



# Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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## "Swimming for Life"

### OMS Animals Seen Prowling in Canby!

by Charlie Helm

There was a variety of "animals" prowling the decks at the Canby pool for the Ninth Annual Animal meet held on February 13<sup>th</sup>. There were sprint animals, animal masters, and animal grand masters. These were the brave swimmers who chose to accept the challenge of doing the IM, Butterfly, and distance freestyle for the coveted animal championship trophies for each of the three distance events. Many other swimmers chose specific events among the distances for their personal challenge rather than the daunting animal schedule.

About 40 swimmers enjoyed the afternoon in Canby with a large group of ladies from Corvallis attending, possibly looking for animal Ducks to feed on. The swimmers greatly appreciated the hosts, volunteers, officials, and especially the cooler water temperature compared to prior years which allowed for better times and performances. The meet ran smoothly, although the spectators did have to be warned several times about feeding and taunting the animals-especially the distance animals, who seemed to growl and snarl a lot more than the other animal swimmers after their grueling events.

The Sprint Animal event attracted the most entrants by far with 10 men and 8 women wanting to show they were speed animals. About half as many other swimmers competed in each of the animal (middle) and grand animal (long) events. When the water had finally calmed down from these speed animals, the winners were Keahi Horowitz for the men and Aubree Gustafson for the women. The middle distance Animal Masters winners were Scott Whitlow for the men and Arlene Delmage for the women. The Grand Animal winners were James Adams (who came down from the east Puget Sound area for this meet) for the men and Ellen Lee for the women. The winners each received the famous Animal Champion trophy for their efforts.



Animal Grand Masters Champions  
James Adams and Ellen Lee



Sprint Animal Champions Aubree Gustafson and  
Keahi Horowitz

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# Chair's Corner

by Jeanne Teisher

Dear Swimming Friends,

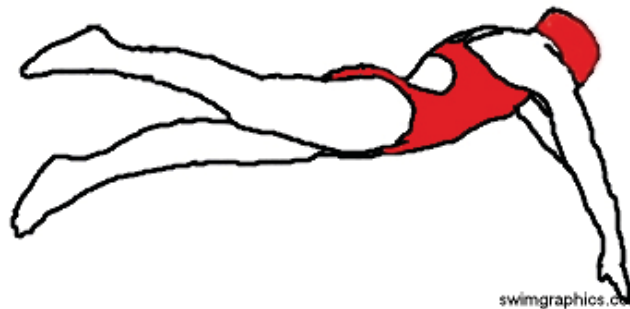
Recently I ran into someone I recognized but couldn't figure out where I knew her (sound familiar?). So I started to think about my swimming family. Was she someone I had run into at a workout, meet, open water event, swimming social? Did she go to our church? It drove me crazy!!!

Another time I was visiting with someone who was telling me about her life. She works long hours, goes to yoga a couple times a week, works in her yard, reads a lot, and that's about it. She is not involved in any group (she apparently doesn't socialize with the people in the yoga classes) so doesn't have many friends. I know there are many people like this but, for me, I would be so lonely without my swimming friends. And, it's not just the friends I've made the past 20 years with the Tualatin Hills Barracudas (the team I work out with), but swimmers I have met around Oregon and the country. Bottom line is we are a fun, energetic, interesting, and diverse class of people. I just want to say THANK YOU for being my special friend.

Oh, by the way, the lady I was talking about in the first paragraph? She figured out where we knew each other. We worked together, for a couple of months, about 13 years ago. I would have NEVER figured that one out.

Quote for the month: "When the earth floods from global warming, the swimmers will rule the world." ~Author Unknown.

Swimmingly yours,  
Jeanne



swimgraphics.com

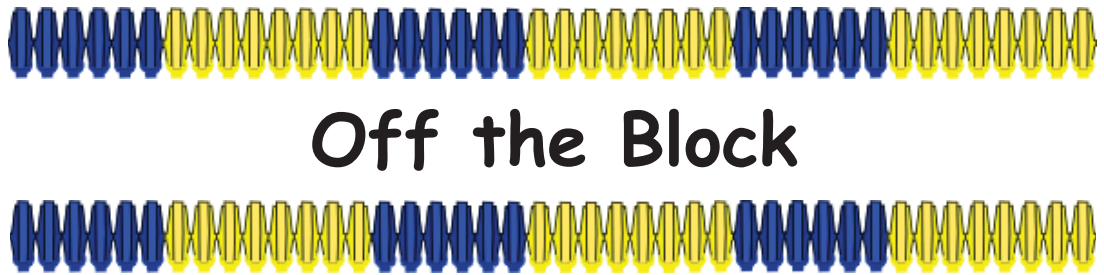
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Send address changes to [Susie Young](mailto:Susie Young)

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## Off the Block

### Duffel Bag vs. Backpack: An In-Depth Analysis

by Eric Teske, Kast-A-Way Swimwear, Inc.

When I think, "swim bag," there are really three types that come to mind: a mesh equipment bag, a classic duffel bag, and a large backpack. Mesh bags are great for holding wet kickboards, pool buoys and paddles, but are a lousy option for carrying dry personal items and clothing. That's where the duffel bag and backpack come in to play. But which is the best option for you?

Let's compare duffel bags and backpacks in terms of their size, accessibility, portability, and popularity.

#### Size

Typically, duffel bags are larger than backpacks. My comparison of the dimensions of full-sized backpacks and duffel bags from Speedo, TYR, and Nike revealed an average expanded volume of 3390 cubic inches (in<sup>3</sup>) for the duffels, and 2399 in<sup>3</sup> for backpacks. If you want to get technical, Nike offers the largest bags in both types—but just barely.

Bigger isn't always better when it comes to airline baggage, and if you want to avoid checking your swim bag, you should consider a backpack. According to their carry-on policies, most popular airlines limit carry-on dimensions to 45 linear inches (add up the length, width, and height). All of the full-sized duffels exceed 45 linear inches, with an average seam length of 47.5 inches. However, even the large backpacks would fit comfortably, with an average linear seam length of 41.5 inches. If you pack your duffel to the brim, you can still fly AirTran, Continental, or Southwest because these airlines allow carry-on dimensions of 50+ linear inches.

#### Accessibility

The horizontal and vertical orientations are important to consider, because the orientation denotes packing order and accessibility. When I pack a backpack, I always shove the towel into the bottom first and pile the smaller items on top. Sure enough, the first thing I come looking for after a workout is the towel - hidden at the bottom of the bag. I end up get-

ting my clothes, wallet, and cell phone wet while digging for the towel. One solution (other than re-learning how to pack) is to pack the items next to each other in a duffel bag. The backpack is invariably a top-down packing system.

#### Portability

Another thing the backpack has going for it is ease-of-carry—two straps with weight evenly distributed across the back. All of the duffel swim bags come with a shoulder strap, but depending on how you stuff your bag, this may cause some uneven pressure on your back. Backpacks seem to be more manageable for smaller swimmers as well.

#### Popularity

The winner, in terms of sales, is clearly the backpack. In spite of what the duffel has to offer, teams seem to prefer a backpack - usually a Speedo Pro Backpack or TYR Alliance Team Backpack II, depending on team contracts.

A wide variety of swim bags are available for purchase from [Kast-A-Way Swimwear](http://www.kast-away.com) along with other merchandise from top competitive swimwear brands such as Speedo, TYR, Nike, and Dolfin.



A big group from Corvallis attended the Animal Meet; these are the women.

# Shake and Swim with "Bake"

## Don't be Afraid of the Dark

Coach Dennis Baker



swimgraphics.com

I have recently changed a routine in my workout regimen that you all might find interesting. Normally my dry-land/weight workouts have been during the daytime, usually after morning practice or just before afternoon practice. As busy Masters Swimmers as we all are, it's hard to find time to workout on land as we need to do to fight the aging process. After coaching one night at about 8:30pm and realizing I had missed my weight practice for the day, I called my health club and was pleasantly surprised to hear they stayed open until 11pm! So off I went and did my dry-land training from 9pm to 10pm. I was very skeptical at first to do this as morning swim practice was just around the corner at 5:30am the next day. I couldn't believe how many people were working out! To my surprise the next

day was great. I had slept well and had a good swimming practice.

This intrigued me so much I decided to do some research on working out right before you go to bed at night. The only downside I found is that some folks have trouble falling asleep because of the elevated heart rate and endorphin release. In my case I found this not to be true, in fact just the opposite. I waited about an hour had a light snack and was out cold. The next morning my muscles felt much less sore than they normally do. The last added benefit I am encountering is I am losing weight easier. I urge you to try this out a couple of times and see what you think. "Don't be afraid of the Dark" it just might change your life!!

## Swimmers who have made generous donations to OMS.

### We all thank you!

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# Long Distance Swimming

by Bob Bruce



The highest distinction for a Masters long distance swimmer is to be named to the USMS Long Distance All-Star Team. To be considered for this honor, swimmers must participate in at least three of the ten National Long Distance Championship events, including at least one open water and one postal event. Points are tabulated on their placement in each event, much like our system of scoring the Oregon Open Water or Postal Series. The top point-scorer in the nation in each age group—and only one from each age group—is named to the All-Star Team. Two Oregonians, Arlene Delmage and Bob Bruce, join 22 other outstanding swimmers in the nation in earning that honor in 2010!

Arlene Delmage (Oregon Reign Masters, Women's 45-49 age group) has been named to the All-Star team for the first time. Since her arrival in Oregon from Texas in 2004, Arlene has been a strong presence in the Oregon swimming scene, both in the pool and in long distance. She is always among the top swimmers in her very competitive age group, and has broken world records in butterfly and in countless Oregon relays at various distances. Arlene swam in six of the ten championship swims in 2010, and her best results were a win in the One-Mile Open Water Championship held in Charlotte, NC, and a trio of second place postal finishes.

