



Aqua Master

USMS 2004 and 2007 Newsletter of the Year

Volume 38, Number 8

Published 10 Times Yearly by OMS, Inc.

September 2011

"Swimming for Life"

OMS Swims Great at Auburn!

by Charlie Helm

Nine Oregon Masters swimmers made the trip to Auburn, Alabama, for the USMS Long Course Nationals and made their presence known. When the four day competition was over, our Oregon team placed 7th in the regional club division. A great achievement for such a small team! Oh, by the way, FIVE out of our nine swimmers are now national champions in their age group plus one new national record. Here are our new champions: Allen Stark took first in the 200 breast and set a new world record for his age group in that event. Colette Crabbe swam five events and took first in all five. She also came close to the national records in several of her events. Ben Weston decided one was not enough and took first in four of his events. Kevin Cleary took first in his favorite event, the 200 fly. Claire Michel won her



Claire Crabb-Michel, Colette Crabbe, Allen Larson, Donna Buck, and Kevin Cleary at Nationals in Auburn

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800 free event to let her mom, Colette Crabbe, know there are other family members who are also USMS champions. The other OMS members: Donna Buck, Allen Larson, Carol Stark, and Brent Washburne also placed very well in their respective age groups and added to the team point total. They also had several relays that scored big points for OMS.

The members I've talked with all commented that the Auburn University facility was great, they had a fun time while they were there, and there was plenty of good swimming. If you want a taste of what our swimmers enjoyed, go to the USMS website and watch the daily video highlights that are posted there. Commentators Misty Hyman and Rob Butcher had great stories each day and you can see many of our OMS swimmers in the background in those videos. Let's start making plans for next year's National Championship meets! If you've never attended a USMS championship meet, give it a try-they're fun, exciting, and enjoyable.

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Chair's Corner

by Jeanne Teisher

It's August 11, 6:45 PM and I'm at home. In 15 minutes, the Oregon Club of Oregon Masters Swimming will be meeting for the first time, via conference call. It's pretty exciting to see a project that the sub-committee of Oregon Masters Swimming (Sandi Rousseau, Mark Braun, and me) started a couple of months ago become a reality. I'm looking forward to seeing who will be joining the call; hear the vote of approval for the individuals who have volunteered to serve on the board as the Club's first officers; address any questions, comments, concerns that will be voiced; and learn how the Club's membership plans to move forward after tonight. I better get ready for the call. I'll tell you all about it and my reaction to the discussions when the meeting is over.

Forty five minutes later:

There are now officially three Clubs that make up Oregon Masters Swimming, Inc. – SWMS (Southwest Washington Masters Swimming), DUCKS (University of Oregon), and OREG (Oregon Masters Swim Club Inc.). The six of us on the conference call elected the following new officers:

Chair: Bill Sumerfield

Vice-Chair: Charlie Helm

Secretary: Susan Albright

Treasurer: David Hathaway

Rep. to OMS Board: Charlie Helm



During the meeting we discussed the Bylaws and Standing Rules the sub-committee drafted, made a few slight revisions, and voted to approve. We also briefly discussed a Club budget, what will need to be covered by the Club's finances and how the Club is to raise money (a separate meeting is to be scheduled to discuss this topic with OMS Treasurer Mark Braun). It was decided that the OREG Club will only meet when necessary but at least once a year, as stipulated in the Bylaws. We covered quite a bit in less than an hour. Not bad!!!!

I have to say that the OREG Club board is a fun yet an already dedicated group of volunteers. As a member of the OREG Club, I would like to thank them for agreeing to serve on the board and leading our Club. I also thank Sandi and Mark for all their work in getting this Club organized.

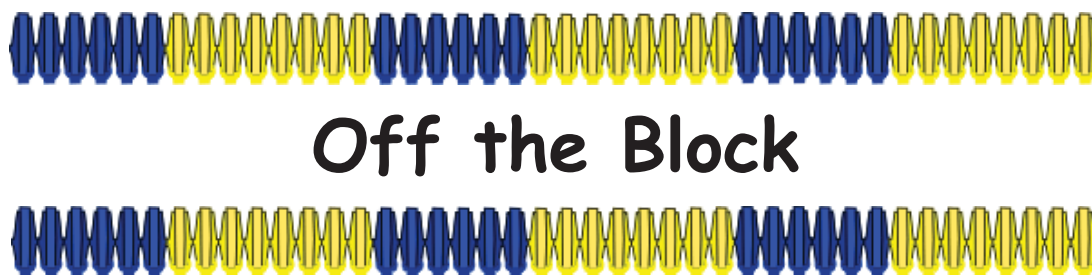
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Aqua-Master is the official publication of Oregon Masters Swimming. It is a source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. A subscription is part of membership in OMS. Contact Susie Young or Jackie Parker for membership 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*

Volume 38, Number 8, September 2011



Off the Block

I'm Addicted!

USMS StreamLines
by Duncan Parlett

With my back troubles, swimming has become my main source of exercise. Naively, I thought that all I'd need to practice this sport was a swimsuit (and that only because of modesty). Wrong! There is nothing more addicting than swimming paraphernalia. Let me tell you my sad story.

I quickly realized that goggles were a must, unless I wanted to bang into the walls. So I headed to the local swimming paraphernalia dealers in the area, the seemingly good folk at the Swim Depot. Now, you'd think purchasing a set of goggles would solve my vision issues. Wrong again! There's the annoying issue of fog. Any swimmer worth his chlorine will work up enough heat to fog up the inside of his or her goggles and then you're banging into walls again. Some swear by spit, but my saliva seems to have limited defogging capabilities. So, purchase number two, at the Swim Depot, was a little bottle of defogger drops.

Then, after experiencing plugged ears for several hours after each swim session, I quickly acquired a set of earplugs—the Swim Depot conveniently had several styles to choose from. Now you'd think I'd be set after this, but that's just the nature of addiction. Like many bad habits, it starts with peer pressure.

I saw other swimmers. These superior athletes seemed to slice through the water like sharks, and they had weird things attached to their bodies. After a few judicious questions, I found out that one thing they had were hand-paddles attached with rubber tubing. These paddles come in all kinds of styles and colors but they all supposedly increase resistance (giving you a better work out) and help encourage better technique.

Well, I thought such things were too wonderful for me, so I just watched them jealously for a while until ... I found some paddles stuck in the drain under the edge of the pool! They just needed new rubber tubing. I couldn't resist trying them out. I later learned that the paddles I found were really ideal for women but what did I care! I was now one of the elites (or at least looked like them). You might notice that this was the only item, so far, for which Swim Depot was not the supplier, although I suspect they may have planted them there—a free sample, so to speak.

Like with other addictions, you start with something simple and then you move to the harder stuff. I now had paddles. These isolate the arms, so most swimmers don't use their legs when they use the paddles. Do you just drag your legs awkwardly through the water? No, you have to get a pull buoy. A pull buoy is a piece of foam that you hold between your legs and

it keeps your lower body afloat while your paddled arms churn away. Back at the Swim Depot, I found myself shelling out more money for a pull buoy that was just right for my rather hefty frame.

So far, I was a regular user of a swimsuit, goggles (with defogger), earplugs, hand-paddles, and a pull buoy. That was just the beginning.

If you start using paddles, it's almost impossible to resist the fins. These, of course, do for your legs what the paddles do for your arms. Once again back at the Swim Depot, I checked out a set of fins that were so scientifically sophisticated, I think they had college degrees. I bought them. I couldn't help





Fitness

Working in a Death-Trap

Trainer Helen Thurlow



Sitting isn't easy, neither is standing; but what would you rather do for 8 hours? I don't want to alarm you, but for those sitting at their desks all day, the risk for obesity increases by a gradual 7 lb annual weight gain. If you have worked in a cubicle for the last 5 years, that's a 35 lb weight gain.

Weight gain, isn't only about what we eat on a daily basis, but what we don't do with our bodies. And that is being physically active. A 5 year study done by Timothy Church* found that over the years people are working in the service industries instead of labor oriented type jobs. Over 40 years ago 50% of private industry required at least some form of moderate intensity physical activity. Today that number is 20%.

Calories in, calories out; sounds simple right? This lack of physical activity in our jobs has created a huge decrease in calories being burned by 100 calories in both men and women per day. So, back to the 7 lb annual weight gain and here are the calculations: 100 kcal decrease by 5 days per work week, multiply

that by 50 weeks (subtracting the 2 weeks vacation we should be taking) and you have an annual 7 lbs added to your body.

Now, I'm not recommending you to quit your job and go into construction. I'm just asking you to be aware that sitting at the desk isn't good. Continue to eat healthy, decrease the calories if weight loss is your goal, and start moving. Stand up while on the phone. Do squats or simple yoga moves at your desk (these can be done). Take mini breaks from the computer. Go outside and walk around. Take the stairs. When it comes to food...DON'T EAT AT YOUR DESK. Stand up, take your lunch to the break room, or if its nice go outdoors during your lunch break.

You only get one body, so move it, move it good.

*Church, Timothy S., et al "Trends Over 5 Decades in U.S. Occupation-Related Physical Activity and Their Associations with Obesity." *Fitness Journal*, June 2011



2012 Rulebook Artwork Submissions

You graphic artists out there, check out this opportunity: The Rule Book cover is printed in full color, 5-1/2 inches by 8-1/2 inches and in a mini-version that is 8 1/2 x 4 inches. The artwork should be slightly larger for the bleeds.

The requirements are that the artwork contain the U.S. Masters Swimming logo and lettering and "2012 Rule Book." You can [download the logo](#) in

several different formats.

Any standard electronic format will be accepted. U.S. Masters Swimming may ask that it is sent in an alternative format if unable to view.

Please email the electronic artwork by September 1, 2011 to Susan Ehringer. A hardcopy of the artwork will be printed in 8-1/2 x 11 for viewing and taken to Convention to allow members at Convention to vote on their favorite cover. If you wish to send the hardcopy artwork, it must be postmarked by September 1, 2011 and sent to: Susan Ehringer, 4210 N. Church Way #2, Louisville, Ky. 40207.

Shake and Swim with "Bake"

The Good, the Bad and the Good

Coach Dennis Baker



Whether you're a Pool Racer, Open Water Swimmer, Fitness Swimmer or some or all of the above, this story might hit home. We all have made a start back into the water at some magic point in time. We have felt the great pleasure of getting into shape. With our times improving or doing that race we thought we couldn't do or just plain feeling better about ourselves, it's easy to see why we love this sport of swimming.

Eventually, we hit a bit of a wall and have a season or a year where we don't swim like we think we should. This can be not achieving the times we have set out to do, or the place we think we should get. It also may be "life stuff" that gets in the way and we just can't get to the pool. These tough times of our swimming careers can be extremely frustrating. Finally, adding to that, we are getting older.

The key here is consistency. Keep forging ahead and get to the pool. I once heard a saying that

has stayed with me during my swimming and coaching years and it goes something like this. "All one can do is be prepared and ready for that special time when the stars align and we get into the zone." We as Masters Swimmers can and should live by this saying. Those good swims will come again. The times will get better relative to your aging process. You will find a way to get to practice if you really want it bad enough.

Lastly and most importantly, as we go through these ups and downs in our swimming, one thing remains constant. We are FIT!! We look and feel much younger than our non-swimming peers. We get to socialize with a great group of people on a year around basis.

Make every effort to be "prepared" and take the great journey through the "Good the Bad and the Good".

Swim Bits — Let George Do It

by Ralph Mohr

Standing in line at the Foster Lake USMS 1 Mile Open Water/Cable Championships about to enter the water, I was quite conspicuous because I was wearing an orange and black full body swimsuit which covered my torso, arms and legs. After apologizing to all of the Ducks around me for the wrong colors, I explained that I had a waiver to wear such a suit from well-established sun damage on my body.

"Yeah," a friend said behind me, "That's a cancer suit." Someone else then said, "I didn't know you could get a waiver."

"You need written documentation from your dermatologist," I answered. My letter said I had "a history of multiple actinic keratoses ("pre cancers") on his skin, and is at very high risk for skin cancer.



He should wear sun-protective clothing as well as sunscreen, and cover up as much as possible while swimming in any outdoor event."

After a long search on the Internet, including Australia, I finally located a source of full body suits from China in British Columbia. Manufacturers discontinued making and even selling full body suits when FINA outlawed them for international competition.

I get mine from George Park, a former Canadian National Swimming Champion, who now represents Yingfa suits from China. Go to geochuck@hotmail.com for more information and ask for a Yingfa full body suit. They come either in blue/black or orange /black with no selection of colors. \$75.

