



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

Volume 36, Number 5

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June/July 2009

“Swimming for Life”

Now Is The Time For All Good Swimmers To Come To The Aid Of OMS

Imagine this scenario at the start of 2010:

1. You go to Register for OMS and USMS for the upcoming year but you face these problems:

A. There is no Aqua Master Editor so there is no Aqua Master with a 2010 Registration Form.

B. So you go to the OMS Website to download a 2010 Registration Form, however, since there is no Webmaster there is no updated 2010 Form to download.

C. You know the answer - you will go to the USMS Website and Register there. Good idea, however, you will never get your new 2010 USMS Registration Card since there is no Registrar to send the card to you. Then how will you send in a copy of this card (that you do not have) when you submit your entry form for a meet.

D. Speaking of Entry Forms - where will you get an Entry Form? There is no Aqua Master where you can get an Entry Form. There is no Webmaster so there will be no Entries posted on line.

E. Let's hope these three positions get filled so you can register and enter meets. You enter the meet and have a great swim and there is a good chance it will be top ten. You are excited! Sorry, no Top Ten Data Person, so your time is not submitted and you are not recognized as a Top Ten Swimmer (Bummer - What a Disappointment).

This is rather bleak picture facing OMS unless some of you Swimmers step up and volunteer to be Webmaster, Registrar, Aqua Master Editor and Top Ten. Without people to fill these positions the future of OMS and Masters Swimming in Oregon is very dismal. Contact a Board Member (phone numbers and emails for all Board Members are listed on page 2 of this Aqua Master) if you are willing to help or to find out more information about the position.

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Correction on Gil Young / Zone Meet Entry

The Entry for the Gil Young Memorial / NW Zone Meet which was published in the last Aqua Master and posted online had a mistake. It stated that you could only enter FIVE events. That is not correct.

You may enter SIX (6) events during the meet but you are limited to a maximum of Five (5) events on any one day.

If you have already submitted your entry you need to do one of two things:

1. Resubmit a corrected entry with the 6th event
2. Contact Gary Whitman, the Data Manager and give him the event number, event name and your time for the sixth event you would like to enter.

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Earl Walter - Historian**

Chair's Corner by Jody Welborn

Jody was not available for the Chair's Corner this issue. As a Doctor, Jody is very concerned about all health related issues that effect swimmers. We are using Ralph Mohr's Swim Bits Column on the potential harm of too much sun during our summer months.

Swim Bits by Ralph Mohr

Sun Screen

It is not too early to warn swimmers to use sun screen, but according to my dermatologist, not any sun screen will do. Everyone looks for a lotion or spray that is SPF 30 or higher. What is as important, however, is what is in the container.

If you are using a sun screen that does not have either titanium dioxide or zinc oxide, then you are not getting maximum protection. Look at the back of the container. Sun screens usually have what I call "The Four Os, A and H," the chemicals Octinoxate, Oxybenzone, Octisalate, Octocrylene, Homosalate, and Avobenzone.

The problem is that none of these is a physical sun block. You have to use zinc oxide or titanium dioxide for that. Don't depend on just chemicals to protect you.

I speak with some experience on this as every six months I see my dermatologist, and because I have spent most of my life at an outdoor pool, she takes some skin off along with the pre-cancerous spots, called clinically actinic keratosis lesions.

She sprays liquid nitrogen on the spot; it makes a blister; and in a few days the dead skin sloughs off. No big deal. In six months, I repeat the process.

I've been lucky so far. I use sun screen with zinc oxide even in winter at 5 PM when I swim. I go in for regular check-ups. I swim in shade as much as I can. I don't swim at noon in the sun.

You can do the same. Protect yourself this year from the sun.

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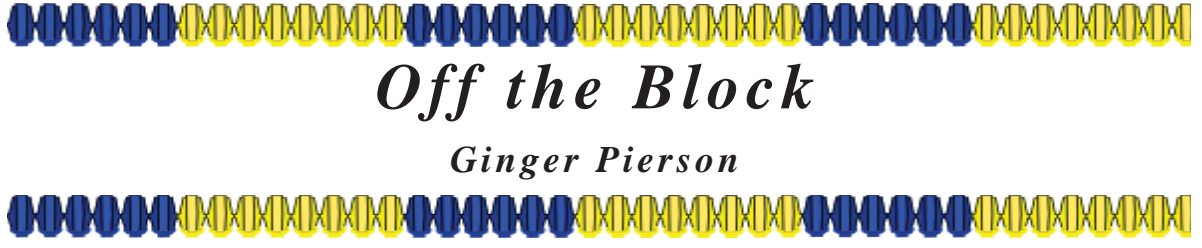
Sandi Rousseau

Pam Snider

Mike Tennant

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Off the Block

Ginger Pierson

Ginger Pierson, former Awards Chair for OMS, takes the dive off the block this month and recognizes our Award winners.

OMS MEMBERS RECEIVE AWARDS

The Association Meet was not just a swim meet, but also a banquet at McMenasins provided the opportunity to present many awards for which the OMS community voted. Absent from the banquet, Robbert Van Anandel was just as excited the next day to carry away the Connie Wilson Award for his long-time service as web master. Bob Bruce took home the Ol' Barn Award for consistent annual service for his leadership, coaching, and as the coaches rep. 2008 was an unusual year for Special Service - there were three winners in completely different categories: Brandon Drawz/Dennis Baker for their dedicated time-consuming commitment to putting on the LCM nationals; Rachel Skoss for her long-time fitness articles in the Aqua Master; and Mike/Lynne Pendleton for sacrifices they've made to assist others in foreign countries.

Peter Metzger took home the newly named Gil Young Spirit Award, and Val Jenkins received the Hazel Bressie Spirit Award.

Earning awards were presented for Outstanding Swimmers: 50 and over – Tom Landis/ Colette Crabbe; and 49 and under – Chip Polito/Arlene Delmage. The Art Welch Most Splashes Award went to Tim Waud (37) and Ginger Pierson (46). Many Oregon swimmers not only provided service in various ways but they also proved to be FAST. Numerous awards were handed out for being among the fastest in the United States in relays and individual events.

Service and swimming is what Oregon swimmers do. Be proud that you are a part of the great organization!

OREGON MASTERS SWIMMING ANNUAL AWARDS

Connie Wilson Memorial Award

Robbert Van Anandel

Ol' Barnacle Award

Bob Bruce

Hazel Bressie Spirit Award

Val Jenkins

Gil Young Spirit Award

Peter Metzger

OMS Special Service Award

Dennis Baker / Brandon Drawz

Rachel Skoss

Mike and Lynne Pendleton

Outstanding Swimmer 50 and over Female

Colette Crabbe

Outstanding Swimmer 50 and over Male

Tom Landis

Outstanding Swimmer 49 and under Female

Arlene Delmage

Outstanding Swimmer 49 and under Male

Chip Polito

Art Welch "Most Splashes" Award

1) Tim Waud 37

1) Ginger Pierson 46

2) David Hathaway 33

3) Willard Lamb

Team Spirit Award

Oregon Reign Masters

CORE REALIZATION, CORE STABILIZATION

by
**Helen
Thurlow**



How many times have you heard your coach or your fitness instructor say, “Engage your core” and you blink a couple of times and say to yourself I am engaging my core. If you thought the core was only the abdominal muscles, I have a surprise for you; it’s also your back, shoulder and chest muscles as well. All these muscles bring stabilization to you spine, which allows for good posture that your mom would be proud of. It also allows you to propel forward and faster. And in swimming, is it not what we all want?

Forgot your arms and legs. You heard me correctly. Forgot the focus on the arms and legs. Some personal trainers love throwing either huge weights or huge reps or both and have their clients solely work on their biceps and quads because these muscles look aesthetically pleasing to the eye. Sure you look great, go ahead and bulk up, but can you swim the length of the pool without stopping. Yeah, I didn’t think so.

Don’t get me wrong, the arms and legs are important, they just play a supporting role. And the Oscar goes to the core muscles! These babies are king. Without them, were stuck swimming elementary backstroke at our next event and it won’t look pretty.

We take our bodies for granted, but having a weak core allows for a weak and painful life. Even before we jump into the water, we move and contort our bodies to do daily errands from hauling groceries to the car, bending over cleaning the “accidental spill” the kids or husband did, to simply sitting at our desk or driving the car.

So how do you strengthen these fine muscles? I’m glad you ask. To get started stand in front of a full-length mirror. If you don’t have a full-length mirror ask a friend to take a gander at you. Turn to you side and look at your posture. Pretend there is a string attached to the base of your spine and it draws up all the way to the top of your head. Now pretend that someone is pulling upward on that string and notice how you just got taller. Next, round the shoulders back, draw the shoulder blades down. Now you are ready to pull the navel into the spine and notice as you do that the buttocks are drawn into the spine as well. Now, I don’t want to be the little sticker on the hairdryer that says don’t use the dryer while in the bathtub, but I hope you remembered to breathe during this exercise as suppose to holding it in and simply sucking in your gut.

What did you think? If you are not use to this it’s hard and

you feel sore because you are utilizing the muscles you didn’t think you had. This is the first exercise to get your core activated and should be done on a daily basis until it becomes a natural habit.

These next few exercises should be included in your dryland repertoire. And the beauty of this simple yet functional workouts are you could do them anywhere with or without equipment.

Push-ups: Begin on all fours, gently lift up the knees to straighten the legs. Hands should be directly below the shoulders. Try not to hunch your shoulders to your ears. Relax and draw them down. Hands alive! Hips up! Inhale! Remember this is not a shoulder exercise; keep them soft as you squeeze the core into your spine as you lower your body down. Exhale as you lift the entire body to neutral position. Try not to droop the hips and buttocks. Try to think the string is still attached to you as you keep it straight.

Plank: Same body alignment as the push up, with exception of you are not lowering your body. This is harder than the pushup. Try to relax the shoulders and neck muscles because these tend to tense up while in this position. Also, again try not to droop those hips. Keep the body in perfect alignment. The focus on this is breathing; inhale for 5, exhale for 5. Try to hold this position for 10 seconds and eventually work your way up to 1 minute +.

V-Sits: If you are familiar with Pilates, than V-Sits are fun! First sit down on your sit bones. I tell my class to spread their cheeks and they find them. Pretend that string is still attached and align your upper torso to a 45-degree angle (i.e. Slowly lower your upper torso back a little). Now squeeze the legs together as if they were one and lift them off the floor again to a 45-degree angle. Arms are straight down to your side or they can be straight across facing the legs. From the side you look like a V or if you just jumped off the diving board this is your basic pike position. Like the plank work your way up to 1 minute +.

Russian Twists: Same body alignment as the V-Sit, but with a twist (ha ha). This time you’re holding either a medicine ball, dumb-bell or a milk jug filled with water. You keep the legs tight as they do not move with this exercise (for modification you could also bend the legs at the knee). Arms are straight as you rotate your torso back and forth. Your head and neck stay stationary, only the torso is moving. This does not need to be a major twist; you will feel the lower core working as your upper core is screaming, oops, I mean working hard. Try not to tense up the neck and face. Relax them. To advanced this twist you could also sit on a weight bench or a stack of phone books. You do not need to go fast, take your time. This is one of my favorite exercises and I could go 100 + on this, but start off slow and work yourself up.

Continued on page 5

Shake and Swim with “Bake”

One Tap Will Do

Coach Dennis Baker



swimgraphics.com

When I was visiting Arizona a couple of years ago I saw a swimmer doing a very interesting drill. I asked the coach what was the drill and he said it's called the three-tap-free drill. It consisted of swimming freestyle and tapping your hip, armpit, and head in that order. You do this with your finger tips pointing down towards the water and use your thumb to tap. I tried the drill and had some of my swimmers try it. The purpose of the drill was to create proper body alignment and narrow your stroke while using your core. It was a pretty difficult drill and one must kick hard to do it correctly. I found it not very useful in my teaching endeavors and decided to modify the drill and it has proven to be one of the best drills I have ever used. Let's go through the ONE-TAP-FREE drill and I will give you some fine points to remember.

Description: One-Tap-Free drill. Swimming freestyle, tap the side of the head with your thumb on each stroke while using your normal breathing pattern. Keep your finger tips down and thumb out. Enter hands straight down into the water, by the head, after the tap.

Why do this drill? As in the three tap drill it narrows your stroke and creates good body position. Also, it teaches you to enter the water properly and extend your arm under the water instead of over the water making your stroke more powerful. It also helps your arm travel above the water in the correct air space.

Added benefits: I discovered a great technique trick using this drill! When tapping the head use it as a signal to start

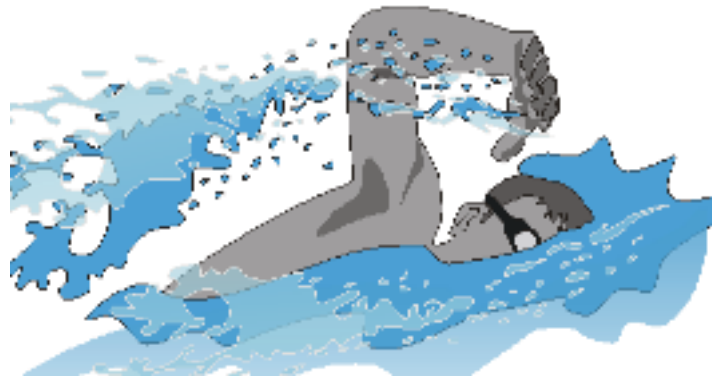
Lunges: To begin simply have the body in a gorgeous posture stance, take either left or right leg and lunge forward, keeping the body straight up and down while the foot is planted. The leg should be in a 90-degree angle. Bring the leg back to standing position and switch legs. You could totally be creative with this one: 15 right, 15 left, alternate legs, use small weights and do lateral raises, or biceps curls, walking lunges. Whatever, the most important aspect of this exercise is to **NOT TRACK THE KNEE OVER THE ANKLE**. I can not stress this enough. I don't want to scare anyone, but the knee is not that stable and you want to protect that baby at all times.

Squats: This is also one of my favorite exercises and one time when I was teaching a 60 minute aerobic and strength training class I must of spent 30 minutes on various squat

your pull down with the opposite hand that is out in front of your body. This will ensure that you are keeping your hands in the front quadrant at all times.

Lastly, try to get your face back down in the water, after taking your breath, before you tap your head with the thumb. This will teach you to get your face back in the water in a timely fashion thus driving your freestyle forward all of the time.

Give this a try and you will be well on your way to a more efficient freestyle and as always email me at bakeswim@yahoo.com if you have any questions on the drill.



“Swimming freestyle, tap the side of the head with your thumb on each stroke while using your normal breathing pattern. Keep your finger tips down and thumb out”.

Editor's Note: Fingers should be pointing down more and thumb should actually be touching the head.

exercises. Talk about burn! J But if you are just starting out simply allow that string to make you tall. Have the feet hip distance apart and arms are to your side. Now allow yourself to take a seat on an imaginary chair, arms are lifted forward and remember to check your knee to ankle position. I tell people to “jut” their butt out to prevent tracking of the knee. Inhale, exhale and stand back up. For an advance squat, allow for the feet to go wider than hip distance (AKA: sumo squat).

There are a slew of exercises for the core, these are just some of the basics and a few fun ones that I really enjoy doing. You may not at first, but if you remember that our power comes from our center and never from our arms and legs alone, you may soon begin to love them as well.

Long Distance Swimming



**Bob
Bruce**



Oregon Masters Swimming had another fine performance in the 2009 USMS One-Hour Postal Championships, held in January in your local pool. We improved our high level of participation and again finished third in the Extra-Large Club scoring category. The One-Hour Swim is the largest annual USMS participation event (substantially larger even than the National Championship pool meets) with more than 2500 swimmers entering this year, which magnifies our achievement.

Oregon Participation summary:

- 156 Oregon Swimmers entered the event, up substantially from 114 in 2008.
- 91 women & 65 men swam and entered. Guys, the gals carried the load this year for the third straight year!
- 14 Oregon local teams were represented, up from 10 last year. Well done, teams! Although these teams represent the large majority of OMS membership, where were the other teams?

Congratulations to...

- Our TWO individual National Champions (USMS Long Distance All-Americans)—Tom Landis and Dave Radcliff;
- Our individual runners-up—Charles Bushey;
- Our TWO third place individuals— Mary Sweat and Steve Johnson;
- Our TWO relay team National Champions (USMS Long Distance Relay All-Americans);
- Our SIX relay team runners-up;
- Our TWO Oregon Individual Record breakers—Steve

Johnson and Dave Radcliff;

- Our FIVE relay teams that smashed Oregon One-Hour Relay Records;
- Our TWO swimmers, Jayna Tomac (4720 yards) and Dave Cloninger (5045 yards), who topped the Oregon women's and men's categories respectively;
- Our 47 swimmers whose performances qualified or moved them up on the Oregon All-Time Top Twelve list for the One-Hour Swim—making this list becoming a stiff challenge;
- Our Oregon Club, who placed THIRD in the Extra-Large Club category for the second year in a row.
- Everyone who participated!

On one hand, I was very pleased with the overall turnout and results this year. This was our best team performance ever in the One-Hour Swim! And there's a bonus—156 Oregon swimmers have completed the first of the three legs of the new Oregon Postal Participation Award. These swimmers just have to swim & enter both the 5-km & the 3000-yard postal later this year to snag this award. Of course, the truly compulsive swimmers (I speak for myself too) will complete all four remaining postal swims this year to earn the national participation award.

On the other hand, these results are FAR below our potential as an Oregon Club team. First, we missed a large percentage of Oregon's finest distance swimmers, both women and men. Where were they in January when we needed them doing the distance thing? Second, I know of 34 swimmers who swam the Hour yet failed to enter the national event. Now I love the aesthetic of swimming the Hour for its own sake, yet I'd also love to see everyone who did the swim pitch in for the larger team effort by entering the event. If we ever wish to move up in the national team standings, we can't afford to leave all of those uncounted swims on the table! And finally, a few swimmers who reported their results to me failed to enter, and we had a relay (which OMS paid for) tossed out due to this failure. Gathering the results and forming Oregon relays is always challenging, but having swimmers fail to follow through is just plain frustrating.

Look for the full Oregon results in this Aqua Master. Well done!

Good luck and good swimming!