Bob Bruce (Central Oregon Masters Aquatics, Men's 60-64 age group) has been named to the All-Star team for the third time, having also been honored in 2007 and 2009. Everyone knows Bob! He has led Oregon long distance swimming as OMS Long Distance Chair since 2001. He has served as Meet Director for open water swims at Eel Lake, Foster Lake, and Elk Lake. He has been Head Coach of Central Oregon Masters since 1996. And, of course, he swims a bit. Bob swam in six of the ten championship races in 2010, and his best result was one second and three third place finishes.

Arlene and Bob join a distinguished group of Oregonians who have been named previously to the USMS Long Distance All-Star Team, an elite list of eleven other swimmers that includes Steve Johnson (2001, 2004, 2005, & 2008), Mary Sweat (2003, 2005, 2006, & 2008), Lavelle Stoinoff (1995), Pam Himstreet (2001), Sara Quan (2001), Gina Dhom (2002), Ray Allen (2004), Doug Asbury (2007), Tom Landis (2008), Jackie Parker (2008), and Dave Radcliff (2009). Congratulations to Arlene and Bob for their outstanding achievement!

Good luck and good swimming!

## OMS Swimmers Represented at Kirkland Meet

Four OMS swimmers made the trip north during the President's Day weekend to compete in the Lake Washington Masters swim meet that was held in Kirkland, Washington, on Sunday, February 20th. Keith Dow, Charlie Helm, Bill King, and David Radcliff represented OMS well with some good swims and had a fun time. This meet was well-attended with 166 swimmers competing, which was an increase of over 30 swimmers from last year's event. The meet was very well run and actually stayed ahead of the published timeline throughout the day.

In the photo, left-to-right, are 3 of the 4 OMS swimmers who participated in this meet: Charlie Helm, Keith Dow, and David Radcliff. The 4th OMS swimmer was Bill King.



# Chehalem Meet, Newberg, OR — January 29, 2011

W = Time breaks listed World Record (includes National, Zone & OR)  
 N = Time breaks listed National Record (includes Zone & OR)  
 Z = Zone Record, (includes OR)

O = Oregon Record

\*Split

## Women 18-24

50 Yard Free				
1 Cendejas, Julie	19	DUCK	27.90	
2 McLaren, Sidney	21	DUCK	28.52	
3 Grundy, Allison	20	DUCK	28.55	
4 Klosterman, Courtney	20	DUCK	28.63	
5 Roman, Zoe	23	OREG	30.77	
6 Riddle, Sasha	19	DUCK	30.98	
7 Perdue, Jensen	19	DUCK	32.58	
100 Yard Free				
1 Stewart, Kelsey	19	DUCK	1:01.76	
2 Grundy, Allison	20	DUCK	1:04.25	
3 Klosterman, Courtney	20	DUCK	1:05.19	
4 Roman, Zoe	23	OREG	1:07.02	
5 Lee, Katie	19	DUCK	1:11.37	
200 Yard Free				
1 Browning-Kamins, L.	22	DUCK	2:27.15	
500 Yard Free				
1 Cortez, Jessica	23	UNAT	6:37.59	
2 Browning-Kamins, L.	22	DUCK	6:44.30	
3 Roman, Zoe	23	OREG	6:49.35	
1000 Yard Free				
1 Cortez, Jessica	23	UNAT	13:42.85	
2 Roman, Zoe	23	OREG	14:14.48	
50 Yard Back				
1 Lee, Katie	19	DUCK	39.81	
100 Yard Back				
1 Stewart, Kelsey	19	DUCK	1:07.06	
200 Yard Back				
1 Stewart, Kelsey	19	DUCK	2:32.59	
50 Yard Breast				
1 McLaren, Sidney	21	DUCK	35.27	
2 Grundy, Allison	20	DUCK	37.30	
3 Cendejas, Julie	19	DUCK	38.29	
4 Roman, Zoe	23	OREG	38.93	
5 Perdue, Jensen	19	DUCK	39.75	
100 Yard Breast				
1 McLaren, Sidney	21	DUCK	1:22.06	
2 Grundy, Allison	20	DUCK	1:22.10	
3 Cendejas, Julie	19	DUCK	1:24.10	
50 Yard Fly				
1 Stewart, Kelsey	19	DUCK	30.14	
2 Klosterman, Courtney	20	DUCK	33.05	
3 Riddle, Sasha	19	DUCK	34.10	
4 Cortez, Jessica	23	UNAT	34.89	
5 Lee, Katie	19	DUCK	35.06	
100 Yard Fly				
1 Riddle, Sasha	19	DUCK	1:17.56	
100 Yard IM				
1 Cendejas, Julie	19	DUCK	1:16.86	
2 Cortez, Jessica	23	UNAT	1:17.58	
3 Klosterman, Courtney	20	DUCK	1:18.92	
4 Lee, Katie	19	DUCK	1:19.29	

## Women 25-29

50 Yard Free				
1 Gustafson, Aubree	29	OREG	26.96	
2 Caloca, Victoria	28	OREG	32.53	
3 Placek, Christine	26	OREG	33.43	
100 Yard Free				
1 Packer, Allyson	27	OREG	1:01.73	
2 Placek, Christine	26	OREG	1:13.82	
1000 Yard Free				
1 Caloca, Victoria	28	OREG	16:24.32	
50 Yard Back				
1 Placek, Christine	26	OREG	37.10	
2 Caloca, Victoria	28	OREG	40.14	
100 Yard Back				
1 Packer, Allyson	27	OREG	1:08.09	

## 50 Yard Breast

1 Gustafson, Aubree	29	OREG	34.70	
100 Yard Breast				
1 Gustafson, Aubree	29	OREG	1:18.43	
200 Yard Breast				
1 Gustafson, Aubree	29	OREG	2:46.19	
50 Yard Fly				
1 Packer, Allyson	27	OREG	30.53	
2 Placek, Christine	26	OREG	36.63	
3 Caloca, Victoria	28	OREG	38.06	
100 Yard IM				
1 Gustafson, Aubree	29	OREG	1:11.74	

## Women 35-39

100 Yard Free				
1 Miller, Teresa	35	OREG	1:08.67	
50 Yard Breast				
1 Miller, Teresa	35	OREG	40.37	
100 Yard Breast				
1 Miller, Teresa	35	OREG	1:27.44	
100 Yard IM				
1 Miller, Teresa	35	OREG	1:17.60	

## Women 40-44

500 Yard Free				
1 Lassen, Megan	40	OREG	5:58.55	
200 Yard Back				
1 Lassen, Megan	40	OREG	2:36.28	

## Women 45-49

50 Yard Free				
1 Andrade, Julie	49	OREG	33.55	
2 Kessler, Ingrid	47	OREG	37.88	
100 Yard Free				
1 Moe, Paula	47	OREG	1:09.52	
500 Yard Free				
1 Snider, Pam	49	OREG	6:34.61	
50 Yard Back				
1 Moe, Paula	47	OREG	35.22	
2 Kessler, Ingrid	47	OREG	46.77	
100 Yard Back				
1 Moe, Paula	47	OREG	1:14.46	
50 Yard Breast				
1 Kessler, Ingrid	47	OREG	50.26	
100 Yard Breast				
1 Snider, Pam	49	OREG	1:25.60	
2 Andrade, Julie	49	OREG	1:32.63	
200 Yard Breast				
1 Snider, Pam	49	OREG	3:00.97	
50 Yard Fly				
1 Moe, Paula	47	OREG	36.66	
2 Andrade, Julie	49	OREG	41.37	
3 Kessler, Ingrid	47	OREG	48.35	
100 Yard IM				
1 Snider, Pam	49	OREG	1:19.15	
2 Moe, Paula	47	OREG	1:19.22	
3 Andrade, Julie	49	OREG	1:25.60	
4 Kessler, Ingrid	47	OREG	1:38.76	

## Women 50-54

50 Yard Free				
1 Lamoureux, Lori	51	OREG	30.98	
100 Yard Free				
1 Lamoureux, Lori	51	OREG	1:08.74	
1000 Yard Free				
1 Lamoureux, Lori	51	OREG	14:37.60	
50 Yard Back				
1 Fox, Christina	50	OREG	44.85	
100 Yard Back				
1 Fox, Christina	50	OREG	1:29.13	
50 Yard Breast				
1 Buck, Donna	51	OREG	37.60	

2 Lamoureux, Lori	51	OREG	40.20	
100 Yard Breast				
1 Buck, Donna	51	OREG	1:25.42	
2 Lamoureux, Lori	51	OREG	1:33.33	
3 Fox, Christina	50	OREG	1:37.26	
200 Yard Breast				
1 Fox, Christina	50	OREG	3:25.74	
100 Yard IM				
1 Buck, Donna	51	OREG	1:14.56	
2 Fox, Christina	50	OREG	1:34.03	

## Women 55-59

50 Yard Free				
1 Kitch, Carol	55	OREG	35.59	
100 Yard Free				
1 Kitch, Carol	55	OREG	1:18.90	
200 Yard Free				
1 Summers, Jeanna	56	OREG	2:36.49	
1000 Yard Free				
1 Summers, Jeanna	56	OREG	14:38.71	
50 Yard Back				
1 Summers, Jeanna	56	OREG	37.29	
2 Kitch, Carol	55	OREG	43.12	
50 Yard Breast				
1 Kitch, Carol	55	OREG	50.37	
50 Yard Fly				
1 Kitch, Carol	55	OREG	45.08	
200 Yard Fly				
1 Summers, Jeanna	56	OREG	3:22.98	

## Women 60-64

50 Yard Free				
1 Gettling, Janet	62	OREG	30.97	
2 Buck, Kathleen	60	OREG	32.77	
100 Yard Free				
1 Buck, Kathleen	60	OREG	1:12.64	
50 Yard Fly				
1 Gettling, Janet	62	OREG	36.09	
200 Yard Fly				
1 Gettling, Janet	62	OREG	3:17.07	
100 Yard IM				
1 Gettling, Janet	62	OREG	1:22.95	
200 Yard IM				
1 Gettling, Janet	62	OREG	3:02.17	
2 Buck, Kathleen	60	OREG	3:15.22	