Continued on page 28

Applegate Lake Open Water Ruch, Oregon July 16-17, 2011

1500-meter Results

Sx	AgGrp	Pl	Name	Age	Club	Team	Time	F/M	Overall
F	18 - 24	1	Betsy Howd	19	UNAT	UNAT	:26:09	2	12
F	18 - 24	2	Carolyn Foster	18	OREG	ORM	:28:34	9	21
F	30 - 34	1	Jacqueline Parker	33	OREG	OPEN	:26:14	3	13
F	40 - 44	1	Cynthia Smidt	41	OREG	COMA	:27:08	8	19
F	40 - 44	2	Cynthia Moscaritolo	44	UNAT	UNAT	:29:29	12	26
F	45 - 49	1	Arlene Delmage	48	OREG	ORM	:23:02	1	3
F	45 - 49	2	Jocelyn Sanford	46	OREG	RVM	:26:59	7	18
F	45 - 49	3	Janice Tacconi	48	OREG	RVM	:30:24	15	29
F	45 - 49	4	Gayle Orner	48	OREG	CBAT	:33:50	18	35
F	50 - 54	1	Laura Schob	52	OREG	COMA	:26:44	5	16
F	50 - 54	2	Joni Young	50	OREG	KAM	:26:52	6	17
F	50 - 54	3	Sandra Clark	50	OREG	RVM	:29:45	14	28
F	50 - 54	4	Elisa Tacconi	50	UNAT	UNAT	:34:05	19	37
F	50 - 54	5	Camille Siders	50	UNAT	UNAT	:39:02	22	43
F	55 - 59	1	Elizabeth Budd	57	OREG	CAT	:26:42	4	15
F	55 - 59	2	Deb Douglas	56	OREG	COMA	:29:04	10	24
F	55 - 59	3	June Mather	58	OREG	RVM	:31:41	16	31
F	60 - 64	1	Janet Gettling	63	OREG	COMA	:29:34	13	27
F	60 - 64	2	Geri Mathewson	63	OREG	RVM	:31:56	17	32
F	60 - 64	3	Diane Davis	60	DAM	DAM	:34:07	20	38
F	65 - 69	1	Sue Calnek-Morris	68	OREG	ORM	:29:08	11	25
F	65 - 69	2	Peggy Whiter	67	OREG	COMA	:38:36	21	42
F	65 - 69	3	Lynn Sacks	65	OREG	UNAT	:43:19	24	45
F	70 - 74	1	Peggie Hodge	71	OREG	COMA	:41:42	23	44
M	35 - 39	1	Andrew Singer	38	OREG	COMA	:26:07	10	11
M	35 - 39	2	John Notis	38	OREG	OPEN	:28:54	14	23
M	40 - 44	1	Tim Waud	44	OREG	ORM	:24:20	3	4
M	40 - 44	2	Michael Servant	40	OREG	RVM	:25:19	6	6
M	45 - 49	1	Richard Sevier	47	OREG	UNAT	:25:35	7	7
M	45 - 49	2	John Griley	48	OREG	UNAT	:31:58	16	33
M	50 - 54	1	Patrick Allender	52	OREG	CAT	:22:56	1	1
M	50 - 54	2	David Hathaway	50	OREG	ORM	:22:58	2	2
M	50 - 54	3	Michael Douglas	53	OREG	COMA	:26:37	11	14
M	50 - 54	4	Robin Bragg	51	OREG	OPEN	:32:21	17	34
M	50 - 54	5	Torrey Byles	54	UNAT	UNAT	:37:24	21	41
M	55 - 59	1	Ed Ramsey	55	OREG	THB	:24:23	4	5
M	55 - 59	2	Keith Dow	55	OREG	OPEN	:25:53	5	8
M	55 - 59	3	Daniel Greenblatt	55	OREG	RVM	:28:47	13	22
M	55 - 59	4	Craig Mather	59	OREG	RVM	:31:18	15	30
M	60 - 64	1	Bob Bruce	63	OREG	COMA	:25:54	8	9
M	60 - 64	2	Michael Carew	61	OREG	COMA	:27:21	12	20
M	60 - 64	3	Marc Heller	62	OREG	RVM	:34:01	18	36
M	60 - 64	4	Will Davis	60	DAM	DAM	:34:10	19	39
M	70 - 74	1	Brent Lake	73	OREG	COMA	:37:22	20	40
M	75 - 80	1	David Radcliff	77	OREG	THB	:25:58	9	10

5-km Results

Sx	AgGrp	PI	Name	Age	Club	Team	Time	F/M	Overall
F	40 - 44	1	Cynthia Smidt	41	OREG	COMA	1:35:41	2	10
F	45 - 49	1	Gayle Orner	48	OREG	CBAT	1:57:10	5	18
F	50 - 54	1	Laura Schob	52	OREG	COMA	1:26:02	1	5
F	55 - 59	1	Deb Douglas	56	OREG	COMA	1:35:41	2	10
M	30 - 34	1	Matt Miller	33	UNAT	UNAT	1:18:06	2	2
M	35 - 39	1	John Notis	38	OREG	OPEN	1:42:37	11	14
M	40 - 44	1	Tim Waud	44	OREG	ORM	1:24:48	4	4
M	45 - 49	1	Rick Rodriguez	49	OREG	AQDK	1:26:28	5	6
M	45 - 49	2	John Griley	48	OREG	UNAT	1:41:34	10	13
M	50 - 54	1	David Hathaway	50	OREG	ORM	1:16:03	1	1
M	50 - 54	2	David Heller	54	OREG	RVM	1:21:29	3	3
M	50 - 54	3	John Herzog	54	UNAT	UNAT	1:55:06	13	17
M	50 - 54	4	Robin Bragg	51	OREG	OPEN	2:00:55	14	19
M	55 - 59	1	Ed Ramsey	55	OREG	THB	1:28:05	7	8
M	55 - 59	2	Keith Dow	55	OREG	OPEN	1:32:41	8	9
M	55 - 59	3	Daniel Greenblatt	55	OREG	RVM	1:40:44	9	12
M	60 - 64	1	Bob Bruce	63	OREG	COMA	1:26:57	6	7
M	65 - 69	1	Dan Gray	66	OREG	UNAT	1:49:56	12	15

(Category II Swimwear)

Sx	AgGrp	PI	Name	Age	Club	Team	Time	F/M	Overall
F	30 - 34	1	Annie Loe	31	OREG	UNAT	1:52:06	4	16

10-km Results

Sx	AgGrp	PI	Name	Age	Club	Team	Time	F/M	Overall
F	30 - 34	1	Jacqueline Parker	33	OREG	OPEN	3:19:15	2	11
F	50 - 54	1	Joni Young	50	OREG	KAM	3:08:53	1	9
F	55 - 59	1	Elizabeth Budd	57	OREG	CAT	3:23:29	3	13
F	60 - 64	1	Diane Davis	60	DAM	DAM	4:05:24	4	17
M	35 - 39	1	Chad Wikander	39	OEVT	UNAT	3:20:27	10	12
M	40 - 44	1	Kraig Erickson	40	OREG	AQDK	2:43:11	2	2
M	40 - 44	2	Andy Gramley	43	OREG	RVM	2:48:43	5	5
M	45 - 49	1	Moby Coquillard	48	SMMM	SMMM	2:35:09	1	1
M	45 - 49	2	Kris Calvin	49	OREG	COMA	2:44:07	3	3
M	45 - 49	3	Warren Barnes	49	OREG	AQDK	3:25:50	11	14
M	50 - 54	1	Patrick Allender	52	OREG	CAT	2:46:04	4	4
M	50 - 54	2	Roy Wessbecher	53	UNAT	UNAT	2:52:17	6	6
M	50 - 54	3	Ron Thompson	51	OREG	COMA	2:58:32	7	7
M	50 - 54	4	Steve Roberts	52	OREG	PCCM	3:15:13	9	10
M	50 - 54	5	Daniel Mayhew	54	OREG	AQDK	3:38:37	12	15
M	60 - 64	1	Michael Carew	61	OREG	COMA	3:40:54	13	16
M	60 - 64	2	Will Davis	60	DAM	DAM	4:05:27	14	18

(Category II Swimwear)

Sx	AgGrp	PI	Name	Age	Club	Team	Time	F/M	Overall
M	75 - 80	1	David Radcliff	77	OREG	THB	2:58:32	7	7

3 x 500-meter Pursuit Relay Results (Mixed Sex and Age Groups)

PI	Team Name	Names
1	Gayle Force Wins	(Foster, Orner, Delmage)
2	I Don't Know	(W Davis, Sanford, Ramsey)
3	DAM Swimmers	(Heller, Radcliff, Singer)
4	Campground Raiders	(D Davis, Hathaway, Howd)
5	Waud Happened?	(Notis, Carew, Waud)
6	2 & 1/2 Docks	(Moscaritolo, Young, Allender)

Applegate Lake Photos

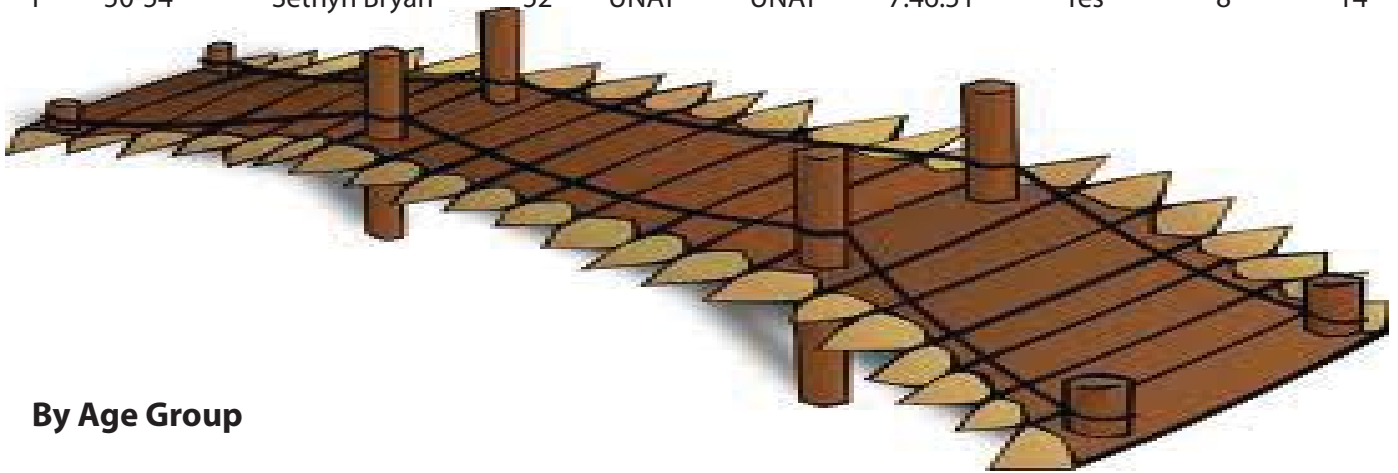
Photos by Ed Ramsey



Willamette River Bridge Swim, Open Water Portland, Oregon July 24, 2011

By Order of Overall Finish

Sex	AgeGrp	Name	Age	Club	Team	Time	Wet Suit	F/M	Overall
F	30-34	Emily Melina	31	OREG	WVAC	4:19:10	No	1	1
F	30-34	Michelle Macy	34	OREG	THB	4:29:00	No	2	2
M	30-34	Ben Weston	30	OREG	MACO	4:39:10	No	1	3
M	40-44	Garrett Martin	44	OREG	PSM	5:11:42	No	2	4
F	50-54	Joni Young	50	OREG	KAM	5:13:04	No	3	5
M	65-69	John Ellis	65	SWMS	LSWM	5:19:07	Yes	3	6
F	30-34	Cara Shrum	30	OREG	UNAT	5:26:47	No	4	7
F	25-29	Kelsey Bowen	26	OREG	MACO	5:32:13	No	5	8
M	35-39	Mark Braun	43	OREG	ORM	5:40:50	No	4	9
M	45-49	Mike Humphreys	48	PNA		5:47:02	No	5	10
F	55-59	Suzanne Dods	55	?		6:05:44	No	6	11
M	55-59	Bob Needham	58	OREG	ORM	6:22:24	No	6	12
F	35-39	Bonnie Edwards	43	OREG	ORM	6:26:02	No	7	13
F	50-54	Sethyn Bryan	52	UNAT	UNAT	7:46:51	Yes	8	14



By Age Group

Sex	AgeGrp	Pl	Name	Age	Club	Team	Time	Wet Suit	F/M	Overall
F	25-29	1	Kelsey Bowen	26	OREG	MACO	5:32:13	No	5	8
F	30-34	1	Emily Melina	31	OREG	WVAC	4:19:10	No	1	1
F	30-34	2	Michelle Macy	34	OREG	THB	4:29:00	No	2	2
F	30-34	3	Cara Shrum	30	OREG	UNAT	5:26:47	No	4	7
F	35-39	1	Bonnie Edwards	39	OREG	ORM	6:26:02	No	7	13
F	50-54	1	Joni Young	50	OREG	KAM	5:13:04	No	3	5
F	50-54	2	Sethyn Bryan	52	UNAT	UNAT	7:46:51	Yes	8	14
F	55-59	1	Suzanne Dods	55	?		6:05:44	No	6	11
M	30-34	1	Ben Weston	30	OREG	MACO	4:39:10	No	1	3
M	35-39	1	Mark Braun	39	OREG	ORM	5:40:50	No	4	9
M	40-44	1	Garrett Martin	44	OREG	PSM	5:11:42	No	2	4
M	45-49	1	Mike Humphreys	48	PNA		5:47:02	No	5	10
M	55-59	1	Bob Needham	58	OREG	ORM	6:22:24	No	6	12
M	65-69	1	John Ellis	65	SWMS	LSWM	5:19:07	Yes	3	6

Cascade Lakes Open Water Swim Series

Bend, Oregon

July 29-31, 2011

Race #1 : 3000 Meter Swim Results

Category I Suits Division

Ag Gp	PI	Name	Club	Team	Time	M/F	Overall
Female							
35-39	1	Lisa E Sandoval, 39	OREG	CGM	0:55:22	4	53
45-49	1	Sara E Steinhoffer, 48	SDSM		0:47:40	1	21
45-49	2	Gayle A Orner, 48	OREG	CBAT	1:07:55	6	68
50-54	1	Dallas L Turner, 53	SAWS		0:52:32	2	36
50-54	2	Joni D Young, 50	OREG	KAM	0:53:21	3	44
50-54	3	Paula J Moores, 53	SAWS		1:00:41	5	62
55-59	1	Connie Shuman, 56	OREG	COMA	1:14:19	7	71

