



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

Volume 36, Number 8 Published 10 Times Yearly by OMS, Inc. October 2009

"Swimming for Life"

Thanks Dave, We Appreciate You!

by Sandi Rousseau

If you have been reading this publication for any length of time, you know Dave Radcliff! Dave has been the OMS Aqua Master editor for thirteen years from 1997 to 2009...a very long time in this OMS Board position. Some of these years were probably longer for Dave too as he so gently had to remind many of us to get articles to him on time! Dave is retiring from the Aqua-Master position and turning over the reins to a new editor and a talented group of contributors.

It is without doubt that Dave has been the most creative and polished editor OMS has had. He has ushered the organization into a more refined and comprehensive product. Dave has used photos extensively for providing better coverage of our events and to better recognize our many contributors. Dave has shepherded our front pages from 'Swimmer

Profile' and 'News from the Chair' to highlighting the numerous achievements within OMS. All of us have enjoyed Dave's front pages...from the national and world record breakers, remembering 9-11, recognizing Para-Olympic swimmers, OMS and USMS award recipients, Association Championship team winners, new team

recognition, the 'Grand Dames', remembering the 'Greatest Generation', Patriot Games, open water achievements,

Oregon hosting nationals, New Year's Day swims, swimmers returning to the pool after an absence, swimmers' kids cheering us on, creative holiday issues, and many other topics of interest to our organization.

Dave never missed being timely for an issue and worked submission deadlines around swim meets and travel. He has also organized the tasks into manageable bites that can now be completed by a cadre of volunteers without being as time consuming for one person.

Dave's reliability in producing an excellent newsletter resulted in the Aqua-Master receiving US Masters Swimming's highest publication award, the 'USMS Newsletter of the Year' award, in 2004 and again in 2007. The Aqua-Master is the only LMSC newsletter in the nation to have received this award twice, so it is a particular tribute to Dave's continued high standards.

During Dave's tenure it would be an omission to not mention his life-partner and wife, Nancy, as a significant contributor as

Continued on page 8



Inside For You

Chair's Corner/Swim Bits	2
Off The Block	3
Fitness	4
Shake and Swim	5
Long Distance	6
Results:	
Dorena Lake	9
Eel Lake	10
Open Water Team Champs ..	11
Open Water Series Champs ..	12
Articles:	
Atlanta by Storm!	13
Full-body Suits	14
COMA Pentathlon	15
Butterfly 10K	16
USMS Nationals Wrap-up	18
USMS Club Development	18
Entries:	
Lincoln City SCM	19
Pentathlon SCM	20
Postal Championship	21
Schedule of Events ...	Back Cover

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

Tim Waud
715 Jefferson St.
Oregon City, OR 97045 503-341-3152
Tward@aol.com

Secretary

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

Treasurer

Doug Christensen
11700 SW Ridgecrest Dr.
Beaverton, OR 97008 503-754-2747
dchristensen@rivermarkcu.org

Registrar

Susie Young
14565 NW Salvia Ct.
Portland, OR 97229 503-475-8004
swim.pdx@gmail.com

Aqua Master Editor

Alice Zabudsky 503-630-7499
azabudsky@msn.com

Data Manager (for swim meets)

Gary Whitman
OMS Data Manager, PO Box 1072
Camas, WA 98607-1072 360-896-6818
all5reds@comcast.net

Officials (for swim meets)

Jacki Allender 541-753-5681
seewun@proaxis.com

Host / Social

Ginger Pierson 360-253-5712
gingerp@qwest.net

Fitness Chair

Helen Thurlow
hjthurlow_28@hotmail.com

Safety

Joy Ward 503-777-5514
silenteclipse1210@hotmail.com

Coaches

Dennis Baker 503-679-4601
bakeswim@yahoo.com

Awards

Dianne Sherwood 541-490-6722
sherwood@gorge.net

Souvenir

Vacant

Records

Stephen Darnell 360-834-6020
financialwizard2@comcast.net

Top Ten

Susan Shaw 360-254-3951
Susan.M.Shaw@comcast.net

Long Distance

Bob Bruce W 541-389-7665 H 541-317-4851
coachbob@bendbroadband.com

Web Master

MJ Caswell
mjcaswell@earthlink.net

Membership

Christina Fox (Database) foxkohnert@peak.org
Jackie Parker (Promotion) parkejac@ohsu.edu

OMS E-mail Group Maintenance

Susie Young 503-475-8004
swim.pdx@gmail.com

Sunshine

Sue Calnek 971-533-3531
squeezebug60@yahoo.com

Past Chair

Jeanne Teisher 503-574-4557
jteisher97007@yahoo.com

Founders of OMS

Connie Wilson - Founder
Earl Walter - Historian

Chair's Corner by Jody Welborn

Hi everyone:

As autumn arrives our busy lives get busier with work, family, school and, of course, exercise competing for our time. All of this increases the stress in our lives. And mixed in is some anxiety about the upcoming flu season. It is important to do what you can to stay healthy. Here are some tips to keep you at your best.

- Recognize signs of stress. The signs can include a constant feeling of tension, being nervous or on edge. Chronic stress can lead to other problems such as fatigue, sleep disorders, digestive problems, depression or weight gain.
- Have a strategy for dealing with stress. Relaxation techniques, meditation, get-togethers with friends or a favorite hobby can decrease stress.
- Remember that exercise is a great stress-buster. It pumps up

your endorphins (the feel-good transmitters in the brain), it is meditation in motion, and it improves your mood. So when the day is overwhelming and the last thing you want to do is exercise, that is the time to get into the pool.

- Maintain a healthy, well-balanced diet and remember to stay hydrated.
 - Wash your hands often.
 - If you are sick, take the time to get well. Don't exercise if you have a fever, a deep cough, breathing problems or GI symptoms.
 - Remember your healthy lane mates and avoid returning to practice (or other group activities) until you are sure you are not contagious.
- Stay fit and stay healthy. And remember,

Swimming is for Life,

and Life Matters.



(c)swimgraphics.com

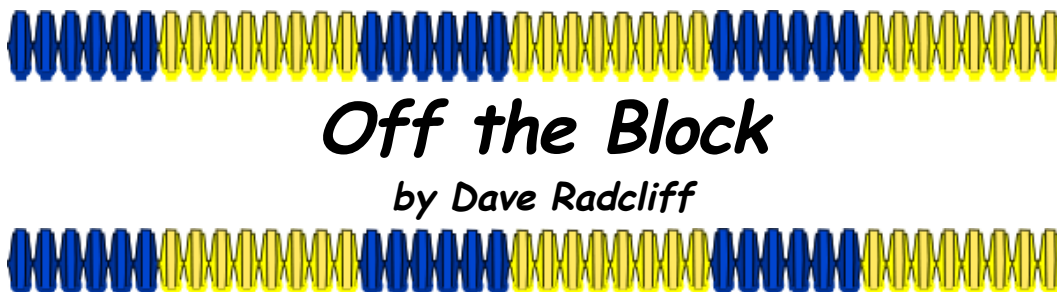


Robbert van Andel is a proud dad of twins! Chloe Nadine van Andel was born at 4:57 AM, weighed in at just 6lbs and is 18 in. tall. Eli Maarten van Andel was born at 5:16 AM, weighed in at 6lbs. 3oz. and is 19 in. tall. This photo was taken a few hours after birth. Mom and babies are doing great.

Photo Credits: Dave Radcliff, Robbert van Andel, Jeanette Fairlee, Sandi Rousseau.

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.

Aqua-Master is the official publication of Oregon Masters Swimming, Inc., 1211 SW Fifth Ave., Portland, OR 97204-3795. It is the source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. Contact Susie Young (Registrar) or Jackie Parker (Membership) for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$12.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming, Inc. Information is also available on line at www.swimoregon.org



Off the Block

by Dave Radcliff

After 13 years this is the first time that the Aqua Master will not be "my baby". It has been a rewarding experience working with all of the wonderful swimmers in Oregon. Thanks so much for your support. I told Alice, your new Editor, that I would write the Editorial for her first issue. During the transition period I have worked with Alice and I am so impressed with her skills and her dedication. Please give her the same wonderful support that you have given me.

Editorials often deal with controversy. There has been no controversy bigger in swimming this year than the issue of the high tech body swim suits. When I first started wearing a body suit I called them the "old man's suit" because the majority of them were worn by us older swimmers. We found that they helped to cover the sagging that occurs with old age. I have had mixed emotions about the current controversy. On the one hand I have enjoyed wearing the suit and not having to shave down for the big meets. On the other hand, some of the newer materials being used have gone too far. I was hoping that they would use the textile rule but still allow us to wear the body suits. However, I can live with jammers because I still can swim, and being in the water and around all my friends is the number one thing.