## Women 65-69

50 Yard Back				
1 Ward, Joy	68	OREG	39.66	
100 Yard Back				
1 Ward, Joy	68	OREG	1:25.93	
200 Yard Back				
1 Ward, Joy	68	OREG	3:06.78	
50 Yard Fly				
1 Ward, Joy	68	OREG	38.43	

## Men 18-24

50 Yard Free				
1 Salisbury, John	18	DUCK	24.77	
2 Boudreau, Benjamin	20	DUCK	26.15	
100 Yard Free				
1 Boudreau, Benjamin	20	DUCK	58.55	
2 Esser, Thomas	22	OREG	1:00.99	
200 Yard Free				
1 Wells, Nicholas	21	DUCK	1:59.15	
500 Yard Free				
1 Wells, Nicholas	21	DUCK	5:26.43	
50 Yard Back				
1 Brooklier, Chris	19	DUCK	34.34	
100 Yard Back				
1 Brooklier, Chris	19	DUCK	1:23.90	
200 Yard Back				

1 Brooklier, Chris 19 DUCK 3:19.13  
 50 Yard Breast  
 1 Esser, Thomas 22 OREG 34.72  
 100 Yard Breast  
 1 Esser, Thomas 22 OREG 1:16.56  
 50 Yard Fly  
 1 Boudreau, Benjamin 20 DUCK 29.75  
 100 Yard Fly  
 1 Salisbury, John 18 DUCK 1:08.91  
**Men 25-29**  
 50 Yard Free  
 1 Griswold, Gregory 28 OREG 32.92  
 100 Yard Free  
 1 Griswold, Gregory 28 OREG 1:15.67  
 50 Yard Back  
 1 Cleary, Kevin 27 OREG 34.56  
 50 Yard Breast  
 1 Cleary, Kevin 27 OREG 32.57  
 100 Yard Breast  
 1 Griswold, Gregory 28 OREG 1:24.71  
 50 Yard Fly  
 1 Cleary, Kevin 27 OREG 28.63  
 2 Griswold, Gregory 28 OREG 35.08  
**Men 35-39**  
 500 Yard Free  
 1 Van Andel, Robbert 36 OREG 5:21.27  
 1000 Yard Free  
 1 Van Andel, Robbert 36 OREG 11:18.50  
 100 Yard Breast  
 1 Braun, Mark 39 OREG 1:13.36  
**Men 40-44**  
 50 Yard Free  
 1 Hay, David 40 OREG 24.07  
 2 Platman, Steve 44 OREG 26.66  
 3 Fletcher, Mark 40 OREG 27.35  
 100 Yard Free  
 1 Whitlow, Scott 41 OREG 55.98  
 2 Fletcher, Mark 40 OREG 1:00.69  
 3 Platman, Steve 44 OREG 1:01.42  
 200 Yard Free  
 1 Whitlow, Scott 41 OREG 2:01.69  
 50 Yard Back  
 1 Platman, Steve 44 OREG 35.81  
 100 Yard Back  
 1 Whitlow, Scott 41 OREG 1:06.21  
 50 Yard Breast  
 1 Hay, David 40 OREG 29.28  
 2 Fletcher, Mark 40 OREG 34.18  
 100 Yard Breast  
 1 Hay, David 40 OREG 1:06.20  
 2 Fletcher, Mark 40 OREG 1:15.66  
 50 Yard Fly  
 1 Hay, David 40 OREG 26.31  
 2 Waud, Timothy 43 OREG 30.60  
 100 Yard Fly  
 1 Whitlow, Scott 41 OREG 1:04.79  
 200 Yard Fly  
 1 Waud, Timothy 43 OREG 2:52.26  
 100 Yard IM  
 1 Waud, Timothy 43 OREG 1:06.58  
 200 Yard IM  
 1 Waud, Timothy 43 OREG 2:23.93  
**Men 45-49**  
 50 Yard Free  
 1 Baele, Michael 46 OREG 23.64  
 2 Hanson, Donald 48 OREG 24.94  
 3 Washburne, Brent 49 OREG 25.22  
 100 Yard Free  
 1 Baele, Michael 46 OREG 53.18  
 2 Hanson, Donald 48 OREG 54.86  
 3 Ma, Taufik 45 UNAT 56.43  
 4 Lajoie, Darrin 45 OREG 56.82  
 200 Yard Free  
 1 Lajoie, Darrin 45 OREG 2:05.38  
 2 Ma, Taufik 45 UNAT 2:11.11  
 500 Yard Free  
 1 Lajoie, Darrin 45 OREG 5:47.46

1000 Yard Free  
 1 Lajoie, Darrin 45 OREG 11:55.22  
 50 Yard Back  
 1 Washburne, Brent 49 OREG 31.63  
 200 Yard Back  
 1 Uebele, Keith 49 OREG 2:24.58  
 2 Ma, Taufik 45 UNAT 2:39.30  
 50 Yard Breast  
 1 Corbeau, James 46 OREG 28.56  
 2 Dettmer, Robert 45 OREG 32.60  
 3 Hanson, Donald 48 OREG 32.77  
 4 Washburne, Brent 49 OREG 32.87  
 100 Yard Breast  
 1 Corbeau, James 46 OREG 1:04.28  
 2 Dettmer, Robert 45 OREG 1:10.66  
 200 Yard Breast  
 1 Dettmer, Robert 45 OREG 2:37.85  
 50 Yard Fly  
 1 Baele, Michael 46 OREG 26.24  
 2 Washburne, Brent 49 OREG 27.36  
 100 Yard IM  
 1 Hanson, Donald 48 OREG 1:04.76  
 2 Dettmer, Robert 45 OREG 1:09.17  
 200 Yard IM  
 1 Hanson, Donald 48 OREG 2:24.17  
**Men 50-54**  
 50 Yard Free  
 1 Mayhew, Daniel 53 OREG 28.84  
 2 Diener, Kenneth 51 UNAT 31.93  
 3 Davis, Tad 53 OREG 31.96  
 4 Shute, Colin 50 OREG 32.42  
 5 Helm, Charlie 54 OREG 35.37  
 100 Yard Free  
 1 La Count, Curt 52 OREG 55.03  
 2 Powell, Frank 50 PNA 59.07  
 3 Roberts, Steve 52 OREG 1:05.24  
 4 Mayhew, Daniel 53 OREG 1:05.38  
 5 Diener, Kenneth 51 UNAT 1:09.99  
 6 Davis, Tad 53 OREG 1:10.50  
 7 Shute, Colin 50 OREG 1:14.29  
 8 Gipe, Dan 51 OREG 1:14.82  
 200 Yard Free  
 1 Hathaway, David 50 OREG 2:00.71  
 2 La Count, Curt 52 OREG 2:05.18  
 3 Helm, Charlie 54 OREG 3:06.68  
 500 Yard Free  
 1 Hathaway, David 50 OREG 5:30.29  
 2 Roberts, Steve 52 OREG 6:27.41  
 1000 Yard Free  
 1 Hathaway, David 50 OREG 11:35.54  
 2 Mayhew, Daniel 53 OREG 14:28.02  
 3 Helm, Charlie 54 OREG 18:09.73  
 50 Yard Back  
 1 Powell, Frank 50 PNA 32.36  
 100 Yard Back  
 1 La Count, Curt 52 OREG 1:03.99  
 2 Powell, Frank 50 PNA 1:12.36  
 3 Palmer, Kevin 51 OREG 1:15.44  
 50 Yard Breast  
 1 Howell, Richard 51 UNAT 33.21  
 2 Shute, Colin 50 OREG 36.63  
 3 Gipe, Dan 51 OREG 40.63  
 4 Davis, Tad 53 OREG 42.67  
 5 Helm, Charlie 54 OREG 52.00  
 100 Yard Breast  
 1 Howell, Richard 51 UNAT 1:14.93  
 2 Shute, Colin 50 OREG 1:25.17  
 3 Gipe, Dan 51 OREG 1:28.74  
 4 Davis, Tad 53 OREG 1:29.80  
 200 Yard Breast  
 1 Howell, Richard 51 UNAT 2:44.30  
 50 Yard Fly  
 1 Palmer, Kevin 51 OREG 30.03  
 2 Howell, Richard 51 UNAT 32.21  
 3 Diener, Kenneth 51 UNAT 39.88  
 100 Yard Fly  
 1 La Count, Curt 52 OREG 59.25