Male

25-29	1	Dustin Goodnight, 25	UNAT	UNAT	1:03:40	10	63
30-34	1	Martin Held, 31	UNAT	UNAT	1:20:11	11	74
40-44	1	Patrick W Brundage, 44	ARIZ		0:40:54	1	1
40-44	2	Tim Waud, 44	OREG	ORM	0:48:10	5	23
40-44	3	Alex Nice, 43	Mechele		0:53:20	7	43
45-49	1	James L Proffitt, 46	OREG	COMA	0:45:16	2	10
45-49	2	Kris Calvin, 49	OREG	COMA	0:45:28	4	13
50-54	1	Doug Asbury, 51	OREG	COMA	0:45:24	3	12
55-59	1	Robert B Richardson, 58	OREG	COMA	0:52:58	6	40
55-59	2	Steve A Mann, 59	OREG	COMA	0:56:29	8	56
65-69	1	Ralph Mohr, 69	OREG	COMA	0:56:35	9	57

Category II Suits Division

Ag Gp	PI	Name	Club	Team	Time	M/F	Overall
Female							
18-24	1	Barbara L Johnshoy, 24	PNA	SVMS	0:54:57	18	51
25-29	1	Kelsey Holmberg, 29	UNAT	UNAT	0:42:01	1	3
25-29	2	Krista Polvi, 28	UNAT	UNAT	0:44:09	2	8
25-29	3	Annie Muske-Dukes-Driggs, 27	OREG	COMA	1:07:35	23	66
35-39	1	Mary A Christopher, 36	UNAT	UNAT	0:52:30	12	35
35-39	2	Bonnie B Edwards, 39	OREG	ORM	0:54:15	15	47
40-44	1	Elizabeth I Henderson, 40	OREG		0:48:05	4	22
40-44	2	Julie E Himstreet, 40	OREG	EA	0:48:13	5	24
40-44	3	Kirsten N Hansen, 41	OREG	EA	0:48:14	6	25
40-44	4	Maxine Braune, 40	OREG	COMA	0:48:48	7	27
40-44	5	Cheryl A Morgen, 41	OREG	COMA	0:48:57	8	28
40-44	6	Karen Oppenheimer, 43	UNAT	UNAT	0:50:09	10	31
40-44	7	Gillian G Salton, 42	OREG	COMA	0:51:43	11	33
40-44	8	Cynthia M Smidt, 41	OREG	COMA	0:53:01	13	41
40-44	9	Kelly M Richards, 42	PNA		0:54:31	17	49
40-44	10	Joanna K Larsen, 41	UNAT	UNAT	1:00:02	21	61
40-44	11	Jennifer Woodruff, 40	UNAT	UNAT	1:06:34	22	65
40-44	12	Stacia Shelton, 43	OREG	PCCM	1:15:36	26	72
45-49	1	Wendy K VanDeSompele, 45	PNA	UNAT	0:49:21	9	29
45-49	2	Sally Pressler, 47	UNAT	UNAT	1:13:14	25	70

50-54	1	Kris A Denney, 51	OREG	COMA	0:44:36	3	9
50-54	2	Lori E Lamoureux, 51	OREG	ORM	0:56:11	19	55
55-59	1	Madeleine S Holmberg, 58	OREG	COMA	0:53:52	14	46
55-59	2	Elizabeth H Budd, 57	OREG	CAT	0:54:22	16	48
60-64	1	Jill M Wright, 60	SAWS		0:59:07	20	60
65-69	1	Judy Ziemer, 67	OREG	COMA	1:12:32	24	69
Male							
25-29	1	Brett Crandall, 28	OREG	COMA	0:41:17	1	2
35-39	1	Andrew R Singer, 38	OREG	COMA	0:49:33	15	30
40-44	1	Ethan Nelson, 40	OREG	AQDK	0:43:19	3	5
40-44	2	Christian F Tujo, 40	OREG	COMA	0:45:33	8	15
40-44	3	Sean Rogers, 43	UNAT	UNAT	0:52:36	20	39
40-44	4	Erik Amos, 40	UNAT	UNAT	1:17:03	30	73
45-49	1	Warren W Barnes, 49	OREG	AQDK	0:47:32	13	20
45-49	2	Frank Cobarrubia, 47	UNAT	UNAT	0:52:20	17	34
45-49	3	John S Griley, 48	OREG	COMA	0:55:10	24	52
45-49	4	Andy Lewis, 47	OREG	AQDK	0:55:28	25	54
45-49	5	Cornelius J Peeples, 45	OREG	COMA	1:06:18	28	64
50-54	1	Curt R La Count, 52	OREG	PCCM	0:43:08	2	4
50-54	2	Patrick Allender, 52	OREG	CAT	0:43:30	4	6
50-54	3	Ron J Thompson, 51	OREG	COMA	0:43:55	5	7
50-54	4	Jeffrey Anspach, 50	OREG	COMA	0:45:21	6	11
50-54	5	David H Wash, 50	UNAT	UNAT	0:46:17	9	16
50-54	6	Michael J Douglas, 53	OREG	COMA	0:48:40	14	26
50-54	7	Mark E Fairlee, 53	OREG	COMA	0:50:29	16	32
50-54	8	Daniel D Mayhew, 54	OREG	AQDK	0:52:34	19	38
50-54	9	Mitch Hanan, 52	OREG	AQDK	0:54:35	23	50
50-54	10	Robin Bragg, 51	OREG	OPEN	1:07:51	29	67
55-59	1	Charlie E Swanson, 59	OREG	EA	0:45:29	7	14
55-59	2	Ed Ramsey, 55	OREG	THB	0:46:22	11	18
55-59	3	Keith C Dow, 55	OREG	OPEN	0:52:33	18	37
55-59	4	Fred Christenson, 55	UNAT	UNAT	0:53:17	21	42
55-59	5	Mark Connell, 56	UNAT	UNAT	0:53:25	22	45
55-59	6	Michael J Bingle, 55	SWMS		0:58:51	27	59
55-59	7	Walter R Carter, 55	OREG	COMA	1:20:24	31	75
60-64	1	Michael P Carew, 61	OREG	COMA	0:46:22	10	17
65-69	1	Daniel R Gray, 66	OREG	OPEN	0:57:37	26	58
75-79	1	David A Radcliff, 77	OREG	THB	0:47:21	12	19

Race #2: 500 Meter Swim Results**Category I Suits Division**

Ag Gp	PI	Name	Club	Team	Time	M/F	Overall
Female							
25-29	1	Kelsey Holmberg, 29	UNAT	UNAT	0:07:47.72	4	13
25-29	2	Victoria C Caloca, 28	OREG	UNAT	0:10:35.32	19	77
30-34	1	Amy J Holcomb, 31	OREG	COMA	0:07:37.91	2	8
30-34	2	Kristin C Wagle, 34	OREG	COMA	0:07:46.10	3	12
35-39	1	Amy K Ward, 38	OREG	COMA	0:07:33.03	1	6
35-39	2	Mary A Christopher, 36	UNAT	UNAT	0:09:13.44	12	51
35-39	3	Bonnie B Edwards, 39	OREG	ORM	0:09:21.47	14	56
35-39	4	Lisa E Sandoval, 39	OREG	CGM	0:09:44.88	16	67
35-39	5	Dorothy Miller, 38	UNAT	UNAT	0:11:21.72	20	81
40-44	1	Kristine M Senkier, 41	OREG	COMA	0:08:11.22	7	23
40-44	2	Cheryl A Morgen, 41	OREG	COMA	0:09:10.69	11	49

45-49	1	Elizabeth A Watkins, 46	OREG	ORM	0:07:55.72	6	17
45-49	2	Wendy K VanDeSompele, 45	PNA	UNAT	0:09:02.97	8	42
45-49	3	Gayle A Orner, 48	OREG	CBAT	0:11:43.03	21	83
50-54	1	Kris A Denney, 51	OREG	COMA	0:07:55.35	5	16
50-54	2	Dallas L Turner, 53	SAWS		0:09:03.22	9	44
50-54	3	Laura K Schob, 52	OREG	COMA	0:09:10.44	10	48
50-54	4	Joni D Young, 50	OREG	KAM	0:09:13.44	12	51
50-54	5	Paula J Moores, 53	SAWS		0:10:13.53	18	73
55-59	1	Elizabeth H Budd, 57	OREG	CAT	0:09:26.53	15	60
55-59	2	Madeleine S Holmberg, 58	OREG	COMA	0:09:45.69	17	68
55-59	3	Connie Shuman, 56	OREG	COMA	0:12:15.44	22	87
55-59	4	Jo Ann Casselberry, 56	OREG	CBAT	0:17:48.10	23	96

Male

25-29	1	Brett Crandall, 28	OREG	COMA	0:08:10.72	1	22
25-29	2	Dustin Goodnight, 25	UNAT	UNAT	0:09:44.00	8	66
40-44	1	Tim Waud, 44	OREG	ORM	0:08:34.16	3	30
40-44	2	Alex Nice, 43	Mechelen		0:08:47.06	4	37
45-49	1	Warren W Barnes, 49	OREG	AQDK	0:09:10.69	6	49
45-49	2	Peter Edwards, 45	UNAT	UNAT	0:12:05.38	10	86
50-54	1	Robin Bragg, 51	OREG	OPEN	0:11:25.16	9	82
55-59	1	Mike Tennant, 58	OREG	COMA	0:08:12.00	2	24
55-59	2	Robert B Richardson, 58	OREG	COMA	0:08:50.66	5	40
60-64	1	Dennis Gallagher, 61	OREG	COMA	0:12:51.66	11	94
65-69	1	Ralph Mohr, 69	OREG	COMA	0:09:36.38	7	63

Category II Suits Division

Ag Gp	PI	Name	Club	Team	Time	M/F	Overall
Female							
18-24	1	Kayla Schott-Bresler, 23	UNAT	UNAT	0:08:25.60	5	28
18-24	2	Barbara L Johnshoy, 24	PNA	SVMS	0:09:03.06	7	43
18-24	3	Hannah Larkin, 23	UNAT	UNAT	0:09:43.50	16	65
25-29	1	Annie Muske-Dukes-Driggs, 27	OREG	COMA	0:10:24.60	20	75
30-34	1	Marti K Dobyys, 31	UNAT	UNAT	0:09:04.10	8	45
30-34	2	Vanessa Cobarrubia, 34	UNAT	UNAT	0:11:16.32	22	78
40-44	1	Kirsten N Hansen, 41	OREG	EA	0:08:01.19	2	19
40-44	2	Julie E Himstreet, 40	OREG	EA	0:08:07.00	3	21
40-44	3	Maxine Braune, 40	OREG	COMA	0:08:13.97	4	26
40-44	4	Kelly M Richards, 42	PNA		0:09:05.22	9	47
40-44	5	Dara Gaskin, 42	OREG	COMA	0:09:45.76	17	69
40-44	6	Linda Anspach, 41	UNAT	UNAT	0:10:34.00	21	76
40-44	7	Rachel Mavis, 42	UNAT	UNAT	0:11:17.56	23	79
40-44	8	Stacia Shelton, 43	OREG	PCCM	0:11:43.32	24	84
40-44	9	Mary Carroll, 42	UNAT	UNAT	0:12:38.94	30	92
45-49	1	Kendra L Wheeler, 49	OREG	KAM	0:07:39.25	1	9
45-49	2	Elaine Jane Cole, 48	UNAT	UNAT	0:08:39.50	6	31
45-49	3	Maureen H Mauer, 45	OREG	COMA	0:09:14.16	10	53
45-49	4	Lisa L Nirell, 49	ALEX		0:09:17.22	12	55
45-49	5	Joannie Krehbiel, 49	UNAT	UNAT	0:09:34.16	14	61
50-54	1	Lori E Lamoureux, 51	OREG	ORM	0:09:16.28	11	54
50-54	2	Cynthia E Larkin, 52	OREG	COMA	0:09:36.25	15	62
50-54	3	Debbie M Pappa, 50	OREG	COMA	0:09:53.94	18	71
50-54	4	Lori S Brizee, 54	OREG	COMA	0:12:16.63	26	88
55-59	1	Deb J Douglas, 56	OREG	COMA	0:09:24.38	13	58
55-59	2	Janine K Richardson, 59	OREG	COMA	0:12:18.41	27	89
60-64	1	Jill M Wright, 60	SAWS		0:10:03.79	19	72
65-69	1	Judy Ziemer, 67	OREG	COMA	0:11:58.44	25	85