As a retired high school swimming coach I also worry about the added expenses for high school teams and all teams at any level. I recently received an email from a reliable acquaintance who knows for a fact that one college team spent \$70,000 for swim suits last year. Budget items like that are killing off swimming (University of Washington just dropped their Men's and Women's program).

Probably the best discussion of this issue was contained in a letter written by John Leonard, the Executive Director of the American Swimming Coaches Association. I am including this letter as part of this editorial. I know it is long but please take the time to read it.

So next time you see me I will be the old man, rather saggy in my jammers, but I will be there and loving every minute of being in the water with you. Happy Swimming, Dave

"The Big Deal About Swim Suits"

by John Leonard,
Executive Director, American Swimming Coaches Association

Over the past 18 months, the swimming world has been in a frenzy of controversy over the emergence of technology in swimsuits. At the recent World Championships in Rome, the constant and overwhelming refrain about suits, echoed the volume and intensity of the last time we were in Rome for a World Championships, when the topic was doping ... drugs distorting our sport ... in 1994. Fifteen years later, the emotional topic was the new high tech suits that have swept through the sport from the World Championship level down to the local park district championships in the summer league. The parallels were impossible to miss.

FINA (the international governing body of swimming), in an unprecedented move at its

Congress in Rome, banned the use of all "non-textile" materials from suits beginning in 2010, and limited the coverage of the body to "knees to navel for men" and "knees to shoulder straps" for women. 168 nations voted in favor of the restrictions, against a mere 6 in opposition (who apparently did not understand the word "textile".) This in the face of strong opposition to the move by the sitting President and Executive Director of the FINA organization. Amazing and never seen before. The USA delegation initiated the restrictions and led the opposition. Why such a strong reaction in opposition to the existing plastic and rubber suits?

A parent new to the sport, from a middle class background, might well say "hey, why not? Technology marches on! Equipment gets better. Why not let my son/daughter wear one of the

Continued on page 7



by
Helen
Thurlow

Why is the pool green?

And other fun facts you should know before hopping into the pool

Why is the pool green? Because mixing the colors blue and yellow make green.

As a lifeguard, I see a lot. Sometimes a little too much (really, a white Speedo, ugh). I see kids who have no fear playing it up in the water, adorable older ladies with cute caps working hard in water exercise class. Lap swimmers who are so obsessed about which lanes they use they will wait for it to open up (even though there are 4 empty lanes nearby). I see it all, but what struck me happened this morning. A tall, slender build women whom I have seen before said to me, "I run and I bike and have no difficulty breathing, but I struggle to breathe when I'm swimming."

It seems such a simple solution to fix: evolve and develop gills for swimming. But since we are not Dennis Baker or any other kind of fish, we will just have to continue to struggle to breathe. Just kidding.

Alex Kostich, who contributed an article for *active.com*, states to focus on how we breathe when we bike, run or walk. Find out what that pattern is once you are "in the groove" of that particular exercise and you will notice that your breathing achieves a constant and uniformed pattern. (now check this out: when I run I inhale for 4, exhale for 2-3, followed by inhale for 1-2, exhale for 1-2.... okay next paragraph please)

Now, Mr. Kostich states to apply this pattern you use in dryland exercises and breathe that pattern while swimming. This is where it gets tricky. If all you do is practice yoga for dryland, you probably can inhale for 25, exhale for 25 ... I don't recommend doing that pattern for swimming! Especially when I'm guarding (hmm why is that person doing corpse pose on the bottom of the pool). Some swimmers breathe every other stroke, some every 3rd stroke. Just ask your coach for advice. I can help you on your dryland routine, but remember I'm a newbie still when it comes to swimming. Just one piece of advice though,

however: stay calm when you are in the water. (now really check this out: my pattern is 4 strokes: 1 breath, 2 strokes:1 breath...cool huh...well, at least I think so)

And now for fun facts of the pool and other bodies of water:

- Did you know that a blue whale's belly button is about 8 inches wide
- We humans produce 25,000 quarts of spit in a lifetime to fill up 2 swimming pools
- Yanni used to swim for the Greek National Swimming Team
- The Titanic was the first ocean liner to have a swimming pool
- Bikini Atoll is a nuclear test site in the South Pacific (we named the 2 piece after a nuclear test site)

There's more and you could check them out at poolcomfort.com or swimming.about.com, but my favorite fact is:

- Over 50% of world class swimmers suffer from shoulder pain.... shocking I know.

That's all for now, talk to you next month.



Anyone who is an OMS member but does not compete, please contact the editor. We would like to know more about you.

Shake and Swim with "Bake"

PULL out all of the STOPS

Coach Dennis Baker



swimgraphics.com

Swimmers ask me all of the time, why do we pull? The basic answer is to strengthen our arms. However, there is a lot more going on here than just making our arms more powerful. Here are some tips and tricks to pulling and some new ways to think of what you get out of gearing up for a pull set.

1. My biggest recommendation is to buy a band to wrap around your feet. There are some on the market or you can cut up a used inner tube. The band will stop your feet from moving around and isolate your arms more. Additionally, as I have written about before, you do not want your legs apart when you swim freestyle or backstroke, the long axis strokes. Using the band will reinforce this in your mind and body. Some of you may pull faster than you swim and it is not just because you have paddles and a buoy. The main reason is that you are keeping your legs together and not creating any drag. The band will also help you identify any excess hip movement because your feet are so close together. Using a band will give you immediate feedback to help you smooth out your freestyle or backstroke.
2. Do not use paddles or bands when pulling butterfly or breast stroke. Using these items when doing a short axis stroke will create too much tension on your back and shoulders. Injuries can occur as I have witnessed in my

many years of swimming and coaching. Stick with the buoy only on these short axis strokes.

3. When doing backstroke or freestyle pull sets, mix up what gear you are wearing. You may want to do a set where all gear is worn at first. This would include paddles, buoy and band. As the set progresses take off one of the items, then another and so on. Using the same gear in pulling all of the time puts too much activity on the same muscle group and injury may occur.
4. What type of paddles should you use? There are a lot of different models out on the market, pick something that is comfortable for you. I would steer clear of the really huge paddles, as they tend to make your freestyle above water recovery very wide. For long axis strokes we want to stay narrow and go in a straight line.
5. Lastly, do not be afraid to do longer pull sets with backstroke and freestyle. As long as you are mixing up what you wear, it is good to fatigue your arms and then let them recover the next few days. You will gain true lean muscle upper body swimming strength without bulking up.

Try these tips on your pulling and think about what you are doing with your whole body and you will be well on your way to being a better swimmer.

Miscellaneous Tidits

discovered by Dave Radcliff

- In mid-August Michelle Macy (of Portland) swam the Pennock Challenge (an 8 mile race) in Ketchikan, Alaska. She was number 1 overall in a time of 3 hours 16 minutes and 2 seconds. (For map lovers, Pennock Island is at the southern end of the Alexander Archipelago in the Tongass National Forest in front of the small town of Ketchikan, Alaska.)

- 9/10/2009 - David Livengood swam the Catalina Channel successfully in 11 hours and 39 minutes. He had the thrill of a pod of dolphins swimming part way with him. (The Catalina Channel is equivalent to the English Channel in conditions, difficulty, distance, and challenge to the swimmer.)



Long Distance Swimming

by Bob Bruce



Let's recognize our season achievements and highlights from the 2009 OMS Open Water Season, which set records in nearly every category possible (those records are indicated by *):

We hosted 21 events* at 6 venues* this year.

- 249 Oregon swimmers* from 23 Oregon local teams* (and 74 unattached swimmers*) took part, totaling 826 swims*. COMA again led local team participation by a wide margin with 67 swimmers* having 269 swims*.
- Visitors from other states joined us for 83 swims, more than half at Elk Lake for the Cascade Lakes Swim Series & Festival. This is a fair number considering that we hosted no USMS championship events this summer.
- 25 Oregon swimmers swam in three or more venues*, thus qualifying for the immediately handy glassware awards for the Oregon Open Water Swim Series.
- 7 Oregon swimmers* swam at all 6 venues this year!
- Gayle Orner swam in the maximum possible 20 events* (she couldn't swim all 21 only because two of the swims at Foster Lake ran concurrently). Robin Bragg & Mike Carew had 18 swims, followed closely by Tim Waud with 17, Keith Dow, Rob Higley, and Dave Radcliff with 16, and Jason Lassen with 15.
- We were blessed with the warmest water temperatures* in recent memory (not to mention all of the beautiful event days) for the whole summer. All June, July, and August venues had 71 degree water, peaking with Applegate Lake's balmy 74 degrees. Even our season opening swims at Hagg Lake in May boasted higher-than-expected 65 degree water.
- The hospitality was again fantastic, to the obvious detriment to my waistline! There is no race hospitality anywhere quite like that found in Oregon!