2 Palmer, Kevin 51 OREG 1:12.32  
 100 Yard IM  
 1 Howell, Richard 51 UNAT 1:09.26  
 2 Palmer, Kevin 51 OREG 1:14.17  
 3 Roberts, Steve 52 OREG 1:18.30  
 4 Gipe, Dan 51 OREG 1:26.30  
**Men 55-59**  
 50 Yard Free  
 1 Hamry, Carl 56 PNA 25.05  
 2 Peyton, Mike 55 OREG 26.56  
 3 Morgan, Edwin 57 OREG 29.34  
 100 Yard Free  
 1 Hamry, Carl 56 PNA 55.11  
 2 Peyton, Mike 55 OREG 58.77  
 3 Larson, Allen 57 OREG 1:03.77  
 4 Morgan, Edwin 57 OREG 1:04.86  
 5 Moon, Robert 55 OREG 1:10.87  
 200 Yard Free  
 1 Hamry, Carl 56 PNA 2:03.72  
 500 Yard Free  
 1 Peyton, Mike 55 OREG 6:20.79  
 2 Larson, Allen 57 OREG 6:34.16  
 1000 Yard Free  
 1 Dunlap, Douglas 59 OREG 13:13.37  
 50 Yard Back  
 1 Peyton, Mike 55 OREG 34.53  
 100 Yard Back  
 1 Moon, Robert 55 OREG 1:25.92  
 200 Yard Back  
 1 Moon, Robert 55 OREG 3:10.14  
 50 Yard Breast  
 1 Morgan, Edwin 57 OREG 39.65  
 2 Williams, Curtis 58 OREG 40.13  
 100 Yard Breast  
 1 Morgan, Edwin 57 OREG 1:28.51  
 2 Larson, Allen 57 OREG 1:29.12  
 3 Williams, Curtis 58 OREG 1:30.47  
 4 Moon, Robert 55 OREG 1:32.52  
 50 Yard Fly  
 1 Hamry, Carl 56 PNA 27.01  
 2 Larson, Allen 57 OREG 34.39  
 100 Yard Fly  
 1 Hamry, Carl 56 PNA 1:00.62  
 100 Yard IM  
 1 Larson, Allen 57 OREG 1:24.52  
 2 Williams, Curtis 58 OREG 1:24.72  
**Men 60-64**  
 50 Yard Free  
 1 Stout, Jon 64 OREG 27.68  
 2 Dasch, Vern 61 OREG 27.89  
 3 Kehoe, Bob 64 OREG 28.86  
 4 Katz, Gary 62 OREG 29.64  
 100 Yard Free  
 1 Dasch, Vern 61 OREG 1:00.70  
 2 Kehoe, Bob 64 OREG 1:02.04  
 3 Stout, Jon 64 OREG 1:02.34  
 4 Katz, Gary 62 OREG 1:05.94  
 200 Yard Free  
 1 Dasch, Vern 61 OREG 2:22.43  
 2 Maestre, Robert 60 OREG 2:25.06  
 3 Kehoe, Bob 64 OREG 2:26.92  
 4 Katz, Gary 62 OREG 2:30.94  
 500 Yard Free  
 1 Maestre, Robert 60 OREG 6:28.84  
 2 Katz, Gary 62 OREG 6:46.78  
 50 Yard Back  
 1 Stout, Jon 64 OREG 33.81  
 100 Yard Back  
 1 Maestre, Robert 60 OREG 1:17.50  
 50 Yard Breast  
 1 Cotter, Pat 60 OREG 33.41  
 100 Yard Breast  
 1 Cotter, Pat 60 OREG 1:13.93  
 200 Yard Breast  
 1 Cotter, Pat 60 OREG 2:39.40  
 2 Lambert, Roy 64 OREG 3:13.37  
 100 Yard IM

1 Cotter, Pat	60 OREG	1:10.90	
200 Yard IM			
1 Cotter, Pat	60 OREG	2:39.29	
<b>Men 65-69</b>			
50 Yard Free			
1 Greller, John	65 UNAT	31.00	
100 Yard Free			
1 Greller, John	65 UNAT	1:15.99	
<b>Men 70-74</b>			
50 Yard Free			
1 Hiatt, Chris	70 OREG	29.21	
2 Thayer, George	74 OREG	32.27	
3 Dielman, Gary	71 OREG	34.21	
100 Yard Free			
1 Hiatt, Chris	70 OREG	1:06.36	
2 Thayer, George	74 OREG	1:14.05	
3 Dielman, Gary	71 OREG	1:18.78	
200 Yard Free			
1 Dielman, Gary	71 OREG	2:57.90	
500 Yard Free			
1 Dielman, Gary	71 OREG	8:08.65	
1000 Yard Free			
1 Dielman, Gary	71 OREG	17:19.15	
50 Yard Back			
1 Hiatt, Chris	70 OREG	33.30	Z
2 Thayer, George	74 OREG	38.99	
100 Yard Back			
1 Hiatt, Chris	70 OREG	1:14.61	O
2 Thayer, George	74 OREG	1:26.96	
<b>Men 80-84</b>			
50 Yard Free			
1 Marks, Milton	80 OREG	33.92	
50 Yard Breast			
1 Marks, Milton	80 OREG	42.05	Z
100 Yard Breast			
1 Marks, Milton	80 OREG	1:38.97	Z
200 Yard Breast			
1 Marks, Milton	80 OREG	3:40.42	Z
<b>Men 85-89</b>			
50 Yard Free			
1 Lamb, Willard	88 OREG	35.08	
100 Yard Free			
1 Lamb, Willard	88 OREG	1:21.32	
500 Yard Free			
1 Lamb, Willard	88 OREG	8:24.32	
1000 Yard Free			
1 Lamb, Willard	88 OREG	17:06.47	
50 Yard Back			
1 Lamb, Willard	88 OREG	47.69	

**Relays**

**Women 18-24 200 Yard Free Relay**

1 DUCK	1:46.29
1) Perdue, Jensen	2) Lee, Katie
3) Riddle, Sasha	4) Grundy, Allison

**Women 25-34 400 Yard Free Relay**

1 OREG	4:12.36	O
1) Gustafson, Aubree	2) Buck, Donna	
3) Lamoureux, Lori	4) Lassen, Megan	

**Men 18-24 200 Yard Free Relay**

1 DUCK	2:04.01
1) Wells, Nicholas	2) Boudreau, Benjamin
3) Salisbury, John	4) Brooklier, Chris

**Men 18-24 400 Yard Medley Relay**

1 OREG	4:11.86	Z
1) Washburne, Brent	2) Van Andel, Robbert	
3) Cleary, Kevin	4) Esser, Thomas	

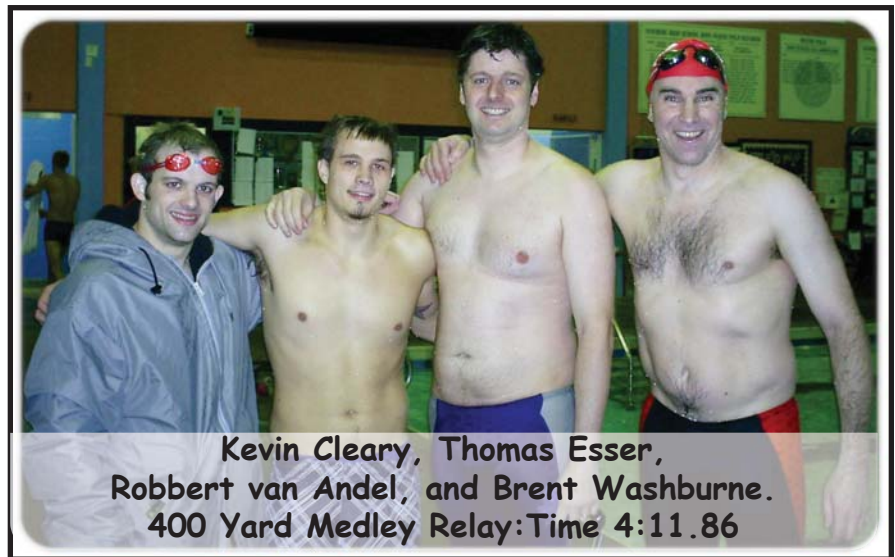
**Mixed 18-24 200 Yard Medley Relay**

1 DUCK	2:11.65
1) Stewart, Kelsey	2) McLaren, Sidney
3) Klosterman, Courtney	4) Cendejas, Julie

**Mixed 45-54 200 Yard Free Relay**

1 OREG	2:11.48
1) Moon, Robert	2) Moe, Paula
3) Kitch, Carol	4) Dielman, Gary

*This Relay set a Zone Record in Chehalis*



**Kevin Cleary, Thomas Esser, Robbert van Andel, and Brent Washburne. 400 Yard Medley Relay: Time 4:11.86**

## Canby Animal Meet, Canby, OR — February 13, 2011

<b>Women 18-24</b>		
200 Yard Free		
1 Cortez, Jessica	23 UNAT	2:22.70
50 Yard Fly		
1 Cortez, Jessica	23 UNAT	32.89
100 Yard IM		
1 Cortez, Jessica	23 UNAT	1:16.04
<b>Women 25-29</b>		
200 Yard Free		
1 Gustafson, Aubree	29 OREG	2:15.17
1000 Yard Free		
1 Lee, Ellen	29 OREG	12:14.77
50 Yard Fly		
1 Gustafson, Aubree	29 OREG	30.61
2 Placek, Christine	26 OREG	36.42
200 Yard Fly		
1 Lee, Ellen	29 OREG	2:43.69
100 Yard IM		
1 Gustafson, Aubree	29 OREG	1:08.11

2 Placek, Christine	26 OREG	1:26.59
400 Yard IM		
1 Lee, Ellen	29 OREG	5:07.13
<b>Women 30-34</b>		
500 Yard Free		
1 Pryor, Evelyn	33 OREG	6:41.32
100 Yard Fly		
1 Pryor, Evelyn	33 OREG	1:22.08
200 Yard IM		
1 Pryor, Evelyn	33 OREG	2:49.01
<b>Women 35-39</b>		
200 Yard Free		
1 Miller, Teresa	35 OREG	2:33.12
1000 Yard Free		
1 Criscione, Anicia	37 OREG	13:29.64
50 Yard Fly		
1 Miller, Teresa	35 OREG	35.06
200 Yard Fly		
1 Criscione, Anicia	37 OREG	3:13.59

100 Yard IM		
1 Miller, Teresa	35 OREG	1:16.08
400 Yard IM		
1 Criscione, Anicia	37 OREG	5:49.73
<b>Women 40-44</b>		
200 Yard Free		
1 Asch, Jill	44 OREG	2:30.24
50 Yard Fly		
1 Asch, Jill	44 OREG	30.77
100 Yard IM		
1 Asch, Jill	44 OREG	1:11.93
<b>Women 45-49</b>		
200 Yard Free		
1 Andrade, Julie	49 OREG	2:55.48
500 Yard Free		
1 Delmage, Arlene	48 OREG	5:55.77
2 Snider, Pam	49 OREG	6:34.23
50 Yard Fly		
1 Andrade, Julie	49 OREG	40.62