65-69	2	Lynn S Sacks, 65	OREG	OPEN	0:12:33.00	28	90
65-69	3	Peggy S Whiter, 67	OREG	COMA	0:12:33.60	29	91
70-74	1	Peggie H Hodge, 71	OREG	COMA	0:16:08.34	31	95
Male							
18-24	1	Lindon Powell, 19	UNAT	UNAT	0:09:23.76	25	57
30-34	1	Nick Thorpe, 31	OREG		0:08:13.76	13	25
35-39	1	Andrew R Singer, 38	OREG	COMA	0:08:00.06	11	18
40-44	1	Ethan Nelson, 40	OREG	AQDK	0:07:11.06	3	3
40-44	2	Christian F Tujo, 40	OREG	COMA	0:07:28.53	5	5
40-44	3	Matthew K Long, 43	OREG	WVAC	0:08:49.94	22	39
45-49	1	Rick A Rodriguez, 48	OREG	AQDK	0:07:34.50	6	7
45-49	2	Chris Guy, 49	UNAT	UNAT	0:08:43.35	17	33
45-49	3	Andy Lewis, 47	OREG	AQDK	0:09:04.16	24	46
45-49	4	Frank Cobarrubia, 47	UNAT	UNAT	0:09:40.79	27	64
50-54	1	Patrick Allender, 52	OREG	CAT	0:07:05.56	1	1
50-54	2	Curt R La Count, 52	OREG	PCCM	0:07:07.79	2	2
50-54	3	Jeffrey Anspach, 50	OREG	COMA	0:07:43.35	7	10
50-54	4	David H Wash, 50	UNAT	UNAT	0:07:45.44	8	11
50-54	5	Michael J Douglas, 53	OREG	COMA	0:08:20.22	14	27
50-54	6	Daniel D Mayhew, 54	OREG	AQDK	0:08:43.38	18	34
50-54	7	Mark E Fairlee, 53	OREG	COMA	0:08:46.35	20	36
50-54	8	Mitch Hanan, 52	OREG	AQDK	0:09:00.94	23	41
55-59	1	Ed Ramsey, 55	OREG	THB	0:07:48.22	9	14
55-59	2	Charlie E Swanson, 59	OREG	EA	0:07:54.97	10	15
55-59	3	Keith C Dow, 55	OREG	OPEN	0:08:27.01	15	29
55-59	4	John Powell, 55	OREG	COMA	0:08:44.91	19	35
55-59	5	Steve Jensen, 55	UNAT	UNAT	0:09:51.53	28	70
55-59	6	Michael J Bingle, 55	SWMS		0:10:16.41	29	74
55-59	7	Walter R Carter, 55	OREG	COMA	0:12:39.91	31	93
60-64	1	Steve M Johnson, 63	OREG	EA	0:07:18.22	4	4
60-64	2	Michael P Carew, 61	OREG	COMA	0:08:01.94	12	20
60-64	3	Mike H Warren, 60	OREG	COMA	0:09:24.50	26	59
60-64	4	Richard A Jenkins, 63	OREG	COMA	0:11:21.22	30	80
65-69	1	John L Spence, 69	OREG	COMA	0:08:49.25	21	38
75-79	1	David A Radcliff, 77	OREG	THB	0:08:43.19	16	32

Race #3 : 1500 Meter Swim Results**Category I Suits Division**

Ag Gp	PI	Name	Club	Team	Time	M/F	Overall
Female							
25-29	1	Emily Anne Schmitt, 27	UNAT	UNAT	0:24:57	5	41
25-29	2	Rachel A Hudson, 26	OREG		0:30:27	15	90
25-29	3	Victoria C Caloca, 28	OREG	UNAT	0:31:23	16	94
30-34	1	Amy J Holcomb, 31	OREG	COMA	0:21:32	1	7
35-39	1	Amy K Ward, 38	OREG	COMA	0:21:45	2	12
35-39	2	Lisa E Sandoval, 39	OREG	CGM	0:27:26	11	73
35-39	3	Mary A Christopher, 36	UNAT	UNAT	0:27:53	13	79
40-44	1	Cheryl A Morgen, 41	OREG	COMA	0:26:07	10	59
45-49	1	Sara E Steinhoffer, 48	SDSM		0:23:04	4	29
45-49	2	Wendy K VanDeSompele, 45	PNA	UNAT	0:25:16	6	43
45-49	3	Gayle A Orner, 48	OREG	CBAT	0:32:56	18	103
50-54	1	Kris A Denney, 51	OREG	COMA	0:22:18	3	24
50-54	2	Joni D Young, 50	OREG	KAM	0:25:27	7	44
50-54	3	Laura K Schob, 52	OREG	COMA	0:25:27	8	46

50-54	4	Dallas L Turner, 53	SAWS		0:25:55	9	52
50-54	5	Paula J Moores, 53	SAWS		0:30:08	14	89
55-59	1	Elizabeth H Budd, 57	OREG	CAT	0:27:29	12	75
55-59	2	Mel E Langdon, 57	UNAT	UNAT	0:31:55	17	99
55-59	3	Connie Shuman, 56	OREG	COMA	0:35:43	19	110

Male

25-29	1	Dustin Goodnight, 25	UNAT	UNAT	0:29:42	8	87
35-39	1	Josh Rutter, 38	UNAT	UNAT	0:26:09	6	60
40-44	1	Tim Waud, 44	OREG	ORM	0:24:24	3	36
40-44	2	Alex Nice, 43	Mechelen		0:25:52	4	50
45-49	1	Kris Calvin, 49	OREG	COMA	0:21:48	1	13
45-49	2	James L Proffitt, 46	OREG	COMA	0:21:52	2	15
50-54	1	Robin Bragg, 51	OREG	OPEN	0:32:29	9	101
55-59	1	Robert B Richardson, 58	OREG	COMA	0:25:58	5	54
55-59	2	Walter R Carter, 55	OREG	COMA	0:37:35	11	118
60-64	1	Dennis Gallagher, 61	OREG	COMA	0:37:32	10	117
65-69	1	Ralph Mohr, 69	OREG	COMA	0:27:32	7	76

Category II Suits Division

Ag Gp	PI	Name	Club	Team	Time	M/F	Overall
Female							
18-24	1	Kayla Schott-Bresler, 23	UNAT	UNAT	0:24:50	11	40
18-24	2	Barbara L Johnshoy, 24	PNA	SVMS	0:25:44	13	48
25-29	1	Kelsey Holmberg, 29	UNAT	UNAT	0:21:01	2	2
25-29	2	Krista Polvi, 28	UNAT	UNAT	0:21:34	3	8
25-29	3	Annie Muske-Dukes-Drigg, 27	OREG	COMA	0:31:12	30	93
30-34	1	Kristin C Wagle, 34	OREG	COMA	0:20:58	1	1
30-34	2	Marti K Dobyys, 31	UNAT	UNAT	0:26:24	16	62
30-34	3	Annie Loe, 31	UNAT	UNAT	0:30:39	28	91
30-34	4	Vanessa Cobarrubia, 34	UNAT	UNAT	0:33:23	36	105
35-39	1	Bonnie B Edwards, 39	OREG	ORM	0:26:57	21	71
35-39	2	Dorothy Miller, 38	UNAT	UNAT	0:30:48	29	92
35-39	3	Michelle M Simmons, 36	OREG	COMA	0:31:40	33	98
40-44	1	Elizabeth I Henderson, 40	OREG		0:21:56	4	17
40-44	2	Kristine M Senkier, 41	OREG	COMA	0:22:10	7	21
40-44	3	Julie E Himstreet, 40	OREG	EA	0:22:14	8	23
40-44	4	Kirsten N Hansen, 41	OREG	EA	0:23:07	9	30
40-44	5	Maxine Braune, 40	OREG	COMA	0:24:14	10	35
40-44	6	Cynthia M Smidt, 41	OREG	COMA	0:25:32	12	47
40-44	7	Kelly M Richards, 42	PNA		0:26:28	17	64
40-44	8	Dara Gaskin, 42	OREG	COMA	0:27:22	22	72
40-44	9	Joanna K Larsen, 41	UNAT	UNAT	0:29:46	27	88
40-44	10	Carrie Ward, 40	OREG	EA	0:31:28	31	95
40-44	11	Jennifer Woodruff, 40	UNAT	UNAT	0:31:34	32	96
40-44	12	Linda Anspach, 41	UNAT	UNAT	0:32:14	34	100
40-44	13	Rachel Mavis, 42	UNAT	UNAT	0:33:15	35	104
40-44	14	Stacia Shelton, 43	OREG	PCCM	0:35:12	37	107
40-44	15	Mary Carroll, 42	UNAT	UNAT	0:36:21	41	113
45-49	1	Elizabeth A Watkins, 46	OREG	ORM	0:21:58	5	18
45-49	2	Kendra L Wheeler, 49	OREG	KAM	0:22:01	6	19
45-49	3	Elaine Jane Cole, 48	UNAT	UNAT	0:25:46	14	49
45-49	4	Lisa L Nirell, 49	ALEX		0:26:35	18	66
45-49	5	Karen Allen, 47	OREG	COMA	0:26:50	20	70
45-49	6	Joannie Krehbiel, 49	UNAT	UNAT	0:27:40	23	78
50-54	1	Lori E Lamoureux, 51	OREG	ORM	0:26:39	19	68
50-54	2	Cynthia E Larkin, 52	OREG	COMA	0:28:08	24	80

50-54	3	Debbie M Pappa, 50	OREG	COMA	0:28:18	25	81
50-54	4	Lori S Brizee, 54	OREG	COMA	0:35:39	39	109
55-59	1	Madeleine S Holmberg, 58	OREG	COMA	0:26:01	15	56
55-59	2	Janine K Richardson, 59	OREG	COMA	0:35:28	38	108
60-64	1	Jill M Wright, 60	SAWS		0:28:58	26	84
65-69	1	Judy Ziemer, 67	OREG	COMA	0:36:10	40	112
65-69	2	Lynn S Sacks, 65	OREG	OPEN	0:36:26	42	114
65-69	3	Peggy S Whiter, 67	OREG	COMA	0:37:22	43	116
70-74	1	Peggie H Hodge, 71	OREG	COMA	0:42:26	44	119
Male							
18-24	1	Lindon Powell, 19	UNAT	UNAT	0:28:25	37	82
25-29	1	Brett Crandall, 28	OREG	COMA	0:21:02	1	3
25-29	2	Ian McCurdy, 26	UNAT	UNAT	0:22:11	11	22
30-34	1	Nick Thorpe, 31	OREG		0:24:25	20	37
35-39	1	Andrew R Singer, 38	OREG	COMA	0:23:47	18	33
35-39	2	Michael Graham, 37	UNAT	UNAT	0:35:50	44	111
40-44	1	Ethan Nelson, 40	OREG	AQDK	0:21:26	4	6
40-44	2	Christian F Tujo, 40	OREG	COMA	0:21:42	7	11
40-44	3	Matthew K Long, 43	OREG	WVAC	0:26:11	30	61
45-49	1	Warren W Barnes, 49	OREG	AQDK	0:22:19	12	25
45-49	2	Rick A Rodriguez, 48	OREG	AQDK	0:22:50	13	26
45-49	3	Frank Cobarrubia, 47	UNAT	UNAT	0:25:53	25	51
45-49	4	Chris Guy, 49	UNAT	UNAT	0:26:24	31	63
45-49	5	John S Griley, 48	OREG	COMA	0:27:28	35	74
45-49	6	Andy Lewis, 47	OREG	AQDK	0:27:38	36	77
45-49	7	Cornelius J Peeples, 45	OREG	COMA	0:31:37	41	97
50-54	1	Curt R La Count, 52	OREG	PCCM	0:21:21	2	4
50-54	2	Patrick Allender, 52	OREG	CAT	0:21:23	3	5
50-54	3	Jeffrey Anspach, 50	OREG	COMA	0:21:54	9	16
50-54	4	David H Wash, 50	UNAT	UNAT	0:22:09	10	20
50-54	5	Tom Williams, 51			0:23:03	15	28
50-54	6	Michael J Douglas, 53	OREG	COMA	0:23:46	17	32
50-54	7	Mark E Fairlee, 53	OREG	COMA	0:24:29	21	38
50-54	8	Daniel D Mayhew, 54	OREG	AQDK	0:26:01	27	55
50-54	9	Mitch Hanan, 52	OREG	AQDK	0:26:05	28	57
50-54	10	Kevin Thurston, 52	UNAT	UNAT	0:26:48	34	69
55-59	1	Charlie E Swanson, 59	OREG	EA	0:21:37	6	10
55-59	2	Mike Tennant, 58	OREG	COMA	0:21:50	8	14
55-59	3	Ed Ramsey, 55	OREG	THB	0:23:35	16	31
55-59	4	Keith C Dow, 55	OREG	OPEN	0:24:36	22	39
55-59	5	Mark L Becker, 56	OREG	THB	0:25:14	23	42
55-59	6	John Powell, 55	OREG	COMA	0:25:27	24	45
55-59	7	Mark Connell, 56	UNAT	UNAT	0:26:06	29	58
55-59	8	Michael J Bingle, 55	SWMS		0:28:34	38	83
55-59	9	Steve Jensen, 55	UNAT	UNAT	0:29:12	39	85
60-64	1	Steve M Johnson, 63	OREG	EA	0:21:35	5	9
60-64	2	Michael P Carew, 61	OREG	COMA	0:22:53	14	27
60-64	3	Jed P Cronin, 62	OREG	THB	0:25:56	26	53
60-64	4	Mike H Warren, 60	OREG	COMA	0:26:38	33	67
60-64	5	Richard A Jenkins, 63	OREG	COMA	0:32:40	42	102
60-64	6	Hank McCurdy, 63	UNAT	UNAT	0:37:14	45	115
65-69	1	John L Spence, 69	OREG	COMA	0:26:31	32	65
65-69	2	Daniel R Gray, 66	OREG	OPEN	0:29:32	40	86
75-79	1	David A Radcliff, 77	OREG	THB	0:23:51	19	34
80-84	1	Lew Hollander 81	UNAT	UNAT	0:34:49	43	106