Congratulations to...

- Our 17 1500-meter Association Individual Champions;

- Central Oregon Masters, again our Association Large Team Open Water Champions;
- The OPEN Narwhals, our Association Small Team Open Water Champions in a tightly-contested race;
- Laura Schob and Keith Dow, our Oregon Open Water Series Grand Champions;
- Elizabeth Budd and Jamie Proffitt, our Mike Morehouse Award honorees;
- Those many Oregonians—and there were quite a few—who ventured far afield to find special open water challenges this year (I'll write more about these folks later this year);
- Our race directors, host teams, and myriad volunteers, to whom we owe a great deal;
- Our sponsors, who made our swims financially and logistically possible;
- Everyone who participated!

Enough about open water for now. I've finally finished ranting about participating in the USMS 5 & 10-km Postal Championships (much to your relief, I wager), and those postal events are wrapping up as I write. But wait! You're all got another postal challenge as we start a new school and swimming year! October and early November is the season for National 3000-yard & 6000-yard Postal Championships. These swims must be done in a 25-yard pool—making them easily accessible to most of us!—and completed between September 15th and November 15th. As a coach, I believe strongly that these swims provide solid early season training swims, great conditioning benchmarks, and fun team-building events, and are an absolute requirement for aspiring distance swimmers. As the OMS Long Distance Chair, I would like to see your participation and would love to see us successfully defend our National Team Title in both the 3000 and 6000-yard events. In particular, the 3000 team title has been hotly contested in the past three years, and we'll need a lot of swims to repeat. And don't forget the 6000 turn derby! See http://www.usms.org/longdist/ldnats09/3000_6000entry.pdf for information & entry blanks, and get to it!

Good luck and good swimming!

Off The Block

Continued from page 3

fancy new suits and swim faster?"

It's a valid question that requires a thoughtful answer. Here it is.

The answer revolves around two words, with of course, a considerable amount of "side data" that adds to the intensity of the discussion and the strength of the resolution to end the problem worldwide.

Those two words are "Maximizing" and "Enhancing".

Maximizing

Quality lane lines "maximize" the opportunity of the athlete to swim fast, with minimum turbulence in the lane. (You should have seen the waves in the pool back in the 60s and 70's.)

Good goggles allow the athlete to see the turns, see their competitors, and comfortably compete — to say nothing of allowing them to train hard for hours which was impossible in the chlorine pool without goggles and in the old days, yardage and performance was a fraction of what it is today. Goggles Maximize the opportunity of the athlete to work hard.

Evolution in coaching techniques in training and biomechanics allow the athletes to Maximize their ability to benefit from their time in the sport.

Swimsuits, up until approximately the year 2000, and certainly until early 2008, were designed to maximize the opportunity of the athletes to go fast. The manufacturers designed suits to "get out of the way of the water". Less suit, less friction with the water, less drag, tighter fit, and better materials MAXIMIZED the ability of the athlete to perform to their highest earned level.

Enhancing

Beginning in 2008, manufacturers took advantage (and must be applauded for doing so, within the existing rules, which were close to nonexistent) of the idea of designing suits to ENHANCE the ability of the athlete to swim faster. A line had been crossed. Designed suits incorporated plastics, rubberized material and new design criteria, to enhance the ability of the athlete to be buoyant in the suits (riding higher makes you faster), wrapped more tightly (compressing the "jiggly parts" makes you MUCH faster) and shed water from the plastics and

rubber materials much more effectively, thereby reducing the drag of the suits remarkably.

Since February 2008, 158 world records have been set by elite athletes. Their ability to perform has moved from being "maximized" by their swimsuits, to being "enhanced" by their swimsuits. This rate of improvement is absolutely farcical in the historical context of over 100 years of our sport. At the world championships, new world records were receiving polite applause akin to the "golf clap" for a good shot, rather than the historical roars of appreciation that a swimming crowd used to provide when a human barrier went down, as it infrequently did, by great athletes at the peak of their power.

How does this translate down to the local pool?

Pretty simple. The manufacturers don't make any money by selling suits to the elite athlete. They give the suits away to them. They count on age group swimmers watching the "big guys" and wanting the same suits and equipment.

And lo and behold, the same miraculous benefits accrue to 12 year old Sam and Samantha when they put on the "magic suits" in their local championships. The time drops are miraculous, the smiles are, literally, "priceless" and child, mom and dad are all happy.

"Wait a second. That suit just ripped. Wow. How did that happen? How much did it cost? Wow! You paid \$500 for a suit that Sam just put his foot through, rendering it a \$500 broken garbage bag? Uh-oh., well, honey, get him another one. We can't have Joe Jones's son Pete beat him in the 200 free tomorrow." Teeth Grit. "This is a kids sport? We now have \$1000 in suits so far".

And of course, all those magic benefits only last 7-15 swims, so good for maybe 2-3 meets, unless it's a championship and your child swims 6 events and makes finals in all events, in which case its \$500 a meet.

"Let's see, \$500 a meet, we go to 2 meets a month, 10 months of the year. ... Honey, it's gonna cost us \$10,000 Just for Samantha's suits this year!"

Well, the solution is simple ... just wear the suits for the championship meet and wear your regular suit the rest of the time. OK. Good.

But, Samantha's 58.5 100 free with the magic suit on, just became a 1:02.100 free with the old suit on. Smiles gone. Gone. From Samantha, from Mom. From Dad. Oh well.

Continued on page 8

Off The Block

Continued from page 7

And of course, there are some other objections as well.

First, the magic suit deal is like paying for your child to have instant improvement. Is that what you want your child to learn from the sport? Or do you want them to learn to persevere, EARN improvement with hard work, attention to detail, paying attention to the coach and, shall we say it again ... "Working Hard?" Or do you want them to learn that you can always "pay your way" with cash to what you want?

"Earn it, or buy it." Which do you want to teach? Answer carefully, parents.

Second, the suit does not affect everyone the same. The thin, fit swimmer will benefit marginally by it. The overweight swimmer will swim like a young seal in it. Spending the same \$500 on two children will yield radically different results. Not a fair competition at all. Is that what anyone wants?

Third, and it seems unnecessary to say this, but if you just buy 3 suits a year, that's \$1500 or MORE. (Today, purchasing one of the great European suits on-line from the US will cost you \$900 ... with no guarantee of fit, durability or returnability, and about 30% of them RIP on the first attempt to put them on ... no refund, folks.) Do we really want age group and high school swimmers to have to spend that kind of money to BUY success rather than work for it? It doesn't make our sport a middle class sport, it makes it a sport for wealthy families.

Are you pooh-poohing that? Wait till your son or daughter gets beat the first time by someone whose mommy or daddy could afford a more expensive

piece of plastic and rubber than you can. The bitter taste in your mouth is not fun. Not much in the way of "sport" there.

So, in answer to the local official who asked, "Why are 'they' [FINA officials] wasting time with worrying about THAT? Don't they have better things to do?"

The answer is "NO." The suit debacle is the most important thing that any of us can attend to. It preserves the heart and soul of our sport ... which is reverence and appreciation for the hard work, attention to detail, courage and teamwork required to be a fine competitive swimmer and to learn to succeed with those life-skills instead of with your Daddy's wallet.

The Congress (not the Ruling Bureau) of FINA took the rules into their own hands after the Bureau had time and again failed to establish the rules necessary to keep our sport vital, credible and important. Bravo for them.



Thanks Dave

Continued from page 1

well, as they work together to sort and get the bulk mailing to the post office. Nancy's contribution made the more tedious part of the job much more enjoyable. And you can believe that they both know each and every one of our names and where we live!

Dave is not retiring from swimming...and in fact, is swimming up a storm in his new age group, but not being committed to editing the Aqua-Master will allow him more time to enjoy traveling and contribute to the organization in other ways. So don't expect him to go away!

All of us want you to know, Dave, that your many years of contributions to OMS and particularly in heralding the Aqua-Master to its current status is so very much appreciated. You will be a hard act to follow, but our new volunteers have stepped up to the plate.

Wes Edwards turned 56 years old and got a swimming pool cake, made by Headhunter swimmer Lisa Haase, for his birthday celebration at morning swim practice. Wes' birthday hat is actually a tool used in backstroke drill. Cute cake Lisa; Happy Birthday Wes.



