# Swimmers Enjoy Oregon City Dual Meet 

Charlie Helm

The Oregon City Tankers and Coach/Meet Director Tim Waud hosted their first dual sanctioned USA-USMS meet the weekend of March 9th \& 10th, and it was a big hit with those of us who attended. While many of the Masters were a bit surprised with the difference of having so many younger competitors at the pool and in the stands, they seemed to enjoy watching the abilities and competition displayed by the USA swimmers. Many Masters were especially proud and cherished the chance to compete at a meet with their own children; often times swimming in a heat right after their own child had swum. I also happened to like hearing a few of the kids critique their parents' races afterwards. A few Masters who have reputations as "trash-talkers" also seemed to enjoy pointing out that a rival's child happened to beat another Masters time in their event. It

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The Oregon City pool has been given new life with a makeover. Their Masters team is enthusiastic and growing, under the leadership of Tim Waud.
was also interesting to discover how many of our OMS regulars are also coaches for the younger swimmers.

Many of our Masters swimmers liked the fact the Oregon City pool is a 25 meter pool, which allowed many to gauge their training and event times for the upcoming OMS Association Championships, which again is also in the SCM format. A lot of us also liked seeing the upgraded Oregon City pool, since it's been a few years since they last hosted a Masters meet. Tim will be sharing some great stories about some of the competitors who attended the meet, so check those out as well.

Next up on Charlie's Spring Tour is the NW Zone SCY Championships at the Reynolds pool coming up on March 22nd24th, then I'll be joining some other OMS swimmers who will be going up to Federal Way on April 13th \& 14th for a final tune up (plus it's my birthday weekend meet) before we head to Bend for the Associations on April 26th-28th. See you at the next meet!

Oregon Masters Swimming, Inc. Board Members

Chairman of the Board Jeanne Teisher

| Teisher97007@yahoo.com | 503-574-4557 |
| :---: | :---: |
| Vice Chairman - Sanctions Wes Edwards |  |
| wesnad@comcast.net | 360-896-8806 |
| Secretary <br> Mechelle Jacobs-Br |  |
| Goblin34.mjb@gmail.com | 360-601-8132 |
| nyurfacelabs@gmail.comTreasurer <br> Mark Braun | 971-533-5264 |
| Registrar Susie Young | 503-475-8004 |

Aqua Master Editor... $\qquad$ Alice Zabudsky azabudsky@msn.com........ ..503-630-7499

Awards (Annual) $\qquad$ . Ginger Pierson gingerpierson3946@gmail.com 360-253-5712

Coaches ................................................ bakeswim@yahoo.com $\qquad$ 503-679-4601

Data Manager (swim meets) ........Gary Whitman all5reds@comcast.net......................360-896-6818

Fitness Chair... $\qquad$ ....Aubree Gustafson aubree.gustafson@gmail.com


Sunshine......................................... Lynn Thompson 1thompsonata@yahoo.com.........................3-667-5094
Team Reps
OREG
DUCK ................................................................................................. cwatling@uoregon.edu
NW Zone...........................................Tim Waud
Twaud@aol.com
USMS ......................................Sandi Rousseau swim@gorge.net
Top Ten..... $\qquad$ .MJ Caswell mjcaswell@earthlink.net

Web Master Bonnie Edwards pdxbon@comcast.net

Founders of OMS:
Karl VonTagen
Connie Wilson

## Chair's Corner

Jeanne Teisher

# Association Championship Meet/ Annual Membership Meeting 

April 26-28 / Bend, OR

If you haven't already done so, I do hope you are planning to register to swim in this year's Oregon Masters Association Short Course METERS Championship meet, April 26-28, in Bend. It's always fun to see fellow swim buddies from around the state as well as make new swim friends. For me the competition is a bonus. Unfortunately I won't be able to compete this year as I will still be recuperating from shoulder surgery but l'll be there cheering on swimmers and wandering the deck catching up with swim friends I haven't seen in a while.
Saturday afternoon, April 27, prior to the banquet, I invite you to attend the Annual Membership meeting, as this is YOUR opportunity to share your comments, ask questions, offer ideas, and learn ways of getting involved in the LMSC. Many of the OMS board members will be present to answer your questions as well as listen to your comments and ideas. I cannot tell you how valuable your input is to the organization so please join us at the Annual Membership meeting. The time and location of the meeting will be announced during the meet on Saturday.
What are you doing for dinner Saturday night? I hope you are planning to join us at the annual banquet. The food is always delicious, the guest speaker shares with us interesting information, and it is fun to see who was voted as the outstanding volunteers for the year. It's also amazing to see how well many of our swimmers did this past year. If you're worried you'll be out late - don't be. We will be done by 8:30, giving you plenty of time to get home and into bed.

I look forward to seeing many of you April 26-28 in Bend.
Happy swimming.
Jeanne

> Tou are invited to the OMS Annual Membership Meeting
> Apri27, 2013
> Time \& Location to be Announced

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# Making Time 

## Balancing swimming with a full house <br> Laura Jones

Six years ago, a happy but exhausted Inge Clark had a toddler and three infants on her hands. "Four kids does a number on your body," explains Clark, making what might be the understatement of the year. "One day I woke up and said that's it, I'm not going to live like this," says Clark, 42 and a member of Illinois Masters. "So I did what came naturally," Clark said of her choice to return to swimming, a sport she left at age 16. "It's the one thing I know, that I enjoy. I also knew that swimming would strengthen everything."
"I was so weak then that my husband had to pick me up off the floor after playing with my kids. I love my children (Ben, now 10, Simon and Colin, 7, and Sara, 6) very much, but I needed something to lift me up, something for just me. As mothers, we've all been there. We never put ourselves on our "To-Do" lists. And yet, we don't function as well if we don't care for ourselves."

In the beginning, Clark went to the pool twice a week and swam 200-300 yards. "I was just looking for anything my body could handle." For her first two and a half years back in the water, says Clark, "it was a fight just to stay in the pool." She would get up and swim at 4:30 in the morning and her husband would watch the kids. Once they were old enough, she would swim at a more reasonable hour and put the kids in daycare at the pool.

Things slowly got easier, so she added dryland exercises in her basement, which she did while the kids were sleeping. Then in December of 2011, she joined USMS and Lincoln Way Masters because she wanted structured workouts, the chance to meet other people and the opportunity to enjoy a different environment. The pool was a 45 minute commute away, so she often did the workouts, which were emailed to team members, at her

local YMCA. But just being part of the team made a difference, she says.

A big difference. She only needed one preparatory meet before Spring Nationals in 2012. At that meet in Greensboro, her husband came with her and they arranged for babysitters for their four kids in 24 hour blocks. Before the meet, she said she didn't get much tapering since she had to cook and leave meals for four days. She still managed excellent finishes in her breaststroke events.

Her goals in 2013 are to try some new events and the get the message out that moms need to get into the pool for themselves and their kids. In 2014, she hopes to qualify for FINA Masters Worlds. "My swimming is my sanity time. In order to balance family with swimming, I put swimming on my schedule at a certain time each day. It's my appointment with the pool. The kids know that swimming is part of my job, as a mom."

It helps to find a support system when you makes those choices for yourself. "They welcomed me with open arms," says Clark of her Lincoln Way Masters teammates. And they have become a kind of second family. So for Clark, the balance of swimming and family has "morphed into a balance of families. While my swimming family aids me in strength (physical and mental), technique and form, my [real] family supports me with love."

Clark feels lucky she has both in her life now. She says there are no more kids on the agenda, but lots more swimming! You may have to give up a little sleep and do a lot of advance planning, but Clark hopes her example can provide encouragement for other moms to make time for themselves and do something they love.


# Fit to Swim Feeling Sleepy? 

 Coach Aubree GustafsonIt is said that most adults function best on 7 to 8 hours of sleep a night. However, most of us probably find ourselves getting less than 7 hours of sleep a night, and trying our best to "makeup" for missed hours on our days off. It's amazing what a good night's rest can do for you. You feel more energized and ready for what the day may bring. If you find yourself feeling sleepy, try out some of these tips from the Mayo Clinic for a better night's sleep.
$\checkmark$ Keep your sleep on schedule. The idea here is if you go to sleep and wake at the same time each day you will reinforce your body's sleep-wake cycle and promote better sleep at night. This also means no cheating on the weekends, holidays or days off and sleeping in till noon just because you can. It may seem tough at first, but as with other scheduled activities, consistency is key, and this will become easier and more effective over time.
$\checkmark \quad$ Paying attention to what you eat and drink before bed is also important. Overeating or drinking can lead to basic discomfort that can keep you awake. Under eating can act in the same way. It's tough to fall asleep if you're hungry or thirsty. Also, be weary of drinking too much caffeine or alcohol before bed; both can interfere with your quality of sleep and potentially your quantity as well.
$\checkmark \quad$ Some people find that following a bed time ritual can be helpful. Doing the same things each night that tell your body it's time to wind down. For instance, read a book, take a hot bath or shower or listen to music. These types of relaxing activities can help you transition from a wakeful to drowsy state. The Mayo Clinic suggests avoiding the use of TVs or other electronic devices as part of your bed time ritual; turn off the TV and read from a real book instead of an electronic media device.
$\checkmark$ Being comfortable is very important. Create a space that is ideal for sleeping. Often this means cool, dark and quiet. If assistance is needed in order to create and ideal space due to anything from working the night shift to a snoring partner, consider black-out blinds, ear plugs or the use of a fan. The fan will not only cool down the room, but it might drown out some of the snoring too!

Make sure there is enough room for all who share the bed. Limit the amount of time children and pets share the bed with you if they have their own sleeping areas.
$\checkmark \quad$ Avoiding naps during the day can also help you sleep better at night. This is especially true if you find yourself struggling with insomnia or poor sleep quality. If you have to nap, it is suggested to take a 10-30 minute power nap mid-afternoon so as not to encroach on your normal bedtime.
$\checkmark$ Including physical activity in your daily routine can promote a better night's sleep as well. This is a bonus for all of us. A daily workout can help you fall asleep more quickly and deeply. However, you may not want to work out too close to bedtime as you might be too energized to fall asleep.
$\checkmark \quad$ The last tip given is to be sure to manage your stress level. When you have too much to do or think about before going to sleep, you may not sleep as well as you should. You might find it helpful to clear your mind before bed by writing down what's on your mind, and setting it aside for tomorrow. After a good night's rest, you'll be ready to take on the day and whatever it might bring. You'll find it's much easier to tackle the stressors of life rested than when you're feeling sleepy.

For more information, visit the Mayo Clinic at www.mayoclinic. com or the National Sleep Foundation at www.sleepfoundation.org.


# Shake and Swim with "Bake" 

## Anchor Your Vessel

Coach Dennis Baker


I've written many times about rotation, core and your anchor arm. We shall try and put it all together in one picture to connect your upper body to your lower body in Freestyle. Let's make one single vessel that moves through the water effectively. Take a look at these tips and drills to help in the never ending puzzle that is our Australian Crawl.

1. A stable and powerful anchor arm is the big key to holding your body in a straight line. If it slips down too soon your body will come out of alignment. If your anchor arm is moving from side to side your body will do the same. The anchor arm is whatever arm that is opposite the side you're breathing on.
2. Imagine one line that connects anchor arm, core and legs and keep it tight and still. Point your toes like a ballerina. Kick from the thigh, not the knee.
3. Proper rotation CAN'T occur unless your upper body is connected to your lower body. This is one of my pet peeves. I constantly have beginning and mid-level swimmers come to me and say that someone said to them "I have to rotate my hips and shoulders back and forth and rotate more." This can't be done unless your body is one vessel. This is putting the cart before the horse.
4. The best drill I know of to connect the upper body to the lower body and the core is one-arm Freestyle. This is where you keep your anchor arm out front, breathe every stroke and just swim with your breathing side arm. Make sure to come back to center and flatten out between each stroke. Also make sure to breathe early or first before you start to pull down. This drill will make your brain identify proper rotation with a still body. You will definitely feel if you're over-rotating or the body is moving too much from side to side.
5. Remember, in Freestyle, to keep your shoulders high and near your ears. Don't drop them below your chin. This will tug your body out of alignment. You can reach as far as you want as long as your shoulders are high and in a power position.
6. Lastly, remember that a good Freestyle is very still.

Try these tips and drills and connect your upper and lower body to make one vessel. Be wary of trying rotation if you're not connected. Anchor that arm, core and legs and you will be well on your way to a better Australian Crawl.