Race #4 : 5000 Meter Swim Results**Category I Suits Division**

Ag Gp	PI	Name	Club	Team	Time	M/F	Overall
Female							
35-39	1	Lisa E Sandoval, 39	OREG	CGM	1:33:04	5	41
45-49	1	Sara E Steinhoffer, 48	SDSM		1:17:34	1	15
50-54	1	Kris A Denney, 51	OREG	COMA	1:19:38	2	19
50-54	2	Joni D Young, 50	OREG	KAM	1:27:06	3	29
50-54	3	Dallas L Turner, 53	SAWS		1:28:54	4	35
50-54	4	Paula J Moores, 53	SAWS		1:41:15	7	50
55-59	1	Elizabeth H Budd, 57	OREG	CAT	1:33:54	6	42
55-59	2	Connie Shuman, 56	OREG	COMA	2:05:40	8	59
Male							
30-34	1	Martin Held, 31	UNAT	UNAT	2:15:20	7	60
40-44	1	Tim Waud, 44	OREG	ORM	1:24:55	4	24
40-44	2	Timur Kiykioglu, 44	OREG		1:29:35	6	37
45-49	1	Hardy C Lussier, 46	OREG	COMA	1:10:44	1	1
45-49	2	James L Proffitt, 46	OREG	COMA	1:14:42	2	10
45-49	3	Kris Calvin, 49	OREG	COMA	1:17:55	3	16
55-59	1	Robert B Richardson, 58	OREG	COMA	1:28:18	5	33

Category II Suits Division

Ag Gp	PI	Name	Club	Team	Time	M/F	Overall
Female							
18-24	1	Kayla Schott-Bresler, 23	UNAT	UNAT	1:26:05	6	25
18-24	2	Barbara L Johnshoy, 24	PNA	SVMS	1:29:16	10	36
25-29	1	Kelsey Holmberg, 29	UNAT	UNAT	1:11:53	1	3
25-29	2	Ellen L Lee, 29	OREG	CAT	1:13:08	2	5
25-29	3	Krista Polvi, 28	UNAT	UNAT	1:16:37	3	12
25-29	4	Annie Muske-Dukes-Driggs, 27	OREG	COMA	1:54:35	19	57
30-34	1	Annie Loe, 31	UNAT	UNAT	1:49:37	17	54
35-39	1	Mary A Christopher, 36	UNAT	UNAT	1:32:12	11	39
35-39	2	Bonnie B Edwards, 39	OREG	ORM	1:32:53	12	40
40-44	1	Julie E Himstreet, 40	OREG	EA	1:17:26	3	14
40-44	2	Kirsten N Hansen, 41	OREG	EA	1:20:08	4	20
40-44	3	Cheryl A Morgen, 41	OREG	COMA	1:23:39	5	22
40-44	4	Kelly M Richards, 42	PNA		1:28:01	8	31
40-44	5	Cynthia M Smidt, 41	OREG	COMA	1:28:05	9	32
40-44	6	Carrie Ward, 40	OREG	EA	1:47:34	16	53
40-44	7	Jennifer Woodruff, 40	UNAT	UNAT	1:52:40	18	56
40-44	8	Stacia Shelton, 43	OREG	PCCM	2:16:43	20	61
45-49	1	Wendy K VanDeSompele, 45	PNA	UNAT	1:26:55	7	27
50-54	1	Lori E Lamoureux, 51	OREG	ORM	1:38:30	14	47
55-59	1	Madeleine S Holmberg, 58	OREG	COMA	1:34:00	13	43
60-64	1	Jill M Wright, 60	SAWS		1:40:30	15	48
Male							
25-29	1	Brett Crandall, 28	OREG	COMA	1:11:56	2	4
25-29	2	Ian McCurdy, 26	UNAT	UNAT	1:24:00	12	23
30-34	1	Patrick Lee, 30	OREG	CAT	1:11:51	1	2
40-44	1	Ethan Nelson, 40	OREG	AQDK	1:13:14	3	6
40-44	2	Christian F Tujo, 40	OREG	COMA	1:16:42	8	13
40-44	3	Matthew Paz, 40	UNAT	UNAT	1:44:20	22	51
40-44	4	Scott B Nelson, 40	OREG	SYD	2:02:02	25	58
45-49	1	Frank Cobarrubia, 47	UNAT	UNAT	1:28:23	16	34
45-49	2	John S Griley, 48	OREG	COMA	1:34:18	18	44
45-49	3	Andy Lewis, 47	OREG	AQDK	1:34:26	19	45

50-54	1	Curt R La Count, 52	OREG	PCCM	1:13:52	4	7
50-54	2	Patrick Allender, 52	OREG	CAT	1:14:00	5	8
50-54	3	Ron J Thompson, 51	OREG	COMA	1:14:35	6	9
50-54	4	Jeffrey Anspach, 50	OREG	COMA	1:14:45	7	11
50-54	5	David H Wash, 50	UNAT	UNAT	1:18:14	9	17
50-54	6	Michael J Douglas, 53	OREG	COMA	1:26:50	13	26
50-54	7	Daniel D Mayhew, 54	OREG	AQDK	1:27:08	15	30
50-54	8	Mitch Hanan, 52	OREG	AQDK	1:29:44	17	38
50-54	9	Robin Bragg, 51	OREG	OPEN	1:50:25	24	55
55-59	1	Keith C Dow, 55	OREG	OPEN	1:27:01	14	28
55-59	2	Michael J Bingle, 55	SWMS		1:41:11	21	49
60-64	1	Michael P Carew, 61	OREG	COMA	1:18:32	10	18
65-69	1	Daniel R Gray, 66	OREG	OPEN	1:37:12	20	46
65-69	2	Jerry Balsler, 67	UNAT	UNAT	1:44:55	23	52
75-79	1	David A Radcliff, 77	OREG	THB	1:20:30	11	21

Race #5 : 1000 Meter Swim Results**Category I Suits Division**

Ag Gp	PI	Name	Club	Team	Time	M/F	Overall
Female							
18-24	1	Heidi Tilicki, 22	OREG	EA	0:18:06	5	34
25-29	1	Emily Anne Schmitt, 27	UNAT	UNAT	0:17:16	4	25
25-29	2	Victoria C Caloca, 28	OREG	UNAT	0:21:33	27	68
30-34	1	Amy J Holcomb, 31	OREG	COMA	0:15:18	1	5
35-39	1	Amy K Ward, 38	OREG	COMA	0:15:25	2	7
35-39	2	Mary A Christopher, 36	UNAT	UNAT	0:19:15	10	52
35-39	3	Bonnie B Edwards, 39	OREG	ORM	0:20:12	13	59
35-39	4	Lisa E Sandoval, 39	OREG	CGM	0:20:19	14	62
40-44	1	Cheryl A Morgen, 41	OREG	COMA	0:18:46	9	44
40-44	2	Dara Gaskin, 42	OREG	COMA	0:21:16	26	66
45-49	1	Elizabeth A Watkins, 46	OREG	ORM	0:15:53	3	11
45-49	2	Gayle A Orner, 48	OREG	CBAT	0:24:27	29	79
50-54	1	Laura K Schob, 52	OREG	COMA	0:18:20	6	36
50-54	2	Joni D Young, 50	OREG	KAM	0:18:39	7	41
50-54	3	Dallas L Turner, 53	SAWS		0:18:42	8	43
50-54	4	Paula J Moores, 53	SAWS		0:21:15	15	64
55-59	1	Elizabeth H Budd, 57	OREG	CAT	0:19:16	11	53
55-59	2	Madeleine S Holmberg, 58	OREG	COMA	0:20:03	12	58
55-59	3	Mel E Langdon, 57	UNAT	UNAT	0:22:36	28	71
55-59	4	Connie Shuman, 56	OREG	COMA	0:25:06	20	82
70-74	1	Peggie H Hodge, 71	OREG	COMA	0:27:29	21	90
Male							
25-29	1	Dustin Goodnight, 25	UNAT	UNAT	0:20:18	7	61
40-44	1	Tim Waud, 44	OREG	ORM	0:17:53	2	29
40-44	2	Alex Nice, 43	Mechelen		0:18:17	3	35
40-44	3	Timur Kiykioglu, 44	OREG		0:18:59	6	48
45-49	1	James L Proffitt, 46	OREG	COMA	0:16:08	1	15
50-54	1	Ron J Thompson, 51	OREG	COMA	0:18:22	5	38
50-54	2	Robin Bragg, 51	OREG	OPEN	0:24:34	9	80
55-59	1	Robert B Richardson, 58	OREG	COMA	0:18:21	4	37
55-59	2	Randy S Sargent, 59	OREG	COMA	0:23:41	8	77
60-64	1	Dennis Gallagher, 61	OREG	COMA	0:26:37	10	88

Category II Suits Division

Ag Gp	PI	Name	Club	Team	Time	M/F	Overall
Female							
18-24	1	Kayla Schott-Bresler, 23	UNAT	UNAT	0:18:04	9	32
18-24	2	Barbara L Johnshoy, 24	PNA	SVMS	0:18:56	12	46
18-24	3	Hannah Larkin, 23	UNAT	UNAT	0:19:04	13	50
25-29	1	Kelsey Holmberg, 29	UNAT	UNAT	0:15:17	1	4
25-29	2	Annie Muske-Dukes-Driggs, 27	OREG	COMA	0:23:21	20	75
30-34	1	Vanessa Cobarrubia, 34	UNAT	UNAT	0:23:00	19	73
40-44	1	Kristine M Senkier, 41	OREG	COMA	0:15:51	3	10
40-44	2	Maxine Braune, 40	OREG	COMA	0:16:42	5	18
40-44	3	Kirsten N Hansen, 41	OREG	EA	0:16:56	6	19
40-44	4	Julie E Himstreet, 40	OREG	EA	0:17:12	7	22
40-44	5	Kelly M Richards, 42	PNA		0:18:31	10	40
40-44	6	Linda Anspach, 41	UNAT	UNAT	0:21:20	17	67
40-44	7	Mary Carroll, 42	UNAT	UNAT	0:25:13	25	84
40-44	8	Stacia Shelton, 43	OREG	PCCM	0:29:15	28	91
45-49	1	Kendra L Wheeler, 49	OREG	KAM	0:15:44	2	8
45-49	2	Wendy K VanDeSompele, 45	PNA	UNAT	0:17:56	8	30
45-49	3	Lisa L Nirell, 49	ALEX		0:18:50	11	45
50-54	1	Kris A Denney, 51	OREG	COMA	0:15:564	4	12
50-54	2	Cynthia E Larkin, 52	OREG	COMA	0:19:06	14	51
50-54	3	Lori E Lamoureux, 51	OREG	ORM	0:19:56	15	57
50-54	4	Lori S Brizee, 54	OREG	COMA	0:25:48	27	86
55-59	1	Chris LeBoeuf, 59	OREG	COMA	0:22:26	18	70
55-59	2	Janine K Richardson, 59	OREG	COMA	0:23:34	21	76
60-64	1	Jill M Wright, 60	SAWS		0:20:15	16	60
65-69	1	Judy Ziemer, 67	OREG	COMA	0:24:24	22	78
65-69	2	Peggy S Whiter, 67	OREG	COMA	0:24:44	23	81
65-69	3	Lynn S Sacks, 65	OREG	OPEN	0:25:07	24	83
65-69	4	Pam Himstreet, 67	UNAT	UNAT	0:25:23	26	85
Male							
18-24	1	Lindon Powell, 19	UNAT	UNAT	0:19:42	25	56
25-29	1	Brett Crandall, 28	OREG	COMA	0:15:05	1	1
30-34	1	Nick Thorpe, 31	OREG		0:17:17	14	26
35-39	1	Andrew R Singer, 38	OREG	COMA	0:17:03	11	21
40-44	1	Ethan Nelson, 40	OREG	AQDK	0:15:10	2	2
40-44	2	Christian F Tujo, 40	OREG	COMA	0:16:03	7	14
40-44	3	Matthew K Long, 43	OREG	WVAC	0:17:50	16	28
40-44	4	Scott B Nelson, 40	OREG	SYD	0:27:00	32	89
45-49	1	Frank Cobarrubia, 47	UNAT	UNAT	0:18:29	19	39
45-49	2	Andy Lewis, 47	OREG	AQDK	0:19:16	23	54
45-49	3	Chris Guy, 49	UNAT	UNAT	0:19:30	24	55
45-49	4	Cornelius J Peeples, 45	OREG	COMA	0:22:23	28	69
45-49	5	Scott Carlson, 46	UNAT	UNAT	0:23:12	30	74
50-54	1	Curt R La Count, 52	OREG	PCCM	0:15:11	3	3
50-54	2	Patrick Allender, 52	OREG	CAT	0:15:20	4	6
50-54	3	David H Wash, 50	UNAT	UNAT	0:15:57	6	13
50-54	4	Jeffrey Anspach, 50	OREG	COMA	0:16:59	10	20
50-54	5	Michael J Douglas, 53	OREG	COMA	0:17:14	13	24
50-54	6	Mark E Fairlee, 53	OREG	COMA	0:17:23	15	27
50-54	7	Daniel D Mayhew, 54	OREG	AQDK	0:17:58	17	31
50-54	8	Mitch Hanan, 52	OREG	AQDK	0:19:03	22	49
55-59	1	Mike Tennant, 58	OREG	COMA	0:15:49	5	9
55-59	2	Keith C Dow, 55	OREG	OPEN	0:17:12	12	23
55-59	3	John Powell, 55	OREG	COMA	0:18:05	18	33

55-59	4	Steve Jensen, 55	UNAT	UNAT	0:20:36	26	63
55-59	5	Michael J Bingle, 55	SWMS		0:21:16	27	65
60-64	1	Michael P Carew, 61	OREG	COMA	0:16:14	8	16
60-64	2	Mike H Warren, 60	OREG	COMA	0:18:58	21	47
60-64	3	Richard A Jenkins, 63	OREG	COMA	0:22:53	29	72
60-64	4	Hank McCurdy, 63	UNAT	UNAT	0:26:06	31	87
65-69	1	John L Spence, 69	OREG	COMA	0:18:40	20	42
75-79	1	David A Radcliff, 77	OREG	THB	0:16:35	9	17

