming again with a

local masters' team. Within weeks she was hooked — and back to the intense training schedule she kept in high school and college. "I rediscovered my love of the sport — especially the aspect of open water marathon swimming," says Macy. At the same time, her desire to swim the English Channel rose to the surface, and, 16 months later, she found herself in those chilly, jellyfish-infested waters, swimming her way to France. Barely home from Europe, Macy set her sights on another lengthy swim: The Manhattan Island Marathon Swim. She registered in December, and now swims and cross trains four times a week — and runs and does Pilates on other days. MIMS will be her first Manhattan Island Foundation swim, and Macy can hardly contain her enthusiasm. "I've been reading about MIMS on other swimmers' blogs and books for a while and I knew it would be such an awesome opportunity. I'm just so excited to meet all the talented open water swimmers from around the world and to participate in such a great event." Hopefully the jellyfish will sit this one out.





A Big WOW and THANK YOU to our DIAMOND and GOLD Sponsors

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Swim Bits # 11 -Marathon Training for Swimmers by Ralph Mohr


Since I usually swim long stuff, 200 and up, and since there is also a National Championship open water 5K in Oregon two weeks before Mt. Hood, this spring and summer I want to try something new. With this in mind, I recently picked up a book on marathon running at a used book sale and connected it with a friend of mine who was having great success in postal events, though her usual workouts were under 3000 yards.

Karen, because of work and family pressure, can only swim 45 minutes or so in the morning Monday through Friday. In spite of this she has hit some marvelous times for the postal Hour Swim and the 6000.

I asked her what was going on. She said that on the weekend, when she can swim two hours Saturday and Sunday, she was going a hard 5000 yards plus on one of the days. This tied in to what marathon runners do.

Runners planning to go more than two hours straight in a competition run at least once every other week more than an hour straight. Gradually they increase the long run distance until, for marathoners, they are going almost 20 of the 26 miles 385 yards of the actual race. That's at least two hours of running at one time.

I want to swim a better open water 5K. That means that at least every other weekend in training I should be going close to 5000 yards hard in the pool during a workout. If I want to go the Postal 10K, then periodically I should go further than that. That's my goal for this summer.

For anyone who swims only short times during the week, putting in one extra long workout during the seven days is a reasonable goal. Treat the workout as a massive aerobic set and go at least a half hour more than usual. It's guaranteed to help. 

Hagg Lake Open Water Swim

Portland, Oregon

Sunday, June 01, 2008 9:00 AM (Pacific Daylight Time)

Questions? Contact the Administrator

Contact: Mike Healey

Phone: (503) 780-9077

Email: healyduo@yahoo.com

Website: www.geckotriclub.com

Location

Hagg Lake (Boat Ramp C)

About This Event

5th Annual Hagg Lake Open Water Swim

There will be 3 events: 800m, 2000m, 4000m (i.e. 1/2 mile, 1.24 mile, 2.48 mile)

This is a sanctioned USMS Open Water Swim

Sponsored by Blue Seventy and All Tri-Sport

Presented by the GECKO Tri Club

Sign up on line at:

<https://www.signmeup.com/site/reg/register.aspx?fid=6G2VCK7>

Bellevue Meet - February 17, 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 50-54