Results - One Hour Postal 2009

Place numbers are national places

OR = Oregon Record;

NR = National Record

* = made the Oregon All-Time Top 12

PlNameAgeTeamYards

Women 18-24

34 Valle, Fatima 19 CGM 4060*

Women 25-29

18 Erin Popelka 27 CAT 4595*

40 Aubree Gustafson 27 ORM 4150*

98 Patrecia Smith 27 COMA 1435

Women 30-34

21 Amy Kasenga 34 CGM 4215*

30 Evelyn Prior 31 CAT 4045

43 Kealey Stitler 31 LH 3825

51 Leanne Neal 31 CGM 3720

65 Anne Molenda 33 LH 3535

91 Alli Moses 34 CRM 3195

Women 35-39

9 Jayna Tomac 36 COMA 4720*

40 Melinda Walters 38 LH 4030

45 Maxine Braune	37	COMA	3985	43 June Mather	55	RVM	3315	195 Stephen Darnell	54	CRM	3005
57 Cassie Nobbs	37	CGM	3855	45 Deb Hodesson	57	COMA	3250	Men 55-59			
68 Cyndi Smidt	39	COMA	3700	60 Diane Cardwell	57	COMA	3070	24 Michael Stephenson	56	CGM	4380 *
93 April Lantagne	36	CRM	3440	105 Jo Carney	55	ORM	1850	36 Mike Tennant	55	COMA	4280 *
98 Susan Bale	39	COMA	3360	Women 60-64				42 Wes Edwards	55	LH	4190 *
105 Amy McElroy	39	COMA	3275	7 Lauren Binder	61	CRM	3730 *	48 Jim Wallace	55	EA	4140
113 Julianna Mears	39	CGM	3200	11 Sandi Rousseau	61	CGM	3630 *	63 Reggie Sherwood	57	CGM	3955
125 Jennifer Strelkauskas	37	CGM	3115	16 Tam Jenkins	60	ORM	3375 *	75 Craig Mather	57	RVM	3865
135 Lisa Haase	37	LH	2990	29 Lynda Christensen	64	EA	3005 *	76 Alan Larson	55	ORM	3850
Women 40-44				33 Lynn Sacks	63	RVM	2920	111 Tom Shuman	55	COMA	3495
15 Stephanie Schultz	42	COMA	4450 *	49 Sandra Haynie	63	CGM	2405	123 Dallas Figley	57	COMA	3385
62 Kathy Marsh	41	CRM	3855	51 Carol Stark	60	CRM	2380	126 Mike Carew	59	COMA	3300
70 Kris Kendall	41	CGM	3795	Women 65-69				147 Larry Beck	57	ORM	3000
95 Carrie Wessel	40	LH	3570	9 Joy Ward	66	ORM	3280 *	155 Larry Gillham	59	COMA	2795
98 Jackie Wursta	42	COMA	3550	21 Peggie Hodge	68	COMA	2850	Men 60-64			
101 Jen Wardell	40	CGM	3530	30 Peggy Whiter	65	COMA	2700 *	3 Steve Johnson	60	EA	4935* OR
108 Cesilie Cocks	41	LH	3485	40 Joyce Westal	67	CRM	2500 *	7 Jed Cronin	60	THB	4550 *
114 Kristin Shreeve	42	CAT	3405	41 Jeanette Bello	65	NCMS	2445 *	8 Bob Bruce	60	COMA	4535 *
120 Tammy Brennan	41	CRM	3350	Women 70-74				42 John Ellis	62	LH	3755 *
131 Jaime Mack	41	CGM	3220	13 Mary Alexandre	73	CGM	2880 *	73 Dan Gray	63	RVM	2830
Women 45-49				Women 75-79				93 Ed Cornell	63	CGM	3035
9 Karen Matson	45	COMA	4610	12 Nina Gee	75	COMA	2290 *	99 Bob Shelfer	63	LH	2910
17 Arlene Delmage	46	CRM	4525	Men 25-29				100 William Heerd	61	OPEN	2900
35 Mary Jane Caswell	47	CGM	4305 *	18 Evan Shute	29	CGM	4645 *	102 Rick Jenkins	60	COMA	2585
46 Kris Denney	48	COMA	4240 *	29 Michael Kalk	28	CAT	4325	Men 65-69			
48 Pam Snider	47	CAT	4185 *	Men 30-34				1 Tom Landis	66	COMA	4535
49 Joni Young	47	SCC	4180 *	5 Nathan Boal	31	CAT	5010 *	10 Ralph Mohr	67	COMA	3875
49 Terri Tyynismaa	46	CGM	4180 *	41 Nick Bateman	31	ORM	3880	13 Frank Phillips	66	RVM	3865*
61 Ann Goodman	49	CGM	4010	Men 35-39				37 Bill Mellow	67	CGM	3125
90 Christina Fox	48	CAT	3985	7 Dave Cloninger	39	COMA	5045 *	Men 70-74			
93 Sue Sutherland	46	CGM	3780	34 Kevin Morgan	38	CRM	4560	1 Dave Radcliff	74	THB	4495* OR
125 Pat Rogers	49	ORM	3550	73 Chris Tujo	37	COMA	3860	9 Brent Lake	70	COMA	3525 *
133 Anita Burkhard	44	LH	3510	74 Chris Rudolph	39	Unat	3855	11 Bert Petersen	70	CRM	3310 *
134 Jill Miles	48	CGM	3500	Men 40-44				13 George Thayer	72	COMA	3250
144 Cheryl Hatch	49	CAT	3435	20 Andrew Gramley	41	RVM	4860 *	16 John Schieltz	70	THB	3175 *
151 Gayle Orner	46	CBAT	3400	21 Rob Higley	43	COMA	4845	20 Nick Norton	74	COMA	3000
180 Debbie Pappa	47	COMA	3105	43 Tim Waud	41	ORM	4590 *	Men 80-84			
184 Sherry Bender	49	CRM	3085	43 Jamie Proffitt	43	COMA	4590	10 Ray Allen	82	SOM	2035
191 Heidi Engberson	45	CGM	3050	53 Doug Kabel	43	LH	4425	Men 85-89			
202 Kerry Messer	49	COMA	2970	108 Rutger Engberson	43	CGM	3865	2 Charles Bushey	87	PCCM	2260
222 Tracy Chosa	45	LH	2795	149 John Mayo	40	CGM	3400	Women 18+: 3 x One-hour			
Women 50-54				157 Chris Gaarder	44	ORM	3280 (br)	5 (Vallee, Gustafson, Snider)			12,345
3 Mary Sweat	51	Unat	4575 *	160 Barry Paul	43	CGM	3225	Women 25+: 3 x One-hour			
12 Laura Worden	51	CAT	4265	161 Eric Peterson	43	CGM	3185	5 (Denney, Worden, Popelka)			13,050
50 Jeanna Summers	54	ORM	3770	178 Kyle Kersey	44	NCMS	2490	Women 35+: 3 x One-hour			
57 Teresa Copeland	51	EA	3700	Men 45-49				4 (Caswell, Schultz, Tomac)			13,475
71 Toni Brown	53	COMA	3555	25 Kris Calvin	46	COMA	4735	Women 45+: 3 x One-hour			
50 Jeanna Summers	54	ORM	3770	29 Eric Steinhaff	49	COMA	4695	2 (Delmage, Sweat, Matson)			13,710 OR
105 Diane Thomsen	51	LH	3240	47 Bill Sumerfield	48	CGM	4465	Women 55+: 3 x One-hour			
112 Sue Sanders	54	OPEN	3130	94 Stephen Flanagan	46	EA	4120	2 (Holmberg, Budd, Imwalle)			12,445 OR
116 Valerie Anderson	51	Unat	3045	129 Jim Greenleaf	45	CGM	3835	Women 65+: 3 x One-hour			
124 Connie Peterson	53	COMA	2985	134 David Livengood	45	OPEN	3775	4 (Hodge, Alexandre, Ward)			9,010 OR
146 Jan Callow	50	CGM	2630	155 Mark Ribkoff	48	CGM	3510	Men 25+: 3 x One-hour			
154 Terri Anderson	54	LH	2500	156 Keith Stelzer	49	CGM	3500	7 (Waud, Shute, Boal)			14,245
159 Kathie O'Neill	50	CRM	2350	167 Robin Bragg	48	OPEN	3350	Men 35+: 3 x One-hour			
167 Laurie Voshell	53	COMA	2000	194 Mike Brinster	45	CGM	2980	5 (Higley, Gramley, Cloninger)			14,750
168 Karen Stafford	53	CGM	1985	204 Oren Bergfeld	45	NCMS	2255	Men 45+: 3 x One-hour			
Women 55-59				Men 50-54				5 (Steinhaff, Calvin, Goodman)			14,355
5 Cathy Imwalle	58	COMA	4310*	5 Doug Goodman	52	CGM	4925*	Men 55+: 3 x One-hour			
8 Elizabeth Budd	55	CAT	4235*	69 Keith Dow	53	OPEN	4160	2 OREG (Bruce, Cronin, Johnson)			14,020
14 Madeleine Holmberg	55	COMA	3900*	105 Mark Tribe	50	Unat	3900	Men 65+: 3 x One-hour			
36 Anne Thomas	57	COMA	3435	131 Daniel Greenblatt	53	RVM	3600	1 OREG (Mohr, Radcliff, Landis)			12,905
38 Jane Gray	57	CGM	3405	142 Charles Taylor	53	CRM	3515 br	Mixed 18+: 4 x One-hour			
42 Jeannie Groesz	59	COMA	3325	181 Walter Taylor	53	COMA	3185	5 (Valle, Caswell, Shute, Steinhaff)			17,650

Mixed 25+: 4 x One-hour
7 (Schultz, Popelka, Higley, Boal)
18,900

Mixed 35+: 4 x One-hour
2 (Delmage, Tomac, Gramley, Cloninger)
19,150

Mixed 45+: 4 x One-hour
2 OREG (Sweat, Matson, Calvin, Goodman)
18,845

Mixed 55+: 4 x One-hour
2 OREG (Budd, Imwalle, Cronin, Johnson)
17,980 OR

Mixed 65+: 4 x One-hour
1 OREG (Alexandre, Ward, Radcliff, Landis)
15,190 OR

2009 National Team Placement (Extra Large Club Category):

1 Davis Aquatic Masters 299 swimmers
1,040,860 yds

2 New England Masters 198 swimmers
728,875 yds
3 OREGON 159 swimmers
568,175 yds
4 UCLA Masters 131 swimmers
503,465 yds
5 YMCA Indy SwimFit 119 swimmers
439,020 yds

Association Meet - Bend - April 16-18, 2009

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

Women 18-24

50 Yard Freestyle
1 **Willia, Briana** 22 CAT 25.77 O
2 Somera, Christine 23 ORM 26.56
3 Bowen, Kelsey 23 MAC 28.04
4 Newby, Nina 20 ORM 28.53
5 Halely, Emily 19 ORM 29.13
100 Yard Freestyle
1 Somera, Christine 23 ORM 57.40
2 Frangipani, Michelle 23 OPEN 1:00.24
3 Newby, Nina 20 ORM 1:02.46
200 Yard Freestyle
1 Somera, Christine 23 ORM 2:09.78
2 Bowen, Kelsey 23 MAC 2:10.92
3 Frangipani, Michelle 23 OPEN 2:13.08
500 Yard Freestyle
1 Frangipani, Michelle 23 OPEN 6:06.45
50 Yard Backstroke
1 Halely, Emily 19 ORM 37.22
2 Shoemaker, Anna 24 OPEN 37.94
X Markwardt, Sheri 24 HMS 34.73
100 Yard Backstroke
1 Shoemaker, Anna 24 OPEN 1:21.68
200 Yard Backstroke
1 Shoemaker, Anna 24 OPEN 2:47.25
50 Yard Breaststroke
1 Willia, Briana 22 CAT 35.42
2 Frangipani, Michelle 23 OPEN 36.42
3 Halely, Emily 19 ORM 37.33
4 Newby, Nina 20 ORM 38.83
100 Yard Breaststroke
1 **Willia, Briana** 22 CAT 1:15.58 O
2 Frangipani, Michelle 23 OPEN 1:17.27
X Markwardt, Sheri 24 HMS 1:17.34
50 Yard Butterfly
1 Willia, Briana 22 CAT 28.81
2 Somera, Christine 23 ORM 29.83
3 Shoemaker, Anna 24 OPEN 32.55
4 Halely, Emily 19 ORM 32.60
5 Newby, Nina 20 ORM 33.33
100 Yard Butterfly
1 Willia, Briana 22 CAT 1:04.05
2 Somera, Christine 23 ORM 1:07.64
3 Frangipani, Michelle 23 OPEN 1:09.56
4 Bowen, Kelsey 23 MAC 1:11.56
200 Yard Butterfly
1 Shoemaker, Anna 24 OPEN 3:11.00
100 Yard IM
1 Willia, Briana 22 CAT 1:05.09
200 Yard IM
1 Bowen, Kelsey 23 MAC 2:32.90
2 Shoemaker, Anna 24 OPEN 2:43.04

X Markwardt, Sheri 24 HMS 2:37.74
Women 25-29
50 Yard Freestyle
1 Gustafson, Aubree 28 ORM 26.90
2 Ludwig, Sandra 25 CGM 27.30
3 Thayer, Kathleen 29 LH 28.87
4 Edwards, Anna 29 LH 34.11
100 Yard Freestyle
1 Ludwig, Sandra 25 CGM 59.49
200 Yard Freestyle
1 Thayer, Kathleen 29 LH 2:12.94
50 Yard Freestyle
1 Thayer, Kathleen 29 LH 6:00.20
1000 Yard Freestyle
1 Thayer, Kathleen 29 LH 12:16.21
100 Yard Backstroke
1 Thayer, Kathleen 29 LH 1:10.64
50 Yard Breaststroke
1 Ludwig, Sandra 25 CGM 35.59
2 Gustafson, Aubree 28 ORM 35.76
100 Yard Breaststroke
1 Gustafson, Aubree 28 ORM 1:17.09
2 Ludwig, Sandra 25 CGM 1:19.43
200 Yard Breaststroke
1 Gustafson, Aubree 28 ORM 2:48.20
50 Yard Butterfly
1 Gustafson, Aubree 28 ORM 30.46
100 Yard IM
1 Gustafson, Aubree 28 ORM 1:09.26
2 Ludwig, Sandra 25 CGM 1:09.27
3 Thayer, Kathleen 29 LH 1:12.30
200 Yard IM
1 Ludwig, Sandra 25 CGM 2:33.83
Women 30-34
50 Yard Freestyle
1 Kirkwood, Erin 31 PCCM 26.60
2 Dhom, Gina 30 EA 28.54
3 Kramer, Ellen 33 ORM 29.83
4 Strausbaugh, E. 32 COMA 30.78
5 Molenda, Anne 33 LH 33.71
6 Parker, Jacqueline 30 OPEN 34.72
100 Yard Freestyle
1 Dhom, Gina 30 EA 1:03.62
2 Kramer, Ellen 33 ORM 1:04.89
3 Parker, Jacqueline 30 OPEN 1:14.70
4 Gross, Tara 34 COMA 1:26.71
200 Yard Freestyle
1 Pryor, Evelyn 32 CAT 2:25.00
2 Parker, Jacqueline 30 OPEN 2:45.47
500 Yard Freestyle
1 Parker, Jacqueline 30 OPEN 7:09.69
1000 Yard Freestyle

1 Kramer, Ellen 33 ORM 13:02.95
1650 Yard Freestyle
1 Parker, Jacqueline 30 OPEN 25:13.11
50 Yard Backstroke
1 Kirkwood, Erin 31 PCCM 30.75
2 Arata, Melissa 32 YTSM 32.35
3 Dhom, Gina 30 EA 38.68
4 Gross, Tara 34 COMA 45.40
100 Yard Backstroke
1 Arata, Melissa 32 YTSM 1:08.25
2 Strausbaugh, E. 32 COMA 1:18.04
3 Dhom, Gina 30 EA 1:18.86
4 Gross, Tara 34 COMA 1:38.55
200 Yard Backstroke
1 Arata, Melissa 32 YTSM 2:27.94
2 Gross, Tara 34 COMA 3:33.88
50 Yard Breaststroke
1 Strausbaugh, E. 32 COMA 39.63
2 Kramer, Ellen 33 ORM 40.46
100 Yard Breaststroke
1 Kramer, Ellen 33 ORM 1:27.49
50 Yard Butterfly
1 Dhom, Gina 30 EA 30.79
2 Kramer, Ellen 33 ORM 35.32
3 Parker, Jacqueline 30 OPEN 39.49
4 Gross, Tara 34 COMA 47.20
100 Yard Butterfly
1 Kirkwood, Erin 31 PCCM 1:11.78
2 Pryor, Evelyn 32 CAT 1:16.87
100 Yard IM
1 Arata, Melissa 32 YTSM 1:11.71
2 Strausbaugh, E. 32 COMA 1:15.13
200 Yard IM
1 Arata, Melissa 32 YTSM 2:32.47
2 Pryor, Evelyn 32 CAT 2:44.28
3 Strausbaugh, E. 32 COMA 2:50.01
Women 35-39
50 Yard Freestyle
1 Senkier, Kristine 39 COMA 26.65
2 Kasenga, Amy 35 CGM 27.59
3 Sprauer, Staci 38 COMA 30.79
4 Edwards, Bonnie 37 ORM 31.66
5 Thurlow, Helen 39 ORM 46.63
100 Yard Freestyle
1 Lassen, Megan 38 ORM 57.63
2 Senkier, Kristine 39 COMA 57.82
3 Kasenga, Amy 35 CGM 1:00.54
4 Sprauer, Staci 38 COMA 1:09.81
5 Edwards, Bonnie 37 ORM 1:09.98
6 Jacobs-Brown, M. 37 LH 1:11.25
7 Thurlow, Helen 39 ORM 1:53.58
200 Yard Freestyle

1 Senkier, Kristine	39 COMA	2:04.83	1 Godlove, Tara	36 COMA	2:33.06	50 Yard Freestyle		
2 Braune, Maxine	38 COMA	2:22.04	2 Eisenbeis, Tori	36 COMA	2:40.81	1 Tyynismaa, Terri	46 CGM	28.29
3 Tyler, Adrienne	39 BASS	2:35.22	3 Braune, Maxine	38 COMA	2:42.13	2 Viales, Dianne	47 ORM	29.13
4 Edwards, Bonnie	37 ORM	2:38.01	4 Wells, Janette	36 COMA	2:47.37	3 Chesler-Clark, L.	45 THB	30.14
5 Jacobs-Brown, M.	37 LH	2:39.96	400 Yard IM			4 Sutherland, Susan	46 CGM	33.55
500 Yard Freestyle			1 Godlove, Tara	36 COMA	5:31.83	5 Croucher, Denise	45 LH	35.71
1 Senkier, Kristine	39 COMA	5:31.99	Women 40-44			100 Yard Freestyle		
2 Jacobs-Brown, M.	37 LH	7:10.45	50 Yard Freestyle			1 Jenkins, Valerie	45 ORM	59.08
3 Strelkauskas, J.	37 CGM	9:01.04	1 Moss, Susan	43 BASS	27.36	2 Tyynismaa, Terri	46 CGM	1:03.14
1000 Yard Freestyle			2 Thompson, Jennifer	41 EA	29.70	3 Chesler-Clark, L.	45 THB	1:06.43
1 Lassen, Megan	38 ORM	12:00.54	3 Gorman, Susan	43 COMA	30.67	4 Sutherland, Susan	46 CGM	1:13.79
2 Braune, Maxine	38 COMA	13:23.39	4 Kendall, Kris	41 CGM	32.57	5 Croucher, Denise	45 LH	1:24.71
3 Jacobs-Brown, M.	37 LH	15:08.76	5 Cocks, Cesilie	41 LH	34.39	200 Yard Freestyle		
1650 Yard Freestyle			6 Welty-Fick, Carolyn	44 CGM	35.84	1 Tyynismaa, Terri	46 CGM	2:18.39
1 Lassen, Megan	38 ORM	20:04.41	7 Pressler, Sally	44 COMA	42.14	2 Touchette, Cherie	45 COMA	2:20.47
2 Braune, Maxine	38 COMA	22:33.04	8 Vegter, Corrine	43 BASS	42.83	3 Chesler-Clark, L.	45 THB	2:27.96
3 Varga, Eva	36 COMA	29:08.25	100 Yard Freestyle			4 Sutherland, Susan	46 CGM	2:41.54
50 Yard Backstroke			1 Schultz, Stephanie	42 COMA	59.18	500 Yard Freestyle		
1 Eisenbeis, Tori	36 COMA	32.59	2 Thompson, Jennifer	41 EA	1:04.61	1 Tyynismaa, Terri	46 CGM	6:09.09
2 Sprauer, Staci	38 COMA	37.58	3 Kendall, Kris	41 CGM	1:08.57	2 Fox, Christina	48 CAT	7:14.69
3 Strelkauskas, J.	37 CGM	48.32	4 Gorman, Susan	43 COMA	1:08.92	3 Croucher, Denise	45 LH	8:04.82
4 Thurlow, Helen	39 ORM	1:04.08	5 Cocks, Cesilie	41 LH	1:15.57	4 Pappa, Debbie	47 COMA	8:29.16
100 Yard Backstroke			6 Vegter, Corrine	43 BASS	1:38.51	1000 Yard Freestyle		
1 Senkier, Kristine	39 COMA	1:06.67	200 Yard Freestyle			1 Denney, Kris	48 COMA	12:29.52
2 Eisenbeis, Tori	36 COMA	1:09.56	1 Thompson, Jennifer	41 EA	2:26.44	2 Touchette, Cherie	45 COMA	12:40.69
3 Tyler, Adrienne	39 BASS	1:19.33	2 Kendall, Kris	41 CGM	2:33.94	3 Tyynismaa, Terri	46 CGM	12:49.28
4 Jacobs-Brown, M.	37 LH	1:24.64	3 Gorman, Susan	43 COMA	2:43.14	4 Snider, Pam	47 CAT	13:28.42
5 Varga, Eva	36 COMA	1:38.56	4 Pressler, Sally	44 COMA	3:16.60	5 Fox, Christina	48 CAT	14:22.74
6 Strelkauskas, J.	37 CGM	1:49.87	500 Yard Freestyle			6 Sutherland, Susan	46 CGM	14:54.39
200 Yard Backstroke			1 Schultz, Stephanie	42 COMA	5:44.77	7 Croucher, Denise	45 LH	16:09.34
1 Senkier, Kristine	39 COMA	2:21.56	2 Austin, Connie	41 COMA	6:35.44	8 Pappa, Debbie	47 COMA	17:31.86
2 Lassen, Megan	38 ORM	2:28.71	3 Kendall, Kris	41 CGM	6:56.88	1650 Yard Freestyle		
3 Eisenbeis, Tori	36 COMA	2:31.87	1000 Yard Freestyle			1 Denney, Kris	48 COMA	20:52.60
4 Tyler, Adrienne	39 BASS	2:52.39	1 Mack, Jaime	42 CGM	17:05.83	2 Tyynismaa, Terri	46 CGM	21:07.23
5 Wells, Janette	36 COMA	2:52.44	1650 Yard Freestyle			3 Touchette, Cherie	45 COMA	21:21.21
6 Jacobs-Brown, M.	37 LH	3:04.27	1 Mack, Jaime	42 CGM	28:24.50	4 Viales, Dianne	47 ORM	22:09.87
7 Strelkauskas, J.	37 CGM	3:53.61	50 Yard Backstroke			5 Sutherland, Susan	46 CGM	25:04.36
50 Yard Breaststroke			1 Thompson, Jennifer	41 EA	35.42	6 Schwartz, Maura	49 COMA	28:10.47
1 Godlove, Tara	36 COMA	33.45	2 Kendall, Kris	41 CGM	39.32	50 Yard Backstroke		
2 Kasenga, Amy	35 CGM	36.13	3 Welty-Fick, Carolyn	44 CGM	42.10	1 Jenkins, Valerie	45 ORM	28.70
3 Wells, Janette	36 COMA	36.16	4 Gorman, Susan	43 COMA	43.03	2 Goodman, Ann	49 CGM	33.86
4 Frieder, Marisa	39 THB	37.82	5 Vegter, Corrine	43 BASS	53.45	100 Yard Backstroke		
5 Strelkauskas, J.	37 CGM	50.13	100 Yard Backstroke			1 Jenkins, Valerie	45 ORM	1:09.86
100 Yard Breaststroke			1 Thompson, Jennifer	41 EA	1:15.95	2 Goodman, Ann	49 CGM	1:12.26
1 Godlove, Tara	36 COMA	1:13.08	50 Yard Breaststroke			3 Snider, Pam	47 CAT	1:24.01
2 Kasenga, Amy	35 CGM	1:18.74	1 Welty-Fick, Carolyn	44 CGM	42.28	200 Yard Backstroke		
3 Wells, Janette	36 COMA	1:20.20	2 Gorman, Susan	43 COMA	43.01	1 Jenkins, Valerie	45 ORM	2:26.65
4 Frieder, Marisa	39 THB	1:22.14	3 Cocks, Cesilie	41 LH	46.98	2 Goodman, Ann	49 CGM	2:36.44
5 Tyler, Adrienne	39 BASS	1:34.08	4 Vegter, Corrine	43 BASS	53.61	50 Yard Breaststroke		
6 Strelkauskas, J.	37 CGM	1:50.35	100 Yard Breaststroke			1 Caswell, Mj	48 CGM	36.42
200 Yard Breaststroke			1 Austin, Connie	41 COMA	1:25.84	2 Snider, Pam	47 CAT	40.19
1 Godlove, Tara	36 COMA	2:40.41	2 Welty-Fick, Carolyn	44 CGM	1:32.64	3 Croucher, Denise	45 LH	47.01
2 Wells, Janette	36 COMA	2:52.11	3 Mack, Jaime	42 CGM	1:39.76	100 Yard Breaststroke		
3 Tyler, Adrienne	39 BASS	3:20.68	4 Vegter, Corrine	43 BASS	1:55.67	1 Caswell, Mj	48 CGM	1:18.25
50 Yard Butterfly			5 Pressler, Sally	44 COMA	2:00.00	2 Jenkins, Valerie	45 ORM	1:19.52
1 Kasenga, Amy	35 CGM	29.88	50 Yard Butterfly			3 Snider, Pam	47 CAT	1:25.71
2 Sprauer, Staci	38 COMA	33.92	1 Austin, Connie	41 COMA	34.59	4 Viales, Dianne	47 ORM	1:28.22
100 Yard Butterfly			2 Cocks, Cesilie	41 LH	41.55	5 Fox, Christina	48 CAT	1:30.35
1 Braune, Maxine	38 COMA	1:14.47	3 Vegter, Corrine	43 BASS	52.86	6 Pappa, Debbie	47 COMA	1:41.53
100 Yard IM			100 Yard Butterfly			200 Yard Breaststroke		
1 Lassen, Megan	38 ORM	1:07.56	1 Austin, Connie	41 COMA	1:16.09	1 Caswell, Mj	48 CGM	2:49.36
2 Godlove, Tara	36 COMA	1:09.56	100 Yard IM			2 Snider, Pam	47 CAT	3:05.64
3 Kasenga, Amy	35 CGM	1:10.96	1 Thompson, Jennifer	41 EA	1:16.39	3 Fox, Christina	48 CAT	3:17.53
4 Wells, Janette	36 COMA	1:14.48	2 Austin, Connie	41 COMA	1:18.20	4 Pappa, Debbie	47 COMA	3:40.37
5 Eisenbeis, Tori	36 COMA	1:15.98	3 Gorman, Susan	43 COMA	1:26.62	50 Yard Butterfly		
6 Frieder, Marisa	39 THB	1:18.52	4 Welty-Fick, Carolyn	44 CGM	1:29.68	1 Jenkins, Valerie	45 ORM	28.45
7 Tyler, Adrienne	39 BASS	1:19.57	200 Yard IM			2 Goodman, Ann	49 CGM	33.49
8 Sprauer, Staci	38 COMA	1:20.22	1 Moss, Susan	43 BASS	2:37.83	3 Chesler-Clark, L.	45 THB	36.84
9 Edwards, Bonnie	37 ORM	1:22.78	2 Austin, Connie	41 COMA	2:45.96	200 Yard Butterfly		
200 Yard IM			Women 45-49			1 Touchette, Cherie	45 COMA	3:00.59