Final Long Series Results (Completed 1500, 3000 and 5000 Meter Races)

Age Gr	Series Place	Name/Age	Club	Team	Age Group Points	Gender Points	Series Place
Female							
18-24	1	Barbara L Johnshoy, 24	PNA	SVMS	5	65	14
25-29	1	Kelsey Holmberg, 29	UNAT	UNAT	3	9	2
25-29	2	Krista Polvi, 28	UNAT	UNAT	7	15	4
35-39	1	Lisa E Sandoval, 39	OREG	CGM	4	47	11
40-44	1	Julie E Himstreet, 40	OREG	EA	6	25	5
40-44	2	Kirsten N Hansen, 41	OREG	EA	9	31	6
40-44	3	Cheryl A Morgen, 41	OREG	COMA	13	40	9
40-44	4	Cynthia M Smidt, 41	OREG	COMA	20	58	13
40-44	5	Kelly M Richards, 42	PNA		21	66	15
40-44	6	Jennifer Woodruff, 40	UNAT	UNAT	30	104	18
40-44	7	Stacia Shelton, 43	OREG	PCCM	35	118	20
45-49	1	Sara E Steinhoffer, 48	SDSM		3	7	1
45-49	2	Wendy K VanDeSompele, 45	PNA	UNAT	8	40	9
50-54	1	Kris A Denney, 51	OREG	COMA	3	10	3
50-54	2	Joni D Young, 50	OREG	KAM	7	32	7
50-54	3	Dallas L Turner, 53	SAWS		9	32	7
50-54	4	Paula J Moores, 53	SAWS		14	77	16
55-59	1	Elizabeth H Budd, 57	OREG	CAT	4	55	12
55-59	2	Connie Shuman, 56	OREG	COMA	10	109	19
60-64	1	Jill M Wright, 60	SAWS		3	90	17
Male							
40-44	1	Ethan Nelson, 40	OREG	AQDK	4	19	4
40-44	2	Christian F Tujo, 40	OREG	COMA	8	33	7
45-49	1	James L Proffitt, 46	OREG	COMA	5	6	1
45-49	2	Kris Calvin, 49	OREG	COMA	6	9	2
45-49	3	Frank Cobarrubia, 47	UNAT	UNAT	13	80	14
45-49	4	John S Griley, 48	OREG	COMA	17	100	15
50-54	1	Curt R La Count, 52	OREG	PCCM	4	17	3
50-54	2	Patrick Allender, 52	OREG	CAT	7	21	5
50-54	3	Jeffrey Anspach, 50	OREG	COMA	12	32	6
50-54	4	David H Wash, 50	UNAT	UNAT	15	39	8
50-54	5	Michael J Douglas, 53	OREG	COMA	19	62	2
50-54	6	Robin Bragg, 51	OREG	OPEN	31	117	18
55-59	1	Robert B Richardson, 58	OREG	COMA	8	55	10
55-59	2	Keith C Dow, 55	OREG	OPEN	12	75	13
55-59	3	Michael J Bingle, 55	SWMS		20	110	17
60-64	1	Michael P Carew, 61	OREG	COMA	4	46	9
65-69	1	Daniel R Gray, 66	OREG	OPEN	6	109	16
75-79	1	David A Radcliff, 77	OREG	THB	3	58	11

Final Short Series Results (Completed 500, 1000 and 1500 Meter Races)

Age Group	Series Place	Series Name/Age	Club	Team	Age Group Points	Gender Points	Series Place
Female							
18-24	1	Kayla Schott-Bresler, 23	UNAT	UNAT	4	59	9
25-29	1	Victoria C Caloca, 28	OREG	UNAT	10	106	16
25-29	2	Annie Muske-Dukes-Drigg, 27	OREG	COMA	13	128	18
30-34	1	Amy J Holcomb, 31	OREG	COMA	3	4	1
30-34	2	Vanessa Cobarrubia, 34	UNAT	UNAT	11	138	20
35-39	1	Amy K Ward, 38	OREG	COMA	3	5	2
35-39	2	Mary A Christopher, 36	UNAT	UNAT	7	57	8
35-39	3	Bonnie B Edwards, 39	OREG	ORM	10	75	11
40-44	1	Kristine M Senkier, 41	OREG	COMA	4	25	5
40-44	2	Maxine Braune, 40	OREG	COMA	12	42	7
40-44	3	Dara Gaskin, 42	OREG	COMA	23	101	15
40-44	4	Linda Anspach, 41	UNAT	UNAT	29	128	18
40-44	5	Mary Carroll, 42	UNAT	UNAT	36	158	26
45-49	1	Elizabeth A Watkins, 46	OREG	ORM	4	18	3
45-49	2	Kendra L Wheeler, 49	OREG	KAM	7	24	4
45-49	3	Lisa L Nirell, 49	ALEX		16	85	12
45-49	4	Gayle A Orner, 48	OREG	CBAT	22	123	17
50-54	1	Laura K Schob, 52	OREG	COMA	8	41	6
50-54	2	Lori E Lamoureux, 51	OREG	ORM	17	92	13
50-54	3	Cynthia E Larkin, 52	OREG	COMA	19	100	14
50-54	4	Lori S Brizee, 54	OREG	COMA	26	154	23
55-59	1	Madeleine S Holmberg, 58	OREG	COMA	6	72	10
55-59	2	Janine K Richardson, 59	OREG	COMA	16	147	21
65-69	1	Judy Ziemer, 67	OREG	COMA	3	148	22
65-69	2	Lynn S Sacks, 65	OREG	OPEN	7	156	24
65-69	3	Peggy S Whiter, 67	OREG	COMA	8	156	24
70-74	1	Peggie H Hodge, 71	OREG	COMA	3	160	27
Male							
18-24	1	Lindon Powell, 19	UNAT	UNAT	3	110	17
25-29	1	Brett Crandall, 28	OREG	COMA	3	10	1
25-29	2	Dustin Goodnight, 25	UNAT	UNAT	7	97	14
30-34	1	Nick Thorpe, 31	OREG		3	64	6
35-39	1	Andrew R Singer, 38	OREG	COMA	5	55	5
40-44	1	Tim Waud, 44	OREG	ORM	9	34	3
40-44	2	Alex Nice, 43	Mechelen		12	45	4
40-44	3	Matthew K Long, 43	OREG	WVAC	16	88	10
45-49	1	Chris Guy, 49	UNAT	UNAT	13	92	11
45-49	2	Andy Lewis, 47	OREG	AQDK	15	106	16
50-54	1	Mark E Fairlee, 53	OREG	COMA	21	75	7
50-54	2	Daniel D Mayhew, 54	OREG	AQDK	22	81	8
50-54	3	Mitch Hanan, 52	OREG	AQDK	26	95	13
55-59	1	Mike Tennant, 58	OREG	COMA	4	22	2
55-59	2	John Powell, 55	OREG	COMA	17	81	8
55-59	3	Steve Jensen, 55	UNAT	UNAT	22	116	18
60-64	1	Mike H Warren, 60	OREG	COMA	9	102	15
60-64	2	Richard A Jenkins, 63	OREG	COMA	12	129	19
60-64	3	Dennis Gallagher, 61	OREG	COMA	15	133	20
65-69	1	John L Spence, 69	OREG	COMA	5	94	12

The Survivors - Completed all Five Races

Age Group	Name Age	Club	Team	City	State
Female					
18-24	Barbara L Johnshoy, 24	PNA	SVMS	Sedro-Woolley	WA
25-29	Kelsey Holmberg, 29	UNAT	UNAT	Redmond	OR
25-29	Annie Muske-Dukes-Driggs, 27	OREG	COMA	Bend	OR
35-39	Lisa E Sandoval, 39	OREG	CGM	Hood River	OR
35-39	Bonnie B Edwards, 39	OREG	ORM	Portland	OR
35-39	Mary A Christopher, 36	UNAT	UNAT	Portland	OR
40-44	Kelly M Richards, 42	PNA		Black Diamond	WA
40-44	Julie E Himstreet, 40	OREG	EA	Eugene	OR
40-44	Kirsten N Hansen, 41	OREG	EA	Springfield	OR
40-44	Stacia Shelton, 43	OREG	PCCM	Portland	OR
40-44	Cheryl A Morgen, 41	OREG	COMA	Bend	OR
45-49	Wendy K VanDeSompele, 45	PNA	UNAT	Vashon	WA
50-54	Lori E Lamoureux, 51	OREG	ORM	Tigard	OR
50-54	Kris A Denney, 51	OREG	COMA	Bend	OR
50-54	Dallas L Turner, 53	SAWS		Boise	ID
50-54	Paula J Moores, 53	SAWS		Boise	ID
50-54	Joni D Young, 50	OREG	KAM	Salem	OR
55-59	Madeleine S Holmberg, 58	OREG	COMA	Bend	OR
55-59	Connie Shuman, 56	OREG	COMA	Bend	OR
55-59	Elizabeth H Budd, 57	OREG	CAT	Corvallis	OR
60-64	Jill M Wright, 60	SAWS		Boise	ID
Male					
25-29	Brett Crandall, 28	OREG	COMA	Bend	OR
40-44	Christian F Tujo, 40	OREG	COMA	Sisters	OR
40-44	Ethan Nelson, 40	OREG	AQDK	Eugene	OR
40-44	Tim Waud, 44	OREG	ORM		
45-49	Frank Cobarrubia, 47	UNAT	UNAT	Bend	OR
45-49	Andy Lewis, 47	OREG	AQDK	Eugene	OR
50-54	Mitch Hanan, 52	OREG	AQDK	Springfield	OR
50-54	Curt R La Count, 52	OREG	PCCM	Lake Oswego	OR
50-54	Jeffrey Anspach, 50	OREG	COMA		
50-54	Daniel D Mayhew, 54	OREG	AQDK	Eugene	OR
50-54	Robin Bragg, 51	OREG	OPEN	Gladstone	OR
50-54	Patrick Allender, 52	OREG	CAT	Corvallis	OR
50-54	David H Wash, 50	UNAT	UNAT	North Bend	OR
50-54	Michael J Douglas, 53	OREG	COMA	Bend	OR
55-59	Keith C Dow, 55	OREG	OPEN	Milwaukie	OR
55-59	Robert B Richardson, 58	OREG	COMA	Bend	OR
55-59	Michael J Bingle, 55	SWMS		Vancouver	WA
60-64	Michael P Carew, 61	OREG	COMA	Bend	OR
75-79	David A Radcliff, 77	OREG	THB	Hillsboro	OR

Total Swimmers who Swam all Five Races: 40

Elk Lake Photos (Cascade Lakes Swim Series)

Photos by Ed Ramsey



OMS at USMS Nationals, LCM, Auburn, AL — August 3-6, 2011

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

O = Oregon Record
 * = Split

Name	PI	Age Group	Time				
Claire F. Michel		Women 18-24					
400 Meter Freestyle	6	23	5:06.59				
800 Meter Freestyle	1	23	10:25.36	O			
100 Meter Backstroke	4	23	1:21.17				
100 Meter Breaststroke	6	23	1:31.35				
200 Meter IM	5	23	2:42.48				
Donna M. Buck		Women 50-54					
50 Meter Freestyle	6	52	31.60				
50 Meter Breaststroke	6	52	41.45				
100 Meter Breaststroke	6	52	1:35.20				
Colette M. Crabbe		Women 55-59					
50 Meter Breaststroke	1	55	39.66	O			
100 Meter Breaststroke	1	55	1:25.82	O			
200 Meter Breaststroke	1	55	3:08.66	O			
200 Meter Butterfly	1	55	2:56.32	Z			
200 Meter IM	1	55	2:47.18	O			
400 Meter IM	1	55	5:55.53	Z			
Carol R. Stark		Women 60-64					
800 Meter Freestyle	4	63	19:35.82				
50 Meter Backstroke	6	63	56.54				
100 Meter Backstroke	3	63	2:14.16				
200 Meter Backstroke	3	63	4:56.14				
Kevin H. Cleary		Men 25-29					
100 Meter Breaststroke	5	28	1:18.42				
200 Meter Breaststroke	5	28	3:04.49				
50 Meter Butterfly	5	28	30.29				
200 Meter Butterfly	1	28	2:38.34				
Benjamin C. Weston		Men 30-34					
100 Meter Freestyle	1	30	53.95	Z			
200 Meter Freestyle	2	30	2:01.60				
50 Meter Breaststroke	1	30	33.04				
50 Meter Butterfly	1	30	26.61	O			
100 Meter Butterfly	2	30	59.49				
200 Meter IM	1	30	2:17.30				
Brent C. Washburne		Men 50-54					
100 Meter Freestyle	9	50	1:02.73				
100 Meter Breaststroke	11	50	1:28.27				
100 Meter Butterfly	7	50	1:13.89				
200 Meter Butterfly	4	50	3:18.77				
400 Meter IM	6	50	6:18.93				
Allen J. Larson		Men 55-59					
100 Meter Freestyle	16	58	1:13.69				
200 Meter Freestyle	10	58	2:34.52				
400 Meter Freestyle	13	58	5:44.61				
1500 Meter Freestyle	8	58	22:37.70				
200 Meter Breaststroke	8	58	3:53.03				
Allen L. Stark		Men 60-64					
50 Meter Breaststroke	2	62	35.10	Z			
100 Meter Breaststroke	2	62	1:17.99				
200 Meter Breaststroke	1	62	2:50.44	W			
Relay Results							
Place	Club				Time		
Women 160-199 200 Meter Medley Relay							
7	OREG "A"				2:44.61 O		
1)	Stark, Carol	2)	Buck, Donna				
3)	Crabbe, Colette	4)	Michel, Claire				
Men 160-199 200 Meter Freestyle Relay							
7	OREG "A"				1:52.26 O		
1)	Washburne, Brent C	2)	Cleary, Kevin H				
3)	Stark, Allen	4)	Weston, Benjamin				
Men 200-239 200 Meter Medley Relay							
3	OREG "A"				2:11.14 O		
1)	Washburne, Brent C	2)	Stark, Allen L				
3)	Weston, Benjamin C	4)	Larson, Allen J				
Mixed 120-159 200 Meter Freestyle Relay							
4	OREG "A"				1:56.28 O		
1)	Washburne, Brent C	2)	Buck, Donna M				
3)	Michel, Claire F	4)	Weston, Benjamin C				
Mixed 120-159 200 Meter Medley Relay							
5	OREG "A"				2:11.99 O		
1)	Michel, Claire F.	2)	Cleary, Kevin H				
3)	Weston, Benjamin C	4)	Crabbe, Colette M				
Mixed 200-239 200 Meter Freestyle Relay							
11	OREG "A"				2:22.48 O		
1)	Crabbe, Colette M	2)	Stark, Allen L				
3)	Stark, Carol R	4)	Larson, Allen J				