100 Yard Fly			
1 Delmage, Arlene	48 OREG	1:06.36	
2 Snider, Pam	49 OREG	1:21.62	
3 Orner, Gayle	48 OREG	1:54.12	
100 Yard IM			
1 Andrade, Julie	49 OREG	1:25.06	
200 Yard IM			
1 Delmage, Arlene	48 OREG	2:31.03	
2 Snider, Pam	49 OREG	2:48.15	
3 Orner, Gayle	48 OREG	3:33.00	
Women 50-54			
200 Yard Free			
1 Vincent, Nancy	51 SWMS	2:29.96	
2 Buck, Donna	51 OREG	2:32.12	
3 Grunwald, Dawn	52 OREG	2:59.13	
500 Yard Free			
1 Fox, Christina	50 OREG	7:33.64	
50 Yard Fly			
1 Buck, Donna	51 OREG	32.79	
2 Vincent, Nancy	51 SWMS	34.75	
3 Grunwald, Dawn	52 OREG	40.46	
4 Fox, Christina	50 OREG	45.48	
100 Yard IM			
1 Buck, Donna	51 OREG	1:13.42	
2 Vincent, Nancy	51 SWMS	1:18.52	
3 Grunwald, Dawn	52 OREG	1:30.17	
200 Yard IM			
1 Fox, Christina	50 OREG	3:05.66	
Women 55-59			
200 Yard Free			
1 Summers, Ellen	56 OREG	4:05.33	
500 Yard Free			
1 Budd, Elizabeth	57 OREG	7:00.80	
2 Summers, Jeanna	57 OREG	7:04.63	
100 Yard Fly			
1 Budd, Elizabeth	57 OREG	1:32.66	
200 Yard IM			
1 Budd, Elizabeth	57 OREG	3:03.90	
400 Yard IM			
1 Summers, Jeanna	57 OREG	6:34.92	
Women 65-69			
100 Yard Fly			
1 Ward, Joy	68 OREG	1:33.17	
100 Yard IM			
1 Ward, Joy	68 OREG	1:29.44	
Men 18-24			
200 Yard Free			
1 Horowitz, Keahi	19 OREG	1:55.35	
50 Yard Fly			
1 Horowitz, Keahi	19 OREG	27.21	
100 Yard IM			
1 Horowitz, Keahi	19 OREG	1:00.29	
Men 30-34			
500 Yard Free			
1 Rosinbum, Joel	30 UNAT	8:18.92	
1000 Yard Free			
1 Adams, James	33 HMS	11:43.38	
50 Yard Fly			
1 Rosinbum, Joel	30 UNAT	39.53	
200 Yard Fly			
1 Adams, James	33 HMS	2:08.50	
100 Yard IM			
1 Rosinbum, Joel	30 UNAT	1:26.45	
400 Yard IM			
1 Adams, James	33 HMS	4:39.78	
Men 35-39			
500 Yard Free			
1 Tujo, Christian	39 OREG	5:58.37	
200 Yard Fly			
1 Tujo, Christian	39 OREG	2:33.18	
200 Yard IM			
1 Tujo, Christian	39 OREG	2:21.79	
Men 40-44			
200 Yard Free			

1 Carr, Paul	44 OREG	2:10.48	
500 Yard Free			
1 Whitlow, Scott	41 OREG	5:33.38	
2 Duus, Gabe	40 SWMS	5:55.71	
1000 Yard Free			
1 Waud, Timothy	43 OREG	12:14.45	
50 Yard Fly			
1 Carr, Paul	44 OREG	29.21	
100 Yard Fly			
1 Duus, Gabe	40 SWMS	58.99	
2 Whitlow, Scott	41 OREG	1:05.06	
200 Yard Fly			
1 Waud, Timothy	43 OREG	2:56.75	
100 Yard IM			
1 Carr, Paul	44 OREG	1:06.67	
200 Yard IM			
1 Duus, Gabe	40 SWMS	2:18.29	
2 Whitlow, Scott	41 OREG	2:20.75	
400 Yard IM			
1 Waud, Timothy	43 OREG	5:12.65	
Men 45-49			
200 Yard Free			
1 Baele, Michael	46 OREG	1:57.73	
2 Washburne, Brent	49 OREG	2:07.40	
1000 Yard Free			
1 Boone, Lou	49 OREG	13:39.00	
50 Yard Fly			
1 Baele, Michael	46 OREG	25.29	
2 Washburne, Brent	49 OREG	27.16	
200 Yard Fly			
1 Boone, Lou	49 OREG	2:50.54	
100 Yard IM			
1 Baele, Michael	46 OREG	1:00.96	
2 Washburne, Brent	49 OREG	1:02.79	
400 Yard IM			
1 Boone, Lou	49 OREG	5:27.37	
Men 50-54			
200 Yard Free			
1 Helm, Charlie	54 OREG	3:09.72	
500 Yard Free			
1 Howell, Richard	51 UNAT	6:26.91	
2 Dowd, Mike	52 OREG	6:57.28	
50 Yard Fly			
1 Helm, Charlie	54 OREG	45.98	
100 Yard Fly			
1 Dowd, Mike	52 OREG	1:15.64	

2 Howell, Richard	51 UNAT	1:15.99	
100 Yard IM			
1 Helm, Charlie	54 OREG	1:43.44	
200 Yard IM			
1 Howell, Richard	51 UNAT	2:34.90	
2 Dowd, Mike	52 OREG	2:44.46	
Men 55-59			
200 Yard Free			
1 Philbrick, Larry	58 OREG	2:08.56	
2 Dow, Keith	55 OREG	2:11.88	
3 Dwight, Charles	56 OREG	2:22.88	
4 Sherwood, Reggie	59 OREG	2:39.03	
500 Yard Free			
1 Dow, Keith	55 OREG	6:13.32	
1000 Yard Free			
1 Dow, Keith	55 OREG	12:53.84	
2 Carter, Walter	55 OREG	18:32.09	
50 Yard Fly			
1 Philbrick, Larry	58 OREG	28.46	
2 Brockbank, Doug	57 OREG	29.10	
3 Dwight, Charles	56 OREG	29.59	
4 Sherwood, Reggie	59 OREG	40.87	
200 Yard Fly			
1 Carter, Walter	55 OREG	3:45.78	
100 Yard IM			
1 Philbrick, Larry	58 OREG	1:04.51	
2 Brockbank, Doug	57 OREG	1:06.58	
3 Dwight, Charles	56 OREG	1:11.49	
4 Sherwood, Reggie	59 OREG	1:23.87	
400 Yard IM			
1 Carter, Walter	55 OREG	7:49.57	
Men 60-64			
200 Yard Free			
1 Cotter, Pat	60 OREG	2:27.55	
50 Yard Fly			
1 Cotter, Pat	60 OREG	33.06	
100 Yard IM			
1 Cotter, Pat	60 OREG	1:11.18	
Men 80-84			
200 Yard Free			
1 Marks, Milton	80 OREG	3:20.20	
50 Yard Fly			
1 Marks, Milton	80 OREG	46.11	
100 Yard IM			
1 Marks, Milton	80 OREG	1:30.83	



**Women's Middle Animal Masters Champ  
Arlene Delmage**

## Canby Animal Meet - 2/13/2011

## Grand

Place	Name	Team	Total	400IM	200FLY	1000FR
<b>Women</b>						
1	Lee, Ellen L 29	OREG	20:05.59	5:07.13	2:43.69	12:14.77
2	Criscione, Anicia 37	OREG	22:32.96	5:49.73	3:13.59	13:29.64
<b>Men</b>						
1	Adams, James A 33	HMS-35	18:31.66	4:39.78	2:08.50	11:43.38
2	Waud, Timothy P 43	OREG	20:23.85	5:12.65	2:56.75	12:14.45
3	Boone, Lou 49	OREG	21:56.91	5:27.37	2:50.54	13:39.00
4	Carter, Walter R 55	OREG	30:07.44	7:49.57	3:45.78	18:32.09

## Middle

Place	Name	Team	Total	200IM	100FLY	500FR
<b>Women</b>						
1	Delmage, Arlene 48	OREG	09:33.16	2:31.03	1:06.36	5:55.77
2	Snider, Pam J 49	OREG	10:44.00	2:48.15	1:21.62	6:34.23
3	Pryor, Evelyn 33	OREG	10:52.41	2:49.01	1:22.08	6:41.32
4	Budd, Elizabeth 57	OREG	11:37.36	3:03.90	1:32.66	7:00.80
5	Orner, Gayle A 48	OREG	13:30.76	3:33.00	1:54.12	8:03.64dq
<b>Men</b>						
1	Whitlow, Scott 41	OREG	08:59.19	2:20.75	1:05.06	5:33.38
2	Duus, Gabe G 40	SWMS	09:12.99	2:18.29	0:58.99	5:55.71
3	Howell, Richard K 51	UNAT	10:17.80	2:34.90	1:15.99	6:26.91
4	Dowd, Mike B 52	OREG	10:57.38	2:44.46	1:15.64	6:57.28

## Sprint

Place	Name	Team	Total	100IM	50FLY	200FR
<b>Women</b>						
1	Gustafson, Aubree M 29	OREG	3:53.89	1:08.11	30.61	2:15.17
2	Cortez, Jessica L 23	UNAT	4:11.63	1:16.04	32.89	2:22.70
3	Asch, Jill 44	OREG	4:12.94	1:11.93	30.77	2:30.24
4	Buck, Donna M 51	OREG	4:18.33	1:13.42	32.79	2:32.12
5	Vincent, Nancy C 51	SWMS	4:23.23	1:18.52	34.75	2:29.96
6	Miller, Teresa 35	OREG	4:24.26	1:16.08	35.06	2:33.12
7	Andrade, Julie A 49	OREG	5:01.16	1:25.06	40.62	2:55.48
8	Grunwald, Dawn 52	OREG	5:09.76	1:30.17	40.46	2:59.13
<b>Men</b>						
1	Horowitz, Keahi 19	OREG	3:22.85	1:00.29	27.21	1:55.35
2	Baele, Mike D 46	OREG	3:23.98	1:00.96	25.29	1:57.73
3	Washburne, Brent C 49	OREG	3:37.35	1:02.79	27.16	2:07.40
4	Philbrick, Larry K 58	OREG	3:41.53	1:04.51	28.43	2:08.56
5	Carr, Paul 44	OREG	3:46.36	1:06.67	29.21	2:10.48
6	Dwight, CB B 56	OREG	4:03.96	1:11.49	29.59	2:22.88
7	Cotter, Pat 60	OREG	4:11.79	1:11.18	33.06	2:27.55
8	Sherwood, Reggie 59	OREG	4:43.77	1:23.87	40.87	2:39.03
9	Marks, Milton 80	OREG	5:37.14	1:30.83	46.11	3:20.20
10	Helm, Charlie E 54	OREG	5:39.14	1:43.44	45.98	3:09.72

# Oregon Association Championship

## April 1-3, 2011

### OFFICIAL RULES AND GUIDELINES

#### DISTANCE EVENTS: CHECK-IN DEADLINES

Friday, April 1: 400 IM - 3:30 p.m. / 1650 Free - 4:00 p.m.  
 Saturday, April 2: 1000 Free - Between the start of the 100 Free and the start of the 200 Back  
 Sunday, April 3: 500 Free - 8:30 a.m.