Dorena Lake 2009

1500-meter Results

Women

AgGrp	Pl	Name	Age	Club	Time	F/M	Overall
30-34	1	Clevering, Karen	30	UNAT	28:12.2	7	21
	2	Burnham, Kendall	34	UNAT	31:10.0	8	26
35-39	1	Lassen, Megan	39	OR-orm	21:10.3	1	4
	2	Henderson, Elizabeth	38	OR-ea	21:58.2	2	5
	3	Foytek, Terry	38	OR-ea	32:27.6	10	28
40-44	1	Young, Susie	40	OR-thb	23:26.1	3	10
45-49	1	Phillips, Cynthia	46	UTAH	27:14.6	6	20
	2	Orner, Gayle	46	OR-cbat	31:15.6	9	27
50-54	1	Schob, Laura	50	OR-coma	25:33.7	4	13
	2	Buck, Donna	50	CAT	25:34.0	5	14
60-64	1	Saunders, Ginny	62	OR-ea	34:27.3	11	30
	2	Newton, Gail	64	OR-ea	42:29.2	12	32

Men

AgGrp	Pl	Name	Age	Club	Time	F/M	Overall
35-39	1	Wells, Theron	36	UNAT	22:30.1	4	6
	2	Chopin, Joe	35	UNAT	23:05.1	6	8
	3	Lassen, Jason	36	OR-orm	29:17.0	17	24
	4	Ozawa, Yasuo	38	UNAT	52:12.8	21	33
40-44	1	Waud, Tim	42	OR-orm	20:37.4	1	1
	2	Higley, Rob	44	OR-coma	21:04.6	3	3
	3	Young, Brian	42	OR-thb	29:00.8	16	23
45-49	1	Thompson, Ron	49	OR-coma	22:58.7	5	7
	2	Boggs, J.C.	47	ALEX	26:22.7	12	17
	3	Bragg, Robin	49	OR-open	28:53.3	15	22
50-54	1	Dow, Keith	54	OR-open	23:20.9	7	9
	2	Hoffman, Dieter	51	OR-maco	26:14.9	11	16
	3	Tribe, Mark	50	OR-ea	26:30.6	13	18
	4	Lee, Doug	54	OR-ea	40:19.8	20	31
55-59	1	Teisher, Jim	59	OR-thb	25:31.0	9	12
	2	DeGiulio, Jules	56	OR-unat	26:05.2	10	15
	3	Carew, Mike	59	OR-coma	26:59.0	14	19
	4	Schader, John	56	OR-pccm	31:00.2	18	25
60-64	1	Johnson, Steve	61	OR-ea	20:44.2	2	2
	2	Duffy, Michael	62	UNAT	34:16.5	19	29
75-79	1	Radcliff, Dave	75	OR-thb	24:23.0	8	11



1000-meter Whitely Equipment Results

Women

AgGrp	Pl	Name	Age	Club	Time	F/M	Overall
30-34	1	Clevering, Karen	30	UNAT	19:46.8	6	15
35-39	1	Lassen, Megan	39	OR-orm	12:28.5	1	2
	2	Foytek, Terry	38	OR-ea	17:54.3	3	12
45-49	1	Phillips, Cynthia	46	UTAH	15:15.3	2	7
	2	Orner, Gayle	46	OR-cbat	18:39.9	4†	13†
50-54	1	Schob, Laura	50	OR-coma	18:39.9	4†	13†

Men

AgGrp	Pl	Name	Age	Club	Time	F/M	Overall
35-39	1	Lassen, Jason	36	OR-orm	14:48.7	5	6
40-44	1	Waud, Tim	42	OR-orm	14:24.6	3	4
45-49	1	Bragg, Robin	49	OR-open	15:50.2	7	9
50-54	1	Dow, Keith	54	OR-open	14:30.6	4	5
	2	Tribe, Mark	50	OR-ea	16:11.3	8	10
55-59	1	Carew, Mike	59	OR-coma	15:16.9	6	8
	2	Teisher, Jim	59	OR-thb	17:43.3	9	11
60-64	1	Johnson, Steve	61	OR-ea	12:19.8	1	1
	1	Radcliff, Dave	75	OR-thb	13:16.2	2	3



500-meter Flatfoot Kicking Results

Women

AgGrp	Pl	Name	Age	Club	Time	F/M	Overall
35-39	1	Lassen, Megan	39	OR-orm	9:42.2	1	2
40-44	1	Young, Susie	40	OR-thb	11:59.6	3	7
45-49	1	Phillips, Cynthia	46	UTAH	11:55.6	2	6
	2	Orner, Gayle	46	OR-cbat	15:09.7	4	9

Men

AgGrp	Pl	Name	Age	Club	Time	F/M	Overall
35-39	1	Lassen, Jason	36	OR-orm	11:01.3	4	5
40-44	1	Waud, Tim	42	OR-orm	9:31.2	1	1
55-59	1	Carew, Mike	59	OR-coma	10:00.9	3	4
	2	Teisher, Jim	59	OR-thb	12:39.7	5	8
60-64	1	Johnson, Steve	61	OR-ea	9:42.2	2	3

Eel Lake 2009

3000-meter Results

Women

AgGrp	Pl	Name	Age	Club	Time	F/M	Overall
18-24	1	Walker, Jessica	20	OR-scum	44:03	2	4
30-34	1	Parker, Jacqueline	31	OR-open	56:51	8	18
35-39	1	Himstreet, Julie	38	OR-coma	50:01	4	8
	2	Smidt, Cyndi	39	OR-coma	56:08	7	17
	3	Orner, Gayle	46	OR-cbat	1:05:18	9	22
45-49	1	Young, Joni	48	OR-scc	49:58	3	7
	2	Phillips, Cynthia	46	UTAH	55:29	6	14
50-54	1	Sweat, Mary	52	OR-scum	43:32	1	1
	2	Schob, Laura	50	OR-coma	51:33	5	11



Ed Ramsey stretching

Men

AgGrp	Pl	Name	Age	Club	Time	F/M	Overall
35-39	1	McClave, Rod	35	TNYA	43:39	1	2
40-44	1	Lassen, Jason	36	OR-orm	1:00:38	12	20
	2	Waud, Tim	42	OR-orm	43:43	2	3
45-49	2	Higley, Rob	44	OR-coma	44:26	3	5
	1	Boone, Lou	48	OR-open	55:41	9	15
	2	Roberts, Tom	47	OR-scum	55:49	10	16
50-54	3	Carter, Robin	49	OR-open	1:00:51	13	21
	1	Dow, Keith	53	OR-open	51:26	5	9
	2	Neubert, Mark	52	OR-open	58:01	11	19
55-59	3	Carter, Walt	53	OR-coma	1:05:20	14	23
	1	Teisher, Jim	59	OR-thb	52:27	7	12
65-69	2	Carew, Mike	59	OR-coma	54:51	8	13
	1	Landis, Tom	67	OR-coma	51:33	6	10
75-79	1	Radcliff, David	75	OR-thb	49:38	4	6

3000-meter Results (wetsuit)

AgGrp	Pl	Name	Age	Club	Time	F/M	Overall
45-49	1	Thompson, Ron	49	OR-coma	43:58	1	1
	2	Griley, John	46	OR-coma	56:17	2	2

1500-meter Results

Women

AgGrp	Pl	Name	Age	Club	Time	F/M	Overall
18-24	1	Walker, Jessica	20	OR-SCAM	23:20	5	8
	2	Markwardt, Sheri	24	HMS	27:33	11	23
25-29	1	Sernoffsky, Lara	28	OR-COMA	33:25	16	37
30-34	1	Parker, Jacqueline	31	OR-open	30:20	13	29
35-39	1	Nelson, Sara	36	OR-scum	21:04	1	1
	2	Lassen, Megan	39	OR-orm	22:35	3	5
	3	Himstreet, Julie	38	OR-coma	25:08	8	17
	4	Jackson, Nicole	38	OR-scum	26:25	10	20
	5	Smidt, Cyndi	39	OR-coma	28:33	12	27
	6	Varga, Eva	37	OR-coma	38:08	19	43
45-49	1	Matson, Karen	45	OR-scum	23:18	4	7
	2	Stuntzner-Gibson, Denise	46	OR-scum	24:52	7	16
	3	Young, Joni	48	OR-scc	25:08	9	18
	4	Orner, Gayle	46	OR-cbat	33:51	17	38
50-54	5	Pappa, Debbie	48	OR-coma	35:53	18	41
	1	Sweat, Mary	52	OR-scum	21:43	2	3
	2	Schob, Laura	50	OR-coma	24:46	6	15
55-59	3	Brown, Toni	54	OR-coma	30:30	14	31
	1	Asleson, Elke	57	OR-cat	31:30	15	35
65-69	1	Himstreet, Pam	65	OR-coma	38:27	20	44
	2	Whiter, Peggy	65	OR-coma	45:50	21	45

