



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

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"Swimming for Life"

Swimmers Splash Hard and Fast at Associations!

by Charlie Helm

Shades of the hit movie "300" as about 300 OMS swimmers attacked the Mt Hood CC Aquatic Center for the 2011 Association Championships meet April 1st-3rd! Local team pride and enthusiasm ran high as teams proudly displayed their banners and swimwear while cheering on their members for a desired victory over their opponents. Now was the time to discover if the weeks of preparation and training would bring the laurels of victory to the swimmers and their team.

Friday night started with the 400 IM and record number of long distance 1650 freestyle warriors warming up the pool before the main hordes swarmed the pool for the weekend events. After the team divisions were decided Saturday morning, the battles were on and the spirited swimmers eagerly awaited the start of their heats. (I even had swimmers

their intra-team bragging rights as well. The LaCamas Head Hunters team really pulled out all the stops when they sent their "Voodoo Girls" out on deck to place hexes on their rivals. Many of us doubted their powers until the hot tub water suddenly turned cold during the late Sunday events!

Saturday afternoon saw a special treat as our OMS Banquet special guest speaker and 3-time Olympian Gary Hall, Jr. joined the swimmers on deck during the 1,000 freestyle event to check out the action and atmosphere of the big meet. Later that evening, those of us who did attend the annual OMS awards banquet also on the Mt Hood CC campus had a very memorable time. It started off with many of the swimmers fiercely claiming their favorite of the different flavored desserts that were on the tables. After a great meal and hearing the winners and honorees of the many OMS awards and achievements, we were treated to a great talk by our special guest Gary Hall, Jr. Not only did he motivate and entertain us with his talk about his competitive career and battle with diabetes, he answered questions from the audience and cheerfully posed for photos afterwards. The big thrill for many of us was the chance to see and hold 3 of Gary's Olympic medals, one from each of his three Olympics, that he passed around to the audience while he was speaking. He was a very enjoyable and classy guy, in the opinion of most of us in attendance.

When the final splashes ended on Sunday, many swimmers were relishing some personal best times and great swims while others were pondering what could have been, or how they could have done better. All agreed that another excellent championship meet had been well run by co-meet directors Dennis Baker and Aubree Gustafson and the host Oregon Reign team, along with the great volunteers and officials. Thank you!

What's Inside

Chair's Corner	2
Fitness	4
Shake & Swim/Swim Bits	5
Long Distance Swimming	6
Results:	
Oregon Association Meet	7
Annual Awards	19
One-Hour Postal Swim	20
OMS at NW Zone	22
Articles:	
Long Distance Preview	23
Let's Talk Tech	26
Perfectly Fit	27
Swimmer Spotlight	28
Club Report	29
Entry Forms:	
Hood River Meet	30
Devil's Lake (OW)	31
Foster Lake (OW)	33
Schedule of Events	Back Cover

I hadn't met before trash-talking me before my heats!) The excitement and noise levels really rose when the larger teams had several of their members in the same heat competing not only for their age group titles, but

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Earl Walter - Historian

Chair's Corner

by Jeanne Teisher

Dear Swimming Friends.

April 1, 2, 3 – what a weekend for those of us who were at Mt. Hood Community College for this year's Association Championship meet! There were some unbelievable swims, great officiating, and enthusiastic team spirit. It was fun to see and catch-up with 'old' friends and make new friends. This was made possible by Oregon Reign Masters swim team who hosted this year's event. On behalf of the OMS board and OMS swimmers THANK YOU to all those (and there are many of you) who were responsible for organizing and running such an efficient and fun event.

On Saturday evening, April 2, there were some very deserving people who were recognized for their contributions to OMS and the world of swimming. As you know, OMS would definitely not be as strong of an organization if it weren't for the dedication and time so many of you contribute to Masters swimming. As I have mentioned before, OMS has an incredible, hard working board. BUT, there are a number of OMS volunteers that contribute their time and services that are not on the board. Many of those individuals were recognized this year during the annual awards banquet. Below I have highlighted those particular volunteers and included the information that was submitted with their nomination. CONGRATULATIONS and thank you to all these individuals.

CONNIE WILSON AWARD

Karen Andrus Hughes

- ❖ Most encouraging of other swimmers, at all levels
- ❖ Has helped at meets and functions for as long as I've known her (10 yrs)
- ❖ Humility regarding her own accomplishments, always credits others
- ❖ Happy to do unglamorous, in-the-background work whenever needed
- ❖ Contributed to newsletter for years, always focusing on others' accomplishments

Continued on next page



United States Masters Swimming Inc., is now, as always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author and not necessarily those of United States Masters Swimming, Inc. or Oregon Masters Swimming.

Aqua-Master is the official publication of Oregon Masters Swimming. It is a source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. A subscription is part of membership in OMS. Contact Susie Young or Jackie Parker for membership information. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming, Inc. Information is also available on line at www.swimoregon.org.

Send address changes to Susie Young

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AWARDS

Continued from previous page

OL' BARNACLE AWARD**Jacki Allender**

I nominate Jacki Allender for this award in recognition of Jacki's continuing service to OMS in her role as Officials Chair. Jacki has continued to be 'the ultimate official' for OMS in that she not only chairs the Officials Chair on the Board of Directors, but she has been instrumental in assisting numerous meet directors in finding officials for their meets, including stepping in herself to work the meet. Jacki is professional in her role and represents OMS at the national level.

HAZEL BRESSIE SPIRIT AWARD**Megan Lassen**

I would like to nominate Megan Lassen for the Hazel Bressie award. She shows great dedication to the sport and has been very encouraging of my efforts. First, she is an excellent coach. I have been to a few of her workouts and she always gives great advice on stroke technique, etc. With her coaching this past year I feel I have really improved both my freestyle and my backstroke techniques. She is a great example of how to set and achieve goals. In February she set a goal for the number of yards she wanted to swim for the February Fitness Challenge. It was a difficult goal and she worked hard to achieve it. This past summer she set a goal of going to all the open water events. She not only achieved that as well, but also took home several awards. When I speak to her about setting goals for myself, she is very encouraging and helps me set reasonable goals. One of the goals I set was to participate in a postal event this year, which I did (the one hour postal).

Carole Miles

Carole Miles shows a sincere interest in everyone she meets. She will remember what she's been told and will ask "how's it going?" She has been keeping us updated via numerous emails on Nancy Milner's condition (which means she shares much time with Nancy at the hospital). The emails are elaborate, accurate, and are done with thoughtfulness. Carole recently traveled to Seattle (where Nancy receives treatment now) for a visit and to bring her home-cooked meals. Many of us sign up for the Red Cross blood drive frequently because of her polite encouragement.

Carole congratulates everyone when she hears happy news and consoles by listening when the news is not pleasant. Her warm smile and inviting demure captures you so that you want to be around her. For these reasons, I nominate Carole Miles for the Hazel Bressie Spirit Award.

GIL YOUNG SPIRIT AWARD**Bill Sumerfield**

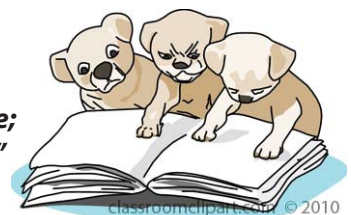
I nominate Bill Sumerfield of Columbia Gorge Masters for this award. Bill has been an active member and recruiter for CGM and never misses an opportunity to tell others about Masters swimming. He volunteers for Board positions, maintains the records for the team and reminds swimmers that they too can set team records if they swim certain events. He authored a very comical 'Frequently Asked Questions' on the team website that allows no one to feel intimidated about trying out Masters swimming. He has also been a huge supporter for our local pool getting an electronic scoreboard. Bill is an encourager for those new to Masters swimming to 'just try out' a meet, and will help anyone with a stroke correction or filling in on the deck as a coach. Bill is very deserving of this award as a true spirit for our Masters swimming sport.

OMS SPECIAL SERVICE AWARD**Aubree Gustafson**

Aubree has been the meet director for many of our meets for the past several years (i.e., Gil Young, State Games, the prep meet for Associations, and Associations). The duties of running a meet are numerous but a few that are no small tasks - getting officials, timers, hospitality, and all the periphery associated with each of those tasks. She even gets her mother to completely run the hospitality room from the donated foods requested by Aubree - another task. While maintaining an efficient meet, she tries to swim her best but sometimes sacrifices them because a duty needs covering. For these reasons, I believe Aubree is worthy of the Special Service Award.

Swimmingly yours,
Jeanne

Quote for the month:
"Volunteers do not necessarily have the time; they just have the heart."
~Elizabeth Andrew





Fitness

Who's Your Obi Wan? (The mental side of fitness)



Trainer Helen Thurlow

Have you ever thought of what keeps you going? You, perhaps, have a goal in mind. Training for a triathlon, losing the last 20 lbs., trying to work out consecutive days without stopping. Whatever the ideal is, what makes us keep logging in hours when we are spent, tired, hungry, injured and have both a family and work to deal with?

I ask you this, who is your Obi Wan? Everyone has one, whether we know it or not. Did you ever look into the stands to see if mom and dad were there when you were a kid? Who do you look for now in the stands?

Every article, book, or journal talks about the mental side of fitness, that it's only 90%. That leaves 10% for the physical energy. Yet, we are human and actually spend 100% on the physical aspects of our sport. We trudge through tough physical workouts, whether in the pool or in the gym, we focus on what we eat, we go to work for 8 hours and then back home to fix dinner and put the kids to sleep. We pay gym fees, we pay the coaches to train us, but who trains us mentally to put this all together?

According to Doug Gardner, Ed.D. of ThinkSport Consulting Services, our sport, be it swimming, running, or soccer, is 100% mental. Both coaches and athletes focus on the physical and fundamental aspects of our sport, leaving behind the one thing that would make us better athletes. "Our thoughts are influenced by our actions and our actions are influenced by our thoughts."

Have you had a side stitch that wouldn't go away and you just stop. That's our thoughts weaving into our heads. To Doug, we should just breathe and set up a mantra to make the side stitch go away and continue on. Easier said than done, but I tried it anyway.

I have the worst knees on the planet, my doctor told me that once, but I love to run and once in a great while I have pain that Obi Wan can't fix with

the force. But I do think of 'him', actually, I think of the kids that I coach. I pushed them so hard this season and the trust and respect I earned from them I treasure with my life. So, when I'm trying to finish my run without passing out I think of them to keep me going. It's 100% mental to go on, to ignore the physical components of exercise, but to remember the training one receives to attain it and to think of the ones who are dear to you, just to finish.

I'm not asking you to roll your eyes when a coach or someone else yells to you: "Stop thinking and just play" or "Clear your mind". You simply can't stop thinking, when you are down 0-3, or clear your mind after falling from a bike ride and there's still a 5k run afterwards. Our brain doesn't understand the word "don't"; we just process the words that follow (i.e. Fail). I do ask you to continue thinking of how you got here. Whether you have attained your fitness goals and wanting to move forward to the next level or trying something new for the first time, focus on the mental side of it. Without the mantras, without the people in your lives that inspire you, without the cheers and smiles from people you don't even know our actions would be passe. We need our thoughts to influence those actions and hopefully Obi Wan is watching.

References:

"How much of your sport is mental? Mastering the mental aspects of athletic competition", Doug Gardner, Ed.D. ThinkSport Consulting Services, Lafayette, California, www.thinksport.com

forums.usms.org/archive/index.php/t-33.html, US Masters (Mental Aspects of training/competition)

www.fanfiction.net "Anakin learns how to swim"

Shake and Swim with "Bake"

Observations from the Deck

Coach Dennis Baker



swimgraphics.com

As we put another Association Championships into the books I would like to make a few comments about what I saw at the meet. I wrote a similar article two years ago after COMA hosted a great meet. This article will be a direct antithesis to that one.

First, it was awesome to see so many swimmers cooling down in between their races. People were swimming a lot of events, plus relays, and building up a lot of lactic acid in their bodies. Some people were in the cool down tank non-stop for the whole meet! This is such a smart thing to do and those swimmers who did that probably felt much better the following week, than those that didn't cool down.

It was so great to see most everyone swimming smarter races. I saw a lot of swimmers choosing not to over swim the first part of their

events. Consequently, they finished their races much stronger.

Lastly, I was so proud of so many first time meet swimmers. There were some from most all of the teams. This is what it is all about for me as a coach. While it is great to coach seasoned swimmers, there is no better feeling to watch the first time meet swimmer discover their inner-athlete. As I have said many times it's not about the result it's about the journey. Hats off to these swimmers and keep it up.

So why are these positive things happening? I truly believe it's because of better coaches coming into Masters Swimming in our LMSC. We are so lucky to be a part of this great synergy happening with Open Water swimming, new teams, better coaching and more new beginning swimmers signing up all the time. I hope you feel like I do, wow it's great to be a part of this.

Swim Bits

by Ralph Mohr

It's always been amazing to me how tough Masters swimmers are in general. Get on the blocks or up to the starting line and go. The recent short course State Meet is a good example for this.

Sixty-three swimmers signed up for the 1650, one-fifth of the entries; 84 entered the 100; 92 the 500. Lest you think I'm only focused on the longer events, 80 went the 50 fly. The greatest number of participants was for the 100 free, 155, slightly more than half.

Then I had fun looking at what some other swimmers swam. Keith Dow merely went all of the freestyle events, hitting an all-time best in the 500. Total competitive yardage for him during the meet was 3500 yards.

Robin Bragg, just a few months after a hip operation, swam the 1650, 1000, 500 and 200 frees and

100 and 200 backstrokes, and he was close to BTs in almost everything.

Collette Crabb didn't go any freestyle events but took on the 400 and 200 IMs, the 200 fly and the 200 and 100 breaststrokes.

Bonnie Speer, 77, swam the 1650, 500, 200, and 100 frees and the 50 and 100 breaststrokes.

These are just a few of the impressive efforts during the state meet, and I did not even consider relays. Some people went ten events in three days. Masters swimmers are

tough!

Kudos to Denny Baker and the crew at Mt. Hood CC for putting on the meet. Great facility. I like tents! And of course, speaking of tough, I hope you liked Denny's masterful 500 fly: 5:18!





Long Distance Swimming

Coach Bob Bruce



Oregon Masters Swimming had another performance improvement in the 2011 USMS One-Hour Postal National Championships, held in January in your local pool. We improved our high level of participation substantially, and two Oregon Clubs picked up high place finishes in their respective size divisions in the club standings. The One-Hour Swim again proved to be the largest single annual USMS participation event (larger by far even than the National Championship pool meets) with about 3000 swimmers entering this year.

Oregon Participation summary:

- 305 Oregon-registered swimmers entered the event, up hugely from 268 in 2010.
- 174 women & 131 men swam and entered. Guys, the gals carried the load for the third year in a row.
- 17 Oregon local teams were represented, up one from last year. Well done, teams!

Congratulations to...

- Our TWO individual National Champions (USMS Long Distance All-Americans)—Dave Radcliff and Charles Bushey, both repeat champions from 2010;
- Our ONE individual runner-up—Tom Landis;
- Our ONE individual third place finisher—Mary Sweat;
- Our SIX relay team National Champions (USMS Long Distance Relay All-Americans);
- Our THREE relay team runners-up;
- Our ONE relay team third place finisher;
- Our TWO Oregon Individual Record breakers—Mary Sweat and Dennis Baker;
- Our SEVEN relay teams that smashed Oregon One-Hour Relay Records;
- Our TWO swimmers, Mary Sweat (4735 yards) and Dennis Baker (5495 yards), who topped the Oregon women's and men's categories respectively;
- Our 43 swimmers whose performances qualified

or moved them up on the Oregon All-Time Top Twelve list for the One-Hour Swim—this number is down this year, showing primarily how challenging it is to make this list;

- Our Oregon Club, who placed **THIRD** in the Extra-Large Club category with 228 swimmers, up from third last year;
- Our Southwest Washington Masters Club, who placed **SIXTEENTH** Overall this year. Unfortunately, their place in the Medium Club category was unavailable as I write;
- Everyone who participated!
- The Tualatin Hills Barracudas, particularly Event Directors Tim Cespedes and Marisa Frieder, who hosted the event with style and class.

Wow! What a turnout, and what performances! I was delighted with the overall turnout and results this year. This was our best overall performance ever in the One-Hour Swim! And there's a bonus—305 Oregon-registered swimmers have completed the first of the three legs of the 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 (like myself) plan to complete all four remaining postal swims this year to earn the national participation award.

Where do we go from here? Keep on swimming—the essence of this event is in the doing of it. We'll see if we can find the afterburners next January to boost us to the top of the Club standings.

Look for the full 2011 Oregon LMSC results in this Aqua Master.

Good luck and good swimming!

Oregon Association Meet, Mt Hood Community College—April 1-3, 2011

W = World Record (includes National, Zone & OR)

N = National Record (includes Zone & OR)

Z = Zone Record, (includes OR)

O = Oregon Record

* = Split

X = Non-Association Swimmer

For team ranking and team scores: <http://www.swimoregon.org/results/2010-2011/ScoresAssnChamps2011.pdf>

Women 18-24

50 Yard Free

1	Willia, Briana	24	CAT	27.57
2	Grundy, Allison	20	DUCK	28.90
3	Farthing, Nina	22	ORM	29.35
4	Curtis, Emily	24	CGM	29.53
4	Watling, Carolyn	18	DUCK	29.53
6	Hoffman, Lauren	19	DUCK	30.15
7	Robinson, April	21	DUCK	30.17
8	Roman, Zoe	23	AQDK	30.43
9	Goodman, Emily	24	CGM	38.56

100 Yard Free

1	Watling, Carolyn	18	DUCK	1:02.33
2	Grundy, Allison	20	DUCK	1:03.95
3	Farthing, Nina	22	ORM	1:05.28
4	Roman, Zoe	23	AQDK	1:05.78
5	Curtis, Emily	24	CGM	1:07.15
6	Goodman, Emily	24	CGM	1:25.38

200 Yard Free

1	Stephens, Kate	22	PCCM	2:15.57
2	Watling, Carolyn	18	DUCK	2:22.37

500 Yard Free

1	Watling, Carolyn	18	DUCK	6:00.53
2	Hoffman, Lauren	19	DUCK	6:37.64
3	Roman, Zoe	23	AQDK	6:47.45

1000 Yard Free

1	Roman, Zoe	23	AQDK	14:15.10
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50 Yard Back

1	Stephens, Kate	22	PCCM	31.43
2	Willia, Briana	24	CAT	33.18
3	Martin, Anne Marie	18	BASS	34.33
4	Proctor, Micheline	21	DUCK	38.87
5	Goodman, Emily	24	CGM	49.70



100 Yard Back

1	Stephens, Kate	22	PCCM	1:07.38
2	Martin, Anne Marie	18	BASS	1:12.59
3	Proctor, Micheline	21	DUCK	1:25.98

200 Yard Back

1	Stephens, Kate	22	PCCM	2:25.04
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50 Yard Breast

1	Farthing, Nina	22	ORM	37.71
2	Grundy, Allison	20	DUCK	37.73
3	Willia, Briana	24	CAT	37.85
4	Martin, Anne Marie	18	BASS	39.11
5	Curtis, Emily	24	CGM	39.17
6	Roman, Zoe	23	AQDK	39.40
7	Robinson, April	21	DUCK	39.95
8	Hoffman, Lauren	19	DUCK	40.81
9	Proctor, Micheline	21	DUCK	42.86
10	Goodman, Emily	24	CGM	53.98

100 Yard Breast

1	Grundy, Allison	20	DUCK	1:20.68
2	Farthing, Nina	22	ORM	1:22.49

3	Martin, Anne Marie	18	BASS	1:22.58
4	Curtis, Emily	24	CGM	1:28.50
5	Hoffman, Lauren	19	DUCK	1:29.50

200 Yard Breast

1	Hoffman, Lauren	19	DUCK	3:05.37
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50 Yard Fly

1	Martin, Anne Marie	18	BASS	32.31
2	Farthing, Nina	22	ORM	32.97
3	Willia, Briana	24	CAT	33.12
4	Robinson, April	21	DUCK	34.02
5	Curtis, Emily	24	CGM	37.54
6	Goodman, Emily	24	CGM	46.82

100 Yard Fly

1	Willia, Briana	24	CAT	1:10.72
2	Robinson, April	21	DUCK	1:15.09

100 Yard IM

1	Willia, Briana	24	CAT	1:12.77
2	Martin, Anne Marie	18	BASS	1:13.27
3	Robinson, April	21	DUCK	1:15.11
4	Goodman, Emily	24	CGM	1:41.84

200 Yard IM

1	Stephens, Kate	22	PCCM	2:28.02
2	Robinson, April	21	DUCK	2:37.89

400 Yard IM

1	Stephens, Kate	22	PCCM	5:17.19
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Women 25-29

50 Yard Free

1	Zoppo, Jeanne	28	ORM	30.97
2	Placek, Christine	26	PCCM	32.25
3	Mejia, Denise	28	THB	32.40
4	Gutoski, Lynn	28	EA	38.12

100 Yard Free

1	Somera, Christine	25	ORM	57.30
2	Shrum, Kate	28	WVAC	1:05.31
3	Placek, Christine	26	PCCM	1:12.44
4	Gutoski, Lynn	28	EA	1:24.20
X	Matayoshi, Brook	29	PNA	1:05.07

200 Yard Free

1	Somera, Christine	25	ORM	2:06.94
2	Shrum, Kate	28	WVAC	2:25.10
3	Zoppo, Jeanne	28	ORM	2:34.43

500 Yard Free

1	Somera, Christine	25	ORM	5:39.76
2	Popelka, Erin	29	THB	5:54.04
3	Callahan, Amanda	28	NCMS	7:21.47

1000 Yard Free

1	Lee, Ellen	29	CAT	12:06.30
2	Callahan, Amanda	28	NCMS	15:17.20
3	Hudec, Jessica	27	CGM	17:01.06



50 Yard Back

1	Placek, Christine	26	PCCM	35.59
2	Mejia, Denise	28	THB	38.00
3	Hale, Ashley	28	EA	38.89
X	Matayoshi, Brook	29	PNA	35.93

100 Yard Back

1	Kentera, Jennifer	26	AQDK	1:15.41
2	Callahan, Amanda	28	NCMS	1:20.71
3	Zoppo, Jeanne	28	ORM	1:21.97
4	Hudec, Jessica	27	CGM	1:31.96

200 Yard Back

1	Lee, Ellen	29	CAT	2:28.43
2	Callahan, Amanda	28	NCMS	2:57.15

50 Yard Breast

1	Blair, Heather	25	ORM	33.73
2	Shrum, Kate	28	WVAC	37.20
3	Kentera, Jennifer	26	AQDK	38.54
4	Hale, Ashley	28	EA	40.25
5	Mejia, Denise	28	THB	43.20
6	Hudec, Jessica	27	CGM	52.18
7	Gutoski, Lynn	28	EA	52.57
X	Matayoshi, Brook	29	PNA	39.60

100 Yard Breast

1	Blair, Heather	25	ORM	1:10.32
2	Popelka, Erin	29	THB	1:13.84
3	Shrum, Kate	28	WVAC	1:21.46
4	Kentera, Jennifer	26	AQDK	1:22.62
5	Gutoski, Lynn	28	EA	1:50.68