#### RELAYS: CHECK-IN DEADLINES

Saturday, April 2: Medley Relays - 9:30 a.m. / Mixed Free Relay - By the end of the 50 Breast  
 Sunday, April 3: Free Relays - By the end of the 50 Free / Mixed Medley Relays - By the end of the 50 Fly

THE EVENTS LISTED ABOVE WILL BE OFFICIALLY CLOSED AT THE STATED TIMES.  
 SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY AT THESE TIMES.  
 THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.

**TEAM SCORING:** Only teams registered by March 15, 2011, will be able to score points. There will be three team categories (Small, Medium, and Large) based upon the number of swimmers entered in the meet for each team. There will be a meeting of all the team representatives on Saturday, April 2, 2011 at 8:45 a.m. to vote on the breakdown of the teams into these three categories. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. Full team names and their abbreviations are listed below and on the 2011 OMS registration form in this issue of the Aqua Master. Someone from your team must register the team for 2011.

The team registration form is included in this issue. Please make sure your team is registered. As of February 1, 2011, there were 23 teams registered (NOTE: Full team names and their abbreviations are listed on the 2011 OMS registration form in this issue of the Aqua Master)

What you write down on your entry form is your team designation for the meet and no exceptions will be allowed. If you leave this Local Team space blank you will be entered as representing the team listed on your 2011 USMS Registration for scoring purposes.

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

**IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET, PLEASE CONTACT:**  
 Tim Waud [Twaud@aol.com](mailto:Twaud@aol.com) (503)341-3152

## Accommodations for the Association Meet

Information, for your convenience, is provided, courtesy of Tim Waud

Best Western Inn & Suites..... (503) 491-9700	Hampton Inn .....(503) 669-7000
Best Western Pony Soldier..... (503) 665-1591	Hawthorn Inn & Suites.....(503) 492-4000
Comfort Suites.....(503) 661-2200	Holiday Inn Express.....(503) 492-2900
Days Inn & Suites.....(503) 465-1515	Phoenix Inn.....(503) 669-6500
Embassy Suites .....(503) 460-3000	Shilo Inn.....(503) 907-1777
Four Points by Sheraton .....(503) 491-1818	Sleep Inn.....(503) 618-8400

## Oregon Association Meet Highlights

by Dennis Baker

This year's Oregon Association Championships will be hosted by the Oregon Reign Masters at the Mt. Hood Aquatic Center. This Championship meet and the Pre Association Blast meet (March 13th) will be the first time our Masters swimmers will be able to experience the venue in a short course set up! The competition will be held in the deepest part of the 50 meter pool with a depth of up to 15 feet. The lanes are extra wide, which should provide for some very fast swimming. There will be plenty of deck space and plenty of warm up and warm down lanes. Olympian Gary Hall Jr. will be our guest speaker at the Awards Banquet! He will share his Olympic swimming experiences and his involvement with the Diabetes Foundation. He will also take questions which should be great fun, as he is quite a character. The banquet will be held on the campus of Mt. Hood Community College. Maps will be provided at the swimmer check-in desk, for the short walk to the banquet room.



Gary Hall, Jr.

We are looking forward to hosting this meet, as it is the one time of the year we score points in the various categories according to the size of your team. There is also a "Team Spirit Award", so get your cheers ready!

More importantly it is the most highly attended meet, and that means we can get together with our swimming friends from all over Oregon and Southern Washington and have fun. Don't miss this one gang, it's going to be a great one!

## 2011 RANSOM J. ARTHUR AWARD

### CALL FOR NOMINATIONS

The Ransom J. Arthur Award, named for Captain Ransom J. Arthur, M.D., the founder of Masters Swimming, is the most prestigious award presented by U.S. Masters Swimming. This annual award, announced at Short Course Nationals in May and in a special presentation at the USMS Convention in September, honors a person who has made significant contributions to USMS.

For more information on this award, a nomination form, and submission details, visit the [USMS web site](#).

Nominations are due to Sally Dillon, Chair of the USMS Recognition & Awards Committee, by March 15, 2011.

## Potpourri

**Congratulations to Helen Thurlow** the USMS requested to use her fitness article, "Is Dry-land Really Worth It?" (from the February, 2011, "Aqua Master"). It was labeled as "Fitness Article of the Month" in their February "Streamlines" online. It was also on the USMS website on their Home page under "Recent Articles". Great job Helen.

**CALLING ALL PHOTOGRAPHERS**, you and your photos are needed for the *Aqua Master*. They can be posted to a web site (let the Editor know the site address) or sent directly to the Editor. Thanks for your help.

**THE AQUA MASTER** needs some story writers. If you would like to write, please contact the [Editor](#).

**GREAT NEWS**, Charlie Helm, featured in the "Swimmer Spotlight" this month, has agreed to do the front page for the *Aqua Master*. Welcome Aboard Charlie.

**ANNUAL MEETING**. Each LMSC is required to hold an annual meeting that is open to all LMSC members. Your LMSC is required to take minutes at that meeting and send a copy of those minutes to the USMS National Office.

The Annual meeting of the OMS membership will be held on Saturday (April 2) after the last swimming events at the Association Meet. Please be there for some feedback to the Board. This is your chance to be heard!

**REMEMBER THE OMS BANQUET** in April. Plan to be there for a great swim and social with your team. The first of April comes quickly once March arrives.

**2011 NORTHWEST ZONE SHORT COURSE YARD CHAMPIONSHIPS & STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET**  
Saturday, April 9th and Sunday, April 10th, 2011

## For the Athlete Who Has It All

By KEVIN HELLIKER

Like many fitness swimmers, I can go mile after mile of freestyle without stopping. But a single lap of the butterfly stroke leaves me gasping.

Of the four strokes swum in competition, butterfly is almost universally regarded as more exhausting than freestyle, breaststroke or backstroke. And therein lies its allure. In an age of ultramarathons, Ironman triathlons and crowds chugging up Mount Everest, long-distance butterfly swimming is becoming a new and less-crowded frontier for fitness fanatics. It's also hugely advantageous, because fly swimming, as it's known, requires enormous strengthening of every muscle in the body, particularly the core muscles in the abdomen and back. The butterfly is a notoriously difficult stroke, but Tom Boettcher is one of a growing number of fanatics who are learning to swim it for miles. He gives *WSJ* reporter Kevin Helliker some tips for improving his stroke.

Tom Boettcher, a high-tech entrepreneur in Chicago, recently swam butterfly from Alcatraz Island to San Francisco, a distance of 1.5 miles, across choppy waters. And summer after summer he competes in the Big Shoulders 5K—a 3.1-mile race in Lake Michigan—swimming every stroke butterfly. “There are times when I'm utterly wasted at the end, and times when I could swim an extra mile or two, depending on how choppy and cold the water is,” says the 45-year-old.

Swimming 500 meters or more of non-stop butterfly can place an athlete in a truly elite, if unofficial, club. For context, consider that while the longest Olympic freestyle event is 6.2 miles, the longest stretch of butterfly performed in the Games is 200 meters, or one eighth of a mile.

Nobody knows how many swimmers are flying for distance these days, and there's no distance-flying regulatory body to set standards such as whether wetsuits can be worn in open-water swims. But the mere sight of a swimmer doing mile after mile or lap after lap of butterfly in competitions otherwise teeming with freestylers garners attention of the sort that merely finishing an Ironman triathlon no longer generates. Dan Projansky has won publicity in half a dozen newspapers and magazines for his long-distance open-water races swimming butterfly. “Everybody seems to think I'm a kook,” says Mr. Projansky, 52, an insurance salesman in northern Illinois.

People who swim freestyle, the most popular stroke in the U.S. which is also known as the front crawl, are taught to glide through the water in a fashion that creates the sensation of swimming downhill. In the butterfly, however, both arms come forward simultaneously and pull the chest above the top of the water while the feet perform typically a two-beat dolphin kick. More than any other stroke, the butterfly feels akin to swimming uphill. “There's a huge surge of propulsion as the arms pull you forward, then a deceleration during the recovery,” says Steven Munatones, a former coach of U.S. Olympic distance swimmers. “Compared with the consistent acceleration of freestyle, fly is like giving a vehicle the gas and

then the brakes, gas and then brakes. It's very taxing.”

As hard as it can be to swim butterfly over long distances, the fundamentals of the stroke can be mastered in a single lesson with a good coach. Swim instructors highly recommend it because the butterfly burns more calories and strengthens more muscles than any other stroke. Fifteen minutes of butterfly can provide similar benefits to 30 to 45 minutes of freestyle, says Mr. Boettcher.

Also, so few adults master the butterfly that swimming a single length of it can confer a certain status upon a swimmer. “In a lap pool full of fitness swimmers, one lap of butterfly will turn heads,” says Mr. Munatones. “It gives people the impression that you're a more-talented swimmer.”