50 SC Meter Freestyle
1 Andrus-Hughes, K 50 OR 29.72

50 SC Meter Backstroke
1 Andrus-Hughes, K 50 OR 33.27

200 SC Meter Backstroke
1 Andrus-Hughes, K 50 OR 2:39.76 N

50 SC Meter Breaststroke
1 Crabbe, Colette 52 OR 39.20 Z

100 SC Meter Butterfly
1 Crabbe, Colette 52 OR 1:14.79 Z

200 SC Meter Butterfly
1 Crabbe, Colette 52 OR 2:46.13 Z

100 SC Meter IM
1 Crabbe, Colette 52 OR 1:16.46

200 SC Meter IM
1 Crabbe, Colette 52 OR 2:43.52 Z

Women 55-59

50 SC Meter Freestyle
2 Gray, Jane 57 OR 42.00

100 SC Meter Freestyle
1 Gray, Jane 57 OR 1:31.53

100 SC Meter Breaststroke
2 Sherwood, Dianne 55 OR 1:47.15

Women 60-64

50 SC Meter Freestyle
1 Rousseau, Sandi 61 OR 36.54

100 SC Meter Freestyle
2 Rousseau, Sandi 61 OR 1:21.32

50 SC Meter Breaststroke
1 Pierson, Ginger 62 OR 43.56

100 SC Meter Breaststroke
1 Pierson, Ginger 62 OR 1:34.89

200 SC Meter Breaststroke
1 Pierson, Ginger 62 OR 3:26.73 Z

50 SC Meter Butterfly
1 Rousseau, Sandi 61 OR 39.82

100 SC Meter IM
3 Rousseau, Sandi 61 OR 1:39.06

Women 65-69

50 SC Meter Freestyle
1 Frid, Barbara 66 OR 36.89

50 SC Meter Backstroke
1 Ward, Joy 66 OR 42.58

2 Frid, Barbara 66 OR 45.33

100 SC Meter Backstroke
2 Ward, Joy 66 OR 1:31.68

200 SC Meter Backstroke
2 Ward, Joy 66 OR 3:14.13 N

50 SC Meter Breaststroke
2 Frid, Barbara 66 OR 47.20 Z

50 SC Meter Butterfly
1 Frid, Barbara 66 OR 41.31

100 SC Meter IM
1 Frid, Barbara 66 OR 1:33.56

Men 45-49

50 SC Meter Freestyle
1 Oliva, Tomas 46 OR 26.86

50 SC Meter Backstroke
2 Oliva, Tomas 46 OR 33.78

50 SC Meter Breaststroke
1 Oliva, Tomas 46 OR 33.10

50 SC Meter Butterfly
1 Oliva, Tomas 46 OR 29.58

100 SC Meter IM
1 Oliva, Tomas 46 OR 1:08.20

Men 55-59

50 SC Meter Freestyle
1 Tennant, Mike 55 OR 25.94 Z

3 Mann, Steve 56 OR 28.43

4 Brockbank, Doug 55 OR 28.61

100 SC Meter Freestyle
1 Tennant, Mike 55 OR 57.52 Z

4 Sherwood, Reggie 57 OR 1:12.21

200 SC Meter Freestyle
1 Tennant, Mike 55 OR 2:14.83 Z

400 SC Meter Freestyle
3 Tennant, Mike 55 OR 4:56.88 O

50 SC Meter Backstroke
1 Edwards, Wes 55 OR 31.54

100 SC Meter IM
1 Edwards, Wes 55 OR 1:09.00 Z

2 Mann, Steve 56 OR 1:11.29

3 Sherwood, Reggie 57 OR 1:23.79

Men 60-64

400 SC Meter Freestyle
1 Bruce, Bob 60 OR 4:58.78

1500 SC Meter Freestyle
1 Bruce, Bob 60 OR 19:46.65 O

400 SC Meter IM
1 Bruce, Bob 60 OR 5:55.37 O

Men 65-69

100 SC Meter Freestyle
1 Landis, Tom 66 OR 1:04.44

200 SC Meter Freestyle
1 Landis, Tom 66 OR 2:28.45

400 SC Meter Freestyle
1 Landis, Tom 66 OR 5:42.39

Men 70-74

50 SC Meter Backstroke
1 Thayer, George 72 OR 42.07

100 SC Meter Backstroke
1 Thayer, George 72 OR 1:31.25

200 SC Meter Backstroke
1 Thayer, George 72 OR 3:22.93

50 SC Meter Butterfly
1 Petersen, Bert 70 OR 31.55 W



Bert Petersen Flies to New World Record

2 Mann, Steve 56 OR 32.27

3 Brockbank, Doug 55 OR 33.65

100 SC Meter Backstroke
1 Edwards, Wes 55 OR 1:06.05 Z

2 Mann, Steve 56 OR 1:13.70

50 SC Meter Breaststroke
1 Mann, Steve 56 OR 36.52

100 SC Meter Breaststroke
2 Sherwood, Reggie 57 OR 1:31.48

200 SC Meter Breaststroke
1 Sherwood, Reggie 57 OR 3:20.55

50 SC Meter Butterfly
2 Brockbank, Doug 55 OR 32.80

Men 75-79

100 SC Meter Freestyle
1 King, Bill 75 OR 1:21.57 Z

200 SC Meter Freestyle
1 King, Bill 75 OR 3:08.31

Relays