200 Yard Breast

1	Blair, Heather	25	ORM	2:34.44
2	Kentera, Jennifer	26	AQDK	2:55.07
3	Shrum, Kate	28	WVAC	2:59.24
4	Hale, Ashley	28	EA	3:07.17

50 Yard Fly

1	Somera, Christine	25	ORM	31.22
2	Placek, Christine	26	PCCM	35.40
3	Zoppo, Jeanne	28	ORM	38.69
4	Hudec, Jessica	27	CGM	44.70

100 Yard Fly

1	Somera, Christine	25	ORM	1:09.08
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200 Yard Fly

1	Popelka, Erin	29	THB	2:27.21
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100 Yard IM

1	Blair, Heather	25	ORM	1:05.29
2	Popelka, Erin	29	THB	1:07.03
3	Shrum, Kate	28	WVAC	1:12.73
4	Kentera, Jennifer	26	AQDK	1:13.93
5	Callahan, Amanda	28	NCMS	1:22.78
6	Placek, Christine	26	PCCM	1:24.56
7	Mejia, Denise	28	THB	1:24.76
8	Hudec, Jessica	27	CGM	1:33.93
9	Gutoski, Lynn	28	EA	1:46.24

200 Yard IM

1 Blair, Heather	25 ORM	2:22.18
2 Lee, Ellen	29 CAT	2:23.96
3 Kentera, Jennifer	26 AQDK	2:38.02
4 Hale, Ashley	28 EA	2:49.41
5 Callahan, Amanda	28 NCMS	3:00.09
6 Hudec, Jessica	27 CGM	3:29.70

400 Yard IM

1 Blair, Heather	25 ORM	4:57.63
2 Popelka, Erin	29 THB	5:11.84

Women 30-34

50 Yard Free

1 Gustafson, Aubree	30 ORM	26.90
2 Dhom, Gina	32 EA	27.15
3 Johnson, Serena	33 LSWM	27.22
4 Turner, Elaine	31 CGM	29.47
5 Murphy, Megan	30 EA	30.33
6 Szper, Courtney	30 WVAC	33.72
7 Casey, Anna	34 THB	37.29



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100 Yard Free

1 Melina, Emily	31 WVAC	57.68
2 Dhom, Gina	32 EA	59.86
3 Sitler, Kealey	33 LSWM	1:02.89
4 Thayer, Kathleen	31 LSWM	1:02.97
5 Murphy, Megan	30 EA	1:09.21
6 Turner, Elaine	31 CGM	1:11.28
7 Szper, Courtney	30 WVAC	1:17.29

200 Yard Free

1 Melina, Emily	31 WVAC	2:05.95
2 Johnson, Serena	33 LSWM	2:07.89
3 Dhom, Gina	32 EA	2:13.50
4 Pryor, Evelyn	34 CAT	2:26.42
5 Parker, Jacqueline	32 OPEN	2:38.66

500 Yard Free

1 Melina, Emily	31 WVAC	5:44.13
2 Thayer, Kathleen	31 LSWM	6:07.42
3 Pryor, Evelyn	34 CAT	6:32.30
4 Parker, Jacqueline	32 OPEN	6:57.96
5 Casey, Anna	34 THB	7:06.96

1000 Yard Free

1 Thayer, Kathleen	31 LSWM	12:37.11
2 Parker, Jacqueline	32 OPEN	14:22.00

1650 Yard Free

1 Bestine, Kendra	30 LSWM	20:29.18
2 Thayer, Kathleen	31 LSWM	20:55.31
3 Parker, Jacqueline	32 OPEN	24:26.07
4 Szper, Courtney	30 WVAC	26:30.81

50 Yard Back

1 Johnson, Serena	33 LSWM	31.19
2 Dhom, Gina	32 EA	34.67
3 Sitler, Kealey	33 LSWM	35.11
4 Turner, Elaine	31 CGM	38.36

100 Yard Back

1 Melina, Emily	31 WVAC	1:07.09
2 Thayer, Kathleen	31 LSWM	1:10.53
3 Pryor, Evelyn	34 CAT	1:17.47

200 Yard Back

1 Johnson, Serena	33 LSWM	2:26.56
2 Thayer, Kathleen	31 LSWM	2:33.48

50 Yard Breast

1 Gustafson, Aubree	30 ORM	34.84
2 Murphy, Megan	30 EA	40.50

3 Parker, Jacqueline	32 OPEN	44.48
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100 Yard Breast

1 Gustafson, Aubree	30 ORM	1:15.92
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200 Yard Breast

1 Gustafson, Aubree	30 ORM	2:44.39
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50 Yard Fly

1 Dhom, Gina	32 EA	29.82
2 Gustafson, Aubree	30 ORM	30.78
3 Turner, Elaine	31 CGM	33.01
4 Murphy, Megan	30 EA	37.17
5 Szper, Courtney	30 WVAC	39.02
6 Parker, Jacqueline	32 OPEN	39.18
7 Casey, Anna	34 THB	44.78

100 Yard Fly

1 Melina, Emily	31 WVAC	1:03.04
2 Dhom, Gina	32 EA	1:07.10
3 Sitler, Kealey	33 LSWM	1:15.93

200 Yard Fly

1 Casey, Anna	34 THB	3:14.44
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100 Yard IM

1 Gustafson, Aubree	30 ORM	1:09.31
2 Turner, Elaine	31 CGM	1:18.34
3 Murphy, Megan	30 EA	1:20.32
4 Szper, Courtney	30 WVAC	1:27.03

200 Yard IM

1 Jackson, Maresa	32 LSWM	2:47.20
2 Murphy, Megan	30 EA	2:54.51
3 Szper, Courtney	30 WVAC	3:16.95

400 Yard IM

1 Melina, Emily	31 WVAC	5:10.39
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Women 35-39

50 Yard Free

1 Ward, Amy	37 COMA	26.33
2 Kasenga, Amy	36 CGM	27.17
3 Weeks, Nikki	38 CGM	27.20
4 Shindel, Marci	37 CAT	27.86
5 Harrison, Elizabeth	36 THB	40.07
X Cooper, Cheryl	39 UNAT	32.10

100 Yard Free

1 Ward, Amy	37 COMA	57.79
2 Kasenga, Amy	36 CGM	1:01.40
3 Kramer, Ellen	35 ORM	1:07.85
4 Edwards, Bonnie	39 ORM	1:09.30
5 Harrison, Elizabeth	36 THB	1:30.07

200 Yard Free

1 Ward, Amy	37 COMA	2:05.30
2 Krupp, Katy	35 CAT	2:31.14
3 Jacobs-Brown, M.	39 LSWM	2:39.74

500 Yard Free

1 Hoke, Virginia	35 AQDK	6:29.80
2 Krupp, Katy	35 CAT	6:39.54
3 Nobbs, Cassie	39 CGM	7:05.50
4 Jacobs-Brown, M.	39 LSWM	7:10.53

1000 Yard Free

1 Criscione, Anicia	37 CAT	13:19.45
2 Krupp, Katy	35 CAT	13:46.94
3 Edwards, Bonnie	39 ORM	13:58.24
4 Kramer, Ellen	35 ORM	14:02.76
5 Jacobs-Brown, M.	39 LSWM	14:45.95

1650 Yard Free

1 Nobbs, Cassie	39 CGM	24:33.92
2 Jacobs-Brown, M.	39 LSWM	24:57.12



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50 Yard Back

1 Ward, Amy	37 COMA	31.30
2 Hoke, Virginia	35 AQDK	35.75
3 Criscione, Anicia	37 CAT	36.66

100 Yard Back

1 Ward, Amy	37 COMA	1:08.15
2 Sandoval, Lisa	39 CGM	1:16.03
3 Hoke, Virginia	35 AQDK	1:17.25
4 Wells, Janette	38 COMA	1:18.95

200 Yard Back

1 Criscione, Anicia	37 CAT	2:38.62
2 Hoke, Virginia	35 AQDK	2:42.27
3 Sandoval, Lisa	39 CGM	2:48.42
4 Wells, Janette	38 COMA	2:50.43
5 Jacobs-Brown, M.	39 LSWM	2:56.42

50 Yard Breast

1 Shindel, Marci	37 CAT	33.90
2 Kasenga, Amy	36 CGM	35.50
3 Wells, Janette	38 COMA	37.28
4 Sandoval, Lisa	39 CGM	39.50
5 Edwards, Bonnie	39 ORM	41.24
6 Kramer, Ellen	35 ORM	41.44
7 Harrison, Elizabeth	36 THB	1:06.97

100 Yard Breast

1 Shindel, Marci	37 CAT	1:14.06
2 Kasenga, Amy	36 CGM	1:17.78
3 Wells, Janette	38 COMA	1:22.29
4 Sandoval, Lisa	39 CGM	1:24.69
5 Kramer, Ellen	35 ORM	1:30.72

200 Yard Breast

1 Wells, Janette	38 COMA	2:55.90
2 Criscione, Anicia	37 CAT	3:05.09
3 Krupp, Katy	35 CAT	3:27.90

50 Yard Fly

1 Ward, Amy	37 COMA	29.02
2 Weeks, Nikki	38 CGM	29.04
3 Kasenga, Amy	36 CGM	29.84
4 Hoke, Virginia	35 AQDK	35.52
5 Harrison, Elizabeth	36 THB	49.54

100 Yard Fly

1 Kasenga, Amy	36 CGM	1:13.55
2 Hoke, Virginia	35 AQDK	1:17.74

100 Yard IM

1 Weeks, Nikki	38 CGM	1:08.65
2 Wells, Janette	38 COMA	1:14.54
3 Sandoval, Lisa	39 CGM	1:17.23
4 Nobbs, Cassie	39 CGM	1:27.74
5 Harrison, Elizabeth	36 THB	1:54.27
X Cooper, Cheryl	39 UNAT	1:22.94

200 Yard IM

1 Sandoval, Lisa	39 CGM	2:47.14
2 Harrison, Elizabeth	36 THB	4:05.11

Women 40-44

50 Yard Free

1 Asch, Jill	44 MAC	26.57
2 Clevenger, Robin	44 AQDK	29.36
3 Young, Susie	41 THB	30.87

100 Yard Free

1 Asch, Jill	44 MAC	59.94
2 Wahab, Stephanie	42 ORM	1:01.53
3 Clevenger, Robin	44 AQDK	1:05.40

4	Young, Susie	41 THB	1:06.26
5	Condie, Robin	43 NCMS	1:09.73
6	Mack, Jaime	44 CGM	1:25.31
200 Yard Free			
1	Young, Susie	41 THB	2:22.61
500 Yard Free			
1	Lassen, Megan	40 ORM	5:54.69
2	Clevenger, Robin	44 AQDK	6:33.96
3	Angvick, Ann	43 EA	8:10.46
1000 Yard Free			
1	Lassen, Megan	40 ORM	12:11.40
2	Clevenger, Robin	44 AQDK	13:49.23
3	Walters, Melinda	40 LSWM	14:01.71
4	Mack, Jaime	44 CGM	16:59.90
5	Angvick, Ann	43 EA	17:06.34
1650 Yard Free			
1	Clevenger, Robin	44 AQDK	22:45.47
2	Mack, Jaime	44 CGM	28:05.90
50 Yard Back			
1	Young, Susie	41 THB	36.66
2	Condie, Robin	43 NCMS	36.98
100 Yard Back			
1	Young, Susie	41 THB	1:17.62
200 Yard Back			
1	Condie, Robin	43 NCMS	2:58.79
50 Yard Breast			
1	Asch, Jill	44 MAC	36.30
2	Frieder, Marisa	41 THB	38.70
3	Walters, Melinda	40 LSWM	40.77
4	Mack, Jaime	44 CGM	48.15
5	Angvick, Ann	43 EA	51.14
100 Yard Breast			
1	Frieder, Marisa	41 THB	1:22.19
2	Angvick, Ann	43 EA	1:46.18
200 Yard Breast			
1	Mack, Jaime	44 CGM	3:43.46
50 Yard Fly			
1	Asch, Jill	44 MAC	28.97
2	Clevenger, Robin	44 AQDK	34.15
100 Yard Fly			
1	Young, Susie	41 THB	1:14.98
100 Yard IM			
1	Asch, Jill	44 MAC	1:09.66
2	Lassen, Megan	40 ORM	1:09.95
3	Frieder, Marisa	41 THB	1:18.67
200 Yard IM			
1	Walters, Melinda	40 LSWM	2:49.42
2	Mack, Jaime	44 CGM	3:36.49
Women 45-49			
50 Yard Free			
1	Jenkins, Valerie	47 ORM	26.79
2	Watkins, Elizabeth	45 ORM	28.74
3	Viales, Dianne	49 ORM	29.22
4	Davies, Anne	46 EA	29.45
5	Mclarty, Suzanne	46 ORM	32.31
6	Pursel, Katy	47 ORM	33.92
7	Cutz, Terri	47 ORM	36.01
100 Yard Free			
1	Jenkins, Valerie	47 ORM	58.67
2	Squires, Lynn	46 ORM	59.32
3	Watkins, Elizabeth	45 ORM	1:01.27

4	Viales, Dianne	49 ORM	1:04.82
5	Davies, Anne	46 EA	1:05.38
6	Mclarty, Suzanne	46 ORM	1:10.58
7	Gorman, Susan	45 COMA	1:10.62
8	Pursel, Katy	47 ORM	1:17.25
9	Welty-Fick, Carolyn	46 CGM	1:19.60
10	Hyland, Kim	48 EA	1:20.18
11	Cutz, Terri	47 ORM	1:20.84
12	Croucher, Denise	47 LSWM	1:21.77
13	Burkard, Anita	47 LSWM	1:21.78
14	Bridgnell, Deborah	45 OCT	2:01.60
200 Yard Free			
1	Watkins, Elizabeth	45 ORM	2:14.96
2	Scott, Gillian	45 WVAC	2:38.64
3	Cutz, Terri	47 ORM	3:03.37
500 Yard Free			
1	Watkins, Elizabeth	45 ORM	5:51.88
2	Squires, Lynn	46 ORM	5:59.54
3	Davies, Anne	46 EA	6:23.63
4	Snider, Pam	49 CAT	6:33.22
5	Moe, Paula	47 BASS	6:47.98



Photo by Fred Kawabata

1000 Yard Free			
1	Watkins, Elizabeth	45 ORM	12:05.37
2	Croucher, Denise	47 LSWM	15:42.37
3	Orner, Gayle	48 CBAT	17:22.46
1650 Yard Free			
1	Burkard, Anita	47 LSWM	26:47.79
2	Kessler, Ingrid	47 EA	28:48.92
3	Orner, Gayle	48 CBAT	29:16.06
50 Yard Back			
1	Jenkins, Valerie	47 ORM	29.63
2	Moe, Paula	47 BASS	34.78
3	Hyland, Kim	48 EA	43.55
4	Welty-Fick, Carolyn	46 CGM	45.28
5	Burkard, Anita	47 LSWM	46.93
6	Bridgnell, Deborah	45 OCT	1:02.98
*	Jenkins, Valerie	47 ORM	29.26
100 Yard Back			
1	Jenkins, Valerie	47 ORM	1:05.45
2	Moe, Paula	47 BASS	1:15.32
200 Yard Back			
1	Moe, Paula	47 BASS	2:40.31
2	Snider, Pam	49 CAT	2:52.12
3	Orner, Gayle	48 CBAT	3:30.65
50 Yard Breast			
1	Jenkins, Valerie	47 ORM	35.64



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2	Welty-Fick, Carolyn	46 CGM	41.01
3	Gorman, Susan	45 COMA	43.64
4	Pursel, Katy	47 ORM	45.53
5	Croucher, Denise	47 LSWM	46.20
6	Hyland, Kim	48 EA	48.53
7	Burkard, Anita	47 LSWM	52.39
8	Bridgnell, Deborah	45 OCT	1:04.30
100 Yard Breast			
1	Delmage, Arlene	48 ORM	1:20.64
2	Snider, Pam	49 CAT	1:24.50
3	Scott, Gillian	45 WVAC	1:27.79
4	Gorman, Susan	45 COMA	1:33.91
5	Pursel, Katy	47 ORM	1:34.31
200 Yard Breast			
1	Delmage, Arlene	48 ORM	2:50.94
2	Snider, Pam	49 CAT	2:58.37
50 Yard Fly			
1	Delmage, Arlene	48 ORM	28.64
2	Jenkins, Valerie	47 ORM	29.35
3	Davies, Anne	46 EA	33.48
4	Viales, Dianne	49 ORM	34.02
5	Scott, Gillian	45 WVAC	36.57
100 Yard Fly			
1	Delmage, Arlene	48 ORM	1:02.44
200 Yard Fly			
1	Delmage, Arlene	48 ORM	2:21.68
2	Orner, Gayle	48 CBAT	4:10.57
100 Yard IM			
1	Davies, Anne	46 EA	1:14.48
2	Viales, Dianne	49 ORM	1:14.54
3	Moe, Paula	47 BASS	1:20.77
4	Scott, Gillian	45 WVAC	1:21.38
5	Gorman, Susan	45 COMA	1:26.02
200 Yard IM			
1	Viales, Dianne	49 ORM	2:41.39
2	Gorman, Susan	45 COMA	3:08.55
400 Yard IM			
1	Delmage, Arlene	48 ORM	5:12.31
2	Orner, Gayle	48 CBAT	7:33.52
Women 50-54			
50 Yard Free			
1	Buck, Donna	52 CAT	28.23
2	Lamoureux, Lori	51 ORM	30.38
3	Harrington, Sue	53 CGM	30.79
4	Worden, Laura	53 CAT	31.81
5	Bender, Sherry	52 LSWM	32.99
6	Andrade, Julie	50 THB	33.00
7	Grunwald, Dawn	52 ORM	33.95
8	Elsten, Laraine	52 ORM	40.84
9	Thompson, Lynn	52 ORM	44.19
100 Yard Free			
1	Andrus-Hughes, Karen	53 ORM	59.97
2	Caswell, Mj	50 CGM	1:01.88
3	Lamoureux, Lori	51 ORM	1:08.81
4	Harrington, Sue	53 CGM	1:12.58
5	Andrade, Julie	50 THB	1:13.66
6	Bender, Sherry	52 LSWM	1:17.51
7	Thompson, Lynn	52 ORM	1:43.10
200 Yard Free			
1	Lamoureux, Lori	51 ORM	2:33.43
2	Grunwald, Dawn	52 ORM	2:54.77



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500 Yard Free				
1	Sweat, Mary	53	OREG	5:46.46 O
2	Lamoureux, Lori	51	ORM	6:53.10
3	Fox, Christina	50	CAT	7:22.14
4	Bender, Sherry	52	LSWM	7:34.27
5	Johns, Linda	50	NCMS	8:26.23

1000 Yard Free				
1	Sweat, Mary	53	OREG	11:47.64 Z
2	Lamoureux, Lori	51	ORM	14:25.14
3	Bender, Sherry	52	LSWM	15:18.67
4	Johns, Linda	50	NCMS	17:21.39

1650 Yard Free				
1	Sweat, Mary	53	OREG	19:33.72 Z
2	Andrus-Hughes, Karen	53	ORM	21:19.78
3	Bender, Sherry	52	LSWM	25:26.30
4	Johns, Linda	50	NCMS	29:24.20

50 Yard Back				
1	Andrus-Hughes, Karen	53	ORM	31.43
2	Redwine-Baker, R.	51	ORM	38.34
*	Andrus-Hughes, Karen	53	ORM	30.91
*	Andrus-Hughes, Karen	53	ORM	31.09

100 Yard Back				
1	Andrus-Hughes, Karen	53	ORM	1:08.21
2	Redwine-Baker, R.	51	ORM	1:25.84
3	Fox, Christina	50	CAT	1:25.90

50 Yard Breast				
1	Crabbe, Colette	54	ORM	35.86
2	Lamoureux, Lori	51	ORM	40.19
3	Redwine-Baker, R.	51	ORM	40.71
4	Harrington, Sue	53	CGM	41.07
5	Andrade, Julie	50	THB	41.36
6	Munro, Ann	53	THB	41.78
7	Fox, Christina	50	CAT	45.11
8	Elsten, Laraine	52	ORM	46.92
*	Andrus-Hughes, Karen	53	ORM	27.46

100 Yard Breast				
1	Crabbe, Colette	54	ORM	1:17.06
2	Caswell, Mj	50	CGM	1:18.69
3	Harrington, Sue	53	CGM	1:29.65
4	Andrade, Julie	50	THB	1:30.65
5	Munro, Ann	53	THB	1:32.14
6	Fox, Christina	50	CAT	1:32.98
7	Redwine-Baker, R.	51	ORM	1:33.44

200 Yard Breast				
1	Crabbe, Colette	54	ORM	2:45.34
2	Harrington, Sue	53	CGM	3:17.56
3	Fox, Christina	50	CAT	3:23.07

50 Yard Fly				
1	Caswell, Mj	50	CGM	29.88
2	Worden, Laura	53	CAT	31.57
3	Andrade, Julie	50	THB	39.13

100 Yard Fly				
1	Caswell, Mj	50	CGM	1:07.33
2	Worden, Laura	53	CAT	1:13.03

200 Yard Fly				
1	Crabbe, Colette	54	ORM	2:29.32

100 Yard IM				
1	Andrus-Hughes, Karen	53	ORM	1:09.89
2	Buck, Donna	52	CAT	1:14.77
3	Worden, Laura	53	CAT	1:17.34
4	Harrington, Sue	53	CGM	1:22.83
5	Andrade, Julie	50	THB	1:26.99



6	Grunwald, Dawn	52	ORM	1:31.94
200 Yard IM				
1	Crabbe, Colette	54	ORM	2:28.63
2	Caswell, Mj	50	CGM	2:31.03
3	Worden, Laura	53	CAT	2:49.65
4	Fox, Christina	50	CAT	3:06.04

400 Yard IM				
1	Crabbe, Colette	54	ORM	5:12.20
2	Caswell, Mj	50	CGM	5:21.32

Women 55-59

50 Yard Free				
1	Teisher, Jeanne	59	THB	32.36
2	Kitch, Carol	55	BASS	33.87
3	Towne, Charris	59	CGM	37.63
4	Cardwell, Diane	59	COMA	42.81
5	Miles, Carole	55	ORM	43.11

100 Yard Free				
1	Teisher, Jeanne	59	THB	1:11.94
2	Kitch, Carol	55	BASS	1:15.00
3	Towne, Charris	59	CGM	1:28.46
4	Anderson, T.	56	LSWM	1:35.28
5	Cardwell, Diane	59	COMA	1:36.92
6	Marsh, Debra	56	LSWM	1:39.70
7	Summers, Ell n	57	ORM	1:48.46
8	Moreland, Sandra	56	ORM	2:04.90
X	Kassen, Elizabeth	59	PNA	1:09.46

200 Yard Free				
1	Summers, Jeanna	57	ORM	2:36.00
2	Towne, Charris	59	CGM	3:24.27
3	Shuman, Connie	56	COMA	3:33.75
X	Kassen, Elizabeth	59	PNA	2:32.16