Helping to inspire today's distance fly swimmers is a recent fitness-world emphasis on strengthening the body's core muscles. Great butterfly swimmers have always boasted powerful torsos. As a world-record-setting teenage girl, “I had such a strong core that I had to wear boy's pants,” says Mary T. Meagher, who won three gold medals swimming butterfly at the 1984 Olympics. Now a 45-year-old mother outside Atlanta, Ms. Meagher garnered the nickname Madam Butterfly for having held two world records for nearly 20 years—an achievement that ranks among the greatest in sports history.

To strengthen his core, Mr. Boettcher, the distance flyer, says he spends two hours training on dry land for every hour he spends in the pool. The author of a book called *Core Training*, Mr. Boettcher uses tai chi, ballet and Pilates, as well as exercises such as sit ups, “in order to swim the butterfly optimally.” In the water, he trains for hours underwater, propelling himself forward like a dolphin, arms at his side.

A different strategy for distance fly has been developed recently by Terry Laughlin, the 59-year-old founder of Total Immersion, a national swim-improvement program. Mr. Laughlin, who has been a competitive swimmer since childhood, says he found early on that he could swim mile upon mile of freestyle, but barely muster more than 50 yards of butterfly. Frustrated, he spent hours in the pool performing drills that he hoped would expand his fly range. But “that goal eluded me for 40 years,” he says.

Five years ago, Mr. Laughlin says he was studying video footage of Olympics champion Michael Phelps when he noticed that after the young man's chest hit the water, “he simply held a streamline, for a nanosecond, while allowing himself to sink.” Employing a similar technique, Mr. Laughlin found that it reserved his strength. Accepting that his torso was less flexible than when he was younger, he also began substituting the frog-like kick of the breaststroke for the butterfly's dolphin kick, even though this movement would be outlawed in college or Olympic competitions. Now, Mr. Laughlin swims butterfly “with no fatigue nor any reason to stop other than a desire to do something else,” he says.

Write to Kevin Helliker at [kevin.helliker@wsj.com](mailto:kevin.helliker@wsj.com)

## Swimmer Spotlight

Compiled by Karen Andrus-Hughes

**Charlie Helm, Age: 54**

**Occupation: Federal Government-Customer Contact Rep**

**Local Team: Oregon Pool-less Elite Narwhals (OPEN)**

I'm a native Oregonian and my home town is The Dalles. Growing up in The Dalles meant during the summers you were either playing baseball or swimming at the local pool — "The Nat". My first competitive experience was when I was 15; I was recruited at the pool for our large summer swim team by the (now well known) coach, Milt Nelms. Milt didn't have any male swimmers in that age group then, so my lack of technique didn't bother him as he thought I was fairly fast and he really needed someone in my age group just to get points. It was a great learning experience, and fun swimming with Milt and the team that summer. I was only able to swim with the team that one summer, since the following summers I had to work. After that experience, I've always had an interest in competitive swimming. I've swam most of my life in the pool, local lakes, or rivers, but just not competitively again until I started Masters.

The Olympics and especially the swimming events were also a big deal growing up in my family, so it was something we always watched and enjoyed together. This is how I discovered Masters swimming. Back in 1996, I took a vacation to watch the Atlanta Olympics. After all the great swims in the prelims and finals, I was really pumped up about swimming. A big new Aquatic Park had just opened in Milwaukie, where I lived, and I started lap swimming to get into shape, plus I just missed not being in a pool for so many years. Some of the local Masters swimmers there saw me swimming regularly and told me about their local team, what Masters swimming was all about, and invited me to join them. I was instantly hooked on Masters swimming! This began what I call Part 1 of my Masters swimming career. I did my first meet in November that year at Oregon City. I was amazed at the number of swimmers from all the different age groups and how all were

having fun and supporting each other regardless of ability. During the next year, 1997, I went to several swim clinics, and coaching clinics, and spent a week at swim camp in San Diego to help learn to improve my technique in all strokes. USMS Nationals was also in Federal Way that year, so I got my first taste of a large championship meet in my first year of Masters swimming as well. I was told that all Masters swimmers were fun and friendly folks, and them being nice to me had nothing to do with the fact that they heard I was a long time employee of the Blitz Weinhard Brewery and could get beer at a discount! From then through 2001 I went to most of the local meets as well as spring Nationals in Indianapolis in 1998, Santa Clara in 1999, the long course championships in Minneapolis in the summer of 1999, and Federal Way in 2001. The Nike World Masters Games here in Portland in 1998 was a big thrill and memorable experience for me to actually compete in a large international event with so many athletes from around the world.

In August of 1999, my long-time employer of over 20 years closed down and I then attended Portland State as part of the retraining act to earn my second BS degree. The rigors of being a full time student with a double-major from fall of 1999 through the summer of 2001 greatly reduced my training time, but I still competed in as many local meets as possible, plus a few open water swims. Early in 2001, the bad economy hit Oregon and when I graduated that summer, we were #1 in the nation in unemployment, and that remained constant for several years. My last meet in 2001 was LC Nationals in Federal Way. After that I was forced to work two low-paying jobs for many years just to survive. I lost my house, had no medical insurance, and was not able to afford to swim at all. From late summer of 2001 until late 2008, I was out of



swimming. I did attend a few Masters meets during that time just to greet old friends and cheer them on, but my budget and work schedule just would not allow for any swimming during those years. In October of 2008, I got my present job with the Federal Government and I was finally able to start swimming again and rejoin Oregon Masters. This began Part 2 of my Masters swimming career, which continues to this day.

I was asked to include a list of my "favorites" or highlights of my OMS career. I've always really enjoyed going to USMS Nationals as it's a great experience - I've always swam well, and I get to know other OMS swimmers a little better. It was a lot of fun, at several of those championships, hanging out with Gil Young, Joy Ward, and my other Local and Oregon teammates. My favorite meet of all time: Minneapolis LC Nationals in 1999. I was in the best swimming shape of my life for that meet and not only did I improve, but I shattered my LCM PRs in all 3 of my events. I also got on a relay that won a medal. We had a small team from Oregon there, so we hung out together and really had a good time.

Santa Clara Nationals is a close 2<sup>nd</sup> since I also shattered my SCY PRs at that meet, which I had set earlier that same year.

My most memorable meet is a tie between Federal Way Nationals in 1997, and Atlanta this year. Federal Way in 1997 will always be memorable since it was my first experience with a National Championship Meet. My

mom, who was really interested in hearing about Masters swimming, passed away the weekend before the meet began. That first experience and atmosphere of a big championship meet at a large aquatic center, and my Oregon teammates really perked me up and got me through that difficult time.

Atlanta in 2010 was very special since I've always wanted to compete at an Olympic Games venue, and I associate those Olympics with the beginning of my swimming career. Even though I wasn't close to the

physical shape I had hoped to be in for that meet, I did set one PR and just missed another PR in the events I swam, which surprised me. It really felt great to experience Nationals again after a 9 year absence, and my OMS teammates in Atlanta were really great and supportive.

I'll briefly list my other swimming "highlights": 1) getting awarded the OMS Hazel Bressie Spirit Award back in 1999. 2) joining my current and fun local team OPEN when I returned to swimming in 2008, and then unexpectedly winning the OMS

medium team division championship with them in 2009, and then later repeating as the small team open water champs in 2010. 3) After creating and maintaining our OPEN team website, it was also a big surprise to be chosen as the USMS "Really Cool Website of the Month" in June of this year.

In conclusion I'd like to say that despite lifes unexpected ups and downs, swimming really does help the soul and refreshes the body. Masters swimmers are also the greatest people. So keep on swimming!

## Commemorating the Life of Hilda Gillam Buel

February 25, 1914 - January 16, 2011

Hilda was born February 25, 1914, in Calgary, Alberta, Canada. She married Lauren Buel on June 6, 1935, in Eugene. They were married for 54 years prior to his death in 1989.

She graduated from Lincoln High School in Portland and held a bachelor's degree from the University of Oregon. She was a journalist, historian and worked as a bookmobile librarian.

Hilda held 20 swimming medals in international Masters competition including a world record in the 200 meter women's freestyle relay in 1996. She swam the one hour U.S. Postal swim as a 92-year-old in 2007. She holds dozens of state and regional records.

Her proudest moments were wearing her swimming medals, especially those from international competitions. Some people display medals on the wall; she did that, too, but she also wore them, at every opportunity—to church, and to the grocery store!

Daughter, Jane Buel Stewart, says "... as Mom lay fighting for breath in a

nice breast-stroke gasp, at the very end, I told her she just had to re-e-e-a-ach out and touch the touchpad, and the lights would come up in her lane saying Hilda Buel has won; her long course race was over, and she had done her absolute, very best. She settled against my hand, and within three hours was gone. I know she heard me. SO, y'all, keep on reaching out, swimming your very best!



### Current records held by Hilda Buel

#### Women 90-94 Individual

##### Oregon

##### LCM

50 Free  
50 Breast  
50 Fly  
200 I.M.

##### SCM

50 Free  
100 Free  
200 Free  
50 Back  
100 Back  
200 Back  
50 Breast  
100 Breast  
200 Breast  
50 Fly  
100 I.M.  
200 I.M.

##### SCY

50 Free  
100 Back  
50 Breast  
100 Breast  
50 Fly  
100 I.M.  
200 I.M.

##### Northwest Zone

##### LCM

50 Free  
50 Breast  
50 Fly  
200 I.M.

##### SCM

50 Free  
100 Free  
200 Free  
50 Back  
100 Back  
200 Back  
50 Breast  
100 Breast  
200 Breast  
50 Fly  
100 I.M.  
200 I.M.

##### SCY

100 Back  
100 Breast  
50 Fly  
200 I.M.

## PRE-ASSOCIATION BLAST YARDS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #371-03

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

Swimmers must submit a copy of their 2011 card and unregistered swimmers must submit a 2011 registration form and fee with this entry.