Women 240-279 200 SCM Medley Relay
1 OR 2:41.53 N

1) Frid, B. 66 2) Pierson, G. 62

3) Ward, J. 66 4) Rousseau, S. 61



Candid Shots from Bellevue
Photos by Wes Edwards



OMS LCM Association Championship

April 4-6, 2008

OFFICIAL RULES AND GUIDELINES

DISTANCE EVENTS: CHECK-IN DEADLINES/TIME PERIODS

Friday, April 4, **400 IM** – 4:30 p.m., **1500 Free** – 5:00 p.m.

Saturday, April 5, **800 Free** – Between the start of the 200 Free and the start of the 200 Breast

Sunday, April 6, **400 Free** - 8:30 a.m.

RELAY ENTRIES: DEADLINES

Saturday, April 5, **Mixed Free Relay** – 9:30 a.m. / **Medley Relay** - By the end of the 100 Back

Sunday, April 6, **Mixed Medley Relay** – By the end of the 100 Breast / **Free Relay** - By the end of the 100 Free

THE EVENTS LISTED ABOVE WILL BE OFFICIALLY CLOSED AT THE STATED TIMES.

SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY AT THE THESE TIMES.

THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.

TEAM SCORING: There will be three team categories (Small, Medium, and Large) based on the number of “entered” swimmers from a team. **Only teams registered by March 30, 2008, will be able to score points.** There will be a meeting of all the team representatives on Saturday, April 5, 2008 at 8:45 a.m. to vote on the breakdown of the teams into three categories. At this meeting, we will announce the number of swimmers entered per team and look for the “natural breaks” in those numbers. For example, in the past we have used as a guideline the groupings of 1-9, 10-19, and 20 or more swimmers, but this can vary from year to year. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. Team names and abbreviations are listed on the 2008 OMS registration form in this issue of the Aqua Master. Someone from your team must register the team for 2008.

The team registration form is included in this issue. Please make sure your team is registered. As of the printing of this Aqua Master the following Teams were registered.

<p style="text-align: center;">Registered for 2008</p> Albany YMCA Tiger Master sharks Baker Area Seasoned Swimmers Canby Masters Central Oregon Masters Chehalem Masters Swim Team Circumnavigating Beavers Columbia Gorge Masters Corvallis Aquatic Masters Downtown Athletic Club Emerald Aquatics	YTMS BASS CBM COMA CMST CBAT CGM CAT DAC EA	Garage Masters Grass Valley Masters Lincoln City Masters Metro YMCA Newport Swim Team Nike Masters North Clackamas Masters Oregon Pool-Less Elite Narwhals Oregon Reign Masters Portland Community College Masters Riverplace Ath. Club (Tsunamis)	GMS GVAM LCM METY NST- NIKE NCMS OPEN ORM PCCM RAC	Rogue Valley Masters Salem Courthouse Crew Sherwood YMCA Dragons Sweet Home Masters Tualatin Hills Barracudas Not Registered for 2008 Albany Aquatics Fishsticks Multnomah Athletic Club Pendleton Masters Roseburg Masters Salem YMCA Masters Southern Oregon Masters Umpqua Valley Masters	RVM SCC SYD SWISH THB AAA FISH MAC PEND RMST SYM SOM UVM
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What you write down on your entry form is your team designation for the meet and no exceptions will be allowed. If you leave this Local Team space blank you will be entered as the team listed on your 2008 USMS card for scoring purposes.