500 Yard Free				
1	Budd, Elizabeth	57	CAT	6:36.15
2	Albright, Susan	55	THB	7:08.30
3	Teisher, Jeanne	59	THB	7:15.02
4	Shuman, Connie	56	COMA	8:55.20
5	Anderson, T.	56	LSWM	9:36.71
6	Cardwell, Diane	59	COMA	10:03.07
X	Kassen, Elizabeth	59	PNA	6:44.20

1000 Yard Free				
1	Albright, Susan	55	THB	14:49.09
2	Shuman, Connie	56	COMA	18:34.41
3	Anderson, T.	56	LSWM	19:43.75

1650 Yard Free				
1	Budd, Elizabeth	57	CAT	22:41.00
2	Summers, Jeanna	57	ORM	24:00.31
3	Albright, Susan	55	THB	24:45.69
4	Teisher, Jeanne	59	THB	24:56.28
5	Shuman, Connie	56	COMA	30:39.89
6	Anderson, T.	56	LSWM	32:04.27

50 Yard Back				
1	Kitch, Carol	55	BASS	40.30
2	Towne, Charris	59	CGM	47.91
3	Cardwell, Diane	59	COMA	52.53

100 Yard Back				
1	Towne, Charris	59	CGM	1:45.31

200 Yard Back				
1	Summers, Jeanna	57	ORM	2:55.76



50 Yard Breast				
1	Kitch, Carol	55	BASS	48.90
2	Miles, Carole	55	ORM	50.95
3	Summers, Ellen	57	ORM	1:16.64

200 Yard Breast				
1	Miles, Carole	55	ORM	3:51.18

50 Yard Fly				
1	Budd, Elizabeth	57	CAT	38.97
2	Kitch, Carol	55	BASS	45.14

100 Yard Fly				
1	Summers, Jeanna	57	ORM	1:32.14
2	Shuman, Connie	56	COMA	2:12.91

100 Yard IM				
1	Budd, Elizabeth	57	CAT	1:21.74
2	Summers, Jeanna	57	ORM	1:24.68
3	Miles, Carole	55	ORM	1:49.96
X	Kassen, Elizabeth	59	PNA	1:22.86

200 Yard IM				
1	Budd, Elizabeth	57	CAT	2:55.65
2	Shuman, Connie	56	COMA	4:04.80
X	Kassen, Elizabeth	59	PNA	2:56.56

Women 60-64

50 Yard Free				
1	Rousseau, Sandi	63	CGM	37.91
2	Markwardt, Kristen	64	NCMS	44.48
*	Gettling, Janet	62	COMA	31.09

100 Yard Free				
1	Rousseau, Sandi	63	CGM	1:24.79
2	Groesz, Jeanette	61	COMA	1:27.89

200 Yard Free				
1	Groesz, Jeanette	61	COMA	3:10.50
2	Stark, Carol	62	ORM	4:03.45

500 Yard Free				
1	Groesz, Jeanette	61	COMA	8:29.51
2	Markwardt, Kristen	64	NCMS	9:59.15

1000 Yard Free				
1	Groesz, Jeanette	61	COMA	17:30.88
2	Stark, Carol	62	ORM	22:53.21

1650 Yard Free				
1	Stark, Carol	62	ORM	37:33.19

50 Yard Back				
1	Rousseau, Sandi	63	CGM	47.49
2	Groesz, Jeanette	61	COMA	49.26
3	Stark, Carol	62	ORM	53.21
4	Markwardt, Kristen	64	NCMS	1:01.37
5	Edwards, Nadine	63	LSWM	1:11.35

100 Yard Back				
1	Rousseau, Sandi	63	CGM	1:42.52
2	Stark, Carol	62	ORM	1:53.76

3 Edwards, Nadine	63	LSWM	2:40.32
200 Yard Back			
1 Rousseau, Sandi	63	CGM	3:39.02
2 Stark, Carol	62	ORM	4:26.41
50 Yard Breast			
1 Markwardt, Kristen	64	NCMS	57.43
50 Yard Fly			
1 Gettling, Janet	62	COMA	36.93
2 Rousseau, Sandi	63	CGM	43.26
3 Markwardt, Kristen	64	NCMS	1:12.78
100 Yard Fly			
1 Gettling, Janet	62	COMA	1:25.53
200 Yard Fly			
1 Gettling, Janet	62	COMA	3:14.01
100 Yard IM			
1 Gettling, Janet	62	COMA	1:20.87
200 Yard IM			
1 Gettling, Janet	62	COMA	3:03.62
2 Markwardt, Kristen	64	NCMS	4:41.35
400 Yard IM			
1 Gettling, Janet	62	COMA	6:29.56

Women 65-69

50 Yard Free			
1 Frid, Barbara	68	THB	32.56
2 Ward, Joy	68	ORM	33.18
3 Delgado, Joan	66	LSWM	39.05
4 Whiter, Peggy	67	COMA	42.77
5 Ellis, Esther	66	LSWM	47.10
6 Haynie, Sandra	66	CGM	55.06
7 Bello, Jeanette	67	NCMS	56.57
8 Noldge, Claudia	67	CGM	58.69
100 Yard Free			
1 Frid, Barbara	68	THB	1:13.84
2 Ellis, Esther	66	LSWM	1:42.68
3 Sacks, Lynn	65	OPEN	1:47.95
4 Haynie, Sandra	66	CGM	2:03.20
5 Bello, Jeanette	67	NCMS	2:06.18
6 Noldge, Claudia	67	CGM	2:07.14
200 Yard Free			
1 Ellis, Esther	66	LSWM	3:53.76
2 Bello, Jeanette	67	NCMS	4:27.46
3 Haynie, Sandra	66	CGM	4:32.05
500 Yard Free			
1 Ellis, Esther	66	LSWM	10:14.81
2 Bello, Jeanette	67	NCMS	11:33.03
1000 Yard Free			
1 Ellis, Esther	66	LSWM	20:28.69
2 Sacks, Lynn	65	OPEN	22:06.25
3 Bello, Jeanette	67	NCMS	23:44.91
1650 Yard Free			
1 Ellis, Esther	66	LSWM	34:00.68

50 Yard Back			
1 Ward, Joy	68	ORM	39.21
2 Frid, Barbara	68	THB	39.88
3 Noldge, Claudia	67	CGM	1:03.32
4 Haynie, Sandra	66	CGM	1:16.98
* Ward, Joy	68	ORM	38.74
100 Yard Back			
1 Frid, Barbara	68	THB	1:31.43
2 Delgado, Joan	66	LSWM	1:45.62
3 Noldge, Claudia	67	CGM	2:25.56

200 Yard Back			
1 Ward, Joy	68	ORM	3:00.77
2 Delgado, Joan	66	LSWM	3:49.96
50 Yard Breast			
1 Pierson, Ginger	65	ORM	40.41 Z
2 Frid, Barbara	68	THB	43.37
100 Yard Breast			
1 Pierson, Ginger	65	ORM	1:27.46 Z
2 Frid, Barbara	68	THB	1:36.26
200 Yard Breast			
1 Pierson, Ginger	65	ORM	3:16.27 Z
200 Yard Fly			
1 Pierson, Ginger	65	ORM	3:24.64



Photo by Fred Kawabata

100 Yard IM			
1 Ward, Joy	68	ORM	1:27.32
200 Yard IM			
1 Pierson, Ginger	65	ORM	3:18.73
2 Delgado, Joan	66	LSWM	3:41.03
400 Yard IM			
1 Pierson, Ginger	65	ORM	7:13.00

Women 70-74

50 Yard Free			
1 Schroder, Kaleo	74	COMA	51.53
50 Yard Back			
1 Schroder, Kaleo	74	COMA	58.88
100 Yard Back			
1 Schroder, Kaleo	74	COMA	2:15.51
50 Yard Breast			
1 Schroder, Kaleo	74	COMA	1:07.15
100 Yard Breast			
1 Schroder, Kaleo	74	COMA	2:31.21
200 Yard Breast			
1 Schroder, Kaleo	74	COMA	5:18.68

Women 75-79

50 Yard Free			
1 Kawabata, Geraldine	76	THB	46.22
100 Yard Free			
1 Kawabata, Geraldine	76	THB	1:38.28 Z
2 Speer, Bonnie	77	LSWM	2:19.56
200 Yard Free			
1 Kawabata, Geraldine	76	THB	3:30.61 Z
2 Speer, Bonnie	77	LSWM	4:45.65
500 Yard Free			
1 Speer, Bonnie	77	LSWM	12:36.49
1650 Yard Free			
1 Kawabata, Geraldine	76	THB	31:48.49 Z
2 Speer, Bonnie	77	LSWM	42:47.02

50 Yard Back			
1 Kawabata, Geraldine	76	THB	56.89
50 Yard Breast			
1 Speer, Bonnie	77	LSWM	1:30.26
100 Yard Breast			
1 Speer, Bonnie	77	LSWM	3:11.89

Women 85-89

50 Yard Free			
1 Stevenin, Elfie	89	THB	2:01.19
100 Yard Free			
1 Stevenin, Elfie	89	THB	4:07.45
50 Yard Breast			
1 Stevenin, Elfie	89	THB	2:38.13
100 Yard IM			

1 Stevenin, Elfie	89	THB	4:54.95
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Men 18-24

50 Yard Free			
1 Boudreau, Benjamin	21	DUCK	25.65
2 Esser, Thomas	22	PCCM	26.28
100 Yard Free			
1 Jessop, Tyler	18	DUCK	53.65
2 Boudreau, Benjamin	21	DUCK	55.79
200 Yard Free			
1 Horowitz, Keahi	19	PSM	1:54.62
2 Jessop, Tyler	18	DUCK	1:59.38
50 Yard Back			
1 Warren, Kevin	19	EA	30.41
2 Brooklier, Chris	19	DUCK	36.93
100 Yard Back			
1 Horowitz, Keahi	19	PSM	58.40
2 Warren, Kevin	19	EA	1:05.49
200 Yard Back			
1 Horowitz, Keahi	19	PSM	2:07.37
50 Yard Breast			
1 Esser, Thomas	22	PCCM	33.94
2 Warren, Kevin	19	EA	34.50
100 Yard Breast			
1 Esser, Thomas	22	PCCM	1:13.57
50 Yard Fly			
1 Esser, Thomas	22	PCCM	28.47
2 Boudreau, Benjamin	21	DUCK	28.66
3 Warren, Kevin	19	EA	29.53
100 Yard Fly			
1 Horowitz, Keahi	19	PSM	59.48
2 Jessop, Tyler	18	DUCK	1:01.86
3 Esser, Thomas	22	PCCM	1:03.50
4 Boudreau, Benjamin	21	DUCK	1:05.76
5 Warren, Kevin	19	EA	1:08.13



Photo by Fred Kawabata

200 Yard Fly			
1 Jessop, Tyler	18	DUCK	2:16.69
100 Yard IM			
1 Jessop, Tyler	18	DUCK	1:00.49
2 Horowitz, Keahi	19	PSM	1:01.10
3 Warren, Kevin	19	EA	1:08.41
4 Brooklier, Chris	19	DUCK	1:24.77
200 Yard IM			
1 Horowitz, Keahi	19	PSM	2:10.64
2 Jessop, Tyler	18	DUCK	2:12.18
3 Esser, Thomas	22	PCCM	2:28.17

Men 25-29

50 Yard Free			
1 Pearson, Kevin	28	CAT	23.98
2 Dalton, Ryan	28	OPEN	24.93
3 Cleary, Kevin	27	THB	25.39
100 Yard Free			
1 Weston, Benjamin	29	MAC	47.80
2 Pearson, Kevin	28	CAT	52.91
3 Bidou, Alexis	28	PCCM	53.11
4 Dalton, Ryan	28	OPEN	57.23
200 Yard Free			
1 Dalton, Ryan	28	OPEN	2:10.05
500 Yard Free			
1 Dalton, Ryan	28	OPEN	6:00.93
1000 Yard Free			
1 Dalton, Ryan	28	OPEN	12:51.53
50 Yard Back			



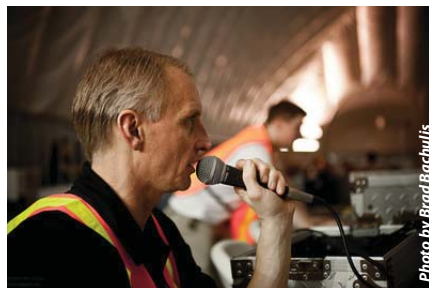
Photo by Brad Bachtulis



Photo by Brad Bachulis

1 Pearson, Kevin	28 CAT	29.79
100 Yard Back		
1 Bidou, Alexis	28 PCCM	1:01.11
2 Pearson, Kevin	28 CAT	1:03.84
200 Yard Back		
1 Bidou, Alexis	28 PCCM	2:16.48
50 Yard Breast		
1 Weston, Benjamin	29 MAC	29.35
2 Schramek, Alec	26 CAT	31.63
3 Pearson, Kevin	28 CAT	34.56
100 Yard Breast		
1 Cleary, Kevin	27 THB	1:08.18
2 Schramek, Alec	26 CAT	1:09.97
200 Yard Breast		
1 Dalton, Ryan	28 OPEN	2:40.82
50 Yard Fly		
1 Pearson, Kevin	28 CAT	26.50
2 Cleary, Kevin	27 THB	27.11
3 Schramek, Alec	26 CAT	27.21
100 Yard Fly		
1 Weston, Benjamin	29 MAC	54.59
2 Cleary, Kevin	27 THB	57.69
200 Yard IM		
1 Weston, Benjamin	29 MAC	2:00.63
2 Bidou, Alexis	28 PCCM	2:18.35
Men 30-34		
50 Yard Free		
1 Schoepper, Grant	30 NCMS	27.10
2 Rosinbum, Joel	30 WVAC	33.53
100 Yard Free		
1 Wolff, Shaun	30 ORM	51.22
2 Donnermeyer, Chris	34 CGM	56.16
3 Barry, Christopher	32 ORM	58.04
4 Schoepper, Grant	30 NCMS	59.04
5 Kalk, Michael	30 CAT	1:04.45
200 Yard Free		
1 Donnermeyer, Chris	34 CGM	2:05.94
2 Barry, Christopher	32 ORM	2:10.50
3 Schoepper, Grant	30 NCMS	2:15.35
500 Yard Free		
1 Atay, Cemil	32 THB	5:17.60
2 Donnermeyer, Chris	34 CGM	5:40.85
3 Barry, Christopher	32 ORM	6:02.88
4 Schoepper, Grant	30 NCMS	6:17.91
5 Rosinbum, Joel	30 WVAC	7:59.16
1000 Yard Free		
1 Donnermeyer, Chris	34 CGM	11:44.54
2 Kalk, Michael	30 CAT	13:26.34
3 Schoepper, Grant	30 NCMS	13:35.04
1650 Yard Free		
1 Polito, Chip	34 ORM	17:26.59
100 Yard Back		
1 Wolff, Shaun	30 ORM	56.35
200 Yard Back		
1 Polito, Chip	34 ORM	2:03.20
50 Yard Breast		
1 Atay, Cemil	32 THB	30.51
2 Wolff, Shaun	30 ORM	31.02
3 Warren, Seth	34 COMA	32.24
4 Kalk, Michael	30 CAT	43.96
100 Yard Breast		

1 Atay, Cemil	32 THB	1:05.23
200 Yard Breast		
1 Atay, Cemil	32 THB	2:22.05
50 Yard Fly		
1 Polito, Chip	34 ORM	26.28
2 Wolff, Shaun	30 ORM	26.34
3 Rosinbum, Joel	30 WVAC	39.17
100 Yard Fly		
1 Atay, Cemil	32 THB	59.12
2 Donnermeyer, Chris	34 CGM	1:01.64
200 Yard Fly		
1 Donnermeyer, Chris	34 CGM	2:23.03
100 Yard IM		
1 Schoepper, Grant	30 NCMS	1:12.59
2 Rosinbum, Joel	30 WVAC	1:23.00
200 Yard IM		
1 Wolff, Shaun	30 ORM	2:11.09
400 Yard IM		
1 Atay, Cemil	32 THB	4:36.16
Men 35-39		
50 Yard Free		
1 Arvizo, Rich	35 RVM	22.95
2 O'Shea, Sean	36 CGM	24.27
3 Hoke, Trevor	35 AQDK	25.33
4 Kuzara, Byron	38 WVAC	26.59
5 Notis, John	37 OPEN	29.16
6 Johnson, Aaron	36 LSWM	29.38
100 Yard Free		
1 Arvizo, Rich	35 RVM	51.43
2 Rogge, Edgar	37 LSWM	54.71
3 Hoke, Trevor	35 AQDK	55.01
4 Notis, John	37 OPEN	1:06.74
5 Rousseau, Brian	36 OPEN	1:31.25
X Ashmore, David	36 SMSC	51.33
200 Yard Free		
1 Arvizo, Rich	35 RVM	1:55.94
2 Hoke, Trevor	35 AQDK	2:09.16
3 Kuzara, Byron	38 WVAC	2:15.17
4 Schwendiman, Chad	35 WVAC	2:51.50
500 Yard Free		
1 Notis, John	37 OPEN	7:06.03
2 Vegter, Brian	39 BASS	7:22.80
3 Schwendiman, Chad	35 WVAC	7:59.57
1000 Yard Free		
1 Notis, John	37 OPEN	14:46.61
1650 Yard Free		
1 Notis, John	37 OPEN	25:36.24
2 Vegter, Brian	39 BASS	25:36.77
X Ashmore, David	36 SMSC	19:07.52



50 Yard Back		
1 O'Shea, Sean	36 CGM	27.45
2 Boles, Matthew	38 OREG	30.22
3 Johnson, Aaron	36 LSWM	41.03
4 Rousseau, Brian	36 OPEN	44.45
200 Yard Back		
1 O'Shea, Sean	36 CGM	2:10.25
2 Vegter, Brian	39 BASS	3:24.54
50 Yard Breast		
1 Arvizo, Rich	35 RVM	30.13
2 Kinder, John	38 COMA	32.06
3 O'Shea, Sean	36 CGM	32.74

4 Braun, Mark	39 ORM	33.17
5 Darby, Brian	37 ORM	33.45
6 Johnson, Aaron	36 LSWM	40.31
100 Yard Breast		
1 Arvizo, Rich	35 RVM	1:07.39
2 Braun, Mark	39 ORM	1:10.84
200 Yard Breast		
1 Braun, Mark	39 ORM	2:36.36
2 Tujo, Christian	39 COMA	2:39.15
3 Vegter, Brian	39 BASS	3:21.58
50 Yard Fly		
1 Arvizo, Rich	35 RVM	25.71
2 O'Shea, Sean	36 CGM	25.84
3 Darby, Brian	37 ORM	30.42
4 Kuzara, Byron	38 WVAC	30.45



Photo by Fred Kawabata

100 Yard Fly		
1 Tujo, Christian	39 COMA	1:01.43
2 Rogge, Edgar	37 LSWM	1:04.34
3 Hoke, Trevor	35 AQDK	1:04.90
200 Yard Fly		
1 Vegter, Brian	39 BASS	3:36.78
100 Yard IM		
1 O'Shea, Sean	36 CGM	1:01.55
2 Braun, Mark	39 ORM	1:07.01
3 Hoke, Trevor	35 AQDK	1:08.15
4 Darby, Brian	37 ORM	1:09.74
5 Kuzara, Byron	38 WVAC	1:10.77
200 Yard IM		
1 Tujo, Christian	39 COMA	2:20.40
2 Rogge, Edgar	37 LSWM	2:23.32
3 Hoke, Trevor	35 AQDK	2:28.69
4 Darby, Brian	37 ORM	2:46.22
5 Vegter, Brian	39 BASS	3:03.74
X Ashmore, David	36 SMSC	2:12.04

Men 40-44

50 Yard Free		
1 Self, Mike	40 ORM	22.27 O
2 Wan, Eric	44 MAC	23.05
3 Bruzual, Igor	40 OREG	24.12
4 Hay, David	40 PCCM	24.16
5 Clydesdale, Bill	43 ORM	24.44
6 Greene, Todd	40 ORM	25.34
7 Kaufman, Seth	42 ORM	26.31
8 Hatler, Neil	40 THB	27.15
9 White, Rob	44 NCMS	29.92
10 Kenly, Ken	43 EA	33.15
* Self, Mike	40 ORM	22.40
100 Yard Free		
1 Self, Mike	40 ORM	49.33
2 Wan, Eric	44 MAC	50.40
3 Hay, David	40 PCCM	52.94
4 Bruzual, Igor	40 OREG	54.71
5 Kaufman, Seth	42 ORM	57.54
200 Yard Free		
1 Self, Mike	40 ORM	1:52.08
2 Wan, Eric	44 MAC	1:59.94
3 Greene, Todd	40 ORM	2:05.52
4 Hatler, Neil	40 THB	2:26.45
5 White, Rob	44 NCMS	2:33.39
500 Yard Free		



Photo by Pat Allender

1	Greene, Todd	40	ORM	5:34.72	
50 Yard Back					
1	Self, Mike	40	ORM	25.74	
2	Wan, Eric	44	MAC	29.79	
100 Yard Back					
1	Self, Mike	40	ORM	55.70	
200 Yard Back					
1	Wan, Eric	44	MAC	2:22.00	
50 Yard Breast					
1	Bachulis, Brad	40	ORM	27.05	Z
2	Hay, David	40	PCCM	29.81	
3	Clydesdale, Bill	43	ORM	30.67	
4	Cole, Chris	44	COMA	32.88	
5	Kenly, Ken	43	EA	42.75	
100 Yard Breast					
1	Bachulis, Brad	40	ORM	1:00.08	O
2	Hay, David	40	PCCM	1:04.82	
3	Clydesdale, Bill	43	ORM	1:07.63	
4	Cole, Chris	44	COMA	1:14.14	
5	Kenly, Ken	43	EA	1:34.84	
200 Yard Breast					
1	Bachulis, Brad	40	ORM	2:15.00	O
2	Clydesdale, Bill	43	ORM	2:27.13	
3	Cole, Chris	44	COMA	2:44.84	
50 Yard Fly					
1	Bruzual, Igor	40	OREG	25.81	
2	Greene, Todd	40	ORM	27.82	
3	Cole, Chris	44	COMA	31.01	
4	Hatler, Neil	40	THB	31.53	
100 Yard Fly					
1	Bruzual, Igor	40	OREG	59.11	
100 Yard IM					
1	Bachulis, Brad	40	ORM	56.56	
2	Clydesdale, Bill	43	ORM	1:01.50	
3	Wan, Eric	44	MAC	1:01.77	
4	Bruzual, Igor	40	OREG	1:04.36	
5	Hatler, Neil	40	THB	1:18.23	

Men 45-49

50 Yard Free					
1	Mccomish, John	45	ORM	23.31	
2	Ivelich, Jim	48	COMA	23.65	
3	Washburne, Brent	49	MAC	24.23	
4	Watt, Bryan	45	OCT	24.26	
5	Lautze, John	46	ORM	24.92	
6	Gardner, Chris	46	ORM	27.14	
7	Chalmers, John	48	EA	27.65	
8	Karyukin, Andrei	45	THB	28.35	
9	Landen, Michael	48	OCT	42.89	
100 Yard Free					
1	Mccomish, John	45	ORM	51.64	
2	Washburne, Brent	49	MAC	54.30	