Location: Mt. Hood Community College

26000 SE Stark

Gresham, Oregon

8 lanes competition, elec. timing.

Separate area for warm-up/down

DATE: Sunday, March 13, 2011

**WARM-UPS AT 8AM  
MEET STARTS AT 9AM**

Meet Director: Dennis Baker • 503-679-4601 • bakeswim@yahoo.com

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

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

**ENTRY DEADLINE: POSTMARKED BY FRIDAY, FEBRUARY 25, 2011**



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_

AGE \_\_\_\_ SEX \_\_\_\_

2011 USMS # \_\_\_\_\_

USMS CLUB (OREG, SWMS) \_\_\_\_\_

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 95+. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS. THE 1000 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.

**Sunday, March 13, 2011**

**400 IM** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

**50 FLY** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BACK** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FREE** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 IM** (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

**50 BACK** (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FLY** (7) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BREAST** (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

**500 FREE** (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BREAST** (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FLY** (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 IM** (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

**50 BREAST** (14) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FREE** (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BACK** (16) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

**1000 FREE** (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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





2011

## Local Team/Workout Group Registration

This form must be postmarked by the entry deadlines of the 2011 OMS Association Championship and the 2011 OMS Open Water Championships, in order for a team to compete as a "Local Team" at those events.

**Team Name** \_\_\_\_\_ **Abbreviation** (up to 4 letters) \_\_\_\_\_

Website \_\_\_\_\_

### Team Representative Information (must be an OMS member)

Rep. Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # 1 \_\_\_\_\_ Phone # 2 \_\_\_\_\_

Email \_\_\_\_\_

### Team Information

Approximate number of swimmers \_\_\_\_\_

Practice Schedule (attach additional sheet if necessary)

Monday \_\_\_\_\_ Tuesday \_\_\_\_\_

Wednesday \_\_\_\_\_ Thursday \_\_\_\_\_

Friday \_\_\_\_\_

Saturday \_\_\_\_\_ Sunday \_\_\_\_\_

### Head Coach Information

Head Coach \_\_\_\_\_

Address \_\_\_\_\_

Phone # 1 \_\_\_\_\_ Phone # 2 \_\_\_\_\_

Email \_\_\_\_\_

### Assistant Coach Information

Assistant Coach \_\_\_\_\_

Address \_\_\_\_\_

Phone # 1 \_\_\_\_\_ Phone # 2 \_\_\_\_\_

Email \_\_\_\_\_

### Pool Information

Pool Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

Mail to: Christina Fox, Membership, 30587 Stout Lane, Corvallis OR 97333  
[foxkohnert@peak.org](mailto:foxkohnert@peak.org)



# OMS/USMS 2011 REGISTRATION



Register online at:  
<http://www.usms.org/reg/>

Renewal - 2010 USMS # \_\_\_\_\_  New Member

Last Name: First Name: \_\_\_\_\_ M.I.: \_\_\_\_\_  
(Please register with the name you will use for competition.)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M  F

E-mail Address: \_\_\_\_\_  I do not have access to a computer/email.  
(Please print clearly. Your email address is used for OMS and USMS communications.)

## RELATED MEMBERSHIPS & CERTIFICATIONS

I am a: \_\_\_\_\_ Masters Coach \_\_\_\_\_ Certified Official  
I am a member of: \_\_\_\_\_ YMCA \_\_\_\_\_ USA Triathlon \_\_\_\_\_ USA Swimming

Local Team: \_\_\_\_\_ Name \_\_\_\_\_ Abbreviation \_\_\_\_\_  
(Choose name and abbreviation from list below.)

<input type="checkbox"/> OREG (Club)		
Albany YMCA Tiger Shark Masters.....YTSM	Multnomah Athletic Club.....MAC	Southern Oregon Masters.....SOM
*Allstar Triathlon.....AST	North Clackamas Masters Swimming.....NCMS	*Tualatin Hills Barracudas.....THB
Aquaducks Masters.....AQDK	*Northwest Blue Crush Aquatic Club.....BCAC	*Willamette Valley Aquatic Club.....WVAC
*Baker Area Seasoned Swimmers.....BASS	*Oregon City Tankers.....OCT	<input type="checkbox"/> SWMS (Club)
*Central Oregon Masters Aquatics.....COMA	*Oregon Pool-less Elite Narwhals.....OPEN	*LaCamas SW Wash. Masters.....LSWM
*Circumnavigating Beavers Aquatic Team.....CBAT	*Oregon Reign Masters.....ORM	*Tornadoes Masters.....TOR
*Columbia Gorge Masters.....CGM	*Pendleton Masters.....PEND	<input type="checkbox"/> DUCK (Club)
*Corvallis Aquatic Team Masters.....CAT	*Portland Community College Masters.....PCCM	*University of Oregon Swim Club.....DUCK
*Emerald Aquatics.....EA	*Portland State Masters.....PSM	
Klamath Basin Masters.....KBM	*Rogue Valley Masters.....RVM	
*Lake Oswego Masters.....LOM	*Salem Kroc Masters.....KAM	
Mittleman Jewish Community Center.....MJCC	Salem YMCA Masters.....SYM	
	*Sherwood YMCA Dragons.....SYD	

\* 2011 registration

Registration: Valid November 1, 2010 to December 31, 2011. Make checks payable to OMS, Inc.

**\$45.00 Single**

**\$32.00 Age Groups: 18-24, 75 and older**

Fee breakdown: USMS = \$29.00; (which includes \$8.00 for a subscription to USMS's magazine, **SWIMMER**; OMS = \$16.00 (OMS covers the additional cost for our younger and older members.)

- I have added a contribution of \$\_\_\_\_\_ for Oregon Masters Swimming. We value your support!
- I have added a contribution of \$50 as a Gold Medal Sponsor of Oregon Masters Swimming.
- I have added a contribution of \$100 as a Diamond Medal Sponsor of Oregon Masters Swimming.
- I have added a contribution of \$\_\_\_\_\_ to the USMS "Swimming Saves Lives" Fund.

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 INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature: (required) \_\_\_\_\_ Date: \_\_\_\_\_

MAIL TO: SUSIE YOUNG, OMS REGISTRAR, 14565 NW Salvia Ct. Portland, OR 97229

This form is available on the OMS website: [www.swimoregon.org](http://www.swimoregon.org)

Registering at the same time you're entering a meet? Send BOTH forms to the meet entry address.

Contact the OMS Registrar for more information on forming an OMS club. Susie Young: [swim.pdx@gmail.com](mailto:swim.pdx@gmail.com) or 503-475-8004

# 2011



## Looking Ahead . . .

Date	Course	Meet	Location
*March 13	SCY	<a href="#">Pre-Association Blast</a>	Gresham, OR
*April 1 - 3	SCY	<a href="#">OMS Association Championships</a>	Gresham, OR
April 9-10	SCY	NW Zone Championships	Federal Way, WA
April 28 - May 1	SCY	USMS Spring Nationals	Mesa, AZ
May 15	SCM	Hood River	Hood River, OR
June 12	LCM	Corvallis	Corvallis, OR
July 16-17	LCM	Gil Young Meet	Gresham, OR
August 3 - 6	LCM	USMS Summer Nationals	Auburn, AL
Sept 10-11	SCM	LaCamas Patriot Games	Camas, WA

\*ENTRY BLANK INCLUDED IN THIS ISSUE OF THE AQUA-MASTER (Click on link above, to go to the online entry)

### Board Meeting Schedule:

April 2 — After Association Meet  
 May 4 — 7 PM

### Results:

Chehalem Meet  
 Canby Animal Meet



## 2011 Open Water Race Schedule

(as of January 1, 2011)



Date(s)	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category
Sat 21 May	? .. 1	Tualatin Hills Pool	?	THB	Tim Cespedes	Open Water Clinic	xx
Sun 22 May	? .. 1	Hagg Lake	Forest Grove			800-meter	Qualifying
						2000-meter	Featured
						4000-meter	Featured
Sat 18 Jun	..... 1	Lincoln City Pool	Lincoln City	LCM	Jason Garding	Beginning Open Water Clinic	xx
Sun 19 Jun	..... 1	Devils Lake				3000-meter (with 800-meter)	Featured
						800-meter (with 3000-meter)	Qualifying
						1500-meter (with 400-meter)	Featured
						400-meter (with 1500-meter)	Qualifying
Sat 2 Jul	..... 1	Foster Lake	Sweet Home	COMA	Bob Bruce	2-mile cable	Featured
						1-mile cable (Nat'l Champs)	Featured
Sat 16 Jul	..... 2	Applegate Lake	Ruch	RVM	Andy Gramley	5000-meter (with 10,000-meter)	Qualifying
						10,000-meter (with 5000-meter)	Featured
Sun 17 Jul						1500-meter	Featured
						3 x 500-meter Pursuit Relay	Participation
Fri 29 Jul	..... 3	Cascade Lakes Swim	Bend	COMA	Bob Bruce	3000-meter	Qualifying
Sat 30 Jul		Series & Festival at Elk Lake				500-meter Time Trial	Qualifying
						1500-meter	Featured
Sun 31 Jul						5000-meter	Featured
						1000-meter	Qualifying
Sun 14 Aug	..... 1	Cottage Grove Lake	Cottage Grove	EA	Steve Johnson	1500-meter (Ass'n Champs)	Featured
						1000-meter Equipment	Featured
						500-meter Kick	Qualifying
Sat 20 Aug	..... 1	Eel Lake	Lakeside	NCAT?	Karen Matson	3000-meter	Featured
						500-meter	Participation
						1500-meter	Featured

Swimmers must participate in three venues to be eligible for the Oregon Open Water Series. Swimmers may score Series points in all events. Featured events score points by place: 22-18-16-14-12-10-8-6-4-2. Qualifying events score points by place: 11-9-8-7-6-5-4-3-2-1. Participation events score 7 points. Top 12 scores count towards a swimmer's final Series total.