Men

AgGrp	Pl	Name	Age	Club	Time	F/M	Overall
18-24	1	Waller, Johnny	22	OR-scum	26:10	10	19
35-39	1	Lassen, Jason	36	OR-orm	30:48	18	32
40-44	1	Waud, Tim	42	OR-orm	21:33	1	2
	2	Nelson, Tim	43	OR-scum	21:58	2	4
	3	Higley, Rob	44	OR-coma	22:41	3	6
	4	Gontrum, David	43	UTAH	27:20	12	22
45-49	1	Thompson, Ron	49	OR-coma	24:22	8	13
	2	Boone, Lou	48	OR-open	28:23	14	25
	3	Bragg, Robin	49	OR-open	31:28	20	34
	4	Neubig, Mike	49	UNAT	33:12	21	36
	5	Griley, John	46	OR-coma	34:35	23	40
50-54	1	Ramsey, Ed	53	OR-thb	24:09	4	9
	2	Dow, Keith	53	OR-open	24:41	9	14
	3	Waller, Johnny	52	OR-scum	29:28	16	28
55-59	4	Neubert, Mark	52	OR-open	31:24	19	33
	5	Carter, Walt	53	OR-coma	34:12	22	39
	1	Teisher, Jim	59	OR-thb	26:39	11	21
60-64	2	Carew, Mike	59	OR-coma	27:37	13	24
	1	Bruce, Bob	61	OR-coma	24:14	6	11
65-69	1	Landis, Tom	67	OR-coma	24:18	7	12
	2	Mohr, Ralph	67	OR-coma	28:23	15	26
	3	Smith, Robert	66	OR-thb	30:26	17	30
	4	Juhala, Rich	66	OR-orm	36:51	24	42
75-79	1	Radcliff, David	75	OR-thb	24:11	5	10

3000-meter Results (wetsuit)

AgGrp	Pl	Name	Age	Club	Time	F/M	Overall
35-39	1	Pittenger, Basil	35	OR-scum	30:42	1	1
	2	Yost, John	37	UNAT	40:50	2	2
60-64	1	Shelfer, Bob	64	OR-ih	33:18	3	3



The shallow part of the swim



OMS Association Open Water Team Championships 2009

Place	Large Team	Points	Place	Small Team	Points
1	Central Oregon Masters Aquati	85	1	OPENarwhals	27
2	South Coast Aquatic Masters	59	2	Oregon Reign Masters	25
3	Tualatin Hills Barracudas	28	3	Corvallis Aquatic Team	8
			4	Salem Courthouse Crew	4
			5	Circumnavigating Beavers	3



Mike Morehouse Winners — Jamie Proffitt & Elizabeth Budd



A very important part of every swim—those behind the scenes. Here, it is Ralph Mohr setting the course.



Open Water All Stars for 2009
Keith Dow and Laura Schob



Swimmers who did all open water swims this summer
Dave Radcliff, Keith Dow, Laura Schob, Gail Orner, (Bear, the dog, and Gail did the dog swim at Foster), Mike Carew, Rob Higley, Robin Bragg

Oregon Open Water Series 2009

3000-meter Results

Women

AgeGr	Place	Name	Team	Points	Swims	Venue	Ovral
18-24	1	Bowen, Kelsey	MAC	56	5	3	8
30-34	1	Parker, Jacqueline	OPEN	86	13	4	2
35-39	1	Lassen, Megan	ORM	64	13	5	6†
	2	Smidt, Cyndi	COMA	38	11	4	10
40-44	1	Watkins, Betsy	ORM	64	6	3	6†
	2	Young, Susie	THB	42	7	3	9
45-49	1	Orner, Gayle	CBAT	82	20	6	3
	2	Young, Joni	SCC	80	13	4	4
50-54	2	Schob, Laura	COMA	109	12	6	1
55-59	1	Budd, Elizabeth	CAT	70	8	3	5

Men

AgeGr	Place	Name	Team	Points	Swims	Venue	Ovral
35-39	1	Lassen, Jason	ORM	87	15	5	6
40-44	1	Waud, Tim	ORM	96	17	5	3
	2	Higley, Rob	COMA	93	16	6	4
	3	Young, Brian	THB	16	3	3	14
45-49	1	Thompson, Ron	COMA	99	12	5	2
	2	Bragg, Robin	OPEN	81	18	6	7
	3	Griley, John	COMA	24	8	3	13
50-54	1	Dow, Keith	OPEN	100	16	6	1
	2	Ramsey, Ed	THB	53	9	4	8
	3	Carter, Walt	COMA	44	12	4	10
55-59	2	Carew, Mike	COMA	92	18	6	5
60-64	2	Johnson, Steve	EA	37	6	3	12
	1	Mohr, Ralph	COMA	53	5	3	9
65-69	2	Juhala, Richard	ORM	38	8	3	11
	1	Radcliff, David	THB	112	16	6	*



The 2009 Open Water Season is complete, now the ducks can have their lakes back.

*ineligible; "having won it (the Open Water Series) five times previously, he (Dave Radcliff) has now been elevated to swimming deity and beyond the pursuits of us mere mortals," Bob Bruce, Long Distance Chairman.



The equipment swim at Dorena Lake — looks like a lot of fun! See you out on the lakes next open water swimming season! If your dog likes to swim, there is even a place for him.



Introducing ...

ATLANTA BY STORM!

by Jeanna Summers

OREGON. Land of the first Death with Dignity legislation, the first bottle bill, and the first world-class athlete who engineered an assault on a competitor. Yes, we are a remarkable state. However, did you also know that we are home to only 1% of the country's populace and we have 2% of the country's registered masters' swimmers? And, our little 2% of the country's masters's swimmers hold over 7% of the country's national records, and 8% of the national Top Ten times! (statistics courtesy of Doug Brockbank) We are indeed a powerhouse in United States Masters' Swimming. And though we are a powerhouse, we have never won an 'away' National Meet. It's time to correct that!

The time has come to take a huge contingent of Master's Swimmer to Short Course Nationals in Atlanta, Georgia, May, 2010, make a huge splash, and WIN. And in order to do that, Oregon Masters needs YOU!

So, start thinking about what you will do. Think first about GOING TO ATLANTA! EVERY body can help, from the swimmer who fills in relays and spends the rest of the meet touring in Atlanta, to the major-point-getter who places in six events and anchors two relays. (and everything in between, which would include yours truly)

Secondly, help raise money. There'll be lots of opportunities. There will also be opportunities for competitors to receive financial assistance.

The third thing you can do doesn't cost you a penny, and will benefit you personally: make a mental contribution by working hard in practice, having a positive and energetic attitude, and throwing your moral support behind the effort. Success starts in the mind, and it's contagious!

For now, learn more by watching the USMS website, <http://www.usms.org/>. Click on Competition, Nationals, 2010 Short Course Yards Nationals. Information will be posted there as the meet gets closer. And keep swimming!

Full-Body Suits

Continued from page 14

Masters swimmers, depending on the size of their waistlines and hips, need more zippers and fasteners than your average ripped Olympic athlete, several swimmers noted. They need the devices merely to get in the super-snug suits without suffering an injury, and, in some cases, to hold the suits in place. "I have not yet seen a majority opinion [on any suit element] except for fasteners," Casey said. "We're thinking we need at least drawstrings, and we might need zippers." Added Rob Butcher, the executive director of USMS: "I'm closer today to 40 than I am to 30...As you get more aged, it becomes that more challenging to climb into one of these suits. [A zipper] allows one not to worry about dislocating your shoulder or hips when getting into a suit." Butcher speculated that masters swimming could

seek a compromise position that keeps long suits and zippers, but does away with high-tech impermeable materials and goes back to textiles. Once FINA's masters technical commission decides on a course of action, the issue would go to the USMS Board of Directors, which has to approve any rule changes in the United States. Butcher proposed that masters swimming adopt whatever textile materials the other governing bodies approve, while allowing fasteners and full arm and leg coverage. That would reduce confusion for manufacturers while giving masters swimmers a more extensive selection of suit options. "I think and would hope you would see masters make a positive argument that the suit definition be more generous than it is today," Butcher said. "We're not out there trying to break Michael Phelps's world records. Our mission is slightly different. We just want to get people in the water."

Masters Swimmers Are Split on Full-Body Suits

Older Athletes See Different Benefits

by Amy Shipley
Washington Post Staff Writer

In the last month, bans levied on high-tech, full-body swimsuits at virtually every level of swimming have put the suits on the verge of extinction. Yet many of the nearly 50,000 masters swimmers — non-elite adult swimmers — in the United States have no grudge with the suits and don't care to give them up just because they create an ethical dilemma when made available to 13-year-old age groupers. The masters population includes older folks who appreciate full-body coverage for reasons that have nothing to do with speed, and an assortment of hard-core, dead-serious middle-agers who love to go faster than they did five years ago (and who cares how?)