3	Watt, Bryan	45	OCT	56.48	
4	Kabel, Douglas	45	LSWM	57.48	
5	Casterline, Theodore	45	NCMS	58.42	
6	Chalmers, John	48	EA	59.98	
7	Karyukin, Andrei	45	THB	1:01.73	
8	Engbersen, Rutger	45	CGM	1:07.09	
9	Bridgnell, Neal	47	OCT	1:14.89	
10	Croucher, Robert	47	LSWM	1:15.08	
X	Ma, Taufik	46	UNAT	56.85	
200 Yard Free					
1	Calvin, Kris	49	COMA	2:03.79	
2	Casterline, Theodore	45	NCMS	2:09.29	
3	Mccarthy, Darren	45	THB	2:10.17	
4	Boone, Lou	49	OPEN	2:15.64	
500 Yard Free					
1	Baker, Dennis	49	ORM	5:18.74	
2	Casterline, Theodore	45	NCMS	5:44.04	
1000 Yard Free					
1	Calvin, Kris	49	COMA	11:40.71	
2	Casterline, Theodore	45	NCMS	12:10.06	
3	Ivelich, Jim	48	COMA	12:46.30	
4	Croucher, Robert	47	LSWM	16:13.16	
1650 Yard Free					
1	Calvin, Kris	49	COMA	20:00.98	
2	Casterline, Theodore	45	NCMS	20:05.80	
50 Yard Back					
1	Mccomish, John	45	ORM	28.06	
2	Washburne, Brent	49	MAC	29.20	
3	Kabel, Douglas	45	LSWM	31.96	
4	Karyukin, Andrei	45	THB	35.72	
5	Bridgnell, Neal	47	OCT	42.45	
100 Yard Back					
1	Uebele, Keith	49	THB	1:00.53	
2	Mccomish, John	45	ORM	1:00.79	
3	Mccarthy, Darren	45	THB	1:05.56	
4	Miller, Scott	46	COMA	1:06.76	
5	Engbersen, Rutger	45	CGM	1:16.54	
200 Yard Back					
1	Peters, Keith	45	ORM	2:10.66	
2	Boone, Lou	49	OPEN	2:35.00	
50 Yard Breast					
1	Corbeau, James	46	THB	28.58	
2	Kabel, Douglas	45	LSWM	31.34	
3	Ivelich, Jim	48	COMA	31.51	
4	Washburne, Brent	49	MAC	32.79	
5	Gardner, Chris	46	ORM	33.06	
6	Engbersen, Rutger	45	CGM	36.20	
7	Chalmers, John	48	EA	36.85	
8	Bridgnell, Neal	47	OCT	41.94	
9	Croucher, Robert	47	LSWM	43.91	
100 Yard Breast					
1	Gardner, Chris	46	ORM	1:12.61	
2	Washburne, Brent	49	MAC	1:12.87	
3	Engbersen, Rutger	45	CGM	1:17.95	
4	Chalmers, John	48	EA	1:20.09	



Photo by Brad Bachulis

200 Yard Breast					
1	Boone, Lou	49	OPEN	2:43.28	
2	Gardner, Chris	46	ORM	2:45.85	
3	Engbersen, Rutger	45	CGM	2:48.65	
50 Yard Fly					
1	Mccomish, John	45	ORM	25.72	

2	Washburne, Brent	49	MAC	27.56	
3	Ivelich, Jim	48	COMA	28.67	
4	Watt, Bryan	45	OCT	28.90	
5	Karyukin, Andrei	45	THB	29.29	
6	Gardner, Chris	46	ORM	29.87	
7	Chalmers, John	48	EA	32.01	
100 Yard Fly					
1	Baker, Dennis	49	ORM	54.46	
2	Mccomish, John	45	ORM	57.27	
3	Uebele, Keith	49	THB	1:00.45	
4	Kabel, Douglas	45	LSWM	1:01.65	
5	Calvin, Kris	49	COMA	1:03.50	
6	Miller, Scott	46	COMA	1:05.28	
7	Karyukin, Andrei	45	THB	1:12.09	
100 Yard IM					
1	Ivelich, Jim	48	COMA	1:03.42	
2	Mccarthy, Darren	45	THB	1:03.80	
3	Lautze, John	46	ORM	1:04.44	
4	Boone, Lou	49	OPEN	1:06.31	
5	Miller, Scott	46	COMA	1:06.53	
6	Karyukin, Andrei	45	THB	1:10.27	
7	Engbersen, Rutger	45	CGM	1:18.06	



Photo by Fred Kawabata

200 Yard IM					
1	Baker, Dennis	49	ORM	2:03.52	
2	Peters, Keith	45	ORM	2:06.63	
3	Calvin, Kris	49	COMA	2:22.69	
4	Ivelich, Jim	48	COMA	2:25.17	
5	Kabel, Douglas	45	LSWM	2:29.70	
6	Miller, Scott	46	COMA	2:31.54	
7	Chalmers, John	48	EA	2:45.09	
400 Yard IM					
1	Calvin, Kris	49	COMA	5:01.46	
2	Boone, Lou	49	OPEN	5:31.85	

Men 50-54

50 Yard Free					
1	Hathaway, David	50	ORM	24.65	
2	La Count, Curt	52	PCCM	24.94	
3	Clark, Philip	52	THB	25.22	
4	Wren, Mark	52	ORM	25.67	
5	Sumerfield, Bill	50	CGM	26.65	
6	Van Dooren, Mike	52	CGM	27.84	
7	White, James	52	THB	28.56	
8	Ribkoff, Mark	50	CGM	28.80	
9	Roberts, Steve	52	PCCM	29.63	
10	Hanan, Mitch	52	AQDK	30.53	
11	Norville, Kent	51	OCT	32.17	
12	Thomasian, Craig	50	CGM	38.66	
X	Howell, Richard	51	UNAT	26.97	

100 Yard Free			
1	La Count, Curt	52 PCCM	55.69
2	Rabe, Jim	50 ORM	56.15
3	Clark, Philip	52 THB	56.47
4	Mann, Edward	53 MAC	1:00.08
5	Douglas, Michael	53 COMA	1:01.77
6	White, James	52 THB	1:02.44
7	Van Dooren, Mike	52 CGM	1:02.96
8	Hill, Gerry	54 OCT	1:03.30
9	Thompson, Ron	51 COMA	1:03.80
10	Roberts, Steve	52 PCCM	1:04.05
11	Ribkoff, Mark	50 CGM	1:07.21
12	Hanan, Mitch	52 AQDK	1:11.01
200 Yard Free			
1	Clark, Philip	52 THB	2:08.54
2	Wren, Mark	52 ORM	2:13.62
3	White, James	52 THB	2:17.73
4	Douglas, Michael	53 COMA	2:19.81
5	Roberts, Steve	52 PCCM	2:21.22
6	Van Dooren, Mike	52 CGM	2:23.36
7	Hanan, Mitch	52 AQDK	2:43.11
8	Bragg, Robin	51 OPEN	3:04.21
9	Helm, Charlie	54 OPEN	3:06.93



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500 Yard Free			
1	Hathaway, David	50 ORM	5:28.99
2	Allender, Patrick	52 CAT	5:41.29
3	Sumerfield, Bill	50 CGM	5:52.13
4	Roberts, Steve	52 PCCM	6:22.92
5	White, James	52 THB	6:24.69
6	Douglas, Michael	53 COMA	6:25.86
7	Ribkoff, Mark	50 CGM	7:00.61
8	Bragg, Robin	51 OPEN	7:53.37
9	Helm, Charlie	54 OPEN	8:26.57
1000 Yard Free			
1	Anspach, Jeffrey	50 COMA	12:25.08
2	Wren, Mark	52 ORM	12:36.92
3	Thompson, Ron	51 COMA	12:41.83
4	Sumerfield, Bill	50 CGM	12:45.77
5	Ramsey, Ed	54 THB	12:55.40
6	Roberts, Steve	52 PCCM	13:22.50
7	Douglas, Michael	53 COMA	13:36.13
8	Mayhew, Daniel	53 AQDK	14:02.45
9	Bragg, Robin	51 OPEN	16:20.74
10	Helm, Charlie	54 OPEN	17:27.68
1650 Yard Free			
1	Anspach, Jeffrey	50 COMA	20:48.58
2	Thompson, Ron	51 COMA	20:50.51
3	Mann, Edward	53 MAC	22:06.74
4	Roberts, Steve	52 PCCM	22:30.34
5	Douglas, Michael	53 COMA	22:48.84
6	Ribkoff, Mark	50 CGM	24:19.84
7	Bragg, Robin	51 OPEN	27:15.28
8	Helm, Charlie	54 OPEN	28:50.79
50 Yard Back			
1	La Count, Curt	52 PCCM	28.80
2	Clark, Philip	52 THB	29.72
3	Rabe, Jim	50 ORM	32.31
4	Hill, Gerry	54 OCT	32.44
5	Ramsey, Ed	54 THB	33.00

6	Mann, Edward	53 MAC	33.93
7	Van Dooren, Mike	52 CGM	34.80
100 Yard Back			
1	La Count, Curt	52 PCCM	1:02.45
2	Clark, Philip	52 THB	1:04.17
3	Otto, Douglas	52 MAC	1:05.34
4	Neubert, Mark	53 NCMS	1:29.30
5	Helm, Charlie	54 OPEN	1:49.61
6	Bragg, Robin	51 OPEN	1:55.38
200 Yard Back			
1	Otto, Douglas	52 MAC	2:23.29
2	Clark, Philip	52 THB	2:23.59
3	Ramsey, Ed	54 THB	2:36.28
4	Hill, Gerry	54 OCT	2:38.28
5	Mann, Edward	53 MAC	2:43.65
6	Bragg, Robin	51 OPEN	4:03.16
50 Yard Breast			
1	Allender, Patrick	52 CAT	31.37
2	Sumerfield, Bill	50 CGM	33.62
3	Dowd, Mike	52 MAC	36.11
4	Mann, Edward	53 MAC	36.26
5	Van Dooren, Mike	52 CGM	37.54
6	Thompson, Ron	51 COMA	37.83
7	Neubert, Mark	53 NCMS	40.67
8	Ribkoff, Mark	50 CGM	40.90
9	Helm, Charlie	54 OPEN	51.00
X	Howell, Richard	51 UNAT	32.62
100 Yard Breast			
1	Allender, Patrick	52 CAT	1:07.71
2	Otto, Douglas	52 MAC	1:10.08
3	Dowd, Mike	52 MAC	1:16.64
X	Howell, Richard	51 UNAT	1:12.77
200 Yard Breast			
1	Allender, Patrick	52 CAT	2:26.96
2	Otto, Douglas	52 MAC	2:33.91
3	Sumerfield, Bill	50 CGM	2:42.45
4	Dowd, Mike	52 MAC	2:46.03
X	Howell, Richard	51 UNAT	2:40.08
50 Yard Fly			
1	La Count, Curt	52 PCCM	26.27
2	Neubert, Mark	53 NCMS	37.89
3	Norville, Kent	51 OCT	39.33
100 Yard Fly			
1	La Count, Curt	52 PCCM	59.91
2	Hathaway, David	50 ORM	1:01.53
3	Anspach, Jeffrey	50 COMA	1:03.97
4	Dowd, Mike	52 MAC	1:17.64
5	Neubert, Mark	53 NCMS	1:31.46
X	Howell, Richard	51 UNAT	1:14.74
200 Yard Fly			
1	Dowd, Mike	52 MAC	2:49.50
100 Yard IM			
1	Hathaway, David	50 ORM	1:02.40
2	Otto, Douglas	52 MAC	1:03.22
3	Wren, Mark	52 ORM	1:07.32
4	Van Dooren, Mike	52 CGM	1:18.09
5	Neubert, Mark	53 NCMS	1:24.84
6	Norville, Kent	51 OCT	1:32.26
X	Howell, Richard	51 UNAT	1:09.37
200 Yard IM			
1	Otto, Douglas	52 MAC	2:18.47
2	Hathaway, David	50 ORM	2:19.07
3	Anspach, Jeffrey	50 COMA	2:29.66
4	Wren, Mark	52 ORM	2:32.00
5	Hill, Gerry	54 OCT	2:44.02
6	Neubert, Mark	53 NCMS	3:01.59
400 Yard IM			
1	Hathaway, David	50 ORM	4:58.60
2	Anspach, Jeffrey	50 COMA	5:19.90
3	Dowd, Mike	52 MAC	5:51.52
Men 55-59			
50 Yard Free			
1	Peyton, Mike	55 MAC	25.95
2	Dow, Keith	55 OPEN	26.38



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3	Dwight, Charles	56 PCCM	26.67
4	Sherwood, Reggie	59 MAC	29.58
5	Williams, Curtis	58 OREG	30.03
6	Shuman, Thomas	57 COMA	33.75
100 Yard Free			
1	Gudman, Jon	55 MAC	56.41
2	Dow, Keith	55 OPEN	57.42
3	Peyton, Mike	55 MAC	57.64
4	Larson, Allen	58 ORM	1:03.66
5	Morgan, Edwin	57 AQDK	1:04.71
6	Shuman, Thomas	57 COMA	1:20.43
200 Yard Free			
1	Gudman, Jon	55 MAC	2:07.16
2	Peyton, Mike	55 MAC	2:12.88
3	Dow, Keith	55 OPEN	2:13.21
4	Larson, Allen	58 ORM	2:23.33
5	Shuman, Thomas	57 COMA	3:30.70
500 Yard Free			
1	Gudman, Jon	55 MAC	5:50.82
2	Dow, Keith	55 OPEN	6:05.62
3	Stephenson, Michael	58 CGM	6:12.49
4	Larson, Allen	58 ORM	6:37.50
5	Toole, Chris	59 THB	7:08.60
6	Shuman, Thomas	57 COMA	8:01.95
1000 Yard Free			
1	Gudman, Jon	55 MAC	12:11.85
2	Stephenson, Michael	58 CGM	12:55.17
3	Dow, Keith	55 OPEN	12:55.45
4	Phipps, Tom	57 OCT	12:55.58
5	Becker, Mark	56 THB	13:11.77
6	Peyton, Mike	55 MAC	13:12.86
7	Kevan, Stephen	56 AQDK	13:43.03
8	Larson, Allen	58 ORM	13:46.75
9	Shuman, Thomas	57 COMA	17:07.08
10	Carter, Walter	55 COMA	17:39.73
1650 Yard Free			
1	Gudman, Jon	55 MAC	20:01.29
2	Stephenson, Michael	58 CGM	21:28.34
3	Dow, Keith	55 OPEN	21:29.20
4	Becker, Mark	56 THB	22:16.69
5	Larson, Allen	58 ORM	22:50.75
6	Toole, Chris	59 THB	24:55.14
50 Yard Back			
1	Edwards, Wes	57 LSWM	28.59
2	Metzger, Peter	55 COMA	28.64
3	Peyton, Mike	55 MAC	33.31



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4 Stephenson, Michael	58	CGM	34.23
5 Dwight, Charles	56	PCCM	34.83
6 Sherwood, Reggie	59	MAC	36.83
7 Darnell, Stephen	57	LSWM	38.79
8 Shuman, Thomas	57	COMA	45.15
100 Yard Back			
1 Edwards, Wes	57	LSWM	1:01.39
2 Metzger, Peter	55	COMA	1:02.46
3 Stephenson, Michael	58	CGM	1:14.05
4 Sherwood, Reggie	59	MAC	1:19.46
5 Darnell, Stephen	57	LSWM	1:27.30
200 Yard Back			
1 Edwards, Wes	57	LSWM	2:15.04
2 Metzger, Peter	55	COMA	2:25.92
3 Stephenson, Michael	58	CGM	2:43.07
4 Darnell, Stephen	57	LSWM	3:22.63
50 Yard Breast			
1 Kevan, Stephen	56	AQDK	34.94
2 Dwight, Charles	56	PCCM	35.23
3 Williams, Curtis	58	OREG	38.55
4 Sherwood, Reggie	59	MAC	39.21
5 Morgan, Edwin	57	AQDK	39.32
100 Yard Breast			
1 Metzger, Peter	55	COMA	1:14.95
2 Edwards, Wes	57	LSWM	1:16.63
3 Dwight, Charles	56	PCCM	1:17.95
4 Sherwood, Reggie	59	MAC	1:24.98
5 Williams, Curtis	58	OREG	1:28.72
6 Darnell, Stephen	57	LSWM	1:41.21
7 Carter, Walter	55	COMA	1:54.08
200 Yard Breast			
1 Kevan, Stephen	56	AQDK	2:44.60
2 Sherwood, Reggie	59	MAC	3:07.21
3 Williams, Curtis	58	OREG	3:26.69
4 Carter, Walter	55	COMA	4:01.67
50 Yard Fly			
1 Edwards, Wes	57	LSWM	28.34
2 Ambrose, Daniel	55	AQDK	28.83
3 Dwight, Charles	56	PCCM	29.40
100 Yard Fly			
1 Phipps, Tom	57	OCT	1:11.22
2 Carter, Walter	55	COMA	1:42.39
200 Yard Fly			
1 Ambrose, Daniel	55	AQDK	2:43.51
100 Yard IM			
1 Williams, Curtis	58	OREG	1:26.25
2 Darnell, Stephen	57	LSWM	1:31.33
200 Yard IM			
1 Phipps, Tom	57	OCT	2:40.04
400 Yard IM			
1 Edwards, Wes	57	LSWM	5:36.86

2 Carter, Walter	55	COMA	7:34.18
Men 60-64			
50 Yard Free			
1 Stout, Jon	64	THB	27.58
2 Dasch, Vern	61	ORM	27.65
3 Kehoe, Bob	64	ORM	28.57
4 Cronin, Jed	62	THB	28.59
5 Kelber, Michael	63	KAM	28.94
6 Katz, Gary	63	AQDK	29.17
7 Carriker, Buz	63	ORM	31.29
8 Warren, Mike	60	COMA	32.52
9 Jenkins, Richard	62	COMA	34.19
100 Yard Free			
1 Dasch, Vern	61	ORM	1:00.36
2 Kehoe, Bob	64	ORM	1:03.52
3 Weston, John	60	RVM	1:04.72
4 Kelber, Michael	63	KAM	1:07.67
5 Carriker, Buz	63	ORM	1:11.17
6 Ellis, John	64	LSWM	1:13.62
7 Jenkins, Richard	62	COMA	1:21.41
200 Yard Free			
1 Dasch, Vern	61	ORM	2:16.49
2 Kehoe, Bob	64	ORM	2:26.13
3 Katz, Gary	63	AQDK	2:32.60
4 Ellis, John	64	LSWM	2:43.29
500 Yard Free			
1 Dasch, Vern	61	ORM	6:27.33
2 Katz, Gary	63	AQDK	6:47.12
3 Carew, Michael	61	COMA	6:49.34
4 Ellis, John	64	LSWM	7:05.01
1000 Yard Free			
1 Carew, Michael	61	COMA	13:48.42
2 Ellis, John	64	LSWM	14:39.74
1650 Yard Free			
1 Cronin, Jed	62	THB	21:50.53
2 Bruce, Bob	63	COMA	22:15.69
3 Carew, Michael	61	COMA	23:17.85
4 Ellis, John	64	LSWM	24:13.80
50 Yard Back			
1 Bruce, Bob	63	COMA	33.11
2 Stout, Jon	64	THB	33.31
3 Weston, John	60	RVM	35.67
4 Warren, Mike	60	COMA	41.15
5 Jenkins, Richard	62	COMA	46.65
100 Yard Back			
1 Bruce, Bob	63	COMA	1:14.10
200 Yard Back			
1 Johnson, Steve	63	EA	2:36.43
2 Bruce, Bob	63	COMA	2:49.99
50 Yard Breast			
1 Stark, Allen	62	ORM	32.63
2 Cotter, Pat	60	ORM	33.32
3 Dasch, Vern	61	ORM	35.79
4 Stout, Jon	64	THB	36.73
5 Kelber, Michael	63	KAM	41.00
6 Carriker, Buz	63	ORM	41.57
7 Warren, Mike	60	COMA	42.47
8 Carew, Michael	61	COMA	42.97
100 Yard Breast			
1 Stark, Allen	62	ORM	1:11.02



Photo by Fred Kawabata

2 Cotter, Pat	60	ORM	1:13.02
3 Ellis, John	64	LSWM	1:33.62
4 Warren, Mike	60	COMA	1:36.33
200 Yard Breast			
1 Stark, Allen	62	ORM	2:36.89
2 Cotter, Pat	60	ORM	2:39.14
3 Bruce, Bob	63	COMA	3:06.99
50 Yard Fly			
1 Stark, Allen	62	ORM	29.93
2 Cronin, Jed	62	THB	33.89
3 Stout, Jon	64	THB	36.95
4 Jenkins, Richard	62	COMA	50.60
100 Yard Fly			
1 Stark, Allen	62	ORM	1:12.56
100 Yard IM			
1 Cotter, Pat	60	ORM	1:11.20
2 Stark, Allen	62	ORM	1:11.45
3 Stout, Jon	64	THB	1:12.13
4 Carriker, Buz	63	ORM	1:26.85
5 Carew, Michael	61	COMA	1:28.15
6 Jenkins, Richard	62	COMA	1:44.07
200 Yard IM			
1 Weston, John	60	RVM	2:42.84
2 Carriker, Buz	63	ORM	3:19.57
Men 65-69			
50 Yard Free			
1 Boyd, David	69	MAC	28.15
2 Anderson, Fred	68	THB	33.58
100 Yard Free			
1 Boyd, David	69	MAC	1:05.81
2 Spence, John	69	COMA	1:11.61
3 Anderson, Fred	68	THB	1:18.88
200 Yard Free			
1 Spence, John	69	COMA	2:45.17
2 Mohr, Ralph	69	COMA	2:48.68
500 Yard Free			
1 Mohr, Ralph	69	COMA	7:19.46
2 Spence, John	69	COMA	7:30.84
3 Gray, Daniel	65	OPEN	8:11.72
4 Anderson, Fred	68	THB	8:29.17
1000 Yard Free			
1 Spence, John	69	COMA	16:20.37
2 Gray, Daniel	65	OPEN	16:40.82
3 Anderson, Fred	68	THB	17:26.88
X Foges, John	66	UNAT	20:06.67
1650 Yard Free			
1 Mohr, Ralph	69	COMA	25:38.61
2 Spence, John	69	COMA	27:03.93
3 Gray, Daniel	65	OPEN	28:00.17
50 Yard Back			
1 Juhala, Richard	67	ORM	45.16
2 Gray, Daniel	65	OPEN	47.01
100 Yard Back			
1 Juhala, Richard	67	ORM	1:37.62
2 Gray, Daniel	65	OPEN	1:44.92
200 Yard Back			
1 Gray, Daniel	65	OPEN	3:45.35
50 Yard Breast			
1 Juhala, Richard	67	ORM	43.25
100 Yard Breast			
1 Juhala, Richard	67	ORM	1:39.36