100 Yard IM			1 Andrus-Hughes, K	51 ORM	1:07.65	1 Holmberg, Madeleine	56 COMA	37.62
1 Caswell, Mj	48 CGM	1:09.97	2 Phillips, Mary	51 COMA	1:20.74	100 Yard Butterfly		
2 Viales, Dianne	47 ORM	1:14.35	100 Yard IM			1 Milner, Nancy	57 ORM	1:37.84
3 Goodman, Ann	49 CGM	1:16.73	1 Crabbe, Colette	52 ORM	1:09.86	100 Yard IM		
4 Fox, Christina	48 CAT	1:27.39	2 Buck, Donna	50 CAT	1:12.99	1 Holmberg, Madeleine	56 COMA	1:21.82
5 Sutherland, Susan	46 CGM	1:31.75	3 Gustafson, Kristi	53 ORM	1:26.32	200 Yard IM		
200 Yard IM			4 Larkin, Cynthia	50 COMA	1:26.85	1 Budd, Elizabeth	55 CAT	2:52.85
1 Caswell, Mj	48 CGM	2:30.40	200 Yard IM			2 Holmberg, Madeleine	56 COMA	2:55.49
2 Snider, Pam	47 CAT	2:48.01	1 Crabbe, Colette	52 ORM	2:27.28	3 Summers, Jeanna	55 ORM	3:07.90
3 Fox, Christina	48 CAT	3:03.43	2 Gustafson, Kristi	53 ORM	3:09.59	4 Milner, Nancy	57 ORM	3:28.08
400 Yard IM			400 Yard IM			400 Yard IM		
1 Caswell, Mj	48 CGM	5:22.02	1 Crabbe, Colette	52 ORM	5:13.20	1 Holmberg, Madeleine	56 COMA	6:20.19
2 Touchette, Cherie	45 COMA	5:48.64	Women 55-59			2 Summers, Jeanna	55 ORM	6:39.89
3 Goodman, Ann	49 CGM	6:09.35	50 Yard Freestyle			Women 60-64		
Women 50-54			1 Cardwell, Diane	57 COMA	40.83	50 Yard Freestyle		
50 Yard Freestyle			2 Cushing, Kaye	58 ORM	1:02.02	1 Rousseau, Sandi	61 CGM	32.67
1 Andrus-Hughes, K	51 ORM	26.39	100 Yard Freestyle			2 Sacks, Lynn	63 OPEN	44.55
2 Buck, Donna	50 CAT	28.06	1 Gray, Jane	57 CGM	1:19.20	3 Markwardt, Kristen	62 NCMS	46.99
3 Brown, Toni	54 COMA	35.01	2 Cardwell, Diane	57 COMA	1:35.95	4 Haynie, Sandra	64 CGM	51.33
4 Miles, Carole	53 ORM	41.04	200 Yard Freestyle			5 Edwards, Nadine	61 LH	1:07.30
5 Anderson, Terri	54 LH	43.07	1 Budd, Elizabeth	55 CAT	2:32.69	100 Yard Freestyle		
100 Yard Freestyle			2 Gray, Jane	57 CGM	2:52.99	1 Rousseau, Sandi	61 CGM	1:14.84
1 Andrus-Hughes, K	51 ORM	58.73	3 Milner, Nancy	57 ORM	2:59.37	2 Markwardt, Kristen	62 NCMS	1:46.13
2 Buck, Donna	50 CAT	1:02.94	4 Cardwell, Diane	57 COMA	3:39.91	200 Yard Freestyle		
3 Phillips, Mary	51 COMA	1:07.18	500 Yard Freestyle			1 Rousseau, Sandi	61 CGM	2:48.10
4 Larkin, Cynthia	50 COMA	1:15.75	1 Budd, Elizabeth	55 CAT	6:40.14	2 Sacks, Lynn	63 OPEN	3:38.61
5 Miles, Carole	53 ORM	1:33.67	2 Gray, Jane	57 CGM	7:49.47	3 Ellis, Esther	64 LH	3:59.39
6 Anderson, Terri	54 LH	1:38.17	3 Cardwell, Diane	57 COMA	9:41.26	4 Haynie, Sandra	64 CGM	4:10.46
200 Yard Freestyle			1000 Yard Freestyle			500 Yard Freestyle		
1 Phillips, Mary	51 COMA	2:23.03	1 Budd, Elizabeth	55 CAT	13:52.58	1 Sacks, Lynn	63 OPEN	9:48.21
2 Larkin, Cynthia	50 COMA	2:41.27	2 Holmberg, Madeleine	56 COMA	14:26.07	2 Ellis, Esther	64 LH	10:46.18
3 Brown, Toni	54 COMA	2:53.70	3 Hodesson, Deborah	58 COMA	15:59.94	1000 Yard Freestyle		
4 Anderson, Terri	54 LH	4:12.33	4 Gray, Jane	57 CGM	16:17.43	1 Sacks, Lynn	63 OPEN	19:57.23
500 Yard Freestyle			1650 Yard Freestyle			2 Ellis, Esther	64 LH	21:21.36
1 Larkin, Cynthia	50 COMA	7:11.15	1 Budd, Elizabeth	55 CAT	23:11.93	1650 Yard Freestyle		
2 Brown, Toni	54 COMA	7:39.79	2 Summers, Jeanna	55 ORM	25:35.94	1 Sacks, Lynn	63 OPEN	33:14.54
3 Anderson, Terri	54 LH	11:02.84	3 Milner, Nancy	57 ORM	26:18.15	50 Yard Backstroke		
X Sweat, Mary	51 OREG5:53.97 O		4 Gray, Jane	57 CGM	26:49.06	1 Edwards, Nadine	61 LH	1:03.31
1000 Yard Freestyle			5 Groesz, Jeanette	59 COMA	29:06.41	2 Haynie, Sandra	64 CGM	1:08.89
1 Schob, Laura	50 COMA	14:33.13	X Hodesson, Deborah	58 COMA	28:21.88	100 Yard Backstroke		
2 Anderson, Terri	54 LH	25:12.55	50 Yard Backstroke			1 Rousseau, Sandi	61 CGM	1:30.00
X Sweat, Mary	51 OREG12:05.09 O		1 Hendryx, Teri	55 COMA	36.78	2 Ellis, Esther	64 LH	2:21.59
1650 Yard Freestyle			2 Summers, Jeanna	55 ORM	38.51	200 Yard Backstroke		
1 Schob, Laura	50 COMA	24:06.18	3 Milner, Nancy	57 ORM	50.76	1 Pierson, Ginger	63 ORM	3:17.03
2 Larkin, Cynthia	50 COMA	24:46.30	4 Cardwell, Diane	57 COMA	51.59	2 Ellis, Esther	64 LH	5:22.90
X Sweat, Mary	51 OREG20:06.00 Z		5 Coffeen, Linda	57 ORM	56.37	50 Yard Breaststroke		
50 Yard Backstroke			6 Cushing, Kaye	58 ORM	1:07.28	1 Pierson, Ginger	63 ORM	39.87
1 Andrus-Hughes, K	51 ORM	29.57	100 Yard Backstroke			2 Haynie, Sandra	64 CGM	1:04.18
2 Gustafson, Kristi	53 ORM	38.32	1 Budd, Elizabeth	55 CAT	1:19.93	3 Markwardt, Kristen	62 NCMS	1:04.89
3 Miles, Carole	53 ORM	52.82	2 Coffeen, Linda	57 ORM	1:58.71	100 Yard Breaststroke		
100 Yard Backstroke			3 Cushing, Kaye	58 ORM	2:37.45	1 Pierson, Ginger	63 ORM	1:26.37
1 Andrus-Hughes, K	51 ORM	1:05.92	200 Yard Backstroke			2 Markwardt, Kristen	62 NCMS	2:27.78
2 Gustafson, Kristi	53 ORM	1:19.46	1 Hendryx, Teri	55 COMA	2:53.39	200 Yard Breaststroke		
200 Yard Backstroke			2 Holmberg, Madeleine	56 COMA	2:55.05	1 Pierson, Ginger	63 ORM	3:12.56
1 Gustafson, Kristi	53 ORM	2:57.39	3 Summers, Jeanna	55 ORM	2:56.18	50 Yard Butterfly		
50 Yard Breaststroke			4 Coffeen, Linda	57 ORM	4:11.85	1 Rousseau, Sandi	61 CGM	34.76
1 Crabbe, Colette	52 ORM	35.72	50 Yard Breaststroke			100 Yard Butterfly		
2 Buck, Donna	50 CAT	36.63	1 Hendryx, Teri	55 COMA	42.58	1 Rousseau, Sandi	61 CGM	1:28.98
3 Miles, Carole	53 ORM	49.15	2 Weigand, Leslie	55 COMA	50.89	100 Yard IM		
100 Yard Breaststroke			100 Yard Breaststroke			1 Pierson, Ginger	63 ORM	1:31.30
1 Crabbe, Colette	52 ORM	1:16.98	1 Hendryx, Teri	55 COMA	1:32.06	200 Yard IM		
2 Buck, Donna	50 CAT	1:21.79	2 Hodesson, Deborah	58 COMA	1:39.15	1 Pierson, Ginger	63 ORM	3:11.78
3 Miles, Carole	53 ORM	1:45.46	3 Milner, Nancy	57 ORM	1:48.86	Women 65-69		
200 Yard Breaststroke			4 Summers, Jeanna	55 ORM	1:50.00	50 Yard Freestyle		
1 Crabbe, Colette	52 ORM	2:45.02	5 Weigand, Leslie	55 COMA	1:50.58	1 Frid, Barbara	66 THB	32.42
50 Yard Butterfly			200 Yard Breaststroke			2 Ward, Joy	66 ORM	33.56
1 Andrus-Hughes, K	51 ORM	29.91	1 Hendryx, Teri	55 COMA	3:23.86	3 Bello, Jeanette	65 NCMS	56.22
2 Gustafson, Kristi	53 ORM	40.53	2 Weigand, Leslie	55 COMA	3:53.57	200 Yard Freestyle		
100 Yard Butterfly			50 Yard Butterfly					

1 Bello, Jeanette	65 NCMS	4:18.15	500 Yard Freestyle	1 Shute, Evan	29 THB	5:21.39	3 Bateman, Nick	31 ORM	26.83
50 Yard Backstroke				2 Dunn, Alex	29 YTSM	5:58.19	4 Odegard, Kyle	34 YTSM	30.12
1 Ward, Joy	66 ORM	38.69	50 Yard Backstroke	X Overley, Travis			100 Yard Butterfly	30 OREG	30.55
2 Frid, Barbara	66 THB	40.49	1 Cleary, Kevin	25 THB	32.04		1 Polito, Chip	32 ORM	53.51
3 Bello, Jeanette	65 NCMS	1:12.86	100 Yard Backstroke	1 Shute, Evan	29 THB	1:01.26	2 Elliott, Scot	34 COMA	1:00.50
Split Joy Ward	66 ORM	37.27 Z	50 Yard Breaststroke	1 Dunn, Alex	29 YTSM	34.16	3 Shatting, Rob	32 COMA	1:03.84
100 Yard Backstroke			100 Yard Breaststroke	1 Dunn, Alex	29 YTSM	1:16.77	4 Odegard, Kyle	34 YTSM	1:10.59
1 Ward, Joy	66 ORM	21:00 Z	50 Yard Butterfly	1 Shute, Evan	29 THB	26.19	X Overley, Travis	30 OREG	1:13.83
50 Yard Breaststroke			1 Cleary, Kevin	25 THB	1:03.03		200 Yard Butterfly		
1 Frid, Barbara	66 THB	42.07	2 Dunn, Alex	29 YTSM	1:08.04		1 Polito, Chip	32 ORM	2:07.79
2 Whiter, Peggy	65 COMA	54.14	1 Farrington, Tim	25 COMA	2:02.93		100 Yard IM		
100 Yard Breaststroke			2 Cleary, Kevin	25 THB	2:23.31		1 Romera, Joaquin	34 MAC	57.68
1 Frid, Barbara	66 THB	1:34.50	3 Dunn, Alex	29 YTSM	2:28.69		2 Van Anandel, Robbert	34 SYD	1:01.29
50 Yard Butterfly			1 Farrington, Tim	25 COMA	4:30.44		3 O'Shea, Sean	34 CGM	2:13.26
1 Ward, Joy	66 ORM	35.07	Men 30-34				4 Bateman, Nick	31 ORM	2:14.30
2 Frid, Barbara	66 THB	36.23	50 Yard Freestyle				5 Elliott, Scot	34 COMA	2:16.74
100 Yard IM			1 Romera, Joaquin	34 MAC	22.43		6 Shatting, Rob	32 COMA	2:22.73
1 Frid, Barbara	66 THB	1:24.92	2 O'Shea, Sean	34 CGM	51.60		400 Yard IM		
Women 70-74			3 Shatting, Rob	32 COMA	54.35		1 Polito, Chip	32 ORM	4:22.12
50 Yard Freestyle			4 Ryan, Daniel	31 YTSM	59.91		2 Van Anandel, Robbert	34 SYD	4:43.44
1 Alexandre, Mary	73 CGM	42.57	5 Odegard, Kyle	34 YTSM	27.52		X Overley, Travis	30 OREG	6:06.35
2 Schroder, Kaleo	72 COMA	53.18	1 O'Shea, Sean	34 CGM	51.60		Men 35-39		
100 Yard Freestyle			2 Shatting, Rob	32 COMA	54.35		50 Yard Freestyle		
1 Alexandre, Mary	73 CGM	1:42.34	3 Ryan, Daniel	31 YTSM	59.91		1 Fitzpatrick, William	36 COMA	23.30
200 Yard Freestyle			4 Odegard, Kyle	34 YTSM	1:00.88		2 Cloninger, David	39 COMA	23.77
1 Alexandre, Mary	73 CGM	3:36.13	X Overley, Travis	30 OREG	1:04.49		3 Singer, Andrew	36 COMA	24.47
500 Yard Freestyle			1 Elliott, Scot	34 COMA	5:30.51		4 Braun, Mark	37 ORM	27.77
1 Alexandre, Mary	73 CGM	9:29.99	X Overley, Travis	30 OREG	6:35.17		100 Yard Freestyle		
50 Yard Backstroke			1 Jones, Paul	34 CGM	14:29.61		1 Fitzpatrick, William	36 COMA	51.47
1 Alexandre, Mary	73 CGM	55.70	1650 Yard Freestyle				2 Singer, Andrew	36 COMA	54.20
2 Schroder, Kaleo	72 COMA	1:02.53	1 Elliott, Scot	34 COMA	19:26.08		200 Yard Freestyle		
50 Yard Breaststroke			X Overley, Travis	30 OREG	6:35.17		1 Cloninger, David	39 COMA	1:58.53
1 Schroder, Kaleo	72 COMA	1:11.18	1000 Yard Freestyle				2 Bergmans, Pieter	38 COMA	2:07.21
100 Yard Breaststroke			1 Jones, Paul	34 CGM	14:29.61		500 Yard Freestyle		
1 Schroder, Kaleo	72 COMA	2:34.59	1650 Yard Freestyle				1 Cloninger, David	39 COMA	5:21.14
200 Yard Breaststroke			1 Elliott, Scot	34 COMA	19:26.08		2 Bergmans, Pieter	38 COMA	5:45.75
1 Schroder, Kaleo	72 COMA	5:38.78	X Overley, Travis	30 OREG	6:35.17		3 Vegter, Brian	37 BASS	6:53.72
Women 75-79			1 Jones, Paul	34 CGM	14:29.61		1000 Yard Freestyle		
50 Yard Freestyle			1 Elliott, Scot	34 COMA	19:26.08		1 Cloninger, David	39 COMA	11:15.67
1 Speer, Bonnie	75 LH	1:05.79	50 Yard Backstroke				2 Darby, Brian	35 ORM	13:33.35
500 Yard Freestyle			1 Bateman, Nick	31 ORM	27.38		1650 Yard Freestyle		
1 Speer, Bonnie	75 LH	13:06.39	2 Odegard, Kyle	34 YTSM	33.36		1 Cloninger, David	39 COMA	18:55.97
100 Yard Breaststroke			100 Yard Backstroke				50 Yard Backstroke		
1 Speer, Bonnie	75 LH	3:01.25	1 O'Shea, Sean	34 CGM	58.14		1 Fitzpatrick, William	36 COMA	27.24
Men 18-24			2 Bateman, Nick	31 ORM	59.47		100 Yard Backstroke		
50 Yard Freestyle			50 Yard Breaststroke				1 Fitzpatrick, William	36 COMA	57.86
1 Mays, Dayton	20 YTSM	24.75	1 Romera, Joaquin	34 MAC	29.04		50 Yard Breaststroke		
2 Hibbard, Michael	24 BASS	29.80	2 Van Anandel, Robbert	34 SYD	31.07		1 Kinder, John	36 COMA	30.61
100 Yard Freestyle			3 Elliott, Scot	34 COMA	31.29		2 Daniels, Joseph	35 COMA	30.63
1 Mays, Dayton	20 YTSM	54.36	4 Ryan, Daniel	31 YTSM	35.92		3 Singer, Andrew	36 COMA	32.41
50 Yard Breaststroke			100 Yard Breaststroke				4 Darby, Brian	35 ORM	33.73
1 Hibbard, Michael	24 BASS	38.29	1 Romera, Joaquin	34 MAC	1:03.78		5 Braun, Mark	37 ORM	34.35
100 Yard Breaststroke			2 Polito, Chip	32 ORM	1:04.29		100 Yard Breaststroke		
1 Hibbard, Michael	24 BASS	1:23.32	3 Van Anandel, Robbert	34 SYD	1:07.68		1 Daniels, Joseph	35 COMA	1:08.19
200 Yard Breaststroke			4 Ryan, Daniel	31 YTSM	1:19.90		2 Kinder, John	36 COMA	1:08.32
1 Hibbard, Michael	24 BASS	3:11.10	200 Yard Breaststroke				3 Singer, Andrew	36 COMA	1:11.36
50 Yard Butterfly			1 Polito, Chip	32 ORM	2:20.61		4 Darby, Brian	35 ORM	1:14.55
1 Mays, Dayton	20 YTSM	25.61	2 Van Anandel, Robbert	34 SYD	2:26.89		5 Braun, Mark	37 ORM	1:18.46
2 Hibbard, Michael	24 BASS	33.17	3 Elliott, Scot	34 COMA	2:32.20		6 Lassen, Jason	36 ORM	1:19.97
100 Yard Butterfly			50 Yard Butterfly				7 Vegter, Brian	37 BASS	1:27.84
1 Mays, Dayton	20 YTSM	59.37	1 Romera, Joaquin	34 MAC	24.85		200 Yard Breaststroke		
100 Yard IM			2 O'Shea, Sean	34 CGM	25.86		1 Darby, Brian	35 ORM	2:50.48
1 Hibbard, Michael	24 BASS	1:17.78							
Men 25-29									
50 Yard Freestyle									
1 Dunn, Alex	29 YTSM	26.85							
200 Yard Freestyle									
1 Farrington, Tim	25 COMA	1:49.55							
2 Shute, Evan	29 THB	2:01.74							