Though many masters swimmers have adopted the mainstream position that the suits provide an over-the-top technical advantage and need to be banned, others contend there is no moral dilemma at the masters level. They argue that adults with disposable incomes and no chance of depriving anyone of a slot on an Olympic team should be free to enhance their performance with the best technology available. The result: a U.S. governing body uncertain whether to fall in line with the rest of the swimming world in regulating the controversial suits. "We don't know what our position is," said Kathy Casey, the chair of the U.S. Masters Swimming Rules Committee. "We're working on it, and there's a wide range of opinions out there that run the full gamut. It's a very emotional issue. Some want to keep using all of those suits. Some say, 'Absolutely not.'"

Casey said the USMS Rules Committee will study the issue in the coming weeks with the goal of making a recommendation to FINA, the sport's world governing body, before its masters technical committee meets this fall to consider implementing new suit rules. In a recent correspondence, Casey said, FINA told USMS that its recent decision to ban all full-body, high-tech suits in January 2010, did not apply to masters. "Which leaves us between a rock and a hard place," Casey said. "I have no idea what recommendation our committee is going to make." Masters officials realize they have to give serious consideration to restricting the suits if for no other reason than manufacturers, anticipating a drop in demand, have

already been slashing production of their highest-tech models. "A line has to be drawn somewhere," said Jeff Roddin, the registrar for the Potomac Valley Masters, which oversees masters swimming in the Washington region. "People disagree about where the line has to be drawn."

Introduced just before the 2000 Summer Games, full-body suits appealed immediately to masters swimmers, who compete locally, nationally and internationally at meets divided by age group (for example: women's 25-29, men's 50-54, women's 85-89). The suits didn't truly inflame purists until suit makers began using rubberized materials in the beginning of 2008. That's also when times began dropping dramatically.

Because of the many age divisions, there are more than a thousand masters world records. Hundreds have fallen in the last two years, but masters record books have not been rewritten as dramatically as those at the collegiate or elite level. Some wearers of full-body suits at the masters level don't care whether they swim in old-fashioned lycra or high-tech polyurethane, they just want maximum coverage. For them, long-length suits offer more practical than performance benefits; they tuck away flab and paunches that youngsters don't have. They make older athletes sleeker, more attractive and comfortable than in traditional, itty-bitty suits.

"I'm 52 years old," said Traci Grilli, the USMS national office administrator. "You put this bathing suit on, it fits like a giant girdle, number one. Number two, it's faster in the water. I just did a personal best [at the U.S. Masters Championships in Indianapolis]. Masters swimmers are very competitive." With long suits, men don't have to shave their bodies for speed like they did in high school and college, a welcome benefit at any age. And for swimmers with skin cancer histories, full-body suits are safer for outdoor meets. Casey added that the above-the-knee suits that will be required by FINA, the NCAA, USA Swimming and high schools can be uncomfortably tight and not supportive enough for those who lack, for example, Australian star Stephanie Rice's legs. "Some of us with bad knees, the full leg [suit] gives you the feeling your knee is being held together," Casey, 60, said. The one issue that has really touched a nerve in the masters community: the issue of fasteners. As part of its ban, the world governing body, FINA, said it would prohibit zippers or fasteners.

Continued on page 13

Why Is COMA Hosting a Pentathlon/Brute Squad Meet in November?

by Bob Bruce,
COMA Head Coach & Meet Director

Since I submitted the COMA bid last spring to host a Pentathlon/Brute Squad meet on November 14, I have been deluged with questions about this meet. Why a pentathlon/brute squad format—isn't there already one of each on the OMS schedule? Why November—why didn't you choose earlier or later? Why short-course meters? What the h*** were you thinking!? These are all reasonable questions. Here are some answers.

1. A Pentathlon/Brute Squad Meet is a perfect fit for the season. Like many other swim teams, COMA works from an annual plan that spans from September through the following August. We have two goals for our early season. Our first goal is to bring the whole team into good aerobic shape, the basis on which good cardiovascular health is built and on which good racing ultimately depends. Our second goal is for all swimmers to learn or extensively review each of the four competitive strokes. What better test of both fitness and skills than a multi-stroke test ten weeks after Labor Day? And before the snow flies.
2. A Pentathlon/Brute Squad Meet provides Oregon swimmers another shot at a short-course meters meet during the four-month 'short-course meters season'. This is no small point, as we have had only two or three local meets during this time in the past few years, yet lots of interest in short-course meters top ten, records, and national & world rankings. We have a great pool in which to host this meet.
3. A Pentathlon/Brute Squad Meet provides an appropriate challenge for nearly everyone. We'll run 16 of the possible 18 individual events, plus a variety of relays, in our single day meet. To be sure, not all swimmers will be keen about the format, but there are lots of great opportunities even if you don't wish to participate in the Pentathlon/Brute squad madness. Take advantage of these opportunities!

4. A Pentathlon/Brute Squad Meet provides an opportunity to celebrate our fitness, skills, commitment, and joy about our special sport. This may be the most important function of meets! So we'll throw a meet and celebrate. And leaving no celebratory stone unturned, we'll also throw a party after the meet! Boston Pizza is sponsoring the event and will host a post-meet social. Each swimmer who completes a pentathlon or brute squad series—legally or not!—will receive a special glass commemorating the meet and including a token for a free beverage of choice at this party. Pizza, beverage, and friends...what's not to like?

There are a few items about which you might note:

1. The 2010 USMS membership year really starts on November 1, 2009. If you are not a 2009 USMS/OMS member, you're still in luck! Just submit a 2010 USMS/OMS membership application with your entry, and you'll be good to go.
2. Unless we have a huge turnout for the Brute Squad events, we plan to hold only one heat of the 1500-meter freestyle, seeded and swum two-to-a-lane. You will get an automatic place in this event by entering the Brute Squad series; the remaining slots for those not entered in the Brute Squad series will be determined by the date on which your entry is received, first come first served. Remember that this event will be hand-timed, so by USMS Rules there can be no official splits to count for records or top ten.
3. Alas, the USMS Rule limit of five individual events per day precludes the famous COMA "Super Brute" option—the long pentathlon plus the 1500-meter freestyle. To all of you masochists out there, sorry!
4. However, if you do have a masochistic streak, I do have another option for you. We will move the JSFC bulkhead on Saturday evening and short course yards, and COMA will host a 3000 & 6000-yard postal swim opportunity on Sunday, November 15 (the last day to swim the national postal event). If you would like to reserve a spot for your swim, e-mail me at coachbob@bendbroadband.com. Stay tuned for details.

See you in Bend for the Pentathlon/Brute Squad Meet! Celebrate!

Swimmer Completes All-fly 10K

by Bob Gosman

Evanston resident Dan Projansky has completed five Ironman Triathlons and 75 regular triathlons.

Yet all of that was a warmup to what he did Aug. 1 at the 10K Coastal Crawl in Harbor Springs, Mich. On a day when the water was choppy enough that several competitors dropped out, Projansky, 51, successfully navigated his way through the water.

And unlike the rest of the field, he did it by swimming the butterfly the entire way.

"I would say the 10K butterfly was my ultimate athletic achievement," said Projansky, 51. "Even in an Ironman you can stop for lunch and to talk to people. In swimming, it's just you. It's a gut-check in the lake."

Four hours and 18 minutes after he started, when Projansky finally stepped out of Traverse Bay, he was overcome with emotion. He flashed back to all the days he set the alarm clock for 3:50 a.m. to get in long, all-butterfly swims before work.

"I got a standing ovation from the volunteers and spectators; all the kayakers surrounded me in a circle," he said. "It was pretty motivational and overwhelmed me on a personal level."

This was the sixth time Projansky had completed an open-water race by swimming butterfly the entire way. The 10K distance was 3.1 miles (5K) longer than his previous butterfly forays. The butterfly is swimming's most demanding stroke.

Projansky, 5-foot-6, 160 pounds, said there was no chance he would swim even part of the race with the freestyle.

"If I stopped doing the butterfly I was going to get in a boat and call it a day," said the former Skokie resident and graduate of Niles East.

His unique accomplishment earned him rave reviews in local swimming circles.

"It's pretty inspirational," said Brian Cunningham, a sports medicine physical therapist and avid swimmer. "To be able to do that stroke in rough, 62-degree water is phenomenal. Most people who swim refuse to do more than 400 meters straight butterfly. I would easily equate it to doing a marathon."

Added Phil Dodson, a Wilmette resident: "He deserved the ovation he got. It's an



Dan Projansky rounds a marker at the 10K Coastal Crawl in Harbor Springs, Mich.

accomplishment very few people would even think about doing."

Neil Borg, a River Forest resident and childhood friend of Projansky, will run his 10th marathon this summer. He said his friend makes him look like a slacker.