Photo by Brad Bachthuis

200 Yard Breast			
1 Juhala, Richard	67 ORM	3:36.46	
50 Yard Fly			
1 Anderson, Fred	68 THB	45.82	
100 Yard Fly			
1 Mohr, Ralph	69 COMA	1:33.21	
100 Yard IM			
1 Mohr, Ralph	69 COMA	1:30.01	
2 Anderson, Fred	68 THB	1:42.57	
200 Yard IM			
1 Mohr, Ralph	69 COMA	3:13.39	
400 Yard IM			
1 Juhala, Richard	67 ORM	7:42.18	

Men 70-74

50 Yard Free			
1 Dielman, Gary	71 BASS	34.29	
100 Yard Free			
1 Dielman, Gary	71 BASS	1:15.74	
200 Yard Free			
1 Dielman, Gary	71 BASS	2:56.46	
500 Yard Free			
1 Dielman, Gary	71 BASS	7:59.65	
2 Lake, Brent	72 COMA	8:54.45	
1000 Yard Free			
1 Dielman, Gary	71 BASS	16:52.51	
2 Lake, Brent	72 COMA	17:40.07	
1650 Yard Free			
1 Dielman, Gary	71 BASS	28:29.23	
50 Yard Back			
1 Lake, Brent	72 COMA	44.64	
100 Yard Back			
1 Lake, Brent	72 COMA	1:44.34	
200 Yard Back			
1 Lake, Brent	72 COMA	3:41.07	

Men 75-79

50 Yard Free			
1 Radcliff, David	76 THB	28.80	
100 Yard Free			
1 Radcliff, David	76 THB	1:02.01	
200 Yard Free			
1 Radcliff, David	76 THB	2:20.31	
500 Yard Free			
1 Radcliff, David	76 THB	6:17.06	
1000 Yard Free			
1 Radcliff, David	76 THB	13:28.50	
1650 Yard Free			
1 Radcliff, David	76 THB	21:52.61	

Men 80-84

50 Yard Free			
1 Marks, Milton	80 ORM	32.91	
2 Popovich, Michael	83 ORM	54.74	
100 Yard Free			
1 Popovich, Michael	83 ORM	2:11.22	
200 Yard Free			
1 Popovich, Michael	83 ORM	4:31.26	
50 Yard Breast			
1 Marks, Milton	80 ORM	42.74	
100 Yard Breast			
1 Marks, Milton	80 ORM	1:38.65	
200 Yard Breast			



Photo by Fred Kawano

1 Marks, Milton	80 ORM	3:54.50	
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Men 85-89

100 Yard Free			
1 Fixott, Rupert	89 ORM	2:14.28	
50 Yard Back			
1 Fixott, Rupert	89 ORM	1:09.42	
50 Yard Breast			
1 Fixott, Rupert	89 ORM	1:11.95	

Relays

Women 18-24 200 Yard Free Relay

1 CAT	1:52.94		
1) Buck, Donna	2) Shindel, Marci		
3) Pryor, Evelyn	4) Willia, Briana		
2 AQDK	1:59.61		
1) Clevenger, Robin	2) Kentera, Jennifer		
3) Hoke, Virginia	4) Roman, Zoe		
3 DUCK	2:01.71		
1) Watling, Carolyn	2) Hoffman, Lauren		
3) Grundy, Allison	4) Robinson, April		
4 ORM	2:09.32		
1) Farthing, Nina	2) Cutz, Terri		
3) Pursel, Katy	4) Kramer, Ellen		
5 CGM	2:15.86		
1) Turner, Elaine	2) Goodman, Emily		
3) Hudec, Jessica	4) Curtis, Emily		

Women 18-24 200 Yard Medley Relay

1 ORM	2:02.70		
1) Jenkins, Valerie	2) Blair, Heather		
3) Somera, Christine	4) Farthing, Nina		



Photo by Brad Bachulis

2 AQDK	2:18.44		
1) Hoke, Virginia	2) Kentera, Jennifer		
3) Clevenger, Robin	4) Roman, Zoe		
3 DUCK	2:18.84		
1) Watling, Carolyn	2) Grundy, Allison		
3) Robinson, April	4) Hoffman, Lauren		
4 CGM	2:39.59		
1) Turner, Elaine	2) Curtis, Emily		
3) Goodman, Emily	4) Hudec, Jessica		

Women 25-34 200 Yard Free Relay

1 ORM	1:51.24		
1) Blair, Heather	2) Somera, Christine		
3) Zoppo, Jeanne	4) Gustafson, Aubree		
2 LSWM	1:53.08		
1) Johnson, Serena	2) Sitler, Kealey		
3) Jacobs-Brown, Michelle	4) Thayer, Kathleen		
3 WVAC	2:02.73		
1) Shrum, Kate	2) Szper, Courtney		
3) Scott, Gillian	4) Melina, Emily		
4 EA	2:06.36		
1) Angvick, Ann	2) Davies, Anne		
3) Murphy, Megan	4) Dhom, Gina		
5 THB	2:06.83		
1) Young, Susie	2) Casey, Anna		
3) Mejia, Denise	4) Popelka, Erin		
6 NCMS	2:58.33		
1) Johns, Linda	2) Bello, Jeanette		
3) Markwardt, Kristen	4) Callahan, Amanda		

Women 25-34 200 Yard Medley Relay

1 LSWM	2:12.51		
1) Johnson, Serena	2) Jackson, Maresa		
3) Sitler, Kealey	4) Thayer, Kathleen		



Photo by Pat Allender

2 ORM	2:13.93		
1) Viales, Dianne	2) Gustafson, Aubree		
3) Edwards, Bonnie	4) Squires, Lynn		
3 EA	2:17.64		
1) Hale, Ashley	2) Murphy, Megan		
3) Dhom, Gina	4) Davies, Anne		
4 THB	2:27.39		
1) Mejia, Denise	2) Frieder, Marisa		
3) Young, Susie	4) Harrison, Elizabeth		
5 NCMS	2:56.21		
1) Condie, Robin	2) Markwardt, Kristen		
3) Callahan, Amanda	4) Johns, Linda		

Women 35-44 200 Yard Free Relay

1 ORM	1:52.16		
1) Watkins, Elizabeth	2) Lamoureux, Lori		
3) Lassen, Megan	4) Jenkins, Valerie		
2 CGM	1:52.29		
1) Kasenga, Amy	2) Harrington, Sue		
3) Caswell, MJ	4) Weeks, Nikki		
3 COMA	1:58.90		
1) Gettling, Janet	2) Wells, Janette		
3) Gorman, Susan	4) Ward, Amy		
4 CAT	2:09.41		
1) Worden, Laura	2) Budd, Elizabeth		
3) Krupp, Katy	4) Snider, Pam		

Women 35-44 200 Yard Medley Relay

1 ORM	2:00.81		
1) Andrus-Hughes, Karen	2) Crabbe, Colette		
3) Delmage, Arlene	4) Lassen, Megan		
2 CGM	2:07.22		
1) Sandoval, Lisa	2) Kasenga, Amy		
3) Caswell, MJ	4) Harrington, Sue		
3 COMA	2:22.20		
1) Wells, Janette	2) Gorman, Susan		
3) Ward, Amy	4) Gettling, Janet		
4 LSWM	2:42.20		
1) Burkard, Anita	2) Croucher, Denise		
3) Walters, Melinda	4) Bender, Sherry		

Women 45-54 200 Yard Free Relay

1 ORM	1:58.92		
1) Delmage, Arlene	2) Crabbe, Colette		
3) Viales, Dianne	4) Andrus-Hughes, Karen		
2 THB	2:11.58		
1) Frid, Barbara	2) Andrade, Julie		
3) Munro, Ann	4) Teisher, Jeanne		
3 ORM	2:24.69		
1) Redwine-Baker, Roxanne	2) Thompson, Lynn		
3) McLarty, Suzanne	4) Grunwald, Dawn		
4 LSWM	2:27.46		
1) Bender, Sherry	2) Anderson, Theresa (Terri)		

3) Burkard, Anita 4) Croucher, Denise

Women 45-54 200 Yard Medley Relay

- 1 CAT 2:27.60
- 1) Fox, Christina 2) Snider, Pam
- 3) Worden, Laura 4) Budd, Elizabeth
- 2 ORM 2:28.21
- 1) Redwine-Baker, Roxanne 2) Lamoureux, Lori
- 3) Grunwald, Dawn 4) McLarty, Suzanne
- 3 THB 2:35.16
- 1) Frid, Barbara 2) Andrade, Julie
- 3) Munro, Ann 4) Teisher, Jeanne

Women 55-64 200 Yard Free Relay

- 1 ORM 2:25.81
- 1) Summers, Jeanna 2) Pierson, Ginger
- 3) Miles, Carole 4) Ward, Joy
- 2 COMA 2:47.79
- 1) Groesz, Jeanette 2) Shuman, Connie
- 3) Cardwell, Diane 4) Whiter, Peggy
- 3 CGM 3:11.03
- 1) Noldge, Claudia 2) Rousseau, Sandi
- 3) Haynie, Sandra 4) Towne, Charris
- 4) LSWM 3:42.68
- 1) Edwards, Nadine 2) Ellis, Esther
- 3) Speer, Bonnie 4) Delgado, Joan



Photo by Brad Bachulis

Women 55-64 200 Yard Medley Relay

- 1 ORM 2:55.41
- 1) Stark, Carol 2) Pierson, Ginger
- 3) Ward, Joy 4) Miles, Carole
- 2 COMA 3:29.69
- 1) Cardwell, Diane 2) Schroder, Kaleo
- 3) Shuman, Connie 4) Groesz, Jeanette
- 3 LSWM 3:40.00
- 1) Edwards, Nadine 2) Ellis, Esther
- 3) Delgado, Joan 4) Marsh, Debra
- 4 CGM 3:40.34
- 1) Noldge, Claudia 2) Towne, Charris
- 3) Rousseau, Sandi 4) Haynie, Sandra
- 5 ORM 4:40.61
- 1) McGreevy, Pat 2) Summers, Ellen
- 3) Summers, Jeanna 4) Moreland, Sandra

Men 18-24 200 Yard Free Relay

- 1 PCCM 1:42.62
- 1) Bidou, Alexis 2) Roberts, Steve
- 3) Esser, Thomas 4) La Count, Curt

Men 18-24 200 Yard Medley Relay

- 1 EA 2:08.97
- 1) Warren, Kevin 2) Kenly, Ken
- 3) Johnson, Steve 4) Chalmers, John

Men 25-34 200 Yard Free Relay

- 1 ORM 1:31.39
- 1) Self, Mike 2) Bachulis, Brad
- 3) Polito, Chip 4) Wolff, Shaun
- 2 CGM 1:38.52
- 1) Donnermeyer, Chris 2) Sumerfield, Bill
- 3) Ebbert, Keith 4) O'Shea, Sean
- 3 ORM 1:46.84
- 1) Barry, Christopher 2) Darby, Brian
- 3) Wren, Mark 4) Gaarder, Chris
- 4 THB 1:47.38
- 1) Atay, Cemil 2) Cleary, Kevin
- 3) Hatler, Neil 4) Karyukin, Andrei

5 NCMS 1:55.88

- 1) Schoepper, Grant 2) Neubert, Mark
- 3) White, Rob 4) Casterline, Theodore

Men 25-34 200 Yard Medley Relay

- 1 ORM 1:40.58 O
- 1) Wolff, Shaun 2) Bachulis, Brad
- 3) Polito, Chip 4) Self, Mike
- 2 MAC 1:49.12
- 1) Washburne, Brent 2) Otto, Douglas
- 3) Weston, Benjamin 4) Wan, Eric
- 3 CGM 1:50.17
- 1) Ebbert, Keith 2) Sumerfield, Bill
- 3) Donnermeyer, Chris 4) O'Shea, Sean
- 4 PCCM 1:50.31
- 1) Bidou, Alexis 2) Hay, David
- 3) La Count, Curt 4) Dwight, Charles
- 5 CAT 1:54.96
- 1) Schramek, Alec 2) Allender, Patrick
- 3) Pearson, Kevin 4) Kalk, Michael
- 6 THB 1:55.40
- 1) Karyukin, Andrei 2) Atay, Cemil
- 3) Cleary, Kevin 4) Corbeau, James
- 7 COMA 1:58.19
- 1) Miller, Scott 2) Cole, Chris
- 3) Anspach, Jeffrey 4) Warren, Seth
- 8 OPEN 2:10.76
- 1) Rousseau, Brian 2) Dalton, Ryan
- 3) Boone, Lou 4) Dow, Keith
- 9 NCMS 2:15.02
- 1) Schoepper, Grant 2) Neubert, Mark
- 3) Casterline, Theodore 4) White, Rob

Men 35-44 200 Yard Free Relay

- 1 ORM 1:41.29
- 1) Braun, Mark 2) Kaufman, Seth
- 3) Clydesdale, Bill 4) Greene, Todd
- 2 MAC 1:43.30
- 1) Washburne, Brent 2) Otto, Douglas
- 3) Dowd, Mike 4) Wan, Eric
- 3 AQDK 1:50.78
- 1) Hoke, Trevor 2) Ambrose, Daniel
- 3) Hanan, Mitch 4) Katz, Gary
- 4 OPEN 1:55.17
- 1) Dow, Keith 2) Notis, John
- 3) Helm, Charlie 4) Boone, Lou

Men 35-44 200 Yard Medley Relay

- 1 COMA 1:54.99
- 1) Calvin, Kris 2) Kinder, John
- 3) Tujo, Christian 4) Ivelich, Jim
- 2 ORM 1:56.20
- 1) Rabe, Jim 2) Braun, Mark
- 3) McComish, John 4) Wren, Mark
- 3 LSWM 1:59.45
- 1) Edwards, Wes 2) Ellis, John
- 3) Kabel, Douglas 4) Rogge, Edgar
- 4 AQDK 2:10.59
- 1) Morgan, Edwin 2) Kevan, Stephen
- 3) Hoke, Trevor 4) Hanan, Mitch

Men 45-54 200 Yard Free Relay

- 1 ORM 1:35.83
- 1) Hathaway, David 2) Lautze, John
- 3) McComish, John 4) Baker, Dennis



Photo by Brad Bachulis

- 2 COMA 1:42.17
- 1) Ivelich, Jim 2) Calvin, Kris
- 3) Miller, Scott 4) Douglas, Michael
- 3 THB 1:43.52
- 1) Clark, Philip 2) White, James
- 3) McCarthy, Darren 4) Uebele, Keith
- 4 CGM 1:55.83
- 1) Engbersen, Rutger 2) Ribkoff, Mark
- 3) Van Dooren, Mike 4) Stephenson, Michael
- 5 LSWM 2:02.21
- 1) Edwards, Wes 2) Darnell, Stephen
- 3) Croucher, Robert 4) Ellis, John

Men 45-54 200 Yard Medley Relay

- 1 ORM 1:49.95
- 1) Peters, Keith 2) Gaarder, Chris
- 3) Baker, Dennis 4) Hathaway, David
- 2 CGM 2:12.16
- 1) Stephenson, Michael 2) Engbersen, Rutger
- 3) Van Dooren, Mike 4) Ribkoff, Mark
- 3 OCT 2:15.02
- 1) Hill, Gerry 2) Bridgnell, Neal
- 3) Watt, Bryan 4) Phipps, Tom
- 4 THB 2:18.41
- 1) Ramsey, Ed 2) Stout, Jon
- 3) Radcliff, David 4) White, James
- 5 COMA 2:26.58
- 1) Shuman, Thomas 2) Thompson, Ron
- 3) Douglas, Michael 4) Carew, Michael

Men 55-64 200 Yard Free Relay

- 1 MAC 1:48.02
- 1) Gudman, Jon 2) Sherwood, Reggie
- 3) Boyd, David 4) Peyton, Mike
- 2 ORM 1:51.12
- 1) Stark, Allen 2) Kehoe, Bob
- 3) Larson, Allen 4) Dasch, Vern
- 3 COMA 1:56.35
- 1) Metzger, Peter 2) Bruce, Bob
- 3) Spence, John 4) Warren, Mike
- 4 THB 1:57.98
- 1) Stout, Jon 2) Anderson, Fred
- 3) Cronin, Jed 4) Radcliff, David
- 5 COMA 2:20.91
- 1) Carter, Walter 2) Jenkins, Richard
- 3) Mohr, Ralph 4) Carew, Michael
- 6 ORM 2:41.74
- 1) Carriker, Buz 2) Juhala, Richard
- 3) Popovich, Michael 4) Marks, Milton

Men 55-64 200 Yard Medley Relay

- 1 ORM 2:12.74
- 1) Dasch, Vern 2) Stark, Allen
- 3) Larson, Allen 4) Kehoe, Bob
- 2 COMA 2:14.19
- 1) Metzger, Peter 2) Bruce, Bob
- 3) Mohr, Ralph 4) Warren, Mike
- 3 MAC 2:14.27
- 1) Gudman, Jon 2) Sherwood, Reggie
- 3) Peyton, Mike 4) Boyd, David
- 4 COMA 2:54.39
- 1) Lake, Brent 2) Jenkins, Richard
- 3) Carter, Walter 4) Spence, John



Photo by Brad Bachulis



Photo by Brad Bachulis

Mixed 18-24 200 Yard Free Relay

1	ORM	1:43.74
1)	Polito, Chip	2) Lassen, Megan
3)	Farthing, Nina	4) Bachulis, Brad
2	CAT	1:43.76
1)	Pearson, Kevin	2) Willia, Briana
3)	Lee, Ellen	4) Schramek, Alec
3	PCCM	1:49.17
1)	Stephens, Kate	2) Placek, Christine
3)	Bidou, Alexis	4) La Count, Curt
4	CGM	1:51.62
1)	Curtis, Emily	2) Donnermeyer, Chris
3)	Sandoval, Lisa	4) Ebbert, Keith
5	EA	1:52.49
1)	Chalmers, John	2) Dhom, Gina
3)	Warren, Kevin	4) Davies, Anne
6	AQDK	2:00.29
1)	Roman, Zoe	2) Mayhew, Daniel
3)	Hanan, Mitch	4) Clevenger, Robin
7	BASS	2:04.37
1)	Martin, Anne Marie	2) Dielman, Gary
3)	Vegter, Brian	4) Moe, Paula

Mixed 18-24 200 Yard Medley Relay

1	ORM	1:53.91
1)	Wolff, Shaun	2) Blair, Heather
3)	Baker, Dennis	4) Farthing, Nina
2	PCCM	1:57.10
1)	Stephens, Kate	2) Hay, David
3)	La Count, Curt	4) Placek, Christine
3	CAT	2:03.33
1)	Pearson, Kevin	2) Buck, Donna
3)	Willia, Briana	4) Schramek, Alec
4	EA	2:05.86
1)	Warren, Kevin	2) Murphy, Megan
3)	Dhom, Gina	4) Chalmers, John
5	DUCK	2:07.83
1)	Proctor, Micheline	2) Grundy, Allison
3)	Jessop, Tyler	4) Boudreau, Benjamin
6	CGM	2:17.82
1)	Curtis, Emily	2) Engbersen, Rutger
3)	Harrington, Sue	4) Van Dooren, Mike

Mixed 25-34 200 Yard Free Relay

1	ORM	1:39.17
1)	Self, Mike	2) Wolff, Shaun
3)	Somera, Christine	4) Gustafson, Aubree
2	LSWM	1:43.55
1)	Rogge, Edgar	2) Johnson, Serena
3)	Thayer, Kathleen	4) Kabel, Douglas
3	ORM	1:49.29
1)	Braun, Mark	2) Watkins, Elizabeth
3)	Crabbe, Colette	4) Barry, Christopher
4	THB	1:52.42
1)	Mejia, Denise	2) Cleary, Kevin
3)	Young, Susie	4) Atay, Cemil
5	AQDK	1:55.28
1)	Hoke, Trevor	2) Kentera, Jennifer
3)	Morgan, Edwin	4) Hoke, Virginia
6	CAT	1:56.14
1)	Criscione, Anicia	2) Allender, Patrick
3)	Worden, Laura	4) Kalk, Michael
7	NCMS	2:00.89

1)	Schoepper, Grant	2) Callahan, Amanda
3)	Condie, Robin	4) Casterline, Theodore
8	OPEN	2:09.35
1)	Boone, Lou	2) Sacks, Lynn
3)	Parker, Jacqueline	4) Dalton, Ryan
9	EA	2:14.02
1)	Gutoski, Lynn	2) Hyland, Kim
3)	Kenly, Ken	4) Johnson, Steve

Mixed 25-34 200 Yard Medley Relay

1	ORM	1:49.42
1)	Jenkins, Valerie	2) Bachulis, Brad
3)	Polito, Chip	4) Somera, Christine
2	THB	2:00.48
1)	Atay, Cemil	2) Popelka, Erin
3)	Cleary, Kevin	4) Young, Susie
3	CGM	2:02.08
1)	Sandoval, Lisa	2) Caswell, MJ
3)	Ebbert, Keith	4) Donnermeyer, Chris
4	LSWM	2:05.95
1)	Johnson, Serena	2) Johnson, Aaron
3)	Edwards, Wes	4) Thayer, Kathleen
5	ORM	2:11.94
1)	Zoppo, Jeanne	2) Gustafson, Aubree
3)	Barry, Christopher	4) Darby, Brian
6	AQDK	2:15.66
1)	Kentera, Jennifer	2) Hoke, Trevor
3)	Clevenger, Robin	4) Hanan, Mitch
7	WVAC	2:19.49
1)	Shrum, Kate	2) Scott, Gillian
3)	Rosinbum, Joel	4) Kuzara, Byron
8	NCMS	2:29.10
1)	Schoepper, Grant	2) Callahan, Amanda
3)	Casterline, Theodore	4) Johns, Linda

Mixed 35-44 200 Yard Free Relay

1	CGM	1:45.81
1)	Caswell, MJ	2) Kasenga, Amy
3)	Sumerfield, Bill	4) O'Shea, Sean
2	COMA	1:47.61
1)	Ivelich, Jim	2) Wells, Janette
3)	Ward, Amy	4) Tujo, Christian
3	ORM	1:49.80
1)	Clydesdale, Bill	2) Viales, Dianne
3)	Edwards, Bonnie	4) Hathaway, David
4	ORM	1:56.61
1)	Kehoe, Bob	2) Lamoureux, Lori
3)	Kramer, Ellen	4) Gaarder, Chris
5	LSWM	2:00.26
1)	Walters, Melinda	2) Croucher, Robert
3)	Jacobs-Brown, Michelle	4) Edwards, Wes
6	ORM	2:10.96
1)	Darby, Brian	2) Pursel, Katy
3)	Thompson, Lynn	4) Wren, Mark
7	NCMS	2:29.15
1)	Johns, Linda	2) White, Rob
3)	Markwardt, Kristen	4) Neubert, Mark

Mixed 35-44 200 Yard Medley Relay

1	ORM	1:51.33
1)	Andrus-Hughes, Karen	2) Clydesdale, Bill
3)	Delmage, Arlene	4) Self, Mike
2	MAC	1:57.76
1)	Washburne, Brent	2) Otto, Douglas
3)	Asch, Jill	4) Ferguson, Ellen
3	ORM	2:03.72
1)	Lassen, Megan	2) Braun, Mark
3)	Greene, Todd	4) Kramer, Ellen
4	COMA	2:04.02
1)	Wells, Janette	2) Kinder, John
3)	Miller, Scott	4) Ward, Amy
5	BASS	2:33.24
1)	Moe, Paula	2) Kitch, Carol
3)	Vegter, Brian	4) Dielman, Gary
6	NCMS	3:18.88
1)	Bello, Jeanette	2) Markwardt, Kristen