2 Lassen, Jason	36 ORM	2:52.11	50 Yard Backstroke			2 Waud, Timothy	41 ORM	5:14.06
3 Vegter, Brian	37 BASS	3:06.99	1 Mccomish, John	43 ORM	28.90	3 Wursta, Steve	43 COMA	5:42.00
50 Yard Butterfly			2 Lussier, Hardy	43 COMA	29.05	Men 45-49		
1 Tujo, Christian	37 COMA	27.75	3 Kabel, Douglas	43 LH	30.10	50 Yard Freestyle		
2 Daniels, Joseph	35 COMA	27.94	4 Mccarthy, Darren	43 THB	30.33	1 Ivelich, Jim	46 COMA	23.56
100 Yard Butterfly			5 Bryan, Andrew	44 BASS	31.39	2 Sumerfield, Bill	48 CGM	24.58
1 Tujo, Christian	37 COMA	1:01.48	100 Yard Backstroke			3 Rodriguez, Rick	46 DAC	26.18
2 Darby, Brian	35 ORM	1:11.88	1 Mccomish, John	43 ORM	1:02.61	4 Stelzer, Keith	49 CGM	26.49
200 Yard Butterfly			2 Bryan, Andrew	44 BASS	1:05.23	5 Asbury, Doug	49 COMA	26.92
1 Tujo, Christian	37 COMA	2:29.13	3 Engbersen, Rutger	43 CGM	1:21.52	6 Lewis, Andy	45 DAC	28.30
100 Yard IM			200 Yard Backstroke			7 Barnes, Warren	47 DAC	28.71
1 Daniels, Joseph	35 COMA	1:03.20	1 Proffitt, James	43 COMA	2:15.93	8 Ribkoff, Mark	48 CGM	28.86
2 Tujo, Christian	37 COMA	1:06.10	2 Mccarthy, Darren	43 THB	2:21.50	9 Croucher, Robert	45 LH	32.72
3 Kinder, John	36 COMA	1:06.34	3 Bryan, Andrew	44 BASS	2:23.00	10 Macey, Jeff	49 LH	33.73
4 Singer, Andrew	36 COMA	1:07.58	50 Yard Breaststroke			X Zunno, David	47 UNAT	27.17
5 Lassen, Jason	36 ORM	1:15.58	1 Lussier, Hardy	43 COMA	29.99	100 Yard Freestyle		
6 Vegter, Brian	37 BASS	1:22.91	2 Waud, Timothy	41 ORM	30.89	1 Hathaway, David	48 ORM	53.99
200 Yard IM			3 Cole, Chris	42 COMA	31.86	2 Christensen, Douglas	46 THB	55.67
1 Tujo, Christian	37 COMA	2:23.97	4 Engbersen, Rutger	43 CGM	37.27	3 Asbury, Doug	49 COMA	57.46
2 Bergmans, Pieter	38 COMA	2:28.94	5 Peterson, Eric	43 CGM	40.73	4 Rodriguez, Rick	46 DAC	58.41
3 Kinder, John	36 COMA	2:29.84	100 Yard Breaststroke			5 Stelzer, Keith	49 CGM	1:00.24
4 Lassen, Jason	36 ORM	2:45.47	1 Lussier, Hardy	43 COMA	1:04.93	6 Thompson, Ron	49 OPEN	1:03.07
5 Vegter, Brian	37 BASS	2:57.94	2 Mccarthy, Darren	43 THB	1:09.88	7 Lewis, Andy	45 DAC	1:03.23
400 Yard IM			3 Cole, Chris	42 COMA	1:10.22	8 Palmer, Kevin	49 KBM	1:03.33
1 Tujo, Christian	37 COMA	5:23.12	4 Waud, Timothy	41 ORM	1:10.88	9 Ribkoff, Mark	48 CGM	1:05.92
2 Lassen, Jason	36 ORM	6:09.55	5 Wursta, Steve	43 COMA	1:16.93	10 Macey, Jeff	49 LH	1:13.29
3 Vegter, Brian	37 BASS	6:25.97	6 Karyukin, Andrei	43 THB	1:18.30	11 Croucher, Robert	45 LH	1:16.64
Men 40-44			7 Engbersen, Rutger	43 CGM	1:21.00	12 Bragg, Robin	49 OPEN	1:21.44
50 Yard Freestyle			8 Peterson, Eric	43 CGM	1:32.53	X Zunno, David	47 UNAT	58.18
1 Wan, Eric	42 MAC	22.83	9 Carlson, Scott	44 COMA	1:34.23	200 Yard Freestyle		
2 Mccomish, John	43 ORM	23.71	200 Yard Breaststroke			1 Baker, Dennis	47 ORM	1:46.09
3 Clydesdale, William	41 ORM	24.26	1 Waud, Timothy	41 ORM	2:27.29	2 Fristoe, Tom	49 COMA	1:51.28
4 Kabel, Douglas	43 LH	24.36	2 Cole, Chris	42 COMA	2:38.30	3 Hathaway, David	48 ORM	2:00.67
5 Kaufman, Seth	40 ORM	25.41	3 Wursta, Steve	43 COMA	2:48.18	4 Calvin, Kris	47 COMA	2:06.19
6 Karyukin, Andrei	43 THB	27.99	4 Engbersen, Rutger	43 CGM	2:55.37	5 Rodriguez, Rick	46 DAC	2:09.15
7 Peterson, Eric	43 CGM	31.75	5 Sloop, Steven	43 COMA	3:01.41	6 Barnes, Warren	47 DAC	2:18.43
8 Carlson, Scott	44 COMA	33.57	50 Yard Butterfly			7 Macey, Jeff	49 LH	2:44.61
100 Yard Freestyle			1 Mccomish, John	43 ORM	25.81	8 Bragg, Robin	49 OPEN	3:01.61
1 Wan, Eric	42 MAC	50.13	2 Wan, Eric	42 MAC	26.86	X Zunno, David	47 UNAT	2:10.52
2 Lussier, Hardy	43 COMA	50.84	3 Clydesdale, William	41 ORM	27.06	500 Yard Freestyle		
3 Mccomish, John	43 ORM	52.73	4 Proffitt, James	43 COMA	27.39	1 Baker, Dennis	47 ORM	4:52.93
4 Clydesdale, William	41 ORM	54.84	5 Karyukin, Andrei	43 THB	28.56	2 Thompson, Ron	49 OPEN	6:09.22
5 Kaufman, Seth	40 ORM	56.07	100 Yard Butterfly			3 Macey, Jeff	49 LH	7:32.25
6 Bryan, Andrew	44 BASS	56.20	1 Lussier, Hardy	43 COMA	57.14	4 Croucher, Robert	45 LH	7:33.17
7 Karyukin, Andrei	43 THB	1:00.86	2 Mccomish, John	43 ORM	58.33	5 Ribkoff, Mark	48 CGM	7:39.39
8 Mason, Patrick	40 DAC	1:06.99	200 Yard Butterfly			6 Bragg, Robin	49 OPEN	7:58.50
9 Carlson, Scott	44 COMA	1:15.05	1 Higley, Robert	43 COMA	2:32.73	1000 Yard Freestyle		
200 Yard Freestyle			2 Sloop, Steven	43 COMA	3:33.11	1 Calvin, Kris	47 COMA	11:43.95
1 Wan, Eric	42 MAC	1:53.32	100 Yard IM			2 Thompson, Ron	49 OPEN	12:59.08
2 Proffitt, James	43 COMA	2:02.35	1 Lussier, Hardy	43 COMA	58.57	3 Barnes, Warren	47 DAC	13:17.75
3 Kabel, Douglas	43 LH	2:05.16	2 Wan, Eric	42 MAC	1:01.13	4 Croucher, Robert	45 LH	16:05.68
4 Mason, Patrick	40 DAC	2:32.36	3 Clydesdale, William	41 ORM	1:01.96	5 Bragg, Robin	49 OPEN	16:13.90
5 Sloop, Steven	43 COMA	2:33.13	4 Waud, Timothy	41 ORM	1:02.21	1650 Yard Freestyle		
500 Yard Freestyle			5 Kaufman, Seth	40 ORM	1:06.04	1 Baker, Dennis	47 ORM	17:37.88 Z
1 Higley, Robert	43 COMA	5:34.33	6 Bryan, Andrew	44 BASS	1:06.22	2 Sumerfield, Bill	48 CGM	20:41.73
2 Proffitt, James	43 COMA	5:35.88	7 Cole, Chris	42 COMA	1:07.25	3 Thompson, Ron	49 OPEN	21:13.58
3 Mason, Patrick	40 DAC	6:59.83	8 Karyukin, Andrei	43 THB	1:09.29	4 Barnes, Warren	47 DAC	22:12.48
4 Peterson, Eric	43 CGM	8:08.41	9 Engbersen, Rutger	43 CGM	1:19.37	5 Ribkoff, Mark	48 CGM	25:52.03
1000 Yard Freestyle			10 Peterson, Eric	43 CGM	1:29.90	6 Bragg, Robin	49 OPEN	27:00.36
1 Higley, Robert	43 COMA	11:25.42	200 Yard IM			X Williams, Tom	49 DAC	22:05.38
2 Proffitt, James	43 COMA	11:38.73	1 Clydesdale, William	41 ORM	2:20.07	50 Yard Backstroke		
3 Kabel, Douglas	43 LH	12:05.35	2 Kabel, Douglas	43 LH	2:20.27	1 Rodriguez, Rick	46 DAC	29.71
4 Kaufman, Seth	40 ORM	12:41.63	3 Mccarthy, Darren	43 THB	2:22.30	2 Calvin, Kris	47 COMA	30.02
1650 Yard Freestyle			4 Bryan, Andrew	44 BASS	2:23.18	3 Palmer, Kevin	49 KBM	32.72
1 Higley, Robert	43 COMA	19:21.87	5 Waud, Timothy	41 ORM	2:30.98	4 Stelzer, Keith	49 CGM	39.91
2 Proffitt, James	43 COMA	19:46.67	6 Cole, Chris	42 COMA	2:31.16	5 Macey, Jeff	49 LH	57.42
3 Wursta, Steve	43 COMA	21:08.78	7 Wursta, Steve	43 COMA	2:40.03	100 Yard Backstroke		
4 Engbersen, Rutger	43 CGM	23:52.35	400 Yard IM			1 Rodriguez, Rick	46 DAC	1:03.13
5 Mason, Patrick	40 DAC	24:50.65	1 Higley, Robert	43 COMA	4:57.24	2 Palmer, Kevin	49 KBM	1:12.20

200 Yard Backstroke	3	Goodman, Doug	53 CGM	57.01	2	Oliver, Gary	51 COMA	2:37.59		
1 Rodriguez, Rick	46 DAC	2:30.64	4	Wren, Mark	50 ORM	58.80	3	Fairhurst, Jon	50 LH	2:54.21
2 Kirk, Mark	49 BASS	2:38.89	5	Amperse, David	54 YTSM	1:02.40	4	Amperse, David	54 YTSM	2:58.05
3 Barnes, Warren	47 DAC	2:48.94	6	Britsch, Uwe	52 KBM	1:03.00	50 Yard Butterfly			
4 Bragg, Robin	49 OPEN	4:01.43	7	Kaufmann, Ron	51 COMA	1:03.91	1	Kevan, Stephen	54 DAC	26.79
50 Yard Breaststroke			8	Mayhew, Daniel	52 DAC	1:08.43	2	Metzger, Peter	53 ORM	27.31
1 Ivelich, Jim	46 COMA	30.30	9	Knight, Art	54 KBM	1:08.72	3	Ambrose, Daniel	53 DAC	27.87
2 Christensen, Douglas	46 THB	31.51	200 Yard Freestyle				4	Wren, Mark	50 ORM	28.62
3 Sumerfield, Bill	48 CGM	32.80	1	Kevan, Stephen	54 DAC	2:00.27	5	Bergstrom, Robert	52 ORM	31.97
4 Asbury, Doug	49 COMA	37.58	2	Goodman, Doug	53 CGM	2:04.63	6	Kaufmann, Ron	51 COMA	33.35
5 Lewis, Andy	45 DAC	39.04	3	Peyton, Mike	53 MAC	2:11.30	7	Knight, Art	54 KBM	39.45
6 Stelzer, Keith	49 CGM	40.72	4	Dow, Keith	53 OPEN	2:11.36	8	Helm, Charlie	53 OPEN	43.72
7 Ribkoff, Mark	48 CGM	41.37	5	Wren, Mark	50 ORM	2:11.96	100 Yard Butterfly			
8 Croucher, Robert	45 LH	44.26	6	Scoville, Brent	51 LH	2:15.71	1	Kevan, Stephen	54 DAC	1:03.81
100 Yard Breaststroke			7	Ramsey, Ed	52 THB	2:19.73	2	Ambrose, Daniel	53 DAC	1:05.08
1 Fristoe, Tom	49 COMA1:01.19 Z		8	Bergstrom, Robert	52 ORM	2:19.74	3	Amperse, David	54 YTSM	1:10.36
2 Ivelich, Jim	46 COMA	1:09.84	9	Britsch, Uwe	52 KBM	2:26.09	100 Yard IM			
3 Sumerfield, Bill	48 CGM	1:10.23	10	Kaufmann, Ron	51 COMA	2:28.96	1	Kevan, Stephen	54 DAC	1:02.23
4 Lewis, Andy	45 DAC	1:24.73	11	Knight, Art	54 KBM	2:47.80	2	Ambrose, Daniel	53 DAC	1:09.61
5 Thompson, Ron	49 OPEN	1:25.28	12	Helm, Charlie	53 OPEN	2:52.65	3	Amperse, David	54 YTSM	1:10.83
6 Ribkoff, Mark	48 CGM	1:32.62	500 Yard Freestyle				4	Bergstrom, Robert	52 ORM	1:15.68
200 Yard Breaststroke			1	Kevan, Stephen	54 DAC	5:37.89	5	Kaufmann, Ron	51 COMA	1:18.90
1 Fristoe, Tom	49 COMA2:12.19 Z		2	Goodman, Doug	53 CGM	5:39.71	200 Yard IM			
2 Sumerfield, Bill	48 CGM	2:40.09	3	Dow, Keith	53 OPEN	6:06.78	1 Allender, Patrick	50 CAT 2:10.81 O		
3 Ivelich, Jim	46 COMA	2:44.61	4	Ramsey, Ed	52 THB	6:11.63	2	Kevan, Stephen	54 DAC	2:16.84
50 Yard Butterfly			5	Helm, Charlie	53 OPEN	8:09.36	3	Oliver, Gary	51 COMA	2:20.14
1 Christensen, Douglas	46 THB	26.07	6	Carter, Walter	53 COMA	8:54.86	4	Scoville, Brent	51 LH	2:33.04
2 Hathaway, David	48 ORM	26.70	1000 Yard Freestyle				5	Britsch, Uwe	52 KBM	2:50.22
3 Asbury, Doug	49 COMA	29.46	1	Goodman, Doug	53 CGM	11:42.30	6	Bergstrom, Robert	52 ORM	2:53.18
4 Palmer, Kevin	49 KBM	29.47	2	Ramsey, Ed	52 THB	12:55.35	7	Moon, Robert	53 BASS	2:59.06
5 Stelzer, Keith	49 CGM	30.55	3	Scoville, Brent	51 LH	12:56.81	400 Yard IM			
X Zunno, David	47 UNAT	30.14	4	Helm, Charlie	53 OPEN	17:31.77	1	Oliver, Gary	51 COMA	5:01.66
100 Yard Butterfly			5	Carter, Walter	53 COMA	18:17.96	2	Metzger, Peter	53 ORM	5:19.00
1 Hathaway, David	48 ORM	1:01.39	1650 Yard Freestyle				3	Moon, Robert	53 BASS	6:49.72
2 Calvin, Kris	47 COMA	1:02.03	1	Goodman, Doug	53 CGM	20:51.24	Men 55-59			
3 Anspach, Jeffrey	48 COMA	1:08.03	2	Ramsey, Ed	52 THB	21:25.95	50 Yard Freestyle			
200 Yard Butterfly			3	Dow, Keith	53 OPEN	21:34.17	1 Tennant, Mike	55 COMA22.90 Z		
1 Baker, Dennis	47 ORM	1:59.45	4	Bergstrom, Robert	52 ORM	21:54.43	2	Brockbank, Doug	55 ORM	24.08
100 Yard IM			5	Carter, Walter	53 COMA	29:28.79	3	Dasch, Vern	59 ORM	26.32
1 Christensen, Douglas	46 THB	1:02.06	50 Yard Backstroke				4	Sherwood, Reggie	57 MAC	27.00
2 Ivelich, Jim	46 COMA	1:02.27	1	Metzger, Peter	53 ORM	28.33	5	Ritter, John	56 KBM	28.63
3 Hathaway, David	48 ORM	1:02.60	2	Scoville, Brent	51 LH	33.07	6	Wyatt, Joseph	59 THB	29.27
4 Palmer, Kevin	49 KBM	1:12.62	3	Mayhew, Daniel	52 DAC	40.97	7	Storer, Andrew	57 BASS	29.33
5 Stelzer, Keith	49 CGM	1:15.82	4	Knight, Art	54 KBM	42.61	8	Morgan, Edwin	55 DAC	29.63
6 Thompson, Ron	49 OPEN	1:19.49	5	Carter, Walter	53 COMA	51.75	9	Warren, Mike	58 COMA	31.22
X Zunno, David	47 UNAT	1:08.88	100 Yard Backstroke				10	Shuman, Thomas	55 COMA	32.24
200 Yard IM			1	Metzger, Peter	53 ORM	1:02.58	11	Roberts, Greg	56 DAC	32.64
1 Baker, Dennis	47 ORM	1:59.06	2	Wren, Mark	50 ORM	1:13.25	12	Mierjeski, Edward	58 COMA	33.98
2 Fristoe, Tom	49 COMA	2:01.68	3	Britsch, Uwe	52 KBM	1:14.80	13	Carew, Michael	59 COMA	35.35
3 Calvin, Kris	47 COMA	2:18.62	4	Mayhew, Daniel	52 DAC	1:28.88	14	Gillham, Larry	59 COMA	40.31
4 Anspach, Jeffrey	48 COMA	2:29.17	5	Helm, Charlie	53 OPEN	1:53.11	X	Limoges, Craig	55 OREG	26.86
5 Palmer, Kevin	49 KBM	2:42.16	6	Carter, Walter	53 COMA	2:00.33	100 Yard Freestyle			
6 Kirk, Mark	49 BASS	2:42.65	200 Yard Backstroke				1	Brockbank, Doug	55 ORM	52.91
400 Yard IM			1	Metzger, Peter	53 ORM	2:17.70	2	Edwards, Wes	55 LH	53.24
1 Fristoe, Tom	49 COMA	4:23.44	2	Scoville, Brent	51 LH	2:33.41	3	Dasch, Vern	59 ORM	57.97
2 Calvin, Kris	47 COMA	4:55.72	3	Ramsey, Ed	52 THB	2:37.34	4	Sherwood, Reggie	57 MAC	1:01.60
3 Hathaway, David	48 ORM	5:03.57	4	Britsch, Uwe	52 KBM	2:46.99	5	Larson, Allen	56 ORM	1:03.44
4 Anspach, Jeffrey	48 COMA	5:28.70	5	Moon, Robert	53 BASS	3:01.65	6	Morgan, Edwin	55 DAC	1:06.82
Men 50-54			50 Yard Breaststroke				7	Roberts, Greg	56 DAC	1:16.51
50 Yard Freestyle			1 Allender, Patrick	50 CAT 29.88 Z		8	Shuman, Thomas	55 COMA	1:17.62	
1 Goodman, Doug	53 CGM	25.76	2	Metzger, Peter	53 ORM	32.80	9	Mierjeski, Edward	58 COMA	1:18.81
2 Peyton, Mike	53 MAC	26.06	3	Fairhurst, Jon	50 LH	35.52	10	Gillham, Larry	59 COMA	1:30.98
3 Wren, Mark	50 ORM	26.20	4	Bergstrom, Robert	52 ORM	38.88	200 Yard Freestyle			
4 Dow, Keith	53 OPEN	26.24	100 Yard Breaststroke				1	Yensen, Kermit	55 THB	2:08.11
5 Kaufmann, Ron	51 COMA	27.88	1 Allender, Patrick	50 CAT 1:03.65 Z		2	Stephenson, Michael	56 CGM	2:10.78	
6 Knight, Art	54 KBM	29.12	2	Oliver, Gary	51 COMA	1:12.06	3	Dasch, Vern	59 ORM	2:13.06
7 Mayhew, Daniel	52 DAC	30.42	3	Amperse, David	54 YTSM	1:20.13	4	Sherwood, Reggie	57 MAC	2:20.19
100 Yard Freestyle			4	Moon, Robert	53 BASS	1:30.86	5	Larson, Allen	56 ORM	2:24.12
1 Peyton, Mike	53 MAC	56.88	200 Yard Breaststroke				6	Shuman, Thomas	55 COMA	2:50.47
2 Dow, Keith	53 OPEN	56.91	1 Allender, Patrick	50 CAT 2:19.03 Z		7	Roberts, Greg	56 DAC	2:50.82	