7th Place

Oregon Masters

346 Points

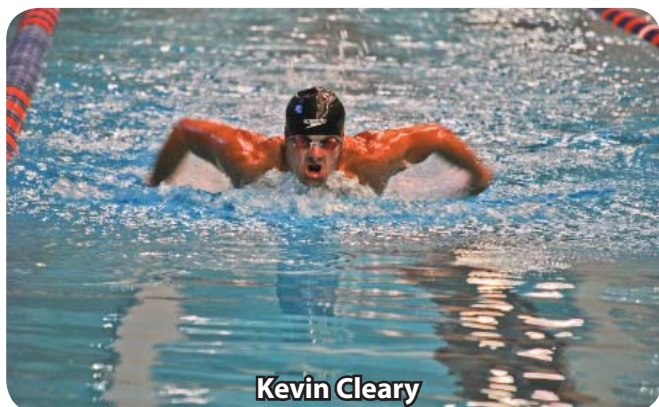
9 Swimmers

Broken Records

There were 34 USMS National records broken at this meet including 33 individual and one relay. Twenty-two of those records were Masters world records. A complete list of records can be found online.

USMS Summer Nationals

Photos by Brent Washburne



Kevin Cleary



Brent Washburne



Allen Stark



Claire Michel

More pictures on the back cover.

Stark Sets a New World Record in the 200 meter Breaststroke at USMS Summer Nationals

PHOENIX, Arizona, August 16. TODAY'S edition of The Morning Swim Show features Masters swimmer Allen Stark, who broke his first world record after decades in the sport.

Stark talks about breaking the world record in the 200 breast and who he emulates in his stroke technique. As a licensed psychiatrist, he talks about an ideal mental state when preparing for a race and what positive self-talk he gives himself. Watch the full show on SwimmingWorld.TV

CONGRATULATIONS ALLEN.



Donna Buck



Allen Larson, Kevin Cleary, Allen Stark, Colette Grabbe, Carol Stark, Ben Weston, Donna Buck, Brent Washburne, Claire Michel

OMS Association Open Water Championships 2011
Cottage Grove Lake
Cottage Grove, Oregon
August 14, 2011

1500-meter Results (Category I)

Sex	AgGrp	Pl	Name	Age	Club/Team	Time	F/M	Overall
F	20 - 24	1	Caitlyn Christensen	20	ORM	22:59.0	11	24
F	25 - 29	1	Victoria Caloca	28	OREG	26:46.7	18	36
F	30 - 34	1	Aubree Gustafson	30	ORM	21:57.5	6	14
F	30 - 34	2	Jacqueline Parker	33	OPEN	24:08.5	17	32
F	40 - 44	1	Elizabeth Hendersen	40	UNAT	20:25.9	1	3
F	40 - 44	2	Susie Young	42	THB	21:29.1	4	7
F	40 - 44	3	Gillian Salton	42	COMA	22:09.7	7	16
F	40 - 44	4	Breyer Barkman	42	EA	22:37.9	9	21
F	40 - 44	5	Cynthia Smidt	41	COMA	23:56.6	16	31
F	40 - 44	6	Ann Angvick	44	EA	28:59.0	19	41
F	45 - 49	1	Ellen Ferguson	49	MACO	21:28.9	3	6
F	45 - 49	2	Kendra Wheeler	49	KAM	21:46.4	5	12
F	45 - 49	3	Anne Davies	47	EA	22:16.2	8	18
F	45 - 49	4	Kim Hyland	49	EA	29:05.1	20	42
F	45 - 49	5	Gayle Orner	48	CBAT	30:24.0	21	44
F	45 - 49	6	Katherine Foster	47	unat	36:25.1	25	50
F	50 - 54	1	Kristin Denney	51	COMA	20:28.4	2	4
F	50 - 54	2	Laura Schob	52	COMA	22:46.6	10	22
F	50 - 54	3	Lori Lamoureux	51	ORM	23:09.5	12	25
F	50 - 54	4	Joni Young	50	KAM	23:10.9	13	26
F	50 - 54	5	Anne O'Connell	50	UNAT	32:52.7	22	46
F	55 - 59	1	Elizabeth Budd	57	CAT	23:14.1	14	27
F	55 - 59	2	Jeanna Summers	57	ORM	23:14.6	15	28
F	65 - 69	1	Peggy Whiter	67	COMA	35:05.4	23	48
F	65 - 69	2	Lynn Sacks	65	OPEN	36:23.7	24	49
M	20 - 24	1	Caleb Salmond	24	EA	21:32.0	5	9
M	35 - 39	1	Mark Braun	39	ORM	21:31.0	4	8
M	35 - 39	2	John Notis	38	OPEN	24:31.3	16	33
M	40 - 44	1	Tim Waud	44	ORM	20:30.3	3	5
M	45 - 49	1	Timothy Nelson	45	COMA	20:20.9	1	1
M	45 - 49	2	Darrin Lajoie	46	AQDK	20:22.6	2	2
M	45 - 49	3	Richard Sevies	47	UNAT	22:06.3	9	15
M	45 - 49	4	John Chalmers	48	UNAT	22:20.5	12	20
M	45 - 49	5	John Griley	48	COMA	25:55.4	18	35
M	50 - 54	1	Dave Wash	51	UNAT	21:48.6	8	13
M	50 - 54	2	Charlie Christensen	52	ORM	23:54.0	15	30
M	50 - 54	3	Lou Boone	50	OPEN	25:44.9	17	34
M	50 - 54	4	Robin Bragg	51	OPEN	27:51.3	20	38
M	50 - 54	5	Jan Voeller	50	COMA	29:46.2	23	43
M	55 - 59	1	Keith Dow	56	OPEN	21:36.5	6	10
M	55 - 59	2	David Fryefield	57	EA	21:44.5	7	11
M	55 - 59	3	Ed Ramsey	55	THB	22:11.4	10	17
M	55 - 59	4	Michael Bingle	55	VSC	30:25.2	24	45
M	55 - 59	5	Charlie Helm	55	OPEN	33:17.1	25	47
M	60 - 64	1	Bob Bruce	63	COMA	22:53.1	13	23

M	60 - 64	2	Michael Carew	61	COMA	23:41.3	14	29
M	60 - 64	3	Mike Warren	61	COMA	28:43.4	22	40
M	65 - 69	1	John Spence	69	COMA	27:07.4	19	37
M	65 - 69	2	Dan Gray	66	OPEN	28:02.5	21	39
M	75 - 79	1	David Radcliff	77	THB	22:18.2	11	19

1500-meter Results (Category II)

Sex	AgGrp	PI	Name	Age	Club/Team	Time	F/M	Overall
F	60 - 64	1	Stephanie Harris	61	EA		1	1

1000-meter Whitely Equipment Results

Sex	AgGrp	PI	Name	Age	Club/Team	Time	F/M	Overall
F	30 - 34	1	Aubree Gustafson	30	ORM	12:25.3	2	10
F	40 - 44	1	Susie Young	42	THB	12:16.2	1	8
F	40 - 44	2	Carolyn Jacobs	42	EA	17:56.7	9	23
F	45 - 49	1	Gayle Orner	48	CBAT	17:08.9	7	20
F	50 - 54	1	Lori Lamoureux	51	ORM	13:11.2	3	13
F	50 - 54	2	Joni Young	50	KAM	14:16.4	5	17
F	50 - 54	3	Laura Schob	52	COMA	14:38.5	6	18
F	50 - 54	4	Penny McLain	50	UNAT	18:53.7	10	25
F	55 - 59	1	Elizabeth Budd	57	CAT	13:54.2	4	15
F	55 - 59	2	Ellen Summers	57	ORM	17:13.6	8	21
M	35 - 39	1	John Notis	38	OPEN	12:17.6	8	9
M	35 - 39	2	Mark Braun	39	ORM	12:37.7	9	11
M	40 - 44	1	Tim Waud	44	ORM	11:36.9	5	5
M	45 - 49	1	Richard Sevier	47	UNAT	11:40.7	6	6
M	45 - 49	2	Darrin Lajoie	46	AQDK	12:39.0	10	12
M	45 - 49	3	Robert Westlake	49	MACO	16:56.4	16	26
M	50 - 54	1	Robin Bragg	51	OPEN	14:02.5	12	16
M	50 - 54	2	Lou Boone	50	OPEN	17:49.1	14	22
M	55 - 59	1	David Fryefield	57	EA	11:04.3	2	2
M	55 - 59	2	Ed Ramsey	55	THB	11:36.4	4	4
M	55 - 59	3	Keith Dow	56	OPEN	13:42.4	11	14
M	55 - 59	4	Michael Bingle	55	VSC	14:50.0	13	19
M	60 - 64	1	Steve Johnson	63	EA	10:54.2	1	1
M	60 - 64	2	Michael Carew	61	COMA	11:26.1	3	3
M	65 - 69	1	Dan Gray	66	OPEN	18:33.1	15	24
M	75 - 79	1	David Radcliff	77	THB	12:11.1	7	7

500-meter Flatfoot Kicking Results

Sex	AgGrp	PI	Name	Age	Club/Team	Time	F/M	Overall
F	25 - 29	1	Victoria Caloca	28	OREG	13:26.0	5	8
F	30 - 34	1	Aubree Gustafson	30	ORM	09:34.6	1	1
F	30 - 34	2	Jacqueline Parker	33	OPEN	11:59.0	4	7
F	40 - 44	1	Ann Angvick	44	EA	13:28.6	6	9
F	40 - 44	2	Susie Young	42	THB	13:36.4	7	10
F	45 - 49	1	Gayle Orner	48	CBAT	17:01.1	8	12
F	50 - 54	1	Lori Lamoureux	51	ORM	11:19.3	3	6
F	50 - 54	Exh	Joni Young	50	KAM	12:03.7	x	x
F	55 - 59	1	Jeanna Summers	57	ORM	11:06.5	2	5
M	35 - 39	1	John Notis	38	OPEN	13:39.0	4	11
M	40 - 44	1	Tim Waud	44	ORM	10:34.9	2	3
M	45 - 49	1	John Chalmers	48	UNAT	10:15.4	1	2
M	50 - 54	Exh	Robin Bragg	51	OPEN	12:01.2	x	x
M	55 - 59	1	Ed Ramsey	55	THB	10:41.1	3	4
M	60 - 64	Exh	Michael Carew	61	COMA	12:03.7	x	x

OMS Association Open Water Team Championships 2011

Large Teams

	Points
1 Central Oregon Masters Aquatics	66
2 Oregon Reign Masters	56
3 Tualatin Hills Barracudas	25

Small Teams

	Points
1 OPENarwhals	43
2 Emerald Aquatics	29
3 Kroc Aquatic Masters	9
4t Corvallis Aquatic Team	8
4t Multnomah Athletic Club	8
6 AquaDucks	6
7 Vancouver Swim Club	3
8 Circumnavigating Beavers	2



Central Oregon Masters Aquatics (COMA)



OPENarwhals



Club Reports

DUCK

April Robinson, Team Representative

Dan Cole was the head coach for the University of Oregon's PAC-10 swim team until the program was cut in 1986. He currently serves as the South Eugene High school coach as well as the head coach for the Willamalane Swim Club. Dan began coaching the UO Club Swim Team in 2007. He also teaches Learn to Lap Swim and Swim Conditioning I and II at the UO.

The best thing about swim club is traveling! The UO Swim Club travels throughout Oregon, Washington, and occasionally California. At the end of our season a group of swimmers goes to nationals! In 2011 we went to Mesa, Arizona, and next year is Greensboro, North Carolina!



SWMS

Esther Ellis, Team Representative

Club SWMS recently won a contest hosted by USMS. Clubs were encouraged to post photos of their co-branded USMS/Club banners on the USMS Facebook page. The banners are provided free to all USMS registered clubs. The club received two USMS polo shirts for club volunteers and a USMS backpack filled with USMS goodies. The winning club was randomly selected. See the winning photo submitted by the club.



SWIM BITS

Continued from page 5

That is how I ended up with the "orange orca" suit I've been wearing all summer for open water swims.

If you want, you can also order, from George, a paperback copy of *Wind, Waves and Sunburn*, an early history of open water swimming up until 1974. It is well worth reading for the monstrous swims done in the past, such as the first Catalina Channel Swim in 1927, called "The Chewing Gum Swim," sponsored by Charles Wrigley who awarded the winner \$25,000.