3)	Neubert, Mark	4) White, Rob
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Mixed 45-54 200 Yard Free Relay

1	ORM	1:41.37
1)	Jenkins, Valerie	2) Baker, Dennis
3)	Delmage, Arlene	4) Peters, Keith
2	ORM	1:42.44
1)	Andrus-Hughes, Karen	2) Rabe, Jim
3)	Squires, Lynn	4) McComish, John
3	THB	1:57.99
1)	Uebele, Keith	2) Andrade, Julie
3)	Munro, Ann	4) Clark, Philip
4	CGM	2:03.71
1)	Welty-Fick, Carolyn	2) Ribkoff, Mark
3)	Harrington, Sue	4) Van Dooren, Mike
5	ORM	2:05.11
1)	Cotter, Pat	2) Grunwald, Dawn
3)	Redwine-Baker, Roxanne	4) Larson, Allen

Mixed 45-54 200 Yard Medley Relay

1	ORM	1:59.94
1)	Hathaway, David	2) Crabbe, Colette
3)	McComish, John	4) Viales, Dianne
2	ORM	2:13.61
1)	Redwine-Baker, Roxanne	2) Gaarder, Chris
3)	Lamoureux, Lori	4) Wren, Mark
3	COMA	2:15.41
1)	Metzger, Peter	2) Ivelich, Jim
3)	Gettling, Janet	4) Groesz, Jeanette
4	ORM	2:38.05
1)	Stark, Carol	2) Carriker, Buz
3)	Larson, Allen	4) Pursel, Katy
5	ORM	2:38.19
1)	Kehoe, Bob	2) Cotter, Pat
3)	Grunwald, Dawn	4) Thompson, Lynn
6	CGM	2:39.70
1)	Rousseau, Sandi	2) Ribkoff, Mark
3)	Stephenson, Michael	4) Towne, Charris

Mixed 55-64 200 Yard Free Relay

1	COMA	2:01.92
1)	Bruce, Bob	2) Groesz, Jeanette
3)	Gettling, Janet	4) Metzger, Peter
2	THB	2:06.70
1)	Radcliff, David	2) Frid, Barbara
3)	Teisher, Jeanne	4) Anderson, Fred
3	ORM	2:10.05
1)	Dasch, Vern	2) Summers, Jeanna
3)	Miles, Carole	4) Stark, Allen
4	LSWM	2:26.52
1)	Delgado, Joan	2) Marsh, Debra
3)	Darnell, Stephen	4) Ellis, John
5	ORM	2:45.20
1)	Carriker, Buz	2) Stark, Carol
3)	Summers, Ellen	4) Juhala, Richard

Mixed 55-64 200 Yard Medley Relay

1	ORM	2:27.04
1)	Summers, Jeanna	2) Stark, Allen
3)	Dasch, Vern	4) Miles, Carole
2	LSWM	3:13.88
1)	Darnell, Stephen	2) Ellis, Esther
3)	Ellis, John	4) Delgado, Joan

Mixed 65-74 200 Yard Free Relay

1	COMA	2:42.64
1)	Spence, John	2) Mohr, Ralph
3)	Whiter, Peggy	4) Schroder, Kaleo
2	ORM	2:50.48
1)	Ward, Joy	2) Pierson, Ginger
3)	Marks, Milton	4) Fixott, Rupert

Mixed 65-74 200 Yard Medley Relay

1	ORM	2:33.42
1)	Ward, Joy	2) Pierson, Ginger
3)	Juhala, Richard	4) Marks, Milton
2	COMA	3:12.32
1)	Spence, John	2) Schroder, Kaleo
3)	Mohr, Ralph	4) Whiter, Peggy

Oregon Masters Swimming Annual Awards

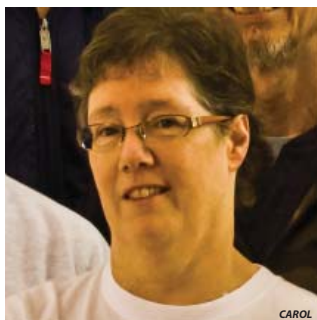
for the Year 2011



*Connie Wilson Memorial Award
Karen Andrus Hughes*



*Ol' Barnacle Award
Jacki Allender*



*Hazel Bressie Spirit Award
Carole Miles
Megan Lassen*



*Gil Young Spirit Award
Bill Sumerfield*



*OMS Special Service Award
Aubree Gustafson*



*Outstanding Swimmer 50 and Over Female
Colette Crabbe*



*Outstanding Swimmer 50 and Over Male
Willard Lamb*



*Outstanding Swimmer 49 and Under Female
Arlene Delmage*



*Outstanding Swimmer 49 and Under Male
Chip Polito*



*Team Spirit Award
Columbia Gorge Masters (no photo)*

Oregon LMSC Postal One-Hour Swim Results 2011

Place numbers are National places

N = National Record

O = Oregon Record

* = Oregon All-Time Top Twelve

Women 18-24

27 Sara Cameron 24	LSWM	3925	*
33 Emily Curtis 24	CGM	3700	*
41 Sophia Stone-Holmbeck 24	LSWM	3435	
52 Emily Goodman 24	CGM	2845	
54 Casey McGray 21	CGM	2730	

Women 25-29

11 Sarah Holman 29	THB	4695	*
18 Elisa Fischbach 28	EA	4570	*
19 Loren Louzao 28	THB	4550	*
23 Erin Popelka 29	THB	4475	
23 Christine Somera 25	ORM	4475	
30 Aubree Gustafson 29	ORM	4380	
63 Emmelie Alexander 29	CGM	3900	
66 Teresa Schnaidt 26	MACO	3800	
71 Amanda Callahan 28	NCMS	3725	
89 Jessica Hudec 27	CGM	3365	
97 Leslie Fisher 26	LSWM	3115	
101 Lynn Gutoski 28	EA	3005	
106 Britta Anderson 27	CGM	2775	
109 Aurora Moore 28	CGM	2675	
112 Ingrid Hendrickson 28	CGM	2195	

Women 30-34

14 Serena Johnson 33	LSWM	4545	*
16 Michelle Macy 33	THB	4500	
17 Kendra Bestine 30	LSWM	4490	*
30 Marisa Jackson 31	LSWM	4270	
35 Evelyn Pryor 33	CAT	4150	
48 Kealey Sittler 33	LSWM	4035	
96 Natalie Benzel 32	LSWM	3375	
97 Trisha Kepple 34	CGM	3360	
112 Elaine Turner 31	CGM	3110	
124 Phaedra Booth 30	CGM	2775	
125 Melanie Johnson 30	LSWM	2745	
128 Bree Hoomans 31	CGM	2655	
130 Jennifer Bair 34	LSWM	2500	

Women 35-39

8 Jayna Tomac 38	COMA	4630	
23 Anicia Criscione 37	CAT	4250	
27 Amy Kasenga 36	CGM	4175	
27 Maxine Braun 39	COMA	4175	
27 Suzy Jajewski 35	Unat	4175	
43 Bonnie Edwards 38	ORM	4005	
45 Marci Shindel 36	CAT	3965	
47 Lisa Sandoval 38	CGM	3935	
57 Michelle Jacobs-Brown 39	LSWM	3780	
63 Cassie Nobbs 39	CGM	3715	
73 Jodi Ready 39	CGM	3590	
86 Neva Winter 37	THB	3430	
87 Laura Haspela 35	CGM	3370	
95 Elizabeth Harrington 36	?	3300	
110 Francesca Genovese-Finch 36	THB	3070	
110 Rachel Stuart 38	Unat	3070	
113 Jennifer Strelkauskas 39	CGM	3060	
115 Shannon Cruz 39	CAT	3050	
132 Liette Witherrite 37	CGM	2825	
135 Alyson Bolles 35	CGM	2750	
138 Katy Myers 38	TOR	2690	
144 Kim Humann 37	CGM	2060	

Women 40-44

6 Stacey Dennett 40	ORM	4700	*
11 Megan Lassen 40	ORM	4575	*
21 Susie Young 41	THB	4410	
36 Cheryl Morgen 41	COMA	4130	
39 Gillian Salton 42	COMA	4105	

45 Melinda Walters 40	LSWM	4025	
46 Meg Frey 43	ORM	4020	
56 Marisa Frieder 41	THB	3945	
59 Laurie Kilbourn 44	MJCC	3875	
69 Rachel Tsu 40	CGM	3810	
93 Kris Kendall 43	CGM	3625	
97 Robin Condie 43	NCMS	3600	
102 Natalie McMillan 42	LSWM	3580	
105 Monique Lance 40	THB	3560	
107 Jen Wardell 42	CGM	3550	
121 Jaime Mack 43	CGM	3415	
138 Ann Angvick 43	EA	3280	
149 Heather Stupfel 40	LSWM	3095	
150 Angela Fadlovich 44	LSWM	3085	
165 Kristin Shreeve 44	CAT	2900	
175 Kelly Kenp 40	LSWM	2785	
194 Denine Schmitz 44	BASS	2410	

Women 45-49

10 Arlene Delmage 48	ORM	4680	
19 Karen Matson 47	COMA	4500	
19 Lynn Squires 46	ORM	4500	*
24 Valerie Jenkins 47	ORM	4450	
33 Denise Stuntzner 48	COMA	4300	*
33 Ellen Ferguson 48	Unat	4300	*
37 Dianne Viales 4948	ORM	4250	
41 MJ Caswell 49	CGM	4245	
56 Joni Young 49	KAM	4110	
56 Pam Snider 49	CAT	4110	
58 Jocelyn Sanford 45	RVM	4100	
64 Terri Tynnismaa 48	CGM	4050	
71 Paula Moe 47	BASS	3950	
90 Sue Sutherland 48	CGM	3800	
94 Willee Broberg 45	ORM	3780	
95 Amy Brimhall 48	LSWM	3775	
103 Julie Andrade 49	THB	3735	
114 Leslie Beard 45	MJCC	3650	
118 Suzanne McLarty 45	ORM	3625	
120 Karen Scholte 45	Unat	3610	
126 Lynn Albrow 49	COMA	3595	
128 Anita Burkard 47	LSWM	3565	
137 Denise Croucher 47	LSWM	3525	
145 Janice Tacconi 48	RVM	3460	
151 Debbie Pappa 49	COMA	3435	
154 Terri Cutz 46	ORM	3400	
160 Jerri Clark 45	LSWM	3370	
163 Carolyn Welty-Fick 46	CGM	3340	
175 Ann Davidson 47	THB	3290	
178 Kristi Van Dooren 47	CGM	3285	
202 Gayle Orner 48	CBAT	3160	
208 Kim Hyland 48	EA	3115	
209 Ellen Dittebrandt 49	CGM	3100	
222 Nadine Taylor 49	LSWM	2915	
231 Jody Seaborn 47	CGM	2880	

Women 50-54

3 Mary Sweat 53	Unat	4735	*O
14 Colette Crabbe 54	ORM	4375	*
20 Karen Andrus-Hughes 53	ORM	4275	*
21 Barb Harris 51	COMA	4240	*
45 Ann Goodman 51	CGM	3975	*
59 Nancy Vincent 51	LSWM	3850	
69 Sue Harrington 53	CGM	3810	
86 Lori Lamoureux 51	ORM	3650	
86 Cynthia Larkin 51	COMA	3650	
89 Christina Fox 50	CAT	3645	
94 Jill Miles 50	CGM	3600	
97 Sherry Bender 51	LSWM	3590	

111 Lindy Mount 51	COMA	3465	
126 Patricia Rogers 51	ORM	3350	
153 Dianne Thomsen 53	LSWM	3130	
210 Jan Callow 52	CGM	2555	
219 Christy Quinn 51	LSWM	2475	

Women 55-59

19 Elizabeth Budd 56	CAT	3960	
22 Susan Albright 55	THB	3885	*
23 Jeanna Summers 56	ORM	3860	
33 Mary Anne Royle 58	Unat	3770	
35 Jeanne Teisher 59	THB	3735	*
57 Toni Brown 55	COMA	3560	
75 June Mather 57	RVM	3310	
85 Leslie Weigand 57	COMA	3225	
105 Carol Kitch 55	BASS	3100	
115 Janine Richardson 59	COMA	3025	
118 Charris Towne 59	CGM	2995	
128 Becky Pope 58	COMA	2850	
130 Ann Kastberg 58	LSWM	2845	
132 Carole Miles 55	ORM	2800	
132 Diana Zibell 55	ORM	2800	
136 Terri Anderson 56	LSWM	2795	
146 Dianne Cardwell 59	COMA	2720	
177 Linnea McIntosh 57	COMA	2315	
178 Karen Stafford 55	CGM	2265	
178 Ellen Summers 56	ORM	2265	
184 Jo Carney 57	ORM	1850	
186 Sandra Moreland 56	ORM	1800	
187 Christina Wong 59	THB	1650	
188 Pat McGreevy 59	ORM	870	

Women 60-64

15 Rebecca Kay 64	Unat	3515	*
25 Sandi Rousseau 63	CGM	3390	
29 Sarah Olson 60	COMA	3330	*
39 Jeannie Groesz 61	COMA	3180	
54 Kristen Markwardt 64	NCMS	2810	
61 Carol Stark 62	ORM	2585	
75 Nadine Edwards 63	LSWM	1795	

Women 65-69

3 Sue Calnek-Morris 67	ORM	3740	*
11 Joan Delgado 65	LSWM	3310	*
13 Joy Ward 68	ORM	3250	
21 Judy Ziemer 66	COMA	3025	*
29 Esther Ellis 65	LSWM	2845	
40 Peggy Whiter 67	COMA	2520	
44 Bernice Howe 67	THB	2420	
47 Jeanette Bello 67	NCMS	2370	
49 Sandra Haynie 65	CGM	2235	
53 Claudia Noldge 67	CGM	1755	

Women 75-79

6 Geri Kawabata 76	THB	2860	
7 Pat Hunt 79	COMA	2580	*
11 Nina Gee 77	COMA	2240	
13 Bonnie Speer 76	LSWM	2220	*

Men 25-29

31 Kevin Pearson 28	CAT	4420	
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Men 30-34

16 Chris Donnermeyer 34	CGM	4650	
30 Nathan Boal 33	CAT	4320	
39 Keith Ebbert 34	CGM	4135	
48 Grant Schoepper 30	NCMS	3930	
66 Jeremy Groesz 34	COMA	3425	

Men 35-39

26 Chris Tujo 39	COMA	4525
44 Mark Braun 39	ORM	4220
61 Noah Megowan 38	ORM	3920
72 Vassil Kaimaktchiev 37	CGM	3635
73 Brian Vegter 39	BASS	3600
98 Chris Tracewell 39	COMA	3115
99 Jason Combs 39	LSWM	3060
99 Aaron Johnson 36	LSWM	3060

Men 40-44

18 Mike Self 40	ORM	4900 *
26 Andy Gramley 43	RVM	4825
29 William Noftsker 44	LSWM	4755
36 Tim Waud 43	CAT	4670
55 John McComish 44	ORM	4470
61 Brad Bachulis 40	ORM	4425
66 Robert Koga 44	LSWM	4385
75 Dave Cloninger 41	COMA	4280
77 David Rice 43	ORM	4250
81 Gabe Duus 40	LSWM	4235
98 Neil Hattler 40	THB	4065
130 Steve Platman 44	MJCC	3650
130 Rob White 44	NCMS	3650
130 Brian Young 43	THB	3650
138 Fredrik Wallenberg 43	LSWM	3580
151 Steven Olson 43	CGM	3380
186 Rolf Rysdyk 44	CGM	2555

Men 45-49

3 Dennis Baker 49	ORM	5495 *O
16 Keith Peters 45	ORM	4875 *
19 Kris Calvin 48	COMA	4815 *
30 Darrin Lajoie 45	AQDK	4645 *
52 Douglas Kabel 45	LSWM	4425
58 Michael Baele 46	THB	4350
89 Scott Miller 45	COMA	4160
92 Floyd Goodrich 47	THB	4150
103 Tom Roberts 49	COMA	4090
104 Rutger Engbersen 45	CGM	4080
118 Rod Parmenter 46	CGM	3915
119 Jon Anderson 49	LSWM	3905
125 David Livengood 47	OPEN	3825
137 Peter Eschbach 47	CAT	3700
145 Andrew Ford 47	MACO	3625
147 Mark Phillips 46	THB	3615
160 Ido Kadim 47	THB	3540
170 Michael Morrissey 47	THB	3370
175 Allen Dushan 47	CGM	3315
180 Paul Barry 45	CGM	3240
191 Kyle Kersey 46	NCMS	2975
205 Craig Thomasian 49	CGM	2440

Men 50-54

8 David Hathaway 50	ORM	4880 *
28 Jim Rabe 50	ORM	4645 *
47 Jeff Ansbach 50	COMA	4410
67 Edward Mann 53	MACO	4250
70 Bill Sumerfield 50	CGM	4235
74 Mark Wren 52	ORM	4215
79 Ron Cobb 54	MJCC	4180
82 Ed Ramsey 54	THB	4160
83 Mike Van Dooren 52	CGM	4155
87 Tim Cespedes 51	THB	4140
95 Dieter Hoffmann 53	MACO	4080
104 James White 52	THB	4020
129 Mark Neubert 53	NCMS	3750
135 Mark Ribkiff 50	CGM	3705
143 Dan Gipe 51	MJCC	3650
150 Harmon Laurin 52	ORM	3590
156 Pat Allender 52	CAT	3545
169 Tad Davis 53	MJCC	3450
174 Keith Stelzer 51	CGM	3425
176 Ron Kaufmann 52	COMA	3400
184 Allen Sykora 53	COMA	3250
195 Carl Thomsen 51	LSWM	3065

216 Douglas Samuals 51 LSWM 2400

Men 55-59

27 Wes Edwards 57	LSWM	4400 *
33 Brooks Richardson 58	COMA	4340 *
37 Michael Stephenson 58	CGM	4290
38 Charlie Swanson 59	EA	4265
40 Doug Brockbank 57	ORM	4250
44 Keith Dow 55	OPEN	4235
45 Allen Larson 57	ORM	4225
52 Jim Wallace 57	EA	4135
57 Stephen Kevan 56	AQDK	4100
55 Mike Peyton 55	MACO	4075
67 Mark Becker 56	THB	4005
70 Kermit Yensen 57	THB	3980
83 Robert Moon 55	BASS	3850
88 Timothy Rake 59	EA	3820
90 Douglas Dunlap 59	MJCC	3800
91 Reggie Sherwood 59	MACO	3790
91 Terry Rogers 55	EA	3790
102 Daniel Greenblatt 55	RVM	3625
127 Michael Ivie 58	MJCC	3400
131 Michael Bingle 55	LSWM	3360
134 Chris Toole 59	THB	3300
142 Michael Harfst 58	NCMS	3150
148 Walt Carter 55	COMA	3075
153 Steve Darnell 56	LSWM	3025
157 Michael Hauty 59	CGM	2915

Men 60-64

10 Steve Johnson 62	EA	4390
16 Jed Cronin 62	THB	4320
17 Bob Bruce 62	COMA	4315
20 Jim Teisher 60	THB	4260 *
32 Mike Carew 61	COMA	4120 *
38 Pat Cotter 61	ORM	4000 *
58 Bob Kehoe 64	ORM	3800
59 John Ellis 64	LSWM	3770
68 Buz Carriker 63	ORM	3600
91 Thomas Kovaric 61	LSWM	3350
95 Roy Lambert 64	THB	3300
108 Rick Jenkins 62	COMA	3040
110 Mike Warren 60	COMA	3005
116 Amin Chisti 60	THB	2835
120 James Jenkins 63	ORM	2500

Men 65-69

2 Tom Landis 68	COMA	4395
14 Ralph Mohr 69	COMA	3830
15 Frank Philipps 68	RVM	3810
26 John Kirkland 68	CGM	3500 *
46 Bill Mellow 69	CGM	3060

Men 70-74

13 Ron Nakata 71	ORM	3250 *
17 George Thayer 74	COMA	3210
18 Gary Dielman 71	BASS	3200 *
24 Brent Lake 72	COMA	2960
26 Jon Schieltz 72	THB	2890

Men 75-79

1 Dave Radcliff 76	THB	4320
4 Dick Weick 76	EA	3290
9 Peter Watson 76	Unat	2800 *

Men 80-84

17 George Weber 80	COMA	1945 *
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Men 85-89

1 Charles Bushey 89	Unat	2240
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Women 18+: 3 x One-hour

6 SWMS (Cameron, Bestine, Johnson)	12,960
8 OREG (Curtis, Macy, Squires)	12,700

Women 25+: 3 x One-hour

5 OREG (Louzao, Fischback, Holman)	13,815
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Women 35+: 3 x One-hour

2 OREG (Lassen, Tomac, Dennett)	13,905
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Women 45+: 3 x One-hour

4 OREG (Matson, Delmage, Sweat)	13,915 O
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Women 55+: 3 x One-hour

4t OREG (Summers, Albright, Budd)	11,705
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Women 65+: 3 x One-hour

1 OREG (Ziemer, Ward, Calnek-Morris)	10,015 O
6 SWMS (Speer, Ellis, Delgado)	8,375

Women 75+: 3 x One-hour

1 OREG (Gee, Hunt, Kawabata)	7,680 O
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Men 25+: 3 x One-hour

4 OREG (Donnermeyer, Lajoie, Waud)	13,965
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Men 35+: 3 x One-hour

6 OREG (Calvin, Gramley, Self)	14,540
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Men 45+: 3 x One-hour

2 OREG (Peters, Hathaway, Baker)	15,250 O
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Men 55+: 3 x One-hour

7 OREG (Cronin, Richardson, Johnson)	13,050
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Men 65+: 3 x One-hour

1 OREG (Philipps, Mohr, Landis)	12,035
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Men 75+: 3 x One-hour

1 OREG (Watson, Weick, Radcliff)	10,410 O
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Mixed 18+: 4 x One-hour

7 SWMS (Cameron, Johnson, Kabel, Noftsker)	17,650
8 OREG (Curtis, Fischback, Donnermeyer, Waud)	17,590

Mixed 25+: 4 x One-hour

5 OREG (Lassen, Holman, Calvin, Gramley)	18,910
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Mixed 35+: 4 x One-hour

1 OREG (Tomac, Dennett, Peters, Self)	19,105
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Mixed 45+: 4 x One-hour

3 OREG (Delmage, Sweat, Hathaway, Baker)	19,790 O
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Mixed 55+: 4 x One-hour

4 OREG (Budd, Holmberg, Richardson, Johnson)	16,575
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Mixed 65+: 4 x One-hour

2 OREG (Ward, Calnek-Morris, Hirschberg, Landis)	15,215 O
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Mixed 75+: 4 x One-hour

1 OREG (Hunt, Kawabata, Weick, Radcliff)	13,050
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2011 National Team Placement (Overall)