8 Carew, Michael	59 COMA	2:53.55	X Wyatt, Joseph	59 THB	1:20.83	3 Dielman, Gary	69 BASS	1:16.50
9 Mierjeski, Edward	58 COMA	2:58.30	200 Yard Butterfly			4 Mellow, Bill	67 CGM	1:21.05
10 Gillham, Larry	59 COMA	3:15.31	1 Yensen, Kermit	55 THB	2:41.49	5 Rudolph, Roger	65 COMA	1:21.58
500 Yard Freestyle			100 Yard IM			200 Yard Freestyle		
1 Stephenson, Michael	56 CGM	5:49.71	1 Tennant, Mike	55 COMA	1:01.23	1 Landis, Tom	67 COMA	2:12.26
2 Yensen, Kermit	55 THB	6:02.08	2 Dasch, Vern	59 ORM	1:10.58	2 Nakata, Ronald	69 ORM	2:38.61
3 Dasch, Vern	59 ORM	6:15.91	3 Mierjeski, Edward	58 COMA	1:31.74	3 Mohr, Ralph	67 COMA	2:43.82
4 Larson, Allen	56 ORM	6:42.01	200 Yard IM			4 Dielman, Gary	69 BASS	2:54.85
5 Sherwood, Reggie	57 MAC	6:47.18	1 Mann, Stephen	56 COMA	2:22.75	500 Yard Freestyle		
6 Carew, Michael	59 COMA	7:24.10	2 Yensen, Kermit	55 THB	2:28.89	1 Landis, Tom	67 COMA	5:51.39
7 Roberts, Greg	56 DAC	7:30.89	3 Stephenson, Michael	56 CGM	2:36.05	2 Mohr, Ralph	67 COMA	7:18.75
8 Shuman, Thomas	55 COMA	7:57.51	400 Yard IM			3 Rudolph, Roger	65 COMA	7:59.76
9 Gillham, Larry	59 COMA	8:57.28	1 Yensen, Kermit	55 THB	5:32.27	4 Dielman, Gary	69 BASS	8:13.44
1000 Yard Freestyle			Men 60-64			1000 Yard Freestyle		
1 Stephenson, Michael	56 CGM	12:24.06	50 Yard Freestyle			1 Mohr, Ralph	67 COMA15	13:88
2 Carew, Michael	59 COMA15	41:32	1 Shelfer, Robert	63 LH	30.68	2 Dielman, Gary	69 BASS	17:27.62
3 Shuman, Thomas	55 COMA16	23.62	2 Schaefer, Don	64 COMA	30.93	1650 Yard Freestyle		
1650 Yard Freestyle			3 Jenkins, Richard	60 COMA	34.38	1 Landis, Tom	67 COMA20	28:17
1 Stephenson, Michael	56 CGM	20:34.66	4 Jenkins, James	61 ORM	39.31	2 Mohr, Ralph	67 COMA24	52:62
2 Edwards, Wes	55 LH	21:27.58	5 Harris, Mike	63 COMA	39.91	3 Dielman, Gary	69 BASS	29:14.63
3 Larson, Allen	56 ORM	23:13.57	100 Yard Freestyle			4 Mellow, Bill	67 CGM	30:11.03
4 Benefiel, Arthur	55 COMA24	03:51	1 Shelfer, Robert	63 LH	1:16.53	50 Yard Backstroke		
5 Roberts, Greg	56 DAC	25:54.97	2 Schaefer, Don	64 COMA	1:17.54	1 Rudolph, Roger	65 COMA	46.42
6 Carew, Michael	59 COMA25	56:26	3 Jenkins, Richard	60 COMA	1:20.41	50 Yard Breaststroke		
7 Gillham, Larry	59 COMA30	40:36	4 Harris, Mike	63 COMA	1:28.89	1 Nakata, Ronald	69 ORM	38.40
50 Yard Backstroke			200 Yard Freestyle			2 Mellow, Bill	67 CGM	43.33
1 Edwards, Wes	55 LH	27.89	1 Johnson, Steve	61 EA	2:08.86	100 Yard Breaststroke		
2 Brockbank, Doug	55 ORM	28.23	2 Gray, Daniel	63 OPEN	2:52.56	1 Nakata, Ronald	69 ORM	1:29.21
3 Mann, Stephen	56 COMA	31.72	3 Jenkins, James	61 ORM	3:27.15	2 Mellow, Bill	67 CGM	1:41.72
4 Sherwood, Reggie	57 MAC	35.73	500 Yard Freestyle			200 Yard Breaststroke		
5 Wyatt, Joseph	59 THB	38.54	1 Johnson, Steve	61 EA	5:43.05	1 Mellow, Bill	67 CGM	3:44.30
6 Warren, Mike	58 COMA	40.49	2 Ellis, John	62 LH	7:29.49	50 Yard Butterfly		
7 Shuman, Thomas	55 COMA	41.14	3 Gray, Daniel	63 OPEN	7:43.43	1 Mohr, Ralph	67 COMA	36.69
8 Mierjeski, Edward	58 COMA	42.98	1000 Yard Freestyle			2 Rudolph, Roger	65 COMA	41.27
X Limoges, Craig	55 OREG	30.74	1 Ellis, John	62 LH	15:34.53	100 Yard Butterfly		
100 Yard Backstroke			2 Gray, Daniel	63 OPEN	15:50.72	1 Mohr, Ralph	67 COMA	1:34.26
1 Edwards, Wes	55 LH	1:00.87	1650 Yard Freestyle			200 Yard IM		
2 Mann, Stephen	56 COMA	1:05.65	1 Bruce, Bob	61 COMA20	43:77	1 Landis, Tom	67 COMA	2:37.03
3 Stephenson, Michael	56 CGM	1:12.82	2 Gray, Daniel	63 OPEN	26:42.55	400 Yard IM		
4 Sherwood, Reggie	57 MAC	1:16.47	50 Yard Backstroke			1 Landis, Tom	67 COMA	5:34.93
5 Storer, Andrew	57 BASS	1:38.35	1 Jenkins, Richard	60 COMA	47.43	Men 70-74		
X Limoges, Craig	55 OREG	1:06.76	2 Jenkins, James	61 ORM	55.61	50 Yard Freestyle		
200 Yard Backstroke			200 Yard Backstroke			1 Thayer, George	73 COMA	30.54
1 Edwards, Wes	55 LH	2:19.67	1 Johnson, Steve	61 EA	2:28.70	100 Yard Freestyle		
2 Storer, Andrew	57 BASS	3:39.02	2 Gray, Daniel	63 OPEN	3:52.86	1 Thayer, George	73 COMA	1:12.03
50 Yard Breaststroke			50 Yard Breaststroke			500 Yard Freestyle		
1 Mann, Stephen	56 COMA	32.26	1 Shelfer, Robert	63 LH	43.08	1 Sylva, Richard	70 THB	8:00.02
2 Warren, Mike	58 COMA	41.23	100 Yard Breaststroke			1000 Yard Freestyle		
3 Storer, Andrew	57 BASS	46.95	1 Ellis, John	62 LH	1:31.93	1 Sylva, Richard	70 THB	16:21.77
100 Yard Breaststroke			200 Yard Breaststroke			50 Yard Backstroke		
1 Tennant, Mike	55 COMA	1:09.84	1 Ellis, John	62 LH	3:27.93	1 Thayer, George	73 COMA	37.59
2 Mann, Stephen	56 COMA	1:11.78	50 Yard Butterfly			100 Yard Backstroke		
3 Dasch, Vern	59 ORM	1:18.92	1 Harris, Mike	63 COMA	48.09	1 Thayer, George	73 COMA	1:25.28
4 Morgan, Edwin	55 DAC	1:29.84	100 Yard Butterfly			200 Yard Backstroke		
5 Storer, Andrew	57 BASS	1:48.83	1 Harris, Mike	63 COMA	2:07.50	1 Thayer, George	73 COMA	3:07.75
200 Yard Breaststroke			200 Yard IM			50 Yard Breaststroke		
1 Storer, Andrew	57 BASS	3:45.87	1 Ellis, John	62 LH	3:18.71	1 Thayer, George	73 COMA	43.46
50 Yard Butterfly			400 Yard IM			Men 75-79		
1 Edwards, Wes	55 LH	26.96	1 Bruce, Bob	61 COMA	5:26.00	50 Yard Freestyle		
2 Tennant, Mike	55 COMA	27.04	2 Ellis, John	62 LH	7:20.50	1 Weick, Dick	75 EA	29.89
3 Brockbank, Doug	55 ORM	27.25	Men 65-69			2 Delaney, Michael	75 COMA	37.07
4 Mann, Stephen	56 COMA	27.65	50 Yard Freestyle			200 Yard Freestyle		
X Limoges, Craig	55 OREG	28.96	1 Nakata, Ronald	69 ORM	29.42	1 Sprenger, Fred	78 ORM	3:41.31
100 Yard Butterfly			2 Rudolph, Roger	65 COMA	33.07	500 Yard Freestyle		
1 Tennant, Mike	55 COMA	1:01.91	3 Dielman, Gary	69 BASS	34.16	1 Sprenger, Fred	78 ORM	9:54.55
2 Brockbank, Doug	55 ORM	1:02.61	4 Mellow, Bill	67 CGM	34.97	1000 Yard Freestyle		
3 Yensen, Kermit	55 THB	1:06.23	100 Yard Freestyle			1 Sprenger, Fred	78 ORM	20:04.19
4 Ritter, John	56 KBM	1:21.01	1 Landis, Tom	67 COMA	57.89	1650 Yard Freestyle		
5 Larson, Allen	56 ORM	1:21.23	2 Nakata, Ronald	69 ORM	1:06.08	1 Sprenger, Fred	78 ORM	34:59.04