"I've done nothing compared to what he's doing," Borg said. "It's inspirational."

In the late 1990s and early part of this decade, Projansky was becoming frustrated with his declining freestyle times.

"I'm a competitive person and I'm very hard on myself," he said. "Why do all this swimming and be upset about it? At one point in my mid 40s, I had to reinvent myself."

While swimming the 5K Big Shoulders event in Chicago, Projansky noticed someone swimming all-butterfly. Projansky decided to try that as well. Only he would raise the bar even farther by refusing to wear a Wetsuit. Instead, he would swim in only a Speedo.

He made his maiden butterfly voyage in 2004 and was immediately hooked and intrigued by the challenge.

"I've worked single-mindedly in training to target the (correct) muscles," he said. "My endurance base from the triathlons helps me and I have a strong upper body. My arms are flexible and I can stretch out and be taller in the water. All those things help me."

Projansky is having so much fun with the all-butterfly that he sees no reason to stop.

He is quite content to be known as the butterfly man.

"I don't know what drives me to do it," he said. "I've developed a smooth rhythm and it (actually) relaxes me. When you're in the open water, you can see the fish, the plants and the sun come up. There's nothing like it."

EEL LAKE SWIM



The 2009 U.S. Masters Long Course National Championship Wrap-Up

by Ashley Gangloff

This year will go down as the year of the technical suit. FINA spent countless hours deciding on the fate of the technical suit, Rowdy Gaines commentated on elite athletes' choice of suit in Rome, and Michael Phelps continued to win wearing the "old" suit. Though the rest seemed to be obsessed with new technologies, Masters swimming (though there was definitely some "suit talk") continued to do what it does best: encourage all athletes of all ages and abilities to enjoy their time in the water and improve themselves (for some of us this means a faster time on the scoreboard, a higher place on the podium, a lower number on the scale or merely the sensation of "feeling good" as you crawl out of the pool).

The 2009 U.S. Masters Swimming Long Course National Championship held August 6 through August 10 at the famous IUPUI Natatorium in Indianapolis, Ind., was a big success. Records fell, stories were told, sponsors were active, volunteers were hard-working, encouraging and cheerful, coaches were proud and swimmers were successful while having fun.

Participation is the name of the game when it comes to U.S. Masters Swimming events and the 2009 U.S. Masters Swimming National Championship was no different. With almost 1,200 participants, the pool deck was hopping with excitement and buzzing as old friends and

new chatted about life, family, training and, of course, competition. "Did you see that race? It was amazing!" and "She swam so well, did you know that she is just now getting back after her illness," and "Wasn't that relay fun?! I've never swum on a relay before." Each of the 1,145 participants had a unique background, a different story to tell and was motivated by his or her own reasons, but each of the 1,145 participants came together under one roof, in one pool. Swimming is fun and feels good. Competition, though sometimes scary, serves as a fantastic form of measurement of improvement or just as a great way to cap off summer with friends and teammates. Whether a participant swam to break a record or swam to challenge herself in a new stroke, all of the participants in the 2009 U.S. Masters Swimming Long Course National Championship deserve a high-five for their accomplishments. So, from U.S. Masters Swimming, "Congratulations on your swims. We're proud of you!"

Participation By the Numbers:

- * 1145 (total participants)
- * 680 (male participants)
- * 465 (female participants)
- * 37 (different states represented)
- * 7 (different countries represented: USA, Russia, Costa Rica, Puerto Rico, Venezuela, Canada and Dominican Republic)

Competition, as always, was hot at the 2009 U.S. Masters Swimming Long Course National Championship. Records fell left and right, and sometimes more than once in a single heat. 116 national individual and relay records and 55 world records were broken during the five-day event.

Club Development Forum — Saturday, October 10th

Over the past year US Masters Swimming has invested many of its resources toward membership growth through Club Development. The emphasis on membership in US Masters Swimming is an investment in our members' healthy lifestyles and for them having the courage to maintain it on an ongoing basis. Club Development and Coaches education is the key to US Masters Swimming membership growth. Mel Goldstein, the US Masters Swimming Club Development and Coaches Services Coordinator, is assisting US Masters Swimming in developing an educational program for Clubs and LMSCs, based on successful programs throughout US Masters Swimming.

We have invited Mel to visit the Oregon LMSC at our annual retreat on Saturday, October 10th to discuss membership, marketing, developing leadership, and other best practices. This discussion will be an open forum with questions and answers. The OMS Board encourages Masters coaches, team representatives, and other interested parties to attend.

The retreat is scheduled from 9 am to 2 pm on Saturday, October 10th with Mel's presentation to start at 10:30 am. The meeting will be held at: Rivermark Community Credit Union, 8505 SW Creekside Place, Beaverton, OR 97008. For more information, contact Doug Christensen at (c) 503-754-2747.

SWIM INTO FALL SHORT COURSE METER MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #379-10

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

Unregistered swimmers must submit a 2009 registration form and fee with this form.

Hosted by: Lincoln City Community Center
2150 NE Oar Place
Lincoln City, OR 97367

DATE: Sunday, October 11, 2009

5 lanes competition- timing for all races will be 3 button timing
1 Lane for warm-up/down area

WARM-UPS: 8AM • MEET STARTS: 9AM

Meet director: Jason Garding • 541-921-1790 • jason@lincolncity.org

Directions to the pool: From Portland/Salem area, drive west on Hwy 18 to Hwy 101. Go South on Hwy 101, driving 3.1 miles into Lincoln City and turn left on NE 22nd Street. Turn right on NE Oar Place. The pool is at 2150 NE Oar Place.

From the south, drive north on Hwy 101 into Lincoln City and turn right on NE 21st Street. Turn left on NE Oar Place. The pool is at 2150 NE Oar Place.

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

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY SEPTEMBER 18, 2009

FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

NAME _____
 ADDRESS _____
 CITY _____
 STATE _____ ZIP _____
 PHONE _____
 E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
 2009 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). ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Sunday, Oct 11, 2009

- 100 IM (1) _____ : _____ . _____
- 50 BACK (2) _____ : _____ . _____
- 200 BREAST (3) _____ : _____ . _____
- 100 FREE (4) _____ : _____ . _____
- ***break***

MIXED FREE RELAYS (5-7)

- 50 BREAST (8) _____ : _____ . _____
- 200 BACK (9) _____ : _____ . _____
- 100 FLY (10) _____ : _____ . _____
- ***break***

MEDLEY RELAYS (11-14)

- 50 FREE (15) _____ : _____ . _____
- 200 FLY (16) _____ : _____ . _____
- 100 BACK (17) _____ : _____ . _____
- ***break***

FREE RELAYS (18-23)

- 50 FLY (24) _____ : _____ . _____
- 200 FREE (25) _____ : _____ . _____
- 100 BREAST (26) _____ : _____ . _____
- 200 IM (27) _____ : _____ . _____
- ***break***

MIXED MEDLEY RELAYS (28-29)

"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.
SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072**

Short Course Meters Pentathlon

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #379-09
 Eligibility: Currently registered USMS swimmers, 18 years and older.
 Unregistered swimmers must submit a 2010 registration form and fee with this form.

Hosted by: Central Oregon Masters Aquatics (COMA)
 Juniper Swim & Fitness Center
 800 NE 6th St., Bend, OR

25 meters
 6-8 lanes competition-Colorado electronic timing system
 At least 4 lanes of continuous warm-up/down

DATE: Saturday, November 14, 2009

WARM-UPS: NOON
MEET STARTS: 1PM

Meet director: Bob Bruce • Phone: 541-317-4851 • E-mail: coachbob@bendbroadband.com
 Directions to the pool: From North or South, take Business Highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool. Park in the North Lot or adjacent streets.
ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2010 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY, OCTOBER 30, 2009

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 12-31-09) _____ SEX _____
 2009 USMS # _____
 USMS CLUB (OREG, PNA, ETC) _____
 IS THIS YOUR FIRST MASTERS MEET? YES NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. RELAY AGE GROUPS: 72-99, 100-119, 120-159, ETC. **YOU MAY ENTER 5 INDIVIDUAL EVENTS AND ONE (1) RELAY (SAME SEX OR MIXED) PER RELAY EVENT.** ENTER RELAYS AT THE MEET. THE 400M AND 800M RELAYS WILL BE SEEDDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. **ENTRY DEADLINE FOR RELAYS IS BEFORE THE 1500 FREE. CHECK IN DEADLINE FOR THE 1500 FREE IS BEFORE THE 400 IM.** ALL EVENTS WILL BE SEEDDED SLOW TO FAST.