Pl	Team	Swimmers	Points
1	Davis Aquatic Masters	340	1,185,640
2	New England Masters	303	1,123,750
3	OREGON	259	935,750
16	SWMS	46	157,565



Photo by Brad Bachulis

NW Zone Championship Results for OMS Swimmers — April 9-10, 2011

WOMEN

35-39	Tomac Jayna M	1650 Free	20:09.62
50-54	Fox Christina M 50	100 Breast	1:32.14
		200 Breast	3:18.27
		200 IM	3:02.29
65-69	Pierson Ginger L 65	50 Breast	39.80 Z
		100 Breast	1:26.18 Z
		200 Breast	3:11.22 Z
	Ward Joy 68	50 Free	32.04
		50 Back	36.56 Z
		50 Fly	37.21
		100 Fly	1:29.20

MEN

25-29	Cleary Kevin H 27	50 Breast	29.78
		100 Breast	1:06.43
		50 Fly	26.85
35-39	Tujo Christian F 39	100 Breast	1:12.55
		200 Breast	2:41.65
		100 Fly	1:01.19
		200 Fly	2:29.79
		100 IM	1:05.53
45-49	Boone Lou 49	100 Breast	1:15.60
		200 Breast	2:48.55
		200 Fly	3:01.04
		100 IM	1:06.83
		200 IM	2:32.03
		400 IM	5:27.91
50-54	Dowd Mike B 52	50 Breast	35.13
		100 Breast	1:16.94
		200 Breast	2:44.76
		200 Fly	2:47.22
		100 IM	1:14.27
		200 IM	2:48.11
	Helm Charlie E 24	500 Free	8:10.36
		1000 Free	17:11.71
		50 Back	49.26
		50 Breast	51.40
		50 Fly	45.70
	Palmer Kevin G	50 Fly	29.06
		100 Fly	1:09.81
		100 IM	1:11.47
	Howell Richard K 51	50 Breast	32.37
		100 Breast	1:13.05
		200 Breast	2:42.02
		100 IM	1:08.50
		200 IM	2:32.54
55-59	Carter Walter R 55	1000 Free	17:03.00
		1650 Free	29:02.36
		100 Breast	1:53.66
		200 Breast	3:58.82
		200 IM	3:36.60
		400 IM	7:31.35
	Eagon Kenyon	50 Free	31.50

60-64	Kelber Michael W 63	100 Free	1:12.43
		50 Free	28.69
		100 Free	1:06.61
		50 Breast	40.12
70-74	Lake Brent L 72	200 Free	3:21.32
		500 Free	8:41.59
		50 Back	46.27
		100 Back	1:41.71
		200 Back	3:36.89
75-79	King Bill	100 Free	1:15.57
		200 Free	3:00.87
	Radcliff David A 76	200 Free	2:16.66
		500 Free	6:15.30
		1000 Free	12:49.82
	Thayer George D 74	100 Free	1:14.11
		200 Free	2:54.07
		50 Back	38.21
		100 Back	1:25.18
		50 Breast	42.07
		100 IM	1:30.71

OMS Swimmers Make Statement at NW Zone Championships by Charlie Helm

A small but competitive group of OMS swimmers competed at the 2011 NW Zone Championships in Federal Way on April 9th and 10th. Fresh off our own OMS Championships the prior weekend, we were warmed up and ready to compete against the rest of the NW Zone swimmers. Nearly all of the OMS swimmers reported better times in their events compared to the prior weekend. Several of our swimmers were perplexed, but happy with the marked improvement in their times. Ginger Pierson set 3 new zone records and Joy Ward set 1 new zone record. They then teamed up with Dave Radcliff and George Thayer to take 1st place in the 65+ mixed free relay. It was a fun weekend and we supported each other as always!



Photo by Brent Washburne

Long Distance Swimming

Preview

by Bob Bruce

The coming of spring reminds us that summer is not far away, and with it the 2011 Oregon open water season. Our Event Directors have been working hard to provide swimmers with our best Oregon season ever!

You can find complete information about the 2011 Oregon Open Water Series and schedule at www.swimoregon.org/longdistance/ldseries.php, and you can find the entry forms for all Oregon events at www.swimoregon.org/calendar.php.

Here is a short description the open water offerings at each venue this summer with basic camping and parking information, so that you can plan ahead and reserve your campsites early.

1. *Hagg Lake (Sunday, June 5): The Gecko Tri Club, with assistance from OMS liaison Tim Cespedes and the Tualatin Hills Barracudas, will host their annual swims at Hagg Lake. There are three separate swims of 800, 2000, and 4000-meters. Look for water temperatures in the low 60s, which would mean no wetsuit deduction for race or series scoring. Event information, mail-in entry forms, and on-line registration info are available at www.geckotriclub.com. These events are a fine way to kick off our summer season.*

On Saturday morning, June 4, in conjunction with these swims, the Barracudas will also be presenting an open water clinic at Hagg Lake featuring several strong clinicians and a practice swim. Details may be found at www.geckotriclub.com.

There is no camping available at or near Hagg Lake, a situation ameliorated somewhat by the Lake's proximity to the Portland Metro area. The McMenamins Grand Lodge in Forest Grove is the closest overnight accommodation; call 877-992-9533. Note: The race venue at Hagg Lake has a \$5 day use fee.

2. *Devil's Lake (Sunday, June 19):* Event Director Jason Garding and the Lincoln City Parks & Recreation Department will host the second edition of the Devil's Lake swims at Regatta Park in Lincoln City. All races will be on a

diamond-shaped course with anticipated 68-71 degree water. The opening swim will be an 800 or 3000-meter swim, run concurrently, to be followed by a 400 or 1500-meter swim, also run concurrently. The last event will be the 1500-meter standing paddleboard race. This venue will have a USA-Swimming sanction for kids 10 & over.

On Saturday afternoon, June 18, there will also be an open water clinic given by Coach Bob Bruce at the Lincoln City Community Center Pool. This clinic will be primarily but not exclusively for open water newcomers, both kids and adults

You're in serious trouble if you can't find camping or hotels in Lincoln City.

3. *Foster Lake (Saturday, July 2):* Host team Central Oregon Masters and Event Director Bob Bruce will run a one-day event at Foster Lake, just east of Sweet Home. What a change from last year! COMA has built the first permanent cable swim course in the western U.S., and will host the 2011 USMS One-Mile National Championships (and a two-mile swim as well) on this new course. And don't forget the exciting 50-meter Tandem Challenge for dogs and their significant others! See the April Aqua Master for all the hype (<http://www.swimoregon.org/AquaMaster/2011/April2011.pdf>)! See www.comaswim.org for full details and entry forms, including the NEW ON-LINE ENTRY that COMA strongly urges you to use rather than the mail-in one. Most of you have never done a cable swim, so trust me...visit the COMA website for all of the down-and-dirty details that you're gonna need to know for this new and exciting event.

Foster Lake is a centrally-located venue within two hours of most Oregon-registered swimmers. Check-in begins at 9:00am, which will allow many swimmers to travel to and from the venue on the day of the event. However, for those with camping in mind, Sunnyside Park is a fully-equipped Linn County campground 1.2 miles from the race site. Tent sites are \$13/night and hold up to 8 people, and hookup sites are \$18/night plus \$11 reservation fee/site. Call 541-967-3917, but do so soon—this campground will sell out quickly on Independence Day weekend.

Note: The race venue at Lewis Creek County Park has a \$4 parking fee.

4. Applegate Lake (Saturday-Sunday, July 17-18): Event Director Andrew Gramley and host team Rogue Valley Masters (RVM) will present the 26th annual Southern Oregon open water swims at Applegate Lake. Saturday's events will be 5000 & 10,000-meter swims, run simultaneously, perfect for this venue and a dress rehearsal for the USMS 10-km National Championships that RVM will host in 2012. Sunday features the classic 1500-meter race followed by a 3 x 500-meter pursuit relay. Look forward to hot weather, clear & balmy 73-75 degree water, fine camping, great recreational or cultural opportunities (bring your mountain or road bike, or your appetite for wine tasting), and the ever-bountiful RVM hospitality. This is an important fundraiser for RVM and the team continues to need your support to help keep open Southern Oregon University Pool, the only competitive pool in the region. So come swim in the lake, bring friends and family, and have fun!

RVM has reserved all 7 tent camping sites and 4 self-contained RV camping spaces (no hookups) at race site Hart-Tish Park. For Hart-Tish camping, contact Jocelyn Sanford at 541-488-6435. Other camping sites near Hart-Tish include Jackson, Watkins, and Carberry Campgrounds—call the Hart-Tish Concessionaire (Glenn, Sue, or Mark) at 541-899-9220 or www.applegatelake.com. Beaver Sulfer campground may be reserved at 1-877-444-6777 or www.reserveamerica.com. For other accommodations away from the race site, search the web for lodgings in Ruch, Jacksonville, Medford, or Ashland. Note: The race venue at Hart-Tish Park has a \$5 per day vehicle parking fee; please include the time to drive down the hill to the general store, purchase your parking pass, and park before the event. No dogs are allowed in Hart-Tish Park.

5. Portland Bridge Swim (Sunday, July 24): See all of the Willamette River bridges in Portland, up close! Event Director Marisa Frieder and host team Tualatin Hills Barracudas plan to host our longest event of the season, a 17-km swim in the river from Ira Powers Marine Park to Cathedral Park.

For safety reasons, this swim will start early, will require an individual escort (boat or kayak), and entry will be limited. Additionally, there will be a qualifying swim of 5-km; think about swimming your postal 5-km soon after May 15 to use it as your qualifying swim. Planning for this event is rapidly evolving, so ramp up your training, cast your net for a friendly boat escort, and stay tuned for further details.

I strongly suspect that you won't be planning to camp the night before this swim, and there are plenty of hotel accommodations in the Portland Metro area.

6. Cascade Lakes Swim Series & Festival at Elk Lake (Friday-Sunday, July 29-31): Event Director Bob Bruce and host team Central Oregon Masters will present the 17th edition of this major event, which will retain the traditional 'five swims in three days' format. Start late Friday afternoon with a 3000-meter swim and a snack buffet. Saturday will feature the traditional individual-start 500-meter sprint and the 1500-meter race. Sunday will open with the 5000-meter swim and conclude with the tactically-challenging 1000-meter swim with small group send-offs. There are cumulative awards for the three-swim Short and Long Series, as well as Survivor awards for those maniacs who complete all five swims. COMA promises a festival atmosphere with fun family-oriented events and the usual groaning hospitality table. This venue will also have a USA-Swimming sanction for kids 10 & over. See www.comaswim.org for full details and entry forms, including the NEW ON-LINE ENTRY that COMA strongly urges you to use rather than the mail-in one.

COMA has again reserved the Little Fawn Group Site, and you may pay for camping with your entry at \$5/adult/day—there is a limit, so enter and reserve early. NEW this year—the campground is available for FOUR days, Thursday through Sunday. The Group Camp is a large area designed to hold 50 campers & 30 cars (small & medium motor homes too). COMA will have a Camp Host on site to help you get settled in. Dogs are allowed in the campground—always on a leash of 6 feet or less—but not at the race

site. Parking will be limited to the pullouts off the Cascade Lakes Highway or in the Little Fawn campground, and there will be no parking at the race site until all event activities have been concluded, so please plan to park at the campground even if you are not camping. Shuttle vans will run between the campground and the race site during registration hours and after the lunch & awards, and there is now a path between the campground and the beach that requires only a 12-minute walk.

All other camping sites at Elk Lake are on a first-come basis, so send a teammate early to secure sites. Campgrounds at nearby lakes 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 your place EARLY—there are other big events in Bend on this weekend.

7. Cottage Grove Lake (Sunday, August 14): Emerald Aquatics will return to the site that they piloted last year at the northeast corner of Cottage Grove Lake at Wilson Creek Park, which features a bigger boat ramp and lots of parking. We'll start our day with the classic 1500-meter swim, which will serve as the Oregon Association Open Water Championships. Then we'll move to the popular all-equipment-legal 1000-meter event, and exhaust our legs with the kicking-only 500-meter race. The meeting will conclude with a picnic. This venue will have a USA-Swimming sanction for kids 10 & over.

There are several camping options: Pine Meadow (a Corps of Engineers site about one-half mile from race site), a private campground even closer, and even Schwarz Park by Dorena Lake about five miles away.

8. Eel Lake (Saturday, August 20): Eel Lake will again conclude our open water season. Camp at Tugman State Park, swim three races on Saturday morning, and then party in the traditional fishing village near three walking beaches: Bastendorff, Sunset Bay, and South Cove at Cape Arago. Walk through the gardens at Shore Acres and hear the sea lions at Simpson Reef Lookout. A great way to end the Oregon Open Water Swimming season! The swimming will start at 9:00am with a

two-circuit 3000 meter swim featuring the famed swim/run corner. Then comes the 500-meter swim, free to all swimmers—what will be the theme this year? We'll finish with a 1500-meter race, the annual season-ending Oregon Open Water awards, and the famous Eel Lake brownies along with cookies, fruit, and hot drinks.

Camping reservations at Tugman State Park can be made at Reservations Northwest at (800) 452-5687 or <http://www.oregon.gov/OPRD/PARKS/reserve.shtml>. Reserve early, especially for yurts. For further info on the event or other camping in the area, contact Ralph Mohr at rmohr1565@charter.net or 541-269-1565.

As always, the Oregon open water season offers variety and challenges...

- Eight attractive venues (Wow! Our most ever!)—mountain, coastal lakes, scenic reservoirs, and the Willamette River.
- Venue formats—six single-day, one two-day, and one three-day meeting.
- Race distances—27 total swims ranging from 500-meter to 17-kilometers.
- Race courses—out-and-back to triangular to diamond to free-form to point-to-point.
- Race formats—individual-start to small group to traditional mass start.
- Novelty events—equipment to kicking to relay to dogs.
- Water temperatures—ranging from low 60s to mid 70s.
- Clinics—two great opportunities to hone your skills.
- Most importantly, the great variety of friends who will come together again this summer to swim, camp, and frolic in the fellowship that is Oregon open water swimming.

We have an active, challenging, and fun Oregon open water season planned for you. Look for entry information and details about the Oregon Open Water Series in the OMS newsletter *Aqua Master*, on the OMS website www.swimoregon.org, or on individual team websites listed above. Please join us for a wonderful summer of fitness, fellowship, and fun!

Good luck and good swimming!

Let's Talk Tech (Suits)

by Kyle Dobbs, All American Swim Supply

In late 2009 after a phenomenal meet in Rome in which 43 world records were shattered with all athletes in attendance wearing body suits, FINA the world governing body of swimming, decided to slow down the evolution of the sports. You know the story. Thus completely changing the suit guidelines and allowances and leaving everyone standing in the dark asking one question: "What can I wear?"

Seemingly overnight new suits began streaming out from the manufacturers and most swimmers adapted and selected new suits. Age group swimmers and coaches spent countless hours online looking at all the facts trying to figure out which was the fastest suit available.

Then there's you. Maybe you are a Masters swimmer who swims at your local YMCA a couple days a week and may compete in one meet a year. Maybe you are not part of the group of 2,000 or so who travel to the national level meets and have full exposure to all the vendors who partner with U.S. Masters Swimming and educate you on the suits. Maybe you have no idea what is going on. You know that some kind of ruling was passed and now there are all kinds of new suits. But now the big question is, what suit is right for you?

Recently I was at a Masters meet in Auburn and a gentleman came up to the table holding a blueseventy Swimskin. After talking with him for a few minutes I realized he had no idea about the rule change. This is the first meet he has had a chance to attend since the ruling. Then comes the inevitable question "What is the best suit?"

In order to answer this question, you first have to look at three main differences in the suits. What kind of fabric is the suit made of, what kind of seams does it have, and what does this do for me?

First, the fabric. All suit manufacturers had to submit their fabric and suit prototypes to FINA to get approval. Once the suit is approved it is given a bar code that has to be printed as a tag on the back of the suit. This bar code is functional and will be used to verify suit legality at higher-level meets. The majority of the suits now use the a paper-like fabric. Most swimmers call it this because it feels like the old time "paper suits" from the 80s.

Suits such as the Nike HD3 and EV3, TYR Tracer Light, B Series, and C Series, blueseventy Nero TX,

Arena Powerskin REVO and XP and the Speedo LZR Elite and Pro are all made of this type of fabric. The other fabric out is called Yamamoto. It is used in the Q-Tech and is more similar in feel to the fabric that was used in the body suits. These suits are all dipped in a coating that helps to repel the water. They are also designed to compress the muscles and greatly reduce drag. The idea is that if the suit compresses and repels the water it will allow you to go thru the water with less drag and more streamline.

Second thing to look at on suits are the seams. Suits such as the Arena Powerskin REVO, Speedo LZR Elite, TYR Tracer B Series, and the blueseventy Nero TX are bonded or welded together at a high pressure to create a suit with no thread holding it together. The thought is that if the suit has no seams it will have less drag. The other suits Nike HD3 and EV3, TYR Tracer Light and C Series, Arena Powerskin XP, Speedo LZR Pro and the Q Tech are sewn together with traditional stitching. The big difference in the two is price. Bonded seams greatly increase the labor, which makes a big difference in end cost.

There are some unique features on some of the suits that should be pointed out. The Nike EV3 is constructed of two different types of fabric, the paper fabric is used on the sides and in the center there is a stretchier polyester technical fabric designed to allow the swimmer to breathe and move easier while still getting the technical aspects of the paper fabric down the sides. The TYR C Series is designed with a mesh compression fabric to give added compression to the torso and, in some cases, the bulge. These different features and many more are designed to accommodate different bodies and achieve different goals.

The most important thing to look for in a suit is fit. If a suit does not fit you well and you are not comfortable it doesn't matter if you pay \$30 or \$375, it is not going to help you. All bodies are created differently. Manufacturers all create different fits. Therefore some of the suits may not accommodate your physical characteristics, such as larger or smaller hips, chest, longer legs, longer torso etc. In order to find the suit that is right for you, you need to try on suits and speak with someone who is trained to help you find the perfect fit. We at All American Swim would love to talk with you and help you.

Perfectly Fit*

There's no kinder, gentler place to work out than in the gravity-defying embrace of a pool of water. Swimming is easy on your joints, burns tons of calories, and makes you feel like a kid on summer vacation, all while giving you grown-up fitness and muscle tone.

Water is about 12 times as dense as air, so each stroke and kick through it is a mini strength-training exercise. When you swim, every muscle in your body is called into action as you push against the water's resistance. What's more, regular swimming can make you more flexible, something active women struggle with as they get older. Since you weigh only 10 to 15 percent of your land weight in the water, your arms and legs feel lighter and your range of motion increases as you move. Swimming also lengthens your body to its fullest potential, strengthening and stretching otherwise tight, shortened muscles.

The old myth that swimming doesn't burn off fat because your heart doesn't work as hard and your body hangs on to your excess "insulation" in the cool water is just that--a myth. True, your working heart rate can be reduced by as many as 17 beats--or by 10 to 15 percent of your normal working rate on land. But that's because the force of the water actually

assists your circulation in helping your heart do its job, and your body temperature is lower in the water, which automatically lowers your heart rate.

But that doesn't mean you're not getting a workout. Your lungs actually work harder against the pressure of the water, and your muscles put in overtime keeping you afloat. As a result, you're burning as many calories and conditioning your heart just as well as you would if you were doing most dry land exercises. Your lungs are getting an even better workout.

Swimming is the best way to boost a sagging butt. You see those tight buns in the tank suits of pro swimmers because every kick is powered by the glutes; every lap firms and lifts those muscles. Keep up this butt-building and fat-burning exercise, and you just might find yourself breaking out that thong... at least for private viewings!

Cutting through the water is sensual, stress relieving, and a welcome silencing of the usual work-day noise.

*Excerpted, by USMS, from *Perfectly Fit* by Selene Yeager (Rodale Inc., 2001)

SIZE	TEAM	POINTS
Large Team	Oregon Reign Masters (ORM)	2355
Medium Team	Corvallis Aquatic Team (CAT)	518
Small Team	Baker Area Seasoned Swimmers (BASS)	218



Swimmer Spotlight

Compiled by Jeanna Summers

David Hay: Age 40

Occupation: Web Development; Swimming coach at Rex Putnam High, West Linn and Lake Oswego schools

Local Team: Portland Community College Masters (PCCM)

Like many other competitive Masters swimmers, Dave has a background in age group swimming. He swam competitively from age 6 on up on the Gold Coast Swim Team in Coos Bay, OR. College took him off to Columbia on an academic scholarship. His swimming career took a hiatus at that point due to a combination of breast stroke knees and the need to focus on academics.

Fast forward 20 years to summer 2010 and Dave enters his first meet in as many years, the Gil Young. It didn't take long for Dave to find the Oregon top twelve list on the OMS website, and then the USMS top ten. His times aren't THAT much slower than 20 years ago, and if he put in more quality pool time, maybe he could place himself higher and higher on those lists, who knows? Dave increased his swimming from about once a week at 1200 – 1500 yards, and is still ramping up. Currently he swims at his 24 hour fitness club and also with the PCC Masters. He has since entered the Bend Pentathlon, the Chehalem meet, and Association meet.

And whose name would he find on the heat sheet at Association? His age-old group nemesis, Brad Bachulis. Still a breaststroker, still fast, and still in the same age group!

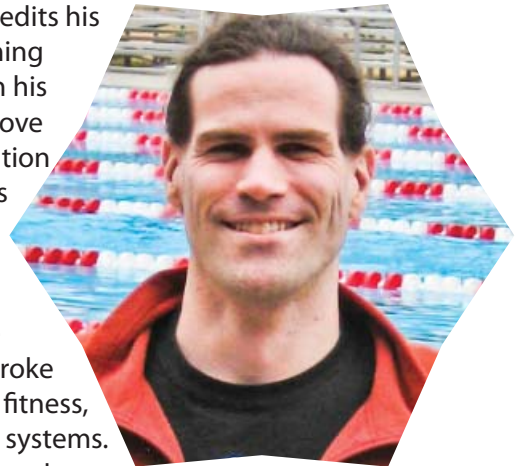
Over the years, Dave had kept himself in shape with fitness club activities and some running.

But Dave credits his swim coaching as pivotal in his ability to move into contention as a Masters swimmer.

As a coach he has learned the details of stroke mechanics, fitness, and energy systems.

So, even though his yardage is way below what it was in his younger years, he has applied his technical understanding to his own swimming and has been able to swim close to his old times. As he continues to practice and improve, he hopes to be able to swim even faster than he did, setting new PR's.

Swimming runs in the family for Dave; he and both sisters swam competitively as children. Both sisters are now considering returning as Masters swimmers. And Dave's 7 year old son, Gavin, is carrying on the tradition, spending time around the pool when Dave swims and coaches, and competing as an age group swimmer.



Dave Radcliff with Gary Hall, Jr. at the Oregon Association Meet

Club Report

Esther Ellis: reporting for SWMS



The April Fool's "workout" on April 1 with Gatorade "margaritas."



SWMS had a party at Wes' house on Saturday, April 16th. Our new shirts are in and we are showing them off. Now we can go to Nationals in style. Aren't the shirts sharp!