TEAM AWARDS: Awards for First, Second, and Third Place will be awarded for each team category

IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET

PLEASE CONTACT Wes Edwards wesnad@comcast.net 360-896-8806

Accommodations: The following hotels are located close to the pool. None have been designated as the Official OMS Hotel

Homestead Studio Suites 875 SW 158th Avenue Beaverton, OR 97006 US Standard Rate Range: \$69.99 - \$109.99	Phoenix Inn and Suites 15402 NW Cornell Rd. Beaverton, OR 97006 From \$89.33	Comfort Inn and Suites West Beaverton 13455 SW Canyon Rd. Beaverton, OR 97005 Standard Rate Range: \$80.70 - \$149.95
Fairfield Inn & Suites by Marriott 15583 Northwest Gateway Court Beaverton, OR 97006 Standard Rate Range: \$67.00 - \$109.00	Extended Stay America 18665 NW Eider Court Hillsboro, OR 97006 From \$74.99	Courtyard by Marriot 3050 NW Stucki Place Hillsboro, OR 97124 Standard Rate Range: \$89.00 - \$209.00
Homewood Suites 11525 NW Gateway Court Beaverton, OR 97005 Standard Rate Range: \$90.00 - \$169.00	Extended Stay Deluxe 19311 NW Cornell Rd. Hillsboro, OR 947124 From \$84.99	Americas Best Inns 333 SW 198th Aloha, OR 97006 Standard Rate Range: \$62.10 - \$95.00
Hilton Garden Inn 15520 NW Gateway Court Beaverton, OR 97006 From \$84.15	Residence Inn by Marriot 18855 Tanasbourne Dr. Hillsboro, OR 97124 Standard Rate Range: \$101.00 - \$159.00	

Hood River Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #378-05

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

Unregistered swimmers must submit a 2008 registration form and fee with this form.

Hosted by: Columbia Gorge Masters & Hood River Valley Swim Team Hood River Aquatic Center 1601 May Street Hood River, Oregon

DATE: Sunday, May 18, 2008

WARM-UPS: 8AM • MEET STARTS: 9AM

6-7 lanes competition-electronic timing Separate warm-up/down area

Meet director: Shelly Rawding, 509-493-4679, hrvst.coach@gmail.com

Directions to the pool: Eastbound: Take I-84 to Exit#62 (first Hood River Exit), turn right onto Cascade and go toward town for 1.2 miles to the first stoplight. Turn right on 13th, go up the hill and turn right on May St (just past the hospital on the left). Pool will be on your left just past the park. Westbound: Take I-84 to Exit #63 (second Hood River Exit), turn left and go into town. Go through the blinking red light and go one block to State Street. Turn right and go .6 mile to 13th Street. Turn left, proceed up the hill and turn right on May Street (just past hospital). Pool will be on your left just past the park.

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

HOST (HOUSE OUR SWIMMERS TONIGHT): CONTACT SANDI ROUSSEAU 541-354-2580 OR E-MAIL SWIM@GORGE.NET

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY MAY 2, 2008

FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

NAME ADDRESS CITY STATE ZIP PHONE E-MAIL

BIRTHDATE AGE 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. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC 31, 2008. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS 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 400 & 800 FREESTYLE & 400 IM WILL BE DECK SEEDED. CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Sunday, May 18, 2008

400 FREE (1) 100 BACK (2) 200 FLY (3) 50 BREAST (4)

MIXED FREE RELAYS (5-7)

200 IM (8) 100 FREE (9) 200 BREAST (10) 50 FLY (11)

break

MEDLEY RELAYS (12-15)

400 IM (16) 100 BREAST (17) 200 FREE (18) 50 BACK (19)

break

FREE RELAYS (20-25)

100 FLY (26) 200 BACK (27) 50 FREE (28) 100 IM (29)

MIXED MEDLEY RELAYS (30-31)

break

800 FREE (32)

"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: \$18.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING. SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072

MT. HOOD SUMMER SIZZLER LONG COURSE METERS MEET
Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #378-06
Eligibility: Currently registered USMS swimmers, 18 years and older.