50 Yard Backstroke

1 **Weick, Dick** 75 EA 38.50 O

100 Yard Backstroke

1 Sprenger, Fred 78 ORM 2:04.99

200 Yard Backstroke

1 Sprenger, Fred 78 ORM 4:24.04

50 Yard Breaststroke

1 Weick, Dick 75 EA 40.37

2 Delaney, Michael 75 COMA 44.74

50 Yard Butterfly

1 Weick, Dick 75 EA 35.17

2 Delaney, Michael 75 COMA 44.81

100 Yard IM

1 **Weick, Dick** 75 EA 1:21.41 Z

2 Delaney, Michael 75 COMA 1:41.30

Men 85-89

50 Yard Freestyle

X Lamb, Willard 86 OREG 34.73

500 Yard Freestyle

X Lamb, Willard 86 OREG 8:32.36

1000 Yard Freestyle

X Lamb, Willard 86 OREG 17:29.15

1650 Yard Freestyle

X Lamb, Willard 86 OREG 30:00.56 Z

50 Yard Backstroke

X Lamb, Willard 86 OREG 46.74

100 Yard Backstroke

X Lamb, Willard 86 OREG 1:40.49

Relays**Women 18+ 200 Yard Free Relay**

1 ORM 1:57.92

1) Somera, C. 23 2) Gustafson, K. 53

3) Halely, E. 19 4) Newby, N. 20

Women 18+ 200 Yard Medley Relay

1 CAT 2:13.69

1) Pryor, E. 32 2) Snider, P. 47

3) Willia, B. 22 4) Buck, D. 50

2 ORM 2:18.84

1) Edwards, B. 37 2) Halely, E. 19

3) Somera, C. 23 4) Newby, N. 20

3 OPEN 2:36.70

1) Shoemaker, A. 24 2) Parker, J. 30

3) Frangipani, M. 23 4) Sacks, L. 63

Women 25+ 200 Yard Free Relay

1 ORM 1:55.26

1) Gustafson, A. 28 2) Kramer, E. 33

3) Edwards, B. 37 4) Lassen, M. 38

2 COMA 2:02.55

1) Austin, C. 41 2) Strausbaugh, E. 32

3) Wells, J. 36 4) Sprauer, S. 38

3 CGM 2:03.81

1) Strelkauskas, J. 37 2) Kendall, K. 41

3) Kasenga, A. 35 4) Ludwig, S. 25

4 LH 2:06.03

1) Jacobs-Brown, M. 37 2) Cocks, C. 41

3) Edwards, A. 29 4) Thayer, K. 29

Women 25+ 200 Yard Medley Relay

1 ORM 2:09.25

1) Andrus-Hughes, K. 51 2) Gustafson, A. 28

3) Lassen, M. 38 4) Gustafson, K. 53

2 CGM 2:20.83

1) Kendall, K. 41 2) Kasenga, A. 35

3) Ludwig, S. 25 4) Mack, J. 42

3 LH 2:32.44

1) Thayer, K. 29 2) Croucher, D. 45

3) Jacobs-Brown, M. 37 4) Edwards, A. 29

4 COMA 2:32.84

1) Gross, T. 34 2) Mcelroy, A. 39

3) Sprauer, S. 38 4) Gorman, S. 43

Women 35+ 200 Yard Free Relay

1 COMA 1:53.71

1) Eisenbeis, T. 36 2) Godlove, T. 36

3) Schultz, S. 42 4) Senkier, K. 39

2 COMA 2:37.80

1) Schroder, K. 72 2) Varga, E. 36

3) Pappa, D. 47 4) Gorman, S. 43

Women 35+ 200 Yard Medley Relay

1 COMA 2:02.82

1) Eisenbeis, T. 36 2) Godlove, T. 36

3) Braune, M. 38 4) Senkier, K. 39

Women 45+ 200 Yard Free Relay

1 ORM 1:49.57

1) Andrus-Hughes, K. 51 2) Crabbe, C. 52

3) Viales, D. 47 4) Jenkins, V. 45

2 CGM 1:58.63

1) Sutherland, S. 46 2) Goodman, A. 49

3) Caswell, M. 48 4) Tynnismaa, T. 46

3 COMA 2:07.38

1) Larkin, C. 50 2) Touchette, C. 45

3) Phillips, M. 51 4) Brown, T. 54

4 LH 3:01.99

1) Anderson, T. 54 2) Shelfer, C. 60

3) Ellis, E. 64 4) Croucher, D. 45

Women 45+ 200 Yard Medley Relay

1 CGM 2:14.16

1) Goodman, A. 49 2) Caswell, M. 48

3) Tynnismaa, T. 46 4) Sutherland, S. 46

2 ORM 2:17.11

1) Jenkins, V. 45 2) Viales, D. 47

3) Crabbe, C. 52 4) Miles, C. 53

3 COMA 2:24.63

1) Schob, L. 50 2) Denney, K. 48

3) Touchette, C. 45 4) Phillips, M. 51

Women 55+ 200 Yard Free Relay

1 COMA 2:25.78

1) Holmberg, M. 56 2) Hendryx, T. 55

3) Weigand, L. 55 4) Cardwell, D. 57

2 ORM 2:41.78

1) Pierson, G. 63 2) Coffeen, L. 57

3) Ward, J. 66 4) Milner, N. 57

3 CGM 2:43.11

1) Gray, J. 57 2) Haynie, S. 64

3) Alexandre, M. 73 4) Rousseau, S. 61

Women 55+ 200 Yard Medley Relay

1 ORM 2:28.23

1) Summers, J. 55 2) Pierson, G. 63

3) Ward, J. 66 4) Milner, N. 57

2 COMA 2:36.74

1) Hendryx, T. 55 2) Hodesson, D. 58

3) Holmberg, M. 56 4) Weigand, L. 55

3 CGM 3:12.44

1) Alexandre, M. 73 2) Haynie, S. 64

3) Rousseau, S. 61 4) Gray, J. 57

Men 18+ 200 Yard Free Relay

1 BASS 1:57.44

1) Hibbard, M. 24 2) Storer, A. 57

3) Vegter, B. 37 4) Bryan, A. 44

Men 18+ 200 Yard Medley Relay

1 YTSM 1:59.91

1) Dunn, A. 29 2) Amperse, D. 54

3) Mays, D. 20 4) Ryan, D. 31

2 BASS 2:15.24

1) Bryan, A. 44 2) Hibbard, M. 24

3) Vegter, B. 37 4) Storer, A. 57

Men 25+ 200 Yard Free Relay

1 COMA 1:34.17

1) Fitzpatrick, W. 36 2) Elliott, S. 34

3) Fristoe, T. 49 4) Lussier, H. 43

2 ORM

1) Baker, D. 47

3) Darby, B. 35

3 CGM

1) O'Shea, S. 34

3) Goodman, D. 53

4 THB

1) Shute, E. 29

3) Karyukin, A. 43

5 COMA

1) Proffitt, J. 43

3) Kinder, J. 36

6 YTSM

1) Odegard, K. 34

3) Dunn, A. 29

Men 25+ 200 Yard Medley Relay

1 COMA 1:50.39

1) Bergmans, P. 38

3) Farrington, T. 25

2 ORM

1) Polito, C. 32

3) Bateman, N. 31

3 THB

1) Shute, E. 29

3) Cleary, K. 25

4 CGM

1) O'Shea, S. 34

3) Stelzer, K. 49

5 COMA

1) Shatting, R. 32

3) Tujo, C. 37

Men 35+ 200 Yard Free Relay

1 ORM 1:37.35

1) Clydesdale, W. 41

3) Kaufman, S. 40

2 COMA

1) Singer, A. 36

3) Daniels, J. 35

3 COMA

1) Wursta, S. 43

3) Oliver, G. 51

4 CGM

1) Peterson, E. 43

3) Stelzer, K. 49

Men 35+ 200 Yard Medley Relay

1 COMA 1:47.17

1) Fitzpatrick, W. 36

3) Lussier, H. 43

2 ORM

1) Mccomish, J. 43

3) Clydesdale, W. 41

3 LH

1) Edwards, W. 55

3) Kabel, D. 43

4 COMA

1) Higley, R. 43

3) Anspach, J. 48

5 CGM

1) Stephenson, M. 56

3) Peterson, E. 43

6 DAC

1) Mayhew, D. 52

3) Barnes, W. 47

Men 45+ 200 Yard Free Relay

1 ORM 1:43.54

1) Metzger, P. 53

3) Wren, M. 50

2 LH

1) Fairhurst, J. 50

1:37.70

2) Bateman, N. 31

4) Polito, C. 32

1:39.37

2) Sumerfield, B. 48

4) Stephenson, M. 56

1:42.12

2) Cleary, K. 25

4) Christensen, D. 46

1:42.69

2) Cole, C. 42

4) Shatting, R. 32

1:48.48

2) Amperse, D. 54

4) Ryan, D. 31

2) Mccarthy, D. 43

4) Karyukin, A. 43

1:53.28

2) Darby, B. 35

4) Wren, M. 50

1:53.81

2) Mccarthy, D. 43

4) Karyukin, A. 43

1:54.53

2) Sumerfield, B. 48

4) Goodman, D. 53

1:57.31

2) Cole, C. 42

4) Wursta, S. 43

4) Mccomish, J. 43

1:38.08

2) Tujo, C. 37

4) Ivelich, J. 46

1:48.45

2) Kaufmann, R. 51

4) Higley, R. 43

1:58.78

2) Engbersen, R. 43

4) Ribkoff, M. 48

1:57.02

2) Braun, M. 37

4) Waud, T. 41

2:01.52

3) Ellis, J. 62	4) Edwards, W. 55	2 ORM	2:10.70	3) Lassen, M. 38	4) Clydesdale, W. 41
3 OPEN	2:07.26	1) Kaufman, S. 40	2) Kramer, E. 33	2 COMA	1:45.19
1) Dow, K. 53	2) Helm, C. 53	3) Darby, B. 35	4) Newby, N. 20	1) Lussier, H. 43	2) Eisenbeis, T. 36
3) Bragg, R. 49	4) Thompson, R. 49	3 OPEN	2:11.16	3) Senkier, K. 39	4) Cloninger, D. 39
4 COMA	2:30.21	1) Shoemaker, A. 24	2) Thompson, R. 49	3 COMA	1:50.72
1) Schaefer, D. 64	2) Carter, W. 53	3) Frangipani, M. 23	4) Dow, K. 53	1) Daniels, J. 35	2) Austin, C. 41
3) Harris, M. 63	4) Gillham, L. 59	Mixed 25+ 200 Yard Free Relay			
Men 45+ 200 Yard Medley Relay					
1 COMA	1:50.92	1 CGM	1:42.15	3) Wells, J. 36	4) Singer, A. 36
1) Calvin, K. 47	2) Oliver, G. 51	1) Sumerfield, B. 48	2) Ludwig, S. 25	4 BASS	1:55.04
3) Fristoe, T. 49	4) Ivelich, J. 46	3) Kasenga, A. 35	4) O'Shea, S. 34	1) Tyler, A. 39	2) Moss, S. 43
2 ORM	1:53.23	2 COMA	1:42.69	3) Kirk, M. 49	4) Storer, A. 57
1) Metzger, P. 53	2) Hathaway, D. 48	1) Fitzpatrick, W. 36	2) Godlove, T. 36	5 COMA	1:55.95
3) Baker, D. 47	4) Bergstrom, R. 52	3) Braune, M. 38	4) Farrington, T. 25	1) Tujo, C. 37	2) Sprauer, S. 38
3 DAC	1:59.78	3 ORM	1:44.68	3) Mcelroy, A. 39	4) Kinder, J. 36
1) Rodriguez, R. 46	2) Ambrose, D. 53	1) Polito, C. 32	2) Kramer, E. 33	6 CGM	2:01.49
3) Kevan, S. 54	4) Lewis, A. 45	3) Gustafson, A. 28	4) Bateman, N. 31	1) Peterson, E. 43	2) Goodman, A. 49
4 THB	2:09.45	4 LH	1:47.09	3) Sutherland, S. 46	4) Goodman, D. 53
1) Ramsey, E. 52	2) Yensen, K. 55	1) Edwards, W. 55	2) Jacobs-Brown, M. 37	7 ORM	2:01.72
3) Wyatt, J. 59	4) Sylva, R. 70	3) Thayer, K. 29	4) Kabel, D. 43	1) Braun, M. 37	2) Edwards, B. 37
5 KBM	2:11.42	5 COMA	1:51.42	3) Gustafson, K. 53	4) Bergstrom, R. 52
1) Palmer, K. 49	2) Britsch, U. 52	1) Shatting, R. 32	2) Gorman, S. 43	8 CGM	2:12.08
3) Ritter, J. 56	4) Knight, A. 54	3) Strausbaugh, E. 32	4) Bergmans, P. 38	1) Engbersen, R. 43	2) Strelkaskas, J. 37
6 OPEN	2:38.38	6 THB	1:51.87	3) Welty-Fick, C. 44	4) Ribkoff, M. 48
1) Gray, D. 63	2) Thompson, R. 49	1) Shute, E. 29	2) Chesler-Clark, L. 45	9 LH	2:16.81
3) Helm, C. 53	4) Dow, K. 53	3) Frieder, M. 39	4) Christensen, D. 46	1) Macey, J. 49	2) Croucher, D. 45
Men 55+ 200 Yard Free Relay					
1 COMA	1:45.00	7 CGM	1:52.36	3) Cocks, C. 41	4) Scoville, B. 51
1) Mann, S. 56	2) Warren, M. 58	1) Jones, P. 34	2) Tynnismaa, T. 46	Mixed 35+ 200 Yard Medley Relay	
3) Bruce, B. 61	4) Tennant, M. 55	3) Caswell, M. 48	4) Stelzer, K. 49	1 ORM	1:51.20
2 ORM	1:50.35	8 EA	1:54.71	1) Andrus-Hughes, K. 51	2) Waud, T. 41
1) Brockbank, D. 55	2) Larson, A. 56	1) Johnson, S. 61	2) Thompson, J. 41	3) Jenkins, V. 45	4) Mccomish, J. 43
3) Nakata, R. 69	4) Dasch, V. 59	3) Weick, D. 75	4) Dhom, G. 30	2 COMA	1:55.30
3 COMA	2:16.96	9 COMA	2:25.08	1) Fitzpatrick, W. 36	2) Godlove, T. 36
1) Jenkins, R. 60	2) Carew, M. 59	1) Carlson, S. 44	2) Pressler, S. 44	3) Lussier, H. 43	4) Senkier, K. 39
3) Shuman, T. 55	4) Mierjeski, E. 58	3) Gross, T. 34	4) Sloop, S. 43	3 COMA	1:59.94
Men 55+ 200 Yard Medley Relay					
1 COMA	1:58.51	10 OPEN	2:35.03	1) Proffitt, J. 43	2) Daniels, J. 35
1) Bruce, B. 61	2) Mann, S. 56	1) Sacks, L. 63	2) Bragg, R. 49	3) Braune, M. 38	4) Schultz, S. 42
3) Landis, T. 67	4) Tennant, M. 55	3) Gray, D. 63	4) Parker, J. 30	4 ORM	2:10.23
2 COMA	2:39.09	Mixed 25+ 200 Yard Medley Relay			
1) Mierjeski, E. 58	2) Jenkins, R. 60	1 CGM	1:58.16	1) Edwards, B. 37	2) Braun, M. 37
3) Shuman, T. 55	4) Warren, M. 58	1) Goodman, A. 49	2) Sumerfield, B. 48	3) Hathaway, D. 48	4) Lassen, M. 38
Men 65+ 200 Yard Free Relay					
1 COMA	2:08.29	3) Ludwig, S. 25	4) O'Shea, S. 34	5 COMA	2:14.39
1) Landis, T. 67	2) Delaney, M. 75	2 COMA	2:00.41	1) Austin, C. 41	2) Cole, C. 42
3) Rudolph, R. 65	4) Thayer, G. 73	1) Eisenbeis, T. 36	2) Kinder, J. 36	3) Oliver, G. 51	4) Larkin, C. 50
Men 65+ 200 Yard Medley Relay					
1 COMA	2:32.80	3) Elliott, S. 34	4) Sprauer, S. 38	6 CGM	2:21.34
1) Thayer, G. 73	2) Delaney, M. 75	3 THB	2:02.41	1) Sutherland, S. 46	2) Engbersen, R. 43
3) Mohr, R. 67	4) Rudolph, R. 65	1) Shute, E. 29	2) Frieder, M. 39	3) Kasenga, A. 35	4) Ribkoff, M. 48
Mixed 18+ 200 Yard Free Relay					
1 ORM	1:45.94	4 LH	2:06.10	7 BASS	2:29.33
1) Waud, T. 41	2) Newby, N. 20	1) Thayer, K. 29	2) Fairhurst, J. 50	1) Tyler, A. 39	2) Vegter, C. 43
3) Somera, C. 23	4) Kaufman, S. 40	3) Edwards, W. 55	4) Edwards, A. 29	3) Bryan, A. 44	4) Vegter, B. 37
2 OPEN	1:53.49	5 COMA	2:08.75	8 LH	2:40.18
1) Shoemaker, A. 24	2) Dow, K. 53	1) Wells, J. 36	2) Singer, A. 36	1) Jacobs-Brown, M. 37	2) Croucher, R. 45
3) Thompson, R. 49	4) Frangipani, M. 23	3) Shatting, R. 32	4) Gorman, S. 43	3) Cocks, C. 41	4) Macey, J. 49
3 ORM	2:16.44	6 COMA	2:20.97	Mixed 45+ 200 Yard Free Relay	
1) Halely, E. 19	2) Thurlow, H. 39	1) Gross, T. 34	2) Sloop, S. 43	1 ORM	1:42.72
3) Darby, B. 35	4) Lassen, J. 36	3) Tujo, C. 37	4) Strausbaugh, E. 32	1) Baker, D. 47	2) Hathaway, D. 48
Mixed 18+ 200 Yard Medley Relay					
1 ORM	1:59.27	7 ORM	2:21.86	3) Viales, D. 47	4) Andrus-Hughes, K. 51
1) Polito, C. 32	2) Halely, E. 19	1) Bateman, N. 31	2) Lassen, J. 36	2 COMA	1:47.29
3) Somera, C. 23	4) Clydesdale, W. 41	3) Gustafson, A. 28	4) Thurlow, H. 39	1) Fristoe, T. 49	2) Denney, K. 48
		8 CGM	2:25.16	3) Phillips, M. 51	4) Ivelich, J. 46
		1) Kendall, K. 41	2) Welty-Fick, C. 44	3 COMA	1:50.47
		3) Peterson, E. 43	4) Jones, P. 34	1) Oliver, G. 51	2) Schob, L. 50
		Mixed 35+ 200 Yard Free Relay			
		1 ORM	1:43.05	3) Touchette, C. 45	4) Calvin, K. 47
		1) Mccomish, J. 43	2) Crabbe, C. 52	4 COMA	2:08.39
				1) Kaufmann, R. 51	2) Larkin, C. 50
				3) Brown, T. 54	4) Shuman, T. 55
				5 COMA	2:36.90
				1) Pappa, D. 47	2) Cardwell, D. 57

3) Harris, M. 63	4) Carter, W. 53	1) Mann, S. 56	2) Holmberg, M. 56	1) Ward, J. 66	2) Pierson, G. 63
6) ORM	2:38.67	3) Hendryx, T. 55	4) Tennant, M. 55	3) Brockbank, D. 55	4) Dasch, V. 59
1) Wren, M. 50	2) Cushing, K. 58	2) ORM	1:59.72	3) CGM	2:26.30
3) Miles, C. 53	4) Nakata, R. 69	1) Dasch, V. 59	2) Summers, J. 55	1) Stephenson, M. 56	2) Mellow, B. 67
Mixed 45+ 200 Yard Medley Relay					
1) ORM	1:55.70	3) Pierson, G. 63	4) Brockbank, D. 55	3) Rousseau, S. 61	4) Gray, J. 57
1) Metzger, P. 53	2) Crabbe, C. 52	3) COMA	2:03.92	4) COMA	2:33.91
3) Baker, D. 47	4) Viales, D. 47	1) Landis, T. 67	2) Hodesson, D. 58	1) Cardwell, D. 57	2) Bruce, B. 61
2) COMA	2:03.03	3) Weigand, L. 55	4) Bruce, B. 61	3) Landis, T. 67	4) Weigand, L. 55
1) Fristoe, T. 49	2) Ivelich, J. 46	4) CGM	2:10.82	5) ORM	2:44.43
3) Phillips, M. 51	4) Touchette, C. 45	1) Rousseau, S. 61	2) Mellow, B. 67	1) Coffeen, L. 57	2) Nakata, R. 69
3) CGM	2:06.80	3) Gray, J. 57	4) Stephenson, M. 56	3) Larson, A. 56	4) Milner, N. 57
1) Goodman, D. 53	2) Caswell, M. 48	5) ORM	2:44.87	6) LH	3:40.17
3) Tyynismaa, T. 46	4) Stelzer, K. 49	1) Ward, J. 66	2) Coffeen, L. 57	1) Shelfer, C. 60	2) Shelfer, R. 63
4) ORM	2:21.54	3) Sprenger, F. 78	4) Larson, A. 56	3) Ellis, J. 62	4) Ellis, E. 64
1) Gustafson, K. 53	2) Miles, C. 53	6) LH	3:00.37	Mixed 65+ 200 Yard Free Relay	
3) Wren, M. 50	4) Bergstrom, R. 52	1) Ellis, J. 62	2) Speer, B. 75	1) COMA	2:49.38
5) COMA	2:35.78	3) Ellis, E. 64	4) Shelfer, R. 63	1) Schroder, K. 72	2) Whiter, P. 65
1) Mierjeski, E. 58	2) Pappa, D. 47	Mixed 55+ 200 Yard Medley Relay			
3) Kaufmann, R. 51	4) Brown, T. 54	1) COMA	2:08.15	3) Delaney, M. 75	4) Rudolph, R. 65
Mixed 55+ 200 Yard Free Relay					
1) COMA	1:53.37	1) Hendryx, T. 55	2) Mann, S. 56	Mixed 65+ 200 Yard Medley Relay	
		3) Tennant, M. 55	4) Holmberg, M. 56	1) COMA	3:09.95
		2) ORM	2:09.16	1) Schroder, K. 72	2) Delaney, M. 75
				3) Rudolph, R. 65	4) Whiter, P. 65

Team Scores - Large

1	Central Oregon Masters	COMA	2,618
2	Oregon Reign Masters	ORM	1,845
3	Columbia Gorge Masters	CGM	1,019
4	LaCamas HeadHunters	LH	539
5	Tualatin Hills Barracudas	THB	379



Team Scores - Medium

1	Or Pool-less Elite Narw	OPEN	349
2	Baker Area Swimmers	BASS	316
3	Downtown Athletic Club	DAC	217



Team Scores - Small

1	Corvallis Aquatic Team Masters	CAT	290
2	Albany YMCA	YTSM	233
3	Multnomah Athletic Club	MAC	164
4	Emerald Aquatics	EA	161
5	Klamath Basin	KBM	73
6	North Clackamas Masters Club	NCMS	47
7	Sherwood YMCA	SYD	41
8	Portland Comm Coll	PCCM	27



PNA Championships - Federal Way - April 11, 2009

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 35-39**100 Yard Freestyle**

