

Oregon LMSC Long Distance

Oregon USMS Long Distance All-Stars

1995 (1)

Lavelle Stoinoff MACO

2001 (3)

Pam Himstreet OR-coma
Steve Johnson OR-ea
Sara Quan OR-coma

2002 (1)

Gina Dhom OR-ea

2003 (1)

Mary Sweat OR-coma

2004 (2)

Ray Allen OR-som
Steve Johnson OR-ea

2005 (2)

Mary Sweat OR-coma
Steve Johnson OR-ea

2006 (1)

Mary Sweat OR-unat

2007 (2)

Doug Asbury OR-coma
Bob Bruce OR-coma

Oregon USMS Long Distance All-Americans

1983 (1)

Lavelle Stoinoff Unat 1-hour postal (National Record)

1988 (1)

Lavelle Stoinoff Unat 1-hour postal (National Record)

1995 (2)

Ginger Pierson	OR	3-mile open water
Lavelle Stoinoff	Unat	1-hour postal (National Record)

1998 (1)

Lavelle Stoinoff	MACO	1-hour postal
------------------	------	---------------

1999 (4)

Greg Jablonski	OR-thb	1-hour postal
Chris Lindstrom	OR-thb	5000-meter postal
Judy Melcher	OR-thb	5000-meter postal
Lavelle Stoinoff	MACO	1-hour postal

2000 (15)

John Collins II	OR-thb	5000-meter postal
Gina Dhom	OR-ea	3000-yard postal
Amy Halligan	OR-coma	6000-yard postal
Pam Himstreet	OR-coma	10,000-meter open water
Amy Imwalle	OR-coma	10,000-meter open water
Greg Jablonski	OR-thb	10,000-meter open water & 5000-meter postal
Steve Johnson	OR-ea	6000-yard postal
Andy Lachman	MACO	10,000-meter open water
Brent Lake	OR-coma	3000-yard postal & 6000-yard postal
Geri Matherson	OR-rvm	10,000 open water
Sara Quan	OR-coma	10,000 open water, 3000-yard postal National Record), 6000-yard postal (National Record)
David Radcliff	OR-thb	10,000-meter open water
Laura Schob	OR-coma	10,000-meter open water
Darlene Staley	OR-thb	10,000-meter postal
Peggy Whiter	OR-coma	10,000-meter postal & 6000-yard postal

2001 (12)

Ray Allen	OR-som	3000-meter open water
Elaine Jane Cole	OR-unat	3000-meter open water
Julie Himstreet	OR-ea	3000-meter open water
Pam Himstreet	OR-coma	3000-meter open water, 10,000-meter postal, 3000-yard postal, 6000-yard postal
Kelsey Holmberg	OR-coma	3000-meter open water
Madeleine Holmberg	OR-coma	3000-meter open water
Steve Johnson	OR-ea	5000-meter postal
Takeo Nishimura	OR-coma	3000-meter open water
Sara Quan	OR-coma	3000-meter open water, 1-hour postal, 10,000-meter postal (National Record), 3000-yard postal (National Record)
David Radcliff	OR-thb	3000-meter open water, 5000-meter postal

Darlene Staley	OR-thb	10,000-meter postal
Jani Sutherland	OR-coma	6000-yard postal

2002 (16)

Ray Allen	OR-som	6000-yard postal
Joyce Bahler	MACO	1-mile open water
Gina Dhom	OR-ea	5000-meter postal, 3000-yard postal
Mike Douglas	OR-coma	1-mile open water
Julie Himstreet	OR-ea	1-mile open water
Kelsey Holmberg	OR-coma	1-mile open water
Steve Johnson	OR-ea	1-mile open water
Tom Landis	OR-coma	1-mile open water, 5,000-meter postal (National Record)
Takeo Nishimura	OR-coma	1-mile open water
Sara Quan	OR-coma	1-mile open water, 1-hour postal
David Radcliff	OR-thb	1-mile open water, 1-hour postal, 5000-meter postal
Kerri Roussain	OR-pms	1-mile open water, 10,000-meter postal
Lavelle Stoinoff	MACO	1-hour postal
Mary Sweat	OR-coma	1-mile open water
Ron Thompson	OR-coma	1-mile open water
Gil Young	OR-mhm	1-mile open water

2003 (13)