Swimmers must submit a copy of their 2008 card and unregistered swimmers must submit a 2008 registration form and fee with this entry.

Location: Mt. Hood Community College
Outdoor pool
26000 SE Stark
Gresham, Oregon
7 lanes competition, elec. timing, Lane 8 for warm-up/down

DATE: Saturday, June 14, 2008

WARM-UPS: 8AM
MEET STARTS: 9AM

Mt. Hood Community College - Home of the 2008 USMS Long Course Nationals!!

Meet Director: Aubree Gustafson • 971-404-6968 • flutterbysea@hotmail.com

Directions to the pool: Take I-84. Use Exit 17. Follow Frontage Road to 257th and take a right. Follow 257th past Stark St. to 17th St. and take a left. Take the first left after the soccer field and left again into the aquatic center parking lot.

ALL REGISTERED MASTERS SWIMMERS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARKED BY FRIDAY, MAY 30, 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 95+. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS. YOUR COMPETITION AGE IS THE AGE YOU WILL BE ON DEC. 31ST, 2008. ENTER RELAYS AT THE MEET. 200, 400, AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 1500 FREESTYLE & 400 IM WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS IS TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Saturday, June 14, 2008

- 400 IM (1) _____ : _____ . _____
break
50 FREE (2) _____ : _____ . _____
200 BACK (3) _____ : _____ . _____
100 FLY (4) _____ : _____ . _____
break
MIXED MEDLEY RELAYS (5-6)
50 BACK (7) _____ : _____ . _____
200 FREE (8) _____ : _____ . _____
100 BREAST (9) _____ : _____ . _____
break
FREE RELAYS (10-15)
200 IM (16) _____ : _____ . _____

- 50 FLY (17) _____ : _____ . _____
200 BREAST (18) _____ : _____ . _____
100 FREE (19) _____ : _____ . _____
break
MIXED FREE RELAYS (20-22)
50 BREAST (23) _____ : _____ . _____
200 FLY (24) _____ : _____ . _____
100 BACK (25) _____ : _____ . _____
break
MEDLEY RELAYS (26-29)
1500 FREE (30) _____ : _____ . _____

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competition), including possible permanent disability or death, and agree to assume all 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, HOSTS 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.

2008 STATE GAMES OF OREGON MASTERS LONG COURSE SWIMMING CHAMPIONSHIPS

Recognized by Oregon LMSC for USMS, Inc. #378-07R

ELIGIBILITY: STATE OF OREGON RESIDENT AND/OR REGISTERED OMS MEMBER

Mt. Hood Community College, 26000 SE Stark, Gresham, Oregon 7 lanes competition, elec. timing, 1 lane warm-up/down Packet pick-up at pool only.

DATE: Saturday & Sunday, July 12 & 13, 2008

WARM-UPS: 1PM SATURDAY & SUNDAY MEET STARTS: 2PM SATURDAY & SUNDAY

Mt. Hood Community College - Home of the 2008 USMS Long Course Nationals!!

Meet Director: Colette Crabbe • Phone 503-762-2429 • E-mail: colettecrabbe@hotmail.com

Meet Hotels: Best Western Inn 23525 NE Halsey 503-491-9700 • Holiday Inn Exp. 1000 NW Graham Rd. 503-492-2900 Hampton Inn 3039 NE 181st 503-669-7000

AWARDS: T-SHIRTS FOR ALL ENTRANTS • MEDALS FOR 1ST 2ND & 3RD PLACES MAY BE PURCHASED FOR A NOMINAL FEE.

ALL REGISTERED MASTERS SWIMMERS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.