Lassen, Megan 38 OR 57.61

500 Yard Freestyle

Lassen, Megan 38 OR 5:43.63

1000 Yard Freestyle

Lassen, Megan 38 OR 11:50.84

200 Yard Backstroke

Lassen, Megan 38 OR 2:27.64

200 Yard IM

Lassen, Megan 38 OR 2:27.59

Women 45-49**100 Yard Freestyle**

Caswell, MJ 48 OR 59.81

50 Yard Butterfly

Caswell, MJ 48 OR 29.04

100 Yard Butterfly

Caswell, MJ 48 OR 1:05.95

Women 50-54**50 Yard Backstroke**

Andrus-Hughes, Karen 51 OR 29.31

100 Yard Backstroke

Andrus-Hughes, Karen 51 OR 1:04.10

Women 55-59**100 Yard Freestyle**

Gray, Jane 57 OR 1:17.68

200 Yard Freestyle

Gray, Jane 57 OR 2:57.43

500 Yard Freestyle

Gray, Jane 57 OR 7:40.07

1000 Yard Freestyle

Gray, Jane 57 OR 15:47.17

Women 60-64 50 Yard Freestyle

Rousseau, Sandi 61 OR 33.17

100 Yard Freestyle

Rousseau, Sandi 61 OR 1:13.50

50 Yard Breaststroke

Pierson, Ginger 63 OR 40.24

100 Yard Breaststroke

Pierson, Ginger 63 OR 1:26.60

200 Yard Breaststroke

Pierson, Ginger 63 OR 3:06.33

50 Yard Butterfly

Rousseau, Sandi 61 OR 35.13

100 Yard Butterfly

Rousseau, Sandi 61 OR 1:30.79

100 Yard IM

Pierson, Ginger 63 OR 1:30.11

Women 65-69**50 Yard Backstroke**

Ward, Joy 66 OR 37.47 Z

100 Yard Backstroke

Ward, Joy 66 OR 1:22.25 Z

200 Yard Backstroke

Ward, Joy 66 OR 2:56.80

50 Yard Butterfly

Ward, Joy 66 OR 35.33

Men 25-29**100 Yard Butterfly**

Cleary, Kevin 25 OR 57.49

Men 35-39**100 Yard Freestyle**

Lassen, Jason 36 OR 1:07.29

200 Yard Freestyle

Lassen, Jason 36 OR 2:32.06

500 Yard Freestyle

Lassen, Jason 36 OR 6:48.26

1000 Yard Freestyle

Lassen, Jason 36 OR 14:12.97

Men 40-44**50 Yard Breaststroke**

Corbeau, James 44 OR 27.88 O

100 Yard Breaststroke

Corbeau, James 44 OR 1:01.01 O

Men 45-49**50 Yard Freestyle**

Summerfield, Bill 48 OR 24.85

100 Yard Freestyle

Summerfield, Bill 48 OR 54.27

500 Yard Freestyle

Hathaway, David 48 OR 54.53

1000 Yard Freestyle

Hathaway, David 48 OR 5:28.75

50 Yard Backstroke

Butcher, Gano 45 OR 28.14

100 Yard Backstroke

Washburne, Brent 47 OR 29.20

50 Yard Breaststroke

Butcher, Gano 45 OR 1:01.32

100 Yard Breaststroke

Washburne, Brent 47 OR 31.44

100 Yard Breaststroke

Hathaway, David 48 OR 33.50

50 Yard Butterfly

Butcher, Gano 45 OR 25.69

100 Yard IM

Washburne, Brent 47 OR 1:00.00

200 Yard IM

Hathaway, David 48 OR 1:03.89

50 Yard Backstroke

Summerfield, Bill 48 OR 1:08.24

100 Yard Backstroke

Hathaway, David 48 OR 2:20.37

Men 50-54**50 Yard Breaststroke**

Dowd, Mike 50 OR 33.24

100 Yard Breaststroke

Dowd, Mike 50 OR 1:11.93

200 Yard Breaststroke

Dowd, Mike 50 OR 2:37.54

100 Yard Butterfly

Dowd, Mike 50 OR 1:13.92

100 Yard IM

Dowd, Mike 50 OR 1:11.98

Men 55-59**50 Yard Freestyle**

Brockbank, Doug 55 OR 23.88

Philbrick, Larry 56 OR 24.61

Sherwood, Reggie 57 OR 27.48

100 Yard Freestyle

Tennant, Mike 55 OR 51.21 Z

Sherwood, Reggie 57 OR 1:01.37

200 Yard Freestyle

Tennant, Mike 55 OR 1:58.62 Z

1000 Yard Freestyle

Sherwood, Reggie 57 OR 13:44.27

100 Yard Backstroke

Edwards, Wes 55 OR 59.31

50 Yard Breaststroke

Sherwood, Reggie 57 OR 36.36

100 Yard Breaststroke

Philbrick, Larry 56 OR 1:10.85

Sherwood, Reggie 57 OR 1:20.09

Men 60-64**100 Yard Breaststroke**

Stark, Allen 60 OR 1:09.79 Z

200 Yard Breaststroke

Stark, Allen 60 OR 2:35.50 Z

Men 70-74**100 Yard Freestyle**

Thayer, George 73 OR 1:08.50

100 Yard Breaststroke

Thayer, George 73 OR 1:35.92

100 Yard IM

Thayer, George 73 OR 1:28.85

Men 75-79**100 Yard Freestyle**

King, Bill 75 OR 1:15.01

200 Yard Freestyle

King, Bill 75 OR 2:52.61

1000 Yard Freestyle

King, Bill 75 OR 16:21.83

Men 55+ 200 Yard Freestyle Relay

OR 1:32.18 N

1) Tennant, Mike 2) Brockbank, Doug

3) Edwards, Wes 4) Philbrick, Larry

Men 55+ 200 Yard Medley Relay

OR 1:45.32 N

1) Edwards, Wes 2) Stark, Allen

3) Philbrick, Larry 4) Tennant, Mike

SPLITS

50 YD. FREE

MIKE TENNANT 55 OR 22.91 Z

50 YD. BACK

WES EDWARDS 55 OR 27.21

USMS SCY Championships - Clovis, CA - May 7-10, 2009

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

Event	Time	Place					
Willia, Briana M		F22	100 Breast 1:29.46	18		100 Fly 1:26.79	2 Z
50 Fly 28.52	5		Messer, Kerry C	F49		100 IM 1:25.29	3
100 Back 1:06.94	5		50 Free 37.54	44		50 Back 36.62	1
50 Free 25.81	6		Buck, Donna	F50		Frid, Barbara	F67
100 Fly 1:02.44	5		50 Free 27.62	11		50 Fly 35.24	2
100 IM 1:03.58	7 O		100 Breast 1:18.78	6		100 Back 1:29.56	3
100 Free 55.73	3 O		50 Breast 35.97	6		50 Free 31.64	3
Gustafson, Aubree M		F28	100 Free 1:02.48	14		100 Breast 1:33.73	2
50 Fly 30.49	12		Goodman, Ann R	F50		100 IM 1:21.23	2 Z
200 Breast 2:45.66	8		400 IM 6:00.05	6		50 Back 38.73	2
50 Free 26.44	11		100 Back 1:11.42	5		Cleary, Kevin H	M25
100 Breast 1:15.85	12		200 Back 2:33.66	3		50 Fly 25.77	15
50 Breast 35.36	8		200 IM 2:43.69	8		50 Free 24.30	32
100 IM 1:08.26	12		100 IM 1:12.53	11		100 Breast 1:06.36	9
Pryor, Evelyn G		F32	50 Back 32.38	2		50 Breast 29.90	11
500 Free 6:21.48	12		Hills, Mary A	F54		200 Fly 2:16.25	6
200 IM 2:39.77	16		50 Fly 38.77	14		Bateman, Nick G	M31
100 Fly 1:14.21	6		100 Breast 1:30.79	22		50 Fly 26.71	23
Arata, Melissa E		F33	50 Breast 41.23	19		100 Back 58.31	5
100 Back 1:07.41	9		Summers, Jeanna	F55		50 Free 23.86	23
200 Back 2:26.38	8		100 Back 1:19.82	7		200 IM 2:14.77	11
200 IM 2:29.67	11		200 Back 2:50.56	5		100 IM 59.48	13
100 IM 1:09.44	10		200 IM 3:01.75	7		50 Back 27.11	7
50 Back 31.36	7		100 IM 1:24.16	12		Polito, Chip	M32
Kramer, Ellen M		F34	50 Back 36.71	5		400 IM 4:21.66	4
1000 Free 12:50.27	7		Milner, Nancy J	F57		200 Breast 2:17.70	8
200 Breast 3:00.41	7		200 Free 2:54.82	15		200 IM 2:00.22	4
500 Free 6:09.11	10		500 Free 7:38.73	13		100 Fly 53.61	11
100 Breast 1:24.82	14		200 IM 3:23.53	8		200 Fly 2:04.50	5
50 Breast 37.78	14		50 Breast 47.41	17		Odegard, Kyle E	M34
100 Free 1:01.87	17		1650 Free 26:15.24	9		50 Fly 29.33	26
Senkier, Kristine M		F39	Stark, Carol R	F60		50 Free 27.42	35
1000 Free 10:53.86	1 O		100 Back 1:57.01	10		100 Free 1:00.76	24
200 Free 2:00.03	2		200 Back 4:34.10	11		Tujo, Christian F	M37
100 Back 1:02.12	2		50 Back 51.74	10		200 Breast 2:44.20	9
200 Back 2:12.56	2 O		Rousseau, Sandi	F61		200 IM 2:20.22	22
50 Free 24.72	1		50 Fly 33.47	1		100 Fly 1:00.02	25
Schultz, Stephanie L		F42	100 Back 1:24.15	2		200 Fly 2:18.49	9
1650 Free 19:45.37	4		50 Free 31.58	8		Duus, Gabe G	M38
200 Free 2:04.95	5		100 Fly 1:21.61	4		50 Fly 24.50	10
500 Free 5:41.73	6		100 Free 1:10.65	5		100 Back 1:01.53	17
100 Fly 1:06.57	9		50 Back 38.58	3		50 Free 23.52	30
Caswell, MJ		F48	Pierson, Ginger L	F63		100 Fly 54.80	11
50 Fly 29.10	7		200 Breast 3:05.42	1		100 IM 59.61	21
200 Breast 2:46.22	6		100 Breast 1:23.08	1		100 Free 52.40	35
100 Breast 1:16.73	8		200 IM 3:04.09	4		Kuykendall, Jeff J	M39
100 Fly 1:05.66	5		50 Breast 37.86	2		200 Free 1:57.81	22
100 IM 1:09.09	10		100 IM 1:24.09	4		100 Back 1:03.38	22
100 Free 59.95	8		200 Fly 3:12.66	3		200 Back 2:19.94	12
Fox, Christina M		F48	Ward, Joy	F66		50 Free 24.45	40
200 Breast 3:12.54	14		50 Fly 34.20	1 Z		100 Free 52.41	36
500 Free 7:05.73	19		100 Back 1:20.75	2 Z		50 Back 29.72	13
			200 Back 2:56.83	1		O'Connor, John P	M40

1000 Free 10:33.38 7	100 Breast 1:08.05 13	200 Fly 2:55.17 8
200 Breast 2:25.55 13	50 Breast 31.58 10	200 IM 1:58.77 2
100 Fly 54.53 10	100 Free 53.97 22	Stark, Allen L M60
200 Fly 2:00.50 5	Fristoe, Tom C M49	200 Breast 2:28.19 1 Z
Waud, Timothy P M41	400 IM 4:17.81 1 N	100 Breast 1:06.62 1 Z
400 IM 4:48.45 15	200 Breast 2:09.29 2 N	50 Breast 30.35 2 Z
200 Breast 2:24.62 12	Thompson, Ron J M49	100 IM 1:06.97 12
100 Breast 1:05.82 14	500 Free 6:05.82 17	200 Fly 2:43.27 3
200 IM 2:13.15 17	100 IM 1:20.57 31	Smith, Robert S M65
50 Breast 30.54 11	100 Free 1:03.26 44	50 Fly 28.98 5
100 IM 1:01.16 17	Allender, Patrick M50	100 Back 1:03.43 2 N
Wan, Eric M42	200 Breast 2:16.35 2 N	50 Free 24.36 3 Z
200 Free 1:51.88 13	100 Breast 1:03.20 4 Z	50 Breast 33.22 3 O
50 Free 22.84 10	200 IM 2:08.46 5 Z	100 IM 1:07.35 7
100 IM 59.49 11	Mann, Edward R M51	50 Back 28.64 2 N
100 Free 49.11 6 O	50 Free 26.53 36	Landis, Tom M67
Corbeau, James L M45	200 IM 2:30.38 22	1650 Free 19:51.48 1
100 Breast 58.77 2 N	100 IM 1:09.24 32	200 Free 2:05.42 2
50 Breast 27.09 1 N	100 Free 58.45 36	50 Free 25.75 6
Washburne, Brent C M47	50 Back 33.61 10	200 IM 2:30.44 4
50 Fly 25.29 9	Goodman, Doug M53	500 Free 5:58.88 1
100 Back 1:01.45 10	1650 Free 19:07.32 9	100 Free 56.01 3
50 Free 22.88 9	200 Free 2:00.60 25	Thayer, George D M73
100 Fly 58.17 15	50 Free 25.33 24	100 Back 1:20.80 4
100 IM 1:00.93 13	500 Free 5:30.07 18	200 Back 3:08.47 4
100 Free 51.86 18	100 Free 54.96 27	50 Free 29.73 3
Hathaway, David M48	Amperse, David C M54	50 Breast 41.70 4
1650 Free 18:49.21 8	200 Breast 2:50.90 25	100 IM 1:25.25 2
200 Free 1:57.06 21	200 IM 2:38.44 24	50 Back 37.93 3
50 Free 24.52 28	100 Free 1:01.72 37	Radcliff, David A M75
100 Fly 58.91 17	Larson, Allen J M56	1650 Free 20:25.49 1 N
200 Fly 2:16.45 9	1650 Free 22:26.47 10	200 Free 2:08.77 1 N
50 Back 30.06 11	200 Free 2:19.86 21	50 Free 26.84 1 N
Sumerfield, Bill H M48	100 Free 1:01.99 27	500 Free 6:05.87 1 N
200 Free 1:59.40 24	Bannan, Charles M57	100 Free 58.68 1 N
200 Breast 2:32.22 12	50 Fly 27.67 5	1000 Free (split) 12:20.59N
50 Free 24.28 27	50 Free 25.36 10	
Mixed 200 Medley Relay 2:14.51 6		Rousseau, Sandi F61 Frid, Barbara F67
Rousseau, Sandi F61 Pierson, Ginger L F63		Women 200 Free Relay 2:24.39 11
Stark, Allen L M60 Radcliff, David A M75		Goodman, Ann R F50 Fox, Christina M F48
Mixed 200 Medley Relay 1:55.46 15		Stark, Carol R F60 Summers, Jeanna F55
Goodman, Ann R F50 Waud, Timothy P M41		Men 200 Free Relay 1:34.41 8
Schultz, Stephanie L F42 Wan, Eric M42		Wan, Eric M42 Kuykendall, Jeff J M39
Mixed 200 Medley Relay 1:53.02 9		Duus, Gabe G M38 O'Connor, John P M40
Washburne, Brent C M47 Allender, Patrick M50		Men 200 Free Relay 1:34.03 5 O
Caswell, MJ F48 Gustafson, Aubree M F28		Fristoe, Tom C M49 Allender, Patrick M50
Mixed 200 Medley Relay 1:53.64 9		Washburne, Brent C M47 Sumerfield, Bill H M48
Kuykendall, Jeff J M39 Sumerfield, Bill H M48		Men 200 Free Relay 1:43.98 18
Willia, Briana M F22 Senkier, Kristine M F39		Waud, Timothy P M41 Stark, Allen L
Mixed 200 Medley Relay 2:11.04 2 N		M60Cleary, Kevin H M25 Odegard, Kyle E M34
Ward, Joy F66 Smith, Robert S M65		Men 200 Free Relay 1:45.35 15
Frid, Barbara F67 Landis, Tom M67		Hathaway, David M48 Goodman, Doug M53
Women 200 Free Relay 1:46.10 4 O		Larson, Allen J M56 Amperse, David C M54
Gustafson, Aubree M F28 Senkier, Kristine M F39		Women 200 Medley Relay 2:18.92 3 O
Caswell, MJ F48 Willia, Briana M F22		Ward, Joy F66 Pierson, Ginger L F63
Women 200 Free Relay 2:13.15 5		Rousseau, Sandi F61 Frid, Barbara F67
Ward, Joy F66 Pierson, Ginger L F63		

Women 200 Medley Relay 2:02.80 6	Men 200 Medley Relay 2:05.30 2	Z
Senkier, Kristine M F39 Gustafson, Aubree M F28	Smith, Robert S M65 Thayer, George D M73	
Willia, Briana M F22 Pryor, Evelyn G F32	Landis, Tom M67 Radcliff, David A M75	
Women 200 Medley Relay 2:04.51 8	Men 200 Medley Relay 1:55.64 14	
Goodman, Ann R F50 Buck, Donna F50	Mann, Edward R M51 Stark, Allen L M60	
Caswell, MJ F48 Schultz, Stephanie L F42	Bannan, Charles M57 Goodman, Doug M53	
Women 200 Medley Relay 2:51.71 16	Mixed 200 Free Relay 1:43.95 6	
Stark, Carol R F60 Fox, Christina M F48	Washburne, Brent C M47 Caswell, MJ F48	
Summers, Jeanna F55 Milner, Nancy J F57	Goodman, Ann R F50 Hathaway, David M48	
Men 200 Medley Relay 1:58.98 21	Mixed 200 Free Relay 1:39.99 9	
Kuykendall, Jeff J M39 Odegard, Kyle E M34	Cleary, Kevin H M25 Buck, Donna F50	
Cleary, Kevin H M25 Tujo, Christian F M37	Willia, Briana M F22 Wan, Eric M42	
Men 200 Medley Relay 1:45.10 10	Mixed 200 Free Relay 1:58.67 18	
Duus, Gabe G M38 Waud, Timothy P M41	Rousseau, Sandi F61 Pierson, Ginger L F63	
O'Connor, John P M40 Wan, Eric M42	Stark, Allen L M60 Waud, Timothy P M41	
Men 200 Medley Relay 1:44.29 4	Mixed 200 Free Relay 1:53.76 1 N	Z
Washburne, Brent C M47 Corbeau, James L M45	Ward, Joy F66 Smith, Robert S M65	
Hathaway, David M48 Sumerfield, Bill H M48	Frid, Barbara F67 Landis, Tom M67	



This WOW was submitted by Karen Andrus-Hughes

Keeping up with David Radcliff . . .

Is not going to be easy! Since the last AquaMaster issue he has sent another 12 national records – 6 of them also World Records! In a Canadian SCM meet in April he set six World Records, which are also U.S. National Records in the 50, 100, 200, 400, 800 (1500 split) and 1500 freestyle. In May, at the USMS SCY Nationals in Clovis, CA he set six national records in the 50, 100, 200, 500, 1000 (1650 split) and 1650 -- plus he also won his age group in the open water swim! Congratulations David!



This WOW was submitted by Dave Radcliff

At the recent National SCY meet in Clovis I saw many great slogans on T shirts. Two that really struck me as being very appropriate for Oregon Swimmers were:

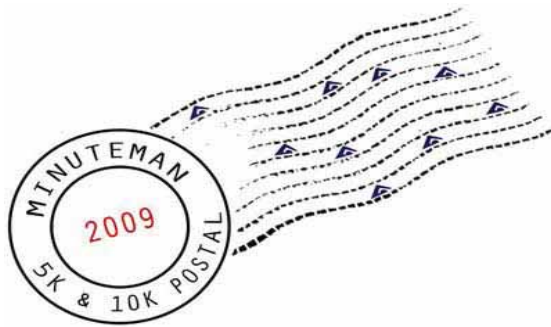
H²O
2 Parts Heart
One Part Obsession

I Came - I Saw - I Swam
and swam and swam and swam
and swam and swam and swam
and swam and swam and swam
and swam and swam and swam



This WOW was submitted by OMS

A big thank you to Helen Thurlow and Dianne Sherwood. Helen and Dianne heard the call and “Came to the Aid of OMS”. Helen is the new Fitness Chair and Dianne has taken over Awards. Maybe we should change the slogan above to - I Came, I Saw, I Helped. OMS needs your help - Now is the time for you to answer that call for help. Follow this great example set by Helen and Dianne. Now really is the time to help.



2009 United States Masters Swimming 5K and 10K Postal National Championships

Hosted by Minuteman Masters
Swim Club

Sanctioned by New England Masters
for USMS, Inc. # 040-011-SLCY

DATE: The 5K Postal and/or the 10K Postal must be swum in its entirety on or between May 15 and September 15, 2009. **All individual entries must be received by September 25, 2009. All relay entries must be received by October 5, 2009.**

OBJECTIVE: To swim 5K (5000 meters) and/or 10K (10,000 meters) in its entirety in any 50-meter 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 5K Postal and/or the 10K 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 5K Postal and/or the 10K Postal in any 50-meter length pool. The 5K equals 100 lengths and the 10K equals 200 lengths.

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: \$14.00 for each individual entry (\$17.00 for non-US swimmers) and \$21.00 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 6 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 100 meters. 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 10th). 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.

SPLIT SHEETS: Please use the official split sheet for this event: http://www.usms.org/longdist/5k_10k_splits.pdf

T-SHIRTS/CAPS: Fabulous T-shirts celebrating your participation in the USMS 5K and 10K Postal National Championships are available for you to order. This is **NOT** a T-shirt you will see at every meet!

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 October 25, 2009, 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 or www.minutemanmasters.com to download forms or send a SASE to: 2009 5K/10K Postal National Championships
105 Lincoln Woods Road
Waltham, MA 02451

QUESTIONS: Contact event director:
Sue Sotir at sue@minutemanmasters.co

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

2009 USMS 5K & 10K 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 10/25/2009

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 ___ 5K ___ 10K in a time of: _____ : _____ : _____ . _____

at Pool name/City: _____

Swimmer's Signature: _____

Verifier's/Timer's Name, PRINTED: _____

Verifier's Phone Number or Email Address: _____

Entry Fee: US\$14, USMS per event
 US\$17, FINA Masters per event = US \$ _____

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

US\$16 each USMS _____
 US\$ 21 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: *Minuteman Masters Swim Club*
Send to: 5K/10K Postal National Championships
 105 Lincoln Woods Road
 Waltham, MA 02451
Must be RECEIVED by September 25, 2009.

FOR OFFICIAL SPLIT SHEET SEE: http://www.usms.org/longdist/5k_10k_splits.pdf

Swimmer's Name:				Location:				Date:			
Age:		Gender:		USMS #		Event:		Timer:			
Cumulative				Cumulative				Cumulative			
Lap	Meters	100 Split	Time	Lap	Meters	100 Split	Time	Lap	Meters	100 Split	Time
2	100			82	4100			162	8100		
4	200			84	4200			164	8200		
6	300			86	4300			166	8300		
8	400			88	4400			168	8400		
10	500			90	4500			170	8500		
12	600			92	4600			172	8600		
14	700			94	4700			174	8700		
16	800			96	4800			176	8800		
18	900			98	4900			178	8900		
20	1000			100	5000			180	9000		
22	1100			102	5100			182	9100		
24	1200			104	5200			184	9200		
26	1300			106	5300			186	9300		
28	1400			108	5400			188	9400		
30	1500			110	5500			190	9500		
32	1600			112	5600			192	9600		
34	1700			114	5700			194	9700		
36	1800			116	5800			196	9800		
38	1900			118	5900			198	9900		
40	2000			120	6000			200	10000		
42	2100			122	6100						
44	2200			124	6200						
46	2300			126	6300						
48	2400			128	6400						
50	2500			130	6500						
52	2600			132	6600						
54	2700			134	6700						
56	2800			136	6800						
58	2900			138	6900						
60	3000			140	7000						
62	3100			142	7100						
64	3200			144	7200						
66	3300			146	7300						
68	3400			148	7400						
70	3500			150	7500						
72	3600			152	7600						
74	3700			154	7700						
76	3800			156	7800						
78	3900			158	7900						
80	4000			160	8000						

GIL YOUNG MEMORIAL LCM MEET / NORTHWEST ZONE LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #379-06
 Eligibility: Currently registered USMS swimmers, 18 years and older.

Swimmers must submit a copy of their 2009 card and unregistered swimmers must submit a 2009 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

DATES: Friday-Sunday, July 10-12, 2009

**FRIDAY WARM-UPS: 4PM
 MEET STARTS: 5PM
 SATURDAY AND SUNDAY WARM-UPS: 3PM
 MEET STARTS: 4PM**

Meet Director: Aubree Gustafson • 971-404-6968 • gustafsona@usa.redcross.org

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, JUNE 19, 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. 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 6 INDIVIDUAL EVENTS WITH NO MORE THAN 5 PER DAY PLUS UNLIMITED RELAYS. YOUR COMPETITION AGE IS THE AGE YOU WILL BE ON DEC. 31ST, 2009. ENTER RELAYS AT THE MEET. 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.

Friday, July 10, 2009

400 IM (1) _____ : _____ . _____
1500 FREE (2) _____ : _____ . _____

Saturday, July 11, 2009

800 FREE (3) _____ : _____ . _____
 break (event #4 will not begin before 5pm)
200 BACK (4) _____ : _____ . _____
50 FREE (5) _____ : _____ . _____
100 BREAST (6) _____ : _____ . _____
 break

WOMENS 200 MEDLEY RELAY (7)
MENS 200 MEDLEY RELAY (8)
WOMENS 400 MEDLEY RELAY (9)
MENS 400 MEDLEY RELAY (10)

50 FLY (11) _____ : _____ . _____
200 FREE (12) _____ : _____ . _____

break
100 BACK (13) _____ : _____ . _____
200 IM (14) _____ : _____ . _____

MIXED 200 FREE RELAY (15)
MIXED 400 FREE RELAY (16)
MIXED 800 FREE RELAY (17)

Sunday, July 12, 2009

200 FLY (18) _____ : _____ . _____
50 BREAST (19) _____ : _____ . _____
100 FREE (20) _____ : _____ . _____

break
MIXED 200 MEDLEY RELAY (21)
MIXED 400 MEDLEY RELAY (22)
100 FLY (23) _____ : _____ . _____
50 BACK (24) _____ : _____ . _____
200 BREAST (25) _____ : _____ . _____

break
WOMENS 200 FREE RELAY (26)
MENS 200 FREE RELAY (27)
WOMENS 400 FREE RELAY (28)
MENS 400 FREE RELAY (29)
WOMENS 800 FREE RELAY (30)
MENS 800 FREE RELAY (31)
400 FREE (32) _____ : _____ . _____

Please join us for the NW Zone Board Meeting on Sunday July 12th, 2009 at 2:00pm.