OMS is looking for a club representative for club OREG. If you are interested, please contact Jeanne Teisher.

Hood River Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #371-05

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

Unregistered swimmers must submit a 2011 registration form and fee with this form.

Hosted by: Columbia Gorge Masters &
Hood River Valley Swim Team
Hood River Aquatic Center
1601 May Street
Hood River, Oregon
6-7 lanes competition-electronic timing
1-2 lane separate warm-up/down area

DATE: Sunday, May 15, 2011

WARM-UPS: 8AM • MEET STARTS: 9AM

Meet director: Sandi Rousseau, 503-806-7020, swim@gorge.net

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

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

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

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY APRIL 29, 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, DUCK, PNA, ETC) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359 ETC. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC 31, 2011. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400 & 800 FREESTYLE & 400 IM WILL BE DECK SEEDED. *CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM.* ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Sunday, May 15, 2011

- 400 IM** (1) _____ : _____ . _____
- 100 FLY** (2) _____ : _____ . _____
- 200 FREE** (3) _____ : _____ . _____
- 50 BREAST** (4) _____ : _____ . _____
- ***break***
- MIXED FREE RELAYS (5-7)**
- 400 FREE** (8) _____ : _____ . _____
- 100 BACK** (9) _____ : _____ . _____
- 200 BREAST** (10) _____ : _____ . _____
- 50 FREE** (11) _____ : _____ . _____
- ***break***
- MEDLEY RELAYS (12-15)**

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

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

SIGNATURE _____ DATE _____

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



DEVIL'S LAKE OPEN WATER SWIMS & BEGINNER OPEN WATER SWIM CLINIC

Devil's Lake, Lincoln City, OR June 18-19, 2011

400, 800, 1500 & 3000-meter Swims & 1500-meter Stand-up Paddle Board Race

Hosted by Lincoln City Parks & Recreation

Sanctioned by Oregon Masters Swimming for United States Masters Swimming #371-OW2; Approved by USA-Swimming TBA.

Operating under Special Use Permit

SWIM LOCATION: Regatta Park at Devil's Lake, a clear coastal lake located in the heart of Lincoln City. Lake elevation is 6 feet above mean sea level. Water temperature is expected to be 67-71 degrees Fahrenheit and will be posted on race days.

SWIM RACES: All swims will be held on the same diamond-shaped course. The **800 & 3000-meter** swims will be held concurrently with starts staggered, as will the **400 & 1500-meter swims**. All swims will start in water with a mass start and finish in-water. Direction around the course will be decided by a coin toss before the first race.

STAND-UP PADDLE BOARD RACE: A 1500-meter Stand-up Paddle Board race will follow the swim races. This race is not sanctioned by Oregon Masters Swimming and is open to anyone.

SWIM ELIGIBILITY: Open ONLY to 2011 United States Masters Swimming member swimmers and USA-Swimming member swimmers 10 & over. USMS swimmers may enter any of the swims. USA-Swimmers 13 years or older may enter any of the swims, while those 10-12 years old may enter only the 400, 800, & 1500-meter swims. A photocopy of your 2011 USMS or USA-Swimming membership card (or foreign equivalent) MUST accompany your entry. USMS "One-Event" membership—covering all races—is available for adults only for \$18.

RULES: Current USMS rules will govern all swims.

WETSUITS: Wetsuits are allowed and welcomed in all swims, but scored in a separate wetsuit category.

SAFETY: Safety boats & paddleboards 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 without exception.

RACE ENTRY FEES: One swim is \$20 and two swims are \$30. Entry fee includes swims, and pre & post swim snacks and drinks, and a swim cap. Paddleboard race is \$15, or FREE for those who swim or who volunteer to help with the safety spotting for the swim races. Entries should be **postmarked by June 10th**. Entries after this date are considered to be Day-of-Race entries and must pay an additional \$10 premium. **Submit your entries on time**—it really helps our planning for a great event!

SWIM CLINIC: A special feature for this event is an Open Water Swim Clinic, to be held on Saturday afternoon at the Lincoln City Community Center. This clinic is aimed towards swimmers with little or no experience in open water swimming, and is limited to 30 swimmers on a first come first served basis. There will be plenty of in-water instruction & experience (bring your suit!) and an always-hilarious 'ask the coach' segment. The Coach for this clinic will be Bob Bruce, longtime Oregon Masters Swimming Long Distance Chair and member of the USMS Long Distance Committee. Bob is an expert clinician who is also an avid open water swimmer & several-time USMS Long Distance All-Star. Bob has coached swimming for more than 40 years, and was honored as the 2003 USMS National Coach-of-the-Year.

CLINIC FEE: \$15 per swimmer if postmarked by June 10th. Later registrants must pay an additional \$10 premium.

SCHEDULE:

Saturday, June 18, 2011: Lincoln City Community Center

3:30-4:00pm Registration/Check-In for Swim Clinic
4:00-6:00pm Beginner Open Water Swim Clinic

Sunday, June 19, 2011: Regatta Park at Devil's Lake

8:00am—9:00am Registration/Check-In for all swims
9:15am Pre-race briefing for 800 & 3000-meter swims
9:30am Start of 3000-meter race
9:32am Start of 800-meter race
9:45am—10:45am Registration/Check-In for 400 & 1500-meter swims
11:00am Pre-race briefing for 400 & 1500-meter swims
11:15am Start of 1000-meter race
11:17am Start of 400-meter race
12:00noon Start of Stand-up Paddle Board Race
12:30pm Awards

RESULTS: Will be posted at the Lake promptly after each race and at www.swimoregon.org after the event.

AWARDS: USMS age groups are 18-24, 25-29, 30-34, and so on in five-year increments as high as necessary for both women and men. USA-swimming age groups are 12-un, 13-14, 15-16, & 17-over. Ribbons to the top three finishers in each age group in each race in both wetsuit and non-wetsuit categories.

OREGON OPEN WATER SERIES: All swims count towards the cumulative season series. The 1500 & 3000 are featured swims (full points), while the 400 & 800-meter swims are qualifying swims (half points).

DIRECTIONS & PARKING: Lincoln City Community Center—From North take HWY 101 into Lincoln City, turn left at NE 22nd ST, Turn right on NW Oar Pl. Turn Left into CC parking lot. From South take HWY101 into Lincoln City. Turn right onto NE 22nd St. Turn right on NW Oar Pl. Turn Left into CC parking lot.

Regatta Park—From North take HWY 101 into Lincoln City Turn left on West Devils Lake Road. Turn left on NE Regatta Way. From South take HWY 101 into Lincoln City. Turn right on NE 14th ST. 14th ST becomes NE West Devils Lake Road. Turn right on NE Regatta Way

LODGING: No official lodging due to the event being in peak season. It's Lincoln city. If you can't find something you either took too long or didn't look very hard.

CAMPING: Devils Lake State Park, 1450 NE 6th Dr. 1-800-452-5687. Turn East from Hwy 101 at NE 6th Dr (at old DeLake School). Turn right into campground. Campground fills quickly—call now!

DOGS: Dogs must be on leash at Regatta Park. Please clean up after your dog.

EVENT DIRECTOR:

Jason Garding Jason@lincolncity.org 541-994-2131



DEVIL'S LAKES OPEN WATER SWIMS, STAND-UP PADDLEBOARD RACE, & SWIM CLINIC

COMPLETE entry form legibly. SIGN liability. SEND with photocopy of Registration Card & Payment

Events (check only TWO SWIMS):

- 400-meter swim (run concurrently with 1500-meter swim)
- 800-meter swim (run concurrently with 3000-meter swim)
- 1500-meter swim (run concurrently with 400-meter swim)
- 3000-meter swim (run concurrently with 800-meter swim)
- 1500-meter stand-up paddleboard race
- Open Water Clinic

Fees:

One Swim: \$20 _____

Two Swims: \$30 _____

Day-of-Clinic/Swim: \$10 extra _____

\$15 (FREE for swimmers or those who volunteer for swim race safety spotting) _____

\$15 _____

USMS or USA-Swimming Membership & Registration Number required for swims and clinic. Adults may add a full USMS Membership for \$45 or a USMS One-Event Membership (good for clinic & swims this weekend) for \$18. Pay now & complete the Registration form at the event.

USMS Registration, if you need it: _____
\$45 or \$18

FEE TOTAL _____

Name: _____

2011 USMS or USA-S Number: _____

Address: _____

Phone: (____) _____

City: _____ State: _____ Zip: _____

Birthdate: _____ Age: _____ Sex: _____

E-mail: _____

Club: _____ USMS Local Team: _____

Emergency Contact (Important!): _____

Race Day Emergency Contact Phone: (____) _____

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 ACTIVIITES. 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: _____

(parent or guardian signature required for minors)

**INCLUDE Completed Entry Form, Copy of USMS or USA-S Card, &
Check (payable to Lincoln City Parks & Recreation)**

MAIL by June 10th to Lincoln City Community Center, PO Box 50, Lincoln City, OR 97367

Thanks in advance for your participation. See you at the Lake!



FOSTER LAKE CABLE SWIMS

Featuring the USMS One-Mile Open Water National Championships July 2, 2011 One & Two-Mile Cable Swims & Dog Tandem Challenge!

Hosted by Central Oregon Masters Aquatics

Sanctioned by Oregon Masters Swimming for U.S. Masters Swimming #371-OW3
Operating under Special Use Permit from the U.S. Army Corps of Engineers

LOCATION & COURSE: Foster Lake is a scenic reservoir located just off U.S. Route 20 near Sweet Home, OR. The course is a ¼-mile cable certified accurate to USMS standards. Water temperature on race day has varied from 66-72 degrees Fahrenheit and will be posted.

RACES:

- Two-Mile non-championship swim;
- Two heats of the USMS One-Mile Open Water Championship;
- Dog Tandem Challenge

ELIGIBILITY: This event is open ONLY to 2011 USMS members or foreign equivalents. Eligibility will be automatically verified for online entries. A legible photocopy of 2011 USMS card or foreign equivalent MUST accompany mailed entries. USMS "One-Event" membership is NOT available for this event.

RULES: Current USMS rules will govern this event. In the One-Mile swim, only Category I swimwear is allowed. In the Two-Mile swim, Category II suits—including wetsuits—are allowed but scored in a separate category. See event website for swimwear details.

SEEDING: In both One & Two-Mile swims, swimmers will be seeded fastest to slowest by 1650-yard or 1500-meter time. 'No Time' entries will not be accepted. Seeding changes will not be allowed after the heat sheet is posted. Enter accurate times!

STARTS: In the One & Two-Mile swims, each heat will consist of seeded waves (8-12 swimmers each) starting 20-30 seconds apart. The Two-Mile & One-Mile swims will be contested in opposite directions, which will be decided by a coin toss at the Two-Mile pre-race meeting.

SAFETY—OUR PRIMARY CONCERN: Safety boats will monitor the entire course and medical personnel will be on-site. Swimmers must wear the swim cap provided, must have their race number on their arms, and must follow all announced safety rules without exception. Time Limit: Swimmers who cannot complete one mile in 50 minutes or two miles in 1:45 should NOT enter; swimmers on the course after these time limits may be stopped and listed as DNF in the results.

DOGS SWIM TOO! 50-meter Tandem Challenge for dogs and their significant human! Unsanctioned—after all, dogs are not eligible for USMS membership. Open Age Group—whose age would we use anyway? Individual tandem starts. Start & finish—all paws dry. No entry fee. **Woof! Dogs must be on leash at all times except when swimming, and owners must pick up after them.**

RACE SCHEDULE (subject to change if conditions warrant):

7:30am	Lewis Creek Park opens
8:00am	Check-in opens for all events
8:45am	Check-in closes for 2-mile
9:05am	Pre-race meeting & marshaling for 2-mile
9:30am	Start of 2-mile
11:00am	Check-in closes for 1-mile
11:20pm	Pre-race meeting for 1-mile
11:30pm	Pre-race marshaling for heat #1 of 1-mile
11:45am	Start of heat #1 of 1-mile
12:00noon	Pre-race marshaling for heat #2 of 1-mile
12:15pm	Start of heat #2 of 1-mile
12:30pm	Check-in closes for Dog Challenge
12:45pm	Lunch
1:00pm	Start of Dog Challenge
1:30pm	Relay entries close
1:45pm	Awards for 1-mile National Championships

REGISTRATION: Save time, paper, & errors by registering online https://www.clubassistant.com/club/meet_information.cfm?c=1705&mid=2938. Or register by mail using the attached entry form. Entries MUST be **received** by June 20. Due to organization and seeding needs, late or day-of-race entries will NOT be accepted (except for relays, see below)—please don't even ask. Submit your entry on time!

ENTRY LIMITS: The One-Mile National Championship swim is limited to the first 288 registrants. The Two-Mile swim is limited to the first 144 registrants. We will maintain a waiting list in case early registrants drop out. No limits for the Dog Tandem Challenge.

ENTRY FEES: One swim is \$40. Two swims are \$50. Dog Tandem Challenge is free. Entry fee includes swims, a souvenir swim cap, and a post-swim meal. No refunds after the June 20 entry deadline.

RELAYS: In the One-Mile swim, cumulative relays will be accepted for National Championship places, All-American honors, and USMS records. In the Two-Mile swim, relays will be accepted for records. Enter relays & pay fees on race day only. Bring club mates for relays!

RESULTS: Results will be posted at Foster Lake promptly after each heat & race, and at www.comaswim.org, www.swimoregon.org, and www.usms.org after the event. You may purchase hard-copy results.

RECORDS: Courses for both race distances are surveyed & certified, and qualify for National & Oregon cable swim records if they occur.

AWARDS:

- One-Mile: USMS championship medals to top eight finishers, and the USMS championship patch to the winner, in each age group.
- Two-Mile: Ribbons to the top three in each age group.
- Dog Tandem Challenge: Dog treats for all.

OREGON OPEN WATER SERIES: All swims count towards the cumulative season series. The One-Mile & Two-Mile swims are featured swims (22-18-16-14-12-10-8-6-4-2 points), while the Dog Tandem Challenge is a participation swim (7 points).

T-SHIRTS: Each swimmer may pre-order & purchase one high-quality commemorative t-shirt for \$12, and additional ones for \$16. Not on sale at the event. See the website for the t-shirt design.

DIRECTIONS (Mapquest: Lewis Creek Park):

- From the North: Take I-5 south to exit 228. Drive east on Oregon 34 to Lebanon, then south & east on US 20 through Sweet Home. 2.2 miles past the Weyerhaeuser mill, turn north on Quartzville Rd.
- From the South: Take I-5 north to exit 216. Drive east on Oregon 228 to Sweet Home, then continue east on US 20. 2.2 miles past the Weyerhaeuser mill, turn north on Quartzville Rd.
- From the East: Take US Route 20 west over the Cascades towards Sweet Home, then turn north on Quartzville Rd.
- Final Approach: Drive 1.2 miles north on Quartzville Rd., turn left on N. River Rd, and drive .8 miles to Lewis Creek Park. Turn left into the entrance, turn right, and park in the lower lot.

PARKING: Day parking costs \$5 per car; please pay fee on site.

LODGING & CAMPING: See website for options.

WEBSITE FOR COMPLETE INFO: www.comaswim.org

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



FOSTER LAKE CABLE SWIMS
Featuring the USMS One-Mile Open Water National Championships
July 2, 2011 One & Two-Mile Cable Swims & Dog Tandem Challenge!

ENTRY FORM

Swimmer Information (include a legible photocopy of your registration card—this is required!)			
Name: First:	Last:		
Address:	City:	State:	Zip:
E-mail Address:	Phone – evening: ()		
Emergency Contact (Important):	Emergency Contact Phone on Race Day: ()		
Gender (circle): M F	Birth Date (mm/dd/yyyy):	Age on Race Day:	
USMS Number:			
USMS Club:	Local Oregon Team (if applicable):		

Swims: Circle your events!	Seed Time for One-Mile & Two-Mile!	Cost per swim	
Two-Mile Swim	_____ 1650-yd or 1500-mtr time.	\$40 for first swim.	
One-Mile Championship Swim	‘No Time’ entry NOT accepted. Those who cannot swim 1 mile in 50 minutes or 2 miles in 1:45 SHOULD NOT ENTER.	\$10 for second swim.	
Dog Tandem Challenge		Dog Tandem Challenge Free	
Enter Total Cost for Swims:			
Meals: Free for Competitors	Number of spectator meals	Cost/meal	Sub-Total
		x \$8.00	
Enter Total Cost for Spectator Meals:			
Shirts: Premium quality!	One T-shirt per entrant at \$12. Add \$16 for each extra T-shirt. List Number & Size(s)	Cost	Sub-Total
Size (S, M, L, XL); XXL add \$3.00			
T-shirt – short sleeve (first one)	Style: Women’s __ or Men’s __ Size __	x \$12.00	
T-shirt – short sleeve (extra)	Style: Women’s __ or Men’s __ Size __	Each \$16.00	
T-shirt – short sleeve (extra)	Style: Women’s __ or Men’s __ Size __	Each \$16.00	
Enter Total Cost for T-Shirts:			
Miscellaneous Fees:		Cost	Sub-Total
Hard-copy of Results mailed to you (results will also be posted on websites)		x \$3.00	
Enter Total Miscellaneous Fees:			
Swims + Meals + 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: _____

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

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

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #371-06

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

Outdoor pool
26000 SE Stark
Gresham, Oregon

7 lanes competition, elec. timing, Lane 8 for warm-up/down

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

DATES: Friday-Sunday, July 8-10, 2011

**FRIDAY WARM-UPS: 3PM MEET STARTS: 4PM
SATURDAY AND SUNDAY WARM-UPS: 2PM
MEET STARTS: 3PM**

ENTRY DEADLINE: POSTMARKED BY FRIDAY, JUNE 24, 2011



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 12-31-11) _____ SEX _____

2011 USMS # _____

USMS CLUB (OREG, PNA, SWMS, DUCK, 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, 2011. ENTER RELAYS AT THE MEET. THE 400, 800, 1500 FREESTYLE & 400 IM WILL BE DECK SEEDED. CHECK-IN DEADLINES: 400 IM - FRIDAY, 3:30PM. 1500 FREE - FRIDAY, 4:00PM. 400 FREE - SATURDAY, 2:30PM. 800 FREE - SUNDAY, START OF 200 FREE. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Friday, July 8, 2011

400 IM (1) _____ : _____ . _____

1500 FREE (2) _____ : _____ . _____

Saturday, July 9, 2011

400 FREE (3) _____ : _____ . _____

break (event #4 will not begin before 4pm)

50 FREE (4) _____ : _____ . _____

200 FLY (5) _____ : _____ . _____

100 BACK (6) _____ : _____ . _____

break

WOMENS 200 MEDLEY RELAY (7)

MENS 200 MEDLEY RELAY (8)

WOMENS 400 MEDLEY RELAY (9)

MENS 400 MEDLEY RELAY (10)

100 FREE (11) _____ : _____ . _____

200 BREAST (12) _____ : _____ . _____

break

50 BACK (13) _____ : _____ . _____

200 IM (14) _____ : _____ . _____

MIXED 200 FREE RELAY (15)

MIXED 400 FREE RELAY (16)

MIXED 800 FREE RELAY (17)

Sunday, July 10, 2011

200 BACK (18) _____ : _____ . _____

50 BREAST (19) _____ : _____ . _____

100 FLY (20) _____ : _____ . _____

break

MIXED 200 MEDLEY RELAY (21)

MIXED 400 MEDLEY RELAY (22)

200 FREE (23) _____ : _____ . _____

100 BREAST (24) _____ : _____ . _____

50 FLY (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)

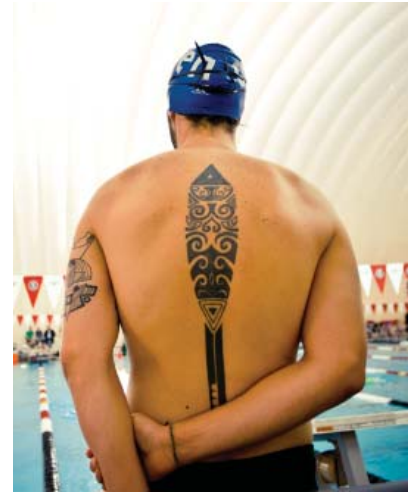
800 FREE (32) _____ : _____ . _____

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

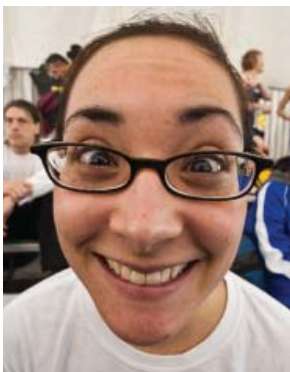
SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$21.50 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072



Random photos at the
OMS Association Meet
by Brad Bachilis



Announcements
 The 50-meter pool
 will be closed
 Friday, April 1 after 1:00
 through Saturday, April 2
 for the
 Oregon Masters
 Association Championships.

2011



Looking Ahead . . .

Pool Meets			
Date	Course	Meet	Location
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 8-10	LCM	Gil Young Meet	Gresham, OR
August 3 - 6	LCM	USMS Summer Nationals	Auburn, AL
Sept. 10-11	SCM	LaCamas Patriot Games	Camas, WA

Board Meeting Schedule:
May 4 — 7 PM

Results:
Association Meet
One-Hour Postal Meet
OMS Swimmers at NW Zone



2011 Open Water Race Schedule

as of April 14, 2011



Date	Days	Event/Venue	OR Location	Host	Event Director	Swims	Category
Sat. June 4	1	Hagg Lake	Forest Grove	THB	Tim Cespedes	Open Water Clinic	xx
Sun. June 5	1	Hagg Lake	Forest Grove	THB	Tim Cespedes	800-meter	Qualifying
						2000-meter	Featured
						4000-meter	Featured
Sat. June 18	1	Lincoln City Pool	Lincoln City	LCM	Jason Garding	Beginning Open Water Clinic	xx
Sun. June 19	1	Devils Lake	Lincoln City	LCM	Jason Garding	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. July 2	1	Foster Lake	Sweet Home	COMA	Bob Bruce	2 mile cable	Featured
						1 mile cable (National Champs)	Featured
						Dog Tandom Challenge	Participation
Sat. July 16	2	Applegate Lake	Ruch	RVM	Andrew Gramley	5000-meter (with 10,000-meter)	Qualifying
						10,000-meter (with 5000-meter)	Featured
Sun. July 17						1500-meter	Featured
						3 x 500-meter Pursuit Relay	Participation
Sun. July 24	1	Willamette River	Portland	THB	Marisa Frieder	17 km down river	Qualifying
Fri. July 29	3	Cascade Lakes	Bend	COMA	Bob Bruce	3000-meter	Qualifying
Sat. July 30		Swim Series & Festival at Elk Lake				500-meter Time Trial	Qualifying
						1500-meter	Featured
Sun. July 31						5000-meter	Featured
						1000-meter	Qualifying
Sun. Aug. 14	1	Cottage Grove Lake	Cottage Grove	EA	Steve Johnson	1500-meter (Association Champs)	Featured
						1000-meter Equipment	Featured
						500-meter Kick	Qualifying
Sat. Aug. 20	1	Eel Lake	Lakeside		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.