*Regular OMS ribbons for places 1-3. Special ribbons for places 1-3 for Pentathlon and Brute Divisions, based on cumulative time. Short pentathlon events include 50 fly, 50 back, 50 breast, 50 free & 100 IM (marked * below). Medium Pentathlon events include 100's of each stroke & 200 IM (marked ** below). Long Pentathlon events include 200's of each stroke & 400 IM (marked *** below) Brute Squad events are 200 fly, 400 IM, 1500 free (marked # below). The 1500 will be limited to one (1) heat unless there are more than 16 Brute Squad entrants. First priority goes to Brute Squad entrants. Second priority is based on date of entry mailing.*

Saturday, November 14, 2009

- 200 FLY***# (1) _____ : _____ . _____
- 100 FLY** (2) _____ : _____ . _____
- 50 FLY* (3) _____ : _____ . _____
- 200 BACK*** (4) _____ : _____ . _____
- 100 BACK** (5) _____ : _____ . _____
- 50 BACK* (6) _____ : _____ . _____
- 200 BREAST*** (7) _____ : _____ . _____
- 100 BREAST** (8) _____ : _____ . _____
- 50 BREAST* (9) _____ : _____ . _____
- 200 FREE*** (10) _____ : _____ . _____
- 100 FREE** (11) _____ : _____ . _____
- 50 FREE* (12) _____ : _____ . _____

- 400 IM***# (13) _____ : _____ . _____
- 200 IM** (14) _____ : _____ . _____
- 100 IM* (15) _____ : _____ . _____
- 1500 FREE# (16) _____ : _____ . _____

(Two swimmers per lane, hand timed)

- 200 MEDLEY RELAY (17, 18, 19)
- 400 MEDLEY RELAY (20, 21, 22)
- 200 FREE RELAY (23, 24, 25)
- 400 FREE RELAY (26, 27, 28)
- 800 FREE RELAY (29, 30, 31)

"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



2009 United States Masters Swimming
3000- & 6000-Yard Postal National Championships
Hosted by Clemson Aquatic Team
Sanctioned by South Carolina LMSC for USMS, Inc. #559-004



DATE: The 3000-Yard Postal and/or the 6000-Yard Postal must be swum in its entirety on or between September 15 and November 15, 2009. **All individual entries must be received by November 25, 2009.** (See Records below.) **All relay entries must be received by December 5, 2009.**

OBJECTIVE: To swim 3000 yards and/or 6000 yards in its entirety in any 25-yard pool you choose. Event results are sent in electronically or by mail so you can compare yourself to other swimmers doing the same event. Some people do the 3000-yard Postal and/or the 6000-yard Postal event for competition, while others do it for fitness; all who wish to participate are welcome. The recorded time you submit determines the order of finish. If two or more swimmers report the same time, a tie will be declared.

LOCATION: You may swim the 3000-yard Postal and/or the 6000-yard Postal in any 25-yard pool, no exceptions.

ELIGIBILITY: This is a USMS-sanctioned event and all participants must be registered for 2009 with USMS (or the equivalent organization for non-U.S. swimmers). Foreign swimmers are not eligible for USMS records or All-American status. **A copy of your current 2009 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 or 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, once 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 USMS 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 (\$14.00 for non-US swimmers) and \$18.00 for each relay entry. 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 10 finishers in each age group in the individual event and the top 3 relay teams 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 per participant will be awarded.

RULES: The 2009 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. If a lane is shared, each swimmer must stay on his or her 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 and record cumulative splits every 50 yards. The timing of the event may be done with a stopwatch or electronic timing device. Cumulative split times must be recorded to the nearest second (final times for national records to the nearest 100th). A split sheet must be kept for each swimmer and a copy included with the entry form. 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.

RECORDS: If you break a national age group record and would like the time to be included in the next year's USMS Rule Book, your entry must be received no later than October 26. Indicate on the envelope that the entry is a potential USMS record.

SPLIT SHEETS: Please use the official split sheet for this event: www.usms.org/longdist/1hr_3000_6000_splits.pdf

T-SHIRTS/CAPS: The 2009 USMS 3000/6000 yards T-shirt with the LOGO design as seen above on the left is available for \$17. International orders cost \$22 per shirt.

RESULTS: Complete results will be available by mail or via the internet. Preliminary results will be posted on the USMS website at www.usms.org by 12/26/09 for two weeks. All corrections must be sent to the event director during those two weeks. Final results will be posted approximately one week later.

RELAY ENTRY FORMS: Please visit www.usms.org/longdist/ldnats09/3000_6000entry_relay.pdf or ClemsonAquaticTeam.org to download forms or send a SASE to: CAT, PO Box 411, Clemson SC 29633-0411.

QUESTIONS: Contact event director: Jacque Grossman at 864-646-8836 (11-5 EST) or email to jelg@innova.net.

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

2009 USMS 3000-YARD & 6000-YARD POSTAL SWIM NATIONAL CHAMPIONSHIPS INDIVIDUAL ENTRY FORM

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

ADDRESS: _____ PHONE: _____ - _____ - _____

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

CLUB: _____ CLUB ABBR: _____ REGISTRATION NUMBER: _____ - _____
2009 USMS or FINA

E-Mail Address: _____

Check if you want to decline any awards you may earn. _____ Preliminary Results posted at www.usms.org by 1/5/2010

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 ____/____, 2009,

I swam ____3000 yards ____6000 yards 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 per event
 US\$14, FINA Masters per event = US \$ _____

T-Shirts: Indicate Quantity Ordered
 Small ____ Medium ____ Large ____ X-Large ____ XX-Large ____

US\$17 each USMS _____
 US \$22 each, international FINA Masters _____ = US \$ _____

TOTAL Enclosed US \$ _____

Include: Copy of 2009 **USMS or FINA REGISTRATION CARD**. Entry form and split sheet
Check Payable to: CAT

Send to: CAT or Clemson Aquatic Team
 PO Box 411
 Clemson SC 29633-0411

Must be RECEIVED by November 25, 2009.

FOR OFFICIAL SPLIT SHEET SEE:
http://www.usms.org/longdist/1hr_3000_6000_splits.pdf

Swimmer's Name:				Location:				Date:			
Age:		Gender:		USMS #		Event:		Timer:			
Cumulative				Cumulative				Cumulative			
Lap	Yards	50 Split	Time	Lap	Yards	50 Split	Time	Lap	Yards	50 Split	Time
2	50			82	2050			162	4050		
4	100			84	2100			164	4100		
6	150			86	2150			166	4150		
8	200			88	2200			168	4200		
10	250			90	2250			170	4250		
12	300			92	2300			172	4300		
14	350			94	2350			174	4350		
16	400			96	2400			176	4400		
18	450			98	2450			178	4450		
20	500			100	2500			180	4500		
22	550			102	2550			182	4550		
24	600			104	2600			184	4600		
26	650			106	2650			186	4650		
28	700			108	2700			188	4700		
30	750			110	2750			190	4750		
32	800			112	2800			192	4800		
34	850			114	2850			194	4850		
36	900			116	2900			196	4900		
38	950			118	2950			198	4950		
40	1000			120	3000			200	5000		
42	1050			122	3050			202	5050		
44	1100			124	3100			204	5100		
46	1150			126	3150			206	5150		
48	1200			128	3200			208	5200		
50	1250			130	3250			210	5250		
52	1300			132	3300			212	5300		
54	1350			134	3350			214	5350		
56	1400			136	3400			216	5400		
58	1450			138	3450			218	5450		
60	1500			140	3500			220	5500		
62	1550			142	3550			222	5550		
64	1600			144	3600			224	5600		
66	1650			146	3650			226	5650		
68	1700			148	3700			228	5700		
70	1750			150	3750			230	5750		
72	1800			152	3800			232	5800		
74	1850			154	3850			234	5850		
76	1900			156	3900			236	5900		
78	1950			158	3950			238	5950		
80	2000			160	4000			240	6000		

Aqua Master

October 2009

Oregon Masters Swimming, Inc.
31701 SE Currin Road
Estacada, OR 97023-9737

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

Results: Dorena Lake, Eel Lake, Open Water Team Champions &
Oregon Open Water Series Champions

2009



<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Entry Deadline</u>	<u>Contact</u>
Pool Meets				
*Oct 11	SCM Swim Into Fall	Lincoln City	9/18	Jason Garding, jason@lincolncity.org
*Nov. 14	SCM Pentathlon	Bend	10/30	Bob Bruce, coachbob@bendbroadband.com
Postal Championships 2009				
*Sept.15-Nov.15	3000 / 6000			USMS.org
•ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER				

Board Meetings

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

Meeting Dates:

Oct 9-10 Board Meeting & Retreat

Rivermark Community Credit Union, 8505 SW Creekside Place, Beaverton, OR
Contact Doug Christensen: cell 503-754-2747

KEEP SWIMMING!