# Long Distance Swimming 

Coach Bob Bruce



USMS open water swimming took a body blow in December, when USMS received an insurance premium quote for 2013 that included a staggering increase (several hundred percent!) for comprehensive general liability insurance. This increase was primarily related to and impacting open water events and, in the end, the total was calculated to be $\$ 1800$ per sanctioned open water event! Such insurance is a major feature of all USMS sanctions; I would never consider running any event without this insurance.

Here's what USMS decided to do to mitigate the results of this insurance increase:

- The Finance Committee immediately and unanimously approved an over-budget request to fund the increased 2013 insurance premium. This six-figure amount will come from USMS reserves.
- The Open Water Task Force-after consulting with the Open Water \& Long Distance Committees-forwarded recommendations to the Finance Committee. From personal involvement-I sit on both committees-this was a cooperative but contentious, intense, and very wearing process.
- The Finance Committee approved and forwarded a proposal to the Board of Directors.
- The Board of Directors instituted an open water insurance surcharge to cover part of the $\$ 1800$ per event insurance charge, deciding to fund $\$ 800$ of the per-event premium and passing a surcharge of $\$ 1000$ to the Local Masters Swim Committees (e.g. OMS, etc.) for each open water sanction that the LMSC issues. National Championship swims-already under contract-were exempted.
- The Board of Directors also approved some new open water and administrative policies from the Open Water Task Force, and recently appointed a National Compliance Director to oversee implementation of these new policies.

Upon receiving this information, I called an emergency meeting of the OMS Board to discuss these decisions and to decide how we were going to face this situation. Here's what the OMS Board decided:

- Rather than passing the full $\$ 1000$ per event to each meet host (in my opinion, a staggering load that would have killed most swims), the OMS Board decided to share the insurance costs with each event using an insurance surcharge.
- The insurance surcharge will be $\$ 6$ per entrant per event, assessed at the time of entry. Note that the word "event" is used differently in open water than it is for pool meets; for example, Elk Lake is a single 'event' (synonymous with 'venue') with five 'swims'.
- Using the surcharge, the larger events will pay most of the $\$ 1000$ per event fee, with a little help from OMS if necessary. The smaller events will clearly raise less through the entry surcharge, but OMS will assist up to $\$ 600$ per event.
- Of course, all events must meet the new safety procedures. The most significant of these include mandatory national review of safety plans (we're already pretty good at these) and propeller guards and proof of insurance for all privately-owned escort and safety boats.
- After hearing from our event directors, we will have five OMS-sanctioned open water events this summer. These events will be held at Foster Lake, Applegate Lake, Elk Lake, Eel Lake (Association Championships), and Cottage Grove Lake. The Lake Juniper Buoy Swim will also continue, but under a pool meet sanction. Hagg Lake and the Portland Bridge Swim have declined OMS sanctions; they will still go, but under different insurance. We still have lots of swim opportunities!

Frankly, in this insurance crisis, we came close to losing all USMS open water events. I extend my great personal thanks to the members of the OMS Board of Directors for their understanding and willingness to step up to help.
Please remember to support our local open water swims in 2013!

Good luck and good swimming!

Editors note: Thank you Bob for your last-minute hard work in this crisis, to get this 2013 Open Water season organized.


Women 18-24
50 SC Meter Free 1 Storlie, Kristiana 50 SC Meter Breast 1 Storlie, Kristiana 100 SC Meter Breast 1 Storlie, Kristiana
Women 25-29
100 SC Meter Free 1 James, Krista 100 SC Meter Back 1 James, Krista

## Women 30-34

100 SC Meter Breast
1 Metz, Amanda 1 Metz, Amanda 100 SC Meter Fly
1 Metz, Amanda 2 Johnston, Emily 200 SC Meter IM 1 Metz, Amanda

## Women 35-39

50 SC Meter Free
1 Skinner, Sonja
2 Reeves, Tessa 100 SC Meter Free 1 Skinner, Sonja 2 Reeves, Tessa 200 SC Meter Free 1 Reeves, Tessa 400 SC Meter Free 1 Skinner, Sonja 50 SC Meter Breast
1 Reeves, Tessa 100 SC Meter Breast
1 Skinner, Sonja
2 Reeves, Tessa 50 SC Meter Fly 1 Skinner, Sonja 2 Reeves, Tessa 100 SC Meter Fly 1 Skinner, Sonja
Women 40-44
50 SC Meter Free

| 1 Gold, Brandy | 40 OREG | 35.23 |
| :--- | :--- | ---: |
| 2 Franklin, Kristina | 41 OREG | 52.55 |
| 100 SC Meter Free |  |  |
| 1 Gold, Brandy | 40 OREG | $1: 17.65$ |
| 2 Franklin, Kristina | 41 OREG | $2: 10.73$ |

50 SC Meter Back

| 1 Franklin, Kristina <br> 100 SC Meter Back | 41 OREG | 1:05.56 |
| :--- | ---: | ---: |
| 1 Franklin, Kristina <br> Women 45-49 | 41 OREG | $2: 35.95$ |
| W0 SC Meter Free <br> 1 Starr, Sarah <br> 200 SC Meter Free <br> 1 Bowman, Marcie | 46 OREG | 39.04 |
|  | 39 |  |

50 SC Meter Back
1 Daubersmith, Britta 48 OREG 38.78
2 Starr, Sarah 46 OREG 48.59
200 SC Meter Back
1 Daubersmith, Britta 48 OREG 3:02.19
50 SC Meter Breast
1 Daubersmith, Britta 48 OREG 46.25
2 Starr, Sarah 46 OREG 49.47
50 SC Meter Fly
1 Starr, Sarah 46 OREG 45.43
2 Bowman, Marcie 49 OREG 58.38
Women 50-54
50 SC Meter Free
1 Johnston, Jennifer 51 OREG 37.37
100 SC Meter Free
1 Johnston, Jennifer 51 OREG 1:24.00
2 Laughlin, Charlotte 53 OREG 1:31.64
3 Jenkins, Donna 50 OREG 2:00.50
200 SC Meter Free
1 Johnston, Jennifer 51 OREG 3:03.40
50 SC Meter Back
1 Andrade, Julie 52 OREG 48.84
2 Gormley, Linda 50 OREG 54.35
3 Jenkins, Donna 50 OREG 55.99
200 SC Meter Back
1 Leinwebber, Janice 53 OREG 5:02.61
50 SC Meter Breast
1 Andrade, Julie 52 OREG 47.01
2 Gormley, Linda 50 OREG 54.21
100 SC Meter Breast
1 Andrade, Julie 52 OREG 1:40.88
2 Gormley, Linda 50 OREG 1:56.97
3 Leinwebber, Janice 53 OREG 2:26.18
200 SC Meter Breast
1 Andrade, Julie 52 OREG 3:36.68
50 SC Meter Fly
1 Andrade, Julie 52 OREG 44.01
200 SC Meter IM
1 Andrade, Julie 52 OREG 3:27.95

1 Summers, Jeanna 59 OREG 43.35 400 SC Meter IM
1 Summers, Jeanna 59 OREG 7:21.18
Women 60-64
50 SC Meter Free
1 Harris, Monique 64 OREG 1:17.13
100 SC Meter Free
1 Southworth, Rosemary 63 OREG 1:50.03
2 Harris, Monique 64 OREG 3:13.40
200 SC Meter Free
1 Asleson, Elke 61 OREG 3:27.81
2 Southworth, Rosemary 63 OREG 4:03.65
50 SC Meter Back
1 Harris, Monique 64 OREG 1:23.66
50 SC Meter Fly
1 Asleson, Elke
61 OREG 48.55
100 SC Meter Fly
1 Asleson, Elke
Women 65-69
400 SC Meter Free
1 Gettling, Janet
50 SC Meter Breast
1 Gettling, Janet 65 OREG 44.61 Z
100 SC Meter Breast
1 Gettling, Janet 65 OREG 1:40.48
200 SC Meter Breast
1 Gettling, Janet 65 OREG 3:43.30
400 SC Meter IM
1 Gettling, Janet 65 OREG 7:23.210
Women 70-74
100 SC Meter Free
1 Ellingson, Ethel
50 SC Meter Back
1 Ward, Joy
70 OREG 2:45.61

2 Ellingson, Ethel $\quad 70$ OREG $\quad 1: 22.19$
50 SC Meter Fly
1 Ward, Joy 200 SC Meter Fly
1 Ward, Joy
71 OREG 43.22

400 SC Meter IM
1 Ward, Joy
Men 18-24
50 SC Meter Free
1 Yelin, Matt 200 SC Meter Free
1 Aldred, Grant
50 SC Meter Breast
1 Yelin, Matt $\quad 24$ OREG 35.51
100 SC Meter Breast
1 Yelin, Matt
24 OREG 1:19.18

| 200 SC Meter Breast |  |  |  |
| :---: | :---: | :---: | :---: |
| 1 Yelin, Matt | 24 | OREG | 2:54.98 |
| 2 Aldred, Grant | 20 | OREG | 3:22.10 |
| 50 SC Meter Fly |  |  |  |
| 1 Aldred, Grant | 20 | OREG | 32.05 |
| 100 SC Meter Fly |  |  |  |
| 1 Aldred, Grant | 20 | OREG | 1:12.84 |
| 400 SC Meter IM |  |  |  |
| 1 Aldred, Grant | 20 | OREG | 5:51.57 |
| Men 25-29 |  |  |  |
| 50 SC Meter Free |  |  |  |
| 1 Mcgrath, Michael | 29 | OREG | 26.32 |
| 2 Henning, Drew | 28 | OREG | 40.60 |
| 100 SC Meter Free |  |  |  |
| 1 Mcgrath, Michael | 29 | OREG | 59.86 |
| 2 Henning, Drew | 28 | OREG | 1:35.65 |
| 200 SC Meter Free |  |  |  |
| 1 Mcgrath, Michael | 29 | OREG | 2:20.29 |
| 50 SC Meter Back |  |  |  |
| 1 Henning, Drew | 28 | OREG | 49.17 |
| 50 SC Meter Breast |  |  |  |
| 1 Wood, Nick | 25 | OREG | 36.38 |
| 100 SC Meter Breast |  |  |  |
| 1 Wood, Nick | 25 | OREG | 1:19.23 |
| 200 SC Meter Breast |  |  |  |
| 1 Wood, Nick | 25 | OREG | 2:49.89 |
| 50 SC Meter Fly |  |  |  |
| 1 Mcgrath, Michael | 29 | OREG | 31.15 |
| 200 SC Meter Fly |  |  |  |
| 1 Wood, Nick | 25 | OREG | 2:46.33 |
| 200 SC Meter IM |  |  |  |
| 1 Mcgrath, Michael | 29 | OREG | 2:34.63 |
| 400 SC Meter IM |  |  |  |
| 1 Wood, Nick | 25 | OREG | 5:29.15 |
| Men 30-34 |  |  |  |
| 50 SC Meter Free |  |  |  |
| 1 Crews, Jeffrey | 34 | OREG | 27.50 |
| 100 SC Meter Free |  |  |  |
| 1 Swinn, Jacob | 31 | UNAT | 58.75 |
| 2 Matthews, Jonathan | 34 | OREG | 1:02.19 |
| 200 SC Meter Free |  |  |  |
| 1 Matthews, Jonath | 34 | OREG | 2:20.86 |
| 400 SC Meter Free |  |  |  |
| 1 Jones, Brock | 32 | OREG | 4:54.38 |
| 2 Crews, Jeffrey | 34 | OREG | 4:56.52 |
| 100 SC Meter Back |  |  |  |
| 1 Swinn, Jacob | 31 | UNAT | 1:07.25 |
| 50 SC Meter Breast |  |  |  |
| 1 Jones, Brock | 32 | OREG | 38.43 |
| 100 SC Meter Breast |  |  |  |
| 1 Jones, Brock | 32 | OREG | 1:21.15 |
| 50 SC Meter Fly |  |  |  |
| 1 Matthews, Jonathan |  | OREG | 31.98 |
| 100 SC Meter Fly |  |  |  |
| 1 Swinn, Jacob | 31 | UNAT | 1:03.99 |
| 200 SC Meter IM |  |  |  |
| 1 Jones, Brock | 32 | OREG | 2:41.30 |
| Men 35-39 |  |  |  |
| 50 SC Meter Free |  |  |  |
| 1 Olsen, Byron | 35 | OREG | 27.88 |
| 2 Crooks, Alex | 38 | OREG | 30.42 |
| 2 Seger, Jared | 38 | OREG | 30.42 |

50 SC Meter Back

| 1 Moore, Eric | 45 | OREG | 31.43 |
| :---: | :---: | :---: | :---: |
| 2 Bridgnell, Neal | 49 | OREG | 7.68 |
| 100 SC Meter Back |  |  |  |
| 1 Bridgnell, Neal | 49 | OREG | 1:43.20 |
| 50 SC Meter Breast |  |  |  |
| 1 Thessin, Tyler | 48 | OREG | 39.2 |
| 100 SC Meter Breast |  |  |  |
| 1 Waud, Timothy | 46 | OREG | 1:21.28 |
| 2 Thessin, Tyler | 48 | OREG | 1:32.0 |
| 200 SC Meter Breast |  |  |  |
| 1 Waud, Timothy | 46 | OREG | 2:57.94 |
| 50 SC Meter Fly |  |  |  |
| 1 Sullivan, Scot | 47 | OREG | 9.3 |
| 2 Moore, Eric | 45 | OREG | 6.8 |
| 200 SC Meter IM |  |  |  |
| 1 Sullivan, Scot | 47 | OREG | 2:28.5 |
| 2 Waud, Timothy | 46 | OREG | 2:3 |
| 400 SC Meter IM |  |  |  |
| 1 Moore, Eric | 45 | OREG | 5:34.4 |
| 2 Waud, Timothy | 46 | OREG | 5:51.0 |

Men 50-54
50 SC Meter Free
1 Saltenberger, John 50 OREG 34.82
2 Landen, Michael 51 OREG 43.90
100 SC Meter Free
1 Boone, Lou 52 OREG 1:05.41
2 Howell, Richard 54 OREG 1:08.46
3 Hancock, Douglas 51 OREG 1:08.95
4 Saltenberger, John 50 OREG 1:18.29
5 Norville, Kent 54 OREG 1:25.04
200 SC Meter Free
1 Washburne, Brent 52 OREG 2:21.48
2 Howell, Richard 54 OREG 2:36.35
3 Hancock, Douglas 51 OREG 2:38.75
4 Saltenberger, John 50 OREG 2:56.80
5 Norville, Kent 54 OREG 3:18.96
50 SC Meter Back
1 Uebele, Keith

| 52 | OREG |
| :--- | :--- |
| 51 | 31.59 |
|  | OREG |

Hancock, Douglas
40.26

100 SC Meter Back
1 Uebele, Keith
2 Hathaway, David
3 Boone, Lou
52 OREG 1:08.92

200 SC Meter Back
1 Phelan, Darren 50 PMS 2:25.94
2 Uebele, Keith 52 OREG 2:31.79
3 Washburne, Brent 52 OREG 2:44.86
50 SC Meter Breast
1 Howell, Richard 54 OREG 36.28
2 Christensen, Douglas 50 OREG 36.58
3 Landen, Michael 51 OREG 48.98
100 SC Meter Breast
1 Christensen, Douglas 50 OREG 1:20.00
2 Howell, Richard 54 OREG 1:21.92
3 Hathaway, David 53 OREG 1:23.11
4 Landen, Michael 51 OREG 1:46.95
200 SC Meter Breast
1 Howell, Richard 54 OREG 3:01.59
2 Washburne, Brent 52 OREG 3:04.39
50 SC Meter Fly
1 Phelan, Darren
50 PMS
28.84

| 2 Christensen, Douglas | 50 | OREG | 29.22 |
| :---: | :---: | :---: | :---: |
| 3 Hathaway, David | 53 | OREG | 31.61 |
| 4 Boone, Lou | 52 | OREG | 37.03 |
| 5 Norville, Kent | 54 | OREG | 44.96 |
| 100 SC Meter Fly |  |  |  |
| 1 Phelan, Darren | 50 | PMS | 1:03.36 |
| 2 Christensen, Douglas | 50 | OREG | 1:07.09 |
| 200 SC Meter Fly |  |  |  |
| 1 Phelan, Darren | 50 | PMS | 2:22.17 |
| 2 Howell, Richard | 54 | OREG | 3:19.18 |
| 200 SC Meter IM |  |  |  |
| 1 Phelan, Darren | 50 | PMS | 2:23.80 |
| 2 Christensen, Douglas | 50 | OREG | 2:33.88 |
| 3 Hathaway, David | 53 | OREG | 2:37.57 |
| 4 Washburne, Brent | 52 | OREG | 2:42.46 |
| 5 Saltenberger, John | 50 | OREG | 3:27.34 |
| 400 SC Meter IM |  |  |  |
| 1 Phelan, Darren | 50 | PMS | 5:02.72 |
| Men 55-59 |  |  |  |
| 100 SC Meter Free |  |  |  |
| 1 Hill, Gerry | 57 | OREG | 1:12.06 |
| 50 SC Meter Back |  |  |  |
| 1 Hill, Gerry | 57 | OREG | 37.90 |
| 2 Helm, Charlie | 57 | OREG | 59.87 |
| 100 SC Meter Back |  |  |  |
| 1 Hill, Gerry | 57 | OREG | 1:21.58 |
| 50 SC Meter Breast |  |  |  |
| 1 Helm, Charlie | 57 | OREG | 1:03.73 |
| 100 SC Meter Breast |  |  |  |
| 1 Helm, Charlie | 57 | OREG | 2:25.69 |
| 50 SC Meter Fly |  |  |  |
| 1 Helm, Charlie | 57 | OREG | 55.22 |
| Men 60-64 |  |  |  |
| 50 SC Meter Free |  |  |  |
| 1 Larson, Allen | 60 | OREG | 32.29 |
| 100 SC Meter Free |  |  |  |


| 1 Larson, Allen | 60 | OREG | 1:11.31 |
| :---: | :---: | :---: | :---: |
| 2 Phipps, Tom | 60 | OREG | 1:12.02 |
| 100 SC Meter Back |  |  |  |
| 1 Edwards, Wes | 60 | OREG | 1:07.98 Z |
| 200 SC Meter Back |  |  |  |
| 1 Edwards, Wes | 60 | OREG | 2:28.90 Z |
| 100 SC Meter Fly |  |  |  |
| 1 Phipps, Tom | 60 | OREG | 1:24.31 |
| 2 Larson, Allen | 60 | OREG | 1:29.61 |
| 200 SC Meter IM |  |  |  |
| 1 Larson, Allen | 60 | OREG | 3:19.65 |
| 400 SC Meter IM |  |  |  |
| 1 Phipps, Tom | 60 | OREG | 6:40.96 |
| Men 65-69 |  |  |  |
| 50 SC Meter Free |  |  |  |
| 1 Kelber, Michael | 66 | OREG | 34.41 |
| 100 SC Meter Free |  |  |  |
| 1 Kelber, Michael | 66 | OREG | 1:20.82 |
| 50 SC Meter Back |  |  |  |
| 1 Kelber, Michael | 66 | OREG | 46.12 |
| 50 SC Meter Breast |  |  |  |
| 1 Kelber, Michael | 66 | OREG | 46.87 |
| Men 90-94 |  |  |  |
| 50 SC Meter Free |  |  |  |
| 1 Lamb, Willard | 91 | OREG | 42.69 Z |
| 100 SC Meter Free |  |  |  |
| 1 Lamb, Willard | 91 | OREG | 1:39.29 Z |
| 400 SC Meter Free |  |  |  |
| 1 Lamb, Willard | 91 | OREG | 7:51.96W |
| 50 SC Meter Back |  |  |  |
| 1 Lamb, Willard | 91 | OREG | 56.39 Z |
| 100 SC Meter Back |  |  |  |
| 1 Lamb, Willard | 91 | OREG | 2:05.13 N |
| Relays |  |  |  |
| Mixed 120-159 $\mathbf{2 0 0}$ SC Meter Free Relay |  |  |  |
| 1 OREG |  | 3.28 |  |

1) Daubersmith, Britta 2) Metz, Amanda 3) Olsen, Byron 4) van Andel, Robbert

Mixed 120-159 $\mathbf{2 0 0}$ SC Meter Medley Relay
1 OREG 2:09.66

1) Olsen, Byron 2) van Andel, Robbert
2) Skinner, Sonja 4) Reeves, Tessa

2 OREG
R:23.39

1) Daubersmith, Britta
2) Metz, Amanda
3) Seger, Jared 4) Crooks, Alex

Mixed 160-199 $\mathbf{2 0 0}$ SC Meter Free Relay
1 OREG 2:03.08

1) Skinner, Sonja 2) Reeves, Tessa
2) Phipps, Tom 4) Crooks, Alex

2 OREG 2:47.43

1) Saltenberger, John 2) Bridgnell, Neal
2) Franklin, Kristina 4) Starr, Sarah

Mixed 160-199 200 SC Meter Medley Relay
1 OREG 3:02.54

1) Owens, Justin 2) Owens, Amber
2) Andrade, Julie 4),

Mixed 200-239 $\mathbf{2 0 0}$ SC Meter Free Relay
1 OREG 2:33.74

1) Southworth, Rosemary 2) Laughlin, Charlotte
2) Hill, Gerry
3) Seger, Jared
2 OREG
2:44.18
4) Gormley, Linda
5) Jenkins, Donna
6) Norville, Kent
7) Boone, Lou

| Mixed 200-239 $\mathbf{2 0 0}$ SC Meter Medley Relay |  |
| :--- | :--- |
| 1 OREG | 3:04.98 |
| 1) Saltenberger, John | 2) Landen, Michael |
| 3) Southworth, Rosemary | 4) Starr, Sarah |
| 2 OREG | 4:06.89 |
| 1) Franklin, Kristina | 2) Gormley, Linda |
| 3) Bridgnell, Neal | 4) Harris, Monique |

## Oregon City <br> 'Spring Ahead' "Moments"



## David Hathaway putting on cap, with Allen Larson



Chris Tujo with Meet Director Tim Waud

# Northwest Zone Championships = SCY Fairview, OR $\rightarrow$ March 22-24, 2013 

## W = World Record (IncludesNational/Zone\&OR) z, Z Z ZoneRecord (Indludes OR)

N E National Record (Includes Zone \&OR) Split

Women 18-24
50 Yard Free

| 1 Holmstrom, Keri | 24 OREG | 25.65 O |
| :--- | :---: | :---: |
| 100 Yard Free |  |  |
| 1 Holmstrom, Keri | 24 OREG | 55.48 O |
| 2 Mangan, Natascha | 23 PSM | 56.06 |
| 200 Yard Free <br> 1 Holmstrom, Keri | 24 OREG | $2: 09.52$ |
| 100 Yard Back |  |  |
| 1 Holmstrom, Keri | 24 OREG | $1: 03.54$ |
| 50 Yard Breast <br> 1 Mangan, Natascha <br> 50 Yard Fly | 23 PSM | 32.93 |
| 1 Mangan, Natascha <br> 100 Yard Fly | 23 PSM | 26.93 |
| 1 Mangan, Natascha | 23 PSM | 58.59 |
| 200 Yard Fly |  |  |
| 1 Mangan, Natascha | 23 PSM | $2: 08.63$ Z |
| 100 Yard IM |  |  |
| 1 Holmstrom, Keri | 24 OREG | $1: 08.53$ |

Women 25-29
50 Yard Free

| 1 Sneed, Lacy | 29 | MM |
| :--- | ---: | ---: |
| 2 Ergenekan, Lindsay | 29 | OREG |
| 1000 Yard Free |  | 35.19 |
| 1 Ergenekan, Lindsay | 29 | OREG |
|  | $16: 26.80$ |  | 100 Yard IM

1 Sneed, Lacy
Women 30-34
50 Yard Free

| 1 Gustafson, Aubree | 31 | OREG | 27.54 |
| :---: | :---: | :---: | :---: |
| 2 Segovia, Janet | 31 | PSM | 28.31 |
| 3 Faith, Jennifer | 31 | OREG | 28.40 |
| 200 Yard Free |  |  |  |
| 1 Segovia, Janet | 31 | PSM | 2:26.15 |
| 50 Yard Back |  |  |  |
| 1 Faith, Jennifer | 31 | OREG | 34.91 |
| 2 Legault, Aubrie | 30 | OREG | 35.86 |
| 50 Yard Breast |  |  |  |
| 1 Faith, Jennifer | 31 | OREG | 34.06 |
| 2 Gustafson, Aubree | 31 | OREG | 34.98 |
| 100 Yard Breast |  |  |  |
| 1 Faith, Jennifer | 31 | OREG | 1:14.37 |
| 200 Yard Breast |  |  |  |
| 1 Faith, Jennifer | 31 | OREG | 2:45.34 |
| 2 Gustafson, Aubree | 31 | OREG | 2:50.66 |
| 50 Yard Fly |  |  |  |
| 1 Segovia, Janet | 31 | PSM | 32.28 |
| 2 Legault, Aubrie | 30 | OREG | 32.41 |


| 1 Legault, Aubrie <br> 200 Yard Fly | 30 OREG | $1: 20.09$ |
| :--- | :--- | ---: |
| 1 Legault, Aubrie <br> 100 Yard IM | 30 OREG | $3: 07.24$ |
| 1 Faith, Jennifer |  |  |
| 2 Legault, Aubrie |  |  |
| 200 Yard IM | 31 OREG | $1: 10.11$ |
| 1 Legault, Aubrie <br> Women 40-44 <br> 50 Yard Fly | 30 OREG | $1: 18.83$ |
| 1 Morgen, Cheryl <br> 100 Yard Fly | 43 OREG | $2: 55.03$ |
| 1 Morgen, Cheryl <br> Women 45-49 | 43 OREG | $1: 12.62$ |
| 50 Yard Free |  |  |


| 2 Diddams, Margaret 50 Yard Breast | 51 | PSM | 2:53.45 |
| :---: | :---: | :---: | :---: |
| 1 Andrade, Julie | 51 | OREG | 41.94 |
| 2 Redwine-Baker, R. | 53 | OREG | 44.60 |
| 100 Yard Breast |  |  |  |
| 1 Caswell, Mj | 52 | OREG | 1:24.28 |
| 2 Vincent, Nancy | 53 | OREG | 1:24.88 |
| 3 Delmage, Arlene | 50 | OREG | 1:29.63 |
| 4 Andrade, Julie | 51 | OREG | 1:31.76 |
| 5 Fox, Christina | 52 | OREG | 1:36.47 |
| 6 Redwine-Baker, R. | 53 | OREG | 1:37.75 |
| 200 Yard Breast |  |  |  |
| 1 Andrade, Julie | 51 | OREG | 3:15.29 |
| 2 Fox, Christina | 52 | OREG | 3:28.53 |
| 3 Redwine-Baker, R. | 53 | OREG | 3:29.29 |
| 50 Yard Fly |  |  |  |
| 1 Caswell, Mj | 52 | OREG | 30.81 |
| 2 Diddams, Margaret | 51 | PSM | 35.73 |
| 3 Andrade, Julie | 51 | OREG | 38.59 |
| 100 Yard Fly |  |  |  |
| 1 Caswell, Mj | 52 | OREG | 1:11.77 |
| 100 Yard IM |  |  |  |
| 1 Goodman, Ann | 53 | OREG | 1:17.33 |
| 2 Vincent, Nancy | 53 | OREG | 1:23.20 |
| 3 Andrade, Julie | 51 | OREG | 1:24.20 |
| 4 Redwine-Baker, R. | 53 | OREG | 1:32.96 |
| 200 Yard IM |  |  |  |
| 1 Caswell, Mj | 52 | OREG | 2:36.84 |
| 2 Goodman, Ann | 53 | OREG | 2:49.59 |
| 3 Andrade, Julie | 51 | OREG | 3:09.10 |
| 4 Fox, Christina | 52 | OREG | 3:12.80 |
| 400 Yard IM |  |  |  |
| 1 Goodman, Ann | 53 | OREG | 6:08.17 |
| 2 Diddams, Margaret | 51 | PSM | 6:24.33 |
| Women 55-59 |  |  |  |
| 50 Yard Free |  |  |  |
| 1 Andrus-Hughes, Karen | 55 | OREG | 27.570 |
| 100 Yard Free |  |  |  |
| 1 Summers, Jeanna | 59 | OREG | 1:12.04 |
| 500 Yard Free |  |  |  |
| * Sweat, Mary | 55 | OREG | 5:59.44 0 |
| 1 Andrus-Hughes, Karen | 55 | OREG | 6:09.69 |
| 1000 Yard Free |  |  |  |
| * Sweat, Mary | 55 | OREG | 12:00.87 Z |
| 1 Sweat, Mary | 55 | OREG | 12:10.91 |
| 1650 Yard Free |  |  |  |
| 1 Sweat, Mary | 55 | OREG | 19:52.42 Z |
| 50 Yard Back |  |  |  |
| 1 Andrus-Hughes, Karen |  | OREG | 31.18 Z |
| 00 |  |  |  |

1 Summers, Jeanna 59 OREG 1:22.93
200 Yard Back
1 Andrus-Hughes, Karen 55 OREG 2:31.76 0
100 Yard IM
1 Andrus-Hughes, Karen 55 OREG 1:09.070
200 Yard IM
1 Andrus-Hughes, Karen 55 OREG 2:34.77
2 Summers, Jeanna 59 OREG 3:07.67
Women 60-64
50 Yard Free

| 1 Royle, Mary <br> 200 Yard Free <br> 1 Royle, Mary <br> 1000 Yard Free | 60 OREG | 33.49 |
| :--- | :--- | :---: |
| 1 Stark, Carol <br> 165 Yard Free <br> 1 Stark, Carol <br> 200 Yard Back <br> 1 Stark, Carol <br> 50 Yard Breast | 64 OREG | $21: 15.44$ |
| 1 Gettling, Janet | 64 OREG | $36: 00.19$ |
| 2 Kastberg, Ann |  |  |
| 100 Yard Breast |  |  |
| 1 Gettling, Janet | 64 OREG | $4: 30.43$ |
| 2 Kastberg, Ann |  |  |
| 200 Yard Breast |  |  |
| 1 Gettling, Janet | 64 OREG | 40.05 |
| 2 Kastberg, Ann |  |  |

50 Yard Fly
1 Kastberg, Ann
100 Yard Fly
1 Gettling, Janet 64 OREG 1:29.43
100 Yard IM
1 Kastberg, Ann
200 Yard IM
1 Kastberg, Ann 60 OREG 3:20.19
400 Yard IM
1 Gettling, Janet
Women 70-74
50 Yard Free

| 1 Frid, Barbara <br> 100 Yard Free <br> 1 Frid, Barbara <br> 200 Yard Free | 70 OREG | 34.78 |
| :--- | :---: | :---: |
| 1 Frid, Barbara <br> 50 Yard Back | 70 OREG | $1: 15.97$ |
| 1 Ward, Joy <br> 2 Frid, Barbara <br> 200 Yard Back <br> 1 Ward, Joy <br> 50 Yard Breast | 70 OREG | $2: 52.06$ |
| 1 Frid, Barbara <br> 50 Yard Fly | 70 OREG | 37.16 Z |
| 1 Frid, Barbara <br> 200 Yard Fly | 70 OREG | $3: 01.07$ Z |
| 1 Ward, Joy <br> 100 Yard IM <br> 1 Ward, Joy | 70 OREG | 34.54 |

Ward Joy
Men 18-24
50 Yard Free
1 Haslebacher, Joseph 21 UNAT 26.57
2 Ramirez, Eric 18 OREG 26.76

| 3 Bowman, Scotty | 18 | OREG | 27.19 |
| :---: | :---: | :---: | :---: |
| 200 Yard Free |  |  |  |
| 1 Haslebacher, Joseph |  | UNAT | 2:07.73 |
| 500 Yard Free |  |  |  |
| 1 Aldred, Grant | 19 | OREG | 5:46.43 |
| 1000 Yard Free |  |  |  |
| 1 Haslebacher, Joseph |  | UNAT | 12:13.12 |
| 1650 Yard Free |  |  |  |
| 1 Haslebacher, Joseph |  | UNAT | 20:19.77 |
| 2 Aldred, Grant | 19 | OREG | 20:45.62 |
| 50 Yard Back |  |  |  |
| 1 Aldred, Grant | 19 | OREG | 32.24 |
| 200 Yard Back |  |  |  |
| 1 Haslebacher, Joseph |  | UNAT | 2:21.45 |
| 2 Smith, Travis | 18 | OREG | 2:34.25 |
| 100 Yard Breast |  |  |  |
| 1 Smith, Travis | 18 | OREG | 1:19.21 |
| 50 Yard Fly |  |  |  |
| 1 Ramirez, Eric | 18 | OREG | 32.38 |
| 100 Yard Fly |  |  |  |
| 1 Haslebacher, Joseph |  | UNAT | 1:08.54 |
| 200 Yard Fly |  |  |  |
| 1 Aldred, Grant | 19 | OREG | 2:23.04 |
| 100 Yard IM |  |  |  |
| 1 Bowman, Scotty | 18 | OREG | 1:16.65 |
| 200 Yard IM |  |  |  |
| 1 Aldred, Grant | 19 | OREG | 2:32.14 |
| Men 25-29 |  |  |  |
| 50 Yard Free |  |  |  |
| 1 Bruschi, Richard | 27 | UNAT | 29.09 |
| 100 Yard Free |  |  |  |
| 1 Bruschi, Richard | 27 | UNAT | 1:03.93 |
| 200 Yard Free |  |  |  |
| 1 Bruschi, Richard | 27 | UNAT | 2:27.23 |
| 500 Yard Free |  |  |  |
| 1 Bruschi, Richard | 27 | UNAT | 6:49.04 |
| 50 Yard Back |  |  |  |
| 1 Cleary, Kevin | 29 | OREG | 32.10 |
| 50 Yard Breast |  |  |  |
| 1 Cleary, Kevin | 29 | OREG | 32.50 |
| Men 30-34 |  |  |  |
| 50 Yard Free |  |  |  |
| 1 Matthews, Jonathan |  | OREG | 25.67 |
| 2 Crews, Jeffrey | 33 | OREG | 26.20 |
| 200 Yard Free |  |  |  |
| 1 Matthews, Jonathan 3 |  | OREG | 2:04.56 |
| 1000 Yard Free |  |  |  |
| 1 Shoen, Paul | 31 | UNAT | 13:03.67 |
| 50 Yard Back |  |  |  |
| 1 Crews, Jeffrey | 33 | OREG | 28.17 |
| 100 Yard Back |  |  |  |
| 1 Crews, Jeffrey | 33 | OREG | 1:01.18 |
| 200 Yard Back |  |  |  |
| 1 Crews, Jeffrey | 33 | OREG | 2:19.37 |
| 50 Yard Fly |  |  |  |
| 1 Matthews, Jonathan |  | OREG | 28.43 |
| 100 Yard IM |  |  |  |
| 1 Crews, Jeffrey | 33 | OREG | 1:03.91 |
| Men 35-39 |  |  |  |
| 200 Yard Free |  |  |  |
| 1 Mcclaugherty, Nick | 38 | OREG | 2:44.61 |
| 500 Yard Free |  |  |  |


| 1 Miller, Matt | 35 | OREG | 5:35.05 |
| :---: | :---: | :---: | :---: |
| 2 Mcclaugherty, Nick | 38 | OREG | 7:37.44 |
| 1000 Yard Free |  |  |  |
| 1 Miller, Matt | 35 | OREG | 11:23.44 |
| 1650 Yard Free |  |  |  |
| 1 Miller, Matt | 35 | OREG | 19:14.41 |
| 100 Yard Breast |  |  |  |
| 1 Mcclaugherty, Nick | 38 | OREG | 1:26.89 |
| 200 Yard Breast |  |  |  |
| 1 Mcclaugherty, Nick | 38 | OREG | 3:10.16 |
| 100 Yard IM |  |  |  |
| 1 Mcclaugherty, Nick | 38 | OREG | 1:24.57 |
| Men 40-44 |  |  |  |
| 50 Yard Free |  |  |  |
| 1 Sawyer, Ralph | 40 | OREG | 23.66 |
| 2 Duus, Gabe | 42 | OREG | 24.53 |
| 3 Ferguson, Scott | 44 | OREG | 30.32 |
| 4 Jones, J'Onn | 44 | OREG | 32.00 |
| 200 Yard Free |  |  |  |
| 1 Ergenekan, Can (Jon) | 40 | OREG | 1:56.08 |
| 2 Sawyer, Ralph | 40 | OREG | 1:59.67 |
| 3 Tujo, Christian | 41 | OREG | 2:05.11 |
| 4 Ferguson, Scott | 44 | OREG | 2:31.22 |
| 5 Jones, J'Onn | 44 | OREG | 2:53.41 |
| 500 Yard Free |  |  |  |
| 1 Ergenekan, Can (Jon) | 40 | OREG | 5:18.76 |
| 2 Tujo, Christian | 41 | OREG | 5:45.40 |
| 1000 Yard Free |  |  |  |
| 1 Ergenekan, Can (Jon) | 40 | OREG | 11:01.94 |
| 2 Sawyer, Ralph | 40 | OREG | 11:30.36 |
| 3 Tujo, Christian | 41 | OREG | 12:14.92 |
| 1650 Yard Free |  |  |  |
| 1 Jones, J'Onn | 44 | OREG | 29:16.08 |
| 200 Yard Back |  |  |  |
| 1 Ergenekan, Can (Jon) | 40 | OREG | 2:14.56 |
| 50 Yard Fly |  |  |  |
| 1 Duus, Gabe | 42 | OREG | 25.59 |
| 100 Yard Fly |  |  |  |
| 1 Ergenekan, Can (Jon) | 40 | OREG | 56.44 |
| 2 Duus, Gabe | 42 | OREG | 59.37 |
| 200 Yard Fly |  |  |  |
| 1 Ergenekan, Can (Jon) | 40 | OREG | 2:08.16 |
| 2 Tujo, Christian | 41 | OREG | 2:32.54 |
| 100 Yard IM |  |  |  |
| 1 Sawyer, Ralph | 40 | OREG | 1:00.86 |
| 2 Ferguson, Scott | 44 | OREG | 1:17.12 |
| 200 Yard IM |  |  |  |
| 1 Tujo, Christian | 41 | OREG | 2:24.69 |
| 400 Yard IM |  |  |  |
| 1 Tujo, Christian | 41 | OREG | 5:07.41 |
| 2 Ferguson, Scott | 44 | OREG | 6:12.89 |
| Men 45-49 |  |  |  |
| 50 Yard Free |  |  |  |
| 1 Anastas, Daemon | 49 | UNAT | 27.19 |
| 2 Thessin, Tyler | 47 | OREG | 31.48 |
| 100 Yard Free |  |  |  |
| 1 Anastas, Daemon | 49 | UNAT | 1:00.84 |
| 2 Thessin, Tyler | 47 | OREG | 1:11.50 |
| 1000 Yard Free |  |  |  |
| 1 Phillips, Daniel | 49 | PSM | 12:09.98 |
| 1650 Yard Free |  |  |  |
| 1 Phillips, Daniel | 49 | PSM | 20:14.96 |


| 50 Yard Back |  |  |  |
| :---: | :---: | :---: | :---: |
| 1 Sullivan, Scot | 46 | OREG | 28.53 |
| 2 Anastas, Daemon | 49 | UNAT | 35.77 |
| 50 Yard Breast |  |  |  |
| 1 Thessin, Tyler | 47 | OREG | 35.01 |
| 2 Anastas, Daemon | 49 | UNAT | 37.19 |
| 100 Yard Breast |  |  |  |
| 1 Phillips, Daniel | 49 | PSM | 1:10.52 |
| 2 Waud, Timothy | 45 | OREG | 1:13.13 |
| 3 Palladino, Douglas | 49 | OREG | 1:15.13 |
| 4 Thessin, Tyler | 47 | OREG | 1:21.15 |
| 5 Anastas, Daemon | 49 | UNAT | 1:23.37 |
| 200 Yard Breast |  |  |  |
| 1 Sullivan, Scot | 46 | OREG | 2:30.94 |
| 2 Waud, Timothy | 45 | OREG | 2:40.59 |
| 50 Yard Fly |  |  |  |
| 1 Phillips, Daniel | 49 | PSM | 27.09 |
| 100 Yard Fly |  |  |  |
| 1 Phillips, Daniel | 49 | PSM | 1:01.72 |
| 2 Sullivan, Scot | 46 | OREG | 1:01.95 |
| 3 Waud, Timothy | 45 | OREG | 1:08.68 |
| 200 Yard Fly |  |  |  |
| 1 Waud, Timothy | 45 | OREG | 2:37.85 |
| 100 Yard IM |  |  |  |
| 1 Sullivan, Scot | 46 | OREG | 1:01.65 |
| 2 Phillips, Daniel | 49 | PSM | 1:04.73 |
| 3 Palladino, Douglas | 49 | OREG | 1:09.01 |
| 4 Anastas, Daemon | 49 | UNAT | 1:13.54 |
| 200 Yard IM |  |  |  |
| 1 Sullivan, Scot | 46 | OREG | 2:12.86 |
| 2 Waud, Timothy | 45 | OREG | 2:25.69 |
| 3 Palladino, Douglas | 49 | OREG | 2:30.86 |
| 400 Yard IM |  |  |  |
| 1 Sullivan, Scot | 46 | OREG | 4:50.36 |
| 2 Waud, Timothy | 45 | OREG | 5:13.25 |
| Men 50-54 |  |  |  |
| 50 Yard Free |  |  |  |
| 1 Washburne, Brent | 51 | OREG | 25.00 |
| 2 Allender, Patrick | 54 | OREG | 25.52 |
| 3 Lieggi, Anthony | 51 | BWAQ | 26.21 |
| 200 Yard Free |  |  |  |
| 1 Lieggi, Anthony | 51 | BWAQ | 2:09.36 |
| 2 Christian, Scott | 50 | OREG | 2:15.29 |
| 3 Guy, Chris | 50 | UNAT | 2:29.35 |
| 500 Yard Free |  |  |  |
| 1 Baker, Dennis | 51 | OREG | 5:04.66 0 |
| 1000 Yard Free |  |  |  |
| 1 Guy, Chris | 50 | UNAT | 14:05.67 |
| 100 Yard Back |  |  |  |
| 1 Washburne, Brent | 51 | OREG | 1:07.04 |
| 50 Yard Breast |  |  |  |
| 1 Howell, Richard | 53 | OREG | 32.48 |
| 2 Heinemann, William | 54 | OREG | 34.18 |
| 100 Yard Breast |  |  |  |
| 1 Allender, Patrick | 54 | OREG | 1:07.68 |
| 2 Howell, Richard | 53 | OREG | 1:11.90 |
| 3 Heinemann, William | 54 | OREG | 1:14.46 |
| 4 Washburne, Brent | 51 | OREG | 1:14.71 |
| 5 Guy, Chris | 50 | UNAT | 1:23.81 |
| 200 Yard Breast |  |  |  |
| 1 Allender, Patrick | 54 | OREG | 2:26.88 |


| 2 Howell, Richard | 53 | OREG | 2:41.27 |
| :---: | :---: | :---: | :---: |
| 3 Washburne, Brent | 51 | OREG | 2:44.92 |
| 4 Heinemann, William | 54 | OREG | 2:46.40 |
| 50 Yard Fly |  |  |  |
| 1 Christensen, Douglas | 50 | OREG | 26.00 |
| 2 Lieggi, Anthony | 51 | BWAQ | 29.77 |
| 100 Yard Fly |  |  |  |
| 1 Baker, Dennis | 51 | OREG | 56.190 |
| 2 Christensen, Douglas | 50 | OREG | 58.58 |
| 200 Yard Fly |  |  |  |
| 1 Christensen, Douglas | 50 | OREG | 2:30.75 |
| 100 Yard IM |  |  |  |
| 1 Christensen, Douglas | 50 | OREG | 1:01.39 |
| 2 Howell, Richard | 53 | OREG | 1:09.58 |
| 200 Yard IM |  |  |  |
| 1 Allender, Patrick | 54 | OREG | 2:16.45 |
| 2 Christensen, Douglas | 50 | OREG | 2:20.02 |
| 400 Yard IM |  |  |  |
| 1 Baker, Dennis | 51 | OREG | 4:31.37 |
| 2 Washburne, Brent | 51 | OREG | 5:18.24 |
| 3 Howell, Richard | 53 | OREG | 5:30.38 |
| Men 55-59 |  |  |  |
| 50 Yard Free |  |  |  |
| 1 Mcvay, Bert | 55 | OREG | 29.06 |
| 2 Helm, Charlie | 56 | OREG | 36.52 |
| 100 Yard Free |  |  |  |
| 1 Mcvay, Bert | 55 | OREG | 1:03.68 |
| 2 Phipps, Tom | 59 | OREG | 1:04.11 |
| 3 Helm, Charlie | 56 | OREG | 1:26.00 |
| 200 Yard Free |  |  |  |
| 1 Phipps, Tom | 59 | OREG | 2:19.72 |
| 2 Yensen, Kermit | 59 | OREG | 2:23.96 |
| 500 Yard Free |  |  |  |
| 1 Phipps, Tom | 59 | OREG | 6:07.71 |
| 2 Yensen, Kermit | 59 | OREG | 6:39.81 |
| 3 Helm, Charlie | 56 | OREG | 8:56.13 |
| 1000 Yard Free |  |  |  |
| 1 Helm, Charlie | 56 | OREG | 18:35.51 |
| 1650 Yard Free |  |  |  |
| 1 Phipps, Tom | 59 | OREG | 21:26.36 |
| 100 Yard Back |  |  |  |
| 1 Mcvay, Bert | 55 | OREG | 1:21.70 |
| 200 Yard Back |  |  |  |
| 1 Mange, James | 55 | PSM | 2:41.23 |
| 2 Yensen, Kermit | 59 | OREG | 2:53.60 |
| 50 Yard Breast |  |  |  |
| 1 Helm, Charlie | 56 | OREG | 55.58 |
| 100 Yard Breast |  |  |  |
| 1 Robinson, Dan | 55 | PSM | 1:16.57 |
| 2 Mange, James | 55 | PSM | 1:19.06 |
| 3 Mcvay, Bert | 55 | OREG | 1:23.31 |
| 200 Yard Breast |  |  |  |
| 1 Robinson, Dan | 55 | PSM | 2:42.88 |
| 2 Mckay, Scott | 57 | UNAT | 3:28.96 |
| 3 Carter, Walter | 57 | OREG | 4:28.52 |
| 100 Yard Fly |  |  |  |
| 1 Robinson, Dan | 55 | PSM | 1:04.94 |
| 2 Yensen, Kermit | 59 | OREG | 1:17.68 |
| 3 Phipps, Tom | 59 | OREG | 1:19.98 |
| 4 Carter, Walter | 57 | OREG | 1:47.69 |
| 200 Yard Fly |  |  |  |


| 1 Yensen, Kermit | 59 | OREG | 3:16.90 |
| :---: | :---: | :---: | :---: |
| 2 Carter, Walter | 57 | OREG | 3:51.90 |
| 100 Yard IM |  |  |  |
| 1 Mcvay, Bert | 55 | OREG | 1:16.63 |
| 2 Phipps, Tom | 59 | OREG | 1:18.89 |
| 3 Helm, Charlie | 56 | OREG | 1:49.38 |
| 200 Yard IM |  |  |  |
| 1 Yensen, Kermit | 59 | OREG | 2:51.21 |
| 400 Yard IM |  |  |  |
| 1 Mange, James | 55 | PSM | 5:51.79 |
| 2 Carter, Walter | 57 | OREG | 7:52.71 |
| Men 60-64 |  |  |  |
| 100 Yard Free |  |  |  |
| 1 Larson, Allen | 60 | OREG | 1:03.45 |
| 200 Yard Free |  |  |  |
| 1 Larson, Allen | 60 | OREG | 2:23.90 |
| 500 Yard Free |  |  |  |
| 1 Larson, Allen | 60 | OREG | 6:40.11 |
| 1650 Yard Free |  |  |  |
| 1 Larson, Allen | 60 | OREG | 23:10.74 |
| 50 Yard Breast |  |  |  |
| 1 Stark, Allen | 64 | OREG | 32.72 |
| 100 Yard Breast |  |  |  |
| 1 Stark, Allen | 64 | OREG | 1:12.95 |
| 200 Yard Breast |  |  |  |
| 1 Stark, Allen | 64 | OREG | 2:42.90 |
| 100 Yard Fly |  |  |  |
| 1 Larson, Allen | 60 | OREG | 1:23.90 |
| 200 Yard IM |  |  |  |
| 1 Larson, Allen | 60 | OREG | 3:06.89 |
| Men 65-69 |  |  |  |
| 50 Yard Free |  |  |  |
| 1 Kelber, Michael | 65 | OREG | 31.40 |
| 2 Foges, John | 68 | OREG | 32.95 |
| 100 Yard Free |  |  |  |
| 1 Kelber, Michael | 65 | OREG | 1:10.56 |
| 2 Politano, Leon | 69 | OREG | 1:23.37 |
| 200 Yard Free |  |  |  |
| 1 Walker, Thomas | 66 | PSM | 3:19.69 |
| 500 Yard Free |  |  |  |
| 1 Juhala, Richard | 69 | OREG | 9:27.80 |
| 2 Politano, Leon | 69 | OREG | 9:50.29 |
| 1000 Yard Free |  |  |  |
| 1 Foges, John | 68 | OREG | 18:12.14 |
| 2 Walker, Thomas | 66 | PSM | 18:45.41 |
| 1650 Yard Free |  |  |  |
| 1 Foges, John | 68 | OREG | 30:02.10 |
| 50 Yard Back |  |  |  |
| 1 Kelber, Michael | 65 | OREG | 42.09 |
| 2 Juhala, Richard | 69 | OREG | 51.34 |
| 200 Yard Back |  |  |  |
| 1 Walker, Thomas | 66 | PSM | 3:53.04 |
| 50 Yard Breast |  |  |  |
| 1 Kelber, Michael | 65 | OREG | 41.31 |
| 2 Politano, Leon | 69 | OREG | 43.36 |
| 200 Yard Breast |  |  |  |
| 1 Lambert, Roy | 66 | OREG | 3:13.91 |
| 100 Yard IM |  |  |  |
| 1 Kelber, Michael | 65 | OREG | 1:21.99 |
| 2 Walker, Thomas | 66 | PSM | 1:52.66 |
| 400 Yard IM |  |  |  |


| 1 Walker, Thomas Men 70-74 | 66 | PSM | 8:10.83 | 1 Radcliff, David 1650 Yard Free | 78 | OREG | 13:13.08 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 50 Yard Breast |  |  |  | 1 Radcliff, David | 78 | OREG | 21:34.85 |
| 1 Langsdorf, Michael | 71 | OREG | 48.20 | Men 80-84 |  |  |  |
| 100 Yard Breast |  |  |  | 50 Yard Free |  |  |  |
| 1 Langsdorf, Michael | 71 | OREG | 1:54.09 | 1 Marks, Milton | 82 | OREG | 37.02 |
| 200 Yard Breast |  |  |  | 100 Yard Breast |  |  |  |
| 1 Langsdorf, Michael | 71 | OREG | 4:36.24 | 1 Marks, Milton | 82 | OREG | 1:47.09 |
| 100 Yard IM |  |  |  | 100 Yard IM |  |  |  |
| 1 Langsdorf, Michael | 71 | OREG | 1:57.32 | 1 Marks, Milton | 82 | OREG | 1:46.27 |
| Men 75-79 |  |  |  | Men 90-94 |  |  |  |
| 200 Yard Free |  |  |  | 50 Yard Free |  |  |  |
| 1 Radcliff, David | 78 | OREG | 2:20.62 | 1 Lamb, Willard | 90 | OREG | 39.30 Z |
| 500 Yard Free |  |  |  | 500 Yard Free |  |  |  |
| 1 Radcliff, David | 78 | OREG | 6:19.18 | 1 Lamb, Willard | 90 | OREG | 8:54.93 N |
| 1000 Yard Free |  |  |  | 1000 Yard Free |  |  |  |


| 1 Lamb, Willard | 90 OREG 18:17.26 N |
| :---: | :---: |
| 1650 Yard Free |  |
| 1 Lamb, Willard | 90 OREG 30:32.79 N |
| 50 Yard Back |  |
| 1 Lamb, Willard | 90 OREG 49.72 Z |
| 100 Yard Back |  |
| 1 Lamb, Willard | 90 OREG 1:51.21 Z |
| Relays |  |
| Men 35-44 400 Yard Medley Relay |  |
| 1 OREG | 4:00.47 Z |
| 1) Sullivan, Scot | 2) Allender, Patrick |
| 3) Ergenekan, Can (Jon) | 4) Washburne, Brent |
| Mixed 25-34 200 Yard Medley Relay |  |
| 1 OREG | 2:10.19 |
| 1) Ergenekan, Lindsay | 2) Tujo, Christian |
| 3) Ergenekan, Can (Jon) | 4) Asch, Jill |

## USMS News and Events

## USMS 5K Open Water National Championship

This year the USMS 5K Open Water National Championship will be held in Miromar Lakes, Florida. The Gulf Coast Swim Team and Lee County Parks \& Recreation will host the event April 27, 2013. The course is three laps around a 1.666 K L-shaped course with a water start and land finish. Plan your open water season today and check out all of the 2013 Long Distance Championships online.

## Changes to Workout Insurance Requirements

A new workout insurance requirement has been put into effect by our insurance carrier. Effective immediately, for a workout to be covered by USMS insurance, the person supervising the workout must be a USMS member. In the past, a USA Swimming certified coach was allowed to supervise the workouts, even if the USA Swimming certified coach was not a USMS member. This is no longer true; now if the person supervising the workout is a USA Swimming certified coach, he or she must also be a USMS member.

## The Perfect Training Partner

## When you can't make it to practice, music can motivate you in a solo workout

Every Masters swimmer knows that there's no substitute for a good coach and a pool full of teammates to motivate you to get the most out of your workout. It's why you set your alarm clock, skip your lunch break, or leave work early, just to get in the water. But there are times when you can't make it to practice and you have to go it alone. However, there's help in the form of musical motivation.

Scientifically studied benefits of training with music include:

1. Dissociation-Music can distract from signs of fatigue to keep athletes calm and happy, leading to longer, harder workouts that are more fun. (Bishop, Karageorghis, \& Loizou, 2007)
2. Flow state-Music contributes to the altered state of awareness when the body and mind seem to function on autopilot. Often referred to as being "in the zone." (Karageorghis \& Terry, 1998)
3. Acquisition of skills-music can facilitate movements of the body and help the brain to remember how to replicate
those movements. (Chen, 1985; Spilthoorn, 1986)
Until recently, aquatic athletes were excluded from the benefits listed above-only during dry-lands and cross-training could they harness the power of music-driven workouts. Many a swimmer has dreamed of rocking the pool, and technology has come a long way from waterproof "swim radios" that rarely kept their frequency once below the water's surface. Now, through a variety of methods, all aquatic athletes are able to bring music to their workouts, keeping motivation up, staving off boredom and contributing to an even, well-paced stroke.

The point is, music doesn't oversleep, get stuck at work or have to reschedule, it's the perfect training partner to get you excited to swim when your teammates can't. Scientific studies have proven that humans perform better with music, and X-1 with H2O Audio technology figured out an effortless way to produce big sound below the surface. With that winning combination, swimmers of all levels are empowered to push themselves during their workouts and continue to swim happy, even when their schedules get crazy.

## Zone Championship



Thank you Gary Whitman for making meet results available to us all, and so quickly. Also thanks to Stephen Darnell (no picture available). Their contributions are appreciated very much.

## Swim Bits

Ralph Mohr

Motivation comes from many places, and coaches search everywhere to get swimmers (and other athletes) to do what they may consider impossible. This came to mind when I ran across some quotations from Lewis Carroll, author of Alice's Adventures in Wonderland and Through the Looking Glass.

We can start with "everyone's got a moral, if you can only find it." The hard part for a coach is to find the magic button that will turn a swimmer into a phenom. We try all sorts of things: goals, gummy bears, peer pressure, fear, joy, and, yes, even morals.

A coach can say,"Do this because it is the right thing to do," and then assign $10 \times 200$ on 3:30 descending on threes" for a distance freestyler, and $40 \times 50$ on $45^{\prime \prime}$ for a sprinter. Either one is 2000 of hard effort, but the effort fits the swimmer. It is the right thing to do.

Carroll also said, "Why, sometimes I've believed in as many as six impossible things before breakfast." We can change this to "I've believed in as many as six impossible things before practice." The facts are that Oregon swimmers show up outdoors to practice at 6 AM regularly, or put in 1000 miles in a year, or consider swimming a 10K every year, or swim 3000 meters in a lake that has monsters in it, or go 400 IM, 200 fly
and a 1650 all in a morning, or swim an hour straight. These are six things that most people consider impossible that Oregon swimmers have done.

One problem with some athletes is that they dwell on their poor performances and forget about the future. As Lewis

Carroll said, "It's a poor sort of memory that only works backwards." If a past performance is still bugging you, then figure out what happened and don't repeat it. Remember that the next time. Memory can work forward.

Last is perhaps the most crucial Lewis Carroll quote: "If you believe in me, I'll believe in you. "Belief can come from a coach, or a friend in the pool with you, or a partner. You must believe you can do what the coach is asking. You must believe you can swim a 200 fly. You must believe coming to a pool five days or so a week all year is worth it.

It helps immensely to have someone in the pool with you. Seek out a pool and group in the water who are comfortable for you. Those other swimmers are your support group. If you believe in what they are doing, they will help you achieve what you want. Belief is reciprocal and positive. And remember, the smile of a friend lingers long after the friend has gone.

# My February Fitness Challenge Blog 

Kathy Law; CBAT Team
This year I am challenging myself to swim all 28 days in the month of February, completing 30 miles by the end of the month!

## Status on Day 27:

Days to go: $1!!!!!!!!!!$ Completed over 50,000 yards!
Feel Good Meter: Excessive swimming is improving the arthritis in my knees and yielding better flexibility in my hips and foot bunions! I've dropped some fat cells as well! Skin is improving with the use of coconut body wash and right shoulder/forearm is much better thanks to Coach Rhonda's great work on it. Back on track yardage-wise after being sick. Only 3,500 yards to go!
While doing this swim challenge, I have set a goal to raise money for the ABC House, an organization that is near and dear to my family's heart! ABC House (http://www.abchouse.org) is a non-profit organization that provides a safe, child friendly environment where children who are suspected of having been abused or neglected can come to receive a neutral, objective, comprehensive assessment. Non-offending family members will receive support and information to help their children begin the healing process.


## Permission to Play

## Karen Drucker

It was a perfect day for a swim. Well, not exactly a swimmore like a race. There were about 50 of us standing in our swimsuits, goggles in one hand, neoprene black caps in the other, waiting to swim in the San Francisco Bay under the Golden Gate Bridge. The Dolphin Club puts on this race once a year, and I had swum it about five times before. The key to making it to the lighthouse on the other side of the Bay is to keep looking up to make sure the bridge is right above you. The waves and the current are especially strong here where the ocean meets the Bay; it's a challenging swim.

In the past I've usually finished within the top five swimmers, so I put pressure on myself to get out fast and keep my lead. How I had gotten into this competitive mode again was a mystery to me. When I quit swimming after high school, I swore I would never compete again. The Masters club I work out with is all about being social and having fun and the Dolphin Club is just another extension of that.

Maybe it was a fellow swimmer, George, who brought my competitive streak back out in me. Every time I was on the shore waiting to swim in a race, he challenged me, teasing me that "this time"I didn't have what it takes and that he would win. Sometimes I won, sometimes he won. For this particular race I knew that I had to breathe on both sides to make sure he was in my line of sight, all the while looking up to make sure the bridge was above me and that I wasn't swept back into the Bay by the strong currents.

We all heard the starting horn. We jumped in from the San Francisco side of the bridge and starting swimming to the Marin County side. Within about five minutes the pack of swimmers had all spread out, and there was George, battling it out with me, stroke for stroke. Breathe to the right, breathe to the left, check to see where George is, put my head up to check for the Bridge, do it all again.

We stayed this way for about 15 minutes, until on my left breath, I noticed he wasn't there.


Karen Drucker is a best selling positive message musician and author with 14 CDs of her original music and an inspirational book, "Let Go of the Shore." She speaks, sings, and leads workshops and retreats around the country when she is not happily swimming with North Bay Masters or in the San Francisco Bay with the Dolphin Club. -
stopped and saw his feet in the air and he was spinning around doing some weird water ballet move. Was he doing a somersault? He came back up for air and I said, "George what the heck are you doing? We're in a race here?!" With the look of a 10 -year-old boy on his face, he proceeded to do another somersault, and then more water ballet. Then he started splashing me and encouraging me to play with him. I was amazed, startled and confused.
"Karen, tell me. How often are we underneath the Golden Gate Bridge? How often does anyone get to see a view like this? I am going to take the time to enjoy it!" It was a light bulb moment for me. This event that I had done so many times, that had been all about getting to the other side, winning or bettering my time, had robbed me of the thrill and adventure of what this actually was all about for me. I wondered how much I was doing that in other areas of my life, literally burying my head and just getting through it as opposed to savoring every delicious part of it.

I decided then to do my first somersault in the San Francisco Bay, and I actually did water ballet with George. Some of the other swimmers thought we were nuts, and some joined us. Still others, who were thrilled that they would beat us, sped by hoping that victory was now theirs.

We eventually made it to the lighthouse, where we touched the rock with our hands. A person standing on the rock handed out Popsicle sticks with our place numbers written on them. We then swam to the waiting boat, climbed on, and reveled in our accomplishment. All the top swimmers were drinking coffee and eating donuts, talking all about their strategies of the race. Was I in the top five? No. Did I care? No. Would I ever attempt being in the top five again? I thought not, since this had been the most fun I ever had in the Bay. I had given myself permission to play, and now I wanted more.
Oregon Masters Swimming: Tentative Open Water Race Schedule for 2013 (as of March 12)

| Date(s) | Days Event/Venue |  | OR Location | Host | Event Director | Swims | Category | Sanction |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| May 17 Sat | 1 | JSFC Pool | Bend | COMA | Bob Bruce | Basic Open Water Clinic | XX | No |
| 18 Sun | 1 | Lake Juniper (pool) | Bend | COMA | Bob Bruce | 1200-meter | Featured | Yes (pool) |
| June 15 Sat | 1 | Hagg Lake | Forest Grove | THB | Mike Healey | Open Water Clinic | x $\boldsymbol{x}$ | No |
| 16 Sun | 1 | Hagg Lake | Forest Grove | THB | Mike Healey/ | 800-meter | Featured | No |
|  |  |  |  |  | Jim Teisher | 1500-meter | Featured |  |
|  |  |  |  |  |  | 2000-meter (with 4000-meter) | Qualifying |  |
|  |  |  |  |  |  | 4000-meter (with 2000-meter) | Qualifying |  |
| Jun 29 Sat | 1 | Foster Lake Cable | Sweet Home | COMA | Bob Bruce | 2-mile cable | Featured | Yes |
|  |  | Swims |  |  |  | 1-mile cable | Featured |  |
|  |  |  |  |  |  | Dog Tandem Challenge | Participation |  |
| Jul 12 Sat | 2 | Applegate Lake | Ruch | RVM | Andrew Gramley | 5000-meter (with 10,000-meter) | Qualifying | Yes |
|  |  |  |  |  |  | 10,000-meter | Featured |  |
| Jul 13 Sun |  |  |  |  |  | 1500-meter | Featured |  |
|  |  |  |  |  |  |  | Participation |  |
| Jul 21 Sun | 1 | Willamette River | Portland | THB | Marisa Frieder | 17-km downriver | Featured | No |
| Aug 2 Fri | 3 | Cascade Lakes Swim | Bend | COMA | Bob Bruce | 3000-meter | Qualifying | Yes |
| 3 Sat |  | Series \& Festival |  |  |  | 500-meter | Qualifying |  |
|  |  | at Elk Lake |  |  |  | 1500-meter | Featured |  |
| 4 Sun |  |  |  |  |  | 5000-meter | Featured |  |
|  |  |  |  |  |  | 1000-meter | Qualifying |  |
| Aug 17 Sat | 1 | Eel Lake | Lakeside | COMA | Jayna Tomac | 3000-meter | Featured | Yes |
|  |  |  |  |  |  | 500-meter | Participation |  |
|  |  |  |  |  |  | 1500-meter (Ass'n Champs) | Featured |  |
| Aug 18 Sun | 1 | Cottage Grove Lake | Cottage Grove | $E A$ | Steve Johnson | 1500-meter | Featured | Yes |
|  |  |  |  |  |  | 1000-meter Equipment | Featured |  |
|  |  |  |  |  |  | 500-meter Kick | Qualifying |  | Swimmers must participate at 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 10 scores count towards a swimmer's final Series total.

## Oregon City Meet Draws People From California


"This family came from California for the opportunity to swim, father \& daughter, in the same meet. Grandparents flew up to watch this one of a kind event. I love swimming," writes Tim Waud. In response, Sonja said she "saw that little girl, (she was) coaching her dad pool side, sooooo cute." A comment by Kristina: "I saw that, too! It was really cute and he was paying great attention to what his daughter was saying. She knows her stuff." Rachel also noticed and wrote: "Until that race, I remained dry, until the flip turn, which reminded me of high school districts, the "quantity of water"I was christened with, AND expert coaching by the little red, or was it blonde, hair coach?"


LAKE JUNIPER BUOY SWIM<br>Open Water Clinic \& 1200-meter Pool Buoy Swim<br>Bend, Oregon - May 18-19, 2013<br>Hosted by Central Oregon Masters Aquatics Swim Sanctioned by U.S. Masters Swimming \#373-S005



## GENERAL INFORMATION

SITE: Juniper Swim \& Fitness Center, 800 NE $6^{\text {th }}$ St., Bend, OR. Both events will be held in the JSFC 50-meter pool (also known as 'Lake Juniper’ for this event). Expected water temperature is 80-81 degrees F .

REGISTRATION: Register using the attached entry form. Sorry, due to the expected moderate size of this event, there is NO ONLINE REGISTRATION!

ENTRY DEADLINE: MAILED by May 11 or RECEIVED by May 15, 2012. Due to seeding \& logistics, LATE OR DAY-OF-EVENT ENTRIES WILL NOT BE ACCEPTED.

## SCHEDULE:

Saturday, May 18, 2012
2:45-3:00pm Check-in for Open Water Clinic
3:00-5:00pm Open Water Clinic
Sunday, May 13, 2012
7:00-7:45am Check-in for Buoy Swim
7:10-7:55am Warm-up
8:00am Mandatory Pre-race Meeting
8:15am Heat \#1 of the 1200-meter Swim \& subsequent heats as needed
At the end
Brunch \& Awards

## CLINIC INFORMATION

## SANCTION: This clinic is NOT SANCTIONED by USMS.

CLINIC: This basic open water clinic is targeted specifically to those with little or no experience in open water swimming (although all are welcome). It will feature in-water instruction \& practice of these skills and a pool-side Q \& A session:

- Straight-line swimming
- Swimming in crowds
- Navigating
- Drafting
- Rounding buoys

CLINICIANS: Bob Bruce, COMA Head Coach, longtime Oregon Masters Swimming Long Distance Chair, and expert clinician. Tim Nelson, COMA Assistant Coach and an outstanding open water swimmer with tons of experience and lots of success.

ELIGIBILITY: Open to all adults aged 18+ on Saturday, May 18, 2013.

FEE FOR CLINIC: \$20. This clinic is limited to 24 swimmers on a first come first served basis.

## BUOY SWIM INFO

1200-METER SWIM: This is a pool open-water-style-swim held as 12 loops of a rectangular 100-meter course marked with buoys. Swims will start in-water in seeded heats \& waves, with 12-18 swimmers each heat, and finish with an inwater touch. Swim direction will be decided by coin toss at the pre-race meeting. This is planned to be an early-season open water learning experience \& fun challenge for first time racers \& experienced competitors alike!

ELIGIBILITY: Open ONLY to current USMS member swimmers, who must be adults aged $18+$ on Sunday, May 19, 2013. A legible photocopy of your 2013 USMS membership card (or foreign equivalent) MUST accompany mailed entries. USMS "One-Event membership-covering the swim-is available for adults 18+ only for $\$ 18$.
RULES: Current USMS long distance rules apply. Only Category I swimwear is allowed; see the event website for swimwear details. Propulsive devices (such as fins \& paddles) and flotation aids (such as pull-buoys \& wetsuits) are not allowed. Swim caps are not required, but all swimmers must have their race number written on both arms.

SEEDING: Swimmers will be seeded in heats fastest to slowest by 1000 -yard times. 'No Time' entries will not be accepted. Seeding changes will not be allowed after the heat sheet is posted. Enter an accurate time, not a predicted time!

FEE FOR BUOY SWIM: \$25. Fee includes the swim, preswim snacks \& drinks, and the post-swim brunch.

AWARDS: USMS age groups are 18-24, 25-29, 30-34, and so on in five-year increments. All finishers placing $1^{\text {st }}$ to $3^{\text {rd }}$ in their age group will be awarded custom race ribbons.
RESULTS: Results will be posted at the event site and at www.comaswim.org and www.swimoregon.org.

OREGON OPEN WATER SERIES: The swim is a featured swim for the Series (22-18-16-14-12-10-8-6-4-2 pts).

BRUNCH: After the swim, all swimmers, officials, \& guests are invited to stay for brunch on the pool deck. This hefty brunch features eggs, pancakes, sausage, bacon, coffee, juice, and other fixings. Swimmers \& officials free; guests $\$ 8$ with the entry form or at the event.
DIRECTIONS: From North or South, take Business 97 ( $3^{\text {rd }}$ St.). Do not take the Bypass Parkway. Turn on Highway 20 (Greenwood Av.), traveling east. Turn right on $6^{\text {th }}$ St., and go south two blocks to the pool. Park in the upper lot or on adjacent streets.

COMPLETE INFO \& EXTRAS: WWw.comaswim.org
EVENT DIRECTOR: Bob Bruce
coachbob@bendbroadband.com
541-317-4851


## LAKE JUNIPER BUOY SWIM

Open Water Clinic \& 1200-meter Pool Buoy Swim
Bend, Oregon - May 18-19, 2013
Hosted by Central Oregon Masters Aquatics
Swim Sanctioned by U.S. Masters Swimming \#373-S005


## ENTRY FORM

Sorry, due to the expected moderate size of this event, there is NO ONLINE REGISTRATION!

## SWIMMER INFO:

Name:
$\qquad$
E-mail: $\qquad$

2013 USMS Number: $\qquad$
Phone: (__
Birthdate: $\qquad$ Age: $\qquad$ Sex:

USMS Club: $\qquad$ Local Team: $\qquad$

| EVENT \& FEE INFO: | Fee | Paid |
| :---: | :---: | :---: |
| Basic Open Water Clinic on Saturday (limited to 24 swimmers, first come first served) | \$20 |  |
| Lake Juniper 1200-meter Swim Sunday - Seed time for 1000-yards (REQUIRED): | \$25 |  |
| Sunday Brunch for guests 12 \& over (open water swimmers \& officials FREE): | Guests @ \$8 |  |
| USMS/OMS One-Event Membership Fee, ONLY IF NEEDED (complete form at event | heck-in) \$18 |  |
|  | TOTA |  |

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."
$\qquad$ DATE: $\qquad$

# Include Completed Entry Form, Copy of USMS Card, \& Check (payable to COMA) Send Entries by May 11 to Bob Bruce, 61200 Parrell Rd., Bend, OR 97702-2602 

# Oregon Association Championship April 26-28, 2013 <br> OFFICIAL RULES AND GUIDELINES 

DISTANCE EVENTS: CHECK-IN DEADLINES<br>Friday, April 26: $\mathbf{4 0 0}$ IM - 4:30 PM / $\mathbf{1 5 0 0}$ Free - 5:00 PM<br>Saturday, April 27: $\mathbf{8 0 0}$ Free - Start of the 50 Back<br>Sunday, April 28: 400 Free- 8:30 AM

## RELAYS: CHECK-IN DEADLINES

Saturday, April 27: Free Relays - 9:15 AM / Mixed Medley Relays - Start of the 50 Back. Sunday, April 28: Medley Relays - Start of the 50 Fly / Mixed Free Relays - Start of the 200 Fly.
(The $\mathbf{4 0 0}$ and 800 distances of relays will only be offered as time permits, as determined by the Meet Director.)

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

TEAM SCORING: Only teams registered by April 12, 2013, will be able to score points. There will be three team categories (Small, Medium, and Large) based upon the number of swimmers entered in the meet for each team. There will be a meeting of all the team representatives on Saturday, April 27, 2013 at 8:45 a.m. to vote on the breakdown of the teams into these three categories. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. Full team names and their abbreviations are listed below and in the current issue of the Aqua Master. Someone from your team must register your team for 2013.

The team registration form is on the OMS website and in the current Aqua Master issue. Please make sure your team is registered. As of March 3rd, the following teams were registered for 2013:

| Code | Name | Club | OMVM | Oregon Mid-Valley Masters | OREG |
| :--- | :--- | :--- | :--- | :--- | :--- |
| DUCK | University of Oregon Swim Club | DUCK | ORM | Oregon Reign Masters |  |
| AQDK | Aquaducks Masters | OREG | PEND | Pendleton Masters Swim Club | OREG |
| BASS | Baker Area Seasoned Swimmers | OREG | PCCM | Portland Community College Masters | OREG |
| BRSC | Bearcat Swim Club | OREG | PSM | Portland State Masters | OREG |
| CMG | Canby Master Gators | OREG | RVM | Rogue Valley Masters | OREG |
| COMA | Central Oregon Masters Aquatics | OREG | KAM | Salem Kroc Masters | OREG |
| CSTM | Chehalem Swim Team Masters | OREG | SHRC | Sharc Masters | OREG |
| CBAT | Circumnavigating Beavers Aquatic Team | OREG | SYD | Sherwood YMCA Dragons | OREG |
| CGM | Columbia Gorge Masters | OREG | TCSO | Team Club Sport Oregon | OREG |
| CAT | Corvallis Aquatic Team Masters | OREG | TOR | Tornadoes Swim Team | OREG |
| EA | Emerald Aquatics | OREG | THB | Tualatin Hills Barracudas | OREG |
| LHST | LaCamas Head Hunters | OREG | VSC | Vancouver Swim Club | OREG |
| LOM | Lake Oswego Masters | OREG | WVAC | Willamette Valley Aquatic Club | OREG |
| MAC | Multnomah Athletic Club Masters | OREG |  | OREG |  |
| NCMS | North Clackamas Masters Swimming | OREG | The following teams have not yet registered for 2013: |  |  |
| OPEN | OPEN Narwhals | OREG | KBM | Klamath Basin Masters | OREG |
| OCT | Oregon Athletic Club Masters | Oregon City Tankers | OREG | KWSC | Killer Whale Swim Club |

What you write down on your entry form is your team designation for the meet and no exceptions will be allowed. If you leave this Local Team space blank you will be entered as representing the team listed on your 2013 USMS Registration for scoring purposes.

TEAM AWARDS: Awards for First, Second, and Third Place will be awarded for each team category.
TEAM SPIRIT AWARD: Awarded to the team that demonstrates the most enthusiasm, encouragement, and unity at the OMS Association Championship Meet. All OMS registered teams entered in the OMS Association Championships are eligible. Each team represented at the OMS Association Championship Meet shall be afforded one vote. Ballots shall be provided to each team representative on Saturday and must be returned to the Awards Chair no later than Noon on Sunday for tabulation.

## IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET, PLEASE CONTACT: <br> Wes Edwards wesedwards.backstroker@comcast.net (503)460-7989

Accommodations: The following hotel information is provided for your convenience:


Best Western
721 NE 3rd Street 1-800-WESTERN

Cascade Lodge 420 SE 3rd Street 1-800-852-6031
Days Inn
849 NE 3rd Street
$1-800-388-7972$
EconoLodge
437 NE 3rd Street
$1-800-304-4050$
Hampton Inn
15 NE Butler Market
1-800-426-7866
Holiday Motel
880 SE 3rd Street
1-800-252-0121

Phoenix Inn \& Suites 300 NW Franklin Ave 1-888-291-4764

The Riverhouse 3075 N Hwy 97-Bus. 1-800-547-3928

McMenamins Old St. Francis School (Saturday Banquet Site) 700 NW Bond St
1-877-661-4228

## Oregon Masters Swimming Association Short Course Meters Championships

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction \#373-S004

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit an Oregon 2013 registration form and fee with this form. Hosted by: Central Oregon Masters Aquatics Juniper Swim \& Fitness Center Bend, Oregon
25 meters
8 lanes competition-electronic timing
825 meter lanes for continuous warm-up/down area
Meet director: Bob Bruce • Phone: 541-317-4851 • E-mail: coachbob@ bendbroadband.com
Directions to the pool: From North or South, take Business highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool.
All entrants must submit a photocopy of their CURRENT USMS registration card or 2013 OMS registration form with this entry.
ENTRY DEADLINE: POSTMARK NO LATER THAN APRIL 12, 2013


City
State $\longrightarrow$ Zip
If OMS, Local Team (see listings on 2013 reg. form)
USMS CLUB (OREG, PSM, HMS, DUCK, ETC)

Phone $\qquad$
E-MAIL
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, 2013. You may enter a maximum of 6 individual events plus unlimited relays with NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY. ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE COUNTED FOR TEAM POINTS. YOU MAY SWIM THE $200,400 \& 800$ yard distance of each relay only once. The 400 im, $400,800 \& 1500$ freestyles will be deck seeded. See guidelines page posted onLine or in this 'aquamaster for times regarding check-in deadlines for these events and for relays. All events will be seeded SLOWTO FAST. See guidelines page on-line or in next aquamaster for more information. Your team must be registered for 2013 in order to score points.

## Friday, April 26, 2013

400 IM
1500 FREE

Saturday, April 27, 2013 100 IM 50 FREE 200 BREAST 100 FLY

* break*

FREE RELAYS (7-12)
50 BACK
200 FREE
100 BREAST
(1)
(2)
(3)
(4)
(6)


* break*

MIXED MEDLEY RELAYS (16-17) 800 FREE

Sunday, April 28, 2013 400 FREE (19) _ : .
$\qquad$ --

* break*

MEDLEY RELAYS (23-26)
50 BREAST (27)
200 FLY
(28)
$\qquad$ : $\qquad$ .

100 BACK
(29)
(30)

MIXED FREE RELAYS (31-33)

Please plan
to attend the OMS Annual Meeting at 5pm at McMenamins and be a part of this great organization.

Association/Awards banquet - McMenamins Old St. Francis School, 700 NW Bond St., Bend, OR.

[^1]
## 2013 Membership Application ALL MEMBERSHIPS EXPIRE ON DECEMBER 31, 2013

Register with the same name you will use for competition. Please print clearly.


RELATED MEMBERSHIPS \& CERTIFICATIONS
I am a: $\qquad$ I am a member of: YMCA

Today's Date (required)

Please circle both the Club and the Workout Group you plan to swim with:

| Please circle both the Club and the Workout Group you plan to swim with: |  |  |  |
| :---: | :---: | :---: | :---: |
| Oregon Masters (OREG): |  |  |  |
| $\square$ AQDK Aquaducks Masters | $\square \mathrm{LOM}$ | Lake Oswego Masters | $\square$ RVM Rogue Valley Masters |
| $\square$ BASS Baker Area Seasoned Swimmers | $\square$ MAC | Multnomah Athletic Club Masters | $\square$ KAM Salem Kroc Masters |
| $\square$ BRSC Bearcat Swim Club | $\square$ NCMS | North Clackamas Masters Swimming | $\square$ SHRC Sharc Masters |
| $\square$ CMG Canby Master Gators | $\square$ OPEN | OPEN Narwhals | $\square$ SYD Sherwood YMCA Dragons |
| $\square$ COMA Central Oregon Masters Aquatics | $\square$ OACM | Oregon Athletic Club Masters | $\square$ TCSO Team Club Sport Oregon |
| $\square$ CSTM Chehalem Swim Team Masters | $\square$ OCT | Oregon City Tankers | $\square$ TOR Tornadoes Swim Team |
| $\square$ CBAT Circumnavigating Beavers Aquatic Team | $\square$ OMVM | Oregon Mid-Valley Masters | $\square$ THB Tualatin Hills Barracudas |
| $\square$ CGM Columbia Gorge Masters | $\square$ ORM | Oregon Reign Masters | $\square$ VSC Vancouver Swim Club |
| $\square$ CAT Corvallis Aquatic Team Masters | $\square$ PEND | Pendleton Masters Swim Club | $\square$ WVAC Willamette Valley Aquatic Club |
| $\square$ EA Emerald Aquatics | $\square$ PCCM | Portland Community College Masters | University of Oregon Swim Club (DUCK): |
| $\square$ LHST LaCamas Head Hunters | $\square$ PSM | Portland State Masters | $\square$ DUCK University of Oregon Swim Club |


| Full Year Registration Nov. 1, 2012 - Dec. 31, 2013: | Age 25-74 Years Old | Age 18-24 and 75+ Years Old |
| ---: | :---: | :---: |
| plus OMS LMSC (local governing body) fee (\$12): | USMS full-year fee (\$33): | $\$ 33$ |
| plus DUCK and OREG, Club fee(\$5) (If applicable): | $\$ 12$ |  |
| I wish to contribute this amount to the International Swimming Hall of Fame Foundation: |  |  |
| I wish to contribute this amount to the USMS "Swimming Saves Lives" Fund: |  |  |
| I wish to contribute this amount to Oregon Masters Swimming: |  |  |
| Total: |  |  |

Benefits of Membership include a subscription to USMS's magazine, SWIMMER, during the length of the membership year USMS Registered swimmers are covered with secondary accident insurance:

1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered. 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.
WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITES. In addition, I agree to abide by and be governed by the rules of USMS.


Signature (required): $\qquad$ Date

Please make check for total fee plus any donation amounts payable to: Oregon Masters Swimming


## Oregon Masters Swimming 2013 Workout Group (Local Team) Registration

This form must be received by the entry deadlines of 2013 OMS Association Championship and 2013 OMS Open Water Championships for a team to compete as a"Local Team" at those events.

Team Name $\qquad$ Abbreviation $\qquad$
(up to 4 letters)
Club $\qquad$

## Website

$\qquad$
Team Representative Information (must be an oms member)

| Rep. Name |  |  |
| :--- | :--- | :--- |
| Address |  |  |
| Phone \#1 | $\square$ | Phone \#2 $\quad$ |
| E-mail |  |  |

## Team Information

Approximate number of swimmer

| Practice schedule (attach additional sheet, if necessary) |  |
| :--- | :--- |
| Mon Tues <br> Wed Thurs <br> Fri  <br> Sat Sun |  |

Coaches Information
Head Coach $\qquad$
Address
Phone \#1
Phone \#2 $\qquad$
E-mail
Assist. Coach $\qquad$
Phone \#1
Phone \#2 $\qquad$
E-mail
Pool Information
Pool Name $\qquad$ Phone $\qquad$
Address

## Aqua Master

## Meet Results <br> Oregon City 'Spring Ahead' Meet SCM Northwest Zone SCY

## 2013



## Looking Ahead .. .

| DATE | COURSE | MEET | LOCATION |
| :---: | :---: | :---: | :---: |
| April 13-14, 2013 | SCY | PN Championship | Federal Way, WA |
| April 26-28, 2013 | SCM | OMS SCM Association Championship | Bend, OR, 2013 |
| https://www.clubassistant.com/club/meet_information.cfm?c=1352\&smid=4297 |  |  |  |
| May 9-12, 2013 | SCY | USMS National Championships | Indianapolis, IN |
| May 17-18, 2013 | OW* | Clinic and Lake Juniper (pool) | Bend, OR |
| June 5-9, 2013 | LCM | Pan American Masters Meet | Sarasota, FL |
| June 15-16 | OW* | Hagg Lake | Forest Grove, OR |
| June 29 | OW* | Foster Lake Cable Swims | Sweet Home, OR |
| July 12-13 | OW* | Applegate Lake | Ruch, OR |
| July 21 | OW* | Willamette River | Portland, OR |
| August 2-4 | OW* | Cascade Lakes Swims | Bend, OR |
| August 7-11, 2013 | LCM | USMS Nationals Championships | Mission Viejo, CA |
| August 17 | OW* | Eel Lake | Lakeside, OR |
| August 18 | OW* | Cottage Grove Lake | Cottage Grove, OR |
| August 23-25, 2013 | LCM | Gil Young Meet - OMS LCM Association Championship | Gresham, OR |

## OMS Board Meetings <br> April 27 <br> July 15

May 13
June 10

August 12
October 12 - Retreat



[^0]:    United States Masters Swimming Inc., can not and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc. or Oregon Masters Swimming.

    Aqua-Master is the official publication of Oregon Masters Swimming. 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 all other questions to Jackie Parker Volume 40, Number 4, April 2013

[^1]:    "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, 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

    $\qquad$ Date
    $\qquad$ each @ \$29.00