The book also describes the 60 Mile Lake Michigan swim of 1962 and the 24 Hour swim in LaTuque, Quebec, in 1963. I happened to beat Ted Erickson, the world record holder for 30 miles, in 1975 at the Illinois State Masters Championships in a 1650, but I had no clue then that he had also swum from the Farallons to the Golden Gate Bridge in 1966, thirty plus miles through shark infested waters. Wow!

Ginger Pierson Sets 3 New Oregon and Zone Records at the Southern Pacific Masters Swimming Championship

LCM Meet

Mission Viejo, CA.
August 12-14, 2011

Ginger Pierson	Time	Record
Women 65-69		
50 LCM Breast	43.94	O, Z
100 LCM Breast	1:39.83	O, Z
200 LCM Breast	3:41.76	O, Z

Swimmer Spotlight

by Tim Lunney

Name: Rob Higley
Age: 46
Occupation: Aquatics Director
Local Team: COMA

We have all seen him at the lake and the pool and describe him as the all-around swim competitor, but if I had to describe Rob Higley in one word, ... it would be giving. I have not met anyone who does as much for others as he.

"People should do things for each other," is his whole philosophy to life. There are those who have a great philosophy and there are those who live their philosophy. Rob Higley lives his philosophy every day.

He coordinates the Red Cross blood drive at the Athletic Club of Bend four times each year, and he has been known to fill his roster by simply meeting people at the front desk and asking for a pint or two.

He is a swim coach for the athletes of the Central Oregon Special Olympics, and they come to him a couple times each week where Rob runs them through the rigors of a coached practice where they kick, drill, and swim their way to a better swimming form.

"Those kids have such a great time. They are so appreciative of everything that I teach them. It is so great to see them happy."

He is a volunteer for the Hospice in Central Oregon and spends time with those who don't have much time left and need someone to share their last stories with.

"Those people have such things to share. It is incredible how interesting those people are and the lives that they have had. I am lucky to get to hear their last stories. They only have a little time left and want to leave someone with the advice and knowledge it took a lifetime to learn."

The Friends with Flowers is another organization on Rob's list that collects flowers from florists that would otherwise be thrown away, and takes them to someone who makes arrangements from them. He then collects and delivers the



arrangements to people who are in nursing homes, hospitals, or maybe just alone living day to day without the contact of many friends.

"I am kind of a romantic. There is something that happens to people, especially women, when they get flowers. You can see it in their eyes. It is as if they become alive again, and I am able to be there and have helped give someone that glimmer of happiness. I am lucky to be able to have something to do with that."

He takes no credit for any of these roles. He either says "I am just a driver," or "I really don't do anything but listen," but the small things make him such an exceptional person. He does what he considers something small, yet has a positive impact on the lives of so many.

In closing, I should not forget to mention Rob teaches swimming lessons to kids in the summertime through his summer swim program. To date, he has taught hundreds of kids to swim and upon watching one of his swim classes I want to attend one on a regular basis. I can't remember when I got to play Marco Polo. Although hailed as one of the best swim teachers "in the whole wide world," his dog, Capt Patches, is usually a DNF at the dog swimming series. "Patch is like a Triathlete when it comes to swimming. He makes it up on the run."

I'm Addicted

Continued from page 3

it, of course. Fins are great fun, too. You can really power through the water. I think I was creating major white water for the poor folk swimming on either side of me!

Here's my problem. I want to improve as a swimmer. This is fatal if you are trying to kick the swim paraphernalia habit. And with the swim snorkel, resistance is futile.

I remember the first time I saw one. It was like seeing a great mythical beast. I had to rub my eyes. In the lane next to me was a man wearing one of the strangest things I'd ever seen. Yes, it looked a little like a great horn, but it rose up seemingly from the middle of his forehead, and arched up and over his head. The amazing thing about this device is that you don't have to do side breathing. It allows you to stare, fixedly, at the bottom of the pool, breathing freely.

Like other addicts, I was soon on the Internet checking things out in the privacy of my own home. I learned that the swim snorkel allows you to focus on the purity of your stroke technique. I couldn't resist, because if there's one thing I now wanted, it was purity. Back to the Swim Depot I went. They were glad to see me, as always. With the swim snorkel, we're talking real money. When you're addicted, you don't think about the money. You just need the fix, and what I craved was breathing freedom.

I can rarely buy just one thing. I forgot to mention that most people also need a nose plug to go along with the swimming snorkel otherwise you tend to suck water up your nostrils. Thankfully, the Swim Depot has these as well. They are very accommodating.

To cap it all off, I had to get a cap. There are two reasons for this. First, when I swim, I seemingly have 10 pounds of swim equipment strapped tightly

to my head and the cap provides a thin layer of cushioning. And, my increasingly balding head needs protection from the frequent Southern California sunshine.

Pushers often try to hang out near schools to get kids started on vile habits. In the case of the cap, I found the Swim Depot had set up a convenient booth right outside the pool where I usually swim. (I think there was a big meet that weekend). I felt compelled to buy a cap. I had a choice between the cheaper cap or the better quality, long-lasting one. By now, I was fully addicted and nothing but the best would do. Swim Depot, once again, was benefiting from my lack of self-control.

Let's count: 1) Swimsuit, 2) Goggles (with defogger bottle), 3) Two earplugs, 4) Two hand-paddles, with tubing, 5) Pull buoy, 6) Two fins, 7) Snorkel, 8) Nose plug, and 9) Swim cap. If I am counting correctly, I could potentially wear 12 pieces of individual equipment in the water, if I wore every little bit.

That's just when I'm in the water. But there's more stuff I don't even use in the water. My swimming sessions would be intolerable without a water bottle, my timing watch, my large Nike swim bag (a gift from my wife, so she's codependent), my net-bag for wet items, my extra tubing (in case the ones in my hand-paddles break), sun lotion, a padlock for my locker, my flip-flops, and the various toiletry items, towels (a super shammy, no less), and the clothes I need for showering and changing afterwards. I even have back-up goggles and swimsuit in case something happens to my usual ones.

All I wanted, at the beginning, was an effective way to exercise. Little did I know I was being drawn, inexorably, to a full-blown swim paraphernalia addiction. It has cost me time. It has cost me money. It has cost me much of my dignity (see picture). And, if you can believe it, Swim Depot has denied all wrongdoing.

ADDENDUM

Hal Meyer was unintentionally left out of the results from the 4000 meter Hagg Lake Open Water Swim, and he finished well. Below are his results.

40-49 age group

Place	Name	Age	Div	Overall Place	Time
3	Hal Meyer	48	2	9	57:25.3

6 World-Record 400 Meter Relays

from the Gil Young Meet, July 8-10, 2011



Mixed 240-279 400 LC Meter Medley

4:58.85

- 1) Andrus-Hughes, Karen
3) Delmage, Arlene

- 2) Stark, Allen
4) Radcliff, David



Women 240-279 400 LC Meter Medley

5:33.65

- 1) Ward, Joy 2)
3) Crabbe, Colette

- Pierson, Ginger
4) Andrus-Hughes, Karen



Men 240-279 400 LC Meter Free

4:22.16

- 1) Wan, Eric
3) Radcliff, David

- 2) Smith, Robert
4) Washburne, Brent



Mixed 240-279 400 LC Meter Free

4:44.50

- 1) Radcliff, David
3) Delmage, Arlene

- 2) Ward, Joy
4) Wan, Eric



Women 160-199 400 LC Meter Medley

5:06.15

- 1) Jenkins, Valerie, not pictured
3) Delmage, Arlene

- 2) Blair, Heather
4) Asch, Jill

**Four OMS swimmers,
Arlene Delmage, Karen Andrus-Hughes,
Dave Radcliff and Joy Ward,
were each in 3 world record relays.**

Women 240-279 400 LC Meter Free— not pictured

5:12.55

- 1) Gettling, Janet
3) Andrus-Hughes, Karen

- 2) Crabbe, Colette
4) Ward, Joy

Multnomah Athletic Club Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #371-09

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

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

Hosted by: Multnomah Athletic Club, West Pool

DATE: Sunday October 16, 2011

Location: 1849 Salmon Street
Portland, OR

25 meters ~ 6-8 lanes competition-electronic timing
One lane continuous warm-up/down

WARM-UPS: 8AM
MEET STARTS: 9AM

Meet Director: Dianne Sherwood • (H) 541-490-6722 (W) 503-228-8131 ext. 1009 • sherwood@gorge.net

Directions to the pool: **SOUTHBOUND** - Take I-5 to I-405 South. Take the Burnside exit, go straight on that street (15th) to Salmon, turn right, go through stop light at 18th, MAC club is on the right, and parking garage is on the left. **NORTHBOUND** - Take I-5 to I-405 North, Take the Salmon St. Exit. Merge onto 14th St. Go one block and turn left onto Taylor. Turn left onto 17th. Proceed on 17th to Salmon. Turn right onto Salmon, go through stop light at 18th, MAC club is on the right, and parking garage is on the left.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2011 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY SEPTEMBER 30, 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, DUCK, SWMS, 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. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

RELAY ENTRIES MUST BE SUBMITTED BY 10AM. MEDLEY RELAYS WILL BE 200 & 400 DISTANCES. FREE RELAYS WILL BE 200, 400 & 800 DISTANCES.

SUNDAY, October 16, 2011

FREE RELAYS (10-15)

100 BREAST (1) _____ : _____ . _____

100 FLY (16) _____ : _____ . _____

200 FREE (2) _____ : _____ . _____

200 BACK (17) _____ : _____ . _____

50 FLY (3) _____ : _____ . _____

50 BREAST (18) _____ : _____ . _____

200 IM (4) _____ : _____ . _____

*** break***

*** break***

MEDLEY RELAYS (19-22)

MIXED MEDLEY RELAYS (5-6)

100 IM (23) _____ : _____ . _____

100 BACK (7) _____ : _____ . _____

100 FREE (24) _____ : _____ . _____

200 BREAST (8) _____ : _____ . _____

200 FLY (25) _____ : _____ . _____

50 FREE (9) _____ : _____ . _____

50 BACK (26) _____ : _____ . _____

*** break***

*** break***

MIXED FREE RELAYS (27-29)

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

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$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

TUALATIN HILLS SHORT COURSE METERS AND ZONE MEET
 Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #371-10
 Eligibility: Currently registered USMS swimmers, 18 years and older.

Place: Tualatin Hills Aquatic Center Pool
 15707 SW Walker Rd.
 Beaverton, Oregon
 25 meters - 10 lanes competition-electronic timing
 Continuous warm-up/down

DATE: Saturday and Sunday Nov 5-6, 2011

WARM-UPS: 7AM
MEET STARTS: 8AM

Meet director: Julie Andrade • 503-547-2413 • andradejuliea@yahoo.com

Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

Submit a 2011 registration card or 2012 registration form and fee with this form.
ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY OCTOBER 21, 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, DUCK, PNA, SWMS ETC) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC. 31ST, 2011. YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS WITH A MAXIMUM OF 5 PER DAY, PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET. 200, 400 AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400 IM, 800 AND 1500 FREESTYLE WILL BE DECK SEEDED. CHECK-IN FOR DISTANCE EVENTS - 400 IM – CLOSES AT 7:30AM ON SATURDAY. 800 FREE – CLOSES THE START OF THE 200 BACK (EVENT #10) ON SATURDAY .1500 FREE – CLOSES AT 7:30AM ON SUNDAY.. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Saturday, Nov 5, 2011

- 400 IM (1) _____ : _____ . _____**
- 200 FREE (2) _____ : _____ . _____**
- 100 BREAST (3) _____ : _____ . _____**
- 50 FLY (4) _____ : _____ . _____**
- 100 IM (5) _____ : _____ . _____**
- * BREAK***
- MEDLEY RELAYS (6-9)**
- 200 BACK (10) _____ : _____ . _____**
- 50 FREE (11) _____ : _____ . _____**
- 100 FLY (12) _____ : _____ . _____**
- MIXED FREE RELAYS (13-15)**
- 800 FREE (16) _____ : _____ . _____**

Sunday, Nov 6, 2011

- 1500 FREE (17) _____ : _____ . _____**
- *BREAK* EVENT 18 WILL NOT START BEFORE 9AM**
- 200 BREAST (18) _____ : _____ . _____**
- 100 FREE (19) _____ : _____ . _____**
- 50 BACK (20) _____ : _____ . _____**
- 200 IM (21) _____ : _____ . _____**
- *BREAK***
- MIXED MEDLEY RELAYS (22-23)**
- 200 FLY (24) _____ : _____ . _____**
- 100 BACK (25) _____ : _____ . _____**
- 50 BREAST (26) _____ : _____ . _____**
- FREE RELAYS (27-32)**

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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



USMS Summer Nationals

Meet Results:
 Applegate Lake, OW
 Willamette River Bridge Swim, OW
 Cascade Lakes Swim Series at Elk Lake, OW
 OMS at Summer Nationals, LCM
 Cottage Grove Lake, OW Association Championship

2011

Meet **SCHEDULE**

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Looking Ahead . . .

Pool Meets			
<u>Date</u>	<u>Course</u>	<u>Meet</u>	<u>Location</u>
*October 16	SCM	MAC Meet	Portland, OR
https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=3226			
*November 5-6	SCM	Zone Meet	Tualatin Hills Aquatic Center, Beaverton, OR
https://www.clubassistant.com/club/meet_information.cfm?c=1352&smid=3227			
December 10	SCM	COMA Brute Squad/Pentathlon	Bend, OR
December (tentative)	SCY	Animal Meet	Canby, OR
*Entry form in this issue			

Board Meeting Schedule: October 15