"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: \$10.00 SURCHARGE AND \$4.00 PER EVENT • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
 MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072

Foster Lake Masters Open Water Swim

Saturday, June 27, 2009

1000 or 2000-meter Swim, 3 x 400 Relay, & Dogs

Hosted by Central Oregon Masters Aquatics

Sanctioned by Oregon Masters Swimming #379-OW2

Operating under Special Permit from the Linn County Parks & Recreation Commission and the US Army Corps of Engineers

1000 & 2000-METER SWIMS: Both swims will be held simultaneously on a triangular 1000-meter course. Swims will start in-water with a mass start and finish in-water. Great for first time racers and experienced competitors alike!

3 x 400-METER PURSUIT RELAY: All swimmers who complete either the 1000 or 2000-meter swim are eligible for and encouraged to swim in the 3 x 400 Pursuit Relay. Relay teams will be decided by random draw, handicapped according to performance in the 1000 or 2000-meter swim, and staggered at the start by the handicap. The first team across the line wins! Relay will start and finish in-water.

DOGS SWIM TOO! 50 or 100-meter Tandem Challenge for dogs and their significant others! Unsanctioned—dogs are not required to be USMS members. Open Age Group—whose age would we use anyway? Separate sporting & non-sporting canine breed category. Staggered starts. Start & finish—all paws dry. No entry fee. **Woof! Dogs must be on at leash at all times except when swimming and owners must pick up after them.**

SCHEDULE: Saturday, June 27, 2009

9:00-9:45am	Check-In for 1000 & 2000-meter Swims
9:50am	Pre-race meeting
10:00am	1000 & 2000-meter Swims simultaneously
11:00am	Check-in deadline for relay
11:20am	Pre-race meeting
11:30am	3 x 400-meter Pursuit Relay
12:00noon	Pre-race meeting
12:05pm	50 or 100-meter Dog Tandem Challenge
12:15am	Awards

TEMPERATURE: Foster Lake expected water temperature is in the mid to upper 60's. Air temperature can be cool in the morning.

REGISTRATION & FEES: Fees include swims and pre and post-swim snacks and drinks. Lunch will not be provided. There are restaurants in the area.

1000 or 2000-meter Swim	\$20
Late or day-of-swim registration	\$10 extra
3 x 400-meter Pursuit Relay & Dog Tandem Challenge	Free

Cheap Entry Deadline: Mailed by June 17, 2009

RULES: Current United States Masters Swimming rules apply. Swimmers must be registered members of USMS. One Event or Full Memberships may be purchased with your entry for \$15 or \$38 respectively. There will be no separate awards category for wetsuits. Propulsive devices, such as fins & paddles, and flotation aids, such as pull-buoys, are not allowed. **All swimmers must bring and wear their own brightly colored swim cap** and have their race number written on their arms or hands.

AWARDS: All finishers placing 1st to 3rd will receive custom race ribbons. Relay winners win bragging rights. Dogs win treats.

OREGON SERIES: The 1000 or 2000-meter swims are qualifying swims for the Oregon Open Water Series. **There will be no Series deductions or penalties for wearing a wetsuit in these two swims.**

SWIM SITE: Lewis Creek Recreation Area, a beautiful Linn County Park featuring swimming & picnicking areas. Take US Highway 20, 2.2 miles east of the Weyerhauser Mill in Sweet Home. Drive 1.2 miles north on Quartzville Scenic Highway, turn left on N. River Rd, and drive .8 miles to the Recreation Area. Turn left at the entrance and park in the lower lot. **Day parking costs \$3 per car; please pay fee on site.**

CAMPING: Sunnyside Park is a fully equipped Linn County campground 1.2 miles from the race site. Tent sites: \$13 and hookup sites: \$18 per night plus, \$11 reservation fee per site. Tent sites hold up to 8 people. Call 541-967-3917 for info and reservations.

EVENT DIRECTOR: Bob Bruce, coachbob@bendbroadband.com or 541-317-4851.

COMPLETE entry form legibly; SIGN liability; SEND with photocopy of USMS Registration Card

Swims (check ONE only):

2000-meter swim
 1000-meter swim
 Enter 3 x 400-meter Pursuit Relay & Dog Tandem Challenge on Race Day

USMS Membership & Registration Number required. Add a full USMS membership for \$38 or a USMS One-Event Membership (good for this race day) for \$15. Pay now and complete form at the Lake.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
E-mail: _____

Fees:

1000 or 2000-meter Swim: \$20 _____
Late or Day-of-Swim: \$10 extra _____
Pursuit Relay & Dog Challenge ---FREE---
Registration, if you need it: \$38 or \$15 _____

FEE TOTAL _____

2009 USMS Number: _____
Phone: (____) _____
Birthdate: _____ Age: _____ Sex: _____
USMS Club: _____ Local Team: _____

WAIVER: "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including the possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MATSTERS SWIMMING PROGRAM OR ANY ACTIVITIES THERETO, I HEARBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAMGE, INCLUDING ALL CLAIMS FOR LOSS OR DAMAMGES 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: _____ Date: _____

CHECKS payable to COMA. MAIL by June 17 to Bob Bruce, 61200 Parrell Rd., Bend, OR 97702



ROGUE VALLEY MASTERS OPEN WATER WEEKEND SATURDAY & SUNDAY, JULY 18 & 19, at APPLGATE LAKE

SATURDAY, JULY 18:

**1500-METER OPEN WATER SWIM
3 X 500-METER PURSUIT RELAY**

Saturday:

8:00-9:00am 1500M Registration/Check-in
(Check-in will close promptly at 9:00am)
9:15am Pre-race instructions
9:30am 1500M Race start
11:00am Relay Check-in/Instructions
11:20am 3 x 500 Pursuit Relay start

Lunch hosted by RVM

Relay rules & information will be available at registration.

SUNDAY, JULY 19:

5000-METER (3.1 MILE) OPEN WATER SWIM

Sunday:

7:30-8:30am 5000M Registration/Check-in
(Check-in will close promptly at 8:30am)
8:45am Pre-race instructions
9:00am 5000M Race start

Awards and light brunch

ENTRY FEES: Saturday - 1500M: \$30.00
Sunday - 5000M: \$20.00
Both events: \$45.00
Relay: Free!

ENTRIES MUST BE POSTMARKED BY JUNE 30. There will be an additional \$10.00 per event surcharge for race-day entries, so please sign up early. There will be a limited number of t-shirts for sale on race day at a cost of \$20.00. Race-day entrants are not guaranteed a shirt but orders may be taken and shirts will be sent promptly after the event. Swimmers must provide their own caps. Fifty percent of all fees are refundable with at least 7 days prior notice via phone or e-mail to the Race Director.

SANCTIONS & RULES: These events are sanctioned by OMS, Inc for USMS #379-OW3. Current USMS rules apply to all swims. The use of pull buoys, hand paddles, and fins are prohibited. Start and finish for the 1500M & 5000M will be in the water. The 1500M and 5000M are qualifying swims for the Oregon Open Water Swim Series.

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

SAFETY: Lifeguards in safety craft will monitor the course for both events. Medical personnel will be on site near the start/finish area.

ELIGIBILITY: All events are open to USMS registered swimmers 18 years of age as of July 18, 2009. All entrants must submit a copy of their 2009 USMS registration card with their entry. One event USMS registration will be available for \$15.00 on race day.

PARKING: There is a day-use parking fee of \$7.00 payable to the park concessionaire at Hart-Tish Park.

CAMPING: RVM has reserved all 10 tent camping sites and 4 self-contained RV camping spaces (no hookups) at Hart-Tish Park, the race site. Camping fee includes day use. \$7 Day Use Pass at Hart-Tish Park is available at the park concessionaire; for information call 541-899-9220 or www.applegatelake.com. If you want something more scenic and secluded away from the race site you can reserve a camping spot at Beaver Sulfer campground at www.reserveamerica.com.

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

RACE DIRECTOR: Nate Sanford 541.210.0146 nathan@redarrow.org

APPLEGATE LAKE OPEN WATER SWIMS 2009 – ENTRY FORM

Name: _____ DOB: ____/____/____ Age: _____ M__ F__

Address/City/State/Zip: _____

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

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

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

1500 Meter Swim: _____ \$30.00

5000 Meter Swim: _____ \$20.00

Both Events: _____ \$45.00

T-Shirt: _____ \$15.00 S ___ M ___ L ___ XL ___ XXL (\$2 extra) ___

Lunch: _____ \$8.00 per person (includes lunch on both days)

Camping: Tent site _____ \$15.00/per site/night (sites can have multiple tents)

Camping: RV space _____ \$15.00/per vehicle/night

TOTAL: \$ _____ Please make checks payable to RVM Lake SwimMAIL ENTRY FORM, COPY OF 2009 USMS REGISTRATION, & CHECK TO: RVM LAKE SWIM
PO BOX 3338
ASHLAND, OR 97520

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

Signature: _____ **Date:** _____

14th ANNUAL CASCADE LAKES SWIM SERIES & FESTIVAL

Elk Lake, Oregon July 31 & August 1-2, 2009 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 #379-OW4 and USA-Swimming Approval 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 67-72 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 and great hospitality throughout the weekend.

ELIGIBILITY: Open to all 2009 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 2009 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.

RULES: Current USMS rules will govern this event.

WETSUITS: Each race has a wetsuit and non-wetsuit category, so wetsuits are allowed in all five swims. When determining the Series awards, there is a deduction for wetsuits for the sake of fairness.

STARTS & SEEDING: The 1500, 3000 & 5000-meter swims will use a mass start, with wetsuit swimmers starting in a separate heat. The 500-meter swim will use an individual start and the 1000-meter swim will use small heats; both of 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 20th**. Late or day-of-race entries must pay an additional \$10 late fee.

RESULTS: Will be posted at Elk Lake promptly after each race and at www.comaswim.org and www.swimoregon.org after verification.

RACE SCHEDULE:

Friday, July 31, 2009

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

Saturday, August 1, 2009

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 1500-meter race

Sunday, August 2, 2009

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

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

AWARDS: Masters age groups will be 18-24, 25-29, 30-34, and so on in five-year increments as high as necessary for both women and men. USA-swimming age groups will be 12-un, 13-14, 15-16, & 17-over. Awards to individual 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 swimmers regardless of age group:

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

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 Day Use 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 nearby campgrounds. A shuttle bus will run Saturday and Sunday between nearby campgrounds 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 2009 NW Forest Pass to park anywhere other than the highway pullouts or the campground.**

CAMPING & LODGING: The Group Camping Site at Little Fawn is NOT AVAILABLE this year. All other camping sites at Elk Lake are on a first-come basis, so send a teammate early to secure sites. Other lakes nearby offer reserved sites through www.recreation.gov. For cabins at the lake, go to www.elklakeresort.com. Bend and Sunriver offer many lodging choices at various price levels, but reserve EARLY due to other big events in Bend on this weekend.

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

EVENT DIRECTOR:

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

Entry Form – CASCADE LAKES SWIM SERIES & FESTIVAL 2009 – 5 Swims in 3 Days

Swimmer Information			
Name: First:	Last:		
Address:	City:	State:	Zip:
E-mail Address:	Phone – evening: ()		
Emergency Contact (Important):	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			
Sunday: 5000-meter			
Sunday: 1000-meter	_____ Current pool time for 500 yards		
Swim Series Option: Select ONE series only - Circle your choice! Short Long [Short Series—500, 1000, & 1500-meter] OR [Long Series—1500, 3000, & 5000-meter]			
\$30 for first swim & \$5 each additional swim. Series entry FREE		Enter Total Cost for Swims:	
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:			
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) OR		x \$15.00	
USMS/Oregon Full Registration Fee (complete form at registration) if needed		x \$38.00	
Late Entry Fee: Postmarked after July 20 OR Day-of-Race		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**

**2009 OPEN WATER SWIM— DORENA LAKE
SUNDAY, AUGUST 16
SPONSORED BY EMERALD AQUATICS
WITH THE COOPERATION OF THE ARMY CORP OF ENGINEERS**

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

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

Schedule:

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

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

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

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

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

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

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

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

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

ENTRIES MUST BE POSTMARKED BY July 27th

Mail entries EA Lake Swim	check all that apply: 1500m Whiteley Flatfoot <hr/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	add \$10 for late entries
to: P.O. Box 3708 Eugene, OR 97403		all 3 events \$40.00 _____ or 2 events \$35.00 _____ or 1 event \$30.00 _____

USMS Reg# _____

Please attach a copy of your USMS registration card. **TOTAL** _____

Make checks payable to Emerald Aquatics **All fees are non-refundable.**

Name _____ Sex _____ Age _____

Address _____

City/State/Zip _____ Local Team _____

Birthdate _____ Day phone _____ Evening phone _____ Fax _____

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Signature _____

Date _____

The Eel Lake Open Water Swims on the Southern Oregon Coast

Featuring the Oregon Masters Swimming 1500-meter Association Championships

Sanctioned by USMS (#379-OW5) & USA-Swimming, Inc. (#5-067)

What: Open Water Swims – 3000 & 1500-meter Swims and a 500-meter Everyone-Wins-A-Prize Mystery Swim. Three races in one day, you choose what to swim. We will start with a 3000-meter swim twice around a triangular course. Then we will have a 500-meter swim, out and around the cove, where everyone who participates wins a prize. Last will be the 1500-meter swim, the Association Individual & Team Championships, once around the same course as the 3000.

When: Saturday, August 22, 2009, starting at 9:00 a.m.

Where: Eel Lake is a freshwater lake on the Oregon coast halfway between Reedsport and Coos Bay on U.S. Highway 101. Water temperature can be between 67 and 71 degrees Fahrenheit. Campground at William M. Tugman State Park has both reservable and first-come, first-served campsites, as well as reservable yurts. Call 1-800-452-5687 for reservations.

Who: Open to all USMS registered swimmers 18 years or older on August 22, 2009. USA-Swimming registered swimmers 13 years or older may enter any of the swims and USA-Swimming registered swimmers 10-12 years old may enter the 500 & 1500-meter swims—a parent or guardian must sign the liability waiver for all swimmers under 18. A photocopy of your USMS or USS Swimming registration card (or foreign equivalent) must accompany your entry. A single event USMS registration, covering all races, is available at the race site for adults 18 years or older for \$15.

Rules: Current USMS rules shall govern these swims. The use of neoprene wetsuits or other nonporous attire is allowed, with the restrictions noted in the team scoring below.

Rules for the Oregon Masters Swimming 1500-meter Association Championships only:

- **Team Affiliation and Scoring:**
 - A swimmer will represent the local team indicated on the entry form. If no local team is indicated, a swimmer will represent the local team listed on his or her USMS membership card.
 - Team scoring shall be based upon point value by age group: 8-6-4-3-2-1.
 - Cumulative team scoring will be kept and banner awards given for both large and small teams.
- **Wetsuits:** swimmers wearing wetsuits may score team points only under the following conditions:
 - The water temperature is less than 70 degrees Fahrenheit.
 - Swimmers wearing wetsuits shall be scored in order of finish behind all swimmers not wearing wetsuits.
 - No wetsuit swimmer shall score more than one-half of the first place points (rounded down to the nearest whole number if necessary)

Procedure: The 3000 and 1500 swims will use a mass start. The 500 swim will be seeded fastest to slowest, based upon the swimmer's estimated 500 yard time. Day of the Race entries or those not submitting a seeded time will not be seeded in advance and will swim last in order of registration. No changes will be allowed in 500 seeding at the race.

Safety: Lifeguards and safety boats will monitor the entire course. Swimmers must wear a bright colored swim cap (provided or use your own) and have a race number on their arms or hands. Medical personnel will available near the site.

Entry Fee: Either the 1500 or 3000 is \$25. Both the 1500 and 3000 are \$30. There is no charge for the 500 Mystery Everyone-Wins-A-Prize Swim. Entry fee includes a swim cap. Entries must be postmarked by Monday, August 10, 2009 or pay an additional late fee of \$10. T-shirts & lunches are not provided; please bring your own. Beverages and snack foods will be available.

Awards: There will be awards for each race for first through third places for USMS & USS swimmers. Awards for the 3000 and 1500 swims will be based upon time. There will be special awards for the Oregon 1500-meter Championship swim. Awards for the 500 swim will be explained at the time of the race (remember: it is a "Mystery" Swim).

Schedule:

- Registration/Check in & warm-up for all races – 8:00-8:45 AM
- Pre-race meetings – 10 minutes before each swim
- 3000 meter swim – 9:00 AM
- Check in for 500 and 1500-meter swims – after the 3000 swim
- 500 meter Predicted Time Swim – approximately 11:00 AM
- 1500 meter swim – approximately 12:00 Noon
- Awards – approximately 1:00 PM

Information: Contact Event Director Ralph Mohr at rmohr1565@charter.net or 541-269-1565.

The Eel Lake Open Water Swims on the Southern Oregon Coast

Featuring the Oregon Masters Swimming Association 1500-meter Championships

Registration Form

What: Open Water Swims

3000-meter Swim – USMS

1500-meter Swim – USMS

500-meter Mystery Swim – USMS

Best 500-yard Time: _____

3000-meter Swim – USA-Swimming

1500-meter Swim – USA-Swimming

500-meter Mystery Swim – USA-Swimming

Best 500-yard Time: _____

Where: Eel Lake

When: Saturday, August 22, 2009 starting at 9:00 AM

Who: Any registered USMS swimmer, and any registered USA-Swimming swimmer aged 13 and over, is eligible to swim any events. Any registered USA-Swimming swimmer aged 10-12 may swim the 500m and/or 1500m events only.

Information: Contact Event Director Ralph Mohr at rmohr1565@charter.net or 541-269-1565.

Registration information:

Name: _____ Birth date: _____ Age: ____ Sex: ____

Address: _____ USMS or USS number: _____

City: _____ State: ____ Zip: _____ Phone: _____

USMS or USA-Swimming Club _____ USMS Local Team: _____

Entry Fee: \$25 for either the 1500 or 3000. \$30 for both the 1500 and 3000. No fee for the Mystery Swim.

\$25 for either the 1500 or the 3000. You may swim the 1500 or the 3000 plus the Mystery Swim.

\$30 for both the 1500 and 3000. There is no additional fee for the Mystery Swim.

Waiver: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES THERE TO, 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: _____ **Date:** _____

Complete this entry form legibly, **sign** the waiver, **attach** a photocopy of your registration card, and **enclose** fee payment

Mail entries to:

Ralph Mohr
P.O. Box 186
Coos Bay, OR 97420

2009



Date	Event	Location	Contact
Pool Meets			
June 6	LCM	Tualatin Hills - Beaverton	Marisa Freider - mmfreider@yahoo.com
*July 10-12	LCM	Gil Young Memorial LCM/ NW Zone LCM Meet	Aubree Gustafson - gustafsona@usa.redcross.org
Nov. 14	SCM	Pentathlon - Bend	Bob Bruce - coachbob@bendbroadband.com
Open Water Swims			
*June 27, 2009	1000 or 2000 3 x 400 Pursuit Relay, 50 or 100 meter Dog Challenge	Foster Lake	-coachbob@bendbroadband.com
*July 18-19, '09	1500, 5 K	Applegate Lake	-nathan@redarrow.org
*July 31-Aug. 2,	3000, 500, 1500, 5 K, 1000	Elk Lake (Cascade Lake Swim)	-coachbob@bendbroadband.com
*Aug. 16	1500, 1000 Equipment, 500 Kick	Dorena Lake	Steve Johnson - 541 -683-5758
*Aug. 22	3000, 500, 1500 Assn. Champs	Eel Lake	-Ralph Mohr - mohr1565@charter.net
National Championships			
Aug. 6-10	LCM USMS Champs	Indianapolis, IN	-USMS.org
Postal Championships 2009			
*May 15 - Sept. 15	5K / 10K		USMS.org
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. OMS members are encouraged to attend. Contact Jody Welborn, OMS Chair, for details. May 19	July 12 (contingent upon Zone LCM Meet date) Aug. 18 Oct 9-10 Retreat (tentative)
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Aqua Master
June / July 2009

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

**Nonprofit
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Inside: Results - Association, PNA, SCY Nationals