ENTRY DEADLINE: RECEIVED BY FRIDAY, JUNE 20, 2008



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

Use this entry form or register on-line at www.stategamesoforegon.org

NAME ADDRESS CITY STATE ZIP PHONE E-MAIL

BIRTHDATE AGE SEX 2008 USMS # (IF A MEMBER) USMS CLUB IS THIS YOUR FIRST MASTERS MEET? Yes No

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 95+. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE ON DEC. 31ST, 2008. DISABLED SWIMMERS MAY ENTER AS "DISABLED" AND BE TREATED AS A SEPARATE AGE GROUP CATEGORY FOR AWARDS. ENTER RELAYS AT THE MEET. 200, 400, AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400, 800 AND 1500 FREESTYLES & 400 IM WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS IS TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST. THIS MEET IS NOT A SANCTIONED USMS EVENT. CONSEQUENTLY, PERFORMANCES AT THIS MEET WILL NOT BE ELIGIBLE FOR RECOGNITION AS FINA WORLD RECORDS.

Saturday, July 12, 2008

- 400 FREE (1) : : ***break*** 50 FLY (2) : : 200 BACK (3) : : 100 FREE (4) : : ***break*** MEDLEY RELAYS (5-8) 50 BACK (9) : : 200 FLY (10) : : 100 BREAST (11) : : ***break*** MIXED FREE RELAYS (12-14) 1500 FREE (15) : :

Sunday, July 13, 2008

- 400 IM (16) : : 50 FREE (17) : : 200 BREAST (18) : : 100 FLY (19) : : ***break*** FREE RELAYS (20-25) 50 BREAST (26) : : 200 FREE (27) : : 100 BACK (28) : : 200 IM (29) : : ***break*** MIXED MEDLEY RELAYS (30-31) 800 FREE (32) : :

I am a disabled swimmer and wish to enter the meet in this special category. (check if appropriate)

In consideration of being allowed to participate in any way in the State Games of Oregon Athletic and/or Sports Program, and related events and activities, the undersigned: acknowledges and fully understands that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time; assumes all the foregoing risk and accepts personal responsibility for the damages following such injury, permanent disability or death; releases, waives, discharges and covenants not to sue the State Games of Oregon, its affiliated clubs, their respective administrators, directors, agents, coaches, volunteers, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, the National Congress of State Games, and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from any and all liability to each of the undersigned, his/her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage of property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise. In the event of injury, the athlete will pay all medical costs. I have read the above waiver and release, understand that I give up substantial rights by signing it and sign it voluntarily.

T-SHIRT SIZE: (CIRCLE ONE) SMALL MEDIUM LARGE X-LARGE

Meet Entry \$18.00 (limit of 6 individual events and no more than 5 events in one day) Optional donation to State Games Total enclosed

SIGNATURE DATE

MAIL ENTRY FEE AND FORM TO: STATE GAMES OF OREGON 4840 SW WESTERN AVENUE, SUITE 900, BEAVERTON, OREGON 97005

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:	State:	Zip:
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



Date	Event	Location	Contact
Pool Meets			
April 4,5,6	LCM Assn. Champs	Beaverton, OR	Marisa Frieder - mmfrieder@yahoo.com
*May 18	SCM	Hood River	Shelly Rawding - hrvt.coach@gmail.com
*June 14	LCM	Gresham, OR	Aubree Gustafson - flutterbysea@hotmail.com
*July 12-13	LCM	St. Games - Gresham, OR	Colette Grabbe - colettecrabbe@hotmail.com
Open Water			
*June 1	Hagg Lake	Information concerning on line registration is on page 7 of this issue	
July 19-20	Applegate Lake		
*Aug 1,2,3	Elk Lake		
Aug 24	Dorena Lake		
National Championships			
May 1 - 4	SCY Nationals	Austin, Texas	USMS - http://www.usms.org
*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			
* 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. March 4	April 5 - General Membership Meeting May 20 July 13 - 10 AM (&St. Games) Aug. 26
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Aqua Master
April 2008

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

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Inside: Results - Bellevue Meet & Entry Blanks