Ray Allen	OR-som	5000-meter open water
Joyce Bahler	MACO	5000-meter open water
Gina Dhom	OR-ea	5000-meter open water
Kelsey Holmberg	OR-coma	5000-meter open water
Tam Jenkins	OR-owet	10-km postal
Steve Johnson	OR-ea	5000-meter open water, 5-km postal, 3000-yd postal
Christopher Krenz	OR-cbat	5000-meter open water
Tom Landis	OR-coma	5000-meter open water
Sara Quan	OR-coma	5000-meter open water, 1-hour postal
David Radcliff	OR-thb	5000-meter open water, 1-hour postal, 5-km postal, 3000-yd postal
Lavelle Stoinoff	MACO	1-hour postal (National Record)
Mary Sweat	OR-coma	5000-meter open water, 5-km postal, 10-km postal, 3000-yd postal, 6000-yd postal
Joni Young	OR-scc	5000-meter open water, 6000-yd postal

2004 (18)

Ray Allen	OR-som	3500-meter open water, 6000-yard postal
Danielle Ebnother	OR-som	3500-meter open water
Barbara Frid	OR-thb	1-hour postal, 3000-yard postal (National Record)
Pam Himstreet	OR-coma	3500-meter open water
Greg Jablonski	OR-thb	5-km postal
Steve Johnson	OR-ea	3500-meter open water, 5-km postal, 10-km postal,

		3000-yard postal, 6000-yard postal
Brent Lake	OR-coma	3000-yard postal, 6000-yard postal
Todd Lantrey	OR-rvm	3500-meter open water
June Mather	OR-rvm	3500-meter open water
Tim Nelson	OR-coma	3500-meter open water
Sara Quan	OR-coma	3500-meter open water, 3000-yard postal, 6000-yard postal
David Radcliff	OR-thb	3500-meter open water, 1-hour postal, 5-km postal, 3000-yd postal, 6000-yard postal
Bill Rash	OR-unat	3500-meter open water
Dan Schmitt	OR-ea	3000-yard postal
Doug Stewart	OR-som	3500-meter open water
Lavelle Stoinoff	MACO	3500-meter open water, 3000-yard postal (National Record)
Mary Sweat	OR-coma	3500-meter open water, 6000-yd postal
Tyrrell, Laura	MACO	3500-meter open water

2005 (16)

Doug Asbury	OR-coma	1-mile open water
Hilda Buel	OR-unat	1-hour postal
Scot Elliott	OR-coma	1-mile open water
Barbara Frid	OR-thb	3000-yd postal
David Fryefield	OR-ea	1-mile open water
Pamela Gottlieb	OR-unat	1-mile open water
Kelsey Holmberg	OR-coma	1-mile open water
Madeleine Holmberg	OR-coma	1-mile open water
Steve Johnson	OR-ea	1-mile open water, 5-km postal, 10-km postal, 3000-yd postal, 6000-yd postal
Tom Landis	OR-coma	1-mile open water
Thomas Maffai	OR-coma	1-mile open water
Tim Nelson	OR-coma	1-mile open water
Nick Norton	OR-coma	1-mile open water
Sara Quan	OR-unat	1-mile open water
David Radcliff	OR-thb	5-km postal, 3000-yd postal
Mary Sweat	OR-coma	1-mile open water, 5-km postal, 3000-yd postal, 6000-yd postal

2006 (6)

Ray Allen	OR-som	6000-yd postal
Ralph Mohr	OR-coma	6000-yd postal
Dave Radcliff	OR-thb	5-km postal, 3000-yd postal, 6000-yd-postal
Michael Riccitelli	OR-coma	10-km postal
Kerry Roussain	OR-gvam	3000-yd postal
Mary Sweat	OR-unat	5-km postal, 6000-yd postal

2007 (7)

Ray Allen	OR-som	6000-yd postal
-----------	--------	----------------

Hilda Buel	OR-unat	1-hour postal
Charles Bushey	OR-unat	1-hour postal
Arlene Delmage	OR-gvam	1.76-mile open water
Steve Johnson	OR-ea	3000-yd postal
Tom Landis	OR-coma	5-km postal, 3000-yd postal
Dave Radcliff	OR-thb	1.76-mile open water, 1-hour swim, 5-km postal, 3000-yd postal, 6000-yd postal
Mary Sweat	OR-unat	1.76 open water, 5-km postal, 3000-yd